

Completed the 5K at the 2023 Cardv 5K in

1:02:44.7



May 13, 2023

| Overall: | 262/307 | Bib No: | 566 |
|------------|---------|-----------|---------|
| Div Place: | 6/7 | Division: | M45-49 |
| Sex Place: | 97/122 | Pace: | 20:12.0 |