

## 400 METER DASH - MINNESOTA ALL-TIME

47.18	Quinn Evans, Mounds View 2007	48.62	Obai Hussein, Rosemount 2008
47.34	Ramy Ayoub, Farmington 2022	48.63	Rich Harkwell, Totino Grace 1984
47.40	Michael Smith, Wayzata 2014	48.63	Mike Thomas, Apple Valley 1989
47.42	Genuine Matthews, Saint Francis 2017	48.4	Mitch Potter, St Michael-Albertville 1998
47.55	Dwyne Smith Jr, Apple Valley 2022	48.64	Gus Langford, DeLaSalle 2021 & 2022
47.56	Nathan Roese, East Ridge 2013	48.65	Ryan Noreen, Bloom Jefferson 1999
47.59	Randy Melbourne, Mpls Washburn 1993	48.65	Josh Tracy, St. Michael-Albertville 2015
<b>47.65</b>	<b>Harlow Tong, St. Paul Central 2023</b>	48.66	Zach Gearman, Burnsville 2010
47.66	Tom Gerding, Waconia 1996	48.68	Melvin Carter, SP Central 1997
47.66	Adam Steele, Eden Prairie 1999	48.68	E.J. Houston, Cretin-Derham Hall 2005
(10)		(70)	
47.72	Scott Beadle, Moorhead 1993	<b>48.68</b>	<b>Graham Zuehlke, Annandale 2023</b>
47.78	Calvin Clark, St. Paul Humboldt 2010	48.69	Wesley DeLong, Pillager 2012
47.79	Owete Omodt, Roseville Area 2001	48.69	Maximilian Comfere, Rochester Century 2022
47.82	Austin Salargo, Hopkins 2012	48.70	Paul DeSalvo, Robbinsdale Armstrong 2010
47.86	Adam Freed, Duluth Marshall 1996	48.71	Matthew Shannon, Mpls Washburn 2000
47.90	Aaron Buzard, Rochester Mayo 2002	48.71	Troy Pollard, St. Paul Highland Park 2009
48.02	Nick Ebert, Chaska 2013	48.73	Jesse Posusta, Glencoe-Silver Lake 2005
47.8	Ryan Lamppa, Benson 1977 (48.1y)	48.74	Leon Cheneyon, Robbinsdale Cooper 2008
48.06	Greg Kimbrough, Bloomington Jefferson 1992	48.76	Dan Guelle, Hastings 2010
48.11	Jamal Alkins, Coon Rapids 2001	48.77	Robb Merritt, Hopkins 2000
(20)		(80)	
48.12	Jonathan Webb, Minnehaha Academy 2015	48.77	Caden Wheeler, Andover 2022
<b>48.13</b>	<b>Tyce Smith, Blaine 2023</b>	48.78	Andy Wiberg, Totino Grace 1997
47.9	Fred Merrill, Orono 1969 (48.2y)	48.78	Ben Nauman, Rochester Mayo 1999
47.9	Mark Lutz, Rochester Mayo 1970 (48.2y)	48.78	Morris Dennis, Elk River 2014
48.14	Trent Riter, Mounds View 2001	48.79	Diahn Zeon, Richfield 2008
48.22	Paul Otto, Edina East 1977 (48.50y)	48.80	Jason Bruce, Burnsville 1983
48.23	Beau Bofferding, Marshall 2012	48.80	Ryan Wolke, Belle Plaine 2015
48.0	Tom Coles, Hutchinson 1977 (48.3y)	48.81	Alex Kelner, Irondale 2015
48.26	Leron Norton, Eastview 2015	<b>48.81</b>	<b>Ahmed Khadar, Osseo 2023</b>
48.27	Emmanuel Egbujor, Champlin Park 2013	48.82	Tanner Grubb, Farmington 2014
(30)		(90)	
48.28	Riwan Alowonie, Park-CG 2012	48.83	Jon Gibbs, Bloom Jefferson 1999
48.30	Jacob Baldus, Anoka 2016	48.6	Ray Dunn, Edina 1966 (48.9y)
48.31	Keylan Jackson, St. Paul Johnson 2018	48.6	Charles Walker, Mpls Central 1973 (48.9y)
48.33	Thomas Rosengren, Stillwater 2022	48.6	John Lawton, Minnetonka 1983
48.1	Leo Bond, Faribault School for Deaf 1972 (48.4y)	48.84	Steve Bangh, Albert Lea 1988
48.34	Eric Gebeke, White Bear Lake 2012	48.84	Andy Wohlin, Concordia Academy 1998
48.35	Frank Falzone, Stillwater 2010	48.84	Kendall Strandlund, Christ's Household of Faith 2013
48.36	Jerell Hancock, Anoka 2007	48.85	Shane Hall, Burnsville 1997
<b>48.36</b>	<b>Albert Ongwenyi, Burnsville 2023</b>	48.85	George Dudley, Hopkins 2007
