



Women's 10000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
1	Amy BEGLEY	Nike	31:22.69	st8
1:14.42 (1:14.42),2:30.59 (1:16.18),3:45.66 (1:15.07),5:01.08 (1:15.43),6:17.98 (1:16.90),7:34.51 (1:16.53),8:51.67 (1:17.17),10:07.53 (1:15.87),11:24.01 (1:16.48),12:40.83 (1:16.83),13:57.91 (1:17.08),15:13.89 (1:15.99),16:28.36 (1:14.47),17:45.45 (1:17.09),19:01.20 (1:15.76),20:14.01 (1:12.81),21:27.15 (1:13.14),22:43.37 (1:16.23),23:58.44 (1:15.07),25:16.90 (1:18.47),26:31.36 (1:14.47),27:47.34 (1:15.99),29:02.43 (1:15.09),30:15.50 (1:13.08),31:22.69 (1:07.19)				
2	Shalane FLANAGAN	Nike	31:23.43	st6
1:14.66 (1:14.66),2:30.35 (1:15.70),3:45.43 (1:15.09),5:01.20 (1:15.77),6:18.24 (1:17.04),7:34.59 (1:16.36),8:51.43 (1:16.85),10:07.28 (1:15.86),11:24.24 (1:16.96),12:41.05 (1:16.81),13:57.67 (1:16.63),15:13.65 (1:15.98),16:28.13 (1:14.49),17:45.66 (1:17.53),19:01.41 (1:15.75),20:13.77 (1:12.37),21:26.93 (1:13.16),22:43.61 (1:16.69),23:58.65 (1:15.05),25:16.67 (1:18.02),26:31.54 (1:14.88),27:47.52 (1:15.98),29:02.65 (1:15.13),30:15.72 (1:13.07),31:23.43 (1:07.72)				
3	Katie MCGREGOR	Reebok	32:08.04	st17
1:14.89 (1:14.89),2:30.80 (1:15.91),3:45.87 (1:15.07),5:01.43 (1:15.57),6:18.44 (1:17.02),7:34.82 (1:16.38),8:51.87 (1:17.06),10:07.75 (1:15.88),11:24.45 (1:16.71),12:41.26 (1:16.81),13:58.12 (1:16.87),15:14.10 (1:15.99),16:28.58 (1:14.49),17:45.90 (1:17.32),19:01.62 (1:15.73),20:14.73 (1:13.11),21:31.05 (1:16.33),22:49.38 (1:18.33),24:09.16 (1:19.79),25:30.25 (1:21.10),26:51.23 (1:20.98),28:13.12 (1:21.89),29:34.71 (1:21.59),30:53.07 (1:18.37),32:08.04 (1:14.97)				
4	Magdalena LEWY BOULET	unattached	32:20.45	st18
1:15.49 (1:15.49),2:31.71 (1:16.23),3:46.46 (1:14.75),5:02.24 (1:15.78),6:18.64 (1:16.41),7:35.03 (1:16.40),8:52.08 (1:17.05),10:08.04 (1:15.96),11:24.70 (1:16.66),12:41.49 (1:16.80),13:58.34 (1:16.86),15:14.43 (1:16.09),16:30.39 (1:15.96),17:49.11 (1:18.73),19:07.37 (1:18.26),20:26.59 (1:19.22),21:46.69 (1:20.11),23:07.74 (1:21.06),24:28.25 (1:20.51),25:49.96 (1:21.71),27:12.21 (1:22.25),28:32.35 (1:20.15),29:51.30 (1:18.96),31:07.65 (1:16.36),32:20.45 (1:12.80)				
5	Molly HUDDLE	unattached	32:43.11	st16
1:16.84 (1:16.84),2:34.38 (1:17.55),3:49.51 (1:15.13),5:05.68 (1:16.17),6:22.02 (1:16.35),7:37.97 (1:15.95),8:54.39 (1:16.43),10:10.90 (1:16.51),11:29.85 (1:18.95),12:47.26 (1:17.41),14:06.47 (1:19.21),15:26.91 (1:20.45),16:46.07 (1:19.16),18:05.36 (1:19.30),19:24.95 (1:19.60),20:44.51 (1:19.56),22:05.09 (1:20.59),23:25.83 (1:20.74),24:45.99 (1:20.17),26:08.10 (1:22.12),27:29.73 (1:21.63),28:50.33 (1:20.60),30:08.99 (1:18.67),31:27.18 (1:18.19),32:43.11 (1:15.94)				
