



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

## **Lana Day**

**John Adams Middle School Spring Thaw 5k Run and Walk**

**32:17.2**

**April 14th, 2012**

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324 out of 562 Finishers

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115 out of 281 Female participants	16 out of 28 Females in your age group
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