

Completed the 5K at the 2023 Run For The Shamrock in

37:04.4



## March 11, 2023

| Overall:   | 79/222 | Bib No:   | 10      |
|------------|--------|-----------|---------|
| Div Place: | 7/11   | Division: | M45-49  |
| Sex Place: | 45/65  | Pace:     | 11:56.0 |