

# IRRC MEMBER RACE STATS 2023

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Dean Banko	1 Miler	0:05:44	0:05:44	Shamrock Shuffle 1-Miler	Harmony	PA	3/25/2023
Mindy Sawtelle-Zottola	1 Mile	0:05:54	0:05:54	Pgh Fleet Feet Liberty Mile	Pittsburgh	PA	7/7/2023
Herb Cratty	1 Mile	0:06:21	0:00441	Gateway Track Mile	Monroeville	PA	6/8/2023
Tammy Slusser	1 Mile	0:06:31	0:06:31	Gateway Track Mile	Monroeville	PA	6/8/2023
Kayleigh Zottola	1 Mile	0:07:11	0:07:11	Pgh Fleet Feet Liberty Mile	Pittsburgh	PA	7/7/2023
Don Slusser	1 Mile	0:10:43	0:10:43	Gateway Track Mile	Monroeville	PA	6/8/2023
Ron See	1.3 Miler	0:19:24	0:14:55	Predict Your Time	Indiana	PA	5/21/2023
Shelia Malia	1.3 Miler	0:23:32	0:18:06	Predict Your Time	Indiana	PA	5/21/2023
Bill Malia	1.3 Miler	0:23:33	0:18:07	Predict Your Time	Indiana	PA	5/21/2023
Linda Jones	1.3 Miler	0:24:33	0:18:53	Predict Your Time	Indiana	PA	5/21/2023
Bill Winters	1.3 Miler	0:24:44	0:19:02	Predict Your Time	Indiana	PA	5/21/2023
Dick Gigliotti	1.3 Miler	0:29:04	0:22:22	Predict Your Time	Indiana	PA	5/21/2023
Allen Shirley	1.5 Miler	0:24:15	0:16:10	Pancreatic Cancer 1.5 Mile	Indiana	PA	11/4/2023
Ron See	1.5 Miler	0:28:41	0:19:07	Pancreatic Cancer 1.5 Mile	Indiana	PA	11/4/2023
Taylor Yearick	1.5 Miler	0:31:51	0:21:14	Pancreatic Cancer 1.5 Mile	Indiana	PA	11/4/2023
Blake Yearick	1.5 Miler	0:31:52	0:21:15	Pancreatic Cancer 1.5 Mile	Indiana	PA	11/4/2023
Peggy Bomboy	1.5 Miler	0:31:52	0:21:15	Pancreatic Cancer 1.5 Mile	Indiana	PA	11/4/2023
Dean Banko	2-Miler	0:11:36	0:05:48	Firefly 2-Miler	Butler	PA	8/23/2023
Don Slusser	2 Mile	0:21:51	0:10:56	Greater Clarksburg 2 Mile	Clarksburg	WV	6/17/2023
Max Cramer	2 Mile	0:22:06	0:11:03	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Kevin Thomson	2 Mile	0:22:10	0:11:05	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Amelia Pajak	2 Mile	0:23:00	0:11:30	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Bethany Pajak	2 Mile	0:25:14	0:12:37	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Courtney Collins	2 Mile	0:26:36	0:13:18	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Joshua Collins	2 Mile	0:26:36	0:13:18	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Jude Collins	2 Mile	0:26:36	0:13:18	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Esther Collins	2 Mile	0:27:40	0:13:50	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
John Bomboy	2 Mile	0:33:22	0:16:41	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Peggy Bomboy	2 Mile	0:33:22	0:16:41	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Giny Serafin	2 Mile	0:34:40	0:17:20	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
William Maila	2 Mile	0:36:00	0:18:00	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023

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Shelia Malia	2 Mile	0:36:00	0:18:00	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Kat Zemlock	2 Mile	0:39:29	0:19:45	Run For The Trail 2-Mile	Dilltown	PA	8/12/2023
Noreen See	2.8 Miler	0:25:33	0:09:08	Predict Your Time	Indiana	PA	5/21/2023
Meg Larko	2.8 Miler	0:27:19	0:09:45	Predict Your Time	Indiana	PA	5/21/2023
Joey Bujdos	5K	0:17:04	0:05:30	Runway 5K	Indiana	PA	7/9/2023
Dean Banko	5K	0:17:23	0:05:36	Ellport 5K	Ellwood City	PA	3/4/2023
Dean Banko	5K	0:17:36	0:05:41	Neon Nights 5K	Connellsville	PA	5/13/2023
Dean Banko	5K	0:17:43	0:05:43	National Night Out 5K	Punxsutawney	PA	8/1/2023
Dean Banko	5K	0:17:44	0:05:43	Cupid's Chase 5K	Latrobe	PA	2/11/2023
Dean Banko	5K	0:18:09	0:05:51	Boston Trail 5K	Elizabeth	PA	4/15/2023
Dean Banko	5K	0:18:14	0:05:53	Pumkinfest 5K	Confluence	PA	10/8/2023
Dean Banko	5K	0:18:16	0:05:54	Firecracker Frolic 5K	New Germany	PA	7/4/2023
Dean Banko	5K	0:18:18	0:05:54	Laces For Alli 5K	Williamsburg	PA	10/1/2023
Dean Banko	5K	0:18:18	0:05:54	Run For Your Life 5K	Kittanning	PA	10/28/2028
Dean Banko	5K	0:18:20	0:05:55	Elderton 5K	Elderton	PA	5/19/2023
Dean Banko	5K	0:18:22	0:05:55	Chalk The Block 5K	Somerset	PA	7/23/2023
Dean Banko	5K	0:18:25	0:05:56	Falls Creek 5K	Falls Creek	PA	7/22/2023
Dean Banko	5K	0:18:27	0:05:57	Semper Gratus 5K	Leechburg	PA	3/18/2023
Dean Banko	5K	0:18:27	0:05:57	Summer Solstice 5K	Portersville	PA	6/21/2023
Dean Banko	5K	0:18:31	0:05:58	Hoodlebug 5K	Homer City	PA	9/10/2023
Dean Banko	5K	0:18:32	0:05:59	Kyle's Klassic 5K	Canonsburg	PA	6/24/2023
Dean Banko	5K	0:18:33	0:05:59	Race To The Moon 5K	Apollo	PA	7/15/2023
Dean Banko	5K	0:18:33	0:05:59	Ebensburg Homecoming 5K	Ebensburg	PA	7/29/2023
Dean Banko	5K	0:18:39	0:06:01	Boston harvest 5K	Boston	PA	9/17/2023
Dean Banko	5K	0:18:41	0:06:02	Resolution 5K	Derry	PA	1/7/2023
Dean Banko	5K	0:18:47	0:06:04	Fort Ligonier Days 5K	Ligonier	PA	10/15/2023
Dean Banko	5K	0:18:48	0:06:04	Gabriel Lee Friedline 5K	Bedford	PA	5/28/2023
Dean Banko	5K	0:18:50	0:06:05	Run For Autism Labor Day 5K	Youngwood	PA	9/4/2023
Dean Banko	5K	0:18:54	0:06:06	Moon Twp Moonglow 5K	Moon Twp.	PA	6/30/2023
Dean Banko	5K	0:19:00	0:06:08	Fool's Run 5K	Black Lick	PA	4/1/2023
Dean Banko	5K	0:19:01	0:06:08	Jim Mayer Trail 5K	Johnstown	PA	9/2/2023
Dean Banko	5K	0:19:13	0:06:12	Houtzdale Days 5K	Houtzdale	PA	7/21/2023
Dean Banko	5K	0:19:19	0:06:14	Round The Mound 5K	Johnstown	PA	8/4/2023