6	Amy HASTINGS	adidas	32:56.20	st22
1:15.76 (1:15.76),2:32.50 (1:16.74),3:48.54 (1:16.05),5:05.58 (1:17.04),6:22.29 (1:16.71),7:38.23 (1:15.95),8:54.68 (1:16.45),10:11.09 (1:16.42),11:30.11 (1:19.02),12:47.60 (1:17.50),14:07.84 (1:20.24),15:28.80 (1:20.97),16:49.41 (1:20.62),18:09.70 (1:20.29),19:29.25 (1:19.56),20:48.95 (1:19.71),22:11.04 (1:22.09),23:33.47 (1:22.44),24:56.43 (1:22.97),26:20.80 (1:24.37),27:44.43 (1:23.63),29:04.86 (1:20.44),30:24.94 (1:20.08),31:45.14 (1:20.21),32:56.20 (1:11.07)				
7	Serena BURLA	RIADHA	32:56.40	st19
1:15.17 (1:15.17),2:31.39 (1:16.23),3:46.18 (1:14.80),5:02.04 (1:15.87),6:19.06 (1:17.02),7:35.66 (1:16.60),8:53.71 (1:18.06),10:11.28 (1:17.58),11:30.37 (1:19.09),12:49.39 (1:19.03),14:10.11 (1:20.72),15:30.24 (1:20.14),16:49.19 (1:18.96),18:09.30 (1:20.11),19:29.69 (1:20.40),20:49.78 (1:20.09),22:12.22 (1:22.45),23:34.32 (1:22.11),24:56.09 (1:21.77),26:17.70 (1:21.61),27:39.52 (1:21.82),29:01.43 (1:21.92),30:21.56 (1:20.13),31:41.55 (1:19.99),32:56.40 (1:14.85)				
8	Melissa COOK	New Balance	33:02.90	st2
1:16.19 (1:16.19),2:33.14 (1:16.95),3:49.73 (1:16.60),5:06.44 (1:16.71),6:24.33 (1:17.89),7:42.89 (1:18.57),9:01.45 (1:18.57),10:19.81 (1:18.36),11:39.33 (1:19.53),12:58.38 (1:19.06),14:19.52 (1:21.14),15:39.29 (1:19.78),16:58.44 (1:19.16),18:19.30 (1:20.86),19:38.93 (1:19.63),20:59.07 (1:20.15),22:21.59 (1:22.52),23:42.57 (1:20.99),25:04.08 (1:21.52),26:25.32 (1:21.24),27:47.41 (1:22.09),29:08.97 (1:21.57),30:30.20 (1:21.23),31:51.47 (1:21.28),33:02.90 (1:11.43)				
9	Sally MEYERHOFF	unattached	33:03.19	st7
1:16.41 (1:16.41),2:33.38 (1:16.97),3:49.88 (1:16.50),5:06.88 (1:17.01),6:24.90 (1:18.02),7:43.61 (1:18.71),9:01.01 (1:17.41),10:19.55 (1:18.54),11:39.07 (1:19.53),12:58.67 (1:19.61),14:19.72 (1:21.05),15:39.02 (1:19.31),16:58.78 (1:19.76),18:19.04 (1:20.26),19:38.69 (1:19.65),20:59.42 (1:20.74),22:21.29 (1:21.88),23:42.33 (1:21.05),25:04.16 (1:21.83),26:25.80 (1:21.64),27:47.07 (1:21.28),29:07.30 (1:20.23),30:26.44 (1:19.15),31:48.02 (1:21.58),33:03.19 (1:15.18)				
10	Allison GRACE	ZAP Fitness	33:12.34	st10
