

# 2007 MSHSL Girls Class A - St. Olaf College - Nov. 3 - 4000 meters - Sunny, calm, mid 50s

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG. TIME	SPREAD
1	Adrian	97	8	15	21 23 30 48 54	15:51.0	0:41.2
2	Holy Family Catholic	142	4	10	31 46 51 75 80	16:00.3	1:41.9
3	Perham	152	3	5	43 49 52 83 96	15:58.0	1:43.1
4	Staples-Motley	154	2	14	25 29 84 86 92	16:00.9	2:45.2
5	Mora	169	11	16	22 44 76 98 105	16:12.9	1:35.9
6	Esko	181	6	26	41 45 63 107 110	16:12.9	1:48.6
7	Luverne	186	24	28	32 34 68 73 111	16:22.2	1:01.1
8	Fairmont	188	17	20	38 47 66 82 101	16:20.4	1:11.4
9	Saint Cloud Cathedral	195	9	19	42 61 64 77 78	16:18.5	1:23.0
10	Rochester Lourdes	227	18	33	50 55 71 81 95	16:31.7	1:19.2
11	StPaulAcad & Summit	256	7	53	57 67 72 99 102	16:35.0	1:51.6
12	Paynesville	266	1	56	60 62 87 108 112	16:30.1	3:03.1
13	Blue Earth	268	35	36	58 65 74 79 93	16:44.5	0:46.1
14	LacQuiParleVly/Daws-B	275	12	13	69 90 91 100 106	16:42.5	2:03.6
15	La Crescent	281	27	40	59 70 85 88 89	16:47.9	1:22.9
16	Crosby Ironton	370	37	39	94 97 103 104 109	17:22.0	1:46.1

## 1. Adrian (Coach Doug Peterson)

8	Jordin Kopplow, 7	15:28.9
15	Morgan Lynn, 11	15:41.3
21	Austyn Thier, 8	15:53.5
23	Leslie Stover, 11	16:00.8
30	Megan Sauer, 7	16:10.1
48	Hailee Heitkamp, 9	16:35.8
54	Natasha Slater, 9	16:45.6
Total Time = 1:19:14.6		Total Places = 97

## 2. Holy Family Catholic (Coach Jim Kappel)

4	Lauren Rice, 11	14:59.2
10	Brenna Wetsch, 11	15:31.8
31	Kelsey Mullen, 10	16:13.9
46	Melanie Rodriguez, 11	16:35.4
51	Ally Gerads, 11	16:41.1
75	Maddie Jensen, 10	17:08.6
80	Lisa McGerr, 10	17:16.8
Total Time = 1:20:01.4		Total Places = 142

## 3. Perham (Coach Jeff Morris)

3	Maddie McClellan, 10	14:58.9
5	Abby Anderson, 10	15:01.8
43	Cassie Beseman, 8	16:30.4
49	Maddie Covington, 11	16:37.0
52	Alli Januszewski, 12	16:42.0
83	Jenna Gigstead, 10	17:24.5
96	Leah Miller, 11	17:52.4
Total Time = 1:19:50.0		Total Places = 152

## 4. Staples-Motley (Coach Bruce Fuhrman)

2	Naomi Landecker, 11	14:43.4
14	Emma Pogreba, 9	15:38.8
25	Rachel Amiot, 12	16:05.2
29	Natasha Wenzel, 11	16:08.3
84	Kaytlin Roth, 10	17:28.5
86	Emily Fuhrman, 9	17:31.5
92	Katlynn Ulring, 10	17:38.8
Total Time = 1:20:04.1		Total Places = 154

## 5. Mora (Coaches Chris Goebel & Rachel Norby)

11	Ashlee Bahlmann, 9	15:35.1
16	Emma Johnson, 8	15:46.6
22	Amber Balvin, 9	16:00.1
44	Danielle Bahlmann, 9	16:31.7
76	Loni Amundson, 12	17:11.0
98	Paige Thielen, 8	17:58.5
105	Marshana Coler, 10	18:19.0
Total Time = 1:21:04.5		Total Places = 169