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Dean Banko	5K	0:19:22	0:06:15	John Woodruff 5K	Connellsville	PA	7/12/2023
Kaiden Branan	5K	0:19:22	0:06:15	Love Of Life 5K	Indiana	PA	10/21/2023
Dean Banko	5K	0:19:38	0:06:20	Fire & Ice 5K	Somerset	PA	1/14/2023
Dean Banko	5K	0:19:48	0:06:23	Color Me Pink 5K	Johnstown	PA	10/21/2023
Dean Banko	5K	0:19:49	0:06:24	Chernisky Classic 5K	Ebensburg	PA	7/8/2023
Grant Cruse	5K	0:20:17	0:06:33	Wings Of Hope 5K	Richland	PA	4/8/2023
Grant Cruse	5K	0:20:20	0:06:34	Ebensburg Homecoming 5K	Ebensburg	PA	7/29/2023
Tammy Slusser	5K	0:20:31	0:06:37	Carnegie 5K	Carnegie	PA	4/29/2023
Dean Banko	5K	0:20:36	0:06:39	Bobcat Trail 5K	Clarion	PA	7/26/2023
Mindy Sawtelle-Zottola	5K	0:20:40	0:06:40	Love Of Life 5K	Indiana	PA	10/21/2023
Jeannie Bujdos	5K	0:20:48	0:06:43	Seton Hill Alumni 5K	Greensburg	PA	10/1/2023
Mindy Sawtelle-Zottola	5K	0:20:57	0:06:45	Brentwood Firecracker 5K	Brentwood	PA	7/4/2023
Grant Cruse	5K	0:20:57	0:06:45	Jim Mayer Trail 5K	Johnstown	PA	9/2/2023
Al Casagrande	5K	0:20:59	0:06:46	Hoodlebug 5K	Homer City	PA	9/10/2023
Grant Cruse	5K	0:21:03	0:06:47	Hoodlebug 5K	Homer City	PA	9/10/2023
Grant Cruse	5K	0:21:05	0:06:48	Quota 5K	Indiana	PA	6/3/2023
Grant Cruse	5K	0:21:09	0:06:49	South Fork Heritage Days	Johnstown	PA	6/17/2023
Grant Cruse	5K	0:21:11	0:06:50	Path Of The Flood 5K	Johnstown	PA	5/27/2023
Joe Ankney	5K	0:21:15	0:06:51	Donut Dash 5K	Indiana	PA	4/22/2023
Stephen Mead	5K	0:21:16	0:06:52	Fool's Run 5K	Black Lick	PA	4/1/2023
Caleb Fruscello	5K	0:21:24	0:06:54	Road To Trail 5K	White Oak	PA	8/18/2023
Dean Banko	5K	0:21:26	0:06:55	Shamrock Shuffle 5K	Harmony	PA	3/25/2023
Tammy Slusser	5K	0:21:30	0:06:56	St. Barnabas 5K	Gibsonia	PA	8/5/2023
Herb Cratty	5K	0:21:36	0:06:58	Shamrock-N-Run 5K	Hermitage	PA	3/11/2023
Tammy Slusser	5K	0:21:36	0:06:58	Barnesville Rails-To-Trails 5K	Barnesville	OH	5/20/2023
Tammy Slusser	5K	0:21:37	0:06:58	Turtle Trot 5K	Turtle Creek	PA	7/29/2023
Ray Guzic	5K	0:21:40	0:06:59	Hoodlebug 5K	Homer City	PA	9/10/2023
Herb Cratty	5K	0:21:41	0:07:00	Strawberry Days 5K	Grove City	PA	6/21/2023
Steve Pagano	5K	0:21:45	0:07:01	High Street Body Shop 5K	Ebensburg	PA	6/10/2023
Herb Cratty	5K	0:21:51	0:07:03	Dam Race 5K	Sharpsville	PA	7/12/2023
Grant Cruse	5K	0:21:51	0:07:03	Vampire Run 5K	Johnstown	PA	10/14/2023
Herb Cratty	5K	0:21:52	0:07:03	Sunrise School Superhero	Monroeville	PA	4/30/2023
Tammy Slusser	5K	0:21:57	0:07:05	Pine Richland Ram Run 5K	Allison Park	PA	10/8/2023

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Grant Cruse	5K	0:22:10	0:07:09	Que Classic 5K	Holsopple	PA	9/30/2023
Herb Cratty	5K	0:22:25	0:07:14	Gabriel Lee Friedline 5K	Bedford	PA	5/28/2023
Grant Cruse	5K	0:22:27	0:07:15	Johnstown Christian School	Holsopple	PA	5/13/2023
Grant Cruse	5K	0:22:30	0:07:15	Fool's Run 5K	Black Lick	PA	4/1/2023
Ray Guzic	5K	0:22:34	0:07:17	Hyatt's Run With The Angels	Jennerstown	PA	9/9/2023
Jacob Barger	5K	0:22:39	0:07:18	Love Of Life 5K	Indiana	PA	10/21/2023
Dean Banko	5K	0:22:41	0:07:19	Run The Park Stackhouse 5K	Johnstown	PA	8/26/2023
Grant Cruse	5K	0:23:10	0:07:28	Chernisky Classic 5K	Ebensburg	PA	7/8/2023
Herb Cratty	5K	0:23:11	0:07:29	Bobcat Trail 5K	Clarion	PA	7/26/2023
Ray Guzic	5K	0:23:11	0:07:29	Chernisky Trail-A-Thon	Black Lick	PA	10/14/2023
Morgan Blystone	5K	0:23:18	0:07:31	Love Of Life 5K	Indiana	PA	10/21/2023
Denny Cruse	5K	0:23:44	0:07:39	Wings Of Hope 5K	Richland	PA	4/8/2023
Ben Pajak	5K	0:24:27	0:07:53	Steve Snider Beautiful Day 5K	Greensburg	PA	5/29/2023
Sarah Kitchen	5K	0:24:37	0:07:56	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2023
Andy See	5K	0:24:43	0:07:58	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Denny Cruse	5K	0:24:46	0:07:59	Ebensburg Homecoming 5K	Ebensburg	PA	7/29/2023
Denny Cruse	5K	0:24:47	0:08:00	Jim Mayer Trail 5K	Johnstown	PA	9/2/2023
Denny Cruse	5K	0:24:59	0:08:04	Quota 5K	Indiana	PA	6/3/2023
Denny Cruse	5K	0:25:02	0:08:05	Hoodlebug 5K	Homer City	PA	9/10/2023
Denny Cruse	5K	0:25:10	0:08:07	South Fork Heritage Days	Johnstown	PA	6/17/2023
Denny Cruse	5K	0:25:12	0:08:08	Path Of The Flood 5K	Johnstown	PA	5/27/2023
Kosie Shepherd-Porada	5K	0:25:33	0:08:15	Quota 5K	Indiana	PA	6/3/2023
Noreen See	5K	0:25:39	0:08:16	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Andy See	5K	0:25:48	0:08:19	Quota 5K	Indiana	PA	6/3/2023
Denny Cruse	5K	0:25:58	0:08:23	Que Classic 5K	Holsopple	PA	9/30/2023
Denny Cruse	5K	0:25:59	0:08:23	Fool's Run 5K	Black Lick	PA	4/1/2023
Denny Cruse	5K	0:26:00	0:08:23	Vampire Run 5K	Johnstown	PA	10/14/2023
Noreen See	5K	0:26:01	0:08:24	Hoodlebug 5K	Homer City	PA	9/10/2023
Kosie Shepherd-Porada	5K	0:26:08	0:08:26	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Andy See	5K	0:26:14	0:08:28	Hoodlebug 5K	Homer City	PA	9/10/2023
Noreen See	5K	0:26:20	0:08:30	Quota 5K	Indiana	PA	6/3/2023
Sam Cunkelman	5K	0:26:20	0:08:30	David Hutton Memorial 5K	Emporium	PA	8/19/2023
Kosie Shepherd-Porada	5K	0:26:22	0:08:30	Resolution 5K	Derry	PA	1/7/2023

