

## Girls All-Time 1600

4:41.48	Elizabeth Yetzer	Lakeville North	2005 (4:43.12y)	4:57.62	Emily Donnay	Eden Valley-Watkins/K	2015
<b>4:44.00i</b>	<b>Abbey Nechanicky</b>	<b>Wayzata</b>	<b>2023 (4:45.65y i)</b>	4:57.4 *	Jody Eder	Stillwater Area	1981
4:46.34	Bethany Hasz	Alexandria	2016	4:57.69	Caroline Sassan	Wayzata	2018
4:46.36	Emily Kompelien	Edina	2018	4:57.80	Kasandra Hendricks	Hutchinson	2000
4:47.34	Emily Covert	Mpls Washburn	2018	4:58.01	Liz Palkie	Carlton/Wrenshall	2003
4:48.41	Clare Flanagan	Blake	2013	4:58.05	Emma Benner	Forest Lake	2016
4:48.3 i *	Bria Wetsch	Holy Family	2006 (4:49.9y i)	4:58.37	Zoie Dundon	Burnsville	2021
4:48.54	Tess Misgen	Shakopee	2015	4:58.48	JoAnna Deeter	Eden Prairie	1996
4:48.58	Shannon Bergstedt	Hopkins	2004	4:58.49	Molly Moulton	Rush City	1992
4:48.79	Jeanne Kruckeberg	Bloomington Prairie	1986	4:58.53	Tierney Wolfgram	Math & Science Acad.	2018
(10)				(70)			
<b>4:48.81</b>	<b>Evie Malec</b>	<b>Minnetonka</b>	<b>2023 (4:50.49y)</b>	4:58.3 *	Mary Stepka	Lakeville	1978 (5:00.0y)
4:49.59	Analee Weaver	Stillwater	2021	<b>4:58.65</b>	<b>Laura McClary</b>	<b>St. Paul Central</b>	<b>2023</b>
<b>4:49.60</b>	<b>Jade Rypkema</b>	<b>Nevis</b>	<b>2023 (4:51.28y)</b>	4:58.68	Michelle Volz	Lakeville North	2007
4:49.87	Megan Hasz	Alexandria	2016	4:58.5 *	Lisa Koelfgen	Robbinsdale Armstrong	1982
4:49.93	Ali Weimer	St. Michael-Albertville	2021	4:58.74	Morgan Gehl	Heron Lk-Okab/Fuld	2021
4:50.37	Isabella Roemer	Chanhassen	2021	4:58.84	Annika Halverson	Wayzata	2014
4:50.47	Molly Lehman	Minnetonka	2005 (4:52.16y)	4:58.93	Kaytlyn Larson	Lakeville South	2015
4:50.64	Lauren Ping	Winona Cotter	2019	4:59.00	Luna Scorzelli	St Paul Highland Park	2021
4:50.82	Emi Trost	Cannon Falls	2013	4:58.8 *	Charlene Hubbard	Becker	1984
<b>4:50.93</b>	<b>Sydney Drevlow</b>	<b>Hopkins</b>	<b>2023</b>	4:59.07	Becca Dyson	Roseville Area	2010
(20)				(80)			
4:51.11	Jamie Cheever	Mpls Southwest	2005	4:59.07	Mae Fullerton	Benilde-St. Margaret's	2016
4:51.55*	Lauren Peterson	Rosemount	2019 (4:53.25y)	4:59.09	Emily Naslund	Bloomington Jefferson	1998
<b>4:51.61</b>	<b>Teegan Anderson</b>	<b>Wayzata</b>	<b>2023</b>	<b>4:59.15</b>	<b>Jaelyn Miller</b>	<b>Alexandria</b>	<b>2023</b>
4:51.68	Ruby Stauber	Wayzata	2016	4:59.21	Julie Gifford	Tracy-Milroy	2000
4:51.69	Maya Mor	Minnetonka	2020	4:59.25	McKenzie Melander	Eastview	2007
<b>4:52.07</b>	<b>Isabelle Schmitz</b>	<b>Hutchinson</b>	<b>2023</b>	4:59.26	Heather Doyle	Moorhead	1987
4:52.2 *	Michelle Marthaler	Belgrade-Brooten	1986	<b>4:59.28</b>	<b>Grace Mignone</b>	<b>Wayzata</b>	<b>2023</b>
4:53.67	Nikki Swenson	Dawson-Boyd	2006	4:59.29	Chrissy Monson	Albert Lea	2011
