

# IRRC MEMBER RACE STATS 2023

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Dean Banko	5K	0:18:41	0:06:02	Resolution 5K	Derry	PA	1/7/2023
Dean Banko	5K	0:19:38	0:06:20	Fire & Ice 5K	Somerset	PA	1/14/2023
Kosie Shepherd-Porada	5K	0:26:08	0:08:26	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Kosie Shepherd-Porada	5K	0:26:22	0:08:30	Resolution 5K	Derry	PA	1/7/2023
Leah Dever	5K	0:35:00	0:11:17	Baker Park 5K	Naples	FL	2/25/2023
Gabe Belak	5K	0:35:10	0:11:21	Cupid's Choice 5K	Latrobe	PA	2/10/2023
Michele Belak	5K	0:35:11	0:11:21	Cupid's Choice 5K	Latrobe	PA	2/10/2023
Tim Welsh	5K	0:35:55	0:11:35	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Gabe Belak	5K	0:36:41	0:11:50	Resolution 5K	Derry	PA	1/7/2023
Michele Belak	5K	0:36:42	0:11:50	Resolution 5K	Derry	PA	1/7/2023
Doug Berezansky	5K	0:37:44	0:12:10	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Stephanie Putt	5K	0:38:32	0:12:26	Walt Disney 5K	Orlando	FL	1/5/2023
Lisa Berezansky	5K	0:38:52	0:12:32	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Linda Pilipovich	5K	0:41:47	0:13:29	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Linda Pilipovich	5K	0:41:53	0:13:31	Resolution 5K	Derry	PA	1/7/2023
Dean Banko	4 Miler	0:25:17	0:06:19	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Kosie Shepherd-Porada	4 Miler	0:33:42	0:08:26	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Tad Pajak	4 Miler	0:35:34	0:08:54	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Janet Stewart	4 Miler	0:48:20	0:12:05	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Gabe Belak	4 Miler	0:50:35	0:12:39	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Michele Belak	4 Miler	0:50:36	0:12:39	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Mary Beth Rine	4 Miler	0:56:40	0:14:10	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Stephanie Putt	10K	1:22:01	0:13:14	Walt Disney 10K	Orlando	FL	1/6/2023
Dean Banko	8.3 Miler	2:00:12	0:14:29	Frozen Snot 8.3 Miler	McElhattan	PA	2/4/2023
Steve Pagano	8.3 Miler	3:30:14	0:25:20	Frozen Snot 8.3 Miler	McElhattan	PA	2/4/2023
Stephanie Putt	Half Marathon	2:29:06	0:11:23	Walt Disney Half Marathon	Orlando	FL	1/7/2023
Carl Leer	13.5 Miler	4:51:38	0:21:36	Frozen Snot 13.5 Miler	McElhattan	PA	2/4/2023
Steve Pagano	3-Hour	2:56:34	0:09:33	CJ's Challenge 3-Hour	Mifflinburg	PA	1/7/2023
Stephanie Putt	Marathon	5:27:02	0:12:29	Walt Disney Marathon	Orlando	FL	1/8/2023

Updated 3/3/2023