Racewalkers' Club of St. Louis

2019 Fall Series – Sunday, October 20 1 Hour Postal

Pattonville High School Track, Maryland Heights, MO 63043

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Nancy Sido	W68	2.51	5:50	8:48	11:44	14:40	17:38	20:30	23:26	26:22	29:18	32:13	35:11	8,169	5.07
		5200	5600	6000	6400	6800	7200	7600	8000						
		38:07	41:05	44:01	46:57	49:54	52:53	55:51	58:49	+169					

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Lorraine Ramonczuk	W67	2.56	5:53	8:49	11:45	14:40	17:35	20:30	23:26	26:22	29:19	32:16	35:17	8,084	5.02
		5200	5600	6000	6400	6800	7200	7600	8000						
		38:17	41:17	44:17	47:18	50:21	53:22	56:23	59:21	+84					

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Ruth Eberle	W86	3:12	6:24	9:34	12:43	15:53	19:02	22:12	25:24	28:35	31:43	34:51	38:01	7,471	4.64
		5200	5600	6000	6400	6800	7200								
		41:09	44:25	47:42	51:03	54:24	57:46	+271							

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Gail Saxton	W71	3:25	7:02	10:40	14:18	17:53	21:35	25:20	24:57	32:38	36:20	40:16	44:03	6,526	4.05
		5200	5600	6000	6400										
		47:44	51:25	55:06	58:52	+126									

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Mark Young	M59	2:54	5:53	8:48	11:45	14:42	17:40	20:41	23:43	26:44	29:49	32:54	35:58	7,901	4.90
		5200	5600	6000	6400	6800	7200	7600							
		39:04	42:10	45:13	48:08	51:06	54:05	57:04	+301						

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Jim Veenstra	M81	2:55	5:54	8:52	11:49	14:48	17:48	20:51	23:56	27:00	30:14	33:05	36:08	7,879	4.89
		5200	5600	6000	6400	6800	7200	7600							
		39:11	42:13	45:16	48:18	51:29	54:43	57:56	+279						

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Gina Bufe	W54	3:30	6:53	10:16	13:39	17:06	20:30	23:58	27:30	30:57	34:25	37:57	41:29	6,925	4.30
		5200	5600	6000	6400	6800									
		45:01	48:31	52:02	55:34	59:00	+125								

NAME	AGE	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	Grand Total (Meters)	Grand Total (Miles)
Sue Turner	W78	4:07	8:14	12:26	16:31	20:33	24:46	28:05	33:33	38:04	42:30	46:37	50:42	5,719	3.55
		5200	5600												
		54:46	58:49	+119											