

Finisher Certificate

Ryan Swindle

Completed the 5K at the 2023 Blue Heron Half & 5K in

21:28.1



April 30, 2023

Overall: **3/109**

Div Place: **2/5**

Sex Place: **3/26**

Bib No: **418**

Division: **M30-39**

Pace: **6:55.0**