

# Lake Conference Course (Eagan) Bests (1995- Present)

1998 JV Cancelled 2002 Course very wet 2004 very wet, windy, and some sleet

<b>Senior</b>			Jan Pearson	19:01.7	2007	Phil Paschka	17:57	2003
Jordan Carlson	16:11.0	2007	Peter Schoen	19:09.5	2005	Abasher Abasher	17:59.2	2007
Obai Hussein	16:23.4	2007	Anthony Howard	19:14	1996	Wes Fischer	18:01	2003
Tim Kojetin	16:37.4	2007	Mike Gee	19:18	1995	Josh Buecksler	18:03	2002
Matt Thooft	16:37.8	2007	Jon Gabriel	19:26.5	2005	Luke Buckley	18:08	1997
Chris Massey	16:40.8	2008	Tony Pervenanze	19:28	1996	Josh Dibley	18:12	1998
Justin Sawyers	16:49.4	2007	Stephen Maturen	19:30.0	2005	Mike Risberg	18:13	1997
Andy Cossette	16:51	1998	Nick Feiock	19:30.7	2005	Jonathan Clark	18:14	1998
Mike Bumgarner	16:53.7	2006	Ethan Shervey	19:38.7	2007	Evan Powell	18:15	1997
Nathaniel Petrich	16:55	2004	<b>Jeremy Hoffmann</b>	<b>19:50.0</b>	<b>2009</b>	<b>Cameron Knotz</b>	<b>18:15.2</b>	<b>2009</b>
Kyle Rosseau	17:03.7	2005	Mike Evenocheck	19:54.4	2007	Jeremy Caucutt	18:17	1996
Barrett Voigt	17:08	1997	Jeff Senbom	19:59	1995	Mat Koppang	18:19.8	2005
Josh Dibley	17:09	1999	Matt Phillips	20:03	2003	<b>Ben Dolan</b>	<b>18:20.9</b>	<b>2009</b>
Stan Drutowski	17:14.7	2007	Joe Witcher	20:16	2003	Joe Walsh	18:21	1999
Joe Gibson	17:17	1997	Mike Mathews	20:18	2001	Matt Sondag	18:26	2000
<b>Jonathan Sampers</b>	<b>17:24.3</b>	<b>2009</b>	Brent Haglund	20:19.4	2008	Rob Kaye	18:33	2000
Simon Walter-Hansen	17:26	1996	Jon Radmacher	20:30	2001	Jonathan Sampers	18:33.2	2008
Seth Harris	17:30	1998	Matt Matuseski	20:33.0	2007	Sean Gamlin	18:37	2002
Abe Dominguez	17:31	2000	Anthony Werness	20:35	2003	Andrew Comstock	18:38.5	2007
Abasher Abasher	17:32.1	2008	Matt Shervey	20:39	2003	Josh Marek	18:41.1	2006
Jason Quarford	17:38	2002	Alex Bichler	20:39.5	2007	Aaron Sailer	18:42	1997
Adam Sommers	17:40.9	2008	<b>Daniel Mall</b>	<b>20:47.5</b>	<b>2009</b>	Peter Schoen	18:46	2004
Ryan McLaughlin	17:41	2004	Josh Del Fiacco	20:49	1999	Seth Harris	18:47	1997
Andrew Comstock	17:43.0	2008	Gar Oslund	21:00	1996	Scott Ford	18:47	2002
Luke Buckley	17:44	1998	Jason Uttenhove	21:02	2001	<b>John Evenocheck</b>	<b>18:50.1</b>	<b>2009</b>
<b>Kyle Mills</b>	<b>17:45.0</b>	<b>2009</b>	Tom Blum	21:23	1997	Phil Levine	18:51.0	2007
Derek Ganzhorn	17:48	2004	Scott Sturm	21:25	2003	Bubba Kavanagh	18:51.8	2006
Nate Caucutt	17:53	1995	Chase Raberge	21:28	2004	Elliot Bell	18:52.9	2008
Josh Buecksler	17:53	2003	Matt Udermann	21:46.8	2008	Dave Berg	18:53	1997
