

Finisher Certificate

Lanie Ruckman

Completed the 25K at the 2023 Frozen Trail Runfest in

2:50:52.7



December 9, 2023

Overall: 18/247

Div Place: 1/2

Sex Place: 4/14

Bib No: 516

Division: F30-34

Pace: 11:00.0