

# I RAN THE SANDS POINT PRESERVE SPRINT 5K RUN/WALK



## RAFAEL MEDALLA

COMPLETED ON AUGUST 7, 2016  
IN SANDS POINT, NY  
5K

22:23.8  
TIME

146  
OVERALL

7:13/M  
PACE

*Congratulations and a big thank you for participating on behalf of  
Greater Long Island Running Club*

POWERED BY  
**haku**

THE SANDS POINT PRESERVE SPRINT 5K RUN/WALK IS BROUGHT TO YOU BY:

