

Girls All-Time 1600

4:41.48	Elizabeth Yetzer	Lakeville North	2005 (4:43.12y)	4:56.16	Aleah Miller	Alexandria	2022
4:44.00i	Abbey Nechanicky	Wayzata	2023 (4:45.65y i)	4:56.21	Kayla Huhnerkoch	Redwood Valley	2015
4:44.54	Maddie Gullickson	Wayzata	2025	4:56.25	Taylor Scholl	Prior Lake	2012
4:46.34	Bethany Hasz	Alexandria	2016	4:56.33	Anna French	Wayzata	2014
4:46.36	Emily Kompelien	Edina	2018	4:56.1 *	Lisa Waananen	Maple Grove	2004
4:47.34	Emily Covert	Mpls Washburn	2018	4:56.46	Kim Kauls	Forest Lake	1987
4:48.41	Clare Flanagan	Blake	2013	4:56.52	Shaelyn Sorenson	Tartan	2014
4:48.45	Isabelle Schmitz	Hutchinson	2024	4:56.53	Sarah Renk	Winona	1987
4:48.53	Evie Malec	Minnetonka	2024	4:56.59	Emily Castanias	Chanhassen	2014
4:48.3 i *	Bria Wetsch	Holy Family	2006 (4:49.9y i)	4:56.65	Jenna Truedson	Bemidji	2014
(10)				(70)			
4:48.54	Tess Misgen	Shakopee	2015	4:56.79	Isabel Mahoney	Monticello	2025
4:48.58	Shannon Bergstedt	Hopkins	2004	4:56.97	Emma Atkinson	Wayzata	2019
4:48.79	Jeanne Kruckeberg	Blooming Prairie	1986	4:56.8 *	Eva Krueger	Robbinsdale Cooper	1976 (4:58.5y)
4:48.53	Carley LaMotte	Burnsville	2025	4:57.11	Mia Hoffman	Bemidji	2024
4:49.59	Analee Weaver	Stillwater	2021	4:57.53	Delia Johnson	St. Paul Highland Park	2023
4:49.60	Jade Rypkema	Nevis	2023 (4:51.28y)	4:57.57	Taylor Isabel	Mounds View	2022
4:49.87	Megan Hasz	Alexandria	2016	4:57.60	Olivia Pauly	St. John's Prep	2024
4:49.93	Ali Weimer	St. Michael-Albertville	2021	4:57.62	Emily Donnay	Eden Valley-Watkins/K	2015
4:50.37	Isabella Roemer	Chanhassen	2021	4:57.4 *	Jody Eder	Stillwater Area	1981
4:50.47	Molly Lehman	Minnetonka	2005 (4:52.16y)	4:57.69	Caroline Sassan	Wayzata	2018
(20)				(80)			
4:50.64	Lauren Ping	Winona Cotter	2019	4:57.80	Kasandra Hendricks	Hutchinson	2000
4:50.82	Emi Trost	Cannon Falls	2013	4:58.01	Liz Palkie	Carlton/Wrenshall	2003
4:50.93	Sydney Drevlow	Hopkins	2023	4:58.05	Emma Benner	Forest Lake	2016
4:51.11	Jamie Cheever	Mpls Southwest	2005	4:58.10	Brynlee Wegener	Blaine	2025
4:51.55*	Lauren Peterson	Rosemount	2019 (4:53.25y)	4:58.37	Zoie Dundon	Burnsville	2021
4:51.61	Teegan Anderson	Wayzata	2023	4:58.48	JoAnna Deeter	Eden Prairie	1996
4:51.68	Ruby Stauber	Wayzata	2016	4:58.49	Molly Moulton	Rush City	1992
4:51.69	Maya Mor	Minnetonka	2020	4:58.53	Tierney Wolfgram	Math & Science Acad.	2018
4:51.90	Keira Friedrich	Saint Peter	2025	4:58.3 *	Mary Stepka	Lakeville	1978 (5:00.0y)
4:52.70	Calia Chaney	Pequot Lakes	2024	4:58.60	Linnea Ousdigian	Mounds View	2024
(30)				(90)			
