



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

**Abram McMichael**

**Tunnel to Towers Nelsonville 5K**

**40:42.9**

**April 28th, 2024**

181 out of 465 Finishers

104 out of 205 Male participants

25 out of 35 Males in your age group