

Girls All-Time 400 Meters

53.47	Jordyn Borsch	Maple Grove	2023	56.44	Erica Dombro	St. Paul Highland Park	2009
53.63	Emma Kvant	St. Michael-Albertville	2025	56.44	Vische Raab	Cedar Mtn/Comfrey/Sp	2016
53.96	Honour Finley	Bloomington Kennedy	2016	56.47	Molly Bennett	Edina	2025
54.36	Vanessa Clarida	Bloomington Kennedy	2001	56.48	Megan Geraets	Mankato East	2018
54.44	Kaela Skistad	Monticello	2025	56.50	Trinity Giddings	Two Harbors	2025
54.60	Lulu McGarry	Breck	2025	56.3 *	Dana Watts	St. Paul Central	1978 (56.6y)
54.70	Amber Affeldt	Coon Rapids	1995	56.54	Laura Hermanson	Burnsville	2004
54.76	Maddie Dahlien	Edina	2022	56.55	Ruby Stauber	Wayzata	2013
54.77	Paige Stratioti	Duluth Central	2011	56.55	Katie Eidem	Rochester Century	2017
54.6 *	Jane Oas	Mound-Westonka	1971 (54.9y)	56.56	Heather Van Norman	Windom	1988
(10)				(70)			
55.08	Brieasha (Hunter) Hobbs	Cretin-Derham Hall	2014	56.56	Olyvia Erickson	Hastings	2025
55.09	Sasha Davis	Park Center	2010	56.60	Logan Webster	Mpls Southwest	2025
55.09	Sade Pollard	St. Paul Harding	2005	56.62	Shanda Larsen	Holdingford	2002
55.14	Bridget Sweeney	Hopkins	2010	56.62	Feyisayo Ayobamidele	Park Center	2014
55.17	Megan Linder	Cretin-Derham Hall	2014	56.63	Kianna Carter	Irondale	2012
55.18	Lindsay Mattson	Grand Rapids	2010	56.4 *	Phillis Webb	Osseo	2011
55.22	Sydney Ruckett	Mpls Washburn	2024	56.66	Nancy Golie	Irondale	1985
55.27	Zeal Kuku	Minnetonka	2025	56.68	Addison Hoof	Lester Prairie	2023
55.29	Heather Dorniden	Rosemount	2004	56.69	Danijela Vicanovic	Minnetonka	1985
55.1 *	Christy Viste	Rochester Mayo	1977 (55.4y)	56.70	Meleah Biermaier	Thief River Falls	2015
(20)				(80)			
55.39	Claire Howell	Moorhead	2019	56.71	Leighton Lerum	Providence Academy	2009
55.61	Laubenra Ben	Park Center	2022	56.73	Sophie Charlton	Rochester Mayo	2008
55.63	Isabelle Reinders	Prior Lake	2025	56.73	AnnMarie Healy	Providence Academy	2012
55.64	Sophia Anderson	Holy Angels	2015	56.76	Trisha Schumacher	Planview	1993
55.67	Chloe Bermel	Pequot Lakes	2016	56.76	Nyeaee Robins	Farmington	2019
55.68	Carly Hartwig	Tri-City United	2025	56.79	Kristi Kropp	Anoka	1982
55.70	Brianna Shroyer	Buffalo	2023	56.81	Kelsey Conrad	Robbinsdale Cooper	2006
55.80	Shaina Zinter	Concordia Academy	2022	56.83	Brynn Sauer	Rocori	2016
55.83	Ashley Tingelstad	East Grand Forks	2008	56.84	Emily Bartusek	Albert Lea	2000
55.86	Ellie Kuechle	Eden V/Watkins/Kimb	2022	56.85	Niki Martineau	Park Cottage Grove	1993
(30)				(90)			
55.90	Sophia Comfere	Rochester Century	2024	56.86	Elliana Magnus	Hastings	2023
55.91	Deborah Cordner	St. Louis Park	1998	56.86	Zoe Lain	Sartell	2025
55.93	Anne Hillier	Blake	2001	56.87	Allie Niska	Duluth East	2021
55.93	Jenna Johnson	Rosemount	2022	56.87	Grace Weber	Wayzata	2023
55.94	Kou Lougon	Park Center	2001	56.89	Ava Hill	Mesabi East	2018
55.95	Elizabeth Endy	Minnetonka	2013	56.91	Jeanne Kruckeberg	Blooming Prairie	1983
55.99	Jessica Mittelstadt	Mankato West	1999	56.91	Kristi Buerkle	Forest Lake	2007
55.99	Robbie Grace	Blake	2018	56.94	Cassie Toepfer	Egan	2006
56.06	Shade Pratt	Rosemount	2010	56.94	Haylie Zenner	Fergus Falls	2011
