

# Finisher Certificate

## Howie Long

Completed the 5K at the Fall Foot Races in

### 31:52.6



**October 5, 2025**

Overall: 30/76

Div Place: 2/2

Sex Place: 18/40

Bib No: 585

Division: M50-59

Pace: 10:16.0

Results by Eclectic Edge Racing