

# Trent Lyons

Completed the 5K at the Harrisburg Firecracker 5K in

**29:20.2**

**July 6, 2025**

Overall: **18/103**

Div Place: **1/3**

Sex Place: **12/45**

Bib No: **95**

Division: **M20-29**

Pace: **9:18.0**