

## 3200 METER RUN - MINNESOTA ALL-TIME

|                                                              |                                                      |
|--------------------------------------------------------------|------------------------------------------------------|
| 8:43.07 Elliott Heath, Winona 2007 (8:46.12y)                | 9:09.8 Don Hurley, St. Paul Cretin 1978 (9:13.0y)    |
| 8:47.73 Mike Torchia, Rochester Lourdes 2006 (8:50.80y)      | 9:10.12 Jake Watson, Stillwater 2004                 |
| 8:47.89 Rob Finnerty, Burnsville 2008 (8:50.96y)             | <b>9:10.81 Erik Semling, Cotter/Hope 2025</b>        |
| 8:48.15 Hassan Mead, Mpls South 2007 (8:51.23y)              | 9:10.82 Alex Miley, Maple Grove 2017                 |
| 8:50.12 Joe Klecker, Hopkins 2015                            | <b>9:11.07 Casey Poppler, Mounds View 2025</b>       |
| 8:50.38i Noah Breker, Robbinsdale Armstrong 2023 (8:53.47yi) | 9:11.19 Ryan Little, Eden Prairie 2007               |
| 8:52.22 Robert Mechura, Roseville Area 2024                  | 9:11.36 Tom Burke, Edina 2007                        |
| 8:53.28 Nick Schneider, Benilde-St Marg 2000 (8:56.40y)      | 9:11.2 John Idstrom, Owatonna 1978 (9:14.4y)         |
| 8:54.16 Sam Scott, Minneapolis Southwest 2023 (8:57.27y)     | 9:11.48 Brent Loberg, Duluth Denfeld 1998            |
| 8:54.48 Aidan Jones, Minneapolis Washburn 2023               | 9:11.81 Sean Graham, Stillwater Area 1998            |
| (10)                                                         | (70)                                                 |
| 8:57.07 Obsa Ali, Richfield 2013                             | 9:11.81 Joseph Minor, Mpls. Washburn 2018            |
| <b>8:57.74 Sean Fries, Minnetonka 2025</b>                   | 9:12.08 Suhayb Ali, Hopkins 2023                     |
| 8:58.67 Eli Krahn, Stillwater Area 2013                      | 9:12.13 Jace Haerter, Edin 2024                      |
| 8:59.03 Joey Duerr, Chaska 2013                              | <b>9:12.28 Owen Stuwe, Shakopee 2025</b>             |
| 8:59.5 Dennis Fee, White Bear Lake 1972 (9:02.7y)            | 9:12.50 Acer Iverson, Roseville Area 2019            |
| 8:59.76 Jaret Carpenter, Wayzata 2016                        | 9:13.00 Jackson Wiley, Eden Prairie 2007             |
| 9:00.80 Josh Thorson, Wayzata 2012                           | 9:12.8 Randy Hoyles, Ogilvie 1979 (9:16.0y)          |
| 9:01.08 Alden Keller, Breck 2023 (9:04.23y)                  | 9:13.24 Isaiah Anderson, Mankato East 2024           |
| 9:01.19 Jay Schoenfelder, Duluth East 1995                   | 9:13.25 Max Westerlund, Minnetonka 2023              |
| 9:02.1 Jeff Taylor, Mounds View 1985 (9:05.3y)               | 9:13.30 Brian Kraft, Bemidji 1981                    |
| (20)                                                         | (80)                                                 |
| 9:02.37 Zach Benning, Hastings 2013                          | 9:13.43 Hamza Ali, Mpls Washburn 2016                |
| 9:02.58 Jacob McDermott, Cretin-Derham Hall 2013             | 9:13.50 Riley Macon, Rochester Mayo 2011             |
| <b>9:02.69 Salvador Wirth, Annandale 2025 (9:05.85y)</b>     | 9:13.78 Nic Scheller, Chanhassen 2018                |
| 9:03.47 Will Burke, Edina 2013                               | 9:13.7 Lloyd Ness, Rochester JM 1977 (9:16.9y)       |
| 9:03.72 Emmett Gerres, Belle Plaine 2023                     | 9:14.00 Jensen Orlow, Holy Family Catholic 2012      |
| 9:03.86 Eric Colvin, Stillwater Area 2013                    | 9:14.13 Owen Layton, Big Lake 2024                   |
| 9:04.68 Donovan Bergstrom, Elgin-Millville 1988 (9:07.85y)   | 9:14.0 Rick Brandl, Worthington 1977 (9:17.2y)       |
| 9:04.8 John Keohen, Montgomery 1979 (9:08.0y)                | 9:14.30 John Wodny, Cloquet 1985                     |
| <b>9:05.16 Owen Chapman, Orono 2025</b>                      | 9:14.31 Andrew Brandt, Wayzata 2019                  |
| 9:05.52 Nick Gilles, Minnetonka 2022                         | 9:14.1 Mark Nenow, Anoka 1976 (9:17.3y)              |
