Racewalk Club of St. Louis 3k - 6/8/2026

Timing and Testing by TRXC Timing

6/8/2026

Results

Event 1 (W) 3000 M. R.W.

	Name	Year	Team	Finals
Finals				
1	Sido, Nancy	70-74		22:53.56
	1:28.2 (1:28.2)	4:33.4 (3:05.2)	7:38.3 (3:04.9)	10:42.1 (3:03.9)
	13:46.7 (3:04.7)	16:50.2 (3:03.5)	19:52.8 (3:02.7)	22:53.2 (3:00.4)
2	Midgley, Maureen	65-69		23:18.02
	1:19.6 (1:19.6)	4:19.3 (2:59.8)	7:19.7 (3:00.5)	10:25.8 (3:06.1)
	13:34.4 (3:08.6)	16:45.9 (3:11.5)	20:01.5 (3:15.6)	23:17.7 (3:16.3)
3	Ramonczuk, Lorraine	70-74		24:22.68
	1:33.9 (1:33.9)	4:45.3 (3:11.5)	7:59.1 (3:13.8)	11:12.8 (3:13.7)
	14:28.6 (3:15.9)	17:45.7 (3:17.1)	21:05.4 (3:19.7)	24:22.5 (3:17.2)
4	Young, Frances	65-69		24:37.92
	1:38.8 (1:38.8)	4:59.8 (3:21.1)	8:17.4 (3:17.6)	11:34.5 (3:17.1)
	14:54.5 (3:20.0)	18:11.7 (3:17.3)	21:27.0 (3:15.3)	24:37.7 (3:10.7)
5	Turner, Susan	85-89		38:47.91
	2:32.4 (2:32.4)	7:36.5 (5:04.2)	12:47.7 (5:11.2)	18:03.0 (5:15.3)
	23:25.7 (5:22.8)	28:38.4 (5:12.7)	33:48.1 (5:09.8)	38:47.6 (4:59.5)

Event 1 (M) 3000 M. R.W.

	Name	Year	Team	Finals
1	Young, Jerry	65-69		21:00.84
	1:19.6 (1:19.6)	4:05.0 (2:45.5)	6:55.1 (2:50.1)	9:43.7 (2:48.7)
	12:33.1 (2:49.4)	15:24.7 (2:51.6)	18:12.6 (2:47.9)	21:00.5 (2:47.9)
2	Nichols, Robert	85-89		25:17.99
	1:40.6 (1:40.6)	5:01.5 (3:21.0)	8:21.5 (3:20.0)	11:42.1 (3:20.7)
	15:05.9 (3:23.8)	18:30.8 (3:24.9)	21:58.5 (3:27.8)	25:18.1 (3:19.6)

Racewalkers' Club of St. Louis

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