



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

## Avanna Pownall

**SuperHero 5K Run**

**32:04.5**

**April 20th, 2024**

26 out of 58 Finishers

7 out of 145 Female participants

2 out of 2 Females in your age group