56.06	Jessica Shuster	Mpls Washburn	1997	56.95	Collen Everson	Murray County Central	2008
(40)				(100)			
56.07	Renee Crep	Bemidji	1987	56.95	Haley Lubow	Lakeville South	2014
56.09	Alyssa Lind	Bloomington Jefferson	2017	56.96	Laura Mottaz	Maple Grove	2004
56.13	Tia McKinney	Roseville	2014	56.99	Elizabeth Hemsworth	Sauk Centre	2012
56.14	Elika Vahhaji	Mpls Southwest	2025	56.99	Cece Lewis	Fridley	2019
56.17	Lexy Brown	Eastview	2008	57.00	Jerzie Finstad	Thief River Falls	2019
56.17	Maddie Gourley	Eagan	2016	57.00	Elizabeth Hallum	Eastview	2022
56.17	Vanessa Oguamanam	Farmington	2025	57.01	Nikki Swenson	Dawson Boyd	2007
56.22	Sue Chopskie	Park Cottage Grove	1986	57.01	Vanessa Jordan	Eden Prairie	2024
56.22	Malayshia George	Breck	2011	57.02	Jessica Smith	Mankato East	2005
56.22	Katelyn Wozniak	Blaine	2025	57.02	Ari Riser	Stillwater Area	2025
(50)				(110)			
56.25	Violet Udovich	Ely	2025	57.03	Carol Peterka	St. Cloud Apollo	1980
56.27	Alex Citrowske	Prior Lake	2011	57.03	Maureen Leonard	Minnetonka	1986
56.29	Sandy Jorgensen	Woodbury	2004	57.03	Megan Geyen	Watertown Mayer	2006
56.31	Sue Faus	Rocori	1987	57.03	Rose Lamberts	Buffalo	2025
56.33	Lisa Michkelson	Burnsville	1988	56.8 *	Kris Rens	Little Falls	1977 (57.1y)
56.1 *	Wren Schafer	Buffalo Lake	1977 (56.4y)	56.8 *	Lisa Bublitz	Winona	1979 (57.1y)
56.35	Brooke Hohenecker	Providence Academy	2024	56.8 *	Teresa Huberty	South St. Paul	1979
56.40	Kya Phillips	Christo Rey Jesuit	2017	56.8 *	Cathy Anderson	Stillwater	1980
56.2 *	Jennifer Bell	Bloomington Lincoln	1982	57.04	Kelsey Leonard	Hermantown	2006
56.2 *	Anne Hills	Mounds View	1984	57.06	Elisabeth Acheson	Northfield	2018
(60)				(120)			

57.06	Aimee Kemper	East Ridge	2019	57.52	Caitlin Perra	Zumbrota-Mazeppa	2004
57.06	Karina Fischer	Stillwater	2024	57.52	Josie Seehafer	Eagan	2025
57.08	Lillian Halvorson	Chaska	2019	57.53	Sarah Arradondo	Hill-Murray	2018
57.10	Amanda Mueller	Forest Lake	2001	57.3 *	Kathy Merkel	Eleveth	1977 (57.6y)
57.10	Noella Ross	Chaska	2025	57.3 *	Jane Timm	St. Peter	1984
57.11	Jenna Gatz	Belle Plaine	2015	57.54	Christy Mueller	Thief River Falls	1985
57.12	Karma Suttles	Mankato West	1988	57.54	Kylie Hartel	Providence Academy	2025
57.13	Karen Ryan	Chaska	1986	57.56	Kris Hansen	Lake Crystal Welcome	1993
56.9 *	Tara Kazemba	Winona	1977 (57.2y)	57.57	Megan Dean	Rosemount	2007
56.9 *	Jennifer Pietenpol	Rochester Mayo	1981	57.57	Katrina Hitchen	Fertile-Beltrami	2024
(130)				(190)			
57.14	Kaitlyn Marsolek	Bemidji	2004	57.59	Challis Firl	Rochester Century	2004
57.15	Kelsey Ostberg	Visitation	2002	57.60	Maureen Richter	Totino Grace	1991
57.15	Alana Eason	Champlin Park	2008	57.61	Haley Kemper	Prior Lake	2011
57.15	Ella Larson	Lakeville North	2018	57.61	Paige Halder	Byron	2022
57.16	Hope Kuechle	Eden V/Watkins/Kimb	2025	57.61	Ellie Moore	St. Paul Highland Pk	2022
57.17	Jenny Higgins	Hutchinson	1996	57.62	Jenny Gronner	Otter Tail Central	1999
57.18	Beth Johnson	Mahtomedi	1994	57.62	Laurisa Ewert	Anoka	2000
57.20	Amber Bohman	Park Rapids	1993	57.62	Nicole Ethier	East Ridge	2011
