

Lady Runnin Red Detweiller

Best 25 times by a Lady Runnin Red at Detweiller Park - 3.0 Miles

| | Date | Name | School | Time |
|----|----------|----------------------|----------|---------|
| 1 | 11/08/03 | Bethany McCoy | Metamora | 16:58.0 |
| 2 | 11/05/05 | Jess Husted | Metamora | 17:34.0 |
| 3 | 10/01/16 | Kari Lalumandier | Metamora | 17:35.7 |
| 4 | 11/05/16 | Kari Lalumandier | Metamora | 17:37.5 |
| 5 | 10/17/08 | Jess Bachelor | Metamora | 17:37.9 |
| 6 | 10/17/03 | Bethany McCoy | Metamora | 17:40.6 |
| 7 | 10/14/16 | Kari Lalumandier | Metamora | 17:43.4 |
| 8 | 11/06/10 | Sarah Flintgruber | Metamora | 17:46.0 |
| 9 | 10/15/10 | Danica Dragoo | Metamora | 17:46.8 |
| 10 | 11/08/03 | Amanda Knussman | Metamora | 17:47.0 |
| 11 | 10/03/03 | Bethany McCoy | Metamora | 17:48.4 |
| 11 | 10/16/15 | Kari Lalumandier | Metamora | 17:48.4 |
| 13 | 09/30/06 | Jess Husted | Metamora | 17:53.0 |
| 14 | 11/06/10 | Danica Dragoo | Metamora | 17:53.6 |
| 15 | 10/01/11 | Danica Dragoo | Metamora | 17:55.3 |
| 16 | 10/14/11 | Danica Dragoo | Metamora | 17:57.2 |
| 17 | 10/17/08 | Kristen Rauh | Metamora | 18:03.2 |
| 18 | 10/13/06 | Jess Husted | Metamora | 18:04.1 |
| 19 | 10/15/10 | Sarah Flintgruber | Metamora | 18:04.7 |
| 20 | 10/14/16 | Sierrah Seals | Metamora | 18:08.1 |
| 21 | 11/08/03 | Jess Husted | Metamora | 18:10.0 |
| 22 | 10/01/16 | Tessa Schwarzentraub | Metamora | 18:11.5 |
| 23 | 11/07/15 | Kari Lalumandier | Metamora | 18:12.1 |
| 24 | 10/02/10 | Danica Dragoo | Metamora | 18:13.6 |
| 25 | 11/08/08 | Sarah Flintgruber | Metamora | 18:16.8 |
| | | | | |
| | | NO NEW TIMES IN 2019 | | |