

# Finisher Certificate

**Jon La Follett**

Completed the 5K at the Gear Grants Pancake Run in

**34:24.0**



**March 1, 2025**

Overall: 104/133

Div Place: 8/8

Sex Place: 53/62

Bib No: 126

Division: M45-49

Pace: 11:05.0

Results by Eclectic Edge Racing