



2009 USA Track & Field Championships, Hayward Field - Eugene, Oregon

Men's 5000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
1	Matt TEGENKAMP	Oregon TC El	13:20.57	1r1 st2 29.71 (29.71),1:32.95 (1:03.25),2:37.82 (1:04.87),3:42.30 (1:04.49),4:46.20 (1:03.90),5:52.83 (1:06.64),6:58.70 (1:05.87),8:03.66 (1:04.97),9:09.77 (1:06.11),10:16.64 (1:06.87),11:24.52 (1:07.88),12:27.10 (1:02.59),13:20.57 (53.47)
2	Chris SOLINSKY	Oregon TC El	13:20.82	2r1 st22 29.86 (29.86),1:33.13 (1:03.27),2:38.03 (1:04.90),3:42.51 (1:04.49),4:46.37 (1:03.86),5:53.01 (1:06.65),6:58.91 (1:05.90),8:03.84 (1:04.93),9:09.92 (1:06.09),10:16.40 (1:06.48),11:24.30 (1:07.90),12:26.92 (1:02.63),13:20.82 (53.90)
3	Evan JAGER	Oregon TC El	13:22.18	3r1 st23 30.86 (30.86),1:34.11 (1:03.26),2:38.44 (1:04.34),3:42.99 (1:04.55),4:46.79 (1:03.81),5:53.42 (1:06.63),6:59.30 (1:05.89),8:04.24 (1:04.94),9:10.12 (1:05.89),10:16.78 (1:06.66),11:24.51 (1:07.74),12:27.30 (1:02.79),13:22.18 (54.88)
4	Bolota ASMEROM	Nike	13:24.00	4r1 st9 31.70 (31.70),1:33.90 (1:02.20),2:38.23 (1:04.34),3:42.77 (1:04.54),4:46.60 (1:03.83),5:53.19 (1:06.60),6:59.08 (1:05.89),8:04.03 (1:04.96),9:09.55 (1:05.52),10:16.53 (1:06.99),11:24.15 (1:07.63),12:26.86 (1:02.72),13:24.00 (57.14)
5	German FERNANDEZ	Oklahoma St	13:25.46	5r1 st18 30.19 (30.19),1:35.12 (1:04.93),2:40.66 (1:05.54),3:44.73 (1:04.07),4:49.62 (1:04.90),5:55.41 (1:05.79),7:00.96 (1:05.55),8:06.07 (1:05.11),9:11.32 (1:05.26),10:17.00 (1:05.68),11:24.60 (1:07.61),12:27.48 (1:02.89),13:25.46 (57.99)
6	Jonathon RILEY	Nike	13:26.90	6r1 st11 31.49 (31.49),1:36.40 (1:04.91),2:40.41 (1:04.01),3:43.67 (1:03.27),4:47.71 (1:04.04),5:53.95 (1:06.24),6:59.82 (1:05.88),8:05.12 (1:05.30),9:10.74 (1:05.62),10:17.00 (1:06.27),11:25.03 (1:08.04),12:27.71 (1:02.68),13:26.90 (59.19)
7	Sean QUIGLEY	Puma	13:31.98	7r1 st19 30.63 (30.63),1:34.68 (1:04.05),2:38.72 (1:04.04),3:43.22 (1:04.51),4:47.20 (1:03.99),5:53.83 (1:06.63),6:59.46 (1:05.64),8:04.41 (1:04.95),9:10.46 (1:06.05),10:16.76 (1:06.31),11:24.85 (1:08.09),12:27.85 (1:03.01),13:31.98 (1:04.13)
