

# Ben Swanson

Completed the 5K at the Cardv 5K in

**1:00:27.2**

**May 10, 2025**

Overall: **185/239**

Bib No: **244**

Div Place: **4/5**

Division: **M45-49**

Sex Place: **59/82**

Pace: **19:28.0**