

# Bower Lansdon

Completed the 5K at the My Breast Friends 5K in

**1:03:20.8**

**June 9, 2024**

Overall: **160/188**

Bib No: **604**

Div Place: **12/19**

Division: **M01-10**

Sex Place: **57/77**

Pace: **20:24.0**