



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

## Craig Lands

**2023 RUSSELL TURKEY TROT 5K**

**20:59.2**

**November 23rd, 2023**

23 out of 476 Finishers

21 out of 235 Male participants

4 out of 18 Males in your age group