



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

**Lydia Lewandowski**

**4th Annual TOMCAT TROT 5K**

**53:30.6**

**November 5th, 2022**

100 out of 113 Finishers

68 out of 80 Female participants

29 out of 31 Females in your age group