

<b>Top 10 times- Thru State Meet - converted to FAT</b> <b>Lincoln High Girls Sprinters- 2019 track season</b>
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**100 meters**

E. Merkley	12.79
E Jerstad	12.81
S. Siegal	13.08
L. Merkley	13.19
E. Belhaj	13.2
J. Soko	13.44
C. Sudbeck	13.48
M Hughes	13.48
A. Sorenson	13.56
J. Dal	13.64

**200m /open**

E. Jerstad	26.50
E. Merkley	26.95
J. Dal	27.12
C. Sudbeck	27.19
L. Merkley	27.44
S. Siegal	27.57
E. Belhaj	27.75
I. Schroeder	28.11
S. Wietfeld	28.25
A. Sorenson	28.43

**400m/open**

C. Sudbeck	60.32
L. Bindert	60.97
I. Schroeder	62.86
S. Wietfeld	63.18
J. Dal	63.34
E. Sahly	64.65
C. Harbaugh	65.42
E. Belhaj	65.44
S. Huber	65.66
T. Williams	66.74

**4x100 relay**

Belhaj-Jerstad	49.53
Lmerkley-Emerkley	
Belhaj-Jerstad	50.20
Lmerkley-Sudbeck	
Hughes-Jerstad	50.43
Lmerkley-Emerkley	
Belhaj- Emerkely	51.44
Bindert-Lmerkely	
Schroeder-Mueller	53.20
Lmerkley-Sorenson	

**4x200 relay**

Jerstad-Emerkley	1:45.40
Sudbeck-Bindert	
Bindert-Emerkley	1:46.62
Dal- Jerstad	
Jerstad-Lmerkley	1:46.79
Schroeder-Sudbeck	
Jerstad-Sudbeck	1:46.80
Bindert-Schroeder	
Jerstad-Lmerkley	1:47.12
Emerkley- Sudbeck	

**Medley R**

Lmerkley-Sudbeck	4:17.19
Bindert-Derenge	
Belhaj-Lmerkley	4:19.75
Schroeder-Derenge	
Belhaj-Lmerkley	4:24.40
Schroeder-Dumansky	
Sorenson-Raak	4:30.76
SchroederSimeonova	
Belhaj-Croghan	4:35.52
Huber-Dumansky	

**4x400 relay**

Dal-Sudbeck	4:05.39
Schroeder-Bindert	
Dal-Bindert	4:11.29
Wietfeld-Sudbeck	
Bindert-Wietfeld	4:12.36
Schroeder-Derenge	
Batcheler-Sudbeck	4:14.39
Bindert-Schroeder	
Sudbeck-Siegal	4:16.42
Bindert-Schroeder	

**200m/split**

L. Bindert	25.9
E. Merkley	25.9
E. Jerstad	25.9
C. Sudbeck	26.1
J. Dal	26.4
L.Merkley	26.4
I. Schroeder	26.6
E. Belhaj	27.2
Sorenson/Wietfeld	27.3
T. Raak	27.7

**400m/split**

C. Sudbeck	59.4
L. Bindert	59.9
J. Dal	61.0
I. Schroeder	61.6
L. Derenge	62.9
L. Batcheller	63.0
E.Merkley	64.7
S. Wietfeld	65.2
S. Huber	65.6
A. Levesque	66.1

**800 m**

L Derenge S	2:20.6
L. Bindert S	2:21.5
H. Dumansky S	2:25.2
L Batcheller S	2:25.4
A. DeKam	2:28.28
A. Levesque S	2:28.8
A. Simeonova S	2:29.2
C. Sudbeck	2:32.63
C. Harbaugh S	2:34.5
H. Towe	2:39.83