



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

**Doug Midcap**

**Super Hero 5K 2022**

**29:26.5**

**April 16th, 2022**

38 out of 220 Finishers

25 out of 86 Male participants

2 out of 3 Males in your age group