



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

**Mychael Harding**

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

**1:04:18.1**

**June 24th, 2023**

142 out of 271 Finishers

47 out of 125 Female participants

7 out of 20 Females in your age group