

USATF National One Hour Race Walk Championship
Waltham MA
October 14, 2007

women's Lap Sheet

Competitor / Distance	Teresa Valli	Maria Michta	Diana Rado	Lauren Forgues	Solomiya Login	Marcia Rutledge	Joanne LaMontagne	Tori Cooper	Panseluta Geer	Caroline Samson	Itziar Garcia	Ginger Armstrong	Kathy Frable	Patricia Godfrey	Pamela Alva	Holly Wenninger	Lorrie Wilkes	Loretta Schuller	Katie Michta (¼ hour)
400m	01:50	01:57	02:06	02:05	02:05	02:07	02:09	02:14	02:26	02:10	02:32	02:27	02:22	02:39	02:08	02:30	03:30	02:00	02:22
800m	03:41	03:57	04:12	04:10	04:10	04:18	04:22	04:40	04:59	04:23	05:12	05:04	04:53	05:24	04:13	05:05	07:13	04:02	04:59
1,200m	05:32	05:56	06:16	06:15	06:14	06:30	06:34	07:11	07:33	06:37	07:51	07:42	07:27	08:09	06:23	07:40	10:58	06:02	07:34
1,600m	07:24	07:56	08:24	08:20	08:20	08:43	08:46	09:42	10:04	09:09	10:31	10:21	10:02	10:55	08:40	10:15	14:45	08:05	10:06
2,000m	09:16	09:59	10:34	10:29	10:29	10:55	10:56	12:12	12:31	11:43	13:13	13:02	12:35	13:45	11:06	12:52	18:34	10:11	12:46
2,400m	11:08	12:03	12:45	12:37	12:37	13:07	13:10	14:43	14:58	14:18	15:57	15:44	15:11	16:35	13:33	15:28	22:24	12:19	
2,800m	13:03	14:09	14:54	14:47	14:46	15:20	15:25	17:10	17:26	16:52	18:42	18:29	17:48	19:20	16:04	18:04	26:14	14:28	
3,200m	14:55	16:17	17:05	16:59	16:59	17:30	17:42	19:27	19:55	19:29	21:27	21:14	20:27	22:13	18:33	20:41	30:05	16:41	
3,600m	16:49	18:24	19:15	19:10	19:10	19:42	20:00	22:02	22:26	22:11	24:17	24:03	23:07	25:00	20:57	23:20	33:55	18:54	
4,000m	18:43	20:31	21:21	21:23	21:23	21:54	22:19	24:26	24:59	25:06	27:04	26:48	25:48	27:51	23:24	25:56	37:42		
4,400m	20:38	22:38	23:28	23:30	23:36	24:19	24:37	26:48	27:30	28:02	29:52	29:28	28:31	30:43	25:49	28:31	41:31		
4,800m	22:31	24:44	25:35	25:35	25:50	26:32	26:53	29:09	30:02	30:55	32:38	32:09	31:16	33:33	28:05	31:05	45:25		
5,200m	24:27	26:52	27:45	27:45	28:02	28:45	29:08	31:59	32:33	33:43	35:27	34:50	33:59	36:23	30:32	33:40	49:10		
5,600m	26:22	29:01	29:55	29:55	30:17	30:59	31:25	33:48	35:01	36:28	38:11	37:34	36:46	39:13	33:04	36:19	53:00		
6,000m	28:18	31:13	32:06	32:06	32:31	33:13	33:41	36:06	37:30	39:06	41:02	40:16	39:24	42:06	35:37	38:55	56:47		
6,400m	30:14	33:22	34:17	34:18	34:42	35:27	35:58	38:23	40:00	41:44	43:53	42:55	42:08	44:58	38:09	41:36			
6,800m	32:10	35:32	36:39	36:29	36:53	37:41	38:17	40:39	42:30	44:20	46:42	45:30	44:51	47:51	40:42	44:14			
7,200m	34:06	37:38	38:40	38:40	39:02	39:55	40:36	42:54	45:01	46:56	49:29	48:04	47:36	50:41	43:03				
7,600m	36:03	39:47	40:51	40:50	41:12	42:09	43:39	45:07	47:30	49:31	52:15	50:38	50:21	53:31					
8,000m	37:59	41:55	42:58	42:59	43:20	44:26	46:29	47:19	50:02	52:06	55:02	53:13	53:07	56:20					
8,400m	39:56	44:07	45:07	45:07	45:32	46:41	48:59	49:33	52:35	54:43	57:43	55:46	55:53	59:10					
8,800m	41:52	46:16	47:17	47:17	47:44	48:59	51:27	51:47	55:07	57:19	58:34	58:16	58:39						
9,200m	43:48	48:29	49:26	49:26	49:59	51:17	53:49	54:02	57:40	59:46									
9,600m	45:44	50:38	51:31	51:31	52:12	53:35	56:09	56:18											
10,000m	47:41	52:45	53:27	53:36	54:24	55:54	58:22	58:34											
10,400m	49:40	54:56	55:40	55:42	56:35	58:15													
10,800m	51:38	57:07	57:47	57:47	58:48														
11,200m	53:35	59:15	59:45	59:46															
11,600m	55:35																		
12,000m	57:35																		
12,400m	59:32																		
Partial lap	101	156	54	49	231	306	301	260	393	45	351	284	207	133			350	189	383
Total Distance	12,501	11,356	11,254	11,249	11,031	10,706	10,301	10,260	9,593	9,245	9,151	9,084	9,007	8,533	7,200	6,800	6,350	3,789	2,383

