



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

## Avery Hieneman

**2023 RUSSELL TURKEY TROT 5K**

**27:54.3**

**November 23rd, 2023**

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145 out of 476 Finishers

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37 out of 236 Female participants	4 out of 23 Females in your age group
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