| (30)                                                         | (90)                                                 |
| 9:05.56 Connor Olson, Wayzata 2015                           | 9:14.40 Tyler Vos, Minnetonka 2024                   |
| 9:05.5 Lindsay Brown, Stillwater 1978 (9:08.7y)              | 9:14.57 Jake Derouin, Eden Prairie 2019              |
| 9:06.10 Garrett Heath, Winona 2004                           | 9:14.58 Adam Lueth, Bloomington Jefferson 2023       |
| 9:06.47 Jack Manderscheid, Edina 2016                        | 9:14.63 Landon Hering, Hopkins 2024                  |
| 9:06.69 T.C. Lumbar, Edina 2007                              | 9:14.71 Tim Branigan, Roseville Area 2006            |
| 9:06.71 Wayde Hall, Stillwater Area 2013                     | 9:14.7 Dan Lyndgaard, New Richland 1972 (9:17.9y)    |
| 9:06.5 Dave O'Brien, Burnsville 1977 (9:09.7y)               | <b>9:15.21 Caleb Dickel, Mpls Washburn 2025</b>      |
| 9:06.8 Mike Bollman, St Paul Harding 1974 (9:10.0y)          | 9:15.30 Mark McMonigal, Rosemount 1981               |
| 9:07.46 Nolan Sutter, Chaska 2024                            | 9:15.38 Pete Zambrano, Hibbing 1989                  |
| 9:07.64 Seth Eliason, Hopkins 2017                           | 9:15.48 Tom Breuckman, Andover 2018                  |
| (40)                                                         | (100)                                                |
| 9:07.66 Keeghan Hurley, Perham 2014                          | 9:15.3 Bob Wagner, St. Louis Park 1965 (9:18.5y)     |
| 9:07.85 Mike Krisch, Hopkins 2005                            | 9:15.54 David Michael, Robbinsdale 1979              |
| 9:07.88 Khalid Hussein, Wayzata 2018                         | 9:15.56 Nick Golebiowski, Saint Cloud Cathedral 2014 |
| 9:07.94 Owen Hoeft, Hopkins 2015                             | 9:15.57 Shef West, Blake 2022                        |
| 9:07.97 Patrick Roos, Edina 2016                             | 9:15.70 Matt Wilkinson, Minnetonka 2017              |
| 9:08.16 Justin Grunewald, Brainerd 2004                      | 9:15.74 Tyler Kissell, Wayzata 2024                  |
| 9:08.35 Ben Blankenship, Stillwater 2006                     | 9:15.6 Mike Mountain, SP Highland Pk 1973 (9:18.8y)  |
| 9:08.41 Zac Miller, Edina 2017                               | 9:15.6 Tim O'Donnell, Simley 1976 (9:18.8y)          |
| 9:08.47 Eli Hall, Pequot Lakes 2024                          | 9:15.92 Andrew Schultz, Rosemount 2024               |
| 9:08.89 Luke Watson, Stillwater Area 1998                    | 9:15.7 Steve Lumbar, Bemidji 1984 (9:18.9y)          |
| (50)                                                         | (110)                                                |
| 9:08.90 Max Manley, Edina 2018                               | 9:15.8 Pete Wehrwein, Edina West 1975 (9:19.0y)      |
| 9:08.8 Pat Sullivan, St Thomas Academy 1977 (9:12.0y)        | 9:15.9 Dale Kramer, Glenwood 1974 (9:19.1y)          |
| 9:08.8 Dave Morrison, Lakeville 1979 (9:12.0y)               | 9:16.16 Elliott McArthur, Mounds View 2022           |
| 9:09.08 Daniel VanAcker, Forest Lake Area 2022               | <b>9:16.20 Sully Anez, Willmar 2025</b>              |
| 9:08.9 Mike Vought, Hastings 1974 (9:12.3y)                  | 9:16.21 Jake Autio, St. Michael-Albertville 2010     |
| 9:09.19 Bailey Hesse-Withbroe, Stillwater 2015               | 9:16.22 Craig Greenslit, Hastings 1988               |
| 9:09.23 Will Weber, Wayzata 2024                             | 9:16.0 John Bielinski, Mpls Roosevelt 1984 (9:19.2y) |
| 9:09.50 Brandon Clark, Blake 2012                            | 9:16.38 Pieter Gagnon, Minneapolis Washburn 2008     |
| 9:09.87 Jordan Carlson, Rosemount 2008                       | 9:16.57 Chase Cayo, St. Michael-Albertville 2015     |
| 9:09.96 Isaac Basten, Buffalo 2019                           | 9:16.58 Josh DoBell, Mankato East 2000               |
| (60)                                                         | (120)                                                |

