

# John Gard

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

**24:19.6**

**July 8, 2023**

Overall: 3/17

Div Place: 2/5

Sex Place: 3/10

Bib No: 6

Division: M50-59

Pace: 7:50.0