

USATF National One Hour Race Walk Championships
Waltham MA
October 11, 2009

women's Lap Sheet

Competitor / Distance	elapsed time - Teresa Vail		elapsed time - Erin Taylor		elapsed time - Lauren Forgues		Nicole Court-Mendez		elapsed time - Abby Dunn		Annie Schilde		Emily Reed		Courtney Williams		Sandra Archibald		Lucinda Hsiao		Joanne Harriman		Pat Godfrey		Dorothy Zullo	
400m	01:51		02:05		02:15		02:16		02:17		02:26		02:17		02:21		02:21		02:43		03:00		02:40		02:23	
800m	03:42	01:51	04:10	02:05	04:34	02:19	04:41	02:25	04:41	02:24	04:52	02:26	04:46	02:29	04:48	02:27	04:54	02:33	05:38	02:55	06:05	03:05	05:30	02:50	04:47	02:24
1,200m	05:36	01:54	06:15	02:05	06:52	02:18	07:15	02:34	07:14	02:33	07:23	02:31	07:19	02:33	07:23	02:35	07:28	02:34	08:34	02:56	09:14	03:09	08:24	02:54	07:13	02:26
1,600m	07:29	01:53	08:21	02:06	09:12	02:20	09:46	02:31	09:45	02:31	09:55	02:32	09:55	02:36	09:55	02:32	10:04	02:36	11:31	02:57	12:23	03:09	11:16	02:52	09:42	02:29
2,000m	09:24	01:55	10:30	02:09	11:26	02:14	12:14	02:28	12:13	02:28	12:30	02:35	12:29	02:34	12:29	02:34	12:38	02:34	14:26	02:55	15:34	03:11	14:09	02:53	12:11	02:29
2,400m	11:19	01:55	12:33	02:03	13:40	02:14	14:36	02:22	14:37	02:24	15:04	02:34	15:03	02:34	15:04	02:35	15:14	02:36	17:25	02:59	18:44	03:10	17:02	02:53	14:43	02:32
2,800m	13:14	01:55	14:37	02:04	15:54	02:14	17:01	02:25	17:01	02:24	17:39	02:35	17:36	02:33	17:42	02:38	17:50	02:36	20:27	03:02	21:55	03:11	19:55	02:53	17:15	02:32
3,200m	15:09	01:55	16:44	02:07	18:07	02:13	19:33	02:32	19:33	02:32	20:09	02:30	20:08	02:32	20:24	02:42	20:26	02:36	23:29	03:02	25:06	03:11	22:49	02:54	19:48	02:33
3,600m	17:05	01:56	18:51	02:07	20:19	02:12	22:05	02:32	22:04	02:31	22:38	02:29	22:36	02:28	23:01	02:37	23:03	02:37	26:32	03:03	28:19	03:13	25:43	02:54	22:19	02:31
4,000m	19:02	01:57	20:59	02:08	22:28	02:09	24:31	02:26	24:31	02:27	25:07	02:29	25:05	02:29	25:35	02:34	25:39	02:36	29:36	03:04	31:34	03:15	28:39	02:56	24:51	02:32
4,400m	20:58	01:56	23:09	02:10	24:38	02:10	27:02	02:31	27:02	02:31	27:36	02:29	27:34	02:29	28:13	02:38	28:18	02:39	32:36	03:00	34:50	03:16	31:30	02:51	27:29	02:38
4,800m	22:54	01:56	25:20	02:11	26:45	02:07	29:32	02:30	29:32	02:30	30:08	02:32	30:04	02:30	30:56	02:43	30:57	02:39	35:39	03:03	38:08	03:18	34:22	02:52	30:04	02:35
5,200m	24:55	02:01	27:29	02:09	28:55	02:10	32:03	02:31	32:04	02:32	32:37	02:29	32:35	02:31	33:38	02:42	33:32	02:35	38:46	03:07	41:26	03:18	37:18	02:56	32:40	02:36
5,600m	26:53	01:58	29:38	02:09	31:04	02:09	34:32	02:29	34:32	02:28	35:08	02:31	35:08	02:33	36:22	02:44	36:13	02:41	41:48	03:02	44:39	03:13	40:17	02:59	35:15	02:35
6,000m	28:51	01:58	31:44	02:06	33:14	02:10	37:02	02:30	37:03	02:31	37:41	02:33	37:40	02:32	39:06	02:44	38:54	02:41	44:59	03:11	47:53	03:14	43:14	02:57	37:50	02:35
