

# Bj Ewing

Completed the 5K at the Gypsum Daze 5K in

**30:50.3**

**July 19, 2025**

Overall: **64/191**

Div Place: **11/17**

Sex Place: **41/75**

Bib No: **190**

Division: **M30-39**

Pace: **9:56.0**