



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

Men's 10000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
1	Galen RUPP	Oregon	27:52.53	st9
1:06.76 (1:06.76),2:15.63 (1:08.87),3:23.57 (1:07.95),4:33.60 (1:10.04),5:44.31 (1:10.71),6:54.70 (1:10.40),8:01.90 (1:07.21),9:10.52 (1:08.62),10:16.27 (1:05.76),11:24.68 (1:08.41),12:35.50 (1:10.82),13:41.03 (1:05.53),14:45.10 (1:04.08),15:50.92 (1:05.82),17:00.47 (1:09.56),18:05.93 (1:05.47),19:13.41 (1:07.48),20:21.60 (1:08.19),21:26.01 (1:04.41),22:30.42 (1:04.42),23:36.37 (1:05.95),24:41.12 (1:04.75),25:45.45 (1:04.34),26:49.60 (1:04.16),27:52.53 (1:02.93)				
2	Dathan RITZENHEIN	Nike	27:58.59	st15
1:08.28 (1:08.28),2:16.76 (1:08.48),3:24.52 (1:07.77),4:34.39 (1:09.87),5:44.11 (1:09.72),6:54.50 (1:10.40),8:02.43 (1:07.93),9:10.45 (1:08.03),10:16.43 (1:05.98),11:24.98 (1:08.56),12:35.99 (1:11.02),13:40.26 (1:04.27),14:44.30 (1:04.05),15:50.12 (1:05.82),16:59.70 (1:09.58),18:05.44 (1:05.75),19:13.24 (1:07.80),20:21.46 (1:08.23),21:25.78 (1:04.32),22:30.21 (1:04.44),23:36.16 (1:05.95),24:40.91 (1:04.75),25:45.24 (1:04.34),26:51.53 (1:06.29),27:58.59 (1:07.07)				
3	Tim NELSON	Oregon TC El	28:01.34	st16
1:08.61 (1:08.61),2:15.99 (1:07.38),3:24.06 (1:08.07),4:34.11 (1:10.06),5:45.30 (1:11.19),6:55.46 (1:10.16),8:03.91 (1:08.46),9:12.13 (1:08.22),10:18.12 (1:06.00),11:26.52 (1:08.40),12:37.18 (1:10.67),13:42.88 (1:05.71),14:45.71 (1:02.83),15:51.54 (1:05.84),17:01.02 (1:09.48),18:06.18 (1:05.17),19:13.73 (1:07.55),20:21.89 (1:08.17),21:26.34 (1:04.45),22:30.89 (1:04.55),23:36.94 (1:06.06),24:45.56 (1:08.63),25:54.89 (1:09.34),27:01.10 (1:06.21),28:01.34 (1:00.25)				
4	James CARNEY	New Balance	28:13.37	st28
1:05.73 (1:05.73),2:14.85 (1:09.12),3:22.96 (1:08.12),4:32.48 (1:09.52),5:43.58 (1:11.11),6:53.77 (1:10.19),8:01.37 (1:07.61),9:10.58 (1:09.21),10:16.67 (1:06.10),11:25.15 (1:08.49),12:36.48 (1:11.33),13:40.77 (1:04.30),14:44.82 (1:04.06),15:50.42 (1:05.60),16:59.92 (1:09.51),18:05.71 (1:05.80),19:13.01 (1:07.30),20:21.26 (1:08.26),21:26.58 (1:05.33),22:33.63 (1:07.06),23:42.30 (1:08.67),24:50.72 (1:08.42),25:58.76 (1:08.04),27:06.27 (1:07.51),28:13.37 (1:07.11)				
5	Edward MORAN	Nike	28:34.54	st2
1:08.02 (1:08.02),2:16.45 (1:08.44),3:23.18 (1:06.73),4:32.82 (1:09.65),5:43.85 (1:11.03),6:54.02 (1:10.18),8:02.34 (1:08.32),9:10.31 (1:07.97),10:17.00 (1:06.70),11:25.51 (1:08.51),12:36.25 (1:10.74),13:43.16 (1:06.91),14:49.35 (1:06.20),15:57.52 (1:08.18),17:05.94 (1:08.42),18:14.75 (1:08.81),19:24.56 (1:09.81),20:34.58 (1:10.03),21:43.88 (1:09.30),22:53.31 (1:09.43),24:04.20 (1:10.90),25:14.68 (1:10.48),26:24.92 (1:10.25),27:32.54 (1:07.62),28:34.54 (1:02.00)				
