



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

**Tom Mitchell**

**Tunnel to Towers 5K Nelsonville**

**51:05.7**

**April 30th, 2023**

309 out of 447 Finishers

141 out of 185 Male participants

10 out of 12 Males in your age group