



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Tonda Thomas

**Tunnel to Towers 5K Nelsonville**

# 43:33.7

**April 30th, 2023**

182 out of 447 Finishers

92 out of 242 Female participants

5 out of 12 Females in your age group