

Finisher Certificate

Frank Insera

Completed the 5K at the Silver Falls Trail Runs in

1:29:49.3



November 3, 2023

Overall: 298/301

Bib No: 2753

Div Place: 11/14

Division: M50-54

Sex Place: 131/161

Pace: 28:55.0

Results by Eclectic Edge Racing