

Girls All-Time 3200 Meters

10:01.67	Emily Covert	Mpls Washburn	2018 (10:05.19y)	10:43.89	Lila Golomb	Wayzata	2024
10:05.74i	Abbey Nechanicky	Wayzata	2023 (10:09.27y)	10:43.98	Kim Kauls	Forest Lake	1986
10:06.95	Bria Wetsch	Holy Family	2006 (10:10.50y)	10:44.01	Alex Gits	Edina	2007
10:08.54	Elizabeth Yetzer	Lakeville North	2006 (10:12.09y)	10:44.46	Linnea Ousdigian	Mounds View	2025
10:15.27	Analee Weaver	Stillwater	2021	10:44.59	Pam Drietz	Canby-Minneota	1991
10:17.14	Clare Flanagan	Blake	2012 (10:20.75y)	10:44.79	Jaycie Thomsen	Wayzata	2017
10:18.63	Maddie Gullickson	Wayzata	2025	10:45.24	Emma Bender	Forest Lake	2014
10:19.66	Lauren Ping	Winona Cotter	2019 (10:23.28y)	10:45.43	Missy Peterson	Sartell-St.Stephen	1994
10:20.67	Shannon Bergstedt	Hopkins	2004 (10:24.29y)	10:45.56	Emily Naslund	Bloomington Jefferson	1998
10:21.41	Ali Weimer	St. Michael-Albertville	2021	10:45.79	Eva Ljungstrom	Minnetonka	1978 (10:49.56y)
(10)				(70)			
10:22.68i	Luna Scorzelli	St Paul Highland Park	2023 (10:26.31y)	10:46.29	Sarah Conlon	South St. Paul	2013
10:24.14	Isabelle Schmitz	Hutchinson	2024	10:46.54	Brynlee Wegener	Blaine	2025
10:24.32	Maria Hauger	Shakopee	2013	10:46.75	Abigail Hibbs	Champlin Park	2025
10:24.47	Isabella Roemer	Chanhassen	2022	10:46.77	Hannah Truniger	Mayer Lutheran	2013
10:24.57	Jamie Piepenburg	Alexandria	2012	10:46.7 *	Macy Hanson	Fairmont	2025
10:24.69	Danielle Anderson	Eagan	2013	10:47.06	Kara Parker	BILLO	1986
10:26.19	Anna Fenske	Farmington	2017	10:47.23	Jill Slettedahl	Granite Falls	1984
10:26.40	Bethany Hasz	Alexandria	2015	10:47.69	Jazleen Malharek-Osorio	Wayzata	2025
10:26.49	Isabel Mahoney	Monticello	2025	10:47.79	Grace Mignone	Wayzata	2023
10:27.80	Lisa Dyer	Moorhead	2001	10:47.82	Halle Mestery	East Ridge	2022
(20)				(80)			
10:28.58	Emily Castanias	Chanhassen	2014	10:48.05	Kylie Nelson	Centennial	2025
10:28.72	Emma Benner	Forest Lake	2016	10:48.09	Natasha Sortland	Zumbrota-Mazeppa	2021
10:29.75	Joanna Deeter	Eden Prairie	1996	10:48.28	Grace Dickel	Mpls. Wadburn	2018
10:29.78	Mia Hoffman	Bemidji	2024	10:48.47	Kara Wheeler	Duluth East	1993
10:29.94	Lisa Waananen	Maple Grove	2003	10:48.22	Marissa Long	Chanhassen	2023 (10:52.00y)
10:30.28	Carrie Tollefson	Lac Qui Parle	1994	10:48.69	Elena Danielson	St. Cloud Cathedral	2011
10:30.45	Shaelyn Sorensen	Tartan	2014	10:48.78	Mackenzie Myran	St Michael-Albertville	2025
10:31.27	Grace Ping	Winona Cotter	2016	10:49.30	Danielle Berndt	Bloomington Kennedy	2006
10:31.50	Lauren Peterson	Farmington	2017	10:49.44	Chrissy Monson	Albert Lea	2010
10:32.56	Michelle Marthaler	Belgrade-Brooten	1986	10:49.61	Kaila Urick	Chaska	2010