4:53.70	Molly Moening	St. Paul Highland Park	2021	4:59.42	Hannah Grinaker	Detroit Lakes	2005
4:53.77	Anastasia Korzenowski	Chanhassen	2016	4:59.44	Maria Rickman	Edina	2018
(30)				(90)			
<b>4:53.90</b>	<b>Kendra Krueger</b>	<b>Jordan</b>	<b>2023</b>	4:59.46	Marissa Long	Chanhassen	2022
4:53.94	Anna Fenske	Farmington	2021	4:59.53	Cassy Opitz	Eden Prairie	2009
4:54.04	Carrie Tollefson	Dawson-Boyd	1995	4:59.56	Olivia Goebel	Albany	2022
4:54.19	Jamie Piepenburg	Alexandria	2012	4:59.67	Megan Lee	Bloomington Jefferson	2022
4:54.35	Lisa Dyer	Moorhead	2001	4:59.80	Elizabeth Klecker	Hopkins	2015
4:54.75	Heidi Lindeman	Coon Rapids	2003	4:59.87	Nicole Calabrese	Kingsland	2003
4:55.03	Miriam Sandeen	Eden Prairie	2021	4:59.88	Jaycie Thomsen	Wayzata	2017
4:54.8 *	Lani Granowski	Owatonna	1979	5:00.01	Zoe Nagell	Armstrong	2000
4:55.0 *	Val Horan	Rochester John Marshall	1977 (4:56.7y)	4:59.8 *	Snuffy Alto	Alexandria	1989
4:55.56i	Grace Ping	Winona Cotter	2018	5:00.07	Mara Olson	St. Louis Park	2011
(40)				(100)			
4:55.88	Maria Hauger	Shakopee	2012	5:00.13	Emma Bates	Elk River	2010
4:55.94	Mae Fullerton	Benilde-St. Margaret's	2015	5:00.0 *	Mary Beth Spencer	Anoka	1975 (5:01.7y)
4:55.97	Rachel King	St. Michael-Albertville	2015	5:00.34	Lynn Ranfranz	Rochester John Marshall	1979
4:55.9 *	Tracy Dahl	Anoka	1988	5:00.45	Grace Drietz	Canby-Minneota	2021
4:56.14	Kendall Wheeler	Duluth East	2000	5:00.50	Natasha Sortland	Zumbrota-Mazeppa	2021
4:56.16	Aleah Miller	Alexandria	2022	5:00.71	Anita Menden	Eden Prairie	1999
4:56.21	Kayla Huhnerkoch	Redwood Valley	2015	5:00.76	Colleen Flaherty	Hopkins	1998
4:56.25	Taylor Scholl	Prior Lake	2012	5:00.92	Catherine Ferrell	St. Paul Academy	2000
4:56.33	Anna French	Wayzata	2014	5:00.92	Kara Wheeler	Duluth East	1996
4:56.1 *	Lisa Waananen	Maple Grove	2004	5:00.94	Rhiana Rinke	North Branch	2015
(50)				(110)			
4:56.46	Kim Kauls	Forest Lake	1987	5:00.95	Kaila Urick	Chaska	2010
4:56.52	Shaelyn Sorenson	Tartan	2014	5:01.01	Danielle Anderson	Eagan	2012
4:56.53	Sarah Renk	Winona	1987	5:01.10	Virginia Senf	St. Paul Como Park	2005
4:56.59	Emily Castanias	Chanhassen	2014	5:01.10	Tate Sweeney	Edina	2017
4:56.65	Jenna Truedson	Bemidji	2014	5:00.9 *	Cara Daniels	Anoka	1986
4:56.83	Calia Chaney	Pequot Lakes	2022	5:01.24	Hannah Jeter	Eden Prairie	2014
4:56.97	Emma Atkinson	Wayzata	2019	5:01.38	Steph Bruening	Alexandria	1989
4:56.8 *	Eva Krueger	Robbinsdale Cooper	1976 (4:58.5y)	5:01.39	Emma Christensen	Rochester John Marshall	2015
<b>4:57.53</b>	<b>Delia Johnson</b>	<b>St. Paul Highland Park</b>	<b>2023</b>	5:01.43	Mallory Van Ness	Mounds View	2005
4:57.57	Taylor Isabel	Mounds View	2022	5:01.45	Stephanie Herbst	Chaska	1984
(60)				(120)			

5:01.45	Chelsea Pettit	Holy Angels	2009			
