

2024 US Olympic Trials Statistics – Women's 5000m

by K Ken Nakamura

Summary:

All time performance list at the Olympic Trials

Performance	Performer	Time	Name	Pos	Venue	Year
1	1	14:45.35	Regina Jacobs	1	Sacramento	2000
2	2	15:01.02	Kara Goucher	1	Eugene	2008
3	3	15:02.02	Jen Rhines	2	Eugene	2008
4	4	15:02.81	Shalane Flanagan	3	Eugene	2008
5	5	15:05.01	Molly Huddle	1	Eugene	2016
6	6	15:06.14	Shelby Houlihan	2	Eugene	2016
7	7	15:07.41	Shayne Culpepper	1	Sacramento	2004
8	8	15:07.48	Marla Runyan	2	Sacramento	2004
9	9	15:07.80	Abbey Cooper	1h1	Eugene	2021

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	26.20	14:45.35	Regina Jacobs	Sacramento	2000
Min	0.07	15:07.41	Shayne Culpepper	Sacramento	2004

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	14:45.35	Regina Jacobs	Sacramento	2000
2	15:02.02	Jen Rhines	Eugene	2008
3	15:02.81	Shalane Flanagan	Eugene	2008
4	15:13.74	Amy Rudolph	Sacramento	2004

Last five Olympic Trials

Year	Gold	Time	Silver	Time	Bronze	Time
2021	Elise Cranny	15:27.81	Karissa Schweizer	15:28.11	Rachel Schneider	15:29.56
2016	Molly Huddle	15:05.01	Shelby Houlihan	15:06.14	Kim Conley	15:10.62
2012	Julie Culley	15:13.77	Molly Huddle	15:14.40	Kim Conley	15:19.79
2008	Kara Goucher	15:01.02	Jen Rhines	15:02.02	Shalane Flanagan	15:02.81
2004	Shayne Culpepper	15:07.41	Marla Runyan	15:07.48	Shalane Flanagan	15:10.52
2000	Regina Jacobs	14:45.35	Deena Drossin	15:11.55	Elva Dryer	15:12.07

All time US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	14:19.45	Alicia Monson	5	London	23 July 2023
2	2	14:23.92	Shelby Houlihan	1	Portland	10 July 2020
3	3	14:26.34	Karissa Schweizer	2	Portland	10 July 2020
4		14:31.11	Alicia Monson	5	Oslo	16 Junne 2022
5	4	14:34.12	Elinor St Pierre	1	Los Angeles	17 May 2024

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	14:00.21	Gudaf Tsegay	ETH	1	17 Sept 2023
2	2	14:05.92	Beatrice Chebet	KEN	2	17 Sept 2023
3	3	14:12.98	Ejgayehu Taye	ETH	1	27 May 2022
4	4	14:18.76	Tsigie Gereselama	ETH	1	25 May 2024

All time performance list at the Olympic Trials

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1	1	14:45.35	Regina Jacobs	1	Sacramento	2000
2	2	15:01.02	Kara Goucher	1	Eugene	2008
3	3	15:02.02	Jen Rhines	2	Eugene	2008
4	4	15:02.81	Shalane Flanagan	3	Eugene	2008
5	5	15:05.01	Molly Huddle	1	Eugene	2016
6	6	15:06.14	Shelby Houlihan	2	Eugene	2016
7	7	15:07.41	Shayne Culpepper	1	Sacramento	2004
8	8	15:07.48	Marla Runyan	2	Sacramento	2004
9	9	15:07.80	Abbey Cooper	1h1	Eugene	2021
10		15:10.52	Shalane Flanagan	3	Sacramento	2004
11	10	15:10.62	Kim Conley	3	Eugene	2016
12	11	15:11.55	Deena Drossin	2	Sacramento	2000
13	12	15:12.07	Elva Dryer	3	Sacramento	2000
14	13	15:13.74	Amy Rudolph	4	Sacramento	2004
15	14	15:13.77	Julie Culley	1	Eugene	2012
16	15	15:13.87	Emily Infeld	4	Eugene	2016
17		15:14.04	Abbey D'Agostino	5	Eugene	2016
18		15:14.40	Molly Huddle	2	Eugene	2012
19	16	15:18.60	Katie Mackey	6	Eugene	2016
20	17	15:18.88	Sara Slattery	4	Eugene	2008
21		15:19.15	Jen Rhines	5	Sacramento	2004
22		15:19.79	Kim Conley	3	Eugene	2012
23	18	15:19.83	Julia Lucas	4	Eugene	2012
24		15:19.98	Abbey D'Agostino	5	Eugene	2012
25		15:21.16	Amy Rudolph	4	Sacramento	2000
26	19	15:23.18	Lauren Fleshman	5	Eugene	2008
27	20	15:23.45	Rachel Schneider	2h1	Eugene	2021
28	21	15:23.71	Anne Marie Lauck	5	Sacramento	2000
29	22	15:24.17	Lisa Uhl	6	Eugene	2012
30	23	15:24.47	Marielle Hall	7	Eugene	2016
31	24	15:24.74	Allie Ostrander	8	Eugene	2016
32	25	15:24.85	Liz Maloy	7	Eugene	2012
33	26	15:25.55	Carrie Tollefson	6	Sacramento	2004
34		15:26.33	Molly Huddle	1h2	Eugene	2016
35		15:26.64	Katie Mackey	2h2	Eugene	2016
36	27	15:26.82	Tara Welling	9	Eugene	2016
37		15:26.91	Shelby Houlihan	3h2	Eugene	2016
38		15:27.13	Allie Ostrander	4h2	Eugene	2016
39		15:27.67	Marielle Hall	5h2	Eugene	2016
40	28	15:27.81	Elise Cranny	1	Eugene	2021
41	29	15:28.11	Karissa Schweizer	2	Eugene	2021
42	30	15:28.18	Lynn Jennings	1	Atlanta	1996
43		15:28.60	Emily Infeld	8	Eugene	2012
44	31	15:29.39	Mary Slaney	2	Atlanta	1996
45		15:29.56	Rachel Schneider	3	Eugene	2021
46		15:29.66	Abbey D'Agostino	6h2	Eugene	2016
47		15:29.91	Amy Rudolph	3	Atlanta	1996
48	32	15:29.99	Arianna Lambie	6	Eugene	2008
49	33	15:30.44	Clare Taylor	6	Sacramento	2000
50	34	15:30.77	Libbie Johnson	4	Atlanta	1996
51		15:31.05	Abbey Cooper	4	Eugene	2021
52	35	15:31.43	Maddie Alm	3h1	Eugene	2021

