



TriStateRacer.com
Promoting Fitness and Raising Millions for Charity

Chris Lafon

**2nd Annual A MIDSUMMER KNIGHTS GLO 5K Presented By The
Knights Of Columbus**

30:43.3

August 4th, 2023

61 out of 126 Finishers

34 out of 52 Male participants

3 out of 3 Males in your age group