

1995 MSHSL GIRLS CLASS A - St. Olaf College, Northfield - Nov. 4, 1995 - 4000 meters

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG. TIME	SPREAD
1	Sartell	86	7	14	15 21 29	50 53 15:59.4	44.9
2	Murray Cty Cent Slayt	100	6	9	12 34 39	66 86 16:02.6	58.7
3	Canby/Minneota/Lincoln	109	11	20	22 26 30 32 78	16:09.4	34.1
4	Lake City	122	5	17	24 25 51 59 74	16:10.4	1:13.1
5	Morris Area	129	8	13	16 38 54 56 105	16:10.2	1:03.5
6	New London-Spicer	141	1	3	19 49 69 70 92	16:06.9	1:46.1
7	Zumb-Maz/Keny-Wanmngo	147	4	23	27 41 52 55 61	16:15.8	1:16.6
8	Glencoe-Silver Lake	261	2	40	63 65 91 93 108	16:44.2	2:27.8
9	St Paul Acad & Summit	262	10	36	37 85 94 106	16:52.3	2:08.9
10	Benilde-St Marg,S L P	287	18	45	62 64 98 100 103	16:58.4	2:12.9
11	Lk Crystal Wellcm Mem	288	28	31	73 77 79 101 104	16:56.5	1:05.2
12	Deer Riv/Hill Ct/Nort	293	33	43	60 76 81 83 88	16:57.5	57.5
13	International Falls	306	35	48	68 71 84 89 96	16:59.1	1:02.3
14	Hawley/Uten-Hitterdal	311	42	47	57 75 90 97 107	17:02.2	1:12.3
15	Blue Earth Area	338	46	58	67 72 95 102	17:11.6	1:28.6
16	Rush City	392	44	80	82 87 99	17:31.0	1:45.1

1. Sartell (Coach Jeff Kellerman)

7	April Bielejeski, 9	15:36.5
14	Nikki Hall, 11	15:53.9
15	Katie Marschel, 10	15:56.7
21	Kaija Freborg, 11	16:08.4
29	Sarah Omann, 12	16:21.3
50	Amber Upgren, 11	16:42.6
53	Kajsa Freborg, 11	16:44.4

Time = 1:19:56.7 Places = 86

2. Murray County Central (Coach Richard Davidson)

6	Lucy Hafner, 10	15:35.0
9	Carleen Andert, 12	15:44.5
12	Cassie Schwartz, 9	15:49.5
34	Paula Johnson, 10	16:30.0
39	Kathy Johnson, 10	16:33.7
66	Kristin Johnson, 9	17:01.5
86	Krista Parker, 10	17:36.0

Time = 1:20:12.6 Places = 100

3. Canby/Minneota/Lincoln HI (Coach Bill Bredeson)

11	Kari Carlson, 11	15:49.0
20	Anne Dybsetter, 12	16:03.8
22	Mary Canton, 8	16:12.2
26	Alyssa Downing, 9	16:19.0
30	Allyson Hiederman, 8	16:23.1
32	Samantha Schoneman, 8	16:25.0
78	Nicole Anderson, 10	17:24.0

Time = 1:20:46.9 Places = 109

4. Lake City (Coach Howie Cook)

5	Ashli Miller, 10	15:30.2
17	Kelly Sexton, 12	16:02.0
24	Carie Fuhrman, 8	16:18.0
25	Katie Fuhrman, 10	16:18.4
51	Beth Sexton, 10	16:43.2
59	Tessa Pierson, 10	16:55.3
74	Kasie Ryan, 8	17:13.1

Time = 1:20:51.7 Places = 122

5. Morris Area (Coach Marv Meyer)

8	Katie Huntley, 12	15:41.6
13	Ashlee Charles, 9	15:52.8
16	Kelly Lussenden, 8	15:58.9
38	Amber Lent, 10	16:32.3
54	Katie Lussenden, 8	16:45.1
56	Heidi Weber, 10	16:48.1
105	Katie Hoffart, 12	19:10.5