Mike Warweg	17:53.7	2006	Matt Kojetin	21:52	2004	Jon Sondag	18:56	1997
Aaron Sailer	17:55	1998	Kyle Imbertson	22:24	2004	<b>Chris Mergens</b>	<b>18:57.7</b>	<b>2009</b>
Sean Gamlin	17:57	2003	John Fagerstrom	22:31	2003	Aren Bjerke	19:00.3	2008
Wes Fischer	18:00	2004	Greg Mason	23:22.6	2008	Mike Corcoran	19:09	1996
Mike Corcoran	18:03	1997	Chris Fett	23:50	2001	Brian Girgen	19:11	1997
Matt Sondag	18:04	2001	Ben Bruns	24:19	2004	Ben Carlson	19:15.9	2007
George Boomer	18:04	1996				Jonathan Gamlin	19:17	2000
Dave Berg	18:05	1998	<b>Junior</b>			Tristan Pitre	19:20.8	2006
Phil Paschka	18:05	2004	Jordan Carlson	16:21.0	2006	Brent Haglund	19:23.8	2007
Jonathan Clark	18:09	1999	Chris Massey	16:57.1	2007	Matt Cordina	19:24	1995
Jon Sondag	18:09	1998	<b>Shane McCallum</b>	<b>16:58.0</b>	<b>2009</b>	Mike Evenocheck	19:28.4	2006
Josh Marek	18:09.1	2007	Ryan McLaughlin	17:01	2003	Josh Baier	19:34.5	2007
Phil Levine	18:10.2	2008	Kyle Rosseau	17:06	2004	Frank Horvath	19:43	1995
Adam Dally	18:12	1996	Mike Bumgarner	17:10.4	2005	Jim Schofield	19:51	2003
Mat Koppang	18:12.6	2006	Nathaniel Petrich	17:11	2003	Nick Feiock	19:51	2004
Bubba Kavanagh	18:13.5	2007	Obai Hussein	17:18.3	2006	Stephen Maturen	19:53	2004
Tristan Pitre	18:21.7	2007	Jason Quarford	17:20	2001	Andrew Bennett	19:55	2000
Jeremy Caucutt	18:22	1997	Tim Kojetin	17:23.1	2006	Derek Ganzhorn	19:55	2003
Joe Walsh	18:23	2000	Andy Cossette	17:26	1997	Tony Pervenanze	19:57	1995
Scott Ford	18:23	2003	Matt Thooft	17:27.3	2006	Aaron Oppelt	19:57	1997
Evan Powell	18:29	1998	Joe Gibson	17:33	1996	Jake Buckley	19:57	2003
Lance Offermann	18:29	2003	Stan Drutowski	17:34.3	2006	Ethan Shervey	19:57.8	2006
Jonathan Gamlin	18:38	2001	Abe Dominguez	17:41	1999	Lance Offermann	19:59	2002
Paul Schott	18:48	2000	Simon Walter-Hansen	17:41	1995	Jon Gabriel	19:59	2004
Andrew Bennett	18:49	2001	Kyle Mills	17:41.5	2008	<b>Martin Griffith</b>	<b>20:08.6</b>	<b>2009</b>
Matt Cordina	18:51	1996	Barrett Voigt	17:49	1996	C. J. Anthony	20:09	2000
John Millea	18:53	2001	George Boomer	17:52	1995	Matt Phillips	20:10	2002
Chris Walsh	18:55	1996	Chris Walsh	17:54	1995	Chris Gamlin	20:12	2004
Grant Offermann	18:57	2001	Mike Warweg	17:56.7	2005	Jon Radmacher	20:21	2000
<b>Elliot Bell</b>	<b>18:57.4</b>	<b>2009</b>	Adam Dally	17:57	1995	David Schreuder	20:32	2001

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1998 JV Cancelled 2002 Course very wet 2004 very wet, windy, and some sleet