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Waltham MA
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men's Lap Sheet

Competitor / Distance	Mark Green	Mike Kazmierczak	Roberto Vergara	Dave McGovern	Mathew Forgues	Ina Whitley	Julio Alva	Leon Jasionowski	Norm Frable	Bob Keating	Andrew Smith	Bill Reed	Richard McElvery	Rod Craig	Paul Johnson	Bob Ullman	Bill Vayo	Thomas Knatt	Jack Starr	Mark Fenton	Larry Epstein	Bill McCann
400m	01:55	01:47	02:05	02:02	02:06	01:59	02:06	02:03	02:03	02:04	02:05	02:08	02:07	02:09	02:05	02:08	02:22	02:20	02:41	02:28	02:07	03:03
800m	03:52	03:40	04:07	04:06	04:10	03:58	04:12	04:12	04:11	04:13	04:14	04:18	04:19	04:21	04:20	04:23	04:44	04:51	05:25	05:10	04:21	06:07
1,200m	05:47	05:34	06:09	06:09	06:13	06:00	06:06	06:20	06:20	06:21	06:22	06:30	06:32	06:33	06:35	06:40	07:07	07:25	08:07	07:51	06:38	09:09
1,600m	07:46	07:30	08:07	08:08	08:17	08:01	08:23	08:29	08:30	08:30	08:30	08:46	08:48	08:49	08:52	09:00	09:29	10:02	10:47	10:33	08:57	12:09
2,000m	09:42	09:29	10:05	10:11	10:22	10:01	10:30	10:38	10:40	10:40	10:40	10:59	11:03	11:06	11:10	11:21	11:53	12:37	13:24	13:18	11:18	15:09
2,400m	11:41	11:27	12:04	12:15	12:31	12:03	12:33	12:46	12:48	12:47	12:49	13:15	13:19	13:23	13:30	13:42	14:13	15:12	16:02	16:03	13:39	18:13
2,800m	13:37	13:24	14:04	14:19	14:41	14:04	14:40	14:54	14:58	14:55	14:59	15:32	15:34	15:39	15:48	16:06	16:38	17:50	18:39	18:49	16:02	21:15
3,200m	15:34	15:21	16:07	16:23	16:58	16:07	16:48	17:02	17:07	17:02	17:07	17:47	17:49	17:56	18:08	18:26	19:03	20:25	21:17	21:33	18:30	
3,600m	17:30	17:20	18:07	18:28	19:09	18:11	18:59	19:10	19:20	19:10	19:21	20:03	20:04	20:13	20:28	20:48	21:27	23:02	23:55	24:22	20:59	
4,000m	19:28	19:17	20:06	20:33	21:16	20:17	21:10	21:19	21:30	21:20	21:33	22:21	22:20	22:30	22:47	23:11	23:50	25:38	26:33	27:09	23:26	
4,400m	21:25	21:14	22:05	22:37	23:24	22:22	23:21	23:29	23:44	23:31	23:45	24:36	24:36	24:49	25:08	25:33	26:15	28:18	29:12	30:00	25:53	
4,800m	23:22	23:13	24:06	24:42	25:30	24:27	25:27	25:40	25:52	25:43	25:58	26:42	26:52	27:08	27:29	27:54	28:42	30:58	31:52	32:50	28:22	
5,200m	25:19	25:13	26:06	26:45	27:38	26:35	27:34	27:51	28:03	28:02	28:13	29:09	29:09	29:29	29:53	30:15	31:06	33:35	34:30	35:38	30:53	
