

# **Roby Lanford**

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

**1:44:20.7**

**March 5, 2023**

**Overall: 105/150**

**Div Place: 9/19**

**Sex Place: 52/106**

**Bib No: 167**

**Division: F50-59**

**Pace: 10:43.0**