Lanie Ruckman

Completed the 25K at the Frozen Trail Runfest in

2:50:52.7

December 9, 2023

Overall:	**18/46**	Bib No:	**516**
Div Place:	**1/2**	Division:	**F30-34**
Sex Place:	**4/14**	Pace:	**11:00.0**