

# Elise Ziemendorf

Completed the 5K at the Silver Falls Trail Runs in

**28:49.7**

**November 1, 2024**

Overall: **19/261**

Bib No: **2931**

Div Place: **2/3**

Division: **OVERF**

Sex Place: **2/196**

Pace: **9:17.0**