

# 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