## 6. Esko (Coaches Jerry Zimny & Tim Lindquist)

6	Kaycee Knutson, 12	15:03.5
26	Kallyn Knutson, 7	16:06.2
41	Marisa Shady, 7	16:28.7
45	Kate Shelerud, 8	16:34.0
63	Neysa Granholm, 12	16:52.0
107	Molly Meysembourg, 7	18:31.5
110	Rachael Mills, 9	19:09.4
Total Time = 1:21:04.3		Total Places = 181

## 7. Luverne (Coaches Bruce Gluf & Pete Janiszski)

24	Lexi Jo Heitkamp, 12	16:03.0
28	Paige Nath, 8	16:07.3
32	Melonie Van Meeteren, 8	16:14.0
34	McKayla Schilling, 7	16:22.5
68	Kayla Raddle, 11	17:04.1
73	Amanda Kannas, 12	17:08.3
111	Allison Henke, 12	19:23.7
Total Time = 1:21:50.8		Total Places = 186

## 8. Fairmont (Coach Bob Bonk)

17	Taylor Rather, 9	15:47.2
20	Laura Hamp, 9	15:52.5
38	Kari Dekkers, 12	16:28.2
47	Kylie Dekkers, 10	16:35.5
66	Alison Lundgren, 10	16:58.6
82	Tori Harris, 8	17:23.8
101	Leah Bankson, 11	18:10.0
Total Time = 1:21:41.8		Total Places = 188

## 9. Saint Cloud Cathedral (Coach Kelly Haws)

9	Greta Danielson, 8	15:30.8
19	Elena Danielson, 7	15:49.0
42	Larissa Peyton, 12	16:29.3
61	Alyssa Unger, 8	16:49.5
64	Heather Yelle, 7	16:53.8
77	Erin Saehr, 10	17:14.6
78	Maria Anderson, 10	17:14.9
Total Time = 1:21:32.3		Total Places = 195

## 10. Rochester Lourdes (Coach Myron Glass)

18	Kelsey Torchia, 11	15:48.0
33	Molly Rea, 11	16:17.4
50	Sarah Torchia, 10	16:39.1
55	Kristen Resman, 7	16:46.5
71	Emily Altrichter, 11	17:07.2
81	Katie Fallon, 12	17:22.4
95	Stephanie Helt, 8	17:49.6
Total Time = 1:22:38.1		Total Places = 227

## 11. St. Paul Academy & SS (Coach Peter Kilibarda)

7	Anne Hart, 10	15:16.3
53	Mary Cann, 8	16:44.4
57	Lily Rogers-Grant, 7	16:47.4
67	Claire Palmer, 10	16:59.1
72	Kathleen Cann, 12	17:07.8
99	Jada Wensman, 9	18:03.0
102	Paige Owens-Kurtz, 10	18:12.2
Total Time = 1:22:54.9		Total Places = 256

## 12. Paynesville (Coach Todd Spanier)

1	Linda Keller, 11	14:30.2
56	Kaitlyn Frenchick, 12	16:47.0
60	Andrea Schlangen, 8	16:49.5
62	Brittney Hemmesch, 8	16:50.3
87	Katie Weidner, 9	17:33.3
108	Bri Jager, 11	18:32.6
112	Shanna Hoekstra, 11	23:11.6
Total Time = 1:22:30.3		Total Places = 266

13. **Blue Earth Area** (Coach Tom Plocker)  
 35 Courtney Grandgenett, 8 16:22.5  
 36 Rylee Wagner, 9 16:26.0  
 58 Mandy Warmka, 10 16:48.4  
 65 Marissia Hagedorn, 8 16:56.8  
 74 Lindsey Ankeny, 9 17:08.5  
 79 Meghan Mittelstadt, 10 17:15.2  
 93 Miranda Murray, 11 17:47.1  
 Total Time = 1:23:42.1 Total Places = 268

