

# 2025 NEPSAC NORDIC 5K INDIVIDUAL CHAMPIONSHIPS

## **Team Results**

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<b>Place</b>	<b>Team</b>	<b>Score</b>
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### **MEN'S 5K FREESTYLE MASS START**

1	Gould Academy	18
2	Belmont Hill	26
3	Proctor	84
4	Holderness	95
5	Dublin School	98
6	SPS	117
7	Andover	130
8	Middlesex	189

### **WOMEN'S 5K FREESTYLE MASS START**

1	Holderness	21
2	Gould Academy	38
3	Dublin School	58
4	Proctor	76
5	NMH	104
6	Middlesex	121
7	SPS	144
8	Andover	167