4:53.2 *	Michelle Marthaler	Belgrade-Brooten	1986	4:58.68	Michelle Volz	Lakeville North	2007
4:53.53	Macy Hanson	Fairmont	2025	4:58.5 *	Lisa Koelfgen	Robbinsdale Armstrong	1982
4:53.65	Noella Ross	Chaska	2025 (4:55.36y)	4:58.74	Morgan Gehl	Heron Lk-Okab/Fuld	2021
4:53.67	Nikki Swenson	Dawson-Boyd	2006	4:58.84	Annika Halverson	Wayzata	2014
4:53.70	Molly Moening	St. Paul Highland Park	2021	4:58.93	Kaytlyn Larson	Lakeville South	2015
4:53.77	Anastasia Korzenowski	Chanhassen	2016	4:59.00	Luna Scorzelli	St Paul Highland Park	2021
4:53.90	Kendra Krueger	Jordan	2023	4:58.8 *	Charlene Hubbard	Becker	1984
4:53.94	Anna Fenske	Farmington	2021	4:59.07	Becca Dyson	Roseville Area	2010
4:54.04	Carrie Tollefson	Dawson-Boyd	1995	4:59.07	Mae Fullerton	Benilde-St. Margaret's	2016
4:54.19	Jamie Piepenburg	Alexandria	2012	4:59.09	Emily Naslund	Bloomington Jefferson	1998
(40)				(100)			
4:54.35	Lisa Dyer	Moorhead	2001	4:59.12	Audrey Brownell	Staples-Motley	2025
4:54.75	Heidi Lindeman	Coon Rapids	2003	4:59.15	Jaelyn Miller	Alexandria	2023
4:55.00	Layla Vennink	Prior Lake	2025 (4:56.72)	4:59.18	Kylie Nelson	Centennial	2025
4:55.03	Miriam Sandeen	Eden Prairie	2021	4:59.21	Julie Gifford	Tracy-Milroy	2000
4:55.03	Lila Golomb	Wayzata	2024	4:59.21	Lydia Franson	East Ridge	2025
4:54.8 *	Lani Granowski	Owatonna	1979	4:59.25	McKenzie Melander	Eastview	2007
4:55.20	Lauren Eilers	Willmar	2025	4:59.26	Heather Doyle	Moorhead	1987
4:55.0 *	Val Horan	Rochester John Marshall	1977 (4:56.7y)	4:59.28	Grace Mignone	Wayzata	2023
4:55.30	Norah Hushagen	Forest Lake	2025	4:59.29	Chrissy Monson	Albert Lea	2011
4:55.56i	Grace Ping	Winona Cotter	2018	4:59.42	Hannah Grinaker	Detroit Lakes	2005
(50)				(110)			
4:55.80	Laura McClary	St. Paul Central	2024	4:59.44	Maria Rickman	Edina	2018
4:55.84	Annika Hall	Chisago Lakes	2025	4:59.46	Marissa Long	Chanhassen	2022
4:55.85	Makayah Petricka	Northfield	2025	4:59.53	Cassy Opitz	Eden Prairie	2009
4:55.88	Maria Hauger	Shakopee	2012	4:59.56	Olivia Goebel	Albany	2022
4:55.94	Mae Fullerton	Benilde-St. Margaret's	2015	4:59.67	Megan Lee	Bloomington Jefferson	2022
4:55.97	Rachel King	St. Michael-Albertville	2015	4:59.80	Elizabeth Klecker	Hopkins	2015
4:55.98	Kasey Soderholm	Alexandria	2025	4:59.87	Nicole Calabrese	Kingsland	2003
4:56.13	Caitlyn Osanai	Robbinsdale Armstrong	2024	4:59.88	Jaycie Thomsen	Wayzata	2017
4:55.9 *	Tracy Dahl	Anoka	1988	5:00.01	Zoe Nagell	Armstrong	2000
4:56.14	Kendall Wheeler	Duluth East	2000	4:59.8 *	Snuffy Alto	Alexandria	1989
(60)				(120)			

