



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

**Michael Brock**

**2022 RUSSELL TURKEY TROT 5K**

**30:41.0**

**November 24th, 2022**

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145 out of 350 Finishers

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90 out of 165 Male participants	6 out of 11 Males in your age group
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