

# **Katia Ames**

**Completed the 5.5 Miler at the Hardesty Hardcore Trail Run in**

**57:04.2**

**August 30, 2025**

Overall: 4/31

Bib No: 966

Div Place: 1/2

Division: F30-34

Sex Place: 1/15

Pace: 10:23.0