



THE BOWERMAN 2010

# WOMEN'S FINALISTS



## Lisa Koll

School	Iowa State
Class	Senior
Events	Distance
Hometown	Fort Dodge, Iowa
High School	Fort Dodge



### 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
Mile	Jan 30	4:41.37 OT	1	PB	Bergan Inv	Ames, Iowa
3000m	Jan 23	9:16.33 OT	1		IowaSt Open	Ames, Iowa
	<b>Feb 27</b>	<b>8:56.09 OT</b>	<b>1</b>	<b>CL (AC), PB</b>	<b>Big 12</b>	<b>Ames, Iowa</b>
		(No. 10 performance on all-time, all-conditions indoor collegiate list [No. 9 all-conditions performer])				
	Mar 13	8:57.52	2		NCAA	Fayetteville, Ark.
		([No. 10 all-time indoor collegiate performer])				
5000m	<b>Feb 13</b>	<b>15:29.65 OT</b>	<b>1</b>	<b>CL (AC)</b>	<b>IowaSt Cl</b>	<b>Ames, Iowa</b>
		(No. 6 performance on all-time, all-conditions indoor collegiate list [No. 5 all-conditions performer])				
	Mar 12	15:39.65	1		NCAA	Fayetteville, Ark.
		([No. 10 all-time indoor collegiate performer])				
--- OUTDOOR ---						
5000m	<b>May 1</b>	<b>15:17.76</b>	<b>4 [1c]</b>	<b>CL, PB</b>	<b>Cardinal Inv</b>	<b>Palo Alto, Calif.</b>
		(No. 6 performance on all-time outdoor collegiate list [No. 5 performer])				
	May 16	15:22.42	1		Big 12	Columbia, Mo.
	May 29	16:28.58	1Q/1h1		NCAA (SF)	Austin, Texas
	Jun 11	15:23.80	mv: 30sec 1		NCAA	Eugene, Ore.
10k	<b>Mar 26</b>	<b>31:18.07</b>	<b>1</b>	<b>CR, Aml, CL, PB</b>	<b>Stanford Inv</b>	<b>Palo Alto, Calif.</b>
		(Collegiate Record -- old: 31:25.45, Sally Kipyego, Texas Tech, 2008)				
	May 14	33:51.74	1		Big 12	Columbia, Mo.
	May 27	34:23.64	1Q/1h1		NCAA (SF)	Austin, Texas
	Jun 9	32:49.35	mv: 23sec 1		NCAA	Eugene, Ore.
4x1600	Apr 23	19:14.80	anchor 3	(4:42.4 split)	Drake Relays	Des Moines, Iowa
DMR	Apr 24	11:08.64	anchor 1	(4:31.8 split/1600m)	Drake Relays	Des Moines, Iowa

### HIGHLIGHTS

**INDOOR:** Koll won her first NCAA indoor crown with a 15:39.65 run at 5000 meters and beat the field by more than 10 seconds ... Koll nearly pulled off the NCAA distance double, but was outdueled by Illinois' Angela Bizzarri in the 3000 meters by just 12 hundredths of a second to take runner-up honors (8:57.52) ... Koll claimed double Big 12 Championship titles and double collegiate-best marks of the season at the conference meet in Ames ... Combining times on 200 meter and oversized tracks, Koll would be the fifth-best collegiate performer all-time in the 5000m and sixth-best all-time in the 3000m from times recorded at the Big 12 meet ... USTFCCCA Midwest Track Athlete of the Year.

**OUTDOOR:** Swept NCAA crowns in the 5000 and 10,000 meters becoming only the fourth female in NCAA history to notch, the 5k-10k double, joining Amy Skieresz (Arizona, 1997-98), Stephanie Herbst (Wisconsin, 1986), and Betty Jo Springs (North Carolina State, 1983) ... Koll's 10k victory of 32:49.35 gave her the second NCAA title of the event in her career, cruising to victory after breaking from the pack at the 7000-meter mark to win by over 20 second ... two days later, Koll returned for the 5000 and led nearly wire-to-wire in a 30-second, 15:23.80 victory, the third-fastest time recorded by a collegian ... opened the season with a collegiate record clocking of 31:18.07 in the 10,000 meters at the Stanford Invitational, topping the previous mark of 31:25.45 set by Texas Tech's Sally Kipyego in 2008 ... on May 1, Koll posted a 15:17.76 collegiate-leading time over 5000 meters in placing fourth overall and as the first collegiate at the Payton Jordan Cardinal Invitational, again at Stanford ... anchored DMR team with a 4:31.8, 1600-meter split to a Drake Relays title ... Went on to win Big 12 titles in both the 5000 and 10,000 meters and reset the 5000 meet record with a 15:22.42 clocking previously held by Sara Slattery of Colorado ... USTFCCCA National Track Athlete of the Year ... finalist for Honda-Broderick Cup, representing track & field.