

# I RAN THE ZO'S HEALTH & WELLNESS GROOVE 5K RUN/WALK



## MANUEL NICARAGUA

COMPLETED ON JANUARY 13, 2018  
IN N MIAMI BEACH, FL  
5K

23:22.7  
TIME

13  
OVERALL

2 of 4  
MALE 55 TO  
59

10 of 69  
MALE RANK

7:32/M  
PACE

*Congratulations and a big thank you for participating on behalf of Go Run Foundation*

POWERED BY  
**haku**

THE ZO'S HEALTH & WELLNESS GROOVE 5K RUN/WALK IS BROUGHT TO YOU BY:

