Finisher Pertificate John Crowninshield

Completed the 5K at the 2023 Blue Heron Half & 5K in

32:24.3



April 30, 2023

Overall: 30/109 Bib No: 209

Div Place: 4/5 Division: M50-59

Sex Place: 19/26 Pace: 10:26.0