

WOMEN'S HEPTATHLON HANDBOOK & MEDIA GUIDE



7th THORPE CUP USA vs GERMANY TEAM HEPTATHLON

Marburg, Germany
July 21-22, 2012



by:
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Heptathlon Schedule:

Saturday

July 21

100 Hurdles
High Jump
Shot Put
200m

Sunday

July 22

Long Jump
Javelin
800 m

Team Rosters:



Team USA:

Aisha Adams
Chelsea Carrie-Eades
Ryann Kraiss
Lindsay Lettow
Heather Miller
Barbara Nwaba
Bettie Wade

Women's Staff: Head Coach – John Green; Assistant Coach –Kendra Reimer



Team Germany:

Biesenbach, Alina
Biesenbach, Kira
Gortz, Annika
Maiwald, Anna
Schäfer, Carolin
Substitute
Weber, (Juliane)Liane
Coaches
Kukne, Wolfgang
Bernshausen, Andreas

Women's Thorpe Cup History

Individual Winners:

<i>Year</i>	<i>score</i>	<i>winner</i>	<i>affiliation</i>	<i>site</i>
2006	5799	Julia Machting	GER	Manhattan, KS
2007	6022	Lela Nelson	USA	Bernhausen
2008	6029	Lela Nelson	USA	Manhattan, KS
2009	5990	Liz Roehrig	USA	Marburg
2010	5984	Bette Wade	USA	Marburg
2011	6052	Bette Wade	USA	Chula Vista

Team Winners:

<i>Year</i>	<i>first</i>	<i>cum pts</i>	<i>second</i>	<i>cum pts</i>	<i>differential</i>	<i>site</i>
2006	United States	15,716	Germany	15,619	97	Manhattan, KS
2007	Germany	16,946	United States	16,933	13	Bernhausen
2008	Germany	17,267	United States	17,162	1105	Manhattan, KS
2009	Germany	17,590	United States	16,650	940	Marburg
2010	United States	17,518	Germany	14,182	3,336	Marburg
2011	United States	17,611	Germany	17,115	496	Chula Vista

Meet Results [2006-2010]

2006 Manhattan, KS

5799	Machting, Julia/GER	14.84+2.4	170	1405	24.90+2.6	601+2.1	4306	2:21.07
5475	McNaney, Danielle/USA	14.00+2.4	170	1112	25.47+2.6	541+0.7	4131	2:19.58
5292	Wallin, Reidun/USA	14.27+2.4	161	1133	25.77+2.6	510-1.6	4259	2:16.90
5062	Buder, Marlen/GER	14.76+2.4	164	1353	25.85+2.6	507+1.6	4088	2:40.28
4949	Bass, Tacita/USA	14.15+2.4	158	1171	24.80+2.6	534+1.2	2532	2:30.16
4796	Nelson, Lela/USA	13.58+2.4	173	1174	24.10+2.6	nm	3384	2:29.36
4758	Schrader, Annelie/GER	13.86+2.4	164	1160	25.57+2.6	567+0.2	4468	dnf
4758	Schwerdtner, Maren/GER	14.24+2.4	173	1266	24.84+2.6	546+0.4	3795	dnf

Team Scores: USA: 15,716; Germany: 15,619 (97)

2007 Bernhausen

8/18-19/07

6022	Nelson, Lela/USA	13.74+0.5	182	1156	24.36	0.0	678	0.0	35.27	2:25.49
5718	Pickler, Julie/USA	13.93-0.5	173	1125	24.80	0.0	577	0.0	40.86	2:17.49
5680	Hebestreit, Ulrike/GER	13.69-0.5	167	1194	25.29	0.0	599+	0.5	38.35	2:18.80
5677	Schrader, Annelie/GER	13.90+0.5	167	1188	25.64	0.0	608	0.0	47.10	2:28.98
5589	Hartz, Ulrike/GER	14.92-0.5	173	1216	24.81	0.0	580+0.4	43.29	2:25.56	
5193	Johnson, Jackie/USA	13.63-0.5	176	nm	25.16	0.0	607+0.1	41.81	2:22.54	
dnf	Menne, Ekatarina	14.60+0.5	167	1144	26.04	0.0	5.6?	+0.2	withdrew	
dnf	Asigbee, Fiona	13.89-0.5	173	1141	25.27	0.0	594	0.0	33.69	dnr

Guests:

5638	McNaney, Dani	13.82+0.5	170	11.60	25.53	0.0	581+0.2	3716	2:14.47
5465	DuPree, Rynne	13.74-0.5	170	10.54	25.36	0.0	596+1.0	3551	2:24.93
dnf	Hunter, Gayle	14.32+0.5	155	10.64	25.87	0.0	withdrew		

Team Scores

1. GER 16,946 ; 2. USA 16,933.

2008 Manhattan, KS

7/2-3/08

6029	Nelson, Lela/USA	13.46+1.5	170	24.16+2.2	665+2.8	4186	2:25.41	
5791	Hartz, Ulrike/GER	14.11+1.4	173	1127	24.65+2.2	604+3.2	4755	2:27.04
5750	Schulz, Christine/GER	13.87+1.5	176	1297	25.58+2.2	603+2.3	3958	2:25.68
5726	Goldkuhle, Maike/GER	13.77+1.5	167	1375	25.06+2.2	588+3.1	3781	2:21.70
5658	Keller, Katja/GER	13.96+1.4	167	1229	25.34+1.9	624+3.7	3818	2:24.44
5649	Wilhelm-Andres, Ashley/USA	14.24+1.5	173	1091	25.02+1.9	603+4.7	3926	2:19.72
5484	Hill, Kasey/USA	14.10+1.5	170	1188	24.72+2.2	556+4.2	3407	2:19.65
5402	Roehrig, Liz/USA	14.45+1.4	176	1268	24.67+2.2	595+2.5	3186	2:38.57
5271	Poulson, Jackie	14.12+1.4	167	1209	25.38+1.9	535+2.3	4304	2:38.53
5020	McNaney, Dani	14.37+1.4	164	1005	25.93+1.9	517+2.7	3688	2:24.79
dnf	Gurbig, Romy/GER	??	187	1079	25.41+1.9	619+4.6		

Team Results:

