



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

**Mark Shonkwiler**

**White Gravel Mines Extreme 5K Adventure Run 2023**

**43:21.2**

**June 24th, 2023**

---

33 out of 271 Finishers

---

33 out of 146 Male participants	7 out of 17 Males in your age group
---------------------------------	-------------------------------------