

Syracuse Chargers Records for F5559

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|-------------------|-----------------------|-----------|------------|
| high jump | Kathy Cirina | 3ft 10 | 6/6/2003 |
| 1 mile | Yvonne Rothenberg | 6:40.9 | 3/15/2001 |
| 10 mile | Liz Besio | 1:15:44 | 7/4/2014 |
| 100 mile trail | Luana Pesco Koplowitz | 25:43:04 | 5/23/2015 |
| 1000m | Mary Ann Rusz | 4:35.0 | 3/1/1992 |
| 100k trail | Luana Pesco Koplowitz | 14:04:17 | 8/24/2013 |
| 100m | Kathleen Cirina | 14.7 | 8/2/2002 |
| 10k road | Virginia Verdoes | 46:22.0 | 5/25/2008 |
| 10k | Karen Davies | 44:26.0 | 7/29/2001 |
| 1500m | Yvonne Rothenberg | 6:15.7 | 6/25/2001 |
| 15k | Nancy Frisillo | 7:25.0 | 11/8/1998 |
| 200m | Kathleen Cirina | 31.2 | 8/2/2002 |
| 20k | Mary Ann Rusz | 1:43:00 | 8/1/1992 |
| 25k | Lois Bell | 2:17:40 | 8/25/1988 |
| 3k | Yvonne Rothenberg | 13:20.6 | 11/30/2001 |
| 300m | Bertie Argyris | 58.4 | 3/22/1987 |
| 400m | Kathleen Cirina | 77.93 | 7/14/2003 |
| 45m | Barbara Stewart | 8.4 | 1/26/1997 |
| 5 mile | Yvonne Rothenberg | 38:05.0 | 6/24/2001 |
| 50 mile road | Luana Pesco Koplowitz | 10:44:07 | 10/23/2012 |
| 50k road | Luana Pesco Koplowitz | 6:00:38 | 10/11/2014 |
| 50k trail | Luana Pesco Koplowitz | 6:52:16 | 11/1/2014 |
| 50m | Kate Clark | 10.3 | 8/19/2001 |
| 55m | Luana Pesco Koplowitz | 9.9 | 3/15/2014 |
| 5k road | Nancy Frisillo | 21:29 | 10/4/1998 |
| 5k | Yvonne Rothenberg | 24:11.9 | 12/8/2000 |
| 600m | Muriel More | 2:50.3 | 2/27/1983 |
| 800m | Yvonne Rothenberg | 3:03.3 | 11/21/2001 |
| 80m HH | Kathleen Cirina | 19.9 | 6/6/2003 |
| 8k | Yvonne Rothenberg | 37:17.0 | 6/14/2001 |
| discus | Kathy Cirina | 83-6 | 8/1/2002 |
| half marathon | Elizabeth Besio | 1:41:20 | 5/3/2015 |
| hammer 3kg | Barbara LoPiccolo | 104-2 | 6/8/2007 |
| hammer 5kg | Barbara LoPiccolo | 100-9 1/4 | 6/9/2006 |
| javelin | Barbara LoPiccolo | 87-3 1/4 | 8/3/2002 |
| long jump | Kathy Cirina | 11ft 9in | 6/6/2003 |
| marathon | Mary Ann Rusz | 3:49:45 | 5/13/1990 |
| pole vault | Karen Ellsworth | 5ft 6in | 7/22/2022 |
| shot put | Kathleen Cirina | 31-1 1/4 | 8/3/2002 |
| superweight | Barbara LoPiccolo | 20-5 1/4 | 3/27/2004 |
| triple jump | Kathy Cirina | 24-5 | 1/2002 |
| weight throw 20lb | Barbara LoPiccolo | 33-2 1/4 | 7/15/2002 |

25 Jul 2022