



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Mitch Rashid

**Trick or Trot 5K**

# 30:18.3

**October 25th, 2014**

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318 out of 817 Finishers

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186 out of 374 Male participants	39 out of 73 Males in your age group
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