

# Michael Grade

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

**25:01.8**

**July 8, 2023**

Overall: **6/17**

Div Place: **4/5**

Sex Place: **5/10**

Bib No: **7**

Division: **M50-59**

Pace: **8:04.0**