

en's Track and Field All-Time Distance Performanc

1500 Meter Run					
			400m pace	MILE pace	
1	Lauren Bergstrom	4:25.99	2009	1:10.93	4:45.38
2	Sarah Gritter	4:31.79	1999	1:12.48	4:51.60
3	Camille Medema	4:35.42	2006	1:13.45	4:55.50
4	Betsy Haverkamp	4:38.76	1997	1:14.34	4:59.08
5	Jodi Hoekstra	4:38.87	2010	1:14.37	4:59.20
6	Laura Errfmeyer	4:39.01	1992	1:14.40	4:59.35
7	Kaitlin Diemer	4:39.74	2011	1:14.60	5:00.13
8	Erinn Boot	4:40.01	2002	1:14.67	5:00.42
9	Elizabeth Smit	4:40.39	2009	1:14.77	5:00.83
10	Alison Tuuk	4:40.58	2010	1:14.82	5:01.03
11	Rebecca Hiemstra	4:43.17	2010	1:15.51	5:03.81
12	Amy Mizzone	4:43.80	1997	1:15.68	5:04.49
13	Amy Kuipers	4:45.17	1996	1:16.05	5:05.96
14	Becky Knondyk	4:46.04	1995	1:16.28	5:06.89
15	Sarah Hastings	4:46.50	2003	1:16.40	5:07.38
16	Valerie Nydam	4:46.73	2009	1:16.46	5:07.63
17	Calah Schlabach	4:47.03	2008	1:16.54	5:07.95
18	Anne Fennema	4:47.31	2006	1:16.62	5:08.25
19	Nicole Farr	4:47.53	2010	1:16.67	5:08.49
20	Lindsey Carrier	4:47.70	2002	1:16.72	5:08.67
21	Jodi Vermeulen	4:48.42	2002	1:16.91	5:09.44
22	Lisa Timmer	4:49.26	1998	1:17.14	5:10.35
23	Tracy Diephuis	4:50.19	2002	1:17.38	5:11.34
24	Christine Hartley	4:50.43	2011	1:17.45	5:11.60
25	Lisa Kuiper	4:50.72	1994	1:17.53	5:11.91
26	Tami Vermeulen	4:51.17	2003	1:17.65	5:12.40
27	Kristen Fletcher	4:51.25	2011	1:17.67	5:12.48
28	Laura Holtrop	4:51.33	2005	1:17.69	5:12.57
29	Leah Cornell	4:51.44	2001	1:17.72	5:12.68
30	Jen Walter	4:51.97	2003	1:17.86	5:13.25
31	Kris Lumkes	4:51.99	2000	1:17.86	5:13.27
32	Erica Smit	4:52.31	1995	1:17.95	5:13.62
33	Brooke Wierenga	4:52.60	2000	1:18.03	5:13.93
34	Joanna Schmit	4:53.10	2003	1:18.16	5:14.47
35	Liz Kuipers	4:53.34	1999	1:18.22	5:14.72
36	Kory Hofman	4:53.39	1994	1:18.24	5:14.78
37	Elise Elzinga	4:53.83	2002	1:18.35	5:15.25
38	Chris Vanderslick	4:54.36	1989	1:18.50	5:15.82
39	Rashel Bayes	4:54.77	1998	1:18.61	5:16.26
40	Mary Tolsma	4:55.00	2010	1:18.67	5:16.50
41	Jessie Lair	4:55.60	2002	1:18.83	5:17.15
42	Christina Overbeck	4:56.26	2006	1:19.00	5:17.86
43	Amy Rideout	4:56.30	1993	1:19.01	5:17.90
44	Andrea Beukema	4:56.73	2010	1:19.13	5:18.36
45	Gretchen Braymer	4:56.91	2011	1:19.18	5:18.55

800 Meter Run					
			200m Pace	400m Pace	
1	Lauren Bergstrom	2:09.27	2009	32.32	1:04.64
2	Camille Medema	2:10.31	2006	32.58	1:05.15
3	Kathy Haddox	2:13.41	1994	33.35	1:06.71
4	Sara Veltkamp	2:14.55	2001	33.64	1:07.28
5	Kaitlin Diemer	2:15.58	2010	33.90	1:07.79
6	Alison Tuuk	2:16.26	2010	34.07	1:08.13
7	Megan Pierce	2:16.40	2001	34.10	1:08.20
8	Tammy Vanderploeg	2:16.84	1992	34.21	1:08.42
9	Olivia Butler	2:16.85	2011	34.21	1:08.43
10	Denise Griffioen	2:16.96	1991	34.24	1:08.48
11	Rachel Boerner	2:17.15	2010	34.29	1:08.57
12	Rebekah Folkema	2:17.67	2011	34.42	1:08.84
13	Jodi Hoekstra	2:17.92	2010	34.48	1:08.96

