

2019 Weekly Mileage

2025	Personal Records for 5,000 meters			
	5k			
	0:22:16	Alimi, Sihana	2024	Lake Denoon
	0:23:26	Coughlin, Maddy	2025	McCarty Park
	0:19:49	Marini, Valentina	2024	Janesville
	0:22:38	Regan, Breanna	2025	Janesville
	0:25:10	Regan, Rebecca	2024	Janesville
	0:21:48	Mia Torres	2025	Janesville
	5K			
	0:18:40	Abundis, Thomas	2025	Sheridan Park
	0:30:10	Bachman, Shawn	2025	Sheridan Park
	0:22:11	Guenette, Ben	2025	Muskego
	0:22:38	Kramer, Ryu	2025	Janesville
	0:21:23	Leanna, Jaxson	2023	Hales Corners
	0:20:04	Noie, Jameson	2025	Janesville
	0:19:57	Nowak, Easton	2025	McCarty Park
	0:17:31	Peterson, Dax	2025	Janesville
	0:22:01	Quigley Bailif, Finnian	2025	Janesville
	0:20:58	Spleha-Auer, Owen	2025	McCarty Park
	0:16:32	Strasser, Luke	2024	Janesville