

Girls All-Time 400 Meters

53.47	Jordyn Borsch	Maple Grove	2023	56.4 *	Phillis Webb	Osseo	2011
53.96	Honour Finley	Bloomington Kennedy	2016	56.66	Nancy Golie	Irondale	1985
54.36	Vanessa Clarida	Bloomington Kennedy	2001	56.68	Addison Hoof	Lester Prairie	2023
54.70	Amber Affeldt	Coon Rapids	1995	56.69	Danijela Vicanovic	Minnetonka	1985
54.76	Maddie Dahlien	Edina	2022	56.70	Meleah Biermaier	Thief River Falls	2015
54.77	Paige Stratioti	Duluth Central	2011	56.71	Leighton Lerum	Providence Academy	2009
54.6 *	Jane Oas	Mound-Westonka	1971 (54.9y)	56.73	Sophie Charlton	Rochester Mayo	2008
55.08	Brieasha (Hunter) Hobbs	Cretin-Derham Hall	2014	56.73	AnnMarie Healy	Providence Academy	2012
55.09	Sasha Davis	Park Center	2010	56.76	Trisha Schumacher	Planview	1993
55.09	Sade Pollard	St. Paul Harding	2005	56.76	Nyeaee Robins	Farmington	2019
(10)				(70)			
55.14	Bridget Sweeney	Hopkins	2010	56.76	Molly Bennett	Edina	2022
55.17	Megan Linder	Cretin-Derham Hall	2014	56.79	Kristi Kropp	Anoka	1982
55.18	Lindsay Mattson	Grand Rapids	2010	56.81	Kelsey Conrad	Robbinsdale Cooper	2006
55.29	Heather Dorniden	Rosemount	2004	56.83	Brynn Sauer	Rocori	2016
55.32	Emma Kvant	St. Michael-Albertville	2023	56.84	Emily Bartusek	Albert Lea	2000
55.1 *	Christy Viste	Rochester Mayo	1977 (55.4y)	58.84	Isabelle Reinders	Prior Lake	2023
55.39	Claire Howell	Moorhead	2019	56.85	Niki Martineau	Park Cottage Grove	1993
55.61	Laubenra Ben	Park Center	2022	56.86	Elliana Magnus	Hastings	2023
55.64	Sophia Anderson	Holy Angels	2015	56.87	Allie Niska	Duluth East	2021
55.67	Chloe Bermel	Pequot Lakes	2016	56.87	Grace Weber	Wayzata	2023
(20)				(80)			
55.70	Brianna Shroyer	Buffalo	2023	56.89	Ava Hill	Mesabi East	2018
55.80	Shaina Zinter	Concordia Academy	2022	56.91	Jeanne Kruckeberg	Blooming Prairie	1983
55.83	Ashley Tingelstad	East Grand Forks	2008	56.91	Kristi Buerkle	Forest Lake	2007
55.86	Ellie Kuechle	Eden V/Watkins/Kimb	2022	56.94	Cassie Toepfer	Egan	2006
55.91	Deborah Cordner	St. Louis Park	1998	56.94	Haylie Zenner	Fergus Falls	2011
55.93	Anne Hillier	Blake	2001	56.95	Collen Everson	Murray County Central	2008
55.93	Jenna Johnson	Rosemount	2022	56.95	Haley Lubow	Lakeville South	2014
55.94	Kou Lougon	Park Center	2001	56.95	Zeal Kuku	Minnetonka	2023
55.95	Elizabeth Endy	Minnetonka	2013	56.96	Laura Mottaz	Maple Grove	2004
55.99	Jessica Mittelstadt	Mankato West	1999	56.99	Elizabeth Hemsworth	Sauk Centre	2012
(30)				(90)			
55.99	Robbie Grace	Blake	2018	56.99	Cece Lewis	Fridley	2019
56.06	Shade Pratt	Rosemount	2010	57.00	Jerzie Finstad	Thief River Falls	2019
56.06	Jessica Shuster	Mpls Washburn	1997	57.00	Elizabeth Hallum	Eastview	2022
56.07	Renee Crep	Bemidji	1987	57.01	Nikki Swenson	Dawson Boyd	2007
56.09	Alyssa Lind	Bloomington Jefferson	2017	57.02	Jessica Smith	Mankato East	2005
