

# **Lisa Messer**

**Completed the 5K at the Race For Warmth in**

**28:41.0**

**January 29, 2023**

**Overall: 50/844**

**Bib No: 898**

**Div Place: 5/66**

**Division: F40-44**

**Sex Place: 15/808**

**Pace: 9:14.0**