6	Meb KEFLEZIGHI	Nike	28:35.49	st23
1:06.63 (1:06.63),2:15.47 (1:08.84),3:23.42 (1:07.96),4:33.12 (1:09.71),5:44.09 (1:10.97),6:54.27 (1:10.18),8:01.60 (1:07.33),9:09.56 (1:07.97),10:15.86 (1:06.30),11:24.75 (1:08.89),12:35.82 (1:11.07),13:40.52 (1:04.70),14:44.60 (1:04.09),15:50.67 (1:06.07),17:00.76 (1:10.09),18:07.11 (1:06.35),19:16.24 (1:09.14),20:26.44 (1:10.21),21:35.68 (1:09.24),22:45.23 (1:09.56),23:55.85 (1:10.62),25:06.22 (1:10.38),26:16.93 (1:10.71),27:28.55 (1:11.63),28:35.49 (1:06.94)				
7	Patrick SMYTH	unattached	28:35.70	st12
1:09.85 (1:09.85),2:18.10 (1:08.26),3:25.48 (1:07.38),4:34.77 (1:09.30),5:44.86 (1:10.09),6:55.15 (1:10.30),8:03.19 (1:08.05),9:11.52 (1:08.33),10:17.50 (1:05.98),11:26.07 (1:08.57),12:37.00 (1:10.94),13:43.38 (1:06.39),14:49.56 (1:06.18),15:57.83 (1:08.27),17:06.46 (1:08.63),18:15.43 (1:08.97),19:24.74 (1:09.31),20:34.74 (1:10.01),21:44.08 (1:09.34),22:53.54 (1:09.46),24:04.37 (1:10.83),25:14.84 (1:10.48),26:24.72 (1:09.88),27:33.21 (1:08.49),28:35.70 (1:02.50)				
8	Abdi ABDIRAHMAN	Nike	28:35.79	st19
1:05.52 (1:05.52),2:14.64 (1:09.12),3:22.82 (1:08.19),4:32.23 (1:09.41),5:43.32 (1:11.10),6:53.51 (1:10.19),8:01.16 (1:07.65),9:10.02 (1:08.87),10:16.10 (1:06.08),11:24.46 (1:08.37),12:35.24 (1:10.79),13:41.91 (1:06.67),14:47.40 (1:05.50),15:55.52 (1:08.12),17:03.09 (1:07.57),18:11.28 (1:08.19),19:20.58 (1:09.30),20:29.73 (1:09.16),21:38.84 (1:09.12),22:46.38 (1:07.54),23:55.36 (1:08.99),25:05.59 (1:10.23),26:14.99 (1:09.41),27:25.83 (1:10.84),28:35.79 (1:09.97)				
9	Jorge TORRES	Reebok	28:42.13	st21
1:07.39 (1:07.39),2:16.49 (1:09.10),3:24.42 (1:07.94),4:34.37 (1:09.96),5:44.14 (1:09.77),6:54.28 (1:10.15),8:02.52 (1:08.24),9:11.02 (1:08.51),10:17.19 (1:06.17),11:25.92 (1:08.74),12:36.83 (1:10.91),13:43.43 (1:06.61),14:51.65 (1:08.23),16:00.21 (1:08.56),17:10.58 (1:10.37),18:19.36 (1:08.78),19:30.35 (1:11.00),20:39.91 (1:09.56),21:50.01 (1:10.11),23:00.73 (1:10.72),24:11.80 (1:11.08),25:21.41 (1:09.61),26:31.37 (1:09.96),27:39.60 (1:08.24),28:42.13 (1:02.53)				
10	Forest BRADEN	Brooks I D	28:43.98	st25
1:07.76 (1:07.76),2:17.03 (1:09.27),3:24.84 (1:07.81),4:33.99 (1:09.15),5:45.05 (1:11.07),6:55.34 (1:10.29),8:04.01 (1:08.68),9:12.39 (1:08.38),10:19.58 (1:07.20),11:29.19 (1:09.61),12:38.06 (1:08.87),13:46.36 (1:08.30),14:55.91 (1:09.56),16:04.34 (1:08.43),17:13.84 (1:09.51),18:23.97 (1:10.13),19:35.08 (1:11.11),20:44.34 (1:09.26),21:53.71 (1:09.38),23:03.27 (1:09.56),24:13.34 (1:10.08),25:22.39 (1:09.05),26:31.53 (1:09.15),27:40.49 (1:08.96),28:43.98 (1:03.50)				
11	Josh ROHATINSKY	Nike	28:46.65	st13
