



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

**David Herman**

**2022 RUSSELL TURKEY TROT 5K**

**35:39.4**

**November 24th, 2022**

213 out of 350 Finishers

120 out of 165 Male participants

15 out of 23 Males in your age group