1 Germany 17,267; 2 United States 17,162

2009 Marburg, GER

8/8-9/09

5990	Roehrig, Liz/USA	14.03+1.2	183	1297	24.90	0.0	612+1.0	4193	2:22.67	
5974	Schultz, Christine/GER	13.75+1.1	174	1299	25.28	0.0	613+1.0	4176	2:16.03	
5941	Rath, Claudia/GER	14.07+1.2	177	1156	24.85	0.0	641-1.0	3960	2:17.45	
5675	Schwerdtner, Maren/GER	14.17+1.1	168	1342	25.00	0.0	612+1.0	4203	2:27.81	
5576	Rudiger, Julia/GER	13.75+1.1	177	1146	24.77	0.0	591	0.0	3654	2:32.25

5469	McNaney, Dani/USA	14.19+1.1	165	1129	25.72	0.0	577+1.0	3878	2:17.23
5413	Schrader, Annelie/GER	14.23+1.2	165	1136	26.14	0.0	560	0.0	4867 2:29.01
5191	Hill, Kasey/USA	14.19+1.2	165	1185	24.79	0.0	521-1.6	3299	2:26.55
5143	McFadden, Kalindra/USA	14.55+1.1	156	1123	25.55	0.0	527-1.0	3707	2:17.35
4919	Nelson, Lela/USA	13.79+1.1	180	1076	25.02	0.0	639+1.1	3105	dnr

Guests:

5616	Adams, Aisha/USA	13.77+1.2	174	1119	24.98	0.0	607+1.0	3331	2:22.11
5568	Pearson, Emily/USA	14.03+1.2	168	1129	25.22	0.0	577+1.0	4744	2:25.39
5549	Pickler, Julie/USA	14.07+1.2	171	1177	24.94	0.0	562+1.0	3923	2:22.65

Team Scores: Germany 17,590; USA 16,650

2010: Marburg 8/7-8/10

5984	Wade, Bette/USA	13.91+2.2	183	1307	25.33-0.9	624+1.6	3709	2:17.89
5779	Krais, Ryann/USA	13.85+2.2	177	1061	25.49-0.9	592+0.9	4075	2:13.05
5755	Stechschulte, Abbie/USA	13.77+2.2	168	1274	25.05-0.9	589+1.5	3768	2:15.71
5611	Pearson, Emily/USA	13.99-0.3	168	1187	25.31-1.1	568+0.6	4529	2:24.24
5607	Kiffe, Christina/GER	14.39-0.3	183	1188	26.61-1.1	587	0.0	4637 2:31.92
5514	Hill, Kasey/USA	14.07-0.3	168	1244	25.45-1.1	553	0.0	3704 2:17.31
4711	Maiwald, Anna/GER	14.41-0.3	171	1195	25.89-1.1	nm	4295	2:26.79
3864	Schrader, Annelie/GER	dnf	168	1167	26.07-0.9	602+0.8	4420	dnf

Guests:

5465	Adams, Aisha/USA	14.19-0.3	168	997	25.01-1.1	574	+0.5	3981 2:19.19
5198	Bradford, Adreona/USA	14.07+2.2	171	995	25.45-0.9	564+1.2	2910	2:22.49

Team Scores: USA 17,518; Germany 14,182.

2011: Chula Vista Marburg 8/13-14/11

6052	Wade, Bette/USA-Nike	13.77+1.9	184	1374	25.05+1.5	618+3.0	3551	2:16.85
5858	Rath, Claudia/GER	14.16+1.9	169	1277	25.28+1.9	624+1.2	3752	2:11.48
5831	Krais, Ryann/USA-Kansas St	13.61+1.9	172	1152	24.92+1.9	573+1.5	3904	2:09.10
5728	Pearson, Emily/USA-unat	13.89+1.9	172	1161	24.76+1.9	561+1.3	4286	2:17.56
5646	Scheafer, Carolin/GER	14.11+1.8	172	1176	24.89+1.9	561+3.2	4600	2:25.78
5615	Stechschulte, Abbie/USA-unat	13.92+1.8	163	1316	25.38+1.5	609+1.1	3279	2:17.55
5611	Gambetta, Sara/GER	14.95+1.8	175	1429	25.23+1.9	584+2.6	4348	2:34.85
5545	Nwaba, Barbara/USA-UCSB	17.33+1.8	181	1269	24.83+1.9	560+3.2	4660	2:17.20
5484	Weber, Liane/GER	14.16+1.9	166	1173	25.96+1.5	576+1.0	3930	2:18.29
5462	Saumweber, Stefanie/GER	13.66+1.9	169	1190	25.93+1.5	609+2.2	3539	2:31.01
4404	Lettow, Lindsay/USA-C Missouri	14.27+1.8	166	1050	26.18+1.5	568+3.2	3442	dnf

Individual Heptathlon Records:

Individual Event Records

World Records

100H	12.62	Eunice Barber/FRA (+2.9)	Arles 6889	2005	
HJ	1.97m/6-5 ½	Tia Hellebut/BEL	Gotzis 6201	2006	
SP	20.79m/68-2½	Eva Wilms/GER	pent		
	17.29m/56-8 ¾	Natalia Dobrynska/UKR	hept	Beijing 6733	2008
200m	22.30	J. Joyner-Kersey/USA	Indy 7215	1988	
LJ	7.27m/23-10 ¼	J. Joyner-Kersey/USA	Seoul 7291	1988	
Jav	64.64m/212-1	Tessa Sanderson/GBR	Brussels 6125	1981	
800m	2:01.84	Nadine DeBois/FRA	Talence 6227	1987	
1st day	4367	J Joyner-Kersey/USA	Indy 7215	1988	
2nd day	3027	J Joyner-Kersey/USA	Seoul 7291	1988	
Score	7291	J Joyner-Kersey/USA	Seoul	1988	

American Records

100H	12.65	Hyleas Fountain/Nike (+2.8)	Seoul 7291	1988
HJ	1.93m/6-4	J Joyner-Kersey/WCAC	Indy 7215	1988
		Sharon Day/Nike	Havana, 6063	2009
SP	16.30m/53-5 ¾	Jane Frederick/Naturite	Rome 6502	1987

200m	22.30	J Joyner-Kersee/WCAC	Indy 7215	1988
LJ	7.27/23-10 ¼	J Joyner-Kersee/WCAC	Seoul 7291	1988
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston 5599	1983
800m	2:04.70	Marla Runyan/	Atlanta-OT 5708	1996
1st day	4367	J Joyner-Kersee/WCAC	Indy 7215	1988
2nd day	3027	J Joyner-Kersee/WCAC	Seoul 7291	1988
Score	7291	J Joyner-Kersee/WCAC	Seoul	1988

