



2025 Summer Duet
Saturday, August 16
10K and 5K

Frontier Park, Katy Trail, 500 S. Riverside Dr., St. Charles, MO 63301

racewalkstl.org

10K							
NAME	AGE	2500 M	5000 M	7500 M	FINISH 10,000 M	PLACE	AGE PLACE
Nancy Sido	W74	20:46	41:27	1:02:10	1:22:40	1	1

5K					
NAME	AGE	2500 M	5000 M Finish Time	Place	Age Place
Dave Coutts	M70	15:32	31:30	1	1
Lorraine Ramonczuk	W72	21:05	42:22	4	1
Scott Decker	M75	23:45	49:04	6	1
Bob Nichols	M86	22:17	44:21	5	1
Sue Turner	W84	30:35	61:08	7	1
Mark Halfmann	M64	20:44	41:01	3	1
Maureen Midgley	W65	19:47	40:16	2	1