

# *Finisher Certificate*

## **Keegan La Fon**

*Completed the 5K at the 2023 Bridgeway Recovery Run in*

# **34:01.0**



**September 30, 2023**

Overall: **48/251**

Bib No: **503**

Div Place: **6/18**

Division: **F30-34**

Sex Place: **23/110**

Pace: **10:57.0**