5,600m	27:19	27:14	28:07	28:49	29:43	28:45	29:42	30:05	30:15	30:21	30:31	31:27	31:25	31:49	32:13	32:38	33:35	36:17	37:10	38:29	33:21	
6,000m	29:19	29:17	30:07	30:52	31:49	30:55	31:48	32:16	32:30	32:40	32:50	33:47	33:43	34:08	34:35	35:01	35:57	38:59	39:49	41:25		
6,400m	31:18	31:16	32:08	32:57	33:55	33:04	33:54	34:29	34:42	34:56	35:10	36:05	36:01	36:29	36:57	37:25	38:19	41:41	42:29	44:21		
6,800m	33:13	33:13	34:11	35:00	36:00	35:11	36:01	36:45	36:55	37:14	37:24	38:22	38:18	38:49	39:18	39:50	40:43	44:20	45:10	47:18		
7,200m	35:10	35:10	36:13	37:05	38:07	37:18	38:07	39:01	39:06	39:32	39:43	40:36	40:36	41:12	41:43	42:16	43:09	47:04	47:50	50:15		
7,600m	37:09	37:09	38:15	39:06	40:15	39:27	40:16	41:16	41:22	41:52	42:05	42:50	42:52	43:33	44:04	44:42	45:34	49:48	50:29	53:16		
8,000m	39:06	39:05	40:15	41:11	42:16	41:41	42:22	43:31	43:37	44:13	44:22	45:05	45:11	45:58	46:30	47:09	48:00	52:33	53:10	56:16		
8,400m	41:04	41:04	42:15	43:15	44:17	43:50	44:30	45:47	45:50	46:30	46:44	47:25	47:28	48:20	48:55	49:35	50:20	55:18	55:49	59:12		
8,800m	43:01	43:01	44:16	45:21	46:21	45:57	46:40	47:57	48:06	48:51	49:03	49:45	49:45	50:42	51:12	52:00	52:41	57:58	58:27			
9,200m	44:59	44:59	46:20	47:25	48:24	48:02	48:46	50:08	50:20	51:12	51:22	52:01	52:05	53:07	53:41	54:26	55:04					
9,600m	46:58	47:00	48:24	49:30	50:27	50:06	50:58	52:20	52:34	53:33	53:40	54:17	54:24	55:34	56:07	56:52	57:23					
10,000m	48:56	49:04	50:26	51:35	52:30	52:14	53:12	54:30	54:50	55:55	56:01	56:33	56:43	57:54	58:34	59:17	59:39					
10,400m	50:54	51:10	52:30	53:43	54:34	54:21	55:29	56:38	57:03	58:15	58:21	58:46	59:03									
10,800m	52:53	53:16	54:34	55:48	56:37	56:29	57:45	58:45	59:15													
11,200m	54:53	55:23	56:36	57:53	58:32	58:31	59:50															
11,600m	56:54	57:30	58:31	59:54																		
12,000m	58:53	59:32																				
Partial lap	225	94	317	23	315	303	40	239	160	318	294	229	169	351	250	124	66	308	254	103		
Total Distance	12,225	12,094	11,917	11,623	11,515	11,503	11,240	11,039	10,960	10,718	10,694	10,629	10,569	10,351	10,250	10,124	10,066	9,108	9,054	8,503	5,600	2,800