

Matt Twitchell

Completed the 5K at the Canby YoungLife 10K/5K in

28:51.6

May 13, 2023

Overall: **15/59**

Div Place: **7/18**

Sex Place: **15/34**

Bib No: **95**

Division: **M30-49**

Pace: **9:18.0**