

# **Fred Volk**

**Completed the 5K at the Scandia Run in**

**29:11.9**

**August 16, 2025**

Overall: **149/397**

Bib No: **1179**

Div Place: **6/13**

Division: **M70-79**

Sex Place: **96/208**

Pace: **9:24.0**