Anthony Baquero	20:36	1999	Scott Ford	19:07	2001	<b>Cole Aronson</b>	<b>23:29.7</b>	<b>2009</b>
Matt Shervey	20:40	2002	Josh Dibley	19:09	1997	Ryan Kelly	24:30.2	2006
Grant Offermann	20:55	2000	Dave Berg	19:11	1996	Marc Flury	24:40	1996
Matt Matuseski	20:58.4	2006	Brian Girgen	19:14	1996	Alex Ertl	26:02	2003
Matt Udermann	21:02.0	2007	Bubba Kavanagh	19:14.1	2005	Gus Magnuson	26:10	2003
<b>Randy Brumm</b>	<b>21:05.3</b>	<b>2009</b>	Sean Gamlin	19:16	2001	Joe Millea	26:14	2001
Matt Kojetin	21:10	2003	Peter Schoen	19:18	2003			
Nick Bonn	21:15.6	2007	Seth Harris	19:23	1996	<b>Freshmen</b>		
Tyler Osegard	21:17.8	2006	Luke Buckley	19:28	1996	Tim Kojetin	17:15	2004
Mike Mathews	21:32	2000	Nick Kaselnak	19:29	1995	Nathan Rock	17:46.7	2008
Jason Uttenhove	21:33	2000	Phil Paschka	19:29	2002	Chandler Dye	18:08.8	2008
Kyle Imbertson	21:36	2003	Brent Haglund	19:32.9	2006	Kyle Rosseau	18:17	2002
Chase Raberge	21:49	2003	Derek Ganzhorn	19:34	2002	<b>Austin Rudoll</b>	<b>18:17.8</b>	<b>2009</b>
Anthony Werness	21:51	2002	Ethan Shervey	19:42.6	2005	<b>Trevor Capra</b>	<b>18:18.9</b>	<b>2009</b>
Aaron Newman	22:04.3	2007	Jon Sondag	19:46	1996	Michael Giliuson	18:38	2004
Aaron Duffee	22:23.7	2006	Evan Powell	19:46	1996	Jason Quarford	18:49	1999
Andy Webster	22:26	1996	Aren Bjerke	19:49.6	2007	Stan Drutowski	18:52	2004
<b>Chad Marx</b>	<b>22:27.1</b>	<b>2009</b>	Lance Offerman	19:52	2001	Cody Leland	18:55	2003
Marc Flury	22:51	1997	Aaron Sailer	19:53	1996	Andrew Comstock	19:05.8	2005
Steve Marandola	22:59	2000	Mike Risberg	19:53	1996	Calvin Lehn	19:07.6	2008
Mike Yaklovlev	23:41	2000	Luke Schofield	19:53.6	2006	Andy Cossette	19:08	1995
Joe Klemenhagen	23:52	2003	Matt Phillips	19:55	2001	Derrick Ganzhorn	19:14	2001
Nathan Brawley	24:16	2003	Charles Stachour	19:57	1997	Adam Marriott	19:15	2002
Scott Sturm	24:19	2002	Nick Feiock	19:59	2003	Chris Mergens	19:17.6	2007
Jacob Froelich	25:20.5	2005	Nick Sharp	19:59	2004	John Evenocheck	19:20.8	2007
			Joe Heins	20:19	2004	Evan Powell	19:23	1995
<b>Sophomore</b>			Matt Schul	20:27.8	2008	Tyler Blumke	19:25.0	2008
Jordan Carlson	16:57.1	2005	Martin Griffith	20:31.4	2008	Josh Marek	19:25	2004
<b>Nathan Rock</b>	<b>17:00.8</b>	<b>2009</b>	Tristan Pitre	20:33.0	2005	Kyle Mills	19:29.4	2006
Michael Giliuson	17:03.1	2005	Tynan Wilke	20:37	2000	Nathaniel Petrich	19:32	2001