15. **La Crescent** (Coach Mark Abraham)  
 27 Carlye Guzman, 9 16:06.7  
 40 Nicola Franta, 11 16:28.5  
 59 Molly Dunlap, 8 16:49.0  
 70 Deana Petersen, 11 17:05.9  
 85 Darcy Petersen, 9 17:29.5  
 88 April Conniff, 10 17:34.0  
 89 Shanda Demorest, 11 17:34.6  
 Total Time = 1:23:59.5 Total Places = 281

14. **Lac Qui Parle Valley/Dawson-B** (Coach John Shurb)  
 12 Kelly Swenson, 11 15:35.1  
 13 Tera Walker, 8 15:37.1  
 69 Kate Seivert, 9 17:05.0  
 90 Ashley Storlien, 11 17:36.4  
 91 Jennifer Kack, 8 17:38.7  
 100 Whitney Hermanson, 9 18:03.5  
 106 Kierstynn Milbeck, 8 18:28.0  
 Total Time = 1:23:32.3 Total Places = 275

16. **Crosby-Ironton**  
 (Coaches Kristine Anderson & Roger Twigg)  
 37 Christina Mapson, 11 16:26.6  
 39 Stacey Gustafson, 11 16:28.4  
 94 Marie Abear, 10 17:47.4  
 97 Shelby Vukelich, 9 17:54.9  
 103 Lisa Borden, 9 18:12.6  
 104 Kristine Gustafson, 9 18:14.7  
 109 Kirsten Midthun, 10 18:52.5  
 Total Time = 1:26:49.8 Total Places = 370