9:16.59 Steve Kempainen, Hopk Eisenhower 1982  
 9:16.60 Tony Provenzano, Hopkins 2022  
 9:16.61 Eli Hoeft, Hopkins 2019  
 9:16.4 Tom Fagrelus, Mpls Southwest 1975 (9:19.6y)  
 9:16.4 Jason Griak, St Louis Pk 1979 (9:19.6y)  
 9:16.4 Jeff Vrudny, Lakeville 1982  
 9:16.66 Jeremy Polson, Duluth Denfeld 1996  
**9:16.73 Alex Haag, Wayzata 2025**  
 9:16.5 Lloyd Stephenson, St. Louis Park 1972 (9:19.7y)  
 9:16.75 Adam Zutz, St. Francis 2011  
 (130)  
 9:16.84 Glen Ellingson, Moorhead 2011  
 9:16.85 Aldis Inde, Edina 2011  
 9:16.92 Kaafi Adeys, Willmar 2007  
 9:16.95 Bob Kempainen, Hopkins 1984  
 9:16.96 Ben Husaby, Eden Prairie 1984  
 9:17.09 Colden Longley, Bloomington Jefferson 2019  
 9:17.11 Emmet Anderson, Staples-Motley 2021  
 9:17.0 Gene Daly, St Cloud Tech 1967 (9:20.2y)  
 9:17.0 John Gathje, Rochester Lourdes 1981 (9:20.2y)  
 9:17.0 Chris Hall, Albert Lea 1983  
 (140)  
 9:17.32 Jacob Sandry, Bloomington Jefferson 2010  
 9:17.1 Dan Schoepke, Burnsville 1979 (9:20.3y)  
 9:17.39 Josh Brang, Winona 1995  
 9:17.45 Forrest Tahdoahnippah, Mpls. Southwest 2003  
 9:17.4 Joe Sokolowski, Grace 1976 (9:20.6y)  
 9:17.68 Mason Ferlic, Mounds Park Academy 2011  
 9:17.76 Steve Leuer, Osseo 1996  
 9:17.78 Frank Bielinski, Mpls Roosevelt 1982  
 9:17.81 Grant Price, Wayzata 2019  
 9:17.87 Adam Braun, Totino Grace 2011  
 (150)  
 9:17.88 Mark Lingle, Park Rapids 1984  
 9:17.7 Al Tappe, New Richland 1972  
 9:17.7 Todd Moxley, Waseca 1981  
 9:18.03 Scott Utne, Mounds View 1998  
 9:17.8 Tim Connelly, Burnsville 1979 (9:21.0y)  
 9:17.8 Terry Everson, Apple Valley 1982  
 9:18.05 Jay Wallace, Burnsville 1982  
 9:18.05 Myles Fleming, Henry Sibley 2018  
 9:18.10 Danny Ducharme, Wayzata 2009  
 9:18.18 Ted Gustafson, Owatonna 2000  
 (160)  
 9:18.45 Luke Labatte, Rosemount 2019  
 9:18.46 Jeremy Drenckhahn, Wayzata 2009  
 9:18.48 Oliver Haugland, Wayzata 2010  
 9:18.51 Aidan Gomes, Andover 2024  
 9:18.55 Peter Keenan, Fridley 2000  
 9:18.61 Justin Hytinen, Farmington 2014  
 9:18.65 Alex Foss, Wayzata 2022  
 9:18.67 Grant Wintheiser, St. Cloud Cathedral 2011  
 9:18.5 Blaise Schweitzer, St. Paul Cretin 1982  
 9:18.80 Will Just, Minneapolis Washburn 2024  
 (170)  
 9:18.81 River Santiago, Blaine 2024  
 9:18.6 Mark Buzby, Edina 1972 (9:21.8y)  
 9:18.90 Chris Thompson, Faribault 1989  
 9:18.90 Matt Yak, Faribault 2007  
 9:18.7 Tom Pearson, Mpls Southwest 1972 (9:21.9y)  
 9:18.97 Nic Matak, Duluth East 1995  
 9:19.01 Jeff Vogt, Mpls Roosevelt 1988  
 9:19.07 Noah Mahoney, Monticello 2023  
 9:19.12 Chris Harder, Austin 1986  
 9:19.13 Wesley Sumner, Minneapolis Southwest 2023  
 (180)