1:06.84 (1:06.84),2:15.71 (1:08.87),3:23.71 (1:08.01),4:33.88 (1:10.17),5:44.45 (1:10.58),6:53.94 (1:09.49),8:02.11 (1:08.18),9:10.77 (1:08.66),10:16.49 (1:05.72),11:24.89 (1:08.41),12:35.73 (1:10.84),13:41.22 (1:05.50),14:45.33 (1:04.11),15:51.21 (1:05.89),17:00.26 (1:09.05),18:06.43 (1:06.18),19:14.63 (1:08.21),20:24.36 (1:09.73),21:34.88 (1:10.53),22:46.78 (1:11.90),23:59.46 (1:12.68),25:12.71 (1:13.25),26:25.52 (1:12.82),27:38.11 (1:12.59),28:46.65 (1:08.54)				
12	Seth PILKINGTON	New Balance	28:50.86	st10
1:09.06 (1:09.06),2:17.08 (1:08.02),3:24.72 (1:07.64),4:33.62 (1:08.91),5:43.57 (1:09.96),6:53.57 (1:10.00),8:01.67 (1:08.11),9:10.82 (1:09.15),10:17.42 (1:06.60),11:26.26 (1:08.85),12:36.96 (1:10.70),13:44.02 (1:07.07),14:51.97 (1:07.95),16:00.71 (1:08.75),17:10.80 (1:10.10),18:20.78 (1:09.98),19:33.52 (1:12.74),20:43.93 (1:10.42),21:53.98 (1:10.05),23:03.60 (1:09.62),24:15.08 (1:11.49),25:26.52 (1:11.44),26:37.80 (1:11.29),27:46.46 (1:08.66),28:50.86 (1:04.41)				



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

Men's 10000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
13	Joshua MOEN	Team USA Min/Str	28:57.31	st18
1:09.20 (1:09.20), 2:18.26 (1:09.06), 3:26.30 (1:08.04), 4:33.76 (1:07.46), 5:44.70 (1:10.94), 6:54.90 (1:10.20), 8:03.04 (1:08.15), 9:11.65 (1:08.61), 10:17.90 (1:06.26), 11:26.71 (1:08.81), 12:37.51 (1:10.81), 13:44.88 (1:07.37), 14:53.34 (1:08.46), 16:02.88 (1:09.54), 17:13.79 (1:10.92), 18:24.54 (1:10.75), 19:35.33 (1:10.79), 20:44.20 (1:08.87), 21:54.65 (1:10.45), 23:03.91 (1:09.27), 24:14.85 (1:10.95), 25:27.44 (1:12.59), 26:39.29 (1:11.85), 27:49.18 (1:09.90), 28:57.31 (1:08.13)				
14	Jeremy JOHNSON	Team Indiana/Brk	29:02.64	st3
1:08.25 (1:08.25), 2:17.32 (1:09.07), 3:25.29 (1:07.98), 4:34.65 (1:09.37), 5:45.54 (1:10.89), 6:55.72 (1:10.18), 8:04.49 (1:08.78), 9:12.46 (1:07.97), 10:21.32 (1:08.86), 11:30.35 (1:09.04), 12:38.32 (1:07.98), 13:46.62 (1:08.30), 14:55.66 (1:09.05), 16:04.21 (1:08.55), 17:14.00 (1:09.80), 18:24.26 (1:10.26), 19:34.97 (1:10.71), 20:44.89 (1:09.93), 21:55.23 (1:10.35), 23:05.65 (1:10.42), 24:18.19 (1:12.55), 25:29.97 (1:11.78), 26:42.00 (1:12.04), 27:52.10 (1:10.10), 29:02.64 (1:10.54)				
15	Charlie SERRANO	unattached	29:04.63	st27
1:09.56 (1:09.56), 2:18.74 (1:09.19), 3:26.74 (1:08.00), 4:35.49 (1:08.75), 5:45.73 (1:10.24), 6:55.76 (1:10.04), 8:04.73 (1:08.98), 9:12.84 (1:08.11), 10:20.69 (1:07.86), 11:29.68 (1:08.99), 12:38.20 (1:08.52), 13:45.80 (1:07.61), 14:55.19 (1:09.40), 16:04.59 (1:09.41), 17:14.22 (1:09.63), 18:24.95 (1:10.74), 19:35.90 (1:10.96), 20:46.48 (1:10.58), 21:57.28 (1:10.80), 23:08.34 (1:11.06), 24:19.99 (1:11.66), 25:32.86 (1:12.87), 26:47.47 (1:14.62), 27:59.70 (1:12.23), 29:04.63 (1:04.93)				
