

# Mel Lemert

Completed the 5K at the Harrisburg Firecracker 5K in

**40:17.5**

**July 6, 2025**

Overall: **51/103**

Div Place: **6/16**

Sex Place: **22/61**

Bib No: **45**

Division: **F30-39**

Pace: **12:46.0**