



THREE MILE SPRING FLING HANDICAP RACEWALK
Sunday, April 28, 2024
Chesterfield Central Park Lake Trail
racewalkstl.org

| Name | Best 5k Time 2023 | Start Time | Lap 1 | Lap time | Lap 2 | Lap time | Lap 3 | Lap time | Lap 4 | Lap time | Actual time | Place |
|-------------------------|-------------------|------------|---------|----------|---------|----------|---------|----------|-----------|----------|-------------|-------|
| | 50m 56s | | | | | | | | | | | |
| Melissa Kelley | 43m 45s | 7m 11s | 17m 7s | 9m 56s | 27m 15s | 10m 8s | 37m 46s | 10m 31s | 48m 20s | 10m 34s | 41m 9s | 1 |
| Mark Young | 38m 2s | 12m 54s | 21m 44s | 8m 50s | 30m 43s | 8m 59s | 39m 53s | 9m 10s | 49m 12s | 9m 19s | 36m 18s | 2 |
| Nancy Sido | 40m 11s | 10m 45s | 20m 27s | 9m 42s | 30m 8s | 9m 41s | 39m 55s | 9m 47s | 49m 38s | 9m 43s | 38m 53s | 3 |
| Dave Coutts | 31m 8s | 19m 48s | 26m 32s | 6m 44s | 34m 16s | 7m 44s | 41m 47s | 7m 31s | 49m 41s | 7m 54s | 29m 53s | 4 |
| Frances Young | 42m 48s | 8m 8s | 20m 28s | 12m 20s | 30m 15s | 9m 47s | 40m 17s | 10m 2s | 50m 24s | 10m 7s | 42m 16s | 5 |
| Bob Nichols | 39m 53s | 11m 3s | 20m 59s | 9m 56s | 30m 59s | 10m | 40m 56s | 9m 57s | 50m 52s | 9m 56s | 39m 49s | 6 |
| Gina Bufe | 45m 13s | 5m 43s | 17m 6s | 11m 23s | 29m 15s | 12m 9s | 42m 18s | 13m 3s | 55m 57s | 13m 39s | 50m 14s | 7 |
| Stephanie Sewell | 45m 13s | 5m 43s | 17m 9s | 11m 26s | 29m 17s | 12m 8s | 42m 18s | 13m 1s | 55m 57s | 13m 39s | 50m 14s | 7 |
| Sue Truner | 50m 56s | 0d | 17m 31s | 17m 31s | 33m 28s | 15m 57s | 49m 19s | 15m 51s | 1h 48m 5s | 58m 46s | 1h 48m 5s | 9 |
| Maureen Midgley | 37m 55s | 13m 1s | 21m 50s | 8m 49s | Dnf | | | | | 0 | -13m 1s | |