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Pam Kauffman	5K	0:26:22	0:08:30	Hoodlebug 5K	Homer City	PA	9/10/2023
Andy See	5K	0:26:25	0:08:31	Love Of Life 5K	Indiana	PA	10/21/2023
Bill Serafin	5K	0:26:30	0:08:33	Hastings Police Donut Dash	Hastings	PA	6/25/2023
Bill Serafin	5K	0:26:33	0:08:34	Bel Air Town Run 5K	Bel Air	MD	6/4/2023
Dave Miller	5K	0:26:34	0:08:34	Hoodlebug 5K	Homer City	PA	9/10/2023
Kosie Shepherd-Porada	5K	0:26:35	0:08:35	Bulldog Crawl 5K	Nanty Glo	PA	6/10/2023
Tom Whitcomb	5K	0:26:37	0:08:35	Snack Town Run Fest 5K	Hanover	PA	10/7/2023
Jonathan Cunkelman	5K	0:26:42	0.00598	Benezette Bugle 5K	Benezette	PA	5/6/2023
Denny Cruse	5K	0:26:46	0:08:38	Johnstown Christian School	Holsopple	PA	5/13/2023
Tom Whitcomb	5K	0:26:52	0:08:40	Hoodlebug 5K	Homer City	PA	9/10/2023
Jonathan Cunkelman	5K	0:27:02	0:08:43	Elderton 5K	Elderton	PA	5/19/2023
Denny Cruse	5K	0:27:10	0:08:46	Chernisky Classic 5K	Ebensburg	PA	7/8/2023
Jonathan Cunkelman	5K	0:27:32	0:08:53	David Hutton Memorial 5K	Emporium	PA	8/19/2023
Kayleigh Zottola	5K	0:27:34	0:08:54	Brentwood Firecracker 5K	Brentwood	PA	7/4/2023
Noreen See	5K	0:27:34	0:08:54	Courtney's Ice Cream 5K	Grove City	PA	8/16/2023
Pam Kauffman	5K	0:27:36	0:08:54	Run Through History 5K	Blue Spruce	PA	10/1/2023
Noreen See	5K	0:27:39	0:08:55	Love Of Life 5K	Indiana	PA	10/21/2023
Meg Larko	5K	0:27:49	0:08:58	Hoodlebug 5K	Homer City	PA	9/10/2023
Aly Pajak	5K	0:27:54	0:09:00	Hoodlebug 5K	Homer City	PA	9/10/2023
Tad Pajak	5K	0:27:56	0:09:01	Hoodlebug 5K	Homer City	PA	9/10/2023
Meg Larko	5K	0:28:13	0:09:06	Runway 5K	Indiana	PA	7/9/2023
Randy Mallory	5K	0:28:16	0:09:07	Runway 5K	Indiana	PA	7/9/2023
Meg Larko	5K	0:28:33	0:09:13	Quota 5K	Indiana	PA	6/3/2023
Bernadette Drew	5K	0:28:53	0:09:19	Bel Air Town Run 5K	Bel Air	MD	6/4/2023
Barb Barger	5K	0:29:17	0:09:27	Love Of Life 5K	Indiana	PA	10/21/2023
Carl Leer	5K	0:29:23	0:09:29	Hyatt's Run With The Angels	Jennerstown	PA	9/9/2023
Meg Larko	5K	0:29:36	0:09:33	Fool's Run 5K	Black Lick	PA	4/1/2023
Ethan Foulk	5K	0:29:55	0:09:39	Love Of Life 5K	Indiana	PA	10/21/2023
Katie Thomas	5K	0:29:58	0:09:40	Hoodlebug 5K	Homer City	PA	9/10/2023
Bitty Clawson	5K	0:29:59	0:09:40	Hoodlebug 5K	Homer City	PA	9/10/2023
Candie McQuiston	5K	0:29:59	0:09:40	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Katie Thomas	5K	0:30:07	0:09:43	Love Of Life 5K	Indiana	PA	10/21/2023
Patrick Yewcic	5K	0:30:13	0:09:45	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2023

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Kristina Taylor-Porter	5K	0:30:20	0:09:47	Fool's Run 5K	Black Lick	PA	4/1/2023
Kelsey Thompson	5K	0:30:23	0:09:48	Pittsburgh Great Race	Pittsburgh	PA	9/24/2023
Ethan Foulk	5K	0:30:25	0:09:49	Runway 5K	Indiana	PA	7/9/2023
Jayna Doutt	5K	0:31:09	0:10:03	Runway 5K	Indiana	PA	7/9/2023
Meghan Foulk	5K	0:31:29	0:10:09	Runway 5K	Indiana	PA	7/9/2023
Kyle Doutt	5K	0:31:59	0:10:19	Runway 5K	Indiana	PA	7/9/2023
Shawn Berezansky	5K	0:32:09	0:10:22	Fool's Run 5K	Black Lick	PA	4/1/2023
Tim Welsh	5K	0:32:17	0:10:25	Hoodlebug 5K	Homer City	PA	9/10/2023
Janet Stewart	5K	0:33:25	0:10:47	Hoodlebug 5K	Homer City	PA	9/10/2023
Donna Scanlon	5K	0:33:29	0:10:48	Fool's Run 5K	Black Lick	PA	4/1/2023
Scott Bowman	5K	0:33:33	0:10:49	Hoodlebug 5K	Homer City	PA	9/10/2023
Jayna Doutt	5K	0:33:34	0:10:50	Hoodlebug 5K	Homer City	PA	9/10/2023
Stephanie Daniels	5K	0:33:45	0:10:53	Hyatt's Run With The Angels	Jennerstown	PA	9/9/2023
Janet Stewart	5K	0:33:50	0:10:55	Runway 5K	Indiana	PA	7/9/2023
Art Zottola	5K	0:33:55	0:10:56	Love Of Life 5K	Indiana	PA	10/21/2023
Tim Welsh	5K	0:34:01	0:10:58	Steve Snider Beautiful Day 5K	Greensburg	PA	5/29/2023
Sherri Berezansky	5K	0:34:01	0:10:58	Love Of Life 5K	Indiana	PA	10/21/2023
Ron Orr	5K	0:34:01	0:10:58	Love Of Life 5K	Indiana	PA	10/21/2023
Shawn Berezansky	5K	0:34:02	0:10:59	Love Of Life 5K	Indiana	PA	10/21/2023
Courtney Collins	5K	0:34:10	0:11:01	Donut Dash 5K	Indiana	PA	4/22/2023
Kyle Doutt	5K	0:34:14	0:11:03	Hoodlebug 5K	Homer City	PA	9/10/2023
Don Slusser	5K	0:34:18	0:11:04	St. Barnabas 5K	Gibsonia	PA	8/5/2023
Max Cramer	5K	0:34:36	0:11:10	Hoodlebug 5K	Homer City	PA	9/10/2023
Kevin Thomson	5K	0:34:37	0:11:10	Hoodlebug 5K	Homer City	PA	9/10/2023
Don Slusser	5K	0:34:42	0:11:12	Carnegie 5K	Carnegie	PA	4/29/2023
Don Slusser	5K	0:34:59	0:11:17	Tr-Town 5K	Dawson	PA	6/3/2023
Leah Dever	5K	0:35:00	0:11:17	Baker Park 5K	Naples	FL	2/25/2023
Mike Porada	5K	0:35:02	0:11:18	Elderton 5K	Elderton	PA	5/19/2023
Kosie Shepherd-Porada	5K	0:35:02	0:11:18	Elderton 5K	Elderton	PA	5/19/2023
Tim Welsh	5K	0:35:08	0:11:20	Fort Ligonier Days 5K	Ligonier	PA	10/15/2023
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
Kevin Thomson	5K	0:35:20	0:11:24	Jordan Thompson Memorial	Greensburg	PA	9/30/2023

