

# **Rick Alexander**

**Completed the 5K at the Silver Falls Trail Runs in**

**50:31.3**

**November 3, 2023**

**Overall: 206/301**

**Bib No: 2603**

**Div Place: 4/7**

**Division: M60-64**

**Sex Place: 105/161**

**Pace: 16:16.0**