Time = 1:20:50.6 Places = 129

6. New London-Spicer (Coach Dean Urdahl)

1	Alyssa Mourning, 12	15:18.5
3	Jessica Ackerman, 10	15:26.9
19	Ingrid Fiskness, 9	16:02.7
49	Casey Vilven, 9	16:42.1
69	Nakai Nelson, 9	17:04.5
70	Summer Eid, 12	17:05.4
92	Katie Sing, 11	17:50.2

Time = 1:20:34.5 Places = 141

7. Zumbrota-Mazzepa/Kenyon-Wanamingo

(Coach Gordon Klomps)		
4	Allison Windhorst, 12	15:27.4
23	Sara Kittelson, 10	16:12.7
27	Sheila Fredrickson, 7	16:19.6
41	Kristen Heimer, 12	16:35.7
52	Melanie Gabrielson, 12	16:43.9
55	Melissa Windhorst, 10	16:45.8
61	Bretta Vrieze, 9	16:56.6

Time = 1:21:19.0 Places = 147

8. Glencoe-Silver Lake (Coach Scott Eckhoff)

2	Carolyn Busse, 10	15:21.6
40	Sarah Hagen, 12	16:34.1
63	Beth Werth, 11	16:57.4
65	Rachel Grams, 7	16:58.6
91	Katie Simondet, 8	17:49.3
93	Tammy Bishop, 11	17:51.5
108	Deb Randt, 11	19:40.3

Time = 1:23:40.8 Places = 261

9. St. Paul Academy & SS (Coach Chris Johnson)

10	Kyra Hamilton, 9	15:47.3
36	Tanya Adelman, 10	16:31.1
37	Jessi Halverson, 12	16:31.4
85	Mayme Hostetter, 11	17:35.6
94	Rachel Dinerstein, 11	17:56.2
106	Willie Mavritz, 10	19:12.5

Time = 1:24:21.5 Places = 262

10. Benilde-St Margaret's (Coach Jim Wander)

18	Meredith Schipani, 12	16:02.4
45	Kristin Overson, 12	16:39.4
62	Abby Katzner, 9	16:57.0
64	Delsha Runkle, 11	16:57.9
98	Katie Juffel, 12	18:15.2
100	Emily Zins, 12	18:34.5
103	Deanna Olstead, 12	18:38.6

Time = 1:24:51.7 Places = 287

11. Lake Crystal-Wellcome Mem. (Coach Doug Burns)

28	Tiffany Kroeger, 10	16:20.0
31	Heidi Born, 9	16:24.6
73	Ann Bartleson, 12	17:12.6
77	Lisa Roberts, 11	17:20.1
79	Heidi Bergemann, 12	17:25.1
101	Tammy Jones, 12	18:35.4
104	Kristy Welsch, 8	19:02.9

Time = 1:24:42.1 Places = 288

12. Deer River/Hill City/Northland (Dale Hillstrom)

33	Debbie Dollins, 8	16:29.7
43	April Moritz, 7	16:36.4
60	Sarah Getty, 7	16:56.2
76	Sarah Houtari, 7	17:18.0
81	Amber Peterson, 11	17:27.1
83	Shelby Sandstrom, 9	17:30.4
88	Dara Hillstrom, 10	17:41.7

Time = 1:24:47.2 Places = 293

13. **International Falls** (Coach Ray Wood)

35	Darcy Alleman, 9	16:30.6
48	Lindsay Wagner, 9	16:41.6
68	Mary Youso, 11	17:04.1
71	Melissa Kilde, 9	17:06.1
84	Molly Westam, 7	17:32.9
89	Lori Schmidt, 12	17:45.8
96	Nissa Peterson, 10	18:10.4

Time = 1:24:55.1 Places = 306

15. **Blue Earth Area** (Coach Tom Plocker)

