



# TriStateRacer.com

*Promoting Fitness and Raising Millions for Charity*

## Kara Dills

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

# 23:20.7

**April 14th, 2012**

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106 out of 562 Finishers

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20 out of 281 Female participants	4 out of 27 Females in your age group
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