



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

## **Makala Elberfeld**

**A Heart Like Ava 5K**

**48:46.6**

**November 12th, 2022**

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38 out of 69 Finishers

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21 out of 45 Female participants	2 out of 3 Females in your age group
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