



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

Women's 5000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
1	Kara GOUCHER	Nike	15:20.94	st7
37.00 (37.00),1:52.80 (1:15.80),3:08.05 (1:15.26),4:21.77 (1:13.73),5:36.71 (1:14.94),6:53.61 (1:16.91),8:11.06 (1:17.45),9:27.88 (1:16.82),10:44.01 (1:16.14),11:57.51 (1:13.50),13:06.02 (1:08.52),14:15.86 (1:09.84),15:20.94 (1:05.09)				
2	Jennifer RHINES	adidas	15:26.92	st16
36.47 (36.47),1:52.22 (1:15.76),3:06.96 (1:14.75),4:21.02 (1:14.07),5:36.51 (1:15.49),6:53.36 (1:16.86),8:10.85 (1:17.50),9:27.72 (1:16.87),10:43.70 (1:15.98),11:57.27 (1:13.57),13:05.76 (1:08.50),14:16.30 (1:10.54),15:26.92 (1:10.63)				
3	Angela BIZZARRI	Illinois	15:33.02	st17
37.37 (37.37),1:53.12 (1:15.75),3:08.17 (1:15.05),4:22.26 (1:14.10),5:37.17 (1:14.91),6:54.33 (1:17.17),8:11.61 (1:17.29),9:28.43 (1:16.82),10:44.42 (1:16.00),11:59.10 (1:14.68),13:11.54 (1:12.45),14:24.57 (1:13.04),15:33.02 (1:08.45)				
4	Julie CULLEY	N Y A C	15:33.92	st10
37.32 (37.32),1:52.54 (1:15.22),3:07.52 (1:14.99),4:21.44 (1:13.93),5:36.76 (1:15.32),6:53.83 (1:17.08),8:11.23 (1:17.41),9:28.06 (1:16.83),10:43.85 (1:15.79),11:58.12 (1:14.27),13:09.96 (1:11.85),14:23.28 (1:13.32),15:33.92 (1:10.64)				
5	Rebecca DONAGHUE	New Balance B	15:36.09	st19
36.29 (36.29),1:52.04 (1:15.76),3:06.79 (1:14.76),4:20.79 (1:14.00),5:36.05 (1:15.26),6:53.17 (1:17.12),8:10.65 (1:17.49),9:27.49 (1:16.85),10:43.46 (1:15.97),11:58.05 (1:14.59),13:10.22 (1:12.18),14:24.01 (1:13.80),15:36.09 (1:12.08)				
6	Racheal MARCHAND	unattached	15:37.08	st8
36.89 (36.89),1:52.97 (1:16.08),3:07.73 (1:14.76),4:21.98 (1:14.26),5:36.92 (1:14.94),6:54.06 (1:17.15),8:11.43 (1:17.37),9:28.25 (1:16.83),10:44.17 (1:15.92),11:58.79 (1:14.62),13:12.03 (1:13.25),14:25.77 (1:13.74),15:37.08 (1:11.32)				
7	Nicole BLOOD	Oregon	15:38.61	st14
36.68 (36.68),1:52.64 (1:15.96),3:07.49 (1:14.86),4:21.94 (1:14.45),5:37.14 (1:15.20),6:54.31 (1:17.18),8:11.93 (1:17.63),9:28.68 (1:16.75),10:44.47 (1:15.80),11:59.43 (1:14.96),13:11.88 (1:12.46),14:25.39 (1:13.51),15:38.61 (1:13.23)				
8	Allison GRACE	ZAP Fitness	15:47.31	st13
37.79 (37.79),1:53.34 (1:15.55),3:08.64 (1:15.31),4:23.27 (1:14.63),5:38.29 (1:15.03),6:54.83 (1:16.54),8:12.40 (1:17.58),9:29.04 (1:16.65),10:45.36 (1:16.33),12:02.42 (1:17.06),13:19.50 (1:17.09),14:37.50 (1:18.01),15:47.31 (1:09.81)				
9	Renee METIVIER BAILLE	Nike	15:47.70	st3
36.81 (36.81),1:52.89 (1:16.08),3:07.42 (1:14.53),4:21.22 (1:13.81),5:36.40 (1:15.18),6:53.49 (1:17.10),8:11.02 (1:17.54),9:27.92 (1:16.90),10:44.10 (1:16.18),11:58.42 (1:14.32),13:11.73 (1:13.32),14:27.67 (1:15.94),15:47.70 (1:20.04)				
10	Amy HASTINGS	adidas	15:52.37	st12
36.19 (36.19),1:51.99 (1:15.80),3:06.72 (1:14.73),4:21.47 (1:14.76),5:37.34 (1:15.88),6:54.55 (1:17.22),8:12.15 (1:17.60),9:28.85 (1:16.70),10:44.50 (1:15.65),11:59.40 (1:14.91),13:19.00 (1:19.61),14:38.41 (1:19.41),15:52.37 (1:13.97)				
11	Sara SLATTERY	Nike	15:54.76	st18
36.66 (36.66),1:52.36 (1:15.71),3:07.31 (1:14.95),4:21.14 (1:13.83),5:36.61 (1:15.48),6:53.73 (1:17.12),8:11.30 (1:17.57),9:28.17 (1:16.88),10:44.30 (1:16.13),11:58.84 (1:14.55),13:14.14 (1:15.30),14:36.08 (1:21.95),15:54.76 (1:18.69)				
12	Elizabeth MALOY	unattached	15:56.91	st15
37.41 (37.41),1:53.10 (1:15.69),3:07.71 (1:14.61),4:22.17 (1:14.47),5:37.36 (1:15.19),6:54.49 (1:17.14),8:11.98 (1:17.49),9:28.82 (1:16.85),10:45.08 (1:16.26),12:01.23 (1:16.15),13:19.24 (1:18.02),14:38.79 (1:19.56),15:56.91 (1:18.13)				
13	Emily BROWN	New Balance	16:07.84	st23
36.46 (36.46),1:52.20 (1:15.74),3:07.06 (1:14.86),4:20.58 (1:13.52),5:36.30 (1:15.72),6:53.96 (1:17.67),8:11.78 (1:17.82),9:28.69 (1:16.92),10:44.67 (1:15.99),12:00.77 (1:16.10),13:34.15 (1:33.39),14:52.36 (1:18.21),16:07.84 (1:15.48)				
14	Amanda LOPICCOLO	Syracuse Charger	16:12.42	st22
37.53 (37.53),1:53.58 (1:16.05),3:09.05 (1:15.47),4:24.82 (1:15.77),5:43.04 (1:18.23),7:01.51 (1:18.47),8:19.94 (1:18.43),9:39.45 (1:19.51),10:59.54 (1:20.10),12:20.14 (1:20.60),13:39.90 (1:19.77),14:58.87 (1:18.98),16:12.42 (1:13.56)				
15	Lauren WEAVER	unattached	16:28.11	st25
37.85 (37.85),1:53.82 (1:15.97),3:09.32 (1:15.50),4:24.59 (1:15.28),5:41.62 (1:17.03),6:59.77 (1:18.15),8:18.92 (1:19.16),9:40.14 (1:21.22),11:01.60 (1:21.46),12:24.21 (1:22.62),13:47.51 (1:23.31),15:09.59 (1:22.09),16:28.11 (1:18.52)				



