

# Heather Ortiz-Shepherd

Completed the 5K at the Cardio 5K in

**1:01:06.6**

**May 10, 2025**

Overall: **187/239**

Div Place: **15/24**

Sex Place: **127/194**

Bib No: **186**

Division: **F25-29**

Pace: **19:41.0**