## Finisher Pertificate Lindsey Morford

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

33:59.7



## **April 30, 2023**

Overall: 33/109 Bib No: 259

Div Place: 6/10 Division: F30-39

Sex Place: 13/23 Pace: 10:57.0