

# Helen Blackshear

Completed the 5K at the Tillamook YMCA Milk Run in

**33:57.4**

**June 22, 2024**

Overall: **51/61**

Div Place: **8/11**

Sex Place: **21/30**

Bib No: **110**

Division: **F30-39**

Pace: **10:56.0**