

Completed the 10K at the 2023 Scandia Run in

1:05:54.3



August 12, 2023

| Overall: | 237/632 | Bib No: | 317 |
|------------|---------|-----------|---------|
| Div Place: | 28/33 | Division: | M40-49 |
| Sex Place: | 149/189 | Pace: | 10:37.0 |