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Jess Barger	5K	0:35:21	0:11:24	Love Of Life 5K	Indiana	PA	10/21/2023
Don Slusser	5K	0:35:51	0:11:34	Barnesville Rails-To-Trails 5K	Barnesville	OH	5/20/2023
Tim Welsh	5K	0:35:55	0:11:35	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Chris Wagner	5K	0:36:02	0:11:37	Canoe Creek 5K	Holidaysburg	PA	8/5/2023
Kevin Thomson	5K	0:36:12	0:11:41	Color Me Pink 5K	Johnstown	PA	10/21/2023
Tim Welsh	5K	0:36:13	0:11:41	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2023
Max Cramer	5K	0:36:13	0:11:41	Color Me Pink 5K	Johnstown	PA	10/21/2023
Leah Dever	5K	0:36:24	0:11:45	Naples Memorial Day 5K	Naples	FL	5/29/2023
Tim Welsh	5K	0:36:30	0:11:46	Freedom 5K	Greensburg	PA	7/4/2023
Gabe Belak	5K	0:36:41	0:11:50	Resolution 5K	Derry	PA	1/7/2023
Leah Dever	5K	0:36:41	0:11:50	Fostering Success 5K	Naples	FL	9/4/2023
Michele Belak	5K	0:36:42	0:11:50	Resolution 5K	Derry	PA	1/7/2023
Don Slusser	5K	0:36:52	0:11:54	Pine Richland Ram Run 5K	Allison Park	PA	10/8/2023
Stacey Mytrysak	5K	0:36:57	0:11:55	Que Classic 5K	Holsopple	PA	9/30/2023
Linda Pilipovich	5K	0:37:10	0:11:59	Boston Trail 5K	Elizabeth	PA	4/15/2023
Linda Pilipovich	5K	0:37:11	0:12:00	Rabbit Race 5K	Latrobe	PA	4/8/2023
Chris Wagner	5K	0:37:11	0:12:00	Path Of The Flood 5K	Johnstown	PA	5/27/2023
Kevin Thomson	5K	0:37:30	0:12:06	Fort Ligonier Days 5K	Ligonier	PA	10/15/2023
Max Cramer	5K	0:37:34	0:12:07	Fort Ligonier Days 5K	Ligonier	PA	10/15/2023
Don Slusser	5K	0:37:37	0:12:08	Turtle Trot 5K	Turtle Creek	PA	7/29/2023
Doug Berezansky	5K	0:37:44	0:12:10	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Gabe belak	5K	0:37:59	0:12:15	Semper Gratus Shamrock 5K	W. Leechburg	PA	3/18/2023
Michele Belak	5K	0:38:00	0:12:15	Semper Gratus Shamrock 5K	W. Leechburg	PA	3/18/2023
Linda Pilipovich	5K	0:38:00	0:12:15	Steve Snider Beautiful Day 5K	Greensburg	PA	5/29/2023
Lilly Mytrysak	5K	0:38:03	0:12:16	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Doug Berezansky	5K	0:38:15	0:12:20	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Stephanie Putt	5K	0:38:32	0:12:26	Walt Disney 5K	Orlando	FL	1/5/2023
Linda Pilipovich	5K	0:38:47	0:12:31	Fool's Run 5K	Black Lick	PA	4/1/2023
Lisa Berezansky	5K	0:38:52	0:12:32	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Elena Mytrysak	5K	0:38:55	0:12:33	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Stacey Mytrysak	5K	0:38:57	0:12:34	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Linda Pilipovich	5K	0:39:06	0:12:37	March Mad Dash 5K	North Park	PA	3/11/2023
Bill Leydic	5K	0:39:40	0:12:48	Smuffnose Run For Beer	Hampton	NH	7/4/2023

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Ameila Pajak	5K	0:39:50	0:12:51	Steve Snider Beautiful Day 5K	Greensburg	PA	5/29/2023
Mary Beth Rine	5K	0:39:51	0:12:51	Elderton 5K	Elderton	PA	5/19/2023
T. Matt Pajak	5K	0:40:01	0:12:55	Steve Snider Beautiful Day 5K	Greensburg	PA	5/29/2023
Meghan Foulk	5K	0:40:46	0:13:09	Love Of Life 5K	Indiana	PA	10/21/2023
John Bomboy	5K	0:40:48	0:13:10	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Averi Yewcic	5K	0:40:56	0:13:12	Bulldog Crawl 5K	Nanty Glo	PA	6/10/2023
Marin Foulk	5K	0:40:56	0:13:12	Love Of Life 5K	Indiana	PA	10/21/2023
Bill Leydic	5K	0:40:57	0:13:13	Maine Coast 5K	Wells	ME	5/6/2023
Linda Pilipovich	5K	0:41:12	0:13:17	Freedom 5K	Greensburg	PA	7/4/2023
Mary Beth Rine	5K	0:41:14	0:13:18	DuBois Community Days 5K	DuBois	PA	6/17/2023
Linda Pilipovich	5K	0:41:16	0:13:19	Pgh Cure Sarcoma 5K	North Park	PA	6/24/2023
Linda Pilipovich	5K	0:41:47	0:13:29	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Mary Beth Rine	5K	0:41:51	0:13:30	Donut Dash 5K	Indiana	PA	4/22/2023
Linda Pilipovich	5K	0:41:53	0:13:31	Resolution 5K	Derry	PA	1/7/2023
Bill Leydic	5K	0:41:55	0:13:31	Shamrock Run 5K	Cranberry	PA	3/4/2023
Mary Jane Frank	5K	0:42:00	0:13:33	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Mary Beth Rine	5K	0:42:01	0:13:33	Hoodlebug 5K	Homer City	PA	9/10/2023
Ron See	5K	0:42:12	0:13:37	Fool's Run 5K	Black Lick	PA	4/1/2023
Johnny Patrus	5K	0:42:20	0:13:39	Run With The Lions 5K	Butler	PA	5/19/2023
Allen Shirley	5K	0:42:36	0:13:45	Fool's Run 5K	Black Lick	PA	4/1/2023
Mary Beth Rine	5K	0:42:42	0:13:46	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Dennis Hudak	5K	0:43:12	0:13:56	Step Beyond Celiac Virtual	Murrysville	PA	9/30/2023
Taylor Yearick	5K	0:43:32	0:14:03	Hoodlebug 5K	Homer City	PA	9/10/2023
Bill Yearick	5K	0:43:33	0:14:03	Hoodlebug 5K	Homer City	PA	9/10/2023
Serafina Drew	5K	0:43:35	0:14:04	Bel Air Town Run 5K	Bel Air	MD	6/4/2023
Mary Beth Rine	5K	0:44:25	0:14:20	Love Of Life 5K	Indiana	PA	10/21/2023
Darlene Hudak	5K	0:44:55	0:14:29	Step Beyond Celiac Virtual	Murrysville	PA	9/30/2023
Darlene Hudak	5K	0:45:05	0:14:33	Greenfield Glide 5K	Pittsburgh	PA	6/4/2023
Darlene Hudak	5K	0:45:16	0:14:36	PTARC XC 5K	Jeanette	PA	7/23/2023
Mary Beth Rine	5K	0:46:03	0:14:51	Kinzua 5K	Mt. Jewett	PA	7/29/2023
Dennis Hudak	5K	0:46:23	0:14:58	PTARC XC 5K	Jeanette	PA	7/23/2023
Lisa Berezansky	5K	0:47:01	0:15:10	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Mary Beth Rine	5K	0:47:19	0:15:16	Punxsy Dash 4 Diabetes	Punxsutawney	PA	5/20/2023