6,400m	30:50	01:59	33:57	02:13	35:24	02:10	39:31	02:29	39:31	02:28	40:13	02:32	40:12	02:32	41:51	02:45	41:35	02:41	48:02	03:03	51:11	03:18	46:12	02:58	40:25	02:35
6,800m	32:50	02:00	36:07	02:10	37:36	02:12	42:00	02:29	41:00	01:29	42:47	02:34	42:46	02:34	44:33	02:42	44:16	02:41	50:59	02:57	54:30	03:19	49:07	02:55	43:00	02:35
7,200m	34:47	01:57	38:19	02:12	39:47	02:11	44:27	02:27	44:27	03:27	45:20	02:33	45:21	02:35	47:14	02:41	46:57	02:41	53:58	02:59	57:46	03:16	52:02	02:55	45:30	02:30
7,600m	36:46	01:59	40:31	02:12	42:01	02:14	46:57	02:30	46:58	02:31	47:44	02:24	47:59	02:38	49:56	02:42	49:34	02:37	56:57	02:59	00:00	02:14	54:57	02:55	48:11	02:41
8,000m	38:46	02:00	42:45	02:14	44:14	02:13	49:25	02:28	49:22	02:24	50:13	02:29	50:41	02:42	52:35	02:39	52:13	02:39	59:54	02:57	00:00	00:00	57:44	02:47	50:51	02:40
8,400m	40:45	01:59	44:57	02:12	46:27	02:13	51:42	02:17	51:49	02:27	52:40	02:27	53:18	02:37	55:12	02:37	54:53	02:40	00:06	00:00	00:00	00:00	02:16	00:00	09:09	
8,800m	42:44	01:59	47:13	02:16	48:40	02:13	54:02	02:20	54:12	02:23	55:07	02:27	55:50	02:32	57:44	02:32	57:34	02:41	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
9,200m	44:43	01:59	49:26	02:13	50:53	02:13	56:22	02:20	56:44	02:32	57:31	02:24	58:27	02:37	00:00	02:16	00:00	02:26	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
9,600m	46:43	02:00	51:39	02:13	53:06	02:13	58:40	02:18	59:22	02:38	59:55	02:24	00:00	01:33	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
10,000m	48:42	01:59	53:50	02:11	55:18	02:12	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
10,400m	50:42	02:00	56:03	02:13	57:31	02:13	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
10,800m	52:42	02:00	58:17	02:14	59:44	02:13	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
11,200m	54:43	02:01	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
11,600m	56:43	02:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
12,000m	58:43	02:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
12,400m	01:17	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Partial lap	263		313		44		259		105		21		261		385		381		18		276		335		0	
Total Distance	12,263		11,113		10,844		9,859		9,705		9,621		9,461		9,185		9,181		8,018		7,476		8,335		DQ	

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youth's Lap Sheet

Youth 15 minute race walk

Competitor / Distance	Spencer Dunn (M11)	elapsed time - Spencer Dunn (M11)	John Henry Fitzgerald (M14)	elapsed time - John Henry Fitzgerald (M14)	Jackie Fitzgerald (F8)	elapsed time - Jackie Fitzgerald (F8)
400m	02:20		02:43		02:58	
800m	04:43	02:23	05:48	03:05	06:19	03:21
1,200m	07:09	02:26	08:58	03:10	09:41	03:22
1,600m	09:41	02:32	12:05	03:07	12:57	03:16
2,000m	12:15	02:34				
2,400m	14:31	02:16				
Partial lap	75		389		252	
Total Distance	2,475		1,989		1,852	