Collegiate Records

100H	13.02	Tiffany Lott/BYU	Austin 6042	1997
HJ	1.93m/6-4	Ewanjee Marysee Epee/ARZ-FRA	Athis-Mons 5867	1985
SP	16.72m/54-10 ½	Austra Skujyte/Kan St-LIT	Munich	2002
200m	23.13	Ali McKnight/Nev-Reno	Sacramento	1995
LJ	6.92m/22-8 ½	Diane Guthrie/GMU	Knoxville 6527	1995
Jav	54.76m/179-8	Suzie Ray/UCLA	Houston 5599	1983
800m	2:08.4	Lana Zimmerman/LSU	Houston	1983
1st day	3942	Jackie Joyner/UCLA	Baton Rouge 6718	1985
2nd day	2799	Diane Guthrie/GMU-JAM	Knoxville 6527	1995
Score	6718	Jackie Joyner/UCLA	Baton Rouge/OF	1985

Germany Records

100H	12.64 (+0.3)	Sabine John-Paetz/[GDR]	Potsdam	1984
HJ	1.94 (Sabine Braun/GER	Barcelona	1992
SP	20.79m/68-2½	Eva Wilms/GER	pent	
200m	22.73 (+4.0)	Anke Behmer/[GDR]	Gotzis	1988
LJ	6.95m /	Heike Dreschler/GER (+1.0)	Talence	1994
Jav	55.25m/	Lilli Schwartzkopf/GER	Ratingen	2009
800m	2:03.76	Make Behmer/[GDR]	Potsdam	1984
1st day	4118	Sabine Braun/GER	Gotzis	1992
2nd day	2962	Ramona Neubert/[GDR]	Moscow	1983
Score	6985	Sabine Braun/GER	Gotzis	1992

ThorpeCup Meet Records:

100H	13.63 (-0.5)	Jackie Johnson/USA	Bernhausen	2007
HJ	1.84m/6-½	Bette Wade/USA	Chula Vista	2011
SP	14.29m/46-10¾	Sara Gambetta/GER	Chula Vista	2011
200m	24.10 (+2.6)	Lela Nelson/USA	Manhattan, KS	2006
LJ	6.78m/22-3	Lela Nelson/USA	Bernhausen	2007
Jav	48.67m/159-8	Annelie Schrader/GER	Marburg	2009
800m	2:09.10	Ryann Kraus/USA	Chula Vista	2011
1st day				
2nd day				
Score	6052	Bette Wade/USA	Chula Vista	2011

[13.77+1.9 184 1374 25.05+1.5 618+3.0 3551 2:16.85]

Germany Athletes Bios:

Team Germany:

Coaches

Kukne, Wolfgang
Bernshausen, Andreas



BIESENBACH, ALINA

DOB: 4/27/92, (20 yrs old), born: Leverkusen

Career:

Progression: 2010: 5180, 2011: 5339, 2012: 5582. Coach:

Club: TVS Bayer Leverkusens

6/15/12 5582 14.76+0.1 175 1251 26.27+0.4 590+1.0 4074 2:20.01

PRs: 5582 14.76+0.1 180 1251 26.27+0.4 590+1.0 4074 2:20.01



BIESENBACH, KIRA

DOB: 10/7/92, (19 yrs old),

Career: 3rd, girl's heptathlon at World Youth Championships (Bressanone) '09

Progression: 2008: 5152, 2009: 5480; 2012 5757.: Coach Erik Schneider, Karl-Heinz Düe

Club:

5/25/12 5757 14.16+0.3 169 1247 24.33 0.0 608+1.7 3805 2:20.69

PRs: 5757 14.41+0.3 169 1305 24.32-0.2 616i 3703 2:23.90



GORTZ, ANNIKA ?

DOB:

Career:

Progression:

Club:

PRs:



MAIWALD, ANNA

DOB: 1/1/1990 (22 yrs old),

Career: 2009 National Junior Champion;

Progression: 2008: 5224; 2009: 5411; 2010: 5452, 2012: 5658; Coach

Club: TVS Bayer Leverkusens; former club: TSV Ostringen.

5/25/12 5658 4 Ulm 14.16+0.3 166 1199 24.51 0.0 566+0.6 4320 2:19.78

PRs: 5658 14.11+0.1 168 1289 24.65-0.2 583+0.2 4320 2:19.04



SCHÄFER, CAROLIN

DOB: 12/5/91, (20 yrs old),

Career: 5th, IAAF World Youth, 2007; 12th, IAAF world Jrs, 2008; 21st, European Champs, 2012.

Progression: 2007: 5545, 2008: 5833, 2009: 5697, 2010: 5333, 2011 5941, 2012: 6072, Coach

Club: LG Eintracht Frankfurt

8/14/11 5646 5 Thorpe Cup, Chula Vista 14.11+1.8 172 1176 24.89+1.9 561+3.2 4600 2:25.78



5/25/12	6072	1	Ulm	13.77+0.3	175	1350	24.31	0.0	583+1.6	4950	2:22.88
6/28/12	6003	11	Euro Ch, Helsinki	13.68+0.3	174	1270	24.19-0.4	591+0.9	4881	2:25.79	
PRs:	6072			13.68+0.3	179	1311	24.19-0.4	603+1.2	4950	2:20.78	

WEBER, LIANE

DOB: February 24, 1986
 POB:
 Ht: 5-10
 Hometown: Wangen, Germany
 High School:
 College: Clemson '10
 Club: LG Stadtwerke Muenchen



2011: 9th at Thorpe Cup in Chula Vista. NCAA runner-up at Drake with 5857 score. Won ACC crown with SB 5463 score. **2010:** Captured ACC crown outdoors with PR 5928 effort. Won 3rd ACC crown, with PR 4262 score. **2009:** Opened season with PR 4218 win at ACC in Blacksburg. **2008:** 8th at ACC outdoor heptathlon. **2007:** Won ACC indoor pentathlon with 4089 at Clemson. Missed winning ACC title by a second in the 800m. **Pre Clemson:** Member of the German national track & field team...first-place in the heptathlon at the 2005 German Junior Championships...placed first at the 2003 German Jr Championships in the long jump...finished seventh in the heptathlon at the Under-20 European Championships in 2005 **Personal:** Daughter of Bruno and Gisela Weber. Major: Health studies. Coach: Chauncey Johnson.