56.13	Tia McKinney	Roseville	2014	57.03	Carol Peterka	St. Cloud Apollo	1980
56.17	Lexy Brown	Eastview	2008	57.03	Maureen Leonard	Minnetonka	1986
56.17	Maddie Gourley	Eagan	2016	57.03	Megan Geyen	Watertown Mayer	2006
56.22	Sue Chopskie	Park Cottage Grove	1986	56.8 *	Kris Rens	Little Falls	1977 (57.1y)
56.22	Malayshia George	Breck	2011	56.8 *	Lisa Bublitz	Winona	1979 (57.1y)
(40)				(100)			
56.27	Alex Citrowske	Prior Lake	2011	56.8 *	Teresa Huberty	South St. Paul	1979
56.29	Sandy Jorgensen	Woodbury	2004	56.8 *	Cathy Anderson	Stillwater	1980
56.31	Sue Faus	Rocori	1987	57.04	Kelsey Leonard	Hermantown	2006
56.33	Lisa Michkelson	Burnsville	1988	57.06	Elisabeth Acheson	Northfield	2018
56.1 *	Wren Schafer	Buffalo Lake	1977 (56.4y)	57.06	Aimee Kemper	East Ridge	2019
56.40	Kya Phillips	Christo Rey Jesuit	2017	57.08	Lillian Halvorson	Chaska	2019
56.2 *	Jennifer Bell	Bloomington Lincoln	1982	57.10	Amanda Mueller	Forest Lake	2001
56.2 *	Anne Hills	Mounds View	1984	57.11	Jenna Gatz	Belle Plaine	2015
56.44	Erica Dombro	St. Paul Highland Park	2009	57.11	Trinity Giddings	Two Harbors	2023
56.44	Vische Raab	Cedar Mtn/Comfrey/Sp	2016	57.12	Karma Suttles	Mankato West	1988
(50)				(110)			
56.48	Megan Geraets	Mankato East	2018	57.13	Karen Ryan	Chaska	1986
56.3 *	Dana Watts	St. Paul Central	1978 (56.6y)	56.9 *	Tara Kazemba	Winona	1977 (57.2y)
56.54	Laura Hermanson	Burnsville	2004	56.9 *	Jennifer Pietenpol	Rochester Mayo	1981
56.55	Ruby Stauber	Wayzata	2013	57.14	Kaitlyn Marsolek	Bemidji	2004
56.55	Katie Eidem	Rochester Century	2017	57.14	Vanessa Jordan	Eden Prairie	2023
56.56	Heather Van Norman	Windom	1988	57.15	Kelsey Ostberg	Visitation	2002
56.57	Sydney Ruckett	Mpls Washburn	2023	57.15	Alana Eason	Champlin Park	2008
56.62	Shanda Larsen	Holdingford	2002	57.15	Ella Larson	Lakeville North	2018
56.62	Feyisayo Ayobamidele	Park Center	2014	57.15	Sophia Comfere	Rochester Century	2023
56.63	Kianna Carter	Irondale	2012	57.16	Carly Hartwig	Tri-City United	2023
(60)				(120)			

57.17	Jenny Higgins	Hutchinson	1996	57.62	Katie Lambrecht	Byron	2021
57.18	Beth Johnson	Mahtomedi	1994	57.63	Sydney Drevlow	Hopkins	2023
57.20	Amber Bohman	Park Rapids	1993	57.4 *	Laura Hernke	Cannon Falls	1979
57.21	Temí Ogunrinde	Park Cottage Grove	2011	57.4 *	Frani Loftness	Winona	1983
57.23	Noelle Josephson	Anoka	2018	57.4 *	Meri Schwartz	Red Wing	1989
57.0 *	Deanne Olson	Elbow Lake	1977 (57.3y)	57.65	Izzy Ferrosso	St. Michael-Albertville	2015
57.0 *	Stacy Slapnicher	Bemidji	1981	57.66	Whitney McCluskey	Mpls Edison	2004
57.27	Katherine McQuin	Mankato West	1998	57.67	Laurie Wolpren	Belle Plain	1983
57.28	Nell Graham	Triton	2018	57.67	Sarah Jones	Martin County West	1991
57.29	Kris Berg	Burnsville	1998	57.68	Ava Ligtenberg	Eagan	2022
(130)				(190)			
57.29	Liz Tracy	Mankato West	2001	57.69	Julia Rozman	Edina	2008
