

# Monica Kryzer

Completed the 5K at the Gypsum Daze 5K in

**56:07.2**

**July 19, 2025**

Overall: **160/191**

Bib No: **77**

Div Place: **7/13**

Division: **F60-69**

Sex Place: **95/123**

Pace: **18:04.0**