

# *Finisher Certificate*

## **David Helder**

*Completed the 10K at the 2023 Scandia Run in*

# **48:32.1**



**August 12, 2023**

Overall: 105/632

Bib No: 195

Div Place: 10/33

Division: M40-49

Sex Place: 82/189

Pace: 7:49.0