

# Rachel Michalek

Completed the 5000M - Heat 1 at the Tracksmith Twilight 5000 in

**26:39.2**

**July 8, 2023**

Overall: 13/17

Div Place: 2/3

Sex Place: 5/10

Bib No: 48

Division: F30-39

Pace: 8:35.0