

Kohawk Cross Country Record Books - Overall Top Times



Top Times For 6K since 2002

Rank	Name	Class	Time	Meet	Year
1.	Ashley Schnell	So.	21:37.00	NCAA National Championships - Hanover	2008
2.	Jenna Boerboom	Sr.	22:23.00	Augustana	2002
3.	Tiffany Foster	Sr.	22:27.00	NCAA Regional Championships - Grinnell	2002
4.	Ashley Schnell	Fr.	22:32.00	Augustana	2007
5.	Meredith Dobson	Jr.	22:45.00	Augustana	2003
6.	Rachel Wobeter	Fr.	22:45.00	Augustana	2005
7.	Meredith Dobson	Sr.	22:59.00	Augustana	2004
8.	Denise Eslinger	So.	23:15.00	Augustana	2005
9.	Linda Freiha	Fr.	23:15.00	Augustana	2005
10.	Abby Sweet	Sr.	23:27.00	Augustana	2003
11.	Denise Eslinger	Jr.	23:29.00	Augustana	2006
12.	Dawn Heinrich	Fr.	23:36.00	Augustana	2003
13.	Jenna Boerboom	Jr.	23:49.00	Grinnell	2002
14.	Meredith Dobson	So.	23:51.00	NCAA Regional Championships - Grinnell	2002
15.	Carman White	Sr.	24:01.00	Augustana	2004
16.	Linda Freiha	Sr.	24:05.00	Wisconsin-Oshkosh	2008
17.	Staci Werger	Fr.	24:15.00	Iowa Conference Championships	2008
18.	Heather White	Jr.	24:16.00	Iowa Conference Championships	2008
19.	Stephanie Dolezal	So.	24:21.00	Wisconsin-Oshkosh	2008
20.	Elaina Mertens	So.	24:21.00	Augustana	2005
21.	Angela Mahoney	Fr.	24:21.00	Augustana	2003
22.	Denise Eslinger	Sr.	24:29.00	Wisconsin-LaCrosse	2007
23.	Jessica Robison	Jr.	24:34.00	Wisconsin-Oshkosh	2008
24.	Lesa Hayes	So.	24:34.00	Augustana	2003
25.	Amberly Bult	Fr.	24:38.00	Augustana	2003
26.	Leah Ode	Jr.	24:44.00	Augustana	2003
27.	Linda Freiha	So.	24:48.00	Lamb-Kohawk Invite	2006
28.	Abby Sweet	Jr.	24:48.00	Grinnell	2002
29.	Tami Loan	Sr.	24:50.00	NCAA Regional Championships - Grinnell	2002
30.	Lesa Hayes	Jr.	24:53.00	Augustana	2004
31.	Naomi Hillsman	Sr.	24:56.00	Iowa Conference Championships	2008
32.	Stephanie Dolezal	Fr.	24:56.00	NCAA Regional Championships - St. Olaf	2007
33.	Sarah Fogel	Jr.	24:57.00	Augustana	2005
34.	Katie Fuller	So.	24:57.00	Augustana	2004
35.	Denise Eslinger	Fr.	25:06.00	Augustana	2004
36.	Linda Freiha	Jr.	25:15.00	NCAA Regional Championships - St. Olaf	2007
37.	Kiley Schaumleffel	Jr.	25:16.00	Iowa Conference Championships	2008
38.	Naomi Hillsman	Fr.	25:16.00	Augustana	2005
39.	Elaina Mertens	Jr.	25:18.00	Augustana	2006
40.	Dawn Heinrich	So.	25:21.00	Augustana	2004
41.	Leah Ode	Sr.	25:22.00	Augustana	2004
42.	Kari Spilman	So.	25:22.00	Augustana	2003
43.	Lesa Hayes	Sr.	25:25.00	Augustana	2005
44.	Megan Rehm	Sr.	25:37.00	NCAA Regional Championships - Grinnell	2002
45.	Shauna Nally	So.	25:39.00	Augustana	2003
46.	Katie Flores	Sr.	25:40.00	Wisconsin-Oshkosh	2008
47.	Caelan Lamb	Sr.	25:45.00	Iowa Conference Championships	2008
48.	Liz Matthews	Jr.	25:46.00	Augustana	2003
49.	Naomi Hillsman	Jr.	25:47.00	Wisconsin-LaCrosse	2007
50.	Kayla Goodfellow	Sr.	25:47.00	Augustana	2004

Can only be listed once per year.





