

# **John McDonald**

**Completed the 5K at the Teacup Skate in**

**29:11.2**

**March 23, 2024**

Overall: **18/20**

Bib No: **34**

Div Place: **3/3**

Division: **M50-59**

Sex Place: **10/13**

Pace: **5:51.0**