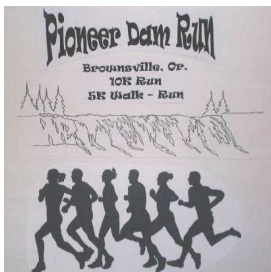


# Finisher Certificate

## Lisa Helms

*Completed the 5K at the 2024 Pioneer Dam Run in*

### 28:32.2



**June 23, 2024**

Overall: 14/57

Div Place: 1/5

Sex Place: 5/26

Bib No: 119

Division: F40-49

Pace: 9:12.0

Results by Eclectic Edge Racing