

JOHN FREDLAND

HAS COMPLETED THE

SUMMER STRIDES 5K

IN THE

RacePacket Summer Strides 5K

WITH AN OFFICIAL TIME OF:

00:22:49

CHIP TIME: 00:22:46

OVERALL: 24 / 70 GENDER: 20 / 43 AGE GROUP: 3 / 7 PACE: 7:19/mile