46	Sheila Bussingwer, 11	16:39.7
58	Lissa Eastvold, 11	16:54.8
67	Page Kriewell, 9	17:03.6
72	Nicole Johnson, 12	17:11.8
95	Katie Quinlivan, 10	18:08.3
102	Janie Hanson, 8	18:36.1

Time = 1:25:58.0 Places = 338

14. **Hawley/Uten-Hitterdal**

(Coaches Ginger & Phil Solum)

42	Jennie Wibe, 12	16:36.1
47	Cassidy Bjorndahl, 9	16:41.1
57	Sarah Frisk, 9	16:48.9
75	Cindy Jadrny, 9	17:16.6
90	Molly Richman, 12	17:48.3
97	Sarah Bentley, 11	18:12.2
107	Rachel Beckett, 8	19:30.1

Time = 1:25:10.8 Places = 311

16. **Rush City** (Coach Kevin Smith)

44	Mary Moulton, 11	16:38.1
80	Angie Lundgren, 12	17:25.6
82	Angela Mold, 9	17:29.6
87	Mia Waurinen, 9	17:38.7
99	Jenny Mold, 7	18:23.2

Time = 1:27:35.0 Places = 39

PLACE	SCORE	TEAM	FINISHER	TIME	TEAM
1			Nicole Kuznia, 9	15:03.0	B 0 L D, Olivia
2			Johanna Olson, 11	15:13.7	Wadena-Deer Creek
3	1		Alyssa Mourning, 12	15:18.5	New London-Spicer
4			Becky Leppard, 12	15:19.8	Waconia
5	2		Carolyn Busse, 10	15:21.6	Glencoe-Silver Lake
6			Jessica Crofteau, 11	15:24.5	Wrenshall/Carlton
7			Michelle Gross, 11	15:25.6	Marshall School, Dult
8			Leah Gifford, 11	15:26.0	Balaton
9	3		Jessica Ackerman, 10	15:26.9	New London-Spicer
10	4		Allison Windhorst, 12	15:27.4	Zumb-Maz/Keny-Wanmngo
11	5		Ashli Miller, 10	15:30.2	Lake City
12			Melissa Schoen, 8	15:34.6	Martin Cty W, Sherbrn
13	6		Lucy Hafner, 10	15:35.0	Murray Cty Cent Slayt
14			Kristi Colbenson, 7	15:35.5	Rushfrd-Petersn/Houst
15	7		April Bielejeski, 9	15:36.5	Sartell
16	8		Katie Huntley, 12	15:41.6	Morris Area
17			Erica Espe, 12	15:43.3	Roseau
18	9		Carleen Andert, 12	15:44.5	Murray Cty Cent Slayt
19	10		Kyra Hamilton, 9	15:47.3	St Paul Acad & Summit
20	11		Kari Carlson, 11	15:49.0	Canby/Minneota/Lincln
21	12		Cassie Schwartz, 9	15:49.5	Murray Cty Cent Slayt
22	13		Ashlee Charles, 9	15:52.8	Morris Area