1:18.32 (1:18.32),2:39.80 (1:21.49),3:59.20 (1:19.41),5:17.92 (1:18.72),6:37.10 (1:19.19),7:57.03 (1:19.93),9:16.76 (1:19.73),10:36.35 (1:19.60),11:55.43 (1:19.08),13:15.75 (1:20.32),14:37.10 (1:21.35),15:56.97 (1:19.88),17:17.07 (1:20.11),18:37.68 (1:20.61),19:58.33 (1:20.65),21:19.34 (1:21.02),22:40.15 (1:20.81),24:01.07 (1:20.92),25:22.52 (1:21.46),26:43.12 (1:20.60),28:03.21 (1:20.10),29:23.05 (1:19.84),30:41.77 (1:18.72),32:00.16 (1:18.40),33:12.34 (1:12.18)				
11	Katherine NEWBERRY	N Y A C	33:21.56	st20
1:17.44 (1:17.44),2:37.79 (1:20.35),3:57.40 (1:19.61),5:16.94 (1:19.55),6:35.95 (1:19.01),7:55.70 (1:19.75),9:15.40 (1:19.71),10:35.00 (1:19.60),11:54.89 (1:19.90),13:15.47 (1:20.58),14:36.83 (1:21.37),15:57.16 (1:20.33),17:17.33 (1:20.18),18:37.52 (1:20.19),19:58.09 (1:20.58),21:19.70 (1:21.62),22:40.89 (1:21.20),24:00.80 (1:19.92),25:22.24 (1:21.44),26:42.84 (1:20.60),28:04.03 (1:21.20),29:25.19 (1:21.16),30:45.53 (1:20.35),32:05.83 (1:20.30),33:21.56 (1:15.74)				
12	Jill STEFFENS	New Balance	33:27.43	st21
1:19.28 (1:19.28),2:40.88 (1:21.60),4:00.12 (1:19.25),5:18.99 (1:18.88),6:38.76 (1:19.77),7:58.51 (1:19.76),9:18.27 (1:19.76),10:38.64 (1:20.38),11:59.49 (1:20.86),13:21.65 (1:22.16),14:42.29 (1:20.64),16:01.56 (1:19.27),17:21.93 (1:20.38),18:43.11 (1:21.18),20:04.38 (1:21.28),21:25.41 (1:21.03),22:47.98 (1:22.58),24:09.40 (1:21.42),25:30.53 (1:21.14),26:51.48 (1:20.95),28:12.95 (1:21.48),29:34.03 (1:21.08),30:51.44 (1:17.41),32:11.65 (1:20.21),33:27.43 (1:15.78)				



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

Women's 10000m Run

Lap Splits

Rk	Athlete	Affiliation	Result	
13	Kara STORAGE	RUNOHIO R T	33:27.75	st4
1:18.92 (1:18.92),2:40.25 (1:21.34),3:59.57 (1:19.33),5:18.41 (1:18.84),6:38.10 (1:19.69),7:57.98 (1:19.88),9:17.75 (1:19.78),10:38.18 (1:20.44),11:59.08 (1:20.90),13:20.20 (1:21.12),14:40.75 (1:20.56),16:00.58 (1:19.83),17:20.98 (1:20.40),18:42.16 (1:21.19),20:03.51 (1:21.35),21:24.33 (1:20.82),22:47.54 (1:23.22),24:09.63 (1:22.09),25:30.73 (1:21.10),26:51.60 (1:20.88),28:12.76 (1:21.16),29:34.23 (1:21.48),30:51.63 (1:17.41),32:11.83 (1:20.20),33:27.75 (1:15.92)				
14	Melissa WHITE	Hansons-Brooks	33:34.64	st14
1:20.25 (1:20.25),2:41.22 (1:20.97),4:00.44 (1:19.22),5:19.29 (1:18.86),6:39.19 (1:19.90),7:58.99 (1:19.81),9:18.87 (1:19.89),10:39.22 (1:20.35),11:59.91 (1:20.69),13:20.56 (1:20.65),14:40.55 (1:19.99),16:00.33 (1:19.78),17:20.74 (1:20.41),18:41.93 (1:21.20),20:03.34 (1:21.42),21:25.18 (1:21.84),22:48.19 (1:23.01),24:10.17 (1:21.98),25:31.17 (1:21.00),26:52.32 (1:21.16),28:13.81 (1:21.50),29:35.50 (1:21.69),30:56.81 (1:21.31),32:19.28 (1:22.47),33:34.64 (1:15.37)				
