

# FINISHER CERTIFICATE

## Lance Roach

has completed Fast and Flat 5K Series

April 20, 2024

# 39:09



[fastandflat5kseries.com](http://fastandflat5kseries.com)

[event-director]

Event Director

Distance: Challenge

Overall: 481/788

Gender: 280/356

Age Group: 279/355

