## Finisher Pertificate Cynthia Krostal

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

49:36.5



## **April 30, 2023**

Overall: 47/109 Bib No: 238

Div Place: 1/1 Division: F60-69

Sex Place: 21/23 Pace: 15:59.0