5:00.05	Mariah Fenske	Farmington	2024	5:03.3 *	Leslie Seymour	Regina	1978 (5:05.0y)
5:00.07	Mara Olson	St. Louis Park	2011	5:03.3 *	Sho Kroeger	Lake Crystal-Wellcome	1993
5:00.13	Emma Bates	Elk River	2010	5:03.64	Hannah Borowsky	Hopkins	2011
5:00.21	Jazleen Malherek-Osorio	Wayzata	2025	5:03.68	Libby Halbmaier	Minnetonka	2016
5:00.0 *	Mary Beth Spencer	Anoka	1975 (5:01.7y)	5:03.73	Micayla Batchlor	Eden Prairie	2015
5:00.34	Lynn Ranfranz	Rochester John Marshall	1979	5:03.5 *	Pam Willey	Eden Prairie	1981
5:00.44	Avery Marasco-Johnson	Minnetonka	2025	5:03.77	Erica Seidenkranz	Monticello	2010
5:00.45	Grace Drietz	Canby-Minneota	2021	5:03.90	Taylor Kreitinger	Byron	2015
5:00.50	Natasha Sortland	Zumbrota-Mazeppa	2021	5:03.93	Katie Anderson	Blaine	2004
5:00.71	Anita Menden	Eden Prairie	1999	5:03.99	Molly Kayfes	Maple Grove	2008
(130)				(190)			
5:00.76	Colleen Flaherty	Hopkins	1998	5:04.01	Halina Tompkins	St Paul Central	2025
5:00.92	Catherine Ferrell	St. Paul Academy	2000	5:04.03	Vivian Hett	Burnsville	2014
5:00.92	Kara Wheeler	Duluth East	1996	5:03.8 *	Nancy Gieske	Henry Sibley	1980
5:00.94	Rhiana Rinke	North Branch	2015	5:04.06	Sheila Wagner	Barrett	1980
5:00.95	Kaila Urick	Chaska	2010	5:04.12	Ava Hill	Mesabi East	2019
5:01.01	Danielle Anderson	Eagan	2012	5:04.14	Gabi Swoboda	Redwood Valley	2011
5:01.08	Valerie Quast	St Clair/ Immanuel Luth	2025	5:04.15	Loree Haugland	Owatonna	1980
5:01.10	Virginia Senf	St. Paul Como Park	2005	5:04.23	Kristi Colbenson	Rushford Peterson	2001
5:01.10	Tate Sweeney	Edina	2017	5:04.26	Danielle Berndt	Bloomington Kennedy	2007
5:00.9 *	Cara Daniels	Anoka	1986	5:04.26	Kayla Uphoff	Lakeville South	2010
(140)				(200)			
5:01.24	Hannah Jeter	Eden Prairie	2014	5:04.28	Emily Meese	Minnetonka	2007
5:01.38	Steph Bruening	Alexandria	1989	5:04.31	Emily Schwitzer	Hopkins	2005
5:01.39	Emma Christensen	Rochester John Marshall	2015	5:04.32	Alison Titcomb	Robbinsdale Armstrong	1980
5:01.43	Mallory Van Ness	Mounds View	2005	5:04.43	Taylor Mikkalson	Kasson-Mantorville	2012
5:01.45	Stephanie Herbst	Chaska	1984	5:04.33	Julia Link	Wayzata	2025
5:01.45	Chelsea Pettit	Holy Angels	2009	5:04.33	Sarah Vaske	Woodbury	2025
5:01.59	Annie Yetzer	Lakeville	2002	5:04.39	Lauren Klein	Centennial	2025
5:01.67	Nicole Kuznia	BOLD	1997	5:04.52	Katie Sigerud	St. Michael-Albertville	2019
5:01.76	Sadie Schreiner	Edina	2016	5:04.52	Anna Van Acker	Forest Lake	2025
5:01.79	Claire Vukovics	St Paul Higghland Park	2025	5:04.60	Paige Foster	Prior Lake	2010
(150)				(210)			
5:01.83	Rhiana Rinke	North Branch	2014	5:04.60	Gabrielle Wamre	Minnehaha Academy	2024
5:01.85	Dana Peters	Kenyon Wanamingo	2003	5:04.62	Mary Klecker	Hopkins	2012
5:01.91	Emilie Meyer	Totino Grace	2021	5:04.65	Laura Thompson	Fairmont	2021