Tim Kojetin	17:15.2	2005	Loren Sjoquist	20:38	2003	Mike Bumgarner	19:32	2003
<b>Chandler Dye</b>	<b>17:18.5</b>	<b>2009</b>	Jonathan Gabriel	20:39	2003	Jon Sondag	19:33	1995
Mike Bumgarner	17:21	2004	Andrew Knutson	20:43	1997	Brent Haglund	19:35.2	2005
Jason Quarford	17:26	2000	Jared Hoagland	20:46.7	2008	Ryan Gould	19:37.9	2008
Chris Massey	17:26.6	2006	Chris Gamlin	20:48	2003	Seth Harris	19:42	1995
<b>Calvin Lehn</b>	<b>17:46.3</b>	<b>2009</b>	Justin Maeck	20:51.3	2005	Luke Buckley	19:44	1995
Kyle Rosseau	17:55	2003	Aaron Newman	20:57.2	2006	Stefan Booth	19:46.0	2006
Joe Gibson	17:56	1995	Dan Horak	20:58	2001	<b>Jake Johnson</b>	<b>19:46.5</b>	<b>2009</b>
Barrett Voigt	18:07	1995	Nick Moss	21:03.9	2007	Elliot Bell	19:46.9	2006
Mike Warweg	18:12	2004	Jim Schofield	21:11	2002	Derik Pearson	19:50	2002
Abe Dominguez	18:13	1998	Mark Junek	21:14	2000	Abe Dominguez	19:51	1997
Ryan McLaughlin	18:22	2002	Mark Schott	21:15	2003	Robbie Albert	19:54.1	2005
Josh Marek	18:23.5	2005	Micah Fulmer	21:17	2003	Aaron Newman	19:54.8	2005
Rob Kaye	18:24	1999	Matt Kojetin	21:27	2002	Josh Dibley	19:59	1996
Chris Mergens	18:26.1	2008	C. J. Anthony	21:32	1999	Matt Thooft	20:01	2004
Kyle Mills	18:29.1	2007	Eric Frahm	21:33.1	2007	Adam Rychwalski	20:08	1996
Matt Sondag	18:30	1999	Jake Lesko	21:47	2002	Randall Mateo	20:09	1999
Adam Marriott	18:30	2003	Alex Bichler	21:48.7	2005	Mike Warweg	20:09	2003
Adam Sommers	18:31.8	2006	Ryan Faricy	21:56	2001	<b>Tommy Linder</b>	<b>20:14.6</b>	<b>2009</b>
<b>Timothy Sampers</b>	<b>18:34.3</b>	<b>2009</b>	Matt Matuseski	22:01.7	2005	Dave Berg	20:24	1995
Josh Buecksler	18:35	2001	Jake Buckley	22:08	2002	Brian Girgen	20:26	1995
Nathaniel Petrich	18:35	2002	<b>Steven Levine</b>	<b>22:18.4</b>	<b>2009</b>	Tristan Pitre	20:27	2004
Andrew Comstock	18:35.1	2006	Allen Mestad	22:30	2000	Jeff Lonjers	20:32	1996
Matt Thooft	18:37.1	2005	Nick Bonn	22:33.3	2006	Martin Griffith	20:41.2	2007
Mat Koppang	18:38	2004	Lorenzo Dassrath	22:40	2001	Luke Schofield	20:44.8	2005
Elliot Bell	18:46.7	2007	<b>Dylan Brenner</b>	<b>22:40.8</b>	<b>2009</b>	Aaron Sailer	20:45	1995
John Evenocheck	18:55.5	2008	Kyle Imbertson	22:59	2002	Jake Buckley	20:46	2001
Jeremy Caucutt	18:56	1995	Matt Udermann	23:00.0	2006	Bubba Kavanagh	20:49	2004
<b>Ryan Gould</b>	<b>18:58.3</b>	<b>2009</b>	Chase Raberge	23:17	2002	Lang Boomer	20:51	1995

