

Completed the 10K at the 2023 St Patrick's Day Dash in

46:22.4



March 18, 2023

| Overall:   | 8/329 | Bib No:   | 351    |
|------------|-------|-----------|--------|
| Div Place: | 1/4   | Division: | F45-49 |
| Sex Place: | 3/26  | Pace:     | 7:28.0 |