5:01.59	Annie Yetzer	Lakeville	2002			
5:01.67	Nicole Kuznia	BOLD	1997			
5:01.76	Sadie Schreiner	Edina	2016			
5:01.83	Rhiana Rinke	North Branch	2014			
5:01.85	Dana Peters	Kenyon Wanamingo	2003			
5:01.91	Emilie Meyer	Totino Grace	2021			
<b>5:01.97</b>	<b>Maggie McEllistrom</b>	<b>Two Rivers</b>	<b>2023</b>			
5:02.22	Jill Slettedahl	Granite Falls	1983			
5:02.24	Mary Naas	St. Paul Academy & SS	2015			
(130)						
5:02.43	Lizzy Heil	St. Michael-Albertville	2015			
5:02.54	Caitlin Hewes	Stillwater Area	2008			
5:02.59	Morgan Richter	Breck	2016			
5:02.84	Ladia Albertson	Stillwater Area	2002			
5:02.86	Laura Hughes	Mankato West	2007			
5:02.93	Halle Mestery	East Ridge	2021			
5:02.7 *	Tammy Fenske	Elgin Millville	1981			
5:02.7 *	Nicole Sherr	Morris	1988			
5:02.95	Katie Moraczewski	White Bear Lake	2007			
5:02.98	Diane Krueger	Robbendale Cooper	1980			
(140)						
5:02.8 *	Peggy Saracino	Hill-Murray	1980			
5:03.10	Josephine Mosby	St. Louis Park	2019			
5:02.9 *	Bonnie Sons	Norwood-Young America	1983			
5:02.9 *	Jill Stevenson	Tartan	1983			
5:03.17	Heather Dorniden	Rosemount	2005			
5:03.21	Marie Borner	Park Cottage Grove	2004			
5:03.23	Rebekah Yetzer	Lakeville	2002			
5:03.25	Julie Golla	Rochester John Marshall	1993			
5:03.26	Madeline Kelly	Providence Academy	2019			
5:03.29	Jen Hess	Paynesville Area	2001			
(150)						
5:03.44	Alison Liewen	Minnetonka	2003			
<b>5:03.48</b>	<b>Abigail Hibbs</b>	<b>Champlin Park</b>	<b>2023</b>			
5:03.3 *	Leslie Seymour	Regina	1978 (5:05.0y)			
5:03.3 *	Sho Kroeger	Lake Crystal-Wellcome	1993			
5:03.64	Hannah Borowsky	Hopkins	2011			
5:03.68	Libby Halbmaier	Minnetonka	2016			
5:03.73	Micayla Batchlor	Eden Prairie	2015			
<b>5:03.73</b>	<b>Lydia Franson</b>	<b>East Ridge</b>	<b>2023</b>			
5:03.5 *	Pam Willey	Eden Prairie	1981			
5:03.77	Erica Seidenkranz	Monticello	2010			
(160)						
5:03.90	Taylor Kreitinger	Byron	2015			
5:03.93	Katie Anderson	Blaine	2004			
5:03.99	Molly Kayfes	Maple Grove	2008			
5:04.03	Vivian Hett	Burnsville	2014			
5:03.8 *	Nancy Gieske	Henry Sibley	1980			
5:04.06	Sheila Wagner	Barrett	1980			
5:04.12	Ava Hill	Mesabi East	2019			
5:04.14	Gabi Swoboda	Redwood Valley	2011			
5:04.15	Loree Haugland	Owatonna	1980			
5:04.23	Kristi Colbenson	Rushford Peterson	2001			
(170)						
5:04.26	Danielle Berndt	Bloomington Kennedy	2007			
5:04.26	Kayla Uphoff	Lakeville South	2010			
5:04.28	Emily Meese	Minnetonka	2007			
5:04.31	Emily Schwitzer	Hopkins	2005			
5:04.32	Alison Titcomb	Robbendale Armstrong	1980			
5:04.43	Taylor Mikkalson	Kasson-Mantorville	2012			
5:04.52	Katie Sigerud	St. Michael-Albertville	2019			
5:04.60	Paige Foster	Prior Lake	2010			
5:04.62	Mary Klecker	Hopkins	2012			
