



PRESENTED BY  Bon Secours


**RYAN R FRIERDICH**

**CONGRATULATIONS ON COMPLETING THE  
10K**

**57:34**  
FINISH TIME

**0:09:16**  
AVERAGE PACE

**RESULTS PRESENTED BY:**

  
The James Barry-Robinson Institute

  
**JERRY FROSTICK**  
RACE DIRECTOR

  
**AMY FROSTICK**  
RACE DIRECTOR