

# Andrew Rylaarsdam

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

**14:57.8**

**July 8, 2023**

Overall: 3/10

Div Place: 2/5

Sex Place: 3/15

Bib No: 44

Division: M20-29

Pace: 4:49.0