(30)				(90)			
10:32.59	Norah Hushagen	Forest Lake	2025 (10:36.29)	10:49.64	Audrey Brownell	Staples-Motley	2025
10:32.75	Megan Hasz	Alexandria	2014	10:49.65	Megan Lee	Bloomington Jefferson	2022
10:33.9 *	Lani Granowski	Owatonna	1979 (10:37.6y)	10:49.66	Annalise Davis	St. Michael-Albertville	2018
10:33.9 *	Bonnie Sons	Norwood-Young America	1983	10:49.88	Barb Jones	St. Paul Central	1995
10:34.17	Tierney Wolfram	Math & Science Acad	2018	10:50.00	Bethany Kozak	White Bear Lake	2014
10:34.40	Olivia Goebel	Albany	2022	10:50.02	Abigail Tri	Rochestr John Marshall	2024
10:35.02	Jade Rypkema	Nevis	2023	10:50.14	Amanda Overgaauw	Murray County Central	2022
10:38.01	Morgan Richter	Breck	2016	10:50.17	Mya Werner	Delano	2025
10:38.40	Heidi Lindeman	Coon Rapids	2003	10:50.23	Mallory Van Ness	Mounds View	2005
10:38.41	Annika Hall	Chisago Lakes	2025	10:50.3 *	Donna Ganly	Edina West	1978 (10:54.1y)
(40)				(100)			
10:38.43	Sydney Drevlow	Hopkins	2023 (10:42.15y)	10:51.00	Aly Kleyman	Wayzata	2025
10:39.5 *	Tracy Dahl	Anoka	1988	10:51.24	Avery Marasco-Johnson	Minnetonka	2024
10:39.85	Sophie Whicher	Minnetonka	2016	10:51.36	Jennifer Diedrich	Marshall County West	1991
10:39.89	Noelle Olson	Big Lake	2013	10:51.67	Patty O'Brien	North St. Paul	2014
10:40.50	Caitlyn Osanai	Robbinsdale Armstrong	2024	10:51.79	Laura Thompson	Fairmont	2022
10:40.57	Jenna Truedson	Bemidji	2013	10:52.22	Ladia Albertson	Stillwater Area	2003
10:40.5 *	Nancy Gieske	Henry Sibley	1980	10:52.32	McKenzie Melander	Eastview	2007
10:40.77	Taylor Isabel	Mounds View	2023	10:52.36	Vivian Hett	Burnsville	2014
10:40.95	Rachel King	St. Michael-Albertville	2015	10:52.66	Anastasia Korzenowski	Chanhassen	2013
10:42.37	Molly Moulton	Rush City	1991	10:52.73	Christine Abbott	Winona	1987
(50)				(110)			
10:42.49	Emma Christensen	Rochester John Marshall	2015	10:52.73	Emi Trost	Cannon Falls	2011
10:42.70	Margaret Duffy	St John's Prep	2025	10:52.79	Heidi Peterson	Sartell-St.Stephen	2010
10:42.79	Evie Malec	Minnetonka	2024	10:52.85	Olivia Pauly	St. John's Prep	2024
10:42.86	Miriam Sandeen	Eden Prairie	2021	10:52.98	Maddie McClellan	Perham	2010
10:43.23	Hannah Jeter	Eden Prairie	2014	10:53.02	Alison Liewen	Minnetonka	2003
10:43.32	Laura McClary	St Paul Central	2025	10:53.04	Macy Hanson	Fairmont	2024
10:43.50	Halina Tompkins	St Paul Central	2025	10:53.11	Catherine Ferrell	St .Paul Academy	2001
10:43.62	Emily Kompelien	Edina	2016	10:53.12	Rowan Bixler	Duluth East	2024
10:43.67	Hannah Grinaker	Detroit Lakes	2005	10:53.25	Victoria Moses	Irondale	1998
10:43.82	Anna French	Wayzata	2013	10:53.33	Jane Baude	North St. Paul	2014
(60)				(120)			

