

Freida Ryan Anzur

Completed the 7 Miler at the Silver Falls Trail Runs in

2:00:31.5

November 1, 2024

Overall: **560/720**

Bib No: **2312**

Div Place: **40/69**

Division: **F45-49**

Sex Place: **328/574**

Pace: **17:14.0**