

# *Finisher Certificate*

## **Alana Howard**

*Completed the Womens 6K at the 2023 RMAC X-Country Championships in*

# **24:15.5**



**October 21, 2023**

Overall: 74/373

Div Place: 19/30

Team Place: 4

Bib No: 2000

Division: F-Soph

Pace: 6:31.0