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Wendy Riegenbach	5K	0:47:54	0:15:27	Fool's Run 5K	Black Lick	PA	4/1/2023
Mike Riegenbach	5K	0:47:55	0:15:27	Fool's Run 5K	Black Lick	PA	4/1/2023
Teddy Mulvihill	5K	0:48:13	0:15:33	Runway 5K	Indiana	PA	7/9/2023
Peggy Bomboy	5K	0:48:40	0:15:42	Love Of Life 5K	Indiana	PA	10/21/2023
John Bomboy	5K	0:48:40	0:15:42	Love Of Life 5K	Indiana	PA	10/21/2023
Max Cramer	5K	0:48:45	0:15:44	Jordan Thompson Memorial	Greensburg	PA	9/30/2023
Gabe Belak	5K	0:49:19	0:15:55	Coal Mine Climb 5K	Slickville	PA	8/12/2023
Michele Belak	5K	0:49:20	0:15:55	Coal Mine Climb 5K	Slickville	PA	8/12/2023
Tim Welsh	5K	0:49:48	0:16:04	Pancreatic Cancer 5K	Indiana	PA	11/4/2023
Mary Beth Rine	5K	0:50:05	0:16:09	Runway 5K	Indiana	PA	7/9/2023
Chris Wagner	5K	0:51:43	0:16:41	Blair Regional YMCA 5K	Hollidaysburg	PA	10/7/2023
Patrick Mulvihill	5K	0:51:58	0:16:46	Runway 5K	Indiana	PA	7/9/2023
Peggy Eyer	5K	0:52:00	0:16:46	Fool's Run 5K	Black Lick	PA	4/1/2023
John Bomboy	5K	0:52:00	0:16:46	Fool's Run 5K	Black Lick	PA	4/1/2023
Bob Wagner	5K	0:52:16	0:16:52	Blair Regional YMCA 5K	Hollidaysburg	PA	10/7/2023
Blake Yearick	5K	0:53:37	0:17:18	Hoodlebug 5K	Homer City	PA	9/10/2023
John Bomboy	5K	0:53:38	0:17:18	Hoodlebug 5K	Homer City	PA	9/10/2023
Cathy Swauger	5K	0:54:14	0:17:30	Love Of Life 5K	Indiana	PA	10/21/2023
Ashley Yearick	5K	0:54:15	0:17:30	Hoodlebug 5K	Homer City	PA	9/10/2023
Peggy Bomboy	5K	0:54:17	0:17:31	Hoodlebug 5K	Homer City	PA	9/10/2023
Christie Orlosky	Half Marathon	2:29:35	0:48:15	Norfolk Harbor Half Marathon	Norfolk	VA	11/19/2023
Dean Banko	5K	0:27:30	0:07:38	Hero Walk/Run 5K	Ligonier	PA	5/21/2023
Dean Banko	6K	0:18:24	0:04:57	Tim Rigby Faith Run 6K	Johnstown	PA	9/16/2023
Dean Banko	4 Miler	0:25:17	0:06:19	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Dean Banko	4 Miler	0:25:47	0:06:27	End Of The Road4-Miler	Waterfall	PA	10/21/2023
Tammy Slusser	4 Miler	0:29:04	0:07:16	Four On The 4th 4-Miler	Bridgeton	ME	7/4/2023
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
Don Slusser	4 Miler	0:47:22	0:11:51	Four On The 4th 4-Miler	Bridgeton	ME	7/4/2023
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

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Chris Lasser	4.2 Miler	0:39:45	0:09:28	Predict Your Time	Indiana	PA	5/21/2023
Dave Miller	4.2 Miler	0:41:03	0:09:46	Predict Your Time	Indiana	PA	5/21/2023
Ryan Pajak	7K	0:23:44	0:05:28	Run For The Trail 7K	Dilltown	PA	8/12/2023
Lucas Pajak	7K	0:24:13	0:05:35	Run For The Trail 7K	Dilltown	PA	8/12/2023
Dean Banko	7K	0:28:44	0:06:37	Run For The Trail 7K	Dilltown	PA	8/12/2023
Grant Cruse	7K	0:30:18	0:06:59	Run For The Trail 7K	Dilltown	PA	8/12/2023
Tommy Kauffman	7K	0:31:44	0:07:19	Run For The Trail 7K	Dilltown	PA	8/12/2023
Candi Lockard	7K	0:32:58	0:07:36	Run For The Trail 7K	Dilltown	PA	8/12/2023
Joe Johns	7K	0:33:43	0:07:46	Run For The Trail 7K	Dilltown	PA	8/12/2023
Zach Collins	7K	0:35:06	0:08:05	Run For The Trail 7K	Dilltown	PA	8/12/2023
Caleb Fruscello	7K	0:35:10	0:00563	Run For The Trail 7K	Dilltown	PA	8/12/2023
Denny Cruse	7K	0:36:20	0:08:22	Run For The Trail 7K	Dilltown	PA	8/12/2023
Bill Serafin	7K	0:37:05	0:00593	Run For The Trail 7K	Dilltown	PA	8/12/2023
Ben Pajak	7K	0:37:12	0:00595	Run For The Trail 7K	Dilltown	PA	8/12/2023
Matt Pajak	7K	0:37:20	0:08:36	Run For The Trail 7K	Dilltown	PA	8/12/2023
Noreen See	7K	0:38:25	0:08:51	Run For The Trail 7K	Dilltown	PA	8/12/2023
Kosie Shepherd-Porada	7K	0:38:50	0:08:57	Run For The Trail 7K	Dilltown	PA	8/12/2023
Pam Kauffman	7K	0:40:21	0:09:18	Run For The Trail 7K	Dilltown	PA	8/12/2023
Dave Miller	7K	0:42:12	0:09:43	Run For The Trail 7K	Dilltown	PA	8/12/2023
Holly Pajak	7K	0:42:56	0:09:54	Run For The Trail 7K	Dilltown	PA	8/12/2023
Jonathan Cunkelman	7K	0:42:57	0:09:54	Run For The Trail 7K	Dilltown	PA	8/12/2023
Katie Thomas	7K	0:44:49	0:10:20	Run For The Trail 7K	Dilltown	PA	8/12/2023
Tim Welsh	7K	0:48:02	0:11:04	Run For The Trail 7K	Dilltown	PA	8/12/2023
Janet Stewart	7K	0:51:06	0:11:46	Run For The Trail 7K	Dilltown	PA	8/12/2023
Scott Bowman	7K	0:51:22	0:11:50	Run For The Trail 7K	Dilltown	PA	8/12/2023
Laura DiGiorgio	7K	0:54:47	0:12:37	Run For The Trail 7K	Dilltown	PA	8/12/2023
Chris Wagner	7K	0:54:55	0:12:39	Run For The Trail 7K	Dilltown	PA	8/12/2023
Janine Maust	7K	0:59:28	0:13:42	Run For The Trail 7K	Dilltown	PA	8/12/2023
Mary Beth Rine	7K	1:01:04	0:14:04	Run For The Trail 7K	Dilltown	PA	8/12/2023
Laura Yevchak	4.6 Miler	0:42:54	0:09:20	Shawshank Hustle 4.6 Miler	Mansfield	OH	8/12/2023
Lecinda Yevchak	4.6 Miler	1:04:39	0:14:03	Shawshank Hustle 4.6 Miler	Mansfield	OH	8/12/2023
Kosie Shepherd-Porada	8K	1:06:34	0:13:25	Path Of The Flood 8K	Johnstown	PA	5/27/2023
Dean Banko	5 Miler	0:30:37	0:06:07	Morley's Run 5 Miler	Johnstown	PA	11/4/2023

