



THREE MILE SPRING FLING HANDICAP RACEWALK
Sunday, April 19, 2026
Chesterfield Central Park Lake Trail
racewalkstl.org

Name	Best 5k Time 2024	Start Time	Lap 1	Lap time	Lap 2	Lap time	Lap 3	Lap time	Lap 4	Lap time	Actual time	Place
	43m 44s											
Frances Young	43m 44s	00:00	10:21	10:21	20:16	09:55	29:58	09:42	39:52	09:54	39:52	1
Nancy Sido	39m 32s	04:12	12:22	08:10	22:35	10:13	31:45	09:10	40:55	09:10	36:43	2
Lorraine Ramoonczuk	40m 1s	03:43	13:33	09:50	23:20	09:47	33:15	09:55	43:16	10:01	39:33	3
Dave Coutts	31m 30s	12:14	19:20	07:06	26:43	07:23	34:17	07:34	43:17	09:00	31:03	4
Mellissa Kelley	40m 1s	03:43	13:50	10:07	23:55	10:05	34:05	10:10	44:06	10:01	40:23	5
Sue Truner	43m 44s	00:00	15:50	15:50	32:40	16:50	50:07	17:27		-50:07	00:00	