

Completed the 5K at the 2023 Heaven Can Wait 5K in

24:11.6



October 1, 2023

| Overall: | 23/291 | Bib No: | 1745 |
|------------|--------|-----------|--------|
| Div Place: | 2/22 | Division: | M45-49 |
| Sex Place: | 16/242 | Pace: | 7:48.0 |