

Completed the 10K at the 2023 Scandia Run in

41:03.8



August 12, 2023

| Overall: | 50/632 | Bib No: | 276 |
|------------|--------|-----------|--------|
| Div Place: | 5/33 | Division: | M40-49 |
| Sex Place: | 45/189 | Pace: | 6:37.0 |