

# *Finisher Certificate*

## **Paul Nolen**

*Completed the 5K at the 2023 Tillamook YMCA Milk Run in*

# **29:14.2**



**June 24, 2023**

Overall: 23/133

Div Place: 5/7

Sex Place: 16/23

Bib No: 165

Division: M19-30

Pace: 9:25.0