Career:

Indoor:				60h	hj	sp	lj	800m						
2/23/07	4089	1	ACC, Clemson	8.77	171	1101	591	2:18.44						
3/10/07	3831	15	NCAA I, Fayetteville	8.84	166	1114	563	2:26.39						
1/30/08	4135	1	JRF Multis, Clemson	8.72	172	1128	599	2:19.74						
2/26/09	4218	1	ACC, Blacksburg	8.68	171	1166	600	2:15.65						
3/14/09	4235	6	NCAA, College Station	8.66	172	1130	601	2:14.04						
2/27/10	4262	1	ACC, Blacksburg	8.57	173	1232	592	2:17.23						
3/13/10	4113	5	NCAA, Fayetteville	8.50	168	1187	588	2:21.77						
Outdoor:				100h	w	hj	sp	200m	w	1 st day	lj	w	jav	800m
9/04/04	5372	6	German Jr, Vaterstetten	14.47+0.6	166	1124	25.71-0.8	3153	556+0.1	4148	2:21.26			
7/24/05	5392	7	Euro Jr, Kaunas	14.81-2.0	167	1066	26.06-2.1	3050	574	0.0	4460	2:20.66		
8/27/05	5431	1	German-Jr, Lage	14.55-0.8	166	1181	25.92	0.0	3161	551-0.6	4370	2:19.78		
4/20/07	5337	2	ACC, College Park	14.63-0.8	165	1073	25.90+0.4	3069	567	0.0	4088	2:19.25		
4/18/08	4804	8	ACC, Atlanta	15.30	0.0	163	1018	27.10+0.1		529+1.5	4008	2:31.26		
4/17/10	5928	1	ACC, Clemson	13.94+0.3	176	1226	24.80+0.5	3498	585+0.2	4688	2:19.78			
6/10/10	dnf	-	NCAA, Eugene	14.71+2.4										
4/22/11	5463	1	ACC, Durham	14.14+1.1	163	1239	25.75+1.8		551+0.2	4491	2:24.60			
6/11/11	5857	2	NCAA, Des Moines	13.84+1.4	169	1321	25.55-1.7		583+0.6	4524	2:16.57			
6/17/11	5578	13	IAAF CE, Ratingen	14.02+1.6	162	1190	25.67+2.7		557+2.4	4562	2:16.77			
8/14/11	5484	9	Thorpe Cup, Chula Vista	14.16+1.9	166	1173	25.96+1.5		576+1.0	3930	2:18.29			
5/06/12	5713	7	MultiStars, Desanzano	13.90+0.6	169	1256	25.78-0.2		557+0.3	4505	2:15.97			

PRs: 5928 / 4262 13.84+1.4 176 1321 24.80+0.5 3498 601i 4688 2:14.04

Indoor: 60h: 8.50

USA Delegation:

Women's Staff: Head Coach – John Green; Assistant Coach –Kendra Reimer



Athletes Bios:

AISHA ADAMS

DOB: September 24, 1987
 POB:
 Ht: 5-6
 Hometown: Covington, TN
 High School: Millington Central HS. TN
 College: Barton County
 Angelo State U '11



2012: 10th at US Olympic Trials. Won early season heptathlon in San Angelo with PR 5861 score. **2010:** Runner-up at Texa Relays with PR 5795 and repeated as NCAA II champ. **2009:** 9th at USA nationals with PR 5636.Lone Star Conference track athlete of the year. NCAA Div-II heptathlon champion with PR 5586 score. **2006:** Named athlete of national NJCAA meet. **High School:** 3 sport standout (basketball, volleyball, t&f), **Personal:** Daughter of Patricia Adams. Undecided major.

Career:

Indoor:

2/17/06 3469 JUCO Region#6
 1/22/07 3431 Highland Multis

Outdoor:

	100h	w	hj	sp	200m	w	lj	w	jav	800m
4/14/06 5112					24.64		595			
5/05/06					168					
3/20/09 5499 1	14.76	-0.2	175	1195	25.01	-0.2	578	+1.0	3580	2:22.09
4/02/09 5529w 2	14.09	+2.4	166	1206	24.62	+4.1	577	+4.1	3747	2:24.24
5/22/09 5586 1	13.81	+1.7	169	1223	25.39	-0.3	597	-0.3	3684	2:24.40
6/28/09 5636 9	13.81	+1.6	163	1172	24.68	+2.1	609	+2.4	3659	2:20.13
8/08/09 5616 guest	13.77	+1.2	174	1119	24.98	0.0	607	+1.0	3331	2:22.11
4/01/10 5795w 2	13.80	+3.7	177	1110	24.48	+3.5	623	+2.5	3509	2:20.03
5/28/10 5698 1	13.76	-0.1	176	1177	24.21	-0.4	587	+1.3	3367	2:22.19
6/26/10 5708 6	13.58	+2.6	169	1171	24.37	+3.3	609	+1.7	3160	2:17.61
4/04/12 5861 1	13.99	-0.4	170	1162	24.33	0.0	621	+1.1	3772	2:14.32
6/30/12 5778 10	14.41	+0.7	175	1134	24.38	+2.8	581	+0.9	4226	2:16.28

PRs: 5861 / 3469

13.58+2.6 177 1223 24.21-0.4 623+2.5 3772 2:14.32

CHELSEA CARRIER-EADES

DOB: August 21, 1989



POB:

Ht: 5-6
Hometown: Buckhannon, WV.
High School: Buckhannon HS, WV '07
College: West Virginia '11



2012: 11th at US Olympic Trials. 3rd at NCAAs with best non-windy score (5839).. No indoor season. Opened outdoor campaign by defending Texas relays crown with 5821 score. Big east 100m H champ at 12.93 seconds (wind +2.4mps). **2011:** Was 3rd at NCAA heptathlon in Des Moines. Opened outdoor with huge hept PR (5927w) to win Texas Relays. Won 3 events at Big East outdoor meet (100H, 400H, lj). Defended Big East crown indoors with PR 4170 score and followed with a 5th at NCAA pentathlon. Big East indoor 60m hurdle champ with PR 8.15 clocking. **2010:** Won Penn State meet with breakthrough PR 4126, then won Big East title. **2009:** co Big East outdoor hurdle champ, **2008:** Won Big East outdoor 100mH title and ECAC indoor 60m hurdles title. **High School:** Won 11 WV high school state titles. '07 USATF Jr runner-up. **Personal:** daughter of Rick and Andrea Carrier. Major is pre-elementary education.

