

# **Jim Abhold**

**Completed the 5K at the Race For Warmth in**

**45:05.0**

**January 29, 2023**

Overall: **318/844**

Bib No: **143**

Div Place: **2/34**

Division: **M70-74**

Sex Place: **137/402**

Pace: **14:31.0**