

# Charlie Frost

Completed the 5K at the Spooky Fun Run x Planet Fitness in

**29:26.4**

**October 25, 2025**

Overall: **47/366**

Bib No: **74**

Div Place: **7/31**

Division: **M30-34**

Sex Place: **39/167**

Pace: **9:29.0**