Career:

Indoor:				<i>60H</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>				
1/25/08	3601		Penn St, U Park	8.07	157	979	529	2:27.10	[55mH]			
2/23/08	3665		Big East, Armory, NYC	8.72	161	1019	542	2:27.05				
2/06/09	3967	1	Sykes-Sabock, Penn St	8.58	171	1001	573	2:21.59				
2/21/09	3786		Big East, Armory, NYC	8.69	158	1059	573	2:24.61				
3/13/09	3923	15	NCAA, College Station	8.36	157	1009	576	2:24.62				
2/06/10	4136	1	Sykes-Sabock, Penn St	8.45	171	1099	592	2:20.08				
2/20/10	3994	1	Big East, NYC Armory	8.48	168	1061	592	2:25.61				
3/13/10	4133	4	NCAA, Fayetteville	8.29	171	1040	589	2:19.49				
2/18/11	4170	1	Big East, Akron	8.26	175	1113	586	2:23.26				
3/11/11	4128	5	NCAA, College Station	8.29	166	1130	596	2:21.32				
Outdoor:				<i>100 h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/09/08	5023		Sea Ray R, Knoxville									
5/02/08	5073		Big East, Villanova	14.19		164	974	24.77	560		2877	2:26.64
5/16/08	5188	3	ECAC	13.66		163	976	25.15-0.2	557		3070	2:22.29
4/07/11	5927w	1	Texas R, Austin	13.04+5.4		173	1175	23.64+4.0	622+1.8		3124	2:18.88
6/10/11	5761	3	NCAA I, Des Moines	13.31-2.1		169	1176	23.95-0.1	594+0.5		3308	2:18.50
3/29/12	5821	1	Texas R, Austin	13.40-0.1		172	1149	24.16+0.3	622+2.0		3236	2:18.39
6/08/12	5839	3	NCAA I, Des Moines	13.15-0.4		169	1146	23.73+1.1	605-0.4		3293	2:16.92
6/30/12	5772	11	OT/USA, Eugene	12.96+0.9		169	1186	23.80+1.0	564+0.8		3232	2:15.48

PRs 5927 / 4170 12.78 175 1186 23.64+4.0 642 3308 2:15.48
Indoor: 60H: 8.08

RYANN KRAIS

DOB: March 21, 1990
POB: Philadelphia, PA
Ht: 5-9
Hometown: Eagleville, PA
High School: Methacton HS
College: UCLA
Kansas St '12



2012: 7th at US Olympic Trials. 14th at NCAAs after winning Big 12 heptathlon with 5661 score. Began outdoor season with 4th place 5694 effort at Arizona's Click Multis. Big 12 indoor pentathlon winner with 4079 effort, then placed 5th at NCAA with PR 4142 score. **2011:** Was runner-up at USA nationals with PR 6030 effort just two weeks after she became NCAA champion with PR 5961 in rainy Des Moines. Finished 3rd at Thorpe Cup. 6th at NCAA indoor pentathlon, then opened outdoor season with PR 5848 2nd place effort at Texas Relays. Transferred to Kansas St, scored 4021 in first indoor meet. Big 12 400H champ and NCAA qualifier (PR 56.06). **2010:** Scored huge PR for

2nd at USA vs Germany Thorpe Cup in Marburg, 5779. 16th at NCAAs. Pac-10 runner-up. Won Mountain Pacific SF title with 4041 PR total. 10th at NCAA indoors. **2009:** Opened season with 3rd place in Johnson/JJK heptathlon, then placed 4th at Pac-10 with PR 5606 score. **High School:** 9th at IAAF World Junior heptathlon (5457). Competed in 2008 Olympic Trials in 400m hurdles, 9x PA state champion. National class records for heptathlon for soph and junior years. Won GreatSouthwest heptathlon with 5522w (#2 all-time hs, all conditions). **Personal:** Daughter of John and Janelle Kraiss. Pre-psychology major.

Indoor:		Career:										
		60h	hj	sp	lj	800m						
	3823											
2/27/09	3896	Mountain Pacific, Seattle	8.69	164	1159	538	2:18.94					
2/12/10	3980	Boise State, Nampa	8.91	170	1085	569	2:17.71					
2/26/10	4041	1 Mountain Pacific, Seattle	8.84	177	1066	553	2:16.34					
3/13/10	3959	10 NCAA, Fayetteville	8.97	171	1056	564	2:17.44					
1/29/11	4021	1 SEC/Big 12, College Station	8.80	170	1072	553	2:12.55					
3/11/11	4115	6 NCAA, College Station	8.71	172	1136	643	2:09.93					
2/24/12	4079	1 Big 12, College Station	8.74	171	1159	552	2:14.01					
3/10/12	4142	5 NCAA I, Nampa	8.60	172	1204	567	2:17.74					
Outdoor:		100h	w	hj	sp	200m	w	lj	w	jav	800m	
6/21/07	5377	2 USA Jr, Indianapolis	13.82+0.2	166	991	24.47+2.0	555+3.0	3266	2:16.96			
6/??/08	5522w1	Great Southwest,	13.93+4.4	173	1030	24.31+4.3	575+1.2	3199	2:17.71			
6/22/08	5217	1 USA Jr, Columbus	14.03-3.4	165	948	25.28-1.6	571+2.3	3242	2:21.19			
7/12/08	5457	9 IAAF WC Jr, Bydgoszcz	13.73-0.2	172	1056	25.04-2.5	572+1.6	3188	2:19.15			
4/10/09	5220	3 Johnson/JJK, Los Angeles	14.07	0.0	165	1162	25.33	0.0	531	0.0	3150	2:20.69
5/10/09	5606	4 Pac-10, Eugene	13.81+3.1	166	1208	24.75+4.9	565+2.8	3553	2:14.96			
6/12/09	5549	11 NCAA, Fayetteville	13.80+0.7	169	1091	24.91+0.2	556+1.6	3680	2:14.96			
6/28/09	5344	1 USA Junior, Eugene	13.97+1.1	169	938	25.25+1.1577+3.5	3293	2:17.75				
5/09/10	5426	2 Pac-10, Berkeley	14.06+0.3	170	983	25.77+1.7	565-1.3	3705	2:13.73			
6/10/10	5236	16 NCAA, Eugene	14.13+1.9	163	903	26.18+1.8	549-0.7	3929	2:12.65			
6/26/10	5693	7 USA, Des Moines	14.09+2.6	175	979	25.25+3.3	614+2.5	3742	2:13.07			
8/08/10	5779	2 Thorpe Cup, Marburg	13.85+2.2	177	1061	25.49-0.9	592+0.9	4075	2:13.05			
4/06/11	5848w2	Texas R, Austin	13.67+4.0	170	1214	24.85+4.0	579+1.8	3881	2:09.90			
6/10/11	5961	1 NCAA I, Des Moines	13.56+2.1	178	1181	24.41-0.1	589+1.5	3827	2:12.62	3585/2376		
6/26/11	6030	2 USA, Eugene	13.70+1.6	175	1221	24.69+1.7	599+1.9	4053	2:08.96			
8/14/11	5831	3 Thorpe Cup, Chula Vista	13.61+1.9	172	1152	24.92+1.9	573+1.5	3904	2:09.10			
3/30/12	5694	4 UA Click, Tucson	13.91	0.0	169	1243	24.95+2.2	553-1.1	3986	2:14.09		
5/12/12	5661	1 Big 12, Manhattan	13.78+1.1	166	1144	25.11+0.4	569+2.8	4091	2:14.28			
6/08/12	5516	14 NCAA I, Des Moines	13.87-0.3	163	1176	25.34+1.0	537-0.5	4021	2:13.55			
6/30/12	5817	7 OT/USA, Eugene	13.84+1.6	175	1200	24.91+2.8	561+1.5	4050	2:12.03			
PRs: 6030 / 4142			13.56+2.1	178	1273	24.31	643	4091	2:08.96			
Indoor: 60H: 8.54												

