

# Finisher Certificate

**Shannon Ford**

Completed the 5K at the Cardio 5K in

**26:24.8**



Center Against Rape  
and Domestic Violence

**May 11, 2024**

Overall: 19/214

Div Place: 4/22

Sex Place: 9/200

Bib No: 73

Division: F40-44

Pace: 8:31.0

Results by Eclectic Edge Racing