

Women's Overall Top 10 Times By Leg (All Divisions)

<u>Treadmill (15 minutes)</u>		<u>Distance</u>	<u>Year</u>
1	M. Cummings (Team Cummings)	2.55 miles	2018
2.	E. Henninger (Clark's Sharks)	2.39 miles	2019
3.	B. Townsend (Amped Up)	2.3 miles	2017
4.	V. Wright (Diamond Chiropractic)	2.22 miles	2020
5.	C. Thomson (Individual)	2.21 miles	2019
6.	A. Inden (RIV Athletics)	2.15 miles	2018
7.	A. McCann (Team Chuck)	2.14 miles	2020
8(t)	M. McIntosh (Individual)	2.1 miles	2019
8(t)	K. Stallone (Pike Fitness)	2.1 miles	2019
10.	J. Loren (RIV Athletics)	2.07 miles	2018

<u>Spin Bike (15 minutes)</u>		<u>Distance</u>	<u>Year</u>
1	C. Kirby (Pike Fitness)	7.6 miles	2019
2.	E. Henninger (Clark's Sharks)	7.4 miles	2019
3(t)	K. Dougherty (Clark's Sharks)	7.3 miles	2019
3(t)	A. Rohrer (BlkOps Fitness)	7.3 miles	2019
5	A. Hansen (Clark's Sharks)	7.1 miles	2019
6	M. McIntosh (Individual)	6.9 miles	2019
7(t)	L. Consiglio-Ward (Clark's Shark)	6.8 miles	2019
7(t)	J. Welch (Villains of the Village)	6.8 miles	2019
7(t)	F. Ashbee (Villains of the Village)	6.8 miles	2019
10(t)	T. Corrado (Legion Transformation)	6.4 miles	2019
10(t)	R. Schemm (Dela Darling Podcast)	6.4 miles	2019
10(t)	K. Feeney (Mosaic in Delaware)	6.4 miles	2019
10(t)	M. Candeloro (Clark's Sharks)	6.4 miles	2019

<u>Erg (15 minutes)</u>		<u>Distance</u>	<u>Distance</u>	<u>Year</u>
			<u>(converted)</u>	
1	R. Carr (Individual)	3801 meters	2.36 miles	2017
2(t)	S. Jordan (Individual)	3637 meters	2.26 miles	2016
2(t)	B. Lazear (BlkOps Fitness)	3637 meters	2.26 miles	2019
4	E. Henninger (Clark's Sharks)	3633 meters	2.26 miles	2019
5	T. Hessey (Thunderstrike)	3585 meters	2.23 miles	2018
6	A. Inden (RIV Athletics)	3583 meters	2.23 miles	2018
7	C. Thomson (Individual)	3565 meters	2.22 miles	2019
8(t)	W. Moloy (Individual)	3563 meters	2.21 miles	2017
8(t)	L. Waters (BlkOps Fitness)	3563 meters	2.21 miles	2019
10	M. Wittenberg (BlkOps Fitness)	3521 meters	2.19 miles	2019

Men's Overall Top 10 Times (By Leg) (All Divisions)

<u>Treadmill (15 minutes)</u>		<u>Distance</u>	<u>Year</u>
1	D. Henninger (Clark's Sharks)	2.76 miles	2017
2	A. Donlan (University of Delaware Men's Crew)	2.64 miles	2017
3	B. Kaiser (University of Delaware Men's Crew)	2.63 miles	2018
4	B. Bennett (Individual)	2.62 miles	2018
5	R. Cucci (University of Delaware Men's Crew)	2.54 miles	2016
6	W. Roman (University of Delaware Men's Crew)	2.53 miles	2016
7(t)	M. Couwenhoven (University of Delaware Men's Crew)	2.51 miles	2017
7(t)	M. Campone (University of Delaware Men's Crew)	2.51 miles	2020
9 (t)	W. Grant (University of Delaware Men's Crew)	2.50 miles	2017
9 (t)	L. Kelley (University of Delaware Men's Crew)	2.50 miles	2018

<u>Spin Bike (15 minutes)</u>		<u>Distance</u>	
1	D. Henninger (Clark's Sharks)	8.3 miles	2019
2	J. McCann (Individual)	8.1 miles	2019
3	N. Jafarieh (BlkOps Fitness)	8.0 miles	2019
4	B. Gromacki (University of Delaware Men's Crew)	7.9 miles	2019
5	A. DeAscanis (BlkOps Fitness)	7.8 miles	2019
6(t)	D. Lamb (University of Delaware Men's Crew)	7.7 miles	2019
6(t)	K. Murphy (BlkOps Fitness)	7.7 miles	2019
8	C. Hurley (University of Delaware Men's Crew)	7.58 miles	2017
9	K. Rumaker (University of Delaware Men's Crew)	7.4 miles	2019
10	A. Deluca University of Delaware Men's Crew)	7.39 miles	2017

<u>Erg (15 minutes)</u>		<u>Distance</u>	<u>Distance</u> <u>(converted)</u>	<u>Year</u>
1	W. Purman (University of Delaware Men's Crew)	4441 meters	2.76 miles	2019
2	F. Field (University of Delaware Men's Crew)	4387 meters	2.73 miles	2016
3 (t)	D. Henninger (Clark's Sharks)	4352 meters	2.70 miles	2018
3 (t)	C. Clyde (RIV Athletics)	4352 meters	2.70 miles	2018
5	M. Grant (University of Delaware Men's Crew)	4338 meters	2.70 miles	2016
6	E. Frezza (University of Delaware Men's Crew)	4331 meters	2.69 miles	2018
7	J. McCullough (University of Delaware Men's Crew)	4312 meters	2.68 miles	2019
8	D. Caspers (University of Delaware Men's Crew)	4297 meters	2.67 miles	2016
9	A. Craig (University of Delaware Men's Crew)	4202 meters	2.61 miles	2019
10	N. Pereira (University of Delaware Men's Crew)	4197 meters	2.61 miles	2017