

# Ellie Bonanno

Completed the 5K at the Silver Falls Trail Runs in

**43:57.9**

**November 3, 2023**

Overall: **141/301**

Bib No: **2637**

Div Place: **7/17**

Division: **F30-34**

Sex Place: **61/207**

Pace: **14:10.0**