



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

**Terra Nolen**

**2022 RUSSELL TURKEY TROT 5K**

**53:55.2**

**November 24th, 2022**

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330 out of 350 Finishers

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173 out of 188 Female participants	20 out of 22 Females in your age group
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