PLACE	TEAM SCORE	FINISHER	MILE TIME	FINAL TIME	TEAM
1	1	Linda Keller, 11	5:27.60	14:30.2	Paynesville
2	2	Naomi Landecker, 11	5:27.60	14:43.4	Staples-Motley
3		Marissa Janning, 8	5:28.25	14:48.7	Watertown-Mayer
4	3	Maddie McClellan, 10	5:42.10	14:58.9	Perham
5	4	Lauren Rice, 11	5:33.75	14:59.2	Holy Family Catholic
6	5	Abby Anderson, 10	5:37.75	15:01.8	Perham
7	6	Kaycee Knutson, 12	5:44.35	15:03.5	Esko
8	7	Anne Hart, 10	5:43.70	15:16.3	StPaulAcad & Summit
9		Kristen Ostrem, 12	5:48.45	15:18.1	Lewistn-Alt/Rushf-Pet
10		Adriana Flores, 10	5:43.20	15:20.5	Medford
11		Gabi Swoboda, 9	5:44.75	15:25.7	Redwood Valley
12	8	Jordin Kopplow, 7	5:47.60	15:28.9	Adrian
13		Margaret Chute, 11	5:46.35	15:30.4	The Blake School
14	9	Greta Danielson, 8	5:49.80	15:30.8	Saint Cloud Cathedral
15		Alejandra Flores, 10	5:50.45	15:31.7	Medford
16	10	Brenna Wetsch, 11	5:58.25	15:31.8	Holy Family Catholic
17		Maren Greenwaldt, 9	5:44.70	15:31.8	Minnewaska Area
18		Halle Christianson, 8	5:47.55	15:31.8	Minnewaska Area
19		Melissa Agnew, 11	5:50.55	15:34.1	Mille Lacs
20		Kit Chambers, 11	5:48.75	15:35.0	Providence Academy
21	11	Ashlee Bahlmann, 9	5:53.65	15:35.1	Mora
22	12	Kelly Swenson, 11	5:54.05	15:35.1	LacQuiParleVly/Daws-B
23	13	Tera Walker, 8	5:56.35	15:37.1	LacQuiParleVly/Daws-B
24		Katie Finley, 12	5:47.65	15:37.7	Providence Academy
25	14	Emma Pogreba, 9	5:56.60	15:38.8	Staples-Motley
26	15	Morgan Lynn, 11	5:44.00	15:41.3	Adrian
27		Lindsey Dahl-Holm, 8	5:51.55	15:45.2	Carlton
28	16	Emma Johnson, 8	5:54.50	15:46.6	Mora
29	17	Taylor Rather, 9	5:53.65	15:47.2	Fairmont
30		Lydia Lutz, 8	5:53.65	15:47.4	Park Rapids Area
31	18	Kelsey Torchia, 11	6:00.05	15:48.0	Rochester Lourdes
32		Anna Menssen, 10	5:51.00	15:48.6	St. James
33	19	Elena Danielson, 7	5:57.40	15:49.0	Saint Cloud Cathedral
34		Laura Christensen, 11	5:51.90	15:49.9	Murray County Central
35		Stephanie Price, 12	5:53.10	15:51.9	Mankato Loyola
36	20	Laura Hamp, 9	5:55.20	15:52.5	Fairmont
37	21	Austyn Thier, 8	5:54.15	15:53.5	Adrian
38		Taylor Alama, 8	5:56.80	15:53.5	Annandale
39		Jenny Agnew, 11	5:53.85	15:55.1	Mille Lacs
40		Alyssa Veil, 9	5:56.25	15:55.4	The Blake School
41		Petra Nelson, 10	5:59.15	15:55.9	MtLake/Butterfld-Odin
42		Jillian Caspers, 9	6:02.70	15:56.7	Albany
43	22	Amber Balvin, 9	5:57.20	16:00.1	Mora
44		Kaitlin Gerber, 10	5:58.85	16:00.6	Worthington
45		Kyle Blakeslee, 11	5:54.60	16:00.7	Cannon Falls
46	23	Leslie Stover, 11	5:49.25	16:00.8	Adrian
47	24	Lexi Jo Heitkamp, 12	5:55.70	16:03.0	Luverne
48		Spencer Erickson, 8	5:56.55	16:03.7	New London-Spicer
49	25	Rachel Amiot, 12	6:00.65	16:05.2	Staples-Motley
50	26	Kallyn Knutson, 7	6:03.05	16:06.2	Esko
51	27	Carlye Guzman, 9	6:04.20	16:06.7	La Crescent
52	28	Paige Nath, 8	6:00.45	16:07.3	Luverne
53	29	Natasha Wenzel, 11	6:01.00	16:08.3	Staples-Motley
54		Katherine Anundson, 11	6:00.90	16:09.7	Canby/Minneota/Lh1b
55		Erika Schneider, 8	6:02.45	16:09.7	Belle Plaine
56	30	Megan Sauer, 7	6:06.20	16:10.1	Adrian
57		Dana Kuelbs, 10	6:04.85	16:11.0	LongPrairie-GreyEagle
58		Kristin Westby, 12	5:58.30	16:11.9	Pelican Rapids

