

# *Finisher Certificate*

## **Carol Spaw**

*Completed the 5K at the 2023 Pine Frost in*

# **51:04.6**



**February 4, 2023**

Overall: 14/20

Bib No: 159

Div Place: 1/2

Division: F45-49

Sex Place: 11/12

Pace: 16:27.0