

# *Finisher Certificate*

## **Cara Gilchrist**

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

# **36:09.9**



**August 12, 2023**

Overall: 193/632

Bib No: 169

Div Place: 17/29

Division: F30-39

Sex Place: 94/172

Pace: 11:39.0