

Frank Lara

Male, born Sep 25, 1995

Nationality: USA

WORLD ATHLETICS RECOGNIZED PERSONAL BESTS

<https://worldathletics.org/athletes/united-states/frank-lara-14681933>

Marathon: 2:09:53 on Apr 13, 2025, in Rotterdam, NED

Half Marathon: 1:01:00 on Oct 24, 2021 in Valencia, ESP

10 Miles road: 46:59 on Sep 12, 2021, in Washington, DC

15K road: 44:02 on March 20, 2021, in Jacksonville, FL

7 Miles road: 33:38 on Aug 21, 2022 in Falmouth, MA

10,000m: 27:43.13 on May 14, 2021, in Irvine, CA

10K road: 28:36.80 on March 28, 2026, in Charleston, SC

HIGHLIGHTS 2024-2026

8th, 2026 Cooper River Bridge 10K, 28:36.80

13th, 2025 Rotterdam Marathon, 2:09:53

25th, 2026 Seville Marathon, 2:10:06

HIGHLIGHTS PRE-2024

5th, 2022 The TEN 10,000m, 27:57.90

6th, 2021 Steve Scott Invitational 10,000m, 27:43.13

22nd, 2020 Aramco Houston Half Marathon, 1:01:50