Finisher Certificate

Craig Foreman

Completed the 5K at the Blue Heron Half in

43:06.4

Rocky Mountain Road Runners
Blue Heron Half Marathon and 5k

April 30, 2023

Overall:	**42/47**	Bib No:	**422**
Div Place:	**6/6**	Division:	**M70-99**
Sex Place:	**25/26**	Pace:	**13:53.0**

Results by Eclectic Edge Racing