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Women's 5000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
16	Meghan ARMSTRONG	Team USA Min/Str	16:42.76	st11
37.64 (37.64),1:53.40 (1:15.77),3:08.46 (1:15.06),4:23.34 (1:14.89),5:40.49 (1:17.15),6:59.63 (1:19.14),8:20.43 (1:20.81),9:43.60 (1:23.18),11:08.41 (1:24.81),12:34.73 (1:26.33),13:59.86 (1:25.14),15:22.21 (1:22.35),16:42.76 (1:20.56)				
17	Jessica MINTY	ZAP Fitness	16:52.96	st24
37.16 (37.16),1:53.57 (1:16.42),3:09.60 (1:16.03),4:26.09 (1:16.49),5:44.95 (1:18.86),7:04.97 (1:20.03),8:27.26 (1:22.29),9:51.10 (1:23.85),11:15.26 (1:24.16),12:40.75 (1:25.50),14:06.52 (1:25.78),15:31.02 (1:24.50),16:52.96 (1:21.95)				
18	Sara HALL	Asics	16:54.94	st6
36.57 (36.57),1:52.43 (1:15.87),3:07.26 (1:14.83),4:21.69 (1:14.44),5:36.97 (1:15.28),6:54.15 (1:17.19),8:11.58 (1:17.43),9:28.44 (1:16.87),10:44.74 (1:16.30),12:06.57 (1:21.84),13:40.56 (1:33.99),15:17.84 (1:37.29),16:54.94 (1:37.10)				
--	Carrie TOLLEFSON	adidas	DNF	st9
37.19 (37.19),1:53.13 (1:15.95),3:08.02 (1:14.89),4:22.40 (1:14.38),5:38.10 (1:15.71),6:58.71 (1:20.62)				
--	Maureen MCCANDLESS	New Balance	DNF	st20
36.58 (36.58),1:52.75 (1:16.18),3:07.88 (1:15.13),4:22.70 (1:14.83),5:37.60 (1:14.90),6:54.74 (1:17.15),8:12.78 (1:18.04),9:32.08 (1:19.31)				
--	Shalane FLANAGAN	Nike	DNS	st21
--	Shannon ROWBURY	Nike	DNS	st1
--	Lauren FLESHMAN	Oregon TC El	DNS	st2
--	Katherine FOLLETT	Washington	DNS	st4
--	Jennifer BARRINGER	Colorado	DNS	st5

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