## Finisher Pertificate Ronald Welford

Completed the 1 Mile at the 2023 Bridgeway Recovery Run in

9:37.7



## **September 30, 2023**

Overall: 7/251 Bib No: 636

Div Place: 1/3 Division: M50-54

Sex Place: 5/37 Pace: 9:38.0