

# Beth Sheppard

Completed the 3K at the Oregon Track Club Community Run 7 in

**19:06.4**

**September 12, 2024**

Overall: **38/64**

Bib No: **916**

Div Place: **2/2**

Division: **F45-49**

Sex Place: **12/24**

Pace: **10:15.0**