

# Phil Parnell

Completed the 7 Miler at the Silver Falls Trail Runs in

**2:03:42.4**

**November 1, 2024**

Overall: **584/720**

Bib No: **2219**

Div Place: **35/47**

Division: **M50-54**

Sex Place: **242/339**

Pace: **17:41.0**