5:01.97	Maggie McEllistrom	Two Rivers	2023	5:04.67	Madison More	Saint Peter	2018
5:02.22	Jill Slettedahl	Granite Falls	1983	5:04.71	Victoria Moses	Irondale	1998
5:02.24	Mary Naas	St. Paul Academy & SS	2015	5:04.91	Hannah LaMaster	Rochester Mayo	2019
5:02.42	Maddie LeSage	Howard Lk-Waverly-W	2024	5:04.94	Samantha Nielsen	Roseville Area	2013
5:02.43	Lizzy Heil	St. Michael-Albertville	2015	5:04.95	Grace Dickel	Mpls. Washburn	2018
5:02.54	Caitlin Hewes	Stillwater Area	2008	5:05.01	Kaylea Brase	Centennial	2008
5:02.59	Morgan Richter	Breck	2016	5:05.03	Stephanie Sjoström	Champlin Park	2009
(160)				(220)			
5:02.84	Ladia Albertson	Stillwater Area	2002	5:05.03	Jessa Hanson	Willmar	2017
5:02.86	Laura Hughes	Mankato West	2007	5:05.05	Maddie McClellan	Perham	2010
5:02.93	Halle Mestery	East Ridge	2021	5:05.11	Danielle Burke	Waseca	2006
5:02.7 *	Tammy Fenske	Elgin Millville	1981	5:05.18	Lauren Bergstrom	Rochester Century	2004
5:02.7 *	Nicole Sherr	Morris	1988	5:05.18	Margaret Duffy	St John's Prep	2025
5:02.95	Katie Moraczewski	White Bear Lake	2007	5:05.23	Alivia Thompson	Bemidji	2024
5:02.98	Diane Krueger	Robbindale Cooper	1980	5:05.29	Madison Overby	Austin	2016
5:02.8 *	Peggy Saracino	Hill-Murray	1980	5:05.30	Rachel Ness	Elk River	2013
5:03.10	Josephine Mosby	St. Louis Park	2019	5:05.1 *	Lynn Schlichting	Spring Lake Park	1980
5:02.9 *	Bonnie Sons	Norwood-Young America	1983	5:05.35	Patty O'Brien	North St. Paul	2014
(170)				(230)			
5:02.9 *	Jill Stevenson	Tartan	1983	5:05.37	Mya Werner	Delano	2025
5:03.17	Heather Dorniden	Rosemount	2005	5:05.40	Julie Kramer	Fulda	1986
5:03.21	Marie Borner	Park Cottage Grove	2004	5:05.2 *	Anne Hills	Mounds View	1984
5:03.23	Rebekah Yetzer	Lakeville	2002	5:05.46	Alyson Kleyman	Wayzata	2023
5:03.25	Julie Golla	Rochester John Marshall	1993	5:05.47	Sophie Whicher	Minnetonka	2016
5:03.26	Madeline Kelly	Providence Academy	2019	5:05.48	Trina Steffes	St. Cloud Tech	1991
5:03.29	Jen Hess	Paynesville Area	2001	5:05.53	Christine Patten	Holy Angels	1980
5:03.35	MacKenzie Myran	St Michael-Albertville	2025	5:05.60	Nicole Slater	Adrian	2014
5:03.44	Alison Liewen	Minnetonka	2003	5:05.68	Christine Abbott	Winona	1987
5:03.48	Abigail Hibbs	Champlin Park	2023	5:05.74	Linda Keller	Paynesville Area	2008
(180)				(240)			

5:05.75	Abigail Tri	Rochstr John Marshall	2025
5:05.5 *	Lori Phipps	Elgin Millville	1983
5:05.77	Sally Paulson	Simely	2006
5:05.78	Courtney Hugstad-Vaa	Eastview	2001
5:05.79	Citori Halbe	Alexandria	2024
5:05.84	April Maine	Holdingford	1997
5:05.88	Ryana Mathis	Rochester John Marshall	2024
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

(250)

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

11/17/2025