

# Vashti Langford

Completed the 10K at the Great Columbia Crossing in

**1:30:24.6**

**October 8, 2023**

Overall: **1096/2878**

Bib No: **2276**

Div Place: **70/280**

Division: **F45-49**

Sex Place: **611/2342**

Pace: **14:33.0**