16	Luke PUSKEDRA	Oregon	29:11.32	st24
1:07.12 (1:07.12), 2:16.24 (1:09.12), 3:24.23 (1:08.00), 4:34.21 (1:09.99), 5:43.91 (1:09.71), 6:54.08 (1:10.17), 8:02.89 (1:08.82), 9:11.38 (1:08.50), 10:17.64 (1:06.26), 11:26.45 (1:08.81), 12:37.28 (1:10.83), 13:44.26 (1:06.99), 14:51.15 (1:06.89), 16:00.49 (1:09.34), 17:10.86 (1:10.38), 18:20.23 (1:09.37), 19:32.06 (1:11.84), 20:44.44 (1:12.39), 21:55.47 (1:11.03), 23:07.20 (1:11.73), 24:19.65 (1:12.45), 25:31.98 (1:12.34), 26:45.00 (1:13.03), 27:58.61 (1:13.61), 29:11.32 (1:12.72)				
17	Lucas MEYER	Boston A A	29:14.08	st7
1:10.26 (1:10.26), 2:18.45 (1:08.20), 3:25.91 (1:07.46), 4:34.99 (1:09.09), 5:44.63 (1:09.64), 6:55.02 (1:10.39), 8:04.18 (1:09.17), 9:12.34 (1:08.17), 10:20.61 (1:08.28), 11:30.11 (1:09.51), 12:39.63 (1:09.52), 13:49.13 (1:09.51), 14:58.44 (1:09.31), 16:08.72 (1:10.29), 17:19.62 (1:10.90), 18:29.89 (1:10.28), 19:41.55 (1:11.67), 20:52.29 (1:10.75), 22:03.40 (1:11.11), 23:14.46 (1:11.07), 24:26.11 (1:11.65), 25:37.71 (1:11.61), 26:50.83 (1:13.13), 28:03.24 (1:12.41), 29:14.08 (1:10.85)				
18	James STRANG	Arkansas	29:17.96	st17
1:10.10 (1:10.10), 2:18.32 (1:08.22), 3:25.66 (1:07.35), 4:34.92 (1:09.27), 5:45.08 (1:10.16), 6:55.11 (1:10.04), 8:03.37 (1:08.26), 9:11.75 (1:08.38), 10:18.68 (1:06.94), 11:27.38 (1:08.70), 12:37.67 (1:10.30), 13:45.24 (1:07.57), 14:55.10 (1:09.86), 16:05.75 (1:10.66), 17:18.33 (1:12.59), 18:30.15 (1:11.82), 19:43.07 (1:12.92), 20:55.48 (1:12.41), 22:06.94 (1:11.47), 23:18.97 (1:12.04), 24:31.27 (1:12.30), 25:42.54 (1:11.28), 26:54.53 (1:12.00), 28:06.99 (1:12.46), 29:17.96 (1:10.97)				
19	Juan Carlos TRUJILLO	unattached	29:31.01	st14
1:09.98 (1:09.98), 2:18.59 (1:08.61), 3:26.49 (1:07.91), 4:35.24 (1:08.76), 5:45.56 (1:10.32), 6:55.58 (1:10.02), 8:04.52 (1:08.95), 9:12.71 (1:08.19), 10:21.49 (1:08.79), 11:31.31 (1:09.82), 12:39.87 (1:08.56), 13:49.28 (1:09.42), 14:57.88 (1:08.60), 16:07.74 (1:09.87), 17:18.40 (1:10.66), 18:29.08 (1:10.69), 19:41.08 (1:12.00), 20:52.54 (1:11.47), 22:03.65 (1:11.12), 23:16.37 (1:12.72), 24:31.21 (1:14.85), 25:44.18 (1:12.97), 27:01.81 (1:17.64), 28:17.49 (1:15.68), 29:31.01 (1:13.53)				
20	Michael KILBURG	Hansons-Brooks	29:48.14	st22
1:09.73 (1:09.73), 2:18.51 (1:08.79), 3:26.52 (1:08.02), 4:35.42 (1:08.90), 5:46.06 (1:10.64), 6:56.20 (1:10.15), 8:05.21 (1:09.02), 9:13.36 (1:08.16), 10:21.97 (1:08.61), 11:31.77 (1:09.80), 12:41.55 (1:09.79), 13:52.96 (1:11.41), 15:04.80 (1:11.85), 16:17.26 (1:12.46), 17:30.34 (1:13.09), 18:44.49 (1:14.16), 19:58.37 (1:13.88), 21:11.58 (1:13.21), 22:23.85 (1:12.27), 23:39.08 (1:15.23), 24:53.63 (1:14.56), 26:08.61 (1:14.98), 27:23.78 (1:15.18), 28:37.74 (1:13.96), 29:48.14 (1:10.41)				