59		Kayla Woltz, 7	6:19.55	16:12.7	Chatfield
60		Amanda Schoonhoven, 10	6:01.85	16:12.8	Pipestone Area
61	31	Kelsey Mullen, 10	6:04.85	16:13.9	Holy Family Catholic
62	32	Melonie Van Meeteren, 8	6:04.50	16:14.0	Luverne
63		Dani Stack, 12	5:37.05	16:15.0	Mankato Loyola
64		Karla Tholen, 8	6:23.85	16:17.1	Tracy/Milroy/Balaton
65	33	Molly Rea, 11	6:00.05	16:17.4	Rochester Lourdes
66		Jennifer Martin, 9	6:21.80	16:19.2	Lake City
67	34	McKayla Schilling, 7	6:08.20	16:22.5	Luverne
68	35	Courtney Grandgenett, 8	6:08.55	16:22.5	Blue Earth
69		Tiffany Deitchler, 9	6:07.55	16:22.5	Park Rapids Area
70		Karina Fast, 9	6:14.25	16:24.1	Mt. Lake/Buttefield-0
71		Briana Golesh, 10	6:12.05	16:25.3	CookCounty - Silver B
72	36	Rylee Wagner, 9	6:10.95	16:26.0	Blue Earth
73	37	Christina Mapson, 11	6:04.35	16:26.6	Crosby Ironton
74		Kylie Beltz, 9	6:04.05	16:26.7	Pequot Lakes
75	38	Kari Dekkers, 12	6:14.60	16:28.2	Fairmont
76	39	Stacey Gustafson, 11	6:14.35	16:28.4	Crosby Ironton
77	40	Nicola Franta, 11	6:17.25	16:28.5	La Crescent
78	41	Marisa Shady, 7	6:15.70	16:28.7	Esko
79	42	Larissa Peyton, 12	6:18.55	16:29.3	Saint Cloud Cathedral
80		Kelsey Dieterman, 12	6:21.95	16:30.0	Lake City
81		Moriah Juhl, 9	6:14.00	16:30.1	Greenway
82	43	Cassie Beseman, 8	6:16.65	16:30.4	Perham
83	44	Danielle Bahlmann, 9	6:12.85	16:31.7	Mora
84	45	Kate Shelerud, 8	6:11.35	16:34.0	Esko
85		Laura Zwilling, 12	6:14.50	16:34.9	Concordia-Roseville
86		Cortney Kasten, 10	6:05.55	16:35.0	Byron
87	46	Melanie Rodriguez, 11	6:15.20	16:35.4	Holy Family Catholic
88	47	Kylie Dekkers, 10	6:26.25	16:35.5	Fairmont
89	48	Hailee Heitkamp, 9	6:03.60	16:35.8	Adrian
90	49	Maddie Covington, 11	6:15.20	16:37.0	Perham
91		Kristen Bourne, 7	6:14.05	16:38.1	Mounds Park Academy
92		Amara Biebert, 8	6:15.45	16:38.7	St. Croix Lutheran
93	50	Sarah Torchia, 10	6:14.50	16:39.1	Rochester Lourdes
94		Justine Hilsgen, 11	6:05.55	16:39.4	Eden Valley-Watkins
95	51	Ally Gerads, 11	6:17.25	16:41.1	Holy Family Catholic
96	52	Alli Januszewski, 12	6:03.15	16:42.0	Perham
97	53	Mary Cann, 8	6:22.50	16:44.4	StPaulAcad & Summit
98	54	Natasha Slater, 9	6:20.30	16:45.6	Adrian
99	55	Kristen Resman, 7	6:17.85	16:46.5	Rochester Lourdes
100	56	Kaitlyn Frenchick, 12	6:15.55	16:47.0	Paynesville
101	57	Lily Rogers-Grant, 7	6:11.35	16:47.4	StPaulAcad & Summit
102		Laura Holien, 11	6:14.35	16:47.4	Virginia
103	58	Mandy Warmka, 10	6:24.85	16:48.4	Blue Earth
104	59	Molly Dunlap, 8	6:33.65	16:49.0	La Crescent
105	60	Andrea Schlangen, 8	6:15.15	16:49.5	Paynesville
106	61	Alyssa Unger, 8	5:57.55	16:49.5	Saint Cloud Cathedral
107	62	Brittney Hemmesch, 8	6:27.05	16:50.3	Paynesville
108	63	Neysa Granholm, 12	6:16.00	16:52.0	Esko
109	64	Heather Yelle, 7	6:23.05	16:53.8	Saint Cloud Cathedral
110		Kelsey Dahlgren, 9	6:06.75	16:55.3	Breckenrdge/Campbl1-T
111	65	Marissia Hagedorn, 8	6:17.75	16:56.8	Blue Earth
112	66	Alison Lundgren, 10	6:24.80	16:58.6	Fairmont
113	67	Claire Palmer, 10	6:22.40	16:59.1	StPaulAcad & Summit
114		Theresa Gross, 10	6:20.95	17:04.0	Trinity School
115	68	Kayla Raddle, 11	6:28.75	17:04.1	Luverne
116	69	Kate Seivert, 9	6:19.65	17:05.0	LacQuiParleVly/Daws-B
117	70	Deana Petersen, 11	6:33.75	17:05.9	La Crescent
118	71	Emily Altrichter, 11	6:25.85	17:07.2	Rochester Lourdes
119	72	Kathleen Cann, 12	6:14.60	17:07.8	StPaulAcad & Summit
120	73	Amanda Kannas, 12	6:14.15	17:08.3	Luverne
121	74	Lindsey Ankeny, 9	6:28.75	17:08.5	Blue Earth
122	75	Maddie Jensen, 10	6:25.70	17:08.6	Holy Family Catholic
123		Kelsey Browne, 9	6:16.25	17:10.7	Wadena-Deer Creek
124	76	Loni Amundson, 12	6:20.70	17:11.0	Mora
125		Esprea Essig, 8	6:16.65	17:12.9	Mesabi East
126	77	Erin Saehr, 10	6:28.05	17:14.6	Saint Cloud Cathedral
127	78	Maria Anderson, 10	6:24.20	17:14.9	Saint Cloud Cathedral
128	79	Meghan Mittelstadt, 10	6:30.50	17:15.2	Blue Earth
129	80	Lisa McGerr, 10	6:21.05	17:16.8	Holy Family Catholic
130	81	Katie Fallon, 12	6:23.05	17:22.4	Rochester Lourdes
131	82	Tori Harris, 8	6:25.70	17:23.8	Fairmont
132	83	Jenna Gigstead, 10	6:34.40	17:24.5	Perham
133	84	Kaytlin Roth, 10	6:25.45	17:28.5	Staples-Motley
134	85	Darcy Petersen, 9	6:34.05	17:29.5	La Crescent
135	86	Emily Fuhrman, 9	6:31.80	17:31.5	Staples-Motley
136	87	Katie Weidner, 9	6:29.25	17:33.3	Paynesville
137	88	April Conniff, 10	6:42.85	17:34.0	La Crescent
138	89	Shanda Demorest, 11	6:43.75	17:34.6	La Crescent
139	90	Ashley Storlien, 11	6:34.65	17:36.4	LacQuiParleVly/Daws-B

