

Completed the 10K at the 2023 Run For The Shamrock in

46:05.3



March 11, 2023

| Overall: | 12/222 | Bib No: | 1915 |
|------------|--------|-----------|--------|
| Div Place: | 1/7 | Division: | F45-49 |
| Sex Place: | 3/39 | Pace: | 7:26.0 |