LINDSAY LETTOW

DOB: June 6, 1990
 POB:
 Ht: 5-9
 Hometown: Urbandale, IA
 High School: Des Moines Christian
 College: Central Missouri



2012: 8th at US Olympic Trials. Repeated as NCAA II indoor pent and outdoor hep champ, the latter with PR 5748. **2011:** Swept the NCAA II boards by winning both indoor pentathlon (4064) and outdoor heptathlon (5514). Opened outdoor season with career best 5610 at Angelo State Spring Multis. MIAA student athlete of year. 9th at USA nationals. **2010:** MIAA champion in heptathlon and 4th at NCAA II meet. **High School:** Iowa State long and pentathlon champion and 100m hurdle record holder. **Personal:** Undeclared major. Daughter of Kurt and Peggy Lettow.

Career:

Indoor:

12/10/10	3775	1	Doane Holiday, Crete	<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
2/25/11	3961	1	MIAA, Warrensburg	7.9h	161	1035	557	2:22.11
3/11/11	4064	1	NCAA II, Albuquerque	8.53	168	1118	568	2:24.70
3/09/12	4193	1	NCAA II, Mankato	8.62	170	1065	579	2:17.47
				8.51	179	1125	583	2:21.58

Outdoor:

5/ /09	5216	4	NCAA II, San Angelo	<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
5/02/10	5167	1	MIAA, Joplin	14.34	+3.0	164	1087	25.46	-0.1	553	+1.6	3328	2:23.80
5/28/10	5386	4	NCAA II, Charlotte	14.20	+0.6	170	1077	25.36	-0.4	563	+0.8	3375	2:17.28
3/25/11	5610	1	ASU Spring, San Angelo	13.98	+1.4	173	1118	25.43	+1.5	583	+2.7	3700	2:16.23
5/08/11	5225	1	MIAA, Emporia	13.90	+4.6	165	1040	25.42	+2.5	562	+0.4	3688	2:30.28
5/27/11	5514	1	NCAA II, Turlock	13.76	+2.3	174	1153	25.21	+2.4	555	+2.1	3575	2:21.79
6/26/11	5547	9	USA, Eugene	14.10	+1.6	169	1122	25.12	+1.6	589	+0.6	3523	2:17.09
8/14/12	4404	11	Thorpe Cup, Chula Vista	14.27	+1.8	166	1050	26.18	+1.5	568	+3.2	3442	dnf
3/23/12	5703	1	Trinity U, San Antonio	14.02		176	1187	24.47		583		3388	2:17.22
5/25/12	5748	1	NCAA II, Pueblo	13.69	-1.4	172	1194	24.80	+1.4	591	+1.8	3723	2:18.20
6/30/12	5807	8	OT/USA, Eugene	13.96	+1.3	175	1213	24.51	+3.0	585	+1.3	3683	2:14.91

PRs: 5807 / 4193

13.69+1.4 179i 1213 24.51+4.0 591+1.8 3729 2:14.91

Indoor: 60H: 8.51

HEATHER MILLER

DOB:

POB:

Ht:

Hometown:

High School:

College: St. Cloud St.

Club: Central Park TC



2012: 9th at US Olympic Trials (with 5779 PR) after winning Texas GA heptathlon. Was Most valuable female athlete of '12 National Club champs. **2011:2010:** NCAA II runner-up. NCAA II indoor pentathlon champ. **High**

School: Personal:**Career:****Indoor:**

3/12/10	3993	1	NCAA II, Albuquerque	<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>
				8.70	164	1067	591	2:18.74

Outdoor:

4/09/10	5221		D II Challenge, Emporia	<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
5/07/10	5063	1	Northern Sun Conf	14.21		160	1015	25.18		582		3345	2:22.48
5/28/10	5239	7	NCAA II, Charlotte	14.07		162	960	25.42		570		3037	2:26.19
6/12/12	5628	1	Texas GA, Dallas	14.21	-0.1	155	1109	24.66	-0.4	566	+1.7	3245	2:20.07
6/30/12	5779	9	OT/USA, Eugene	14.22		159	1157	24.25		613		3765	2:17.72
				14.18	+0.5	169	1168	24.22	+2.8	599	+1.8	3929	2:15.59

PRs: 5779 / 3993

14.07 169 1168 24.22+2.8 613 3929 2:15.59

Indoor: 60mH: 8.70

BARBARA NWABA

DOB: January 18, 1989

POB:

Ht: 5-9

Hometown: Los Angeles, CA

High School: University HS

College: UCSB '12

**2012:** 5th at US Olympic Trials. Runner-up at Westmont's Sam Adams heptathlon with

PR 5986 score. Captured Big West hept with 5709 score and was also Big West outdoor hurdle champ in 13.59. 4th at NCAA indoor heptathlon. Placed 2nd at U Washington indoor pentathlon with PR 4244 score. 2011: Runner-up at Washington indoor Invt with PR 4140 score, then raised heptathlon PR to 5714 with win at Claremont Classic. 8th at USA nationals with career best 5733 score. **2010:** 12th at NCAAs. Big West Conference champion (with PR 5552) followed a 7th at Mt Sac Relays. Runner-up at U of Washington indoor pentathlon (3931). **2009:** 3rd at Big West Conf heptathlon with 5000 points. **2008:** stress fracture. **2006: High School: Personal:** daughter of Theodore and Blessing Nwaba. Biology major.