10:53.36	Allyson Sample	Marshall	2024	11:00.27	Sarah Gandrud	Bloomington Jefferson	1986
10:53.41	Laura Hughes	Mankato West	2007	11:00.28	Michaela Keller-Miller	Wayzata	2013
10:53.2 *	Marta Wilson	Stillwater Area	1979	11:00.59	Megan Brandeland	Prior Lake	2005
10:53.47	Annie Yetzer	Lakeville	2004	11:00.65	Emma Bates	Elk River	2007
10:53.50	Lisa Witty	Plainview	1988	11:00.79	Taylor Perkins	Lakeville North	2012
10:53.60	Snuffy Alto	Alexandria	1989	11:00.96	Sara Hartman	Albert Lea	1987
10:53.60	Grace Johnson	Red Wing	2019	11:00.96	Claire Boersma	Marshall	2016
10:54.01	Annika Midness	Mpls Southwest	2025	11:00.99	Olivia Orr	Minneapolis Washburn	2016
10:54.04	Molly Moening	St P Highland Park	2019	11:01.01	Hannah Truninger	Watertown-Mayer	2016
10:54.09	Lilah Bartels	Eagan	2024	11:01.18	Kari Higdem	Willmar	2003
(130)				(190)			
10:54.42	Rhiana Rinke	North Branch	2014	11:01.24	Melissa Cabak	Robbinsdale Armstrong	2012
10:54.43	Claire Vukovics	St Paul Highland Park	2025	11:01.27	Disa Hillstrom	Northland/EC	1993
10:54.68	Mallory Stach	Prior Lake	2016	11:01.41	Anniston Rolf	St Francis	2025
10:54.88	McKenzie Holt	St. Cloud Christian	2011	11:01.56	Emma Ecker	Alexandria	2022
10:54.90	Amy Wicker	Duluth East	1998	11:01.49	Marguerite Louiselle	Totino Grace	2016
10:54.91	Caroline Brisbois	Roseville Area	2013	11:01.50	Maggie Zirbes	Glencoe-Silver Lake	2003
10:55.15	Nikki Swenson	Dawson-Boyd	2004	11:01.50	Anna Grote	Eden Prairie	2017
10:55.26	Lauren Eilers	Willmar	2023	11:01.64	Libby Halbmaier	Minnetonka	2016
10:55.65	Alyssa Salava	North St. Paul	2009	11:01.71	Nicole McCann	Owatonna	2001
10:55.83	Charlotte Meyer	Loyola-Cleveland-StC	2025	11:01.89	Callie Malone	Eden Prairie	2005
(140)				(200)			
10:55.85	Nicole Calabrese	Kingsland	2004	11:01.95	Jasmyn Armstrong	Red Wing	2014
10:55.88	Jessica Goeden	Grand Rapids	1998	11:01.96	Rebekah Yetzer	Lakeville	2000
10:56.08	Emily Mehta	Mounds View	2023	11:02.09	Annika Halverson	Wayzata	2013
10:56.15	Stephanie Herbst	Chaska	1984	11:02.14	Kendall Wheeler	Duluth East	1998
10:56.52	Elizabeth Klecker	Hopkins	2017	11:02.39	Madison Overby	Austin	2016
10:56.63	Casey Klein	Henry Sibley	2002	11:02.40	Ann Bokman	Blake	1987
10:56.57	Micayla Batchlor	Eden Prairie	2015	11:02.70	Josephine Mosby	St. Louis Park	2018
10:56.67	Lydia Franson	East Ridge	2025	11:02.73	Sadie Schreiner	Edina	2016
10:56.70	Star Costa	South Saint Paul	2018	11:02.75	Cathleen Gross	Robbinsdale Armstrong	2012
10:56.80	Laura Docherty	Cretin-Derham Hall	2009	11:02.86	Emma Atkinson	Wayzata	2018
(150)				(210)			
10:56.92	Jenny Trump	Bloomington Jefferson	2000	11:02.94	Stacy Johnson	La Crescent	1994
10:56.95	Gracie Puit	Eastview	2025	11:02.94	Brianne Brewster	Lakeville South	2019
10:56.97	Charlene Hubbard	Becker	1984	11:02.99	Courtney West	Triton	2017
10:57.14	Carolyn Baird	Stillwater Area	2005	11:02.8 *	Connie Hayden	Minnetonka	1983
