

# **Alyssa Bonds**

**Completed the 5K at the Turkey Trot in**

**30:48.9**

**November 27, 2025**

**Overall: 545/1794**

**Bib No: 402**

**Div Place: 19/108**

**Division: F30-34**

**Sex Place: 207/1131**

**Pace: 9:56.0**