

# *Finisher Certificate*

## **Emma Flowers**

*Completed the Open Women at the 2023 RMAC X-Country Championships in*

# **30:45.4**



**October 21, 2023**

Overall: 43/373

Bib No: 778

Div Place: 20/23

Division: F-Frosh

Team Place: 1

Pace: 8:15.0