10:57.37	Tenley Nelson	Luverne	2022	11:03.09	Samantha Schnirring	Eden Prairie	2015
10:57.56	Anna Van Wyk	Edina	2015	11:03.22	Vivienne Larson	Benilde-St. Margaret's	2023
10:57.65	Bailey Ness	East Ridge	2014	11:03.0 *	Tami Holker	Hopkins Lindbergh	1981
10:57.73	Zoe Nagell	Armstrong	2000	11:03.29	Linda Keller	Paynesville Area	2008
10:57.75	Rachel Drake	White Bear Lake	2009	11:03.37	Tina Forthmiller	St. Francis	1991
10:57.78	Carley LaMotte	Burnsville	2025	11:03.40	Beth Tacl	St. Cloud Cathedral	2005
(160)				(220)			
10:57.82	Michelle Volz	Lakeville North	2007	11:03.41	Denise Ward	Aurora	1985
10:57.86	Gabi Swoboda	Redwood Valley	2011	11:03.3 *	Donna Gathje	Rochester Lourdes	1977 (11:06.9y)
10:57.94	Brooke Marquardt	Prior Lake	2025	11:03.57	Sheila Pexsa	Alexandria	1987
10:58.05	Jenna DeBates	Luverne	2023	11:03.60	Caroline Sassan	Wayzata	2018
10:58.10	Angela Aukes	Elmore	1985	11:03.62	Amber Seidenkranz	Monticello	2014
10:58.14	Katie Dyson	Roseville Area	2006	11:03.68	Katelyn Fritz	Anoka	2012
10:58.15	Morgan Gehl	Heron Lake-Oka/Fulda	2019	11:03.70	Iris Guider	Saint Paul Central	2022
10:58.23	Amanda Mosborg	Edina	2015	11:03.79	Lauren Burks	Park Cottage Grove	2002
10:58.0 *	Jen Hess	Paynesville Area	2000	11:03.81	Erica Seidenkranz	Monticello	2011
10:58.1 *	Julie Gifford	Tracy-Milroy	2000	11:03.89	Jenna Carlson	Edina	2005
(170)				(230)			
10:58.40	Rachel Stangler	Albany	2003	11:03.96	Brynnan Covington	Perham	2017
10:58.65	Emily Knapczyk	Robbinsdale Armstrong	2012	11:04.02	Jill Field	Barnsville/Rothsay	1996
10:58.66	Kienna Loberg	Eastview	2025	11:04.05	Caitlin Olson	Stillwater Area	2005
10:59.12	Gretchen Farkas	Totino Grace	1986	11:04.07	Chelsea Pettit	Holy Angels	2009
10:59.21	Jill Peterman	New London-Spicer	1988	11:04.15	Monica Schliep	Rochester Lourdes	1981
10:59.25	Emily Schwitzer	Hopkins	2005	11:04.19	Taylor Janssen	Moorhead	2011
10:59.31	Sarah Fredrickson	Elk River	2003	11:04.30	Kristin Asp	Lamberton	1981
10:59.76	Emily Betz	East Ridge	2013	11:04.32	Lauren Rice	Holy Family	2008
10:59.77	Julie Anderson	Pillager-Motley	1984	11:04.54	Taylor Scholl	Prior Lake	2012
10:59.99	Riley McGinnity	Spring Lake Park/St. A	2016	11:04.58	Sho Kroeger	Lake Crystal	1993
(180)				(240)			

11:04.75	Mara Olson	St. Louis Park	2008
11:04.81	Sarah Price	Mankato Loyala	2005
11:05.02	Claire Richardson	Blake	2006
11:05.06	Paula Elstrom	North St. Paul	1996
11:05.10	Cassy Opitz	Eden Prairie	2008
11:05.0 *	Cheryl Mock	Rochester John Marshall	1983
11:05.26	Kaelyn Nelson	Anoka	2023
11:05.30	Lori Phipps	Elgin-Millville	1983

11:05.33	Gabrielle Wamre	Minnehaha Academy	2024
11:05.38	Katie Sigerud	St. Michael Albertville	2019

(250)

* handheld time (add .24 seconds to make comparable to FAT)

i = run indoors

y = Two Miles (conversion factor is .9942)

11/17/2025