



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

**Paula Blum**

**2022 RUSSELL TURKEY TROT 5K**

**40:36.1**

**November 24th, 2022**

248 out of 350 Finishers

113 out of 188 Female participants

3 out of 8 Females in your age group