



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

## **Kourtney Hieneman**

**4th Annual TOMCAT TROT 5K**

**56:27.6**

**November 5th, 2022**

---

106 out of 113 Finishers

---

74 out of 80 Female participants	8 out of 11 Females in your age group
----------------------------------	---------------------------------------