

IRRC MEMBER RACE STATS 2024

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|----------|---------|---------|-----------------------------|----------------|-------|-----------|
| Dean Banko | 5K | 0:18:01 | 0:05:49 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Dean Banko | 5K | 0:18:21 | 0:05:55 | Ellport Boro Community 5K | Ellwood City | PA | 3/2/2024 |
| Dean Banko | 5K | 0:20:24 | 0:06:35 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Grant Cruse | 5K | 0:20:38 | 0:06:39 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Grant Cruse | 5K | 0:20:48 | 0:06:43 | Icefest Freeze Your Ice Off | Chamberburg | PA | 1/28/2024 |
| Grant Cruse | 5K | 0:21:37 | 0:06:58 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Grant Cruse | 5K | 0:23:12 | 0:07:29 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Herb Cratty | 5K | 0:24:08 | 0:07:47 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Kosie Shepherd-Porada | 5K | 0:25:25 | 0:00569 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Denny Cruse | 5K | 0:26:02 | 0:08:24 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Denny Cruse | 5K | 0:26:05 | 0:08:25 | Icefest Freeze Your Ice Off | Chamberburg | PA | 1/28/2024 |
| Kosie Shepherd-Porada | 5K | 0:28:40 | 0:09:15 | Resolution Run 5K | New Alexandria | PA | 1/6/2024 |
| Denny Cruse | 5K | 0:29:32 | 0:09:32 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Denny Cruse | 5K | 0:29:43 | 0:09:35 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Jonathan Cunkelman | 5K | 0:31:49 | 0:10:16 | Resolution Run 5K | New Alexandria | PA | 1/6/2024 |
| Janet Stewart | 5K | 0:32:04 | 0:10:21 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Tim Welsh | 5K | 0:32:26 | 0:10:28 | Shamrock Shake 5K | Johnstown | PA | 3/2/2024 |
| Max Cramer | 5K | 0:34:11 | 0:11:02 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Kevin Thomson | 5K | 0:34:14 | 0:11:03 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Kevin Thomson | 5K | 0:36:34 | 0:11:48 | Fire & Ice 5K | Somerset | PA | 1/13/2024 |
| Kevin Thomson | 5K | 0:37:20 | 0:12:03 | Resolution Run 5K | New Alexandria | PA | 1/6/2024 |
| Leah Dever | 5K | 0:37:48 | 0:12:12 | Baker Park 5K | Naples | FL | 3/9/2024 |
| Kevin Thomson | 5K | 0:37:54 | 0:12:14 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Max Cramer | 5K | 0:38:06 | 0:12:17 | Set Your Year On Fire 5K | Ligonier | PA | 1/7/2024 |
| Alyssa Thomson | 5K | 0:39:10 | 0:12:38 | Cupid's Chase 5K | Latrobe | PA | 2/10/2024 |
| Dean Banko | 4 Miler | 0:24:56 | 0:06:14 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Kosie Shepherd-Porada | 4 Miler | 0:36:06 | 0:09:01 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Jonathan Cunkelman | 4 Miler | 0:39:20 | 0:09:50 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Janet Stewart | 4 Miler | 0:47:16 | 0:11:49 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Gabe Belak | 4 Miler | 0:54:05 | 0:13:31 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Michele Belak | 4 Miler | 0:54:06 | 0:13:31 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |

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|-------------------|-----------------|-------------|-------------|------------------------------|--------------|--------------|-------------|
| Mary Beth Rine | 4 Miler | 1:01:31 | 0:15:23 | Groundhog Jog 4 Miler | Punxsutawney | PA | 2/3/2024 |
| Ray Guzic | 5 Miler | 0:57:46 | 0:11:33 | Greenwood Furnace Snow | Huntingdon | PA | 1/20/2024 |
| Kevin Thomson | 5 Miler | 1:01:46 | 0:12:21 | Spring ThAw 5 Miler | Allison Park | PA | 2/24/2024 |
| Steve Pagano | 5 Miler | 1:02:05 | 0:12:25 | Greenwood Furnace Snow | Huntingdon | PA | 1/20/2024 |
| Michele Belak | 5 Miler | 1:13:25 | 0:14:41 | Frigid 5 Miler | Allison Park | PA | 1/14/2024 |
| Bill Serafin | 5 Miler | 1:14:33 | 0:14:55 | Greenwood Furnace Snow | Huntingdon | PA | 1/20/2024 |
| Don Slusser | Half Marathon | 2:05:32 | 0:09:35 | North Park Half Marathon | Allison Park | PA | 1/6/2024 |
| Bill Serafin | Half Marathon | 2:08:00 | 0:09:46 | Myrtle Beach Half Marathon | Myrtle Beach | NC | 3/2/2024 |
| Jillian Barger | Half Marathon | 2:23:56 | 0:10:59 | Publix Atlanta Half Marathon | Atlanta | GA | 2/24/2024 |
| Carl Leer | 13.5 Miler | 3:41:58 | 0:16:27 | Frozen Snot 13.5 Miler | Lock Haven | PA | 2/3/2024 |
| Stephanie Daniels | 13.5 Miler | 4:02:33 | 0:17:58 | Frozen Snot 13.5 Miler | Lock Haven | PA | 2/3/2024 |
| Steve Pagano | 13.5 Miler | 4:55:36 | 0:21:54 | Frozen Snot 13.5 Miler | Lock Haven | PA | 2/3/2024 |

Updated 3/10/24