

Completed the 5K at the 2023 Bridgeway Recovery Run in

## 1:09:40.0



September 30, 2023

| Overall:   | 144/251 | Bib No:   | 455     |
|------------|---------|-----------|---------|
| Div Place: | 9/12    | Division: | M30-34  |
| Sex Place: | 57/74   | Pace:     | 22:26.0 |