

# Shayn Free

Completed the 5K at the Bridgeway Run For Recovery in

**1:04:04.4**

**September 28, 2025**

Overall: **92/110**

Bib No: **971**

Div Place: **5/6**

Division: **M25-29**

Sex Place: **32/54**

Pace: **20:38.0**