48.39	Julian Wright, DeLaSalle 2019	48.86	Tyler Didier, Wayzata 2015
(40)		(100)	
48.41	Brett Lawrence, Moorhead 2014	48.87	Jason Max, Minnetonka 1989
48.42	Rashawn Fountain, Eden Prairie 2011	48.87	Neuby Ras, Alexandria 1999
48.2	Steve Makie, Eden Prairie 1977 (48.5y)	48.87	Adewole Adebayo, Rochester Century 2004
<b>48.44</b>	<b>Brayden Draheim, Winona 2023</b>	48.87	Eli Stevens, Pipestone Area 2016
48.47	Sam Johnson, Monticello 2014	48.88	Chris Stoks, Virginia 2008
48.48	Erik Hanson, Mesabi East 1996	48.88	Tyler Beehler, Foley 2014
48.49	Reece Vega, Dover-Eyota/St. Charles 2002	48.88	Cody Roder, Bemidji 2017
48.50	Paul Harris, Woodbury 2004	48.89	Cory Kessler, St. Michael-Albertville 2007
48.52	Joseph Manser, Edina 2022	48.89	David Shaptala, Rogers 2018
<b>48.52</b>	<b>Jack Markstrom, Mound-Westonka 2023</b>	<b>48.90</b>	<b>Brady Johnson, Saint Francis 2023</b>
(50)		(110)	
48.54	Roy Allen, SP Highland Pk 1990	48.91	Mark Bennett, Wayzata 1984
48.54	Craig Kotsmith, Milaca 2002	48.91	Tyrone Hale, Mpls Washburn 2000
48.55	Tim VanVoorhis, Apple Valley 1993	48.91	John Schuster, United South Central 2015
48.57	Kevin Bradley, Mounds View 2007	<b>48.91</b>	<b>Andrew Casey, Lakeville North 2023</b>
48.60	Taevon Wells, Greenway/Nashwauk-K 2022	48.92	Mark Jundt, Woodbury 2001
48.61	Brian Meyer, Bloomington Jefferson 1997	48.92	James Smith, Wayzata 2013
48.61	Rashon Powers-Neal, Cretin-Derham Hall 2001	48.92	Josh Prater, Chaska 2016
48.61	Hans Storvick, Mankato West 2004	48.92	Cal Wright, Mora 2018
48.61	Kyle Groven, Pine Island 2016	48.93	Lance Moen, Stewartville 2001
48.61	Tysen Schmidt, Plainview-Elgin-Millville 2017	48.93	Eltedric Greenprice, Buffalo 2006
(60)		(120)	

48.93 Derek Ludwig, Alexandria 2006  
48.7 Mike Gilham, St Louis Park 1963 (49.0y)  
48.7 Ron Watters, White Bear Lake 1968 (49.0y)  
48.7 Pat Schultz, Owatonna 1981  
48.7 Ken Rothenberger, Jordan 1984  
48.7 Jim Grebin, Austin Pacelli 1984  
48.95 Charlie Voller, Monticello 2016  
48.95 Josh Phelps, Stillwater 2017  
48.97 Todd Lewis, Duluth East 1983  
**48.97 Alvin Thomas, Champlin Park 2023**  
(130)  
48.98 Dan Samion, Minnetonka 1991  
48.98 Logan Stroman, Chaska 2006  
48.98 Mitch Piehl, Hutchinson 2022  
48.99 Quinn Walker, Roseville Area 2019  
49.00 Ray Spann, Edina 1984  
49.00 Mitchell Hechsel, Apple Valley 2012  
49.01 Trevor Mitchell, Stillwater 1997  
49.01 Cody Stenberg, Monticello 2004  
49.01 Harun Abda, Fridley 2009  
49.01 Henry Darling, Austin 2010  
(140)  
49.01 Roderick Miller, Mankato East 2016  
49.01 Joel Woja, Simley 2016  
49.01 Lewis Gibson, Wayzata 2017  
49.02 Mitch Kostelecky, Woodbury 2004  
49.02 John McCoy, White Bear Lake 2011  
49.02 Michael Gross, Eden Prairie 2022  
49.03 Ryan Murray, St Thomas Academy 1990  
48.8 Bill Stock, Rochester Mayo 1981  
48.8 Mike Murphy, Frank Kellogg 1985  
48.8 Clem Dabney, SP Highland Park 1986  
(150)  
49.05 Brant Grimes, Bloomington Jefferson 1995  
49.05 Josh Wiseman, Champlin Park 2007  
49.05 Abner Moseti, Edina 2018  
49.05 Jack Kocher, Lakeville North 2022  
49.06 Redd Overton, Mpls North 1980  
49.06 Jordan Johnson, Tartan 2007  
