



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

**Karen Sheets**

**Tunnel to Towers 5K Nelsonville**

**51:06.1**

**April 30th, 2023**

310 out of 447 Finishers

155 out of 242 Female participants

9 out of 12 Females in your age group