

Girls All-Time 4k Personal Records

| | Grade | Years | 4k | |
|---------------------------------|-------|-------------|-------|----------------------------|
| 1 Ackley, Karly | 10 | 2014 | 13:57 | 2014 State Champion |
| 2 Roehl, Alexis | 8 | 2014 | 14:43 | |
| 3 Lindsey, Jessica | 12 | 2010 | 14:52 | |
| 4 Tyrrell, Emily | 9 | 2002 | 15:03 | |
| 5 Thompson, Danielle | 12 | 2006 | 15:04 | |
| 6 Torrey, Rachel | 10 | 2015 | 15:05 | |
| 7 Williamson, Mandy | 8 | 2014 | 15:09 | |
| 8 Roehl, Grace | 12 | 2015 | 15:17 | |
| 9 Campbell, Kala | 8 | 2002 | 15:19 | |
| 10 Erickson, Jen | 11 | 2009 | 15:20 | |
| 11 Romine, Shay | 11* | 1996 | 15:23 | |
| 12 Tyrrell, Marymargaret | 9 | 2001 | 15:25 | |
| 13 Lamoureux, Jocelyne | 8* | 2003 | 15:26 | |
| 14 Mere, Ashley | 12 | 2001 | 15:36 | |
| 15 Fee, Rebecca | 8 | 2007 | 15:39 | <u>Notes</u> |
| 16 Sedlmajer, Bobbie | 10* | 2007 | 15:39 | Bold = All-State |
| 17 Novak, Beth | 12 | 2001 | 15:41 | |
| 18 Walker, Esther | 11 | 2003 | 15:47 | |
| 19 Thomas, Jordyn | 10 | 2012 | 15:49 | |
| 20 Lamoureux, Monique | 8* | 2003 | 15:50 | |
| 21 Hutton, Beth | 11 | 1998 | 15:50 | |
| 22 Cox, Rachel | 12 | 2014 | 15:51 | |
| 23 Ryan, Rebecca | 8* | 2003 | 15:55 | |
| 24 Frushour, Katie | 11 | 2002 | 15:55 | |
| 25 Medal, Kaitlin | 10 | 2007 | 15:58 | |
| 26 Larsen, Lily | 12 | 2012 | 16:01 | |
| 27 Campbell, Sasha | 7 | 2003 | 16:02 | |
| 28 Powell, Maggie | 12 | 2015 | 16:04 | |
| 29 Sand, Jaclyn | 10 | 2008 | 16:08 | |
| 30 Hunter, Aislinn | 9 | 2015 | 16:08 | |
| 31 Sava, Kim | 12 | 2001 | 16:09 | |
| 32 Cox, Nikki | 12 | 2001 | 16:11 | |
| 33 Julsrud, Sara | 12 | 2004 | 16:13 | |
| 34 Peck, Megan | 8 | 2015 | 16:16 | |
| 35 Roehl, Sophia | 7 | 2015 | 16:16 | |
| 36 Koch, Hannah | 8 | 2008 | 16:17 | |
| 37 Lindsay, Ali | 12 | 2012 | 16:18 | |
| 38 Weiss, Mikayla | 8 | 2015 | 16:23 | |
| 39 Gowan, Chelsea | 9 | 2002 | 16:25 | |
| 40 Lembke, Erin | 8 | 1999 | 16:25 | |
| 41 Perry, Callie | 9 | 2003 | 16:26 | |
| 42 McMillan, Lauren | 9 | 2009 | 16:27 | |
| 43 Gregory, Jessica | 10 | 1995 | 16:28 | |

