

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Anthony Boerio	100	0:00:21	0:05:39	TCTC Ultimate Runners	Winston Salem	NC	6/30/2018
Jonathan Cunkelman	200 Meters	0:00:34	0:04:34	Slippery Rock All Comers	Slippery Rock	PA	6/20/2018
Kendall Branam	400 Meters	0:00:50	0:03:22	Indiana County Track Meet	Marion Center	PA	4/28/2018
Shaelyn Waltemire	400 Meters	0:01:09	0:04:38	Indiana County Track Meet	Marion Center	PA	4/28/2018
Marilyn Gregory	400 Meters	0:01:14	0:04:58	USATF Masters Indoor	Landover	MD	3/17/2018
Jonathan Cunkelman	400 Meters	0:01:17	0:05:10	Slippery Rock All Comers	Slippery Rock	PA	6/20/2018
Donna Scanlon	400 Meters	0:01:33	0:06:15	PA Senior Games	Hazel Twp	PA	7/27/2018
Anthony Boerio	400 Meters	0:01:41	0:06:47	TCTC Ultimate Runners	Winston Salem	NC	6/30/2018
Anthony Boerio	400 Meters	0:01:42	0:06:51	Penn Trafford Track	Penn Trafford	PA	5/9/2018
Kendall Branam	400 Meters	0:00:50	0:03:20	WPIAL District AAA	Altoona	PA	5/15/2018
Kendall Branam	400 Meters	0:00:50	0:03:20	WPIAL District AAA	Baldwin	PA	5/17/2018
Sam Cunkelman	800 Meters	0:01:56	0:03:54	PIAA District 6 AA	Altoona	PA	5/15/2018
Kendall Branam	800 Meters	0:01:58	0:03:58	WPIAL District AAA	Altoona	PA	5/15/2018
Joey Bujdos	800 Meters	0:01:59	0:04:00	WPIAL District AAA	Altoona	PA	5/15/2018
Sam Cunkelman	800 Meters	0:01:59	0:04:00	PIAA State Meet	Shippensburg	PA	5/25/2018
Kendall Branam	800 Meters	0:02:04	0:04:10	WPIAL District AAA	Baldwin	PA	5/17/2018
Sam Cunkelman	800 Meters	0:02:04	0:04:10	Heritage Conference	Armagh	PA	5/8/2018
Kendall Branam	800 Meters	0:02:05	0:04:12	Indiana County Track Meet	Marion Center	PA	4/28/2018
Sam Cunkelman	800 Meters	0:02:08	0:04:18	SRU All Comers Indoor Meet	Slippery Rock	PA	2/11/2018
Sam Cunkelman	800 Meters	0:02:09	0:04:20	Indiana County Track Meet	Marion Center	PA	4/28/2018
Darryl Walker	800 Meters	0:02:17	0:04:36	USATF 3 Rivers Championship	Pittsburgh	PA	6/24/2018
Jonathan Cunkelman	800 Meters	0:02:57	0:05:57	SRU All Comers Indoor Meet	Slippery Rock	PA	2/11/2018
Donna Scanlon	800 Meters	0:03:36	0:07:15	PA Senior Games	Hazel Twp	PA	7/27/2018
Anthony Boerio	800 Meters	0:03:39	0:07:22	TCTC Ultimate Runners	Winston Salem	NC	6/30/2018
Darryl Walker	800 Meters	0:20:10	0:40:40	USATF Masters Indoor	Landover	MD	3/17/2018
Jonathan Cunkelman	800 Meters	0:02:56	0:05:54	Slippery Rock All Comers	Slippery Rock	PA	6/20/2018
Anthony Boerio	1500 Meters	0:07:21	0:07:54	Penn Trafford Track	Penn Trafford	PA	5/9/2018
Jonathan Cunkelman	1500 Meters	0:05:50	0:06:16	Slippery Rock All Comers	Slippery Rock	PA	6/20/2018
Donna Scanlon	1500 Meters	0:07:11	0:07:42	PA Senior Games	Hazel Twp	PA	7/27/2018
Joey Bujdos	1600 Meters	0:04:31	0:04:33	Indiana County Track Meet	Marion Center	PA	4/28/2018
Sam Cunkelman	1600 Meters	0:04:44	0:04:46	Indiana County Track Meet	Marion Center	PA	4/28/2018
Mackenzie Walker	1600 Meters	0:05:33	0:05:36	Indiana County Track