



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

**Lauren Cruz**

**2022 RUSSELL TURKEY TROT 5K**

**31:17.1**

**November 24th, 2022**

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156 out of 350 Finishers

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62 out of 188 Female participants	8 out of 17 Females in your age group
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