



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

**Kathy Freedman**

**FIT FEST 5K For The Ambrose Trail**

**45:40.6**

**September 10th, 2022**

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45 out of 61 Finishers

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22 out of 30 Female participants	2 out of 3 Females in your age group
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