

# **Samuel Sowanick**

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

**33:52.5**

**November 3, 2023**

**Overall: 42/301**

**Bib No: 2908**

**Div Place: 1/10**

**Division: M25-29**

**Sex Place: 29/161**

**Pace: 10:55.0**