15	Erin NEHUS	unattached	33:37.76	st3
1:18.48 (1:18.48),2:40.00 (1:21.52),3:59.31 (1:19.32),5:18.13 (1:18.82),6:37.52 (1:19.39),7:57.41 (1:19.90),9:17.20 (1:19.79),10:37.59 (1:20.39),11:58.55 (1:20.97),13:19.95 (1:21.40),14:41.23 (1:21.29),16:01.30 (1:20.08),17:21.68 (1:20.38),18:42.85 (1:21.17),20:04.16 (1:21.32),21:25.88 (1:21.72),22:48.61 (1:22.73),24:10.60 (1:22.00),25:31.60 (1:21.00),26:53.04 (1:21.44),28:15.43 (1:22.40),29:37.51 (1:22.09),30:59.59 (1:22.08),32:23.35 (1:23.77),33:37.76 (1:14.41)				
16	Tara STORAGE	RUNOHIO R T	33:39.57	st11
1:20.13 (1:20.13),2:40.84 (1:20.71),3:59.70 (1:18.86),5:18.54 (1:18.85),6:38.31 (1:19.77),7:58.25 (1:19.95),9:18.00 (1:19.75),10:38.42 (1:20.42),11:59.29 (1:20.88),13:20.43 (1:21.15),14:40.98 (1:20.55),16:00.83 (1:19.86),17:21.21 (1:20.38),18:42.38 (1:21.17),20:03.74 (1:21.37),21:24.53 (1:20.79),22:47.76 (1:23.24),24:09.92 (1:22.16),25:30.96 (1:21.05),26:52.08 (1:21.13),28:14.05 (1:21.97),29:35.75 (1:21.70),30:57.09 (1:21.34),32:18.90 (1:21.82),33:39.57 (1:20.67)				
17	Danielle DOMENICHELLI	unattached	33:41.72	st5
1:19.65 (1:19.65),2:41.04 (1:21.39),4:00.31 (1:19.27),5:19.18 (1:18.88),6:38.99 (1:19.82),7:58.87 (1:19.88),9:18.60 (1:19.74),10:38.98 (1:20.39),11:59.71 (1:20.73),13:21.45 (1:21.74),14:42.65 (1:21.21),16:02.58 (1:19.93),17:23.01 (1:20.44),18:45.42 (1:22.42),20:06.71 (1:21.29),21:28.30 (1:21.59),22:49.68 (1:21.38),24:11.24 (1:21.57),25:32.43 (1:21.20),26:54.10 (1:21.68),28:17.68 (1:23.58),29:40.20 (1:22.53),31:02.16 (1:21.96),32:23.84 (1:21.68),33:41.72 (1:17.89)				
18	Catherine WHITE	Arkansas	33:42.55	st9
1:17.42 (1:17.42),2:39.17 (1:21.76),3:59.04 (1:19.87),5:17.69 (1:18.66),6:36.76 (1:19.07),7:56.74 (1:19.99),9:16.48 (1:19.75),10:37.14 (1:20.66),11:58.20 (1:21.07),13:21.12 (1:22.92),14:42.92 (1:21.81),16:02.82 (1:19.90),17:23.19 (1:20.37),18:45.17 (1:21.98),20:06.49 (1:21.32),21:28.04 (1:21.56),22:48.79 (1:20.75),24:10.79 (1:22.01),25:31.80 (1:21.01),26:53.64 (1:21.85),28:17.87 (1:24.23),29:40.46 (1:22.60),31:02.34 (1:21.89),32:24.34 (1:22.00),33:42.55 (1:18.21)				
19	Mattie BRIDGMON	Oregon	34:10.51	st13
