



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

**Trey Hieneman**

**2023 RUSSELL TURKEY TROT 5K**

**27:55.3**

**November 23rd, 2023**

146 out of 476 Finishers

103 out of 235 Male participants

10 out of 18 Males in your age group