

# Apalachee Regional Park Top 10 Cross Country Times

## High School Boys 5k Top 10

1.14:59.45	Sukhi Khosla	Tallahassee Leon	2013	FSU Invitational
2.15:03.34	Mac Macoy	Vestavia Hills	2013	FSU Invitational
3.15:06.68	Tyler Bennett	Fort Myers	2013	FSU Invitational
4.15:07.57	Nick Morken	Niceville	2013	FSU Invitational
5.15:07.83	Nick Diaz	Miami Sunset	2013	FSU Invitational
6.15:08.12	Caleb Pottorff	Lincoln Park Academy	2016	FHSAA 2A State
7.15:08.51	Brandon Marquez	Timber Creek	2013	FSU Invitational
8.15:09.13	Charles Hicks	Bolles	2016	FHSAA 2A State
9.15:09.80	Patrick Koon	Leon	2021	FSU Invitational
10.15:13.10	Michael Toppi	Viera	2021	FSU Invitational

## High School Girls 5k Top 10

1.17:10.70	Caroline Wells	Winter Springs	2021	FSU Invitational
2.17:17.58	Valerie Lastra	Mater Academy	2018	FHSAA 4A State
3.17:19.40	Alyssa Hendrix	Riverview	2019	FHSAA 4A State
4.17:26.61	Bailey Hertenstein	Newsome	2017	FHSAA 4A State
5.17:30.20	Tsion Yared	Pine Crest	2018	FHSAA 2A State
6.17:30.20	Parker Valby	East Lake	2019	FHSAA 3A State
7.17:35.37	Carly McNatt	Holy Trinity	2018	FHSAA 1A State
8.17:36.50	Jillian Cadelino	Bolles	2021	FSU Invitational
9.17:39.77	Rebecca Clark	The Villages	2018	FHSAA 2A State
10.17:43.42	Ana Wallace	Chiles	2017	FHSAA 3A State

## College Mens 10k Top 10

1.29:49.5	Gilbert Kigen	Alabama	2019	NCAA South
2.29:49.9	Vincent Juorio	Alabama	2019	NCAA South
3.29:52.9	Jacob Choge	MTSU	2019	NCAA South
4.30:08.3	Ty McCormack	Auburn	2014	NCAA South
5.30:10.1	Kigen Chemadi	MTSU	2019	NCAA South
6.30:12.5	Ben Varghese	ETSU	2019	NCAA South
7.30:17.2	Tyler Udland	FSU	2014	NCAA South
8.30:18.6	Wes Gallagher	Ole Miss	2014	NCAA South
9.30:19.3	Sean Tobin	Ole Miss	2014	NCAA South
10.30:19.8	Jacob Choge	MTSU	2016	NCAA South

## College Men's 8k Top 10

1.22:47.0	Conner Mantz	BYU	2021	FSU Pre-National
2.22:48.8	Wesley Kiptoo	Iowa State	2021	FSU Winter XC
3.22:49.4	Adriaan Wildschutt	FSU	2021	FSU Pre-National
4.22:54.8	Victor Kiprop	Alabama	2021	FSU Pre-National
5.22:55.2	Abdihamid Nur	Northern Arizona	2021	FSU Pre-National
6.22:55.5	Dylan Jacobs	Notre Dame	2021	FSU Pre-National
7.23:00.5	Drew Bosley	Northern Arizona	2021	FSU Pre-National
8.23:01.4	Eduardo Herrera	Colorado	2021	FSU Pre-National
9.23:06.0	Casey Clinger	BYU	2021	FSU Pre-National
10.23:12.4	Nico Young	Northern Arizona	2021	FSU Pre-National

