



# Doris Lemngole

School	Alabama
Class	Sophomore
Event(s)	Distance
Hometown	West Pokot County, Kenya
High School	Tartar Girls High School



## 2025 PERFORMANCE LEDGER

Event	Date	Rnd	Mark	Overall	Race	Notes	Meet	Location
INDOOR								
Mile	Jan 17	FNL	4:36.80	1	1s1		Samford Inv	Birmingham, Ala.
Mile	Jan 23	FNL	4:43.96	1	1s1		Orange & Purple Inv	Clemson, S.C.
3000m	Jan 25	FNL	8:54.65	1	1s1		Orange & Purple Inv	Clemson, S.C.
3000m	Feb 15	FNL	8:41.83	2			David Hemery Valentine Inv	Boston, Mass.
3000m	Mar 1	FNL	8:55.27	1	1s2		SEC Indoor	College Station, Texas
3000m	Mar 15	FNL	9:01.64	2	2s1	(McCabe-WV)	NCAA DI Indoor	Virginia Beach, Va.
5000m	Dec 7	FNL	14:52.57	1			BU Opener	Boston, Mass.
5000m	Mar 14	FNL	15:05.93	1	1s1		NCAA DI Indoor	Virginia Beach, Va.
OUTDOOR								
1500m	Apr 12	FNL	4:09.28	1	1s1		Crimson Tide Inv	Tuscaloosa, Ala.
Steeple	Apr 18	FNL	9:10.13	1	1s1		Wake Forest Inv	Winston-Salem, N.C.
Steeple	May 16	FNL	9:20.83	1			SEC Outdoor	Lexington, Ky.
Steeple	May 31	p	9:13.12	(1)	1h1		DI East Prelims	Jacksonville, Fla.
Steeple	Jun 14	p	9:26.44	(1)	1h1		NCAA DI Outdoor	Eugene, Ore.
Steeple	Jun 14	FNL	8:58.15	1	1s1		NCAA DI Outdoor	Eugene, Ore.
5000m	May 17	FNL	15:11.62	1			SEC Outdoor	Lexington, Ky.

## 2025 HIGHLIGHTS & NOTES

- Collegiate Indoor Record - 5000 Meters
- Collegiate Outdoor Record - Steeplechase
- NCAA Indoor Champion - 5000 Meters
- NCAA Outdoor Champion - Steeplechase
- SEC Indoor Champion - 3000 Meters
- SEC Outdoor Champion - Steeplechase
- SEC Outdoor Champion - 5000 Meters

### FINAL POSITIONS ON 2025 COLLEGIATE LIST

- #4 Indoor 3000 Meters  
1 all-time top-10 performance
- #1 Indoor 5000 Meters (Collegiate Record)  
2 all-time top-10 performance
- #1 Outdoor Steeplechase (Collegiate Record)  
3 all-time top-10 performances
- #7 Outdoor 5000 Meters

### WIN-LOSS RECORD

- 10-1 in event finals versus collegians
- 2-0 in mile indoors
- 2-1 in 3000 meters indoors
- 2-0 in 5000 meters indoors
- 1-0 in 1500 meters outdoors
- 3-0 in steeplechase outdoors

### SEASON SUMMARY

- Registered three of the top-4 all-time collegiate performances in the steeple, including twice lowering her own collegiate record. Her fastest time of 8:58.15 came in a winning effort at the NCAA DI Outdoor Championships and put her No. 10 in world history at the time. Other marks include 9:10.13 (No. 3) and 9:13.12 (No. 4).
- Shattered 2024 The Bowerman winner Parker Valby's indoor CR in the 5000 at 14:52.57 and added another all-time top-10 mark of 15:05.93 in winning the NCAA DI indoor title.
- Moved to No. 5 all-time collegiately in the indoor 3000 at 8:41.83 in February at the David Hemery Valentine Invitational and later added a runner-up finish at the NCAA DI Indoor Championships.