

# *Finisher Certificate*

## **Lucas Foster**

*Completed the 5K at the 2023 Scandia Run in*

# **30:26.7**



**August 12, 2023**

Overall: 132/632

Bib No: 144

Div Place: 12/17

Division: M30-39

Sex Place: 81/141

Pace: 9:48.0