

2009 UAlbany Women's Cross Country Best of the Year Times

4,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1	Ada Lauterbach	So.	15:08	6:05	Monmouth XC Kick-Off
2	Brianna Service	Fr.	15:15	6:08	Monmouth XC Kick-Off
3	Ally Panos	Jr.	15:34	6:16	Monmouth XC Kick-Off
4	Miranda McConnell	Fr.	15:34	6:16	Monmouth XC Kick-Off
5	Melissa Del Rosario	Fr.	15:46	6:20	Monmouth XC Kick-Off
6	Mikala Anson	Fr.	16:56	6:25	Monmouth XC Kick-Off
7	Emily Finnegan	Fr.	16:03	6:27	Monmouth XC Kick-Off
8	Kristin Grab	Jr.	16:06	6:28	Monmouth XC Kick-Off
9	Jenn Pierson	Jr.	16:16	6:32	Monmouth XC Kick-Off
10	Roxanne Wegman	Sr.	16:50	6:46	Monmouth XC Kick-Off
11	Rachel Wysocki	Fr.	17:24	7:00	Monmouth XC Kick-Off

5,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1	Ada Lauterbach	So.	18:05	5:50	43rd UAlbany Invitational
2	Miranda McConnell	Fr.	18:18	5:54	43rd UAlbany Invitational
3	Jenn Pierson	Jr.	18:32	5:59	43rd UAlbany Invitational
4	Mikala Anson	Fr.	18:53	6:05	43rd UAlbany Invitational
5	Brianna Service	So.	18:56	6:06	ECAC Championship
6	Melissa Del Rosario	Fr.	19:05	6:09	43rd UAlbany Invitational
7	Emily Finnegan	Fr.	19:45	6:22	43rd UAlbany Invitational
8	Maureen Nweke	R-Fr.	19:45	6:22	ECAC Championship
9	Ally Panos	Jr.	20:04	6:28	ECAC Championship
10	Roxanne Wegman	Sr.	20:08	6:30	43rd UAlbany Invitational
11	Laura Varble	So.	20:45	6:35	43rd UAlbany Invitational
12	Rachel Wysocki	Fr.	20:54	6:39	America East Pre-Championship
13	Zuliana Fontanez	Jr.	21:02	6:46	ECAC Championship
14	Jessica Panos	So.	22:17	7:11	43rd UAlbany Invitational

6,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1	Ada Lauterbach	So.	22:44	6:06	George Mason Invitational
2	Miranda McConnell	Fr.	23:11	6:13	George Mason Invitational
3	Jenn Pierson	Jr.	23:31	6:19	George Mason Invitational
4	Mikala Anson	Fr.	23:40	6:21	George Mason Invitational
5	Melissa Del Rosario	Fr.	23:46	6:23	George Mason Invitational
6	Ally Panos	Jr.	24:38	6:37	George Mason Invitational
7	Emily Finnegan	Fr.	25:28	6:50	George Mason Invitational