21	David JANKOWSKI	Hansons-Brooks	30:15.82	st1
1:09.84 (1:09.84), 2:18.99 (1:09.15), 3:26.95 (1:07.97), 4:35.67 (1:08.73), 5:46.31 (1:10.65), 6:56.43 (1:10.12), 8:05.57 (1:09.15), 9:13.58 (1:08.02), 10:22.21 (1:08.63), 11:32.70 (1:10.50), 12:43.75 (1:11.05), 13:55.57 (1:11.83), 15:07.28 (1:11.71), 16:21.10 (1:13.82), 17:34.40 (1:13.30), 18:49.73 (1:15.34), 20:05.12 (1:15.39), 21:18.66 (1:13.55), 22:31.86 (1:13.21), 23:50.46 (1:18.60), 25:09.58 (1:19.12), 26:26.28 (1:16.71), 27:42.41 (1:16.14), 28:59.99 (1:17.59), 30:15.82 (1:15.83)				
--	Michael KRISCH	Georgetown	DNF	st4
1:08.98 (1:08.98), 2:18.03 (1:09.05), 3:25.81 (1:07.79), 4:35.19 (1:09.39), 5:45.81 (1:10.63), 6:55.99 (1:10.18), 8:04.76 (1:08.77), 9:13.11 (1:08.36), 10:21.76 (1:08.65), 11:31.55 (1:09.79)				
--	Mikhail SAYENKO	unattached	DNF	st5
1:09.39 (1:09.39), 2:17.87 (1:08.48), 3:25.24 (1:07.38), 4:34.81 (1:09.57), 5:45.32 (1:10.51), 6:55.32 (1:10.00), 8:03.75 (1:08.43), 9:11.89 (1:08.15), 10:18.33 (1:06.45), 11:27.01 (1:08.69), 12:37.77 (1:10.76), 13:45.49 (1:07.73), 14:55.36 (1:09.87), 16:06.57 (1:11.22), 17:20.63 (1:14.06), 18:34.55 (1:13.93), 19:49.58 (1:15.04), 21:04.55 (1:14.97)				
--	Scott BAUHS	adidas	DNF	st8
1:08.84 (1:08.84), 2:17.42 (1:08.58), 3:24.94 (1:07.53), 4:34.57 (1:09.64), 5:44.50 (1:09.94), 6:54.85 (1:10.35), 8:02.66 (1:07.81), 9:11.03 (1:08.38), 10:16.80 (1:05.77), 11:25.41 (1:08.62), 12:36.57 (1:11.16), 13:41.80 (1:05.24), 14:46.09 (1:04.30), 15:52.07 (1:05.98), 17:01.93 (1:09.87), 18:13.25 (1:11.32), 19:26.78 (1:13.53), 20:40.06 (1:13.29), 21:52.86 (1:12.80)				



Men's 10000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
--	Sean HOUSEWORTH	unattached	DNF	st11
1:07.81 (1:07.81),2:17.22 (1:09.41),3:25.08 (1:07.87),4:34.55 (1:09.47),5:44.32 (1:09.77),6:54.43 (1:10.12),8:02.75 (1:08.32),9:11.25 (1:08.50),10:17.22 (1:05.98),11:25.64 (1:08.43),12:36.71 (1:11.07),13:42.57 (1:05.87),14:49.90 (1:07.34),15:59.39 (1:09.49),17:12.21 (1:12.83),18:26.08 (1:13.87),19:41.78 (1:15.70),20:56.65 (1:14.87),22:12.82 (1:16.17),23:28.93 (1:16.11)				
--	Edwardo TORRES	Reebok	DNF	st20
1:08.51 (1:08.51),2:17.75 (1:09.24),3:26.08 (1:08.34),4:33.36 (1:07.28),5:43.81 (1:10.46),6:53.79 (1:09.98),8:02.17 (1:08.38),9:11.37 (1:09.21),10:21.12 (1:09.76),11:32.54 (1:11.42),12:45.92 (1:13.39),14:02.03 (1:16.12)				
--	Stephen HAAS	Team Indiana/Brk	DNS	st6
--	Louis LUCHINI	Oregon TC El	DNS	st26

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