



HIGH SCHOOL OF AMERICAN STUDIES AT LEHMAN COLLEGE ALL TIME X-COUNTRY RECORDS*



Last Updated: Monday, October 17, 2011

Men's X-Country Record

Women's X-Country Record

Events	Athlete's Name	Time / Season	Athlete's Name	Time / Season
5 K @ States'	Peter Nauffts	18 min 00 sec Autumn '10	Alana Menendez	23 min 05 sec Autumn '10
5 Kilometers	Paul Fiore	17 min 25 sec Autumn '05	Alana Menendez	21 min 17 sec Autumn '10

Sophomore X-Country Record

2 ½ Miles	Hiroshi Nobuoka	15 min 32 sec Autumn '06	Alana Menendez	17 min 26 sec Autumn '08
5 Kilometers	Ulices Rodriguez	19 min 17 sec Autumn '07	Alana Menendez	22 min 17 sec Autumn '08

Freshmen X-Country Record

1.5 Miles	Nicholas Hoffman	9 min 13 sec Autumn '10	Grace Adams	10 min 42 sec Autumn '10
5 Kilometers	Esteban Gaviria	20 min 53 sec Autumn '05	Alana Menendez	22 min 18 sec Autumn '07

ALL STAR VARSITY TEAM

5K Team Rank

Men's Team

Women's Team

1	Paul Fiore	17 min 25 sec Autumn '05	Alana Menendez	21 min 17 sec
2	Peter Nauffts	17 min 36 sec Autumn '10	Mychaela Worrell	27 min 58 sec
3	Daniel Greene	17 min 53 sec Autumn '10	Julia Laventria	27 min 59 sec
4	Hiroshi Nobuoka	18 min 12 sec Autumn '08	Isabelle Barany	28 min 08 sec
5	Sean Neill	18 min 24 sec Autumn '10	Shanice Scantlebury	28 min 32 sec
6	Kiran Chapman	18 min 45 sec Autumn '10	Raquel Leslie	28 min 41 sec
7	Ulices Rodriguez	18 min 56 sec Autumn '08	Aldiana Perazic	29 min 00 sec

*All times are taken from PSAL VanCortlandt Park Races