

# **Sandie Ashland**

**Completed the 5K at the Cardv 5K in**

**52:37.2**

**May 13, 2023**

**Overall: 163/307**

**Bib No: 8**

**Div Place: 5/15**

**Division: F50-54**

**Sex Place: 87/226**

**Pace: 16:57.0**