

# **J.R. Pollnow**

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

**1:02:45.2**

**October 31, 2025**

Overall: **198/221**

Bib No: **2836**

Div Place: **10/13**

Division: **M40-44**

Sex Place: **102/121**

Pace: **20:12.0**