

# Kinsey Helmle

Completed the Varsity\_Girls at the Runners Roost XC Invite 1 in

**22:17.4**

**September 23, 2025**

Overall: **6/185**

Bib No: **184**

Div Place: **2/67**

Division: **F-Frosh**

Sex Place: **6/279**

Pace: **7:11.0**