Career:

Indoor:			<i>60h</i>	<i>hj</i>	<i>sp</i>	<i>lj</i>	<i>800m</i>					
1/30/10	3931	2	U Washington, Seattle	8.83	179	1059	542	2:23.66				
1/28/11	4140	2	U Washington, Seattle	8.69	177	1307	558	2:24.15				
3/11/11	4020	9	NCAA, College Station	8.87	175	1210	550	2:21.84				
1/27/12	4344	2	U Washington, Seattle	8.59	184	1283	545	2:20.52				
3/09/12	4241	4	NCAA I, Nampa	8.67	175	1350	561	2:17.94				
Outdoor:			<i>100h</i>	<i>w</i>	<i>hj</i>	<i>sp</i>	<i>200m</i>	<i>w</i>	<i>lj</i>	<i>w</i>	<i>jav</i>	<i>800m</i>
4/16/09	5039	1	Cal Invt, Azusa	14.55+2.6	167	1121	25.17+2.9	540+2.1	2658	2:25.10		
5/09/09	5000	3	Big West, Irvine	14.21nwi	175	1049	24.87+2.3	497+0.9	2846	2:25.35		
4/15/10	5217	7	Mt Sac R, Azusa	14.69	0.0	173	1175	25.35+1.9	523	0.0	3263	2:22.62
5/08/10	5552	1	Big West, Northridge	14.39+0.5	176	1229	24.99+1.9	554-0.2	3471	2:17.80		
6/10/10	5382	12	NCAA, Eugene	14.49+2.9	172	1271	25.25+1.9	532+1.2	3535	2:22.12		
6/26/10	5485	12	USA, Des Moines	14.56+1.7	166	1285	24.79+0.4	566+4.3	3779	2:22.99		
5/13/11	5714	1	CMS, Claremont	14.02+3.7	181	1219	24.54+2.4	547+3.5	3768	2:19.52		
6/26/11	5733	8	USA, Eugene	14.28+1.2	178	1261	24.69+1.7	566+1.8	4125	2:22.79		
8/14/11	5545	8	Thorpe Cup, Chula Vista	17.33+1.8	181	1269	24.83+1.9	560+3.2	4660	2:17.20		
4/03/12	5986	2	Sam Adams, Santa Barbara	13.98	0.0	184	1349	24.37+0.3	546+0.5	4317	2:17.70	
5/12/12	5709	1	Big West, Irvine	13.82+0.3	183	1263	24.59+0.6	520	0.0	3827	2:20.76	
6/08/12	5927	2	NCAA I, Des Moines	14.08-0.8	184	1212	24.51+1.1	545-0.8	4447	2:15.06		
6/30/12	5986	5	OT/USA, Eugene	13.68+1.3	187	1253	24.33+2.2	563+1.2	3788	2:15.55		

PRs: 5986 / 4344 13.59+0.4 187 1360 24.33+2.2 566+1.8 4660 2:15.06
 Indoors: 60mh: 8.59

BETTE WADE

DOB: September 11, 1986
 POB:
 Ht: 5-10
 Hometown: Northville, MI
 High School: Farmington HS, Northville, MI
 College: Michigan '09



2012: 4th at US Olympic Trials. 3rd at Nationals indoors (4371) and began outdoor season with PR 8143 score at Uof A Click meet. **2011:** Captured Thorpe Cup in Chula Vista with career best 6052 score. 4th at USA nationals. 17th at Götzis. Won indoor national pentathlon with 4439 score. **2010:** Opened season with PR 4376 at Iowa State, then placed 2nd with PR 4469 at USA indoor champs. Won Click heptathlon in Arizona with PR 5937 to open outdoor campaign then PR'd with 6000 (exactly!) effort for 9th at Götzis. Won Thorpe Cup in Marburg (USA vs Germany) and was 7th at DecaStar. **2009:** 3rd at NCAAs with PR 5876 effort and 3rd also at USA champs with another PR, 5908. Runner-up at Big 10 (with PRs in final 3 events) scoring PR 5834. Opened season with Texas Relays victory. Won Big Ten indoor title with 4216 score. 5th at NCAA indoor heptathlon/ **2008:** Big Ten runner-up outdoors and indoors was Big Ten and NCAA indoor pentathlon runner-up (4366). 9th at U.S. Olympic Trials. **2007:** 7th at t NCAA with 2 point PR, 5724. Won Big Ten outdoor title with PR 5722. 2nd at Big Ten indoors with PR 4158. Won Jim Click in Tucson with PR 5500. **2006:** took first place in the heptathlon with a NCAA provisional standard point total of 5147 at the California Invitational. Claimed fourth place in the heptathlon with a personal-best point total of 5,301, Drake Relays Was second at Big Ten champs with 5354 total.. **Indoor.** Second at Big Ten Pentathlon.. Finished 14th in the pentathlon (3917) at the NCAA Indoor Championships. Personal: Enrolled at College of Literature, Science and Arts.

Career:

Indoor: 60h hj sp lj 800m

1/20/06	4047	1	Simmons, Ann Arbor	8.49	174	1114	603	2:24.06[55H]
2/26/06	3977	2	Big 10, Madison	9.10	175	1143	584	2:25.65
3/11/06	3917	14	NCAA Indoor Champs, Fayetteville	8.94	170	1129	582	2:26.96
1/20/07	3911	1	Simmons, Ann Arbor	8.88	168	1325	542	2:27.45
2/25/07	4158	2	Big Ten, Champaign	8.63	170	1214	594	2:20.77
3/10/07	4131	5	NCAA I, Fayetteville	8.56	169	1232	591	2:23.19
2/01/08	3868	1	Michigan Intercollegiates, Ann Arbor	8.04	169	1137	563	2:26.78 [55H]
3/01/08	4089	2	Big Ten, Minneapolis	8.66	174	1257	561	2:23.76
3/15/08	4366	2	NCAA, Fayetteville	8.67	181	1320	622	2:26.61
1/30/09	4195	1	Eastern Michigan, Ypsilanti	8.62	173	1316	589	2:24.81
2/28/09	4216	1	Big Ten, Bloomington	8.50	169	1320	586	2:21.08
3/13/09	4252	5	NCAA, College Station	8.58	172	1326	606	2:24.76
1/29/10	4376	2	Iowa State Bergan, Ames	8.46	179	1287	608	2:22.43
3/07/10	4469	2	USA, Bloomington	8.69	185	1367	593	2:17.94
3/06/11	4439	1	USA, Bloomington	8.49	182	1350	617	2:25.25
3/04/12	4371	3	USA, Bloomington	8.39	182	1280	595	2:23.29

Outdoor:

				<u>100H w</u>	<u>hj</u>	<u>sp</u>	<u>200m w</u>	<u>1st day</u>	<u>lj</u>	<u>w</u>	<u>jav</u>	<u>800m</u>
4/13/06	5147	1	Cal Invnt, Azusa	14.38	0.0	168	1097	25.57+0.8	3183	576nwi	2864	2:26.64
4/20/06	5301	4	Drake R, Des Moines	14.04+0.6	169	1066	25.47nwi	3232	595nwi	2891	2:23.35	
5/13/06	5354	2	Big Ten, E Lansing	14.26nwi	168	1096	25.32nwi	3222	604nwi	3455	2:28.85	
6/08/06	5122	20	NCAA I, Sacramento	16.21-0.7	175	1206	25.42-0.8	3119	573+0.9	3015	2:25.09	
3/23/07	5500	1	Click, Tucson	14.07	0.0	173	1268	25.01+0.4	3451	578-1.3	3009	2:22.63
5/12/07	5722	1	Big Ten, U Park	13.88+0.6	181	1283	25.14-1.7	3576	603-1.0	3363	2:26.19	
6/08/07	5724	7	NCAA I, Sacramento	14.00+0.9	178	1281	24.62+1.4	3568	598+4.3	3125	2:20.76	
6/23/07	5429	12	USA, Indianapolis	14.15-0.9	178	1132	24.86	0.0	3426	571+1.8	2916	2:23.22
4/03/08	5395	1	Cal Multis, Berkeley	14.15+0.9	172	1273	24.77	0.0	3453	559+0.7	2970	2:25.95
5/17/08	5658	2	Big Ten, Champaign	14.19	0.0	175	1385	24.85+0.5	3553	612+1.2	3184	2:28.99
6/12/08	5738	3	NCAA, Des Moines	13.73-0.9	175	1314	24.62+1.4	3560	602-0.1	3229	2:20.76	
6/28/08	5723	9	USOT/USA, Eugene	13.85+1.1	181	1303	24.72+2.7	3633	560+2.3	3479	2:22.24	
4/02/09	5635	1	Texas R, Austin	13.86+1.4	181	1272	25.11+3.4	592+3.8	3252	2:28.53		
5/16/09	5834	2	Big 10, Columbus	14.10-1.6	175	1294	25.05+1.4	634+2.6	3514	2:20.30		
6/12/09	5876	3	NCAA, Fayetteville	13.84+1.0	178	1357	25.05+0.2	3601	633+0.4	3249	2:21.90	
6/28/09	5908	3	USA, Eugene	14.05-0.1	172	1398	24.76+3.1	3552	641+3.7	3364	2:19.37	
8/16/09	5134	24	IAAF WC, Berlin	13.79-0.3	180	nm	24.98-0.3	2802	618+0.8	3670	2:25.50	
4/02/10	5937	1	UofA Click, Tucson	13.97+0.9	178	1402	24.93-0.6	590-0.1	4044	2:20.43		
5/30/10	6000	9	Hypo-Bank, Götzis	14.00-1.3	182	1362	25.07+1.7	3630	629-0.7	3782	2:21.17	
6/26/10	5966	3	USA, Des Moines	13.78+2.6	181	1232	24.64+3.3	621+3.8	3663	2:18.44		
8/08/10	5984	1	Thorpe Cup, Marburg	13.91+2.2	183	1307	25.33-0.9	624+1.6	3709	2:17.89		
9/19/10	5982	7	DecaStar, Talence	14.00+0.2	182	1264	24.79+1.4	622+0.3	3824	2:18.83		
5/27/11	5788	17	Hypo-Bank, Götzis	13.87+0.3	176	1294	24.86+1.9	591-0.1	3597	2:19.69		
6/26/11	5949	4	USA, Eugene	13.68+1.2	178	1356	24.91+1.7	3637	616+1.7	3494	2:18.63	
8/14/11	6052	1	Thorpe Cup, Ch Vista	13.77+1.9	184	1374	25.08+1.5	618+3.0	3551	2:16.85		
9/18/11	5628	10	DecaStar, Talence	13.82-0.5	179	1274	25.18	0.0	594+0.2	3280	2:28.08	
3/30/12	6143	1	UA Click, Tucson	13.42	0.0	181	1320	24.41+2.2	622-1.9	3940	2:19.29	
6/30/12	6018	4	OT/USA, Eugene	13.72+1.6	181	1362	24.84+2.2	621+1.1	3579	2:19.06		

PRs: **6143 / 4469** **13.42 0.0 185 1402 24.41+2.2** **641+3.7 4044 2:16.85**

Indoor: 60H: 8.39

Summary: 28 meets, 28 finishes, 9 wins, PR score: 6143, Top Ten Ave: 5993.9

The PR Page

Seeding/PR information:

Score to left: the Career best score.

In row 2 italics this is the career lifetime best (PR) for each event (in shaded grey).

Germany

<i>PR score</i>	<i>PR</i>	<i>100m w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
5582	Biesenbach, Alina
.	5582	14.76+0.1	180	1251	26.27+0.4	590+1.0	4074	2:20.01
5757	Biesenbach, Kira
.	5757	14.41+0.3	169	1305	24.32-0.2	616i	3703	2:23.90
	Gortz, Annika
5659	Maiwald, Anna
.	5658	14.11+0.1	168	1289	24.65-0.2	583+0.2	4320	2:19.04
6072	Schäfer, Carolin
.	6072	13.68+0.3	179	1311	24.19-0.4	603+1.2	4950	2:20.78
	Substitute
5928	Weber, (Juliane) Liane
.	5928	13.84+1.4	176	1321	24.80+0.5	601i	4688	2:14.04

USA

<i>PR score</i>	<i>qscore/PR</i>	<i>100m w</i>	<i>hj</i>	<i>sp</i>	<i>200m w</i>	<i>lj w</i>	<i>jav</i>	<i>800m</i>
6143	Bette Wade
.	6143	13.42 0.0	185	1402	24.41+2.2	641+3.7	4044	2:16.85
6030	Ryan Kraus
.	6030	13.56+2.1	178	1273	24.31	643	4091	2:08.96
5986	Barbara Nwaba
.	5986	13.59+0.4	187	1360	24.33+2.2	566+1.8	4660	2:15.06
5927	Chelsea Carrier-Eades
.	5927w	12.78	175	1186	23.64+4.0	642	3308	2:15.48
5861	Aisha Adams
.	5861	13.58+2.6	177	1223	24.21-0.4	623+2.5	3772	2:14.32
5807	Lindsay Lettow
.	5807	13.69+1.4	179i	1213	24.51+4.0	591+1.8	3729	2:14.91
5779	Heather Miller
.	5779	14.07	169	1168	24.22+2.8	613	3929	2:15.59