3000 Meter Steeplechase					
			400m pace	1600m pace	
1	Elizabeth Smit	10:29.55	2010	1:23.94	5:35.76
2	Gretchen Braymer	10:39.15	2011	1:25.22	5:40.88
3	Alyssa Penning	10:43.97	2011	1:25.86	5:43.45
4	Sarah Hastings	10:45.86	2004	1:26.11	5:44.46
5	Calah Schlabach	10:51.30	2007	1:26.84	5:47.36
6	Jodi Hoekstra	10:52.61	2011	1:27.01	5:48.06
7	Lydia Singer	10:56.92	2005	1:27.59	5:50.36
8	Anne Fennema	11:01.04	2009	1:28.14	5:52.55
9	Nicole Farr	11:02.65	2010	1:28.35	5:53.41
10	Jodi Vermeulen	11:05.73	2004	1:28.76	5:55.06
11	Tami Vermeulen	11:16.33	2003	1:30.18	6:00.71
12	Ashley Berner	11:28.46	2002	1:31.79	6:07.18
13	Alyssa Oram	11:30.17	2011	1:32.02	6:08.09
14	Anna Pranger	11:34.33	2007	1:32.58	6:10.31
15	Jesi Hale	11:37.04	2009	1:32.94	6:11.75
16	Sara Crowe	11:44.00	2002	1:33.87	6:15.47
17	Leah Cornell	12:11.70	2002	1:37.56	6:30.24
18	Laura Medema	12:19.0	2002	1:38.53	6:34.13

10000 Meter Run						
			400m pace	1600m pace	5k pace	
1	Christina Overbeck	35:44.36	2007	1:25.77	5:43.10	17:52.18
2	Jessica Koster	35:48.14	2010	1:25.93	5:43.70	17:54.07
3	Jessie Lair	36:01.80	2002	1:26.47	5:45.89	18:00.90
4	Renea Bluekamp	36:03.74	1994	1:26.55	5:46.20	18:01.87
5	Jesi Hale	36:16.03	2010	1:27.04	5:48.16	18:08.02
6	Betsy Haverkamp	36:37.42	1997	1:27.90	5:51.59	18:18.71
7	Amy Kuipers	36:45.00	1994	1:28.20	5:52.80	18:22.50
8	Lindsey Carrier	36:49.60	2002	1:28.38	5:53.54	18:24.80
9	Sarah Hastings	36:51.85	2002	1:28.47	5:53.90	18:25.93
10	Andrea Clark	36:56.86	1997	1:28.67	5:54.70	18:28.43
11	Sarah Dugan	37:06.53	2009	1:29.06	5:56.24	18:33.26
12	Samantha Westveer	37:06.60	2011	1:29.06	5:56.26	18:33.30
13	Debra Vandersteen	37:11.60	1989	1:29.26	5:57.06	18:35.80
14	Mary Tolsma	37:24.56	2010	1:29.78	5:59.13	18:42.28
15	Erinn Boot	37:24.65	2002	1:29.79	5:59.14	18:42.33
16	Kelly Edwards	37:25.43	2008	1:29.82	5:59.27	18:42.71
17	Rachel Baber	37:26.00	2002	1:29.84	5:59.36	18:43.00
18	Jodi VerMeulen	37:36.31	2003	1:30.25	6:01.01	18:48.16
19	Kristie DeYoung	37:39.24	1996	1:30.37	6:01.48	18:49.62
20	Eva Kort	37:47.94	2011	1:30.72	6:02.87	18:53.97
21	Kory Hofmann	37:54.12	1994	1:30.96	6:03.86	18:57.06
22	Calah Schlabach	38:03.46	2009	1:31.34	6:05.35	19:01.73
23	Nicole Michmerhuizen	38:13.06	2011	1:31.72	6:06.89	19:06.53
24	Anne Fennema	38:21.39	2009	1:32.06	6:08.22	19:10.69
25	Amy Rideout	38:23.30	1993	1:32.13	6:08.53	19:11.65
26	Melissa VandenBerg	38:26.58	2005	1:32.26	6:09.05	19:13.29
27	Anna VanWyk	38:34.69	2009	1:32.59	6:10.35	19:17.34
28	Sarah Tinholt	38:43.00	2003	1:32.92	6:11.68	19:21.50
29	April DeKorte	39:01.00	1999	1:33.64	6:14.56	19:30.50
30	Lynn Marsh	39:01.65	2007	1:33.67	6:14.66	19:30.82
31	Esther Peterson	39:04.00	1998	1:33.76	6:15.04	19:32.00
32	Jenny Zylstra	39:08.57	2008	1:33.94	6:15.77	19:34.29
33	Katie VanBeek	39:19.37	2003	1:34.37	6:17.50	19:39.69
34	Jessi Miller	39:35.22	2006	1:35.01	6:20.04	19:47.61
35	Rashel Bayes	39:47.10	2000	1:35.48	6:21.94	19:53.55
36	Liz Feenstra	39:59.90	2009	1:36.00	6:23.98	19:59.95
37	Gretchen Braymer	40:03.09	2008	1:36.12	6:24.49	20:01.55
38	Rachel Schoenfuhs	40:15.60	1999	1:36.62	6:26.50	20:07.80
39	Kelly Larsen	40:16.28	2009	1:36.65	6:26.60	20:08.14
40	Candice Vandergriff	40:19.0	2002	1:36.76	6:27.04	20:09.50
41	Kathy Greenfield	40:28.50	1995	1:37.14	6:28.56	20:14.25