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| 44 | Gackle, Katie | 8 | 1999 | 16:29 |
| 45 | Benson, Lisa | 11 | 1998 | 16:29 |
| 46 | Foster, Terra | 11 | 1995 | 16:29 |
| 47 | Kindseth, Silje | 7 | 2015 | 16:35 |
| 48 | Thibert, Alli | 12 | 1997 | 16:37 |
| 49 | Solseng, Sarah | 10 | 1998 | 16:45 |
| 50 | Wakefield, Leah | 11 | 2002 | 16:49 |
| 51 | Byram, Jenn | 9 | 2001 | 16:51 |
| 52 | Doze, Valerie | 11 | 2015 | 16:52 |
| 53 | Benson, Erin | 11 | 1995 | 16:53 |
| 54 | Allan, Meghan | 8 | 2012 | 16:53 |
| 55 | Tyrrell, Megan | 7 | 2005 | 16:54 |
| 56 | Ray, Taylor | 8 | 2008 | 16:54 |
| 57 | Neste, Jamie | 8 | 1995 | 17:05 |
| 58 | Spinetta, Alexis | 8 | 2014 | 17:05 |
| 59 | Charette, Autumn | 9 | 2015 | 17:06 |
| 60 | Bunde, Brittany | 9 | 2007 | 17:07 |
| 61 | Johnson, Natalie | 7 | 2012 | 17:07 |
| 62 | Peterson, Brenna | 11 | 2011 | 17:14 |
| 63 | Moore, Charlotte | 10 | 1998 | 17:20 |
| 64 | Leake, Kellie | 9 | 1999 | 17:21 |
| 65 | DeBell, Shelby | 9 | 2007 | 17:21 |
| 66 | Bertsch, Brenna | 8 | 2013 | 17:21 |
| 67 | Fontaine, Maeghan | 7 | 2011 | 17:23 |
| 68 | Novotny, Kari | 9 | 2005 | 17:31 |
| 69 | Berry, Nora | 7 | 2015 | 17:34 |
| 70 | Gustafson, Kristy | 12 | 1996 | 17:37 |
| 71 | Petty, Paige | 12 | 2010 | 17:37 |
| 72 | Barth, Heather | 9 | 2013 | 17:37 |
| 73 | Gust, Marie | 10 | 1997 | 17:40 |
| 74 | Jorde, Suzanne | 12 | 1996 | 17:44 |
| 75 | Hatcher, Rachel | 11 | 2015 | 17:49 |
| 76 | Boese, Sarah | 12 | 2001 | 17:50 |
| 77 | Lund, Sydney | 12 | 2011 | 17:53 |
| 78 | Comminghay, Ari | 12 | 2012 | 17:53 |
| 79 | Brown, Hanna | 9 | 2008 | 17:54 |
| 80 | Thibert, Jacy | 9 | 2007 | 17:56 |
| 81 | Johnson, McKenzie | 8 | 2013 | 18:02 |
| 82 | Smith, Alicia | 9 | 2007 | 18:07 |
| 83 | Yandura, Tessa | 9 | 2007 | 18:12 |
| 84 | Byram, Sarah | 12 | 2006 | 18:14 |
| 85 | Cox, Emily | 8 | 2013 | 18:15 |
| 86 | Polyakova, Luda | 10 | 2004 | 18:28 |
| 87 | Fredstrom, Kady | 9 | 2001 | 18:29 |
| 88 | Thomson, Brittney | 9 | 2006 | 18:29 |
| 89 | Wofle, Juliet | 9 | 2011 | 18:32 |
| 90 | Krenelka, Madde | 12 | 2014 | 18:35 |

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| 91 Sharief, Samantha | 7 | 2006 | 18:38 |
| 92 Faber, Mel | 10 | 2007 | 18:42 |
| 93 Jackson, Maia | 8 | 2013 | 18:42 |
| 94 Hansen, Suzy | 9 | 2003 | 18:43 |
| 95 Scott, Alexia | 9 | 2014 | 18:46 |
| 96 Medrud, Tyanna | 7 | 2013 | 18:47 |
| 97 Lunski, Alexis | 11 | 2013 | 18:54 |
| 98 Abby Osowski | 7 | 2007 | 18:57 |
| 99 McLaren, Nicole | 10 | 2003 | 18:58 |
| 100 Ege, Melissa | 8 | 2005 | 18:59 |
| 101 Westereng, Madeline | 7 | 2010 | 19:01 |
| 102 Yandura, Kelsey | 10 | 2007 | 19:06 |
| 103 Wylot, Chloe | 11 | 2012 | 19:12 |
| 104 Cox, Shanlee | 10 | 2013 | 19:14 |
| 105 Meagher, Megan | 10 | 2005 | 19:15 |
| 106 Oen, Sophie | 9 | 2013 | 19:21 |
| 107 O'Connell, De | 9 | 2006 | 19:25 |
| 108 Medrano, Jelly | 9 | 2011 | 19:26 |
| 109 Matejcek, Lindsay | 11 | 1999 | 19:30 |
| 110 Leach, Jessica | 9 | 2003 | 19:33 |
| 111 Kohlmeier, Gabby | 9 | 2011 | 19:33 |
| 112 Diemert, Madison | 11 | 2014 | 19:33 |
| 113 Young, Britta | 10 | 2012 | 20:05 |
| 114 Ackley, Ashleigh | 12 | 2011 | 20:12 |
| 115 Hutichison, Farruzah | 11 | 2014 | 20:14 |
| 116 Hunter, Olivia | 7 | 2013 | 20:17 |
| 117 Uhrich, Haley | 9 | 2005 | 20:20 |
| 118 Biscotti, Amber | 10 | 2006 | 20:20 |
| 119 Demueth, Courtney | 9 | 2013 | 20:28 |
| 120 Bushaw, Miranda | 7 | 2003 | 20:33 |
| 121 Maiah, Minkler | 11 | 2010 | 20:41 |
| 122 Schlinder, Isa | 12 | 2004 | 21:06 |
| 123 Houska, Sam | 9 | 2005 | 21:20 |
| 124 Anderson, Rachel | 10 | 2000 | 21:49 |
| 125 Anderson, Elisabeth | 9 | 2014 | 22:34 |
| 126 Parrish, Chanda | 7 | 2006 | 22:41 |
| 127 Thingelstad, Laura | 8 | 2005 | 22:59 |
| 128 Nitschke, Ali | 7 | 2005 | 23:03 |
| 129 Cox, Erin | 7 | 2006 | 24:07 |
| 130 Old Coyote, Carrie | 7 | 2006 | 24:14 |