49.06 Odell Howard, Fridley 2014  
49.07 Tony Gulyard, Mpls Henry 1988  
49.07 John Person, Elk River 1998  
49.07 Josh Nielsen, Forest Lake 2010  
(160)  
**49.08 John Hviding, Princeton 2023**  
49.09 Rod Smith, Roseville 1988  
49.10 Neal Goff, Stillwater 2011  
49.11 Scott Anderson, Breckinridge 1980  
49.11 Ernest Dorsett, Woodbury 2008  
49.11 James McFarlin, Minnetonka 2012  
49.11 Phillip Moore, Delano 2022  
49.12 Goaner Deng, Rosemount 2011  
49.13 Reik Andersen, Wayzata 1985  
49.13 Josh Smith, Staples-Motley 2004  
(170)  
48.9 John Larson, Mpls Marshall 1961 (49.2y)  
48.9 Cicero McGee, St Paul Central 1975 (49.2y)  
48.9 Al Hutchinson, Bloomington Jefferson 1976 (49.2y)  
48.9 Mark Simunds, Albert Lea 1976 (49.2y)  
49.14 Dave Guinn, Bloomington Jefferson 1978 (49.42y)  
48.9 Sam Ocel, Mpls South 1978 (49.2y)  
48.9 Greg Heinecke, Hopkins 1989  
48.9 John Wahlstrom, Rosemount 1992  
49.14 Jerald Burton, Osseo 2003  
49.14 Pat Leaf, Winona Cotter 2004  
(180)  
49.15 Randy Roeske, Atwater-Grove C 1989  
49.15 Akeem Sirleaf, North St. Paul 2015  
49.15 Grant Nelson, Providence Academy 2022  
49.17 James Paske, Hopkins 2013  
49.20 Marcus Barto, Chisholm 2001  
49.20 Michael Cloud-Granger, Champlin 2016  
**49.20 RJ Sylak, Zumbrota-Mazepa 2023**  
49.21 Brady Flies, Plainview 2006  
49.22 Aaron Banks, Robbinsdale Cooper 1998  
49.23 Mason Anderson, Apple Valley 1999  
(190)  
49.23 Zachary Kulstad, Prior Lake 2017  
49.23 Matt Notch, Eden Valley-Watkins/Kimball 2018  
49.0 Terry Larson, Stillwater 1968 (49.3y)  
49.0 Tim Kamholz, Madison 1968 (49.3y)  
49.0 Jay Mountain, St. Paul Cretin 1977  
49.0 Jeff Weber, Mound-Westonka 1977 (49.3y)  
49.24 Aduo Omot, Worthington 2009  
49.24 Marcus Haskins, East Ridge 2017  
49.24 Matthew Van Eps, Central MN Christian 2017  
49.25 Tommy Ray, Minneapolis North 2003  
(200)  
49.25 Brian Boakye-Ansah, Rosemount 2019  
49.26 Mason Albright, Andover 2011  
49.27 Jack Henkemeyer, Robbinsdale Armstrong 2002  
49.28 Ojullo Madho, Richfield 2005  
49.28 Nicholas Pfeile, Southwest MN Christian 2008  
49.28 Zach Hoffman, Staples-Motley 2015  
49.29 Jason Schwietz, Forest Lake 2001  
49.29 Patrick Marx, Grand Rapids, 2009  
49.29 Tyler Olson, Buffalo 2012  
49.29 August Ollrich, East Ridge 2013  
(210)  
49.30 Dan Sondgeroth, Deer River 1996  
49.30 Roshon Roomes, Woodbury 2015  
49.30 Wryott Gerson, Duluth Denfeld 2019  
**49.31 Brandon Stark, Brainerd 2023**  
49.32 Terry Haley, St Paul Cretin-Derham Hall 1993  
49.32 Doug Aho, Dassel-Cokato 2005  
49.32 Jake Swedlund, Blaine 2005  
49.32 Ben Pehling, Irondale 2007  
49.33 Ashton Allan, Mounds Park Academy 1996  
49.33 Cory Johnson, Moorhead 2005  
(220)  
49.33 Brady Wright, Monticello 2021  
49.1 Sam McNellis, Glencoe 1969 (49.4y)  
49.1 Tom Brown, Milaca 1982  
49.1 Bryan Mehus, Houston 1983  
49.1 Don White, Burnsville 1988  
49.34 Josh Otto, Hill-Murray 2004  
**49.34 Jacob Mayer, Forest Lake Area 2023**  
49.35 Tim Roach, Mounds View 1986  
49.35 Aric Hoeschen, St. Michael-Albertville 2009  
49.35 Sam Miner, Winona 2010  
(230)  
49.36 Dan Cinnamon, Stillwater 2000  
49.36 A.J. Green, Eastview 2018  
(232)