



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

**Duane Knittel**

**Run For Your LIFE - 10K**

**46:18.9**

**September 2nd, 2023**

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6 out of 40 Finishers

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4 out of 26 Male participants	2 out of 4 Males in your age group
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