## College Women's 6k Top 10

1.19:17.0	Colleen Quigley	FSU	2014	NCAA South
2.19:26.2	Chelsea Blaase	Tennessee	2014	NCAA South
3.19:36.2	Molly Seidel	Notre Dame	2015	ACC
4.19:37.2	Rhianwed Price	Miss State	2014	NCAA South
5.19:39.9	Anne-Marie Blaney	UCF	2014	NCAA South
6.19:46.4	Abby Nichols	Colorado	2021	FSU Pre-National
7.19:47.7	Lauren Gregory	Arkansas	2021	FSU Pre-National
8.19:47.9	Pippa Woolven	FSU	2014	NCAA South
9.19:51.1	Lauren Ryan	FSU	2021	FSU Pre-National
10.19:53.3	Taryn O'Neill	Northern Arizona	2021	FSU Pre-National

## College Women's 5k Top 10

1.16:50.30	Mercy Chelangat	Alabama	2020	FSU Invitational
2.16:55.3	Jami Reed	Alabama	2020	FSU Invitational
3.16:55.53	Colleen Quigley	FSU	2013	FSU Invitational
4.16:58.6	Lauren White	Boston College	2020	FSU Invitational
5.16:59.8	Addison Coggins	FSU	2020	FSU Invitational
6.16:59.95	Hannah Walker	FSU	2013	FSU Invitational
7.17:04.20	Linden Hall	FSU	2013	FSU Invitational
8.17:04.8	Alyson Churchill	FSU	2020	FSU Invitational
9.17:04.09	Rebecca Clark	FSU	2020	FSU Invitational
10.17:06.16	Kayleigh Tyerman	Unattached	2013	FSU Invitational

## Open Men's 10k Top 10

1.28:55	Samuel Chelanga	Nike/ADP	2016	USATF Club
2.29:04	Stanley Kebeni	Nike/ADP	2016	USATF Club
3.29:05	Morgan Pearson	Falcon DP	2016	USATF Club
4.29:13	Hillary Bor	U.S. Army/ADP	2016	USATF Club
5.29:17	Thomas Curtin	Virginia Tech	2016	USATF Club
6.29:17	Leonard Korir	U.S. Army	2018	USATF NC
7.29:18	Martin Hehir	Hoka One One	2016	USATF Club
8.29:18	Galen Rupp	Nike	2018	USATF NC
9.29:24	Scott Fauble	Hoka One One	2016	USATF Club
10.29:28	Daniel Winn	BAA	2016	USATF Club

## Open Women's 6k Top 10

1.19:31	Colleen Quigley	Bowerman TC	2016	USATF Club
2.19:36	Sarah Pagano	BAA	2016	USATF Club
3.19:36	Samantha Silva	Bowerman TC	2016	USATF Club
4.19:37	Allie Buchalski	Furman	2016	USATF Club
5.19:37	Emily Lipari	BAA	2016	USATF Club
6.19:43	Tara Welling	Skechers	2016	USATF Club
7.19:52	Elaina Balouris	BAA	2016	USATF Club
8.19:54	Amy Van Alstine	Hoka One One	2016	USATF Club
9.19:59	Emma Bates	BAA	2016	USATF Club
10.20:00	Rosa Moriello	Heartbreakers	2016	USATF Club

## Open Women's 10k Top 10

1.33:19	Emily Infeld	Nike/Bowerman TC	2018	USATF NC
2.33:23	Molly Seidel	Saucony	2018	USATF NC
3.33:35	Stephanie Bruce	HOKA ONE/NAZ ELITE	2018	USATF NC
4.33:56	Courtney Frerichs	Nike/Bowerman TC	2018	USATF NC
5.33:57	Emily Durgin	New Balance	2018	USATF NC
6.34:39	Susan Tanui	U.S. Army	2018	USATF NC
7.34:46	Katrina Spratford	NE Distance	2018	USATF NC
8.35:33	Obsie Birru	NE Distance	2018	USATF NC
9.35:52	Sandie Raines	Mammoth Track Club	2018	USATF NC
10.35:57	Vernica Eder	Roots Running Project	2018	USATF NC