

# Teagan Helmick

Completed the MS\_Girls at the Runners Roost XC Invite 1 in

**22:36.9**

**September 23, 2025**

Overall: **174/317**

Bib No: **1109**

Div Place: **68/174**

Division: **F-Seventh**

Sex Place: **174/476**

Pace: **11:19.0**