



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Liza Lucas

**Region III-AA Cross Country Championships - HS Girls**

# 30:47.6

**October 20th, 2022**

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36 out of 40 Finishers

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out of Female participants	36 out of 40 Females in your age group
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