

# *Finisher Certificate*

## **Adam Beard**

*Completed the Mens 8K at the 2023 RMAC X-Country Championships in*

# **30:12.9**



**October 21, 2023**

Overall: 118/373

Div Place: 28/33

Team Place: 8

Bib No: 1854

Division: M-Frosh

Pace: 6:05.0