

# Heather Decker

Completed the 5K at the Run For The Shamrock in

**40:23.9**

**March 11, 2023**

Overall: **89/157**

Bib No: **1860**

Div Place: **7/14**

Division: **F40-44**

Sex Place: **42/105**

Pace: **13:01.0**