

Completed the 10M at the 2023 Mastondon Trail Run in

1:11:21.1



March 5, 2023

| Overall: | 15/150 | Bib No: | 200 |
|------------|--------|-----------|--------|
| Div Place: | 9/34 | Division: | M30-39 |
| Sex Place: | 13/79 | Pace: | 7:20.0 |