

# **Mona Henry**

**Completed the 7 Miler at the Silver Falls Trail Runs in**

**1:43:37.3**

**November 3, 2023**

Overall: **437/728**

Bib No: **1978**

Div Place: **30/93**

Division: **F45-49**

Sex Place: **215/627**

Pace: **14:49.0**