

# Randy Spalding

Completed the 5K at the Harrisburg Firecracker 5K in

**30:13.0**

**July 2, 2023**

Overall: **38/111**

Div Place: **4/6**

Sex Place: **22/48**

Bib No: **328**

Division: **M60-69**

Pace: **9:44.0**