8	Anthony FAMIGLIETTI	Saucony	13:33.63	8r1 st16 29.51 (29.51),1:32.75 (1:03.25),2:37.60 (1:04.86),3:42.08 (1:04.48),4:45.99 (1:03.92),5:52.64 (1:06.65),6:58.51 (1:05.88),8:03.47 (1:04.97),9:10.15 (1:06.68),10:16.31 (1:06.16),11:24.67 (1:08.36),12:30.13 (1:05.47),13:33.63 (1:03.50)
9	Brent VAUGHN	Nike	13:38.30	9r1 st6 31.02 (31.02),1:35.81 (1:04.80),2:41.04 (1:05.23),3:45.81 (1:04.77),4:51.50 (1:05.70),5:57.59 (1:06.09),7:04.39 (1:06.80),8:11.74 (1:07.36),9:18.85 (1:07.11),10:26.48 (1:07.64),11:33.23 (1:06.75),12:38.38 (1:05.16),13:38.30 (59.93)
10	Scott BAUHS	adidas	13:39.06	10r1 st20 31.51 (31.51),1:35.24 (1:03.73),2:39.02 (1:03.79),3:43.42 (1:04.40),4:47.03 (1:03.61),5:53.66 (1:06.63),6:59.60 (1:05.95),8:04.67 (1:05.07),9:11.15 (1:06.48),10:19.93 (1:08.79),11:29.84 (1:09.91),12:37.11 (1:07.27),13:39.06 (1:01.96)
11	Stephen FURST	Adidas Raleigh	13:54.39	11r1 st17 31.34 (31.34),1:36.63 (1:05.29),2:41.71 (1:05.09),3:46.35 (1:04.64),4:51.90 (1:05.56),5:58.73 (1:06.84),7:06.73 (1:08.01),8:15.63 (1:08.90),9:23.35 (1:07.72),10:32.30 (1:08.96),11:42.54 (1:10.25),12:51.74 (1:09.20),13:54.39 (1:02.66)
12	Aaron BRAUN	Adams State	13:56.29	12r1 st14 31.76 (31.76),1:37.22 (1:05.46),2:42.06 (1:04.85),3:46.80 (1:04.74),4:52.25 (1:05.46),5:59.00 (1:06.75),7:06.48 (1:07.49),8:14.13 (1:07.65),9:19.45 (1:05.33),10:26.83 (1:07.38),11:34.27 (1:07.44),12:44.74 (1:10.47),13:56.29 (1:11.56)
13	Matt CLARK	McMillan Elite	13:56.84	13r1 st12 31.93 (31.93),1:36.27 (1:04.34),2:41.36 (1:05.09),3:45.52 (1:04.17),4:51.23 (1:05.71),5:57.78 (1:06.55),7:03.73 (1:05.96),8:11.99 (1:08.26),9:19.16 (1:07.17),10:28.55 (1:09.39),11:39.01 (1:10.46),12:48.74 (1:09.74),13:56.84 (1:08.10)
14	Ryan BAK	Oregon TC El	13:58.76	14r1 st3 30.72 (30.72),1:35.29 (1:04.57),2:40.89 (1:05.61),3:45.12 (1:04.24),4:50.97 (1:05.86),5:58.29 (1:07.32),7:06.03 (1:07.75),8:14.96 (1:08.94),9:22.68 (1:07.72),10:32.33 (1:09.66),11:42.77 (1:10.44),12:52.70 (1:09.94),13:58.76 (1:06.06)
15	Brandon BETHKE	Arizona St.	13:59.47	15r1 st8 30.45 (30.45),1:34.88 (1:04.43),2:39.58 (1:04.70),3:44.29 (1:04.71),4:50.72 (1:06.44),5:58.15 (1:07.43),7:06.36 (1:08.21),8:15.70 (1:09.35),9:24.40 (1:08.70),10:35.89 (1:11.50),11:47.71 (1:11.82),12:57.22 (1:09.51),13:59.47 (1:02.26)



