

# *Finisher Certificate*

## **Ken Armstrong**

*Completed the 5K at the 2023 Run For The Shamrock in*

# **29:32.1**



**March 11, 2023**

Overall: 41/222

Bib No: 1829

Div Place: 3/7

Division: M40-44

Sex Place: 23/65

Pace: 9:31.0