

# **Nancy Thonen**

**Completed the 5K at the Blue Heron Half in**

**24:52.8**

**April 30, 2023**

Overall: **9/47**

Div Place: **1/3**

Sex Place: **1/23**

Bib No: **281**

Division: **F50-59**

Pace: **8:01.0**