140	91	Jennifer Kack, 8	6:38.40	17:38.7	LacQuiParleVly/Daws-B
141	92	Katlynn Ullring, 10	6:36.90	17:38.8	Staples-Motley
142	93	Miranda Murray, 11	6:28.30	17:47.1	Blue Earth
143	94	Marie Abear, 10	6:33.85	17:47.4	Crosby Ironton
144	95	Stephanie Helt, 8	6:23.20	17:49.6	Rochester Lourdes
145	96	Leah Miller, 11	6:44.45	17:52.4	Perham
146	97	Shelby Vukelich, 9	6:44.65	17:54.9	Crosby Ironton
147	98	Paige Thielen, 8	6:35.20	17:58.5	Mora
148	99	Jada Wensman, 9	6:43.30	18:03.0	StPaulAcad & Summit
149	100	Whitney Hermanson, 9	6:13.50	18:03.5	LacQuiParleVly/Daws-B
150	101	Leah Bankson, 11	6:42.85	18:10.0	Fairmont
151	102	Paige Owens-Kurtz, 10	6:43.95	18:12.2	StPaulAcad & Summit
152	103	Lisa Borden, 9	6:51.35	18:12.6	Crosby Ironton
153	104	Kristine Gustafson, 9	6:47.30	18:14.7	Crosby Ironton
154	105	Marshana Coler, 10	6:41.95	18:19.0	Mora
155	106	Kierstynn Milbeck, 8	6:52.65	18:28.0	LacQuiParleVly/Daws-B
156	107	Molly Meysembourg, 7	6:48.15	18:31.5	Esko
157	108	Bri Jager, 11	6:48.80	18:32.6	Paynesville
158	109	Kirsten Midthun, 10	6:58.95	18:52.5	Crosby Ironton
159	110	Rachael Mills, 9	7:05.95	19:09.4	Esko
160	111	Allison Henke, 12	6:31.25	19:23.7	Luverne
161	112	Shanna Hoekstra, 11		23:11.6	Paynesville