1:18.75 (1:18.75),2:40.23 (1:21.49),3:59.51 (1:19.28),5:18.29 (1:18.79),6:37.85 (1:19.56),7:57.70 (1:19.85),9:17.51 (1:19.82),10:37.92 (1:20.41),11:58.87 (1:20.95),13:21.42 (1:22.55),14:43.14 (1:21.73),16:03.33 (1:20.19),17:25.38 (1:22.06),18:49.98 (1:24.60),20:13.43 (1:23.45),21:36.82 (1:23.39),23:01.77 (1:24.96),24:27.44 (1:25.68),25:51.84 (1:24.41),27:17.22 (1:25.38),28:42.87 (1:25.65),30:06.17 (1:23.30),31:30.44 (1:24.27),32:51.73 (1:21.30),34:10.51 (1:18.79)				
20	Clara GRANDT	West Virginia	34:13.76	st15
1:19.41 (1:19.41),2:40.47 (1:21.06),3:58.79 (1:18.33),5:17.44 (1:18.65),6:36.50 (1:19.07),7:56.50 (1:20.00),9:16.25 (1:19.76),10:36.91 (1:20.66),11:57.97 (1:21.07),13:20.87 (1:22.91),14:43.41 (1:22.54),16:05.46 (1:22.05),17:28.39 (1:22.94),18:51.54 (1:23.16),20:14.67 (1:23.13),21:38.46 (1:23.80),23:03.00 (1:24.54),24:28.16 (1:25.17),25:53.43 (1:25.28),27:18.31 (1:24.88),28:43.89 (1:25.59),30:07.62 (1:23.73),31:30.51 (1:22.89),32:52.52 (1:22.02),34:13.76 (1:21.25)				
21	Alissa MCKAIG	ZAP Fitness	35:41.80	st25
1:19.04 (1:19.04),2:40.65 (1:21.62),3:59.91 (1:19.26),5:18.78 (1:18.88),6:38.56 (1:19.79),7:58.77 (1:20.21),9:18.65 (1:19.88),10:39.54 (1:20.90),12:00.62 (1:21.08),13:23.60 (1:22.99),14:48.67 (1:25.07),16:14.27 (1:25.60),17:41.83 (1:27.57),19:10.10 (1:28.27),20:38.94 (1:28.84),22:08.99 (1:30.06),23:40.12 (1:31.14),25:11.66 (1:31.54),26:42.19 (1:30.54),28:14.77 (1:32.59),29:45.53 (1:30.76),31:15.73 (1:30.20),32:46.81 (1:31.08),34:14.93 (1:28.13),35:41.80 (1:26.87)				
22	Aileen CONLON	Nike Central Pk	35:51.52	st23
1:20.11 (1:20.11),2:41.44 (1:21.34),4:00.76 (1:19.32),5:20.00 (1:19.24),6:41.19 (1:21.19),8:01.64 (1:20.46),9:23.06 (1:21.42),10:46.08 (1:23.03),12:08.85 (1:22.77),13:33.04 (1:24.20),15:00.07 (1:27.04),16:28.07 (1:28.00),17:55.71 (1:27.64),19:24.93 (1:29.22),20:53.67 (1:28.74),22:24.36 (1:30.70),23:54.43 (1:30.08),25:24.42 (1:29.99),26:54.96 (1:30.55),28:25.91 (1:30.95),29:56.84 (1:30.93),31:27.54 (1:30.70),32:56.81 (1:29.28),34:26.16 (1:29.35),35:51.52 (1:25.36)				
--	Wendi ROBINSON	Indiana	DNF	st12
1:19.95 (1:19.95),2:41.21 (1:21.27),4:01.08 (1:19.87),5:20.35 (1:19.27),6:41.36 (1:21.01),8:01.87 (1:20.52),9:23.33 (1:21.47),10:46.26 (1:22.93),12:08.98 (1:22.72),13:32.56 (1:23.59),14:57.19 (1:24.63),16:21.47 (1:24.28),17:47.01 (1:25.54),19:12.69 (1:25.69),20:38.64 (1:25.95),22:05.78 (1:27.14),23:34.87 (1:29.09),25:03.02 (1:28.16),26:31.57 (1:28.55),28:01.51 (1:29.95),29:30.62 (1:29.12),30:59.23 (1:28.61)				
--	Denise BARGIACHI	Arkansas	DNS	st1
--	Lisa KOLL	Iowa State	DNS	st24

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