

# *Finisher Certificate*

## **Mark Frost**

*Completed the 10K at the 2023 Crush Cancer in*

# **59:01.6**



**May 20, 2023**

Overall: 13/182

Div Place: 2/4

Sex Place: 9/25

Bib No: 62

Division: M30-39

Pace: 9:30.0