



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

**Lisa Bandy**

**3rd Annual THAT DAM 5K**

**48:52.9**

**April 15th, 2023**

52 out of 58 Finishers

25 out of 30 Female participants

5 out of 7 Females in your age group