

# Theodore Lanz

Completed the 5K Wave 1 at the HTC Turkey Trot in

**30:18.1**

**November 22, 2023**

Overall: **152/189**

Bib No: **2074**

Div Place: **20/23**

Division: **M20-24**

Sex Place: **112/151**

Pace: **9:46.0**