57.21	Temi Ogunrinde	Park Cottage Grove	2011	57.62	Kalesha Taylor	Rochester Mayo	2011
57.23	Noelle Josephson	Anoka	2018	57.62	Katie Lambrecht	Byron	2021
(140)				(200)			
57.0 *	Deanne Olson	Elbow Lake	1977 (57.3y)	57.63	Sydney Drevlow	Hopkins	2023
57.0 *	Stacy Slapnicher	Bemidji	1981	57.63	Aubrey Lesnau	St Cloud Cathedral	2025
57.27	Katherine McQuin	Mankato West	1998	57.63	Addison Stadden	Blaine	2025
57.28	Nell Graham	Triton	2018	57.4 *	Laura Hernke	Cannon Falls	1979
57.29	Kris Berg	Burnsville	1998	57.4 *	Frani Loftness	Winona	1983
57.29	Liz Tracy	Mankato West	2001	57.4 *	Meri Schwartz	Red Wing	1989
57.30	Allison Hookom	Anoka	2022	57.65	Izzy Ferrozzo	St. Michael-Albertville	2015
57.32	Kyndal Hargrow	Blake	2003	57.65	Eva Williams	Maple Grove	2024
57.32	Diana Hassell	Anoka	1996	57.66	Whitney McCluskey	Mpls Edison	2004
57.33	Paula Behrendt	Rush City	1981	57.67	Laurie Wolpren	Belle Plaine	1983
(150)				(210)			
57.1 *	CeeCee Cox	Mounds View	1974 (57.4y)	57.67	Sarah Jones	Martin County West	1991
57.1 *	Barb MacLeod	Moorhead	1975 (57.4y)	57.68	Ava Ligtenberg	Eagan	2022
57.35	Shalica Jones	North St. Paul	2018	57.69	Julia Rozman	Edina	2008
57.36	Maia Peterson	Stewartville	2021	57.69	Jessica Haux	Wayzata	2025
57.38	Claire Odmark	White Bear Lake	2016	57.72	Hayley Lentsch	Kenyon-Wanamingo-G	2024
57.39	Brooke Campbell	Lakeville North	2007	57.73	Frida Douglas	Robbinsdale Cooper	1999
57.39	Laura Schnitker	Maple Grove	2009	57.73	Katie Riddle	Eden Prairie	2003
57.39	Katherine Lokowich-Kohler	Cretin-DerhamH	2017	57.73	I'Tianna Salaam	DeLaSalle	2021
57.40	Lillian Humeniuk	Moorhead	2025	57.5 *	Kathy Schmitz	Park Rapids	1977 (57.8y)
57.41	Denise Bullocks	Mt. St. Benedict	1981	57.5 *	Jane Hale	Mpls Washburn	1978 (57.8y)
(160)				(220)			
57.41	Andrea Harens	Apple Valley	1994	57.5 *	Tracy Brown	Brainerd	1986
57.41	Katie Gewerth	Cedar Mountain	2004	57.5 *	Gina Perich	Esko	1994
57.41	Danielle Belliono	Lakeville North	2018	57.74	Mary Winter	Benilde St. Margarets	1999
57.43	Ashley Heinze	Moorhead	2011	57.74	Kelsey Bethke	Mounds View	2010
57.43	Isaabelle Ferm	Farmington	2013	57.74	Josie Hudson	Lakeville South	2024
57.2 *	Sarah Parks	Owatonna	1981	57.74	Josie Neitz	Wayzata	2024
57.44	Charlotte Kusch	St. Paul Central	2024	57.76	Anna Carrington	Morris	1988
57.45	Janice Cole	StP Washington Tech	2019	57.76	Emily VanHeel	Little Falls	2009
57.45	Hannah Cornelius	Braham	2019	57.76	Jenna Halvorson	Faribault	2010
57.45	Kate LeBlanc	Minnetonka	2021	57.76	Maisie Pederson	Bloomington Kennedy	2023
(170)				(230)			
57.46	Katie Bierlein	Eastview	2002	57.77	T'Nia Riley	Minneapolis North	2018
57.46	Catherine Whitcomb	Shakopee	2010	57.78	Bonnie Steinbach	Wadena	1985
57.48	Brigitte Stuewe	Norwood-Young Am	1986	57.78	Madison Lesmeister	Prior Lake	2010
57.48	Kayla Steeves	Mounds View	2007	(233)			
57.48	Hannah Nordby	Chisago Lakes Area	2013				
57.48	Kyra Dalluge	Rogers	2019				
57.49	Lily Anderson	Waterville-Elysian-Mor	2016				
57.51	Isabella Brezinka	Anoka	2017				
57.51	Sydney Jackson	Cretin-Derham Hall	2017				
57.52	Angela Olson	Eagan	2004				
(180)							

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