

# **Jamie Krefting**

**Completed the 10M at the Mastondon Trail Run in**

**1:31:09.2**

**March 5, 2023**

**Overall: 70/150**

**Div Place: 5/35**

**Sex Place: 25/106**

**Bib No: 165**

**Division: F40-49**

**Pace: 9:21.0**