



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

**Ed Cranford**

**Tunnel to Towers 5K Nelsonville**

**47:40.8**

**April 30th, 2023**

236 out of 447 Finishers

112 out of 185 Male participants

6 out of 9 Males in your age group