Kohawk Cross Country Record Books - Top Times by Class

Freshman

Rank	Name	Time	Meet	Year
1.	Ashley Schnell	22:32.00	Augustana	2007
2.	Rachel Wobeter	22:49.00	Augustana	2005
3.	Linda Freiha	23:15.00	Augustana	2005
4.	Dawn Heinrich	23:36.00	Augustana	2003
5.	Staci Werger	24:15.00	Iowa Conference Championships - Buena Vista	2008
6.	Angela Mahoney	24:21.00	Augustana	2003
7.	Amberly Bult	24:38.00	Augustana	2003
8.	Stephanie Dolezal	24:46.00	NCAA Regional Championships -	2007
9.	Denise Eslinger	25:06.00	Augustana	2004
10.	Naomi Hillsman	25:16.00	Augustana	2005

Sophomores

Rank	Name	Time	Meet	Year
1.	Ashley Schnell	21:37.00	NCAA National Championships - Hanover	2008
2.	Denise Eslinger	23:15.00	Augustana	2005
3.	Meredith Dobson	23:51.00	NCAA Regional Championships - Grinnell	2002
4.	Stephanie Dolezal	24:21.00	Wisconsin-Oshkosh	2008
5.	Elaina Mertens	24:21.00	Augustana	2005
6.	Lesla Hayes	24:34.00	Augustana	2003
7.	Linda Freiha	24:48.00	Lamb-Kohawk Invite	2006
8.	Katie Fuller	24:57.00	Augustana	2004
9.	Dawn Heinrich	25:21.00	Augustana	2004
10.	Kari Spilman	25:22.00	Augustana	2003

Juniors

Rank	Name	Time	Meet	Year
1.	Meredith Dobson	22:45.00	Augustana	2003
2.	Denise Eslinger	23:29.00	Augustana	2006
3.	Jenna Boerboom	23:49.00	Grinnell	2002
4.	Heather White	24:16.00	Iowa Conference Championships - Buena Vista	2008
5.	Jessie Robison	24:34.00	Wisconsin-Oshkosh	2008
6.	Leah Ode	24:44.00	Augustana	2003
7.	Abby Sweet	24:48.00	Grinnell	2002
8.	Lesla Hayes	24:53.00	Augustana	2004
9.	Sarah Flogel	24:57.00	Augustana	2005
10.	Linda Freiha	25:15.00	NCAA Regional Championships -	2007

Seniors

Rank	Name	Time	Meet	Year
1.	Jenna Boerboom	22:23.00	Augustana	2003
2.	Tiffany Foster	22:27.00	NCAA Regional Championships - Grinnell	2002
3.	Meredith Dobson	22:59.00	Augustana	2004
4.	Abby Sweet	23:27.00	Augustana	2003
5.	Carman White	24:01.00	Augustana	2004
6.	Linda Freiha	24:05.00	Wisconsin-Oshkosh	2008
7.	Denise Eslinger	24:29.00	Wisconsin-LaCrosse	2007
8.	Tami Loan	24:50.00	NCAA Regional Championships - Grinnell	2002
9.	Naomi Hillsman	24:56.00	Iowa Conference Championships - Buena Vista	2008
10.	Leah Ode	25:22.00	Augustana	2004

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Kohawk Cross Country Record Books - Postseason Top Times



Lamb-Kohawk Invite

Rank	Name	Time	Year
1.	Meredith Dobson	23:11.00	2004
2.	Denise Eslinger	23:36.00	2006
3.	Rachel Wobeter	23:51.00	2005
4.	Ashley Schnell	24:09.00	2008
5.	Denise Eslinger	24:10.00	2005
6.	Carman White	24:10.00	2004
7.	Linda Freiha	24:43.00	2005
8.	Linda Freiha	24:48.00	2006
9.	Stephanie Dolezal	25:11.00	2008
10.	Denise Eslinger	25:18.00	2007

Iowa Conference Championships

Rank	Name	Time	Year
1.	Ashley Schnell	22:26.00	2008
2.	Denise Eslinger	23:30.00	2005
3.	Denise Eslinger	23:56.00	2006
4.	Meredith Dobson	23:56.00	2005
5.	Linda Freiha	24:06.00	2008
6.	Staci Werger	24:15.00	2008
7.	Heather White	24:16.00	2008
8.	Linda Freiha	24:20.00	2005
9.	Ashley Schnell	24:29.00	2007
10.	Rachel Wobeter	24:53.00	2005

