

# *Finisher Certificate*

## **Ron Deems**

*Completed the 5K at the 2023 COCC Turkey Trot in*

# **23:12.5**



**November 4, 2023**

Overall: 14/117

Bib No: 16

Div Place: 1/3

Division: M60-69

Sex Place: 10/54

Pace: 7:29.0