



THREE MILE SPRING FLING HANDICAP RACEWALK

Sunday, April 30, 2023

Chesterfield Central Park Lake Trail

racewalkstl.org

Name	Place	5km Time	Start Time	Lap 1	Lap time (1.18K)	Lap 2	Lap time (1.18K)	Lap 3	Lap time (1.18K)	Finish	Lap time (1.18K)	3 mile Time
		1h 5m										
Sue Truner	1	1h 5m	0d	14m 20s	14m 20s	29m 9s	14m 49s	44m 2s	14m 53s	59m 53s	15m 51s	59m 53s
Lorraine Ramonczuk	2	40m 7s	24m 53s	33m 57s	9m 4s	43m	9m 3s	52m	9m	1h 0m 53s	8m 53s	36m
Bob Nichols	3	41m 19s	23m 41s	33m 16s	9m 35s	42m 38s	9m 22s	51m 53s	9m 15s	1h 0m 56s	9m 3s	37m 15s
Nancy Sido	4	39m 19s	25m 41s	34m 59s	9m 18s	44m 12s	9m 13s	53m 26s	9m 14s	1h 2m 32s	9m 6s	36m 51s
Dave Coutts	5	29m 30s	35m 30s	42m 14s	6m 44s	49m 12s	6m 58s	56m 30s	7m 18s	1h 3m 9s	6m 39s	27m 39s
Gail Saxton	6	40m 6s	24m 54s	35m 4s	10m 10s	45m 23s	10m 19s	55m 38s	10m 15s	1h 5m 57s	10m 19s	41m 3s