23	14		Nikki Hall, 11	15:53.9	Sartell
24	15		Katie Marschel, 10	15:56.7	Sartell
25			Jill Field, 10	15:57.9	Barnesville
26	16		Kelly Lussenden, 8	15:58.9	Morris Area
27			Rebecca Bea, 12	16:01.3	Rochester Lourdes
28	17		Kelly Sexton, 12	16:02.0	Lake City
29	18		Meredith Schipani, 12	16:02.4	Benilde-St Marg,S L P
30	19		Ingrid Fiskness, 9	16:02.7	New London-Spicer
31	20		Anne Dybsetter, 12	16:03.8	Canby/Minneota/Lincln
32	21		Kaija Freborg, 11	16:08.4	Sartell
33			Lauren LaRoche, 9	16:10.4	Mounds Park Academy
34	22		Mary Canton, 8	16:12.2	Canby/Minneota/Lincln
35	23		Sara Kittelson, 10	16:12.7	Zumb-Maz/Keny-Wanmngo
36			Bridget O'Brien, 11	16:17.2	Breck School, GldnVal
37			Krista Anderson, 8	16:17.6	Crosby-ironton
38	24		Carie Fuhrman, 8	16:18.0	Lake City
39	25		Katie Fuhrman, 10	16:18.4	Lake City
40	26		Alyssa Downing, 9	16:19.0	Canby/Minneota/Lincln
41	27		Sheila Fredrickson, 7	16:19.6	Zumb-Maz/Keny-Wanmngo
42	28		Tiffany Kroeger, 10	16:20.0	Lk Crystal Wellcm Mem
43			Cristy Jensen, 8	16:20.6	Waconia
44	29		Sarah Omann, 12	16:21.3	Sartell
45	30		Allyson Hiederman, 8	16:23.1	Canby/Minneota/Lincln
46			Letitia Dusich, 9	16:24.0	Ely
47	31		Heidi Born, 9	16:24.6	Lk Crystal Wellcm Mem
48	32		Samantha Schoneman, 8	16:25.0	Canby/Minneota/Lincln
49	33		Debbie Dollins, 8	16:29.7	Deer Riv/Hill Ct/Nort
50	34		Paula Johnson, 10	16:30.0	Murray Cty Cent Slayt
51	35		Darcy Alleman, 9	16:30.6	International Falls
52	36		Tanya Adelman, 10	16:31.1	St Paul Acad & Summit
53	37		Jessi Halverson, 12	16:31.4	St Paul Acad & Summit
54	38		Amber Lent, 10	16:32.3	Morris Area
55			Maggie Stennes, 10	16:32.6	Park Rapids Area
56	39		Kathy Johnson, 10	16:33.7	Murray Cty Cent Slayt
57	40		Sarah Hagen, 12	16:34.1	Glencoe-Silver Lake
58	41		Kristen Heimer, 12	16:35.7	Zumb-Maz/Keny-Wanmngo

