

John Gard

Completed the 5000M - Heat 3 at the Tracksmith Twilight 5000 in

17:23.6

July 8, 2023

Overall: **8/10**

Div Place: **2/4**

Sex Place: **6/15**

Bib No: **38**

Division: **M30-39**

Pace: **5:36.0**