

Rasa Troup-Michniovaite

2008	Olympics	3000m SC (19 th place)
2006	European Track and Field Championships	3000m SC
2005	World Track and Field Championships/Lithuanian Outdoor Record	3000m SC (18 th place)
2004	Lithuanian Outdoor Record	3000m SC
2002	Lithuanian Outdoor Record	3000m SC
2002	Lithuanian Indoor Record	1 mile
1999	European Championships under 23	1500m (14 th place)
1998	All-American NCAA Cross Country Championships	16 th place
1998	Roy Griak Invitational Champion	
1997	Lithuanian Outdoor Champion (adults)	4X400m
1995	Lithuanian Outdoor Champion (17-18 y.o.)	800m
1994	Lithuanian Outdoor Champion (17-18 y.o.)	Triple Jump & 300m hurdles
1994	Lithuanian Indoor Champion (17-18 y.o.)	Triple Jump
1993	Lithuania, Latvia, Estonia, Finland Champion (16-17 y.o.)	Triple Jump
1993	Lithuanian Outdoor Champion (16-17 y.o.)	Long Jump
1993	Baltic States Indoor Champion (16-17 y.o.)	Long Jump
1993	Lithuanian Champion and Record Holder	60m hurdles
1992	Baltic States Outdoor Champion (14-15 y.o.)	800m
1992	Lithuanian and Baltic States Indoor Champion (14-15 y.o.)	Long Jump
1992	Lithuanian Indoor Champion and Record Holder (14-15 y.o.)	Pentathlon
1991	Lithuanian Outdoor Champion (14-15 y.o.)	800m
1990	Lithuanian Outdoor Champion (12-13 y.o.)	800m
1989	Lithuanian Indoor Champion (12-13 y.o.)	60 m hurdles

PERSONAL BESTS:

3000m SC – 9:30.21	8/15/2009
3000m indoors – 9:21.81	1/26/2008
5000m road – 16:21	8/01/2004
10000m road – 34:37	9/06/2004
1500m – 4:17.13	7/14/2001
Mile road – 4:39.5	8/11/2001
800m – 2:08.75	5/24/1999

OTHER PERSONAL BESTS:

60m hurdles – 8.8	2/28/1993
Long Jump – 5.79m	7/02/1993
Triple Jump – 12.30m	2/17/1994
400m – 57.6	5/17/1995
Pentathlon – 3484	2/12/1993
Heptathlon – 4217	7/8-9/1993