NCAA Regional Championships

Rank	Name	Time	Year
1.	Tiffany Foster	22:27.00	2002
2.	Jenna Boerboom	22:39.00	2003
3.	Ashley Schnell	22:40.00	2008
4.	Ashley Schnell	22:43.00	2007
5.	Meredith Dobson	23:05.00	2003
6.	Meredith Dobson	23:51.00	2002
7.	Denise Eslinger	23:54.00	2006
8.	Abby Sweet	24:14.00	2003
9.	Meredith Dobson	24:15.00	2004
10.	Jenna Boerboom	24:15.00	2002

NCAA National Championships

Rank	Name	Time	Year
1.	Ashley Schnell	21:37.96	2008
2.	Ashley Schnell	22:41.00	2007
3.	Tiffany Foster	22:48.50	2002
4.	Jenna Boerboom	26:59.00	2003

Conference Championship Summary

Year	Team	Top Individual	Individual Place	Time
1990	8th	Christa Ziesset, Junior	13th	20:31
1991	8th	Sia Gilmmann, Soph.	21st	23:01
1992	9th	Natalie Karpan, Fresh.	31st	22:15
1993	9th	Natalie Karpan, Soph.	32nd	22:04
1994	5th	Natalie Karpan, Junior	8th	21:01
1995	11th	Linda Laughlin, Fresh.	40th	22:15
1996	7th	Anne Dybsetter, Fresh.	24th	21:22
1997	6th	Shaleen Rowray, Soph.	21st	20:20
1998	4th	Shaleen Rowray, Junior	15th	19:58
1999	5th	Anne Dybsetter, Senior	9th	19:03
2000	5th	Jenna Boerboom, Fresh.	21st	20:02
2001	5th	Tiffany Foster, Junior	10th	19:23
2002	3rd	Tiffany Foster, Senior	2nd	18:31
2003	3rd	Jenna Boerboom, Senior	3rd	18:56
2004	6th	Meredith Dobson, Senior	9th	23:56
2005	4th	Denise Eslinger, Soph.	8th	23:30
2006	7th	Denise Eslinger, Junior	13th	23:56
2007	7th	Ashley Schnell, Fresh.	25th	24:29
2008	7th	Ashley Schnell, Soph.	13th	22:26

-Event moved to 6K in 2004

-Coe joined the Iowa Conference in 1997

NCAA Regional Championship Summary

Year	Team	Top Individual	Individual Place	Time
1990	Did Not Compete			
1991	No Team			
1992	None	Melissa Ingersol	133rd	22:53
1993	No Team			
1994	No Team			

1995	None	Lynda Laughlin, Fresh.	126th	23:06
1996	18th	Anne Dybsetter, Fresh.	88th	20:28
1997	20th	Anne Dybsetter, Soph.	71st	21:08
1998	14th	Shaleen Rowray, Junior	65th	20:33
1999	13th	Anne Dybsetter, Senior	30th	19:37
2000	15th	Jenna Boerboom, Fresh.	39th	19:48
2001	12th	Tiffany Foster, Junior	23rd	18:53
2002	13th	Tiffany Foster, Senior	8th	22:27
2003	10th	Jenna Boerboom, Senior	9th	22:39
2004	18th	Meredith Dobson	50th	24:15
2005	18th	Denise Eslinger	48th	24:21
2006	21st	Denise Eslinger	46th	23:54
2007	19th	Ashley Schnell, Fresh.	10th	22:43
2008	18th	Ashley Schnell, Soph.	8th	22:40

-Event moved to 6K in 2002

NCAA National Championship Summary

Year	Site	Top Individual	Individual Place	Time
2002	St. Olaf	Tiffany Foster	53rd	22:48.50
2003	Hanover	Jenna Boerboom	205th	26:59.00
2007	St. Olaf	Ashley Schnell	65th	22:41.00
2008	Hanover	Ashley Schnell	33rd	21:37.96

All-Conference Summary (Top 15 at Conference Meet)

Year	Individual
1994	Natalie Karpan
1999	Anne Dybsetter
2001	Tiffany Foster
2002	Tiffany Foster
	Jenna Boerboom
2003	Jenna Boerboom
2004	Meredith Dobson
2005	Denise Eslinger
2006	Denise Eslinger
2008	Ashley Schnell

-Coe joined the Iowa Conference in 1997

All-Region Summary (Top 35 at NCAA Regionals)

Year	Individual
1999	Anne Dybsetter
2001	Tiffany Foster
2002	Tiffany Foster
2003	Jenna Boerboom
2007	Ashley Schnell
2008	Ashley Schnell

