

# *Finisher Certificate*

## **Jamie Rusow**

*Completed the 5K at the 2023 Team Beef Ranch Run in*

# **30:59.8**



**June 10, 2023**

Overall: 14/68

Div Place: 3/13

Sex Place: 6/38

Bib No: 104

Division: F30-39

Pace: 9:59.0