

# *Finisher Certificate* **Shad Helmes**

*Completed the 10K at the 2024 Race For Warmth in*

## **47:03.3**



**January 28, 2024**

Overall: 32/1108

Bib No: 554

Div Place: 6/23

Division: M30-34

Sex Place: 28/156

Pace: 7:35.0