



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Chris Lafon**

**A MIDSUMMER KNIGHTS GLO 5K Presented By The Knights Of  
Columbus**

**34:04.1**

**August 5th, 2022**

51 out of 94 Finishers

34 out of 51 Male participants

1 out of 1 Males in your age group