



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

## **Sam Ingram**

**12th Annual Maura Rae Kuhl AED Foundation 5K run/walk and 1  
Mile Walk \*\*GLOW RUN\*\***

# **28:02.6**

**August 19th, 2023**

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86 out of 149 Finishers

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51 out of 72 Male participants	4 out of 4 Males in your age group
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