PLACE	TEAM SCORE	FINISHER	TIME	TEAM
59	42	Jennie Wibe, 12	16:36.1	Hawley/Uten-Hitterdal
60	43	April Moritz, 7	16:36.4	Deer Riv/Hill Ct/Nort
61	44	Mary Moulton, 11	16:38.1	Rush City
62	45	Kristin Overson, 12	16:39.4	Benilde-St Marg,S L P
63	46	Sheila Bussingwer, 11	16:39.7	Blue Earth Area
64		Angelie Anderson, 9	16:40.6	Janesvl-Waldorf-Pemb
65	47	Cassidy Bjorndahl, 9	16:41.1	Hawley/Uten-Hitterdal
66	48	Lindsay Wagner, 9	16:41.6	International Falls
67	49	Casey Vilven, 9	16:42.1	New London-Spicer
68	50	Amber Uppgren, 11	16:42.6	Sartell
69	51	Beth Sexton, 10	16:43.2	Lake City
70	52	Melanie Gabrielson, 12	16:43.9	Zumb-Maz/Keny-Wanmngo
71	53	Kajsa Freborg, 11	16:44.4	Sartell
72	54	Katie Lussenden, 8	16:45.1	Morris Area
73	55	Melissa Windhorst, 10	16:45.8	Zumb-Maz/Keny-Wanmngo
74	56	Heidi Weber, 10	16:48.1	Morris Area
75	57	Sarah Frisk, 9	16:48.9	Hawley/Uten-Hitterdal
76	58	Lissa Eastvold, 11	16:54.8	Blue Earth Area
77	59	Tessa Pierson, 10	16:55.3	Lake City
78	60	Sarah Getty, 7	16:56.2	Deer Riv/Hill Ct/Nort
79	61	Bretta Vrieze, 9	16:56.6	Zumb-Maz/Keny-Wanmngo
80	62	Abby Katzner, 9	16:57.0	Benilde-St Marg,S L P
81	63	Beth Werth, 11	16:57.4	Glencoe-Silver Lake
82	64	Delsha Runkle, 11	16:57.9	Benilde-St Marg,S L P
83	65	Rachel Grams, 7	16:58.6	Glencoe-Silver Lake
84		Jenny Barklow, 10	17:00.9	Saint Peter
85	66	Kristin Johnson, 9	17:01.5	Murray Cty Cent Slayt
86	67	Page Kriewell, 9	17:03.6	Blue Earth Area
87	68	Mary Youso, 11	17:04.1	International Falls
88	69	Nakai Nelson, 9	17:04.5	New London-Spicer
89	70	Summer Eid, 12	17:05.4	New London-Spicer
90	71	Melissa Kilde, 9	17:06.1	International Falls
91	72	Nicole Johnson, 12	17:11.8	Blue Earth Area
92	73	Ann Bartleson, 12	17:12.6	Lk Crystal Wellcm Mem
93	74	Kasie Ryan, 8	17:13.1	Lake City
94	75	Cindy Jadny, 9	17:16.6	Hawley/Uten-Hitterdal
95	76	Sarah Houtari, 7	17:18.0	Deer Riv/Hill Ct/Nort
96	77	Lisa Roberts, 11	17:20.1	Lk Crystal Wellcm Mem
97	78	Nicole Anderson, 10	17:24.0	Canby/Minneota/Lincln
98	79	Heidi Bergemann, 12	17:25.1	Lk Crystal Wellcm Mem
99	80	Angie Lundgren, 12	17:25.6	Rush City
100	81	Amber Peterson, 11	17:27.1	Deer Riv/Hill Ct/Nort
101	82	Angela Mold, 9	17:29.6	Rush City
102	83	Shelby Sandstrom, 9	17:30.4	Deer Riv/Hill Ct/Nort
103	84	Molly Westam, 7	17:32.9	International Falls
104	85	Mayme Hostetter, 11	17:35.6	St Paul Acad & Summit
105	86	Krista Parker, 10	17:36.0	Murray Cty Cent Slayt
106	87	Mia Waurinen, 9	17:38.7	Rush City
107	88	Dara Hillstrom, 10	17:41.7	Deer Riv/Hill Ct/Nort
108	89	Lori Schmidt, 12	17:45.8	International Falls
109	90	Molly Richman, 12	17:48.3	Hawley/Uten-Hitterdal
110	91	Katie Simondet, 8	17:49.3	Glencoe-Silver Lake
111	92	Katie Sing, 11	17:50.2	New London-Spicer
112	93	Tammy Bishop, 11	17:51.5	Glencoe-Silver Lake
113	94	Rachel Dinerstein, 11	17:56.2	St Paul Acad & Summit
114	95	Katie Quinlivan, 10	18:08.3	Blue Earth Area
115	96	Nissa Peterson, 10	18:10.4	International Falls
116	97	Sarah Bentley, 11	18:12.2	Hawley/Uten-Hitterdal
117	98	Katie Juffel, 12	18:15.2	Benilde-St Marg,S L P
118	99	Jenny Mold, 7	18:23.2	Rush City
119	100	Emily Zins, 12	18:34.5	Benilde-St Marg,S L P
120	101	Tammy Jones, 12	18:35.4	Lk Crystal Wellcm Mem
121	102	Janie Hanson, 8	18:36.1	Blue Earth Area
122	103	Deanna Olstead, 12	18:38.6	Benilde-St Marg,S L P
123	104	Kristy Welsch, 8	19:02.9	Lk Crystal Wellcm Mem
124	105	Katie Hoffart, 12	19:10.5	Morris Area
125	106	Willie Mavritz, 10	19:12.5	St Paul Acad & Summit
126	107	Rachel Beckett, 8	19:30.1	Hawley/Uten-Hitterdal
127	108	Deb Randt, 11	19:40.3	Glencoe-Silver Lake