

5k - All Grades					
Rank	Athlete	Grade	Time	Meet	Date
1	Emma Christensen	12	17:54.0	MSHSL Section 1AA Championships	2015
2	Abigail Tri	10	18:05.6	Ev Berg Invitational	2024
3	Ryana Mathis	11	19:04.8	Ev Berg Invitational	2022
4	Aaliyah Ranstrom	10	19:25.2	Big9 Conference Championships	2025
5	Greta Freed	12	19:58.2	Big 9 Conference Championships	2020
6	Rachel Tomasek	11	20:11.4	MSHSL Section 1AA Championships	2015
7	Ava Fevold	8	20:16.1	MSHSL Section 1AA Championships	2018
8	Allie Halverson	11	20:19.0	Ev Berg Invite	2017
9	Megan McDevitt	12	20:23.3	MSHSL Section 1AA Championships	2016
10	Margaret Anderson	12	20:44.4	MSHSL Section 1AA Championships	2018

5k - Grade 12					
Rank	Athlete	Grade	Time	Meet	Date
1	Emma Christensen	12	17:54.0	MSHSL Section 1AA Championships	2015
2	Ryana Mathis	12	19:27.9	Ev Berg Invitational	2023
3	Greta Freed	12	19:58.2	Big 9 Conference Championships	2020
4	Megan McDevitt	12	20:23.3	MSHSL Section 1AA Championship	2016
5	Allie Halverson	12	20:26.9	MSHSL Section 1AA Championship	2018
6	Margaret Anderson	12	20:44.4	MSHSL Section 1AA Championship	2018
7	Anna Thompson	12	20:56.1	MSHSL Section 1AAA Championships	2025
8	Rachel Tomasek	12	21:12.2	Big 9 Conference Championship	2016
9	Caitlin Graves	12	21:13.4	MSHSL Section 1AA Championship	2020
10	Brynn Zeller	12	21:35.8	Big 9 Conference Championship	2025

5k - Grade 11					
Rank	Athlete	Grade	Time	Meet	Date
1	Abigail Tri	11	18:30.5	Big 9 Conference Championship	2025
2	Ryana Mathis	11	19:04.8	Ev Berg Invitational	2022
3	Aaliyah Ranstrom	11	19:25.2	Big 9 Conference Championship	2025
4	Rachel Tomasek	11	20:11.4	MSHSL Section 1AA Championship	2015
5	Allie Halverson	11	20:19.0	Ev Berg Invitational	2017
6	Greta Freed	11	20:21.9	MSHSL Section 1AA Championship	2019
7	Alaina Halverson	11	21:02.6	Mankato West Invitational	2017
8	Ava Fevold	11	21:09.0	MSHSL Section 1AA Championship	2021
9	Megan McDevitt	11	21:14.5	MSHSL Section 1AA Championship	2015
10	Caitlin Graves	11	21:20.6	MSHSL Section 1AA Championship	2019

5k - Grade 10					
Rank	Athlete	Grade	Time	Meet	Date
1	Abigail Tri	10	18:05.6	Ev Berg Invitational	2024
2	Aaliyah Ranstrom	10	19:31.7	Ev Berg Invitational	2024
3	Greta Freed	10	20:29.1	MSHSL Section 1AA Championship	2018
4	Kate Powell	10	21:01.9	Ev Berg Invitational	2023
5	Alaina Halverson	10	21:06.8	Big 9 Conference Championships	2016
6	Abigail Frei	10	21:30.0	Ev Berg Invitational	2017
7	Ava Fevold	10	21:58.6	MSHSL Section 1AA Championship	2020
8	Alexandria Frei	10	22:02.2	Big 9 Conference Championships	2020
9	Caitlin Graves	10	22:22.5	MSHSL Section 1AA Championship	2018
10	Allie Halverson	10	22:26.5	Rochester All City Meet	2016

5k - Grade 9

Rank	Athlete	Grade	Time	Meet	Date
1	Abigail Tri	9	18:17.8	Ev Berg Invitational	2023
2	Greta Freed	9	20:22.4	Ev Berg Invitational	2017
3	Kaylee Rauchwarter	9	20:53.8	Ev Berg Invitational	2016
4	Kate Powell	9	21:20.6	Ev Berg Invitational	2022
5	Abigail Frei	9	21:28.4	MSHSL Section 1AA Championship	2016
6	Allie Halverson	9	22:06.7	MSHSL Section 1AA Championship	2015
7	Madison Thompson	9	22:23.2	MSHSL Section 1AA Championship	2018
8	Olivia Hoelzle	9	22:25.3	Ev Berg Invitational	2017
9	Violet Johnson	9	22:29.2	Ev Berg Invitational	2024
10	Taylor Adams	9	22:46.6	MSHSL Section 1AA Championship	2019

5k - Grade 8					
Rank	Athlete	Grade	Time	Meet	Date
1	Abigail Tri	8	18:31.0	Ev Berg Invite	2022
2	Ava Fevold	8	20:16.1	MSHSL Section 1AA Championships	2018
3	Greta Freed	8	20:33.9	MSHSL Section 1AA Championships	2016
4	Teagan Nelson	8	21:15.5	Ev Berg Invite	2017
5	Xan Frei	8	21:25.3	MSHSL Section 1AA Championships	2018
6	Kate Powell	8	21:29.5	Ev Berg Invite	2021
7	Maria O'Donnell	8	21:31.9	Rochester All-City Championships	2025
8	Halle Squires	8	22:08.5	MSHSL Section 1AA Championships	2018
9	Taylor Adams	8	22:16.5	MSHSL Section 1AA Championships	2018
10	Madison Thompson	8	22:54.9	MSHSL Section 1AA Championship	2017

5k - Grade 7					
Rank	Athlete	Grade	Time	Meet	Date
1	Ava Fevold	7	21:20.1	MSHSL Section 1AA Championships	2017
2	Teagan Nelson	7	21:59.6	MSHSL Section 1AA Championships	2016
3	Xan Frei	7	22:17.1	MSHSL Section 1AA Championships	2017
4	Addison Fritsche	7	22:34.3	Section 1AAA JV Championships	2025
5	Taylor Adams	7	22:38.8	Ev Berg Invite	2017
6	Madison Thompson	7	23:25.8	MSHSL Section 1AA Championships	2016
7	Maria O'Donnell	7	23:29.9	Ev Berg Invite	2024
8	Halle Squires	7	23:56.9	MSHSL Section 1AA Championship	2017
9	Nadia Skaer	7	24:11.8	Section 1AAA - JV	2021
10	Olivia Hoelzle	7	24:23.0	MSHSL Section 1AA Championship	2015