

# *Finisher Certificate*

## **Ron Deems**

*Completed the 5K at the 2023 Polar Bear Run in*

# **22:10.1**



**January 14, 2023**

Overall: 4/110

Div Place: 1/7

Sex Place: 4/41

Bib No: 16

Division: M60-69

Pace: 7:09.0