



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Amy Howat

**John Adams Middle School Spring Thaw 5k Run and Walk**

# 47:53.7

**April 14th, 2012**

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494 out of 562 Finishers

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230 out of 281 Female participants	25 out of 31 Females in your age group
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