

# Helena Yandow

Completed the 5K at the Bridgeway Run For Recovery in

**1:00:15.3**

**September 28, 2025**

Overall: **85/110**

Bib No: **1181**

Div Place: **7/10**

Division: **F35-39**

Sex Place: **56/89**

Pace: **19:24.0**