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Ray Guzic	5 Miler	0:35:00	0:07:00	Morley's Run 5 Miler	Johnstown	PA	11/4/2023
Ray Guzic	5 Miler	0:36:09	0:07:14	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Grant Cruse	5 Miler	0:36:43	0:07:21	Morley's Run 5 Miler	Johnstown	PA	11/4/2023
Kosie Shepherd-Porada	5 Miler	0:43:20	0:08:40	Latrobe 4th Of July 5-Miler	Latrobe	PA	7/1/2023
Denny Cruse	5 Miler	0:43:44	0:08:45	Morley's Run 5 Miler	Johnstown	PA	11/4/2023
Andy See	5 Miler	0:43:53	0:08:47	Run Around The Lake 5-Miler	Findley Lake	NY	7/1/2023
Noreen See	5 Miler	0:44:36	0:08:55	Run Around The Lake 5-Miler	Findley Lake	NY	7/1/2023
Laura Yevchak	5 Miler	0:52:21	0:10:28	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Tim Welsh	5 Miler	0:54:27	0:10:53	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Shawn Berezansky	5 Miler	0:55:25	0:11:05	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Sherri Berezansky	5 Miler	0:55:26	0:11:05	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Tim Welsh	5 Miler	0:55:58	0:11:12	Latrobe 4th Of July 5-Miler	Latrobe	PA	7/1/2023
Meghan Foulk	5 Miler	0:57:29	0:11:30	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Julie Shirley	5 Miler	0:57:29	0:00798	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Kevin Thomson	5 Miler	0:58:03	0:11:37	Quarry Shack 5 Miler	Vintondale	PA	10/28/2023
Bill Leydic	5 Miler	1:09:11	0:13:50	March Mad Dash 5-Miler	North Park	PA	3/11/2023
Dean Banko	10K	0:37:12	0:06:00	Two Face Race Road 10K	North Park	PA	7/5/2023
Dean Banko	10K	0:38:31	0:06:13	Que Classic 10K	Holsopple	PA	9/30/2023
Alex Cullison	10K	0:43:59	0:07:06	Fool's Run 10K	Black Lick	PA	4/1/2023
Joe Ankney	10K	0:44:26	0:07:10	Fool's Run 10K	Black Lick	PA	4/1/2023
Steve Pagano	10K	0:46:11	0:07:27	Fool's Run 10K	Black Lick	PA	4/1/2023
Tammy Slusser	10K	0:46:44	0:07:32	Greater Clarksburg 10K	Clarksburg	WV	6/17/2023
Joe Johns	10K	0:47:45	0:07:42	Jim Mayer Trail 10K	Johnstown	PA	9/2/2023
Chris Sharbaugh	10K	0:48:17	0:00541	Fool's Run 10K	Black Lick	PA	4/1/2023
Joe Johns	10K	0:50:49	0:08:12	Fool's Run 10K	Black Lick	PA	4/1/2023
Sarah Kitchen	10K	0:51:01	0:08:14	Punxsy Area Hospital 10K	Punxsutawney	PA	11/4/2023
Tom Whitcomb	10K	0:51:36	0:08:19	Fool's Run 10K	Black Lick	PA	4/1/2023
Dan McQuiston	10K	0:51:45	0:08:21	Fool's Run 10K	Black Lick	PA	4/1/2023
Kosie Shepherd-Porada	10K	0:52:27	0:08:28	Diamond Dash 10K	Hollidaysburg	PA	5/13/2023
Julie Shirley	10K	0:52:49	0:08:31	Mahoning Shadow Shuffle	Punxsutawney	PA	10/14/2023
Kosie Shepherd-Porada	10K	0:53:10	0:08:35	Trooper Iwaniec 10K	Latrobe	PA	4/22/2023
Tad Pajak	10K	0:54:06	0:08:44	Mahoning Shadow Shuffle	Punxsutawney	PA	10/14/2023
Dean Banko	10K	0:55:07	0:08:53	Sweat For Vets 10K	Altoona	PA	11/5/2023

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Kosie Shepherd-Porada	10K	0:55:34	0:08:58	Fool's Run 10K	Black Lick	PA	4/1/2023
Kosie Shepherd-Porada	10K	0:55:37	0:08:58	Mahoning Shadow Shuffle	Punxsutawney	PA	10/14/2023
Andy See	10K	0:55:49	0:09:00	Fool's Run 10K	Black Lick	PA	4/1/2023
Noreen See	10K	0:56:01	0:09:02	Fool's Run 10K	Black Lick	PA	4/1/2023
Kosie Shepherd-Porada	10K	0:56:04	0:09:03	Blair Regional YMCA 10K	Hollidaysburg	PA	10/7/2023
Dean Banko	10K	0:56:31	0:09:07	Two Face Race Trail 10K	North Park	PA	7/5/2023
Bill Geiger	10K	0:58:43	0:09:28	Fool's Run 10K	Black Lick	PA	4/1/2023
Sherri Berezansky	10K	1:02:40	0:10:06	Fool's Run 10K	Black Lick	PA	4/1/2023
Alex Cullison	10K	1:04:07	0:10:20	Sweat For Vets 10K	Altoona	PA	11/5/2023
Ron Orr	10K	1:05:34	0:10:35	Bay Bridge Run 10K	Annapolis	MD	11/12/2023
Courtney Rozsi	10K	1:05:46	0:10:36	Pittsburgh Great Race	Pittsburgh	PA	9/24/2023
Bill Serafin	10K	1:06:48	0:10:46	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Bill Serafin	10K	1:07:35	0:10:54	Murrysville Monster Trail 10K	Murrysville	PA	7/15/2023
Julie Shirley	10K	1:08:08	0:10:59	Fool's Run 10K	Black Lick	PA	4/1/2023
Ron Orr	10K	1:08:09	0:11:00	Fool's Run 10K	Black Lick	PA	4/1/2023
Meghan Foulk	10K	1:09:15	0:11:10	Mahoning Shadow Shuffle	Punxsutawney	PA	10/14/2023
Tim Welsh	10K	1:09:30	0:11:13	Irish Festival Gold Rush	Tyrone	PA	3/17/2023
Jayna Doutt	10K	1:09:38	0:11:14	Fool's Run 10K	Black Lick	PA	4/1/2023
Scott Bowman	10K	1:11:24	0:11:31	Kansas City 10K	Kansas City	MO	10/21/2023
Janet Stewart	10K	1:12:02	0:11:37	Fool's Run 10K	Black Lick	PA	4/1/2023
Don Slusser	10K	1:13:04	0:11:47	Greater Clarksburg 10K	Clarksburg	WV	6/17/2023
Scott Bowman	10K	1:13:05	0:11:47	Fool's Run 10K	Black Lick	PA	4/1/2023
James Taylor	10K	1:13:57	0:11:56	Fool's Run 10K	Black Lick	PA	4/1/2023
Don Slusser	10K	1:16:54	0:12:24	Pittsburgh Great Race	Pittsburgh	PA	9/24/2023
Steve Pagano	10K	1:18:00	0:12:35	Fire On The Rocks 10K	McElhatten	PA	3/18/2023
Tim Welsh	10K	1:18:00	0:12:35	Chernisky Classic 10K	Ebensburg	PA	7/8/2023
Tim Welsh	10K	1:18:27	0:12:39	Fool's Run 10K	Black Lick	PA	4/1/2023
Gabe belak	10K	1:18:49	0:12:43	Yough River 10K	Connellsville	PA	4/10/2023
Michele Belak	10K	1:18:50	0:12:43	Yough River 10K	Connellsville	PA	4/10/2023
Stephanie Putt	10K	1:22:01	0:13:14	Walt Disney 10K	Orlando	FL	1/6/2023
Bill Leydic	10K	1:22:10	0:13:15	Trooper Iwaniec 10K	Latrobe	PA	4/22/2023
Bill Serafin	10K	1:25:00	0:13:43	Sproul 10K	North Bend	PA	6/17/2023
Mary Beth Rine	10K	1:25:07	0:13:44	Fool's Run 10K	Black Lick	PA	4/1/2023

