

USATF National One Hour Race Walk Championships
Waltham MA
October 7, 2012

Women's Lap Sheet

Competitor / Distance	elapsed time - Maria Michta	elapsed time - Erin Taylor-Talcott	elapsed time - Katie Burnett	elapsed time - Meaghan Podlaski	elapsed time - Kayla Allen	elapsed time - Debbie Topham	elapsed time - Pamela Allie-Morrill	elapsed time - Valentina Vaitones	elapsed time - Kay Carmines
400m	02:01	02:01	02:01	02:04	02:07	02:30	02:31	02:17	02:53
800m	03:43	03:57	03:56	04:11	04:14	04:59	05:03	04:49	05:54
1,200m	05:50	05:55	05:51	06:20	06:32	07:26	07:33	07:25	08:53
1,600m	07:45	07:54	07:45	08:26	08:51	09:53	10:04	09:58	11:51
2,000m	09:42	09:54	09:42	10:33	11:16	12:22	12:35	12:36	14:53
2,400m	11:38	11:54	11:38	12:42	13:40	14:51	15:07	15:07	17:54
2,800m	13:36	13:54	13:36	14:53	16:04	17:19	17:40	17:43	20:55
3,200m	15:37	15:55	15:37	17:01	18:27	19:45	20:11	20:40	23:59
3,600m	17:36	17:55	17:42	19:14	20:53	22:15	22:45	23:28	27:04
4,000m	19:32	19:54	19:51	21:27	23:20	24:46	25:22	26:19	30:11
4,400m	21:31	21:54	22:01	23:40	25:45	27:16	27:57	29:14	33:18
4,800m	23:27	23:55	24:16	25:55	28:08	29:42	30:38	32:12	36:25
5,200m	25:27	25:56	26:30	28:14	30:33	32:14	33:18	35:07	39:35
5,600m	27:27	27:58	28:45	30:23	33:06	34:46	35:55	38:10	42:42
6,000m	29:26	30:03	30:56	32:42	35:41	37:22	38:38	41:12	45:50
6,400m	31:25	32:07	33:05	35:00	38:14	39:58	41:21	44:05	48:58
6,800m	33:24	34:12	35:15	37:19	40:48	42:43	44:06	46:53	51:53
7,200m	35:22	36:16	37:30	39:38	43:21	45:08	46:47	49:53	55:07
7,600m	37:22	38:22	39:43	41:56	46:00	47:45	49:28	52:55	58:12
8,000m	39:22	40:24	41:57	44:22	48:37	50:20	52:15	55:50	
8,400m	41:22	42:27	44:10	46:48	51:22	52:55	55:02	58:43	
8,800m	43:21	44:35	46:22	49:15	54:00	55:28	57:45		
9,200m	45:21	46:41	48:34	51:41	56:45	58:02			
9,600m	47:21	48:47	50:48	54:09	59:34				
10,000m	49:20	50:52	53:04	56:37					
10,400m	51:21	52:59	55:11	59:27					
10,800m	53:20	55:09	57:15						
11,200m	55:20	57:15	59:09						
11,600m	57:20	59:22							
12,000m	59:08	01:48							
Partial lap	210	128	189	86	64	313	333	196	232
Total Distance	12,210	11,728	11,389	10,486	9,664	9,513	9,133	8,596	7,832