



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Sophia Abshire

**2023 RUSSELL TURKEY TROT 5K**

# 28:58.9

**November 23rd, 2023**

169 out of 476 Finishers

50 out of 236 Female participants

8 out of 23 Females in your age group