

Syracuse Chargers Records for F5054

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|-------------------|-------------------|------------|------------|
| high jump | Kathy Cirina | 4-0 1/2 | 7/28/2000 |
| 1 mile | Coreen Steinbach | 5:36.5 | 3/27/2004 |
| 10 mile | Nancy Frisillo | 67:32.0 | 9/9/1995 |
| 1000m | Yvonne Rothenberg | 3:51.6 | 7/27/1994 |
| 100m | Kathy Cirina | 14.2 | 8/2/1997 |
| 10k road | Nancy Frisillo | 40:09.0 | 4/4/1993 |
| 10k | Coreen Steinbach | 41:16.5 | 12/20/2003 |
| 12 hour run road | Laurel Baum | 33.334 mi. | 5/15/2010 |
| 1500m | Coreen Steinbach | 5:19.6 | 12/14/2004 |
| 15k | Nancy Frisillo | 1:00:14.0 | 11/8/1992 |
| 15k | Coreen Steinbach | 67:19.5 | 2/26/2004 |
| 200m | Nadine Lowenstein | 30.13 | 6/25/1996 |
| 200m | Kathy Cirina | 30.1 | 6/20/1998 |
| 20k | Nancy Frisillo | 1:27:51 | 8/3/1996 |
| 25k | Nancy Frisillo | 1:54:12 | 7/31/1994 |
| 3k road | Joanne Singer | 11:37 | 5/5/2013 |
| 3k | Coreen Steinbach | 11:24.7 | 2/22/2004 |
| 300m | Kathleen Cirina | 50.3 | 1/15/2000 |
| 30k | Jean O'Hara | 2:53:33 | 3/24/1985 |
| 400m | Nadine Lowenstein | 67.73 | 7/14/1995 |
| 5 mile | Coreen Steinbach | 33:25.0 | 6/19/2004 |
| 55m | Nadine Lowenstein | 8.53 | 3/3/1996 |
| 55m | Nadine Lowenstein | 8.4 | 2/16/1997 |
| 55m | Nadine Lowenstein | 8.4 | 4/1/1997 |
| 5k road | Nancy Frisillo | 19:05 | 10/4/1992 |
| 5k | Kelly Dworvak | 21:16.5 | 7/27/2012 |
| 600m | Kathleen Collins | 2:09.9 | 3/15/1998 |
| 60m | Kathy Cirina | 9.0 | 3/14/1999 |
| 800m | Coreen Steinbach | 2:34.9 | 3/29/2003 |
| 80m HH | Barbara Stewart | 22.87 | 7/27/1996 |
| 8k | Nancy Frisillo | 32:08.0 | 5/23/1993 |
| discus | Kathy Cirina | 88-2 | 8/2/1997 |
| half marathon | Nancy Frisillo | 1:30:49 | 10/12/1996 |
| hammer 4kg | Barbara LoPiccolo | 97-9 | 6/6/2002 |
| javelin | Kathy Cirina | 92-3 | 8/2/1997 |
| long jump | Kathy Cirina | 13-8 | 8/2/1997 |
| marathon | Lennie Tucker | 3:40:20 | 5/6/1990 |
| pole vault | Barbara Stewart | 6ft 6in | 7/20/1996 |
| shot put 4kg | Kathy Cirina | 34-1 | 8/2/1997 |
| triple jump | Kathy Cirina | 28-1 | 8/2/1997 |
| weight throw 20lb | Barbara LoPiccolo | 35-6 1/2 | 3/22/2002 |

28 Aug 2024