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1998 JV Cancelled 2002 Course very wet 2004 very wet, windy, and some sleet

Nick Sharp	20:51	2003	Denae Schuldt	17:49	1997	Laura Hammond	18:22	2001
Matt Kojetin	20:56	2001	Jamie Johnson	17:50	2003	Alissa Trebil	18:24	2003
Jim Schofield	20:56	2001	Alana Howard	17:58.1	2006	Maggie O' Malley	18:33.1	2008
Randy Brumm	21:02.8	2007	Kristin Schultz	18:01	1995	Gabrielle Dufour	18:35.8	2007
Matt Schul	21:05.6	2007	Dawn Strom	18:05 1	995	Jamie Johnson	18:39	2002
Nick Feiock	21:15	2002	Jamie Nelson	18:14 1	998	Abbie Bauernfeind	18:42.7	2008
Andrew Howard	21:17	1997	Emily Fischer	18:18.4	2006	Ashley Roup	18:45.2	2008
Peter Schoen	21:22	2002	Jill Fagerstrom	18:24	2004	Sarah Dye	18:51.7	2005
Mark Schott	21:23	2002	<b>Abbie Bauernfeind</b>	<b>18:24.7</b>	<b>2009</b>	Jessica Haglund	18:56	2004
<b>Kevin Sutton</b>	<b>21:25.9</b>	<b>2009</b>	Valerie Nelson	18:31	2001	Siobhan Angelos	19:03	1998
David Allen	21:36	2001	Jackie Keil	18:32	2002	Siri Waytulonis	19:05	2002
Will Holcomb	21:45.9	2008	Maria Khalu	18:40	2001	Bethany Miller	19:13.2	2005
Jake Lesko	21:49	2001	Gabe Dufour	18:43.8	2008	Kailey Knoop	19:16.5	2006
Joe Heins	21:51	2003	Molly Harris	18:47	1998	Jane U'Ren	19:41.2	2005
Nate Vandewege	21:54	1996	Bethany Miller	19:00.5	2006	Steph Lavictoire	19:44.4	2008
Tom Bramhall	21:55	1995	Marena Torrez	19:10	1998	Jordan McCorkell	19:58.6	2008
Ethan Shervey	21:55	2004	Wendy Rychwalski	19:13	1996	Amanda Petri	20:02	1996
Andrew Sundlie	21:55.4	2008	Nora Lauer	19:21	1995	Wendy Rychwalski	20:05	1995
Brian Senum	22:00.0	2005	Jessica Haglund	19:23.6	2005	Emily Fischer	20:05.3	2005
Scott Ford	22:07	2000	Heidi Hutson	19:28	1998	Christi Phillips	20:23	2004
Mike Risberg	22:12	1995	Rachel Wollersheim	19:41	2004	Emily Olson	20:31.0	2007
Justin Maeck	22:23	2004	Jen Bremser	19:42	2000	Desiree Goret	20:31.7	2007
Max Corrigan	22:25	2004	Jane U'Ren	19:58.8	2006	Allie Zavala	20:51.6	2006
Eric Frahm	22:40.0	2006	Siobhan Angelos	20:02	1999	Jamie Nelson	20:53	1997
Ryan Straka	22:41	1996	Susie Fitzenberger	20:04	2000	Kelly Henseler	21:04	2002
Matt Matuseski	22:46	2004	Christi Phillips	20:40.9	2005	Reyne Lauer	21:40	1999
Steven Levine	23:13.7	2008	Emily Olson	20:42.3	2008	Kate Corrigan	21:54	2003
Marc Flury	23:25	1995	Reyne Lauer	20:44	2000	Han Bui	22:13.4	2005
Ryan Faricy	23:38	2000	<b>Steph Lavictoire</b>	<b>20:48.5</b>	<b>2009</b>	Maria Meirink	22:14	1996
William Harris	23:45	1997	Katrina Kelley	20:58	1998	Megan Kristoff	22:45	1996
Dylan Brenner	24:22.9	2008	Desiree Goret	21:05.5	2008	Erin Birkholz	23:34.5	2006
Nick Bonn	25:00.0	2005	Megan Kristoff	21:06	1997	Sarah Wollersheim	26:46	2002
Nathan Brawley	25:04	2001	Amanda Petri	21:14	1997			
John Telischak	25:16	1996	Kate Corrigan	21:53	2004			
Cole Aronson	25:33.1	2008	Heidi Park	22:49	1997			
Eugene Sturm	26:43	2004	Sara Tracy	23:12	1997			
Adam Klemenhagen	26:52	2004	Cori Riopel	23:40	2002			

