

# Kenford Howell

Completed the 5K Wave 2 at the HTC Turkey Trot in

**1:05:04.0**

**November 22, 2023**

Overall: **1540/1781**

Bib No: **2254**

Div Place: **41/54**

Division: **M55-59**

Sex Place: **597/768**

Pace: **20:57.0**