

# **Rick Trammel**

**Completed the 5K at the Rhody Run in**

**59:57.5**

**May 18, 2024**

**Overall: 243/283**

**Div Place: 9/11**

**Sex Place: 109/124**

**Bib No: 64**

**Division: M55-59**

**Pace: 19:18.0**