## GIRLS

### Senior

Heather Dorniden	15:18	2004
Abby Souders	15:55	2000
Krista Giliuson	16:09	2004
Britta Nelson	16:12.0	2007
Kelsey Magnuson	16:24.3	2008
Caroline McLaughlin	16:25.4	2007
Jamie Levine	16:25.6	2007
Michaela McLaughlin	16:36.6	2005
Beth Cordes	16:41	1995
Christie Miller	16:59	1995
<b>Ellen Fischer</b>	<b>17:07.3</b>	<b>2009</b>
Mari Severson	17:21	1995
Alissa Trebil	17:21	2004
Annie Forkrud	17:29	1999
Kara Ekholm	17:33.1	2007
Maggie Bauernfeind	17:34.6	2006
Siri Waytulonis	17:36	2003
Bonnie Waldie	17:37	1997
Lauren Everett	17:47	2002

### Junior

Abby Souders	15:27	1999
Heather Dorniden	15:41	2003
Krista Giliuson	15:53	2003
Alana Howard	15:54.2	2005
<b>Ashley Comstock</b>	<b>16:02.3</b>	<b>2009</b>
Caroline McLaughlin	16:22.5	2006
Bonnie Waldie	16:32	1996
Maggie Bauernfeind	16:50.0	2005
Michaela McLaughlin	16:58	2004
Nicole McNamara	17:04.1	2007
<b>Bridget Burkard</b>	<b>17:12.0</b>	<b>2009</b>
Gwen VanRixel	17:15	1996
Ellen Fischer	17:17.0	2008
Annie Forkrud	17:17	1998
Kara Ekholm	17:24.5	2006
Jill Fagerstrom	17:34	2003
Jenna Plan	17:51	2001
Kirsten Czech	17:55.2	2006
<b>Kaitlyn Kleiber</b>	<b>18:03.8</b>	<b>2009</b>
Jackie Keil	18:11	2001

### Sophomore

#### **Tori Grund** 15:40.9 2009

Megan Doherty	16:02	2000
Heather Dorniden	16:17	2002
Jill Fagerstrom	16:19	2002
Ashley Comstock	16:19.1	2008
Caroline McLaughlin	16:19.4	2005
Michaela McLaughlin	16:21	2003
Krista Giliuson	16:27	2002
Maggie Bauernfeind	16:27	2004
Bridget Burkard	16:37.6	2008
Ellen Fischer	16:39.0	2007
Lauren Everett	16:46	2000
Erica Jackson	16:48.8	2008
<b>Laura Dennis</b>	<b>17:01.7</b>	<b>2009</b>
Alana Howard	17:04	2004
<b>Chloe Schurb</b>	<b>17:21.7</b>	<b>2009</b>
Sam Barrus	17:22.3	2005
Laura Hammond	17:31	2000
Kirsten Czech	17:35.3	2005
Nicole McNamara	17:35.4	2006
Jamie Johnson	17:57	2001
Bonnie Waldie	17:59	1995
Annie Forkrud	18:02	1997
Jessica Haglund	18:05	2003
<b>Thana Hussein</b>	<b>18:09.6</b>	<b>2009</b>