5:04.65	Laura Thompson	Fairmont	2021			
(180)						
<b>5:04.66</b>	<b>Olivia Pauly</b>	<b>St. John's Prep</b>	<b>2023</b>			
5:04.67	Madison More	Saint Peter	2018			
5:04.71	Victoria Moses	Irondale	1998			
5:04.91	Hannah LaMaster	Rochester Mayo	2019			
5:04.94	Samantha Nielsen	Roseville Area	2013			
5:04.95	Grace Dickel	Mpls. Washburn	2018			
5:05.01	Kaylea Brase	Centennial	2008			
5:05.03	Stephanie Sjostrom	Champlin Park	2009			
5:05.03	Jessa Hanson	Willmar	2017			
5:05.05	Maddie McClellan	Perham	2010			
(190)						
<b>5:05.08</b>	<b>Madelyn Gullickson</b>	<b>Wayzata</b>	<b>2023</b>			
5:05.11	Danielle Burke	Waseca	2006			
5:05.18	Lauren Bergstrom	Rochester Century	2004			
5:05.29	Madison Overby	Austin	2016			
5:05.30	Rachel Ness	Elk River	2013			
5:05.1 *	Lynn Schlichting	Spring Lake Park	1980			
5:05.35	Patty O'Brien	North St. Paul	2014			
5:05.40	Julie Kramer	Fulda	1986			
5:05.2 *	Anne Hills	Mounds View	1984			
<b>5:05.46</b>	<b>Alyson Kleyman</b>	<b>Wayzata</b>	<b>2023</b>			
(200)						
5:05.47	Sophie Whicher	Minnetonka	2016			
5:05.48	Trina Steffes	St. Cloud Tech	1991			
5:05.53	Christine Patten	Holy Angels	1980			
<b>5:05.56</b>	<b>Kylie Nelson</b>	<b>Centennial</b>	<b>2023</b>			
5:05.60	Nicole Slater	Adrian	2014			
<b>5:05.62</b>	<b>Caitlyn Osanai</b>	<b>Robbendale Armstrong</b>	<b>2023</b>			
5:05.68	Christine Abbott	Winona	1987			
5:05.74	Linda Keller	Paynesville Area	2008			
5:05.5 *	Lori Phipps	Elgin Millville	1983			
5:05.77	Sally Paulson	Simely	2006			
(210)						
5:05.78	Courtney Hugstad-Vaa	Eastview	2001			
5:05.84	April Maine	Holdingford	1997			
5:05.90	Isabel Wyatt	Mpls Southwest	2021			
5:05.90	Iris Guider	Saint Paul Central	2022			
5:05.91	Caroline Brisbois	Roseville Area	2014			
5:05.95	Keri Zweig	Minnetonka	1993			
<b>5:05.99</b>	<b>Audrey Brownell</b>	<b>Staples-Motley</b>	<b>2023 (5:07.77y)</b>			
5:06.01	Taylor Perkins	Lakeville North	2012			
<b>5:06.01</b>	<b>Jazleen Malherek-Osorio</b>	<b>Wayzata</b>	<b>2023</b>			
5:06.02	Dani Stack	Mankato Loyola	2008			
(220)						
5:06.02	Margaret Dalseth	Visitation	2018			
5:05.8 *	Tina Bahr	International Falls	1979 (5:07.5y)			
5:06.11	Annalise Davis	St. Michael-Albertville	2018			
5:05 *	Megan Mahle	Plainview	1993			
5:06.16	Kelly Crimi	Scott West	2001			
5:06.17	Stacia Kalinoski	Thief River Falls	2003			
5:06.18	Jessica Goeden	Grand Rapids	2001			
5:06.20	Elena Danielson	St. Cloud Cathedral	2011			
5:06.0 *	Joan Hopfenspirger	Redwood Falls	1979			
5:06.26	Hannah Mitchell	Edina	2016			
5:06.33	Maddi Sjelein	St. Michael-Albertville	2013			
(231)						

\* handheld time (add .24 seconds to make comparable to FAT)  
y = yards (Mile Run) (.9942 conversion factor)  
i = run indoors