

# Mary Follo

Completed the 50K at the Frozen Trail Runfest in

**5:07:01.7**

**December 14, 2024**

Overall: **8/57**

Bib No: **517**

Div Place: **1/5**

Division: **F30-34**

Sex Place: **1/20**

Pace: **9:53.0**