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Bill Leydic	10K	1:26:04	0:13:53	Salty's Double Nubble 10K	York	ME	5/7/2023
Bill Leydic	10K	1:27:36	0:14:08	Pittsburgh Great Race	Pittsburgh	PA	9/24/2023
Bill Leydic	10K	1:31:00	0:14:41	Boston Harvest 10K	Boston	PA	9/17/2023
Bill Leydic	10K	1:34:27	0:15:14	Fool's Run 10K	Black Lick	PA	4/1/2023
Bill Serafin	10K	1:36:01	0:15:29	Rock 'N The Knob Trail	Claysburg	PA	9/16/2023
Bill Serafin	10K	1:39:00	0:15:58	Fire On The Rocks 10K	McElhatten	PA	3/18/2023
Bill Leydic	10K	1:43:43	0:16:44	Murrysville Monster Trail 10K	Murrysville	PA	7/15/2023
Tim Welsh	10K	1:45:45	0:17:03	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Doug Berezansky	10K	1:55:04	0:18:34	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Lisa Berezansky	10K	1:55:05	0:18:34	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Dave Miller	10K	2:06:35	0:20:25	Bowling Green 10K	Bowling Green	KY	11/5/2023
Chris Wagner	12K	1:31:48	0:12:20	GTT Challenge 12K	Black Lick	PA	6/17/2023
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
Joe Johns	15K	1:31:17	0:09:49	Deer Fly 15K	Penn Run	PA	7/30/2023
J. thompson	15K	1:34:34	0:10:10	Deer Fly 15K	Penn Run	PA	7/30/2023
Kosie Shepherd-Porada	15K	1:36:06	0:10:20	Angie Giosa Memorial 15K	Altoona	PA	7/4/2023
Chris Wagner	15K	1:40:10	0:10:46	Angie Giosa Memorial 15K	Altoona	PA	7/4/2023
Tommy Kauffman	15K	1:43:26	0:11:07	Run With The Deer Flies 15K	Penn Run	PA	7/31/2023
Pam Kauffman	15K	1:49:56	0:11:49	Run With The Deer Flies 15K	Penn Run	PA	7/31/2023
Bethany Awalt	15K	1:52:58	0:12:09	Deer Fly 15K	Penn Run	PA	7/30/2023
Bill Serafin	15K	1:53:44	0:12:14	The View Trail 15K	Hyners	PA	11/5/2023
Don Slusser	15K	1:55:38	0:12:26	Solar Vortex 15K	Boston	PA	8/13/2023
Ray Guzic	9.88 Miler	1:14:30	0:07:32	Adam Zook Memorial 9.88	Tyrone	PA	9/23/2023
Tammy Slusser	10 Miler	1:13:26	0:07:21	March Mad Dash 10-Miler	North Park	PA	3/11/2023
Don Slusser	10 Miler	1:57:12	0:11:43	March Mad Dash 10-Miler	North Park	PA	3/11/2023
Aileen Bowman	10 Miler	2:07:31	0:12:45	EQT Ten Miler	Pittsburgh	PA	11/5/2023
Dean Banko	20K	1:38:22	0:07:56	Laurel Hill 20K	Somerset	PA	5/20/2023
Dean Banko	20K	1:46:46	0:08:37	Murrysville Monster Trail 20K	Murrysville	PA	7/15/2023
Dean Banko	Half Marathon	1:21:18	0:06:12	Mountain Railroad Half	Everett	PA	5/13/2023
Dean Banko	Half Marathon	1:25:20	0:06:31	Shamrock Shuffle Half	Harmony	PA	3/25/2023
Mindy Sawtelle-Zottola	Half Marathon	1:34:14	0:07:12	Mighty Niagara Half Marathon	Lewiston	NY	9/30/2023
Mindy Sawtelle-Zottola	Half Marathon	1:34:35	0:07:13	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023

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Tammy Slusser	Half Marathon	1:38:03	0:07:29	Parkersburg Half Marathon	Parkersburg	WV	8/19/2023
Tammy Slusser	Half Marathon	1:38:13	0:07:30	Knoxville Half Marathon	Knoxville	TN	4/2/2023
Tammy Slusser	Half Marathon	1:38:44	0:07:32	Ogden Wheeling Half	Wheeling	WV	5/27/2023
Tammy Slusser	Half Marathon	1:41:53	0:07:47	Buffalo Creek Half Marathon	Cabot	PA	10/21/2023
Ray Guzic	Half Marathon	1:42:51	0:07:51	End Of The Road Half	Waterfall	PA	10/21/2023
Dean Banko	Half Marathon	1:45:09	0:08:02	Dirty Kiln Half Marathon	Hollidaysburg	PA	4/8/2023
Candi Lockard	Half Marathon	1:47:02	0:08:10	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Julie Shirley	Half Marathon	1:48:57	0:08:19	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Julie Shirley	Half Marathon	1:51:31	0:08:31	Finger Lakes Half Marathon	Montour Falls	NY	9/23/2013
Joe Johns	Half Marathon	1:53:23	0:08:39	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Stephanie Putt	Half Marathon	1:54:38	0:08:45	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Sarah Kitchen	Half Marathon	1:54:51	0:08:46	Richmond Half Marathon	Ruchmond	VA	11/11/2023
Sarah Kitchen	Half Marathon	1:55:00	0:08:47	Elk Festival Half Marathon	Emporium	PA	7/29/2023
Brad Rives	Half Marathon	1:57:46	0:08:59	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Sarah Kitchen	Half Marathon	2:02:41	0:09:22	Run To Breathe Half Marathon	Portersville	PA	4/16/2023
Julie Shirley	Half Marathon	2:02:45	0:09:22	Ghost Creek Half Marathon	Black Lick	PA	5/14/2023
Julie Shirley	Half Marathon	2:09:47	0:09:54	Yough River Half Marathon	Connellsville	PA	4/10/2023
Sherri Berezansky	Half Marathon	2:09:50	0:09:55	Yough River Half Marathon	Connellsville	PA	4/10/2023
Sherri Berezansky	Half Marathon	2:09:50	0:09:55	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Zach Collins	Half Marathon	2:13:44	0:10:13	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Steve Pagano	Half Marathon	2:17:11	0:10:28	Dirty Kiln Half Marathon	Hollidaysburg	PA	4/8/2023
Ron Orr	Half Marathon	2:19:35	0:10:39	Anthem Shamrock Half	Virginia Beach	VA	3/17/2023
Stephen Mead	Half Marathon	2:28:33	0:11:20	Dirty Kiln Half Marathon	Hollidaysburg	PA	4/8/2023
Stephanie Putt	Half Marathon	2:29:06	0:11:23	Walt Disney Half Marathon	Orlando	FL	1/7/2023
Christie Orlosky	Half Marathon	2:29:21	0:11:24	Buffalo Creek Half Marathon	Cabot	PA	10/21/2023
Ria Fruscello	Half Marathon	2:29:25	0:11:24	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Meghan Foulk	Half Marathon	2:32:40	0:11:39	Kinzua Half Marathon	Mt. Jewett	PA	7/29/2023
Christie Orlosky	Half Marathon	2:33:35	0:11:43	Lighthouse Half Marathon	Fairport Harbor	OH	8/6/2023
Laura Yevchak	Half Marathon	2:33:47	0:11:44	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Art Zottola	Half Marathon	2:36:52	0:11:58	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Jennifer Wally Blystone	Half Marathon	2:36:52	0:11:58	Ghost Creek Half Marathon	Black Lick	PA	5/14/2023
Christie Orlosky	Half Marathon	2:37:03	0:11:59	Presque Isle Half Marathon	Erie	PA	7/16/2023
Don Slusser	Half Marathon	2:41:00	0:12:17	Buffalo Creek Half Marathon	Cabot	PA	10/21/2023

