

# Mark Delong

Completed the 5K at the Gleneagle Spirit 5K in

**42:38.6**

**September 6, 2025**

Overall: **86/91**

Bib No: **144**

Div Place: **8/9**

Division: **M40-49**

Sex Place: **51/58**

Pace: **13:44.0**