9:19.17 Jared Pittman, Northfield 1994  
 9:19.19 Oliver Paleen, St. Paul Highland Park 2019  
 9:19.0 Joe Nicklay, Woodbury 1979 (9:22.5y)  
 9:19.24 Todd Landgraff, Mankato West 1995  
 9:19.36 Chris Massey, Rosemount 2009  
 9:19.38 Gabe Smit, Prior Lake 2021  
 9:19.41 Salvador Wirth, Annandale 2022  
 9:19.46 Steven Dado, Totino Grace 2011  
 9:19.47 Logan Ramlet, Edina 2015  
 9:19.57 Kyle Eckhoff, Willmar 2005  
 (190)  
 9:19.59 Nadir Yusuf, Willmar 2016  
 9:19.65 Nathan Schultz, East Ridge 2024  
 9:19.76 Roba Bati, Mpls Southwest 1994  
 9:19.6 Dave Peterson, Winthrop 1977 (9:22.8y)  
 9:19.6 Andy Cowgill, St Paul Academy/SS 1993  
 9:19.97 Todd Moxley, Waseca 1982  
 9:19.8 Peter Bahe, St Cloud Apollo 1974 (9:23.0y)  
 9:20.18 Matt Jergensen, Caledonia/Spring Gr/Mabel C 2011  
 9:20.20 Dan Docherty, Cretin-Derham Hall 2008  
 9:20.22 Daniel McCollor, Wayzata 2023  
 (200)  
**9:20.31 David Obst, Kasson-Mantorville 2025**  
**9:20.37 Tyler Flippen, Andover 2025**  
 9:20.39 Trent Lusignan, Shakopee 2011  
 9:20.63 Brian McCollor, Mpls Roosevelt 1986  
 9:20.4 Gordy Benfield, Hastings 1971 (9:23.6y)  
 9:20.4 Roger Schwegel, St. Cloud Apollo 1971 (9:23.6y)  
 9:20.4 Dave Tappe, New Richland 1975 (9:23.6y)  
 9:20.4 Rob Carney, Burnsville 1978 (9:23.6y)  
 9:20.65 Geno Uhrbom, Greenway/Nashwauk/Keewatin 2021  
 9:20.70 Nick Wareham, Woodbury 2015  
 (210)  
 9:20.80 Jim Gathje, Rochester Lourdes 1982  
 9:20.80 Reed Kurak, Centennial 2016  
 9:20.6 Gary Johnson, Edina-East 1973 (9:23.8y)  
 9:20.6 Dave Brown, SP Central 1979 (9:23.8y)  
 9:20.86 Ben Scheller, Chanhassen 2021  
 9:20.95 Drew Paradis, Alexandria 2009  
 9:20.97 Seth Massot, Rochester Century 2016  
 9:21.01 Joe Bohlke, Osseo 1985  
**9:21.03 Bjorn Anderson, Perham 2025**  
 9:20.8 Mark Zinnel, Slayton 1977 (9:24.0y)  
 (220)  
 9:20.8 Dave Duvick, Eden Prairie 1982  
 9:20.8 Pat Hord, Wayzata 1993  
 9:21.13 Dan Virnig, Mpls South 1993  
 9:20.9 Dan Roach, Mpls Southwest 1981  
 9:21.32 Aaron Bartnik, Eden Prairie 2010  
 9:21.41 Innocent Murwanashyaka, St. Paul Como Park 2017  
 9:21.2 Mike Mountain, SP Highland Park 1973 (9:24.4y)  
 9:21.2 Norm Larson, Tracy 1974 (9:24.4y)  
 9:21.2 Jeff Renlund, Minnetonka 1985  
 9:21.48 Derrick Poirier, St Francis 1985  
 (230)  
 9:21.3 Steve Shelerud, Duluth Denfeld 1980  
 9:21.59 Finn McCormick, Nova Classical 2022  
 9:21.60 Paul Gisselquist, Richfield 1982  
 9:21.68 Micah Mather, St Paul Highland Park 2016  
 9:21.70 Luke Bryant, Alexandria 2003  
 9:21.85 Neil Grosscup, Minneapolis Southwest 2002  
 9:21.87 Matt Steiger, LaCrescent 2018  
 9:21.7 Rick Taplin, Burnsville 1980  
 9:21.99 Lucas Mueller, Nova Classical Academy 2017  
 9:22.04 Ryan Malmin, Hopkins 2001  
 (240)