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Christie Orlosky	Half Marathon	2:41:21	0:12:19	Union Mortgage Half	Cleveland	OH	5/21/2023
Aileen Bowman	Half Marathon	2:42:20	0:12:24	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Don Slusser	Half Marathon	2:43:04	0:12:27	Ghost Creek Half Marathon	Black Lick	PA	5/14/2023
Don Slusser	Half Marathon	2:43:09	0:12:27	South Park Half Marathon	South Park	PA	3/3/2023
Christie Orlosky	Half Marathon	2:43:10	0:12:27	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Don Slusser	Half Marathon	2:44:41	0:12:34	Parkersburg Half Marathon	Parkersburg	WV	8/19/2023
Don Slusser	Half Marathon	2:45:09	0:12:36	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Don Slusser	Half Marathon	2:46:45	0:12:44	Ogden Wheeling Half	Wheeling	WV	5/27/2023
Aileen Bowman	Half Marathon	2:48:15	0:12:51	Kansas City Half Marathon	Kansas City	MO	10/21/2023
Don Slusser	Half Marathon	2:48:37	0:12:52	Knoxville Half Marathon	Knoxville	TN	4/2/2023
Christie Orlosky	Half Marathon	2:51:02	0:13:03	Amish Country Half Marathon	Berlin	OH	9/10/2023
Christie Orlosky	Half Marathon	2:52:10	0:13:09	Medal Madness Half	Ocala	FL	6/10/2023
Ron Orr	Half Marathon	2:57:03	0:13:31	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Christie Orlosky	Half Marathon	2:57:12	0:13:32	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Bill Serafin	Half Marathon	3:01:00	0:13:49	Raven Half Marathon	State College	PA	10/1/2023
Cathy Swauger	Half Marathon	3:02:18	0:13:55	Philadelphia Half Marathon	Philadelphia	PA	11/18/2023
Leah Dever	Half Marathon	3:03:25	0:14:00	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Janet Stewart	Half Marathon	3:12:12	0:14:40	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Mary Beth Rine	Half Marathon	3:30:52	0:16:06	InFirst Vet's Half Marathon	Black Lick	PA	11/5/2023
Mary Beth Rine	Half Marathon	3:32:32	0:16:13	Kinzua Half Marathon	Mt. Jewett	PA	7/29/2023
Carl Leer	13.5 Miler	4:51:38	0:21:36	Frozen Snot 13.5 Miler	McElhattan	PA	2/4/2023
Dean Banko	14 Miler	1:28:49	0:06:21	Path Of The Flood 14 Miler	Johnstown	PA	5/27/2023
Sarah Kitchen	14 Miler	2:12:42	0:09:29	Path Of The Flood 14 Miler	Johnstown	PA	5/27/2023
Mary Beth Rine	14 Miler	3:40:16	0:15:44	Path Of The Flood 14 Miler	Johnstown	PA	5/27/2023
Dave Miller	14.2 Miler	2:32:00	0:10:42	Upchuck Classic	Beaversdale	PA	7/4/2023
Bill Serafin	14.2 Miler	2:41:00	0:11:20	Upchuck Classic	Beaversdale	PA	7/4/2023
Tad Pajak	14.2 Miler	2:58:00	0:12:32	Upchuck Classic	Beaversdale	PA	7/4/2023
Bill Geiger	14.2 Miler	3:08:00	0:13:14	Upchuck Classic	Beaversdale	PA	7/4/2023
Ginny Winters	14.2 Miler	3:08:00	0:00919	Upchuck Classic	Beaversdale	PA	7/4/2023
Chris Lasser	14.2 Miler	3:08:00	0:13:14	Upchuck Classic	Beaversdale	PA	7/4/2023
Tammy Slusser	15 Miler	1:51:51	0:07:27	Charleston Distance Classic	Charleston	WV	9/2/2023
Joe Johns	15 Miler	2:18:46	0:09:15	Chernisky Trail-A-Thon	Black Lick	PA	10/14/2023
Don Slusser	15 Miler	3:12:10	0:12:49	Charleston Distance Classic	Charleston	WV	9/2/2023

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Dean Banko	25K	2:13:50	0:08:38	Deer Fly 25K	Penn Run	PA	7/30/2023
Steve Pagano	25K	3:20:27	0:12:56	The View 25K	Hyner	PA	11/5/2023
Steve Pagano	25K	3:23:32	0:13:08	Boulder Beast 25K	Lock Haven	PA	9/23/2023
Ryan Knecht	25K	3:48:53	0:14:46	Hyner Trail 25K	Hyner	PA	4/22/2023
Steve Pagano	25K	3:52:50	0:15:01	Hyner Trail 25K	Hyner	PA	4/22/2023
Kevin Thomson	25K	4:19:16	0:16:44	Youngstown Ultra Trail 25K	Youngstown	OH	9/9/2023
Mike Riggenschach	25K	4:57:37	0:19:12	GTT Challenge 25K	Black Lick	PA	6/17/2023
Wendy Riggenschach	25K	4:57:42	0:19:12	GTT Challenge 25K	Black Lick	PA	6/17/2023
Bill Serafin	17.5 Miler	3:32:58	0:12:10	Cook Forest "25K" Trail	Cooksburg	PA	8/19/2023
Dean Banko	30K	3:06:37	0:10:12	Hell Hath No Hurry 30K	Carnegie	PA	7/1/2023
Steve Pagano	3-Hour	2:56:34	0:09:33	CJ's Challenge 3-Hour	Mifflinburg	PA	1/7/2023
Tammy Slusser	Marathon	3:24:34	0:07:48	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Jeannie Bujdos	Marathon	3:26:31	0:07:53	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Tammy Slusser	Marathon	3:53:45	0:08:55	InFirst Vet's Marathon	Black Lick	PA	11/5/2023
Julie Shirley	Marathon	3:57:11	0:09:03	Steamtown Marathon	Scranton	PA	10/8/2023
Joe Johns	Marathon	4:16:15	0:09:47	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Veronica Bujdos	Marathon	4:16:18	0:09:47	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Julie Shirley	Marathon	4:31:31	0:10:22	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Chris Lasser	Marathon	4:48:09	0:11:00	BG26.2 Marathon	Bowling Green	KY	11/5/2023
Ginny Winters	Marathon	4:48:11	0:11:00	BG26.2 Marathon	Bowling Green	KY	11/5/2023
Joe Ankney	Marathon	4:53:38	0:11:12	InFirst Vet's Marathon	Black Lick	PA	11/5/2023
Elizabeth Clawson	Marathon	4:55:16	0:11:16	BG26.2 Marathon	Bowling Green	KY	11/5/2023
Joe Ankney	Marathon	4:56:56	0:11:20	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Barb Barger	Marathon	5:05:14	0:11:39	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Stephanie Putt	Marathon	5:27:02	0:12:29	Walt Disney Marathon	Orlando	FL	1/8/2023
Don Slusser	Marathon	5:44:55	0:13:10	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Ray Guzic	Marathon	6:11:33	0:14:11	Rock 'N The Knob Trail	Claysburg	PA	9/16/2023
Steve Pagano	Marathon	7:05:38	0:16:15	Rock 'N The Knob Trail	Claysburg	PA	9/16/2023
Joe Bujdos	Marathon	7:10:25	0:16:26	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Dean Banko	50K	6:07:35	0:11:51	Hyner Trail 50K	Hyner	PA	4/22/2023
Candi Lockard	50K	6:41:52	0:12:58	Laurel Highlands 50K	Ohiopyle	PA	6/10/2023
Ryan Knecht	50K	6:47:38	0:13:09	Cabin Fever 50K	N. River Gorge	WV	2/18/2023
Steve Pagano	50K	8:19:04	0:16:06	World's End Ultra 50K	Forksville	PA	6/3/2023



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Ray Guzic	100K	14:28:28	0:28:01	Oil Creek 100K	Titusville	PA	10/7/2023
Dean Banko	50K	4:48:08	0:08:28	On The Dam: Que 50K	Hooversville	PA	4/29/2023
Dean Banko	50 Miler	9:09:41	0:11:00	Grayson Highlands 50-Miler	Mt. of Wilson	VA	5/6/2023
Candi Lockard	Ultra 58.9	11:33:58	0:11:47	High Lea Ultra	Richfield	OH	5/21/2023
Dean Banko	100K	16:46:42	0:16:14	World's End Ultra 100K	Forksville	PA	6/3/2023
Alex Cullison	70.5 Ultra	17:13:32	0:14:40	Laurel Highlands 70.5 Mile	Ohiopyle	PA	6/10/2023
Dean Banko	70.5 Ultra	17:58:02	0:15:17	Laurel Highlands 70.5 Mile	Ohiopyle	PA	6/10/2023
Ryan Knecht	70.5 Ultra	20:21:18	0:17:19	Laurel Highlands 70.5 Mile	Ohiopyle	PA	6/10/2023
Carl Leer	70.5 Ultra	20:43:43	0:17:38	Laurel Highlands 70.5 Mile	Ohiopyle	PA	6/10/2023
Stephanie Daniels	70.5 Ultra	20:43:43	0:17:38	Laurel Highlands 70.5 Mile	Ohiopyle	PA	6/10/2023
Alex Cullison	100 Miler	31:26:28	0:18:52	Rabid Raccoon 100 Miler	Hookstown	PA	3/18/2023
Tim Welsh	Relay	?:?:??		InFirst Vet's Marathon Relay	Black Lick	PA	11/5/2023
Janine Maust	Relay	?:?:??		InFirst Vet's Marathon Relay	Black Lick	PA	11/5/2023
Dean Banko	???	?:?:??		Tough Mudder (untimed)	Pittsburgh	PA	9/9/2023
D J Miller	Relay			Pittsburgh Marathon Relay	Pittsburgh	PA	5/7/2023
Chris Sharbaugh	Relay			Pittsburgh Marathon Relay	Pittsburgh	PA	5/7/2023
Dean Banko	Duathon	0:53:27		Ebensburg Duathon	Ebensburg	PA	7/29/2023

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