53		15:31.49	Shayne Culpepper	7	Sacramento	2000
54		15:32.22	Kara Goucher	1h2	Eugene	2008
55		15:32.31	Jen Rhines	2h2	Eugene	2008
56	36	15:32.35	Allie Buchalski	4h1	Eugene	2021
57		15:32.56	Arianna Lambie	3h2	Eugene	2008
58	37	15:32.58	Josette Norris	2h2	Eugene	2021
59		15:32.63	Karissa Schweizer	2h2	Eugene	2021
60		15:32.71	Elise Cranny	3h2	Eugene	2021
61	38	15:32.75	Elly Henes	4h2	Eugene	2021
62	39	15:32.87	Carrie Verdon	5h1	Eugene	2021
63	40	15:32.98	Alisha Williams	9	Eugene	2012
64		15:33.34	Tara Welling	7h2	Eugene	2016
65	41	15:33.54	Vanessa Fraser	5h2	Eugene	2021
66		15:33.71	Alisha Williams	10	Eugene	2016
67	42	15:33.80	Rochelle Kanuho	8h2	Eugene	2016
68	43	15:33.96	Tara Erdmann	10	Eugene	2012
69	44	15:34.31	Magdalena Lewy Boulet	11	Eugene	2012
70		15:34.43	Julie Culley	7	Eugene	2008
71		15:34.47	Kara Wheeler	8	Sacramento	2000
72	45	15:34.50	Jordan Hasay	9h2	Eugene	2016
73		15:34.68	Emily Sisson	12	Eugene	2012
74	46	15:34.84	Gwen Jorgensen	6h2	Eugene	2021
75	47	15:35.28	Kristin Ihle	9	Sacramento	2000
76	48	15:35.48	Rebecca Donaghue	8	Eugene	2008
77		15:35.86	Shalane Flanagan	1h1	Eugene	2008
78		15:36.09	Regina Jacobs	1h1	Sacramento	2000
79		15:36.50	Julie Culley	4h2	Eugene	2008
80	49	15:36.52	Maureen McCandless	2h1	Eugene	2008
81	50	15:36.59	Lauren Paquette	7h2	Eugene	2021
82		15:36.75	Marla Runyan	1h1	Sacramento	2004

Slowest winning time: 15:28.18 by Lynn Jennings in 1996

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	26.20	14:45.35	Regina Jacobs	Sacramento	2000
Min	0.07	15:07.41	Shayne Culpepper	Sacramento	2004

Difference between 3rd and 4th place (Making versus not making the team)

	Difference	3 rd place time	Name	Venue	Year
Max	16.07	15:02.81	Shalane Flanagan	Eugene	2008
Min	0.04	15:19.79	Kim Conley	Eugene	2012
	0.86	15:29.91	Amy Rudolph	Atlanta	1996

Best Marks for Places in the Olympic Trials

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	15:19.15	Jen Rhines	Sacramento	2004

