

# *Finisher Certificate* **Emily Southard**

*Completed the 5K at the 2023 Heaven Can Wait 5K in*

**1:00:28.7**



**October 1, 2023**

Overall: 235/291

Bib No: 2846

Div Place: 20/76

Division: F40-44

Sex Place: 170/775

Pace: 19:28.0