

Completed the 10K at the 2023 Cascade Half Marathon in

51:29.9



January 15, 2023

| Overall:   | 30/352 | Bib No:   | 547    |
|------------|--------|-----------|--------|
| Div Place: | 1/4    | Division: | M60-64 |
| Sex Place: | 25/71  | Pace:     | 8:18.0 |