57.30	Allison Hookom	Anoka	2022	57.73	Frida Douglas	Robbinsdale Cooper	1999
57.32	Kyndal Hargrow	Blake	2003	57.73	Katie Riddle	Eden Prairie	2003
57.32	Diana Hassell	Anoka	1996	57.73	l'Tianna Salaam	DeLaSalle	2021
57.33	Paula Behrendt	Rush City	1981	57.5 *	Kathy Schmitz	Park Rapids	1977 (57.8y)
57.1 *	CeeCee Cox	Mounds View	1974 (57.4y)	57.5 *	Jane Hale	Mpls Washburn	1978 (57.8y)
57.1 *	Barb MacLeod	Moorhead	1975 (57.4y)	57.5 *	Tracy Brown	Brainerd	1986
57.35	Shalica Jones	North St. Paul	2018	57.5 *	Gina Perich	Esko	1994
57.36	Maia Peterson	Stewartville	2021	57.74	Mary Winter	Benilde St. Margarets	1999
57.38	Claire Odmark	White Bear Lake	2016	57.74	Kelsey Bethke	Mounds View	2010
(140)				(200)			
57.39	Brooke Campbell	Lakeville North	2007	57.76	Anna Carrington	Morris	1988
57.39	Laura Schnitker	Maple Grove	2009	57.76	Emily VanHeel	Little Falls	2009
57.39	Katherine Lokowich-Kohler	Cretin-DerhamH	2017	57.76	Jenna Halvorson	Faribault	2010
57.41	Denise Bullocks	Mt. St. Benedict	1981	57.76	Maisie Pederson	Bloomington Kennedy	2023
57.41	Andrea Harens	Apple Valley	1994	57.77	T'Nia Riley	Minneapolis North	2018
57.41	Katie Gewerth	Cedar Mountain	2004	57.78	Bonnie Steinbach	Wadena	1985
57.41	Danielle Belliono	Lakeville North	2018	57.78	Madison Lesmeister	Prior Lake	2010
57.43	Ashley Heinze	Moorhead	2011	(207)			
57.43	Isabelle Ferm	Farmington	2013				
57.2 *	Sarah Parks	Owatonna	1981				
(150)							
57.45	Janice Cole	StP Washington Tech	2019				
57.45	Hannah Cornelius	Braham	2019				
57.45	Kate LeBlanc	Minnetonka	2021				
57.46	Katie Bierlein	Eastview	2002				
57.46	Catherine Whitcomb	Shakopee	2010				
57.48	Brigitte Stuewe	Norwood-Young Am	1986				
57.48	Kayla Steeves	Mounds View	2007				
57.48	Hannah Nordby	Chisago Lakes Area	2013				
57.48	Kyra Dalluge	Rogers	2019				
57.49	Lily Anderson	Waterville-Elysian-Mor	2016				
(160)							
57.51	Isabella Brezinka	Anoka	2017				
57.51	Sydney Jackson	Cretin-Derham Hall	2017				
57.52	Angela Olson	Eagan	2004				
57.52	Caitlin Perra	Zumbrota-Mazeppa	2004				
57.53	Sarah Arradondo	Hill-Murray	2018				
57.3 *	Kathy Merkel	Eleventh	1977 (57.6y)				
57.3 *	Jane Timm	St. Peter	1984				
57.54	Christy Mueller	Thief River Falls	1985				
57.55	Kaela Skistad	Monticello	2023				
57.56	Kris Hansen	Lake Crystal Welcome	1993				
(170)							
57.57	Megan Dean	Rosemount	2007				
57.59	Challis Firl	Rochester Century	2004				
57.60	Maureen Richter	Totino Grace	1991				
57.61	Haley Kemper	Prior Lake	2011				
57.61	Paige Halder	Byron	2022				
57.61	Ellie Moore	St. Paul Highland Pk	2022				
57.62	Jenny Gronner	Otter Tail Central	1999				
57.62	Laurisa Ewert	Anoka	2000				
57.62	Nicole Ethier	East Ridge	2011				
57.62	Kalesha Taylor	Rochester Mayo	2011				
(180)							

* handheld time (add .24 seconds to make comparable to FAT)
y = 440 yards (about .3 second longer than 400 meters)