# Lake Conference Course (Eagan) Bests (1995- Present)

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Betsy Dally	18:16	1996	<b>Freshman</b>			Jamie Nelson	20:21	1995
Kara Ekholm	18:21.7	2005	Megan Doherty	15:05	1999	Christi Phillips	20:21	2002
Abbie Bauernfeind	18:29.4	2007	Krista Giliuson	15:42	2001	Gabrielle DuFour	20:24.4	2005
Kirsten Jacobson	18:31	1999	Tori Grund	15:57.4	2008	Kailey Knoop	20:27	2004
<b>Lydia Karlson</b>	<b>18:31.6</b>	<b>2009</b>	Jill Fagerstrom	16:36	2001	<b>Angela Kariuki</b>	<b>20:28.7</b>	<b>2009</b>
Jackie Keil	18:32	2000	Alana Howard	16:43	2003	Angela Gust	20:31	1995
Kailey Knoop	18:34.0	2005	Maggie Bauernfeind	16:43	2003	Kari Sachs	20:33	1996
Emily Fischer	18:50	2004	Emily Davis	16:53.0	2008	Haley Longman	20:33.7	2008
Brianna Reis	18:53.0	2007	Caroline McLaughlin	16:58	2004	Martha Thompson	20:40	1995
Dyan Daniels	19:02	1998	Ashley Comstock	17:05.5	2007	Thana Hussein	21:00.9	2008
Britta Ekholm	19:18.5	2008	<b>Taylor Rambo</b>	<b>17:13.5</b>	<b>2009</b>	Reyne Lauer	21:04	1997
Gabrielle Dufour	19:23.9	2006	Laura Hammond	17:16	1999	Chloe Schurb	21:24.3	2008
Denae Schuldt	19:29	1995	Lauren Everett	17:19	1999	Angie Phillips	21:42	2004
Christi Phillips	19:38	2003	Jackie Keil	17:50	1999	Kristin Holman	21:50	1997
Hannah Walbruch	20:02.0	2008	Taylor Sommers	18:02.8	2007	<b>Katie Zender</b>	<b>21:54.7</b>	<b>2009</b>
Alissa Trebil	20:17	2002	Betsy Dally	18:03	1995	<b>Grace Wheeler</b>	<b>21:55.6</b>	<b>2009</b>
Steph Lavictoire	20:28.4	2007	Heidi Hutson	18:08	1995	<b>Grace Longman</b>	<b>21:58.3</b>	<b>2009</b>
Siobhan Angelos	20:33	1997	Laura Dennis	18:33.6	2008	Emily Olson	22:40.0	2005
Emily Schofield	20:36	2004	Ellen Fischer	19:19.8	2006	Kate Corrigan	22:53	2001
Kristin Holman	20:45	1998	Kara Ekholm	18:36	2004	Alyssa Nold	22:56	2002
Jamie Nelson	20:53	1996	Kirsten Czech	18:39	2004	Kristen Westermeier	23:25.0	2008
Cassie Schimel	21:17	1996	Jessica Haglund	18:49	2002			
Leah Trebil	21:28.6	2005	<b>Taybri Irving</b>	<b>18:51.0</b>	<b>2009</b>	<b>Middle School</b>		
Sarah Dye	21:29	2004	Britta Yongren	18:52	1996	C Hugstad-Vaa (8)	15:26	1996
Reyne Lauer	21:38	1998	Jamie Johnson	18:58	2000	Krista Giliuson (8)	15:32	2000
Emily Olson	21:49.1	2006	Britta Ekholm	18:58.8	2007	<b>Hannah Grim (8)</b>	<b>15:33.5</b>	<b>2009</b>
Alyssa Nold	22:08	2003	Laura Webster	19:05	1996	Tori Grund (8)	16:26.9	2007
Katie Barber	22:25	1995	Alex Geller	19:26.9	2007	C Hugstad-Vaa (7)	16:30	1995
Taylor Sommers	22:42.2	2008	Michaela McLaughlin	19:27	2002	Thana Hussein (8)	17:44.9	2007
Kate Corrigan	24:57	2002	Molly Harris	19:29	1995			
			<b>Lizzie Thooff</b>	<b>19:29.4</b>	<b>2009</b>			