2009 USA Track & Field Championships, Hayward Field - Eugene, Oregon

Men's 5000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
16	Stephen HAAS	Team Indiana/Brk	14:02.36	16r1 st10
32.28 (32.28),1:36.93 (1:04.65),2:42.54 (1:05.62),3:47.77 (1:05.24),4:54.52 (1:06.75),6:02.49 (1:07.98),7:10.40 (1:07.91),8:18.76 (1:08.37),9:27.09 (1:08.33),10:35.66 (1:08.57),11:46.19 (1:10.53),12:55.83 (1:09.65),14:02.36 (1:06.54)				
17	Brian MEDIGOVICH	unattached	14:14.09	17r1 st13
32.22 (32.22),1:38.08 (1:05.86),2:42.33 (1:04.26),3:47.52 (1:05.19),4:54.82 (1:07.30),6:03.60 (1:08.79),7:14.14 (1:10.54),8:26.07 (1:11.94),9:37.24 (1:11.18),10:47.69 (1:10.45),12:00.90 (1:13.22),13:12.64 (1:11.74),14:14.09 (1:01.45)				
18	Jordan HORN	McMillan Elite	14:14.33	18r1 st4
30.58 (30.58),1:35.47 (1:04.90),2:40.71 (1:05.24),3:44.98 (1:04.28),4:50.79 (1:05.81),5:58.04 (1:07.25),7:06.27 (1:08.24),8:16.83 (1:10.56),9:28.11 (1:11.29),10:40.88 (1:12.77),11:55.58 (1:14.71),13:08.48 (1:12.91),14:14.33 (1:05.85)				
19	Scott WALL	unattached	14:15.63	19r1 st7
32.36 (32.36),1:38.01 (1:05.66),2:43.60 (1:05.59),3:49.71 (1:06.12),4:57.61 (1:07.90),6:06.50 (1:08.89),7:16.14 (1:09.65),8:27.17 (1:11.03),9:36.97 (1:09.80),10:46.26 (1:09.29),11:58.95 (1:12.70),13:10.96 (1:12.01),14:15.63 (1:04.68)				
20	Andrew BUMBALOUGH	Georgetown	14:15.95	20r1 st1
31.22 (31.22),1:36.18 (1:04.96),2:40.61 (1:04.44),3:44.49 (1:03.88),4:50.32 (1:05.83),5:57.27 (1:06.96),7:05.05 (1:07.78),8:15.58 (1:10.54),9:25.96 (1:10.38),10:28.50 (1:02.54),11:54.23 (1:25.73),13:07.00 (1:12.78),14:15.95 (1:08.95)				
21	David NIGHTINGALE	ZAP Fitness	14:16.02	21r1 st5
31.99 (31.99),1:37.61 (1:05.62),2:43.09 (1:05.49),3:49.22 (1:06.13),4:57.13 (1:07.92),6:06.26 (1:09.13),7:15.93 (1:09.67),8:26.96 (1:11.04),9:37.19 (1:10.23),10:46.54 (1:09.35),11:59.16 (1:12.62),13:10.70 (1:11.55),14:16.02 (1:05.32)				
22	Michael MAAG	Princeton	14:16.72	22r1 st15
32.05 (32.05),1:37.86 (1:05.81),2:43.34 (1:05.48),3:49.45 (1:06.12),4:57.37 (1:07.92),6:06.00 (1:08.64),7:15.64 (1:09.64),8:26.73 (1:11.10),9:37.49 (1:10.76),10:48.01 (1:10.53),12:00.59 (1:12.58),13:11.46 (1:10.87),14:16.72 (1:05.27)				
23	Thomas MORGAN	ZAP Fitness	14:26.55	23r1 st24
31.39 (31.39),1:35.89 (1:04.51),2:41.43 (1:05.54),3:47.07 (1:05.65),4:54.46 (1:07.40),6:03.98 (1:09.53),7:14.35 (1:10.37),8:26.15 (1:11.81),9:38.71 (1:12.56),10:51.15 (1:12.44),12:04.37 (1:13.22),13:15.25 (1:10.89),14:26.55 (1:11.30)				
24	Matthew DEBOLE	N Y A C	14:37.50	24r1 st21
31.14 (31.14),1:36.06 (1:04.93),2:41.13 (1:05.07),3:45.31 (1:04.19),4:51.07 (1:05.77),5:57.78 (1:06.72),7:05.92 (1:08.14),8:17.47 (1:11.55),9:35.10 (1:17.64),10:53.21 (1:18.11),12:11.38 (1:18.18),13:24.33 (1:12.95),14:37.50 (1:13.18)				
--	Derek SCOTT	Team Indiana/Brk	DNS	r1 st27
--	Galen RUPP	Oregon	DNS	r1 st26
--	Mikhail SAYENKO	unattached	DNS	r1 st28
--	Stephen PIFER	Oregon TC El	DNS	r1 st25

Legend: 3h2 st5, athlete finished third in the second heat, starting in position five