9:22.05 Michael Hutton, Apple Valley 2007  
 9:22.15 Hootie Hage, Prior Lake 2024  
 9:22.38 Antonio Judson-Red Elk, Rochester Century 2017  
 9:22.42 Donny Wasinger, Winona Cotter 2008  
 9:22.43 Andy Blau, Maple Grove 1999  
**9:22.45 Elijah Donaldson, Eden Prairie 2025**  
 9:22.48 Troy Koivisto, Dassel-Cokato 2012  
**9:22.54 Charlie Bortnem, Dassel-Cokato 2025**  
**9:22.54 Nate Meyer, Mpls Southwest 2025**  
 9:22.59 Yahya Iman, St. Cloud Tech 2005  
 (250)  
 9:22.4 Gene Heffern, Austin 1968 (9:25.6y)  
**9:22.71 Quinlan Rundquist, Osseo 2025**  
 9:22.5 Brad Holmberg, North St Paul 1973 (9:25.7y)  
**9:22.77 Jameson Guertin, Mpls Washburn 2025**  
 9:22.82 Scott Gove, Long Prairie 1988  
 9:22.89 Wolive Bekelcha, St. Paul Arlington 2003  
 9:22.92 Charlie Lawrence, Foley 2012  
 9:22.7 Andy Kummer, White Bear Lake 1998  
 9:22.95 Parker Wharram, Mound-Westonka 2011  
 9:23.00 Sam Carlson, Bemidji 2014  
 (260)  
**9:23.00 Aiden Jakubic, Lakeville South 2025**  
 9:22.8 Terry Hildebrandt, Blue Earth 1979 (9:26.0y)  
 9:23.09 Owen Lindseth, Minneapolis Southwest 2022  
 9:23.10 Kevin Lachowitz, Perham 2008 (9:26.67y)  
 9:22.9 Robert Durham, Mpls Central 1982  
 9:22.9 Ben Kampf, Farmington 2005  
 9:23.14 Jake Autio, St. Michael-Albertville 2009  
 9:23.14 Billy Beseman, Perham 2015  
 9:23.17 Ben Klungtvædt, Moorhead 2003  
 9:23.18 Erik Truedson, Bemidji 2009  
 (270)

9:23.0 Kurt Threinen, Wayzata 1980  
 9:23.0 Tom Pinger, Burnsville 1976 (9:26.2y)  
 9:23.29 Matt Welch, Proctor 2012  
 9:23.29 Ernest Mattson, White Bear Lake 2022  
 9:23.30 Cole O'Brien, Burnsville 2010  
 9:23.30 Nick Oak, Buffalo 2019  
**9:23.31 Biruk Killeen, Chisago Lakes 2025**  
 9:23.35 Kevin Docherty, Cretin-Derham Hall 2012  
 9:23.2 Dick Nelson, Mpls Southwest 1974 (9:26.4y)  
 9:23.3 Tim Heisel, Hopkins Eisenhower 1971 (9:26.5y)  
 (280)  
 9:23.3 Steve Holl, Minnetonka 1971 (9:26.5y)  
 9:23.3 George Ross, Wayzata 1974 (9:26.5y)  
 9:23.3 Wright Laufenberg, Hopkins 1984  
 9:23.55 Max Lauerman, Minnetonka 2019  
 9:23.56 Gemechu Meskele, Wayzata 2016  
 9:23.63 Reed Fischer, Hopkins 2013  
 9:23.4 Jim Hannon, SP Highland Park 1975 (9:26.6y)  
 9:23.4 Mel Alvarez, Mpls South 1978 (9:26.6y)  
 9:23.71 Jonathan Stublaski, Henry Sibley 2007  
 9:23.72 Austin Streit, Mounds View 2019  
 9:23.5 Todd Willmert, Edina West 1979 (9:26.7y)  
 9:23.5 Kurt Runzheimer, Wayzata 1990  
 (292)

The USTFCCA uses the factor of .9942 to convert from yards to meters.

For handheld times this is about 3.2 seconds.

For ranking purposes hand-held times recorded to the tenth of a second are considered .24 seconds slower. For example, Morrison's 8:59.2 is considered comparable to a 8:59.44.

**11/11/2025**