5000 Meter Run					
			400m pace	1600m pace	
1	Betsy Haverkamp	16:54.20	1997	1:21.14	5:24.54
2	Christina Overbeck	16:59.88	2007	1:21.59	5:26.36
3	Jodi Hoekstra	17:07.96	2011	1:22.24	5:28.95
4	Sarah Hastings	17:13.90	2003	1:22.71	5:30.85
5	Sarah Gritter	17:14.10	2000	1:22.73	5:30.91
6	Lizz Smit	17:15.20	2010	1:22.82	5:31.26
7	Renea Bluekamp	17:19.83	1994	1:23.19	5:32.75
8	Amy Kuipers	17:24.70	1994	1:23.58	5:34.30
9	Jessie Lair	17:25.35	2002	1:23.63	5:34.51
10	Jessica Koster	17:27.44	2009	1:23.80	5:35.18
11	Calah Schlabach	17:29.57	2007	1:23.97	5:35.86
12	Amy Mizzone	17:32.60	1997	1:24.21	5:36.83
13	Erinn Boot	17:34.48	2002	1:24.36	5:37.43
14	Lisa Kuiper	17:40.20	1994	1:24.82	5:39.26
15	Lindsey Carrier	17:43.37	2001	1:25.07	5:40.28
16	Jesi Hale	17:43.62	2010	1:25.09	5:40.36
17	Andrea Clark	17:44.86	1997	1:25.19	5:40.76
18	Liz Kuipers	17:45.64	2000	1:25.25	5:41.00
19	Jodi Vermeulen	17:46.59	2003	1:25.33	5:41.31
20	Deb Vandersteen	17:47.23	1989	1:25.38	5:41.51
21	Mary Tolsma	17:49.42	2010	1:25.55	5:42.21
22	Shelly Dewys	17:53.97	1990	1:25.92	5:43.67
23	Anne Fennema	17:55.2	2009	1:26.02	5:44.07
24	Anna Pranger	17:56.02	2007	1:26.08	5:44.33
25	Sarah Dugan	18:01.07	2009	1:26.49	5:45.94
26	Kristie DeYoung	18:02.24	1996	1:26.58	5:46.32
27	Lydia Singer	18:02.52	2005	1:26.60	5:46.41
28	Gretchen Braymer	18:03.48	2011	1:26.68	5:46.71
29	Samantha Westveer	18:12.46	2011	1:27.40	5:49.59
30	Laura Holtrop	18:12.70	2006	1:27.42	5:49.66
31	Tami VerMeulen	18:13.42	2003	1:27.47	5:49.89
32	Kelly Edwards	18:14.96	2008	1:27.60	5:50.39
33	Lisa Timmer	18:15.24	2000	1:27.62	5:50.48
34	Heidi Lanning	18:16.18	1990	1:27.69	5:50.78
35	Rachel Baber	18:18.68	2002	1:27.89	5:51.58
36	Nicole Michmerhuizen	18:19.40	2011	1:27.95	5:51.81

3000 Meter Run					
			400m pace	1600m pace	
1	Sarah Gritter	9:41.90	2000	1:17.59	5:10.35
2	Betsy Haverkamp	9:52.73	1997	1:19.03	5:16.12
3	Lauren Bergstrom	9:56.59	2009	1:19.55	5:18.18
4	Amy Mizzone	10:06.31	1997	1:20.84	5:23.37
5	Lisa Timmer	10:06.85	1997	1:20.91	5:23.65
6	Renea Bluekamp	10:08.33	1993	1:21.11	5:24.44
7	Sarah Hastings	10:12.95	2004	1:21.73	5:26.91
8	Gretchen Braymer	10:13.0	2011	1:21.73	5:26.93
9	Amy Kuipers	10:13.90	1994	1:21.85	5:27.41
10	Christina Overbeck	10:14.01	2006	1:21.87	5:27.47
11	Lisa Kuiper	10:14.13	1993	1:21.88	5:27.54
12	Elizabeth Smit	10:15.00	2010	1:22.00	5:28.00
13	Jessica Koster	10:17.85	2008	1:22.38	5:29.52
14	Calah Schlabach	10:18.74	2007	1:22.50	5:29.99
15	Jodi Hoekstra*	10:18.8	2011	1:22.51	5:30.03
16	Laura Medema	10:19.39			