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7	15:24.47	Marielle Hall	Eugene	2016
	15:24.85	Liz Maloy	Eugene	2012
	15:31.49	Shayne Culpepper	Sacramento	2000
8	15:24.74	Allie Ostrander	Eugene	2016
	15:28.60	Emily Infeld	Eugene	2012
	15:34.47	Kara Wheeler	Sacramento	2000

Making 5000m – 10000m team

Molly Huddle	2016
Kara Goucher	2008
Shalane Flanagan	2008
Deena Drossin	2000

Fastest time in each round

Round	Time	Name	Venue	Year
Final	14:45.35	Regina Jacobs	Sacramento	2000
First round	15:07.80	Abbey Cooper	Eugene	2021
	15:26.33	Molly Huddle	Eugene	2016
	15:26.64	Mackey	Eugene	2016

Making the team multiple times:

Shalane Flanagan	2004, 2008
Molly Huddle	2012, 2016 (declined to run 10000m)
Kim Conley	2012, 2016

Average from last seven Olympic Trials

	Average	2021	2016	2012	2008	2004	2000	1996
Winning Time	15:09.79	15:27.81	15:05.01	15:13.77	15:01.02	15:07.41	14:45.35	15:28.18
Making team (3 rd)	15:16.47	15:29.56	15:10.62	15:19.79	15:02.81	15:10.52	15:12.07	15:29.91
Missing team (4 th)	15:21.33	15:31.05	15:13.87	15:19.83	15:18.88	15:13.74	15:21.16	15:30.77

Last seven Olympic Trials

Year	Gold	Time	Silver	Time	Bronze	Time
2021	Elise Cranny	15:27.81	Karissa Schweizer	15:28.11	Rachel Schneider	15:29.56
2016	Molly Huddle	15:05.01	Shelby Houlihan	15:06.14	Kim Conley	15:10.62
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2004	Shayne Culpepper	15:07.41	Marla Runyan	15:07.48	Shalane Flanagan	15:10.52
2000	Regina Jacobs	14:45.35	Deena Drossin	15:11.55	Elva Dryer	15:12.07
1996	Lynn Jennings	15:28.18	Mary Slaney	15:29.39	Amy Rudolph	15:29.91

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4		14:31.11	Alicia Monson	5	Oslo	16 Junne 2022
5	4	14:34.12	Elinor St Pierre	1	Los Angeles	17 May 2024

6		14:34.39	Shelby Houlihan	1	Heusden-Zolder	21 July 2018
7		14:34.88	Alicia Monson	8	Paris	9 June 2023

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	14:00.21	Gudaf Tsegay	ETH	1	17 Sept 2023
2	2	14:05.92	Beatrice Chebet	KEN	2	17 Sept 2023
3	3	14:12.98	Ejgayehu Taye	ETH	1	27 May 2022
4	4	14:18.76	Tsigie Gereselama	ETH	1	25 May 2024
5		14:18.92	Ejgayehu Taye		2	25 May 2024
6	5	14:19.76	Genzebe Dibaba	ETH	1	30 May 2015
7	6	14:20.61	Freweyni Hailu	ETH	3	25 May 2024
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		14:35.43	Weini Kelati Frezghi	USA	9	25 May 2024

Fastest Performances in June

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:05.20	Faith Kipyegon	KEN	1	Paris	9 June 2023
2	2	14:07.94	Letesenbet Gidey	ETH	2	Paris	9 June 2023
3	3	14:11.15	Tirunesh Dibaba	ETH	1	Oslo	6 June 2008
4	4	14:12.59	Almaz Ayana	ETH	1	Roma	2 June 2016
5	5	14:13.31	Ejgayehu Taye	ETH	3	Paris	9 June 2023
6	6	14:13.32	Gudaf Tsegay	ETH	1	Hengelo	8 June 2021
7		14:14.09	Ejgayehu Taye	ETH	2	Hengelo	8 June 2021
8	7	14:15.24	Senbere Teferi	ETH	3	Hengelo	8 June 2021

Combined 2023 & 2024 US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	14:19.45	Alicia Monson	5	London	23 July 2023
2	2	14:34.12	Elle St Pierre	1	Los Angeles	17 May 2024
3		14:34.88	Alicia Monson	8	Paris	9 June 2023
4	3	14:35.43	Weini Kelati	9	Eugene – Pre	25 May 2024
5	4	14:43.36	Josette Andrews	1	Walnut	6 May 2023
6		14:45.98	Alicia Monson	7	Eugene – Pre	17 Sept 2023
7	5	14:46.49	Elise Cranny	2	Gresham	9 June 2024
8	6	14:47.15	Elly Henes	11	London	23 July 2023
9	7	14:48.60	Kaissa Schweizer	3	Gresham	9 June 2024

Please send any corrections to KKenNakamura@gmail.com

The new records set in the Olympic Trials will be reported through my twitter account @KKenNakamura