## FINISHER

## **CRYSTAL ACHUO**

HAS COMPLETED THE

## 2016 FREDERICK WOMEN'S DISTANCE FESTIVAL 5K

**IN THE** 

## Frederick Women's Distance Festival

WITH AN OFFICIAL TIME OF:

00:21:28.65

CHIP TIME: 00:21:24.82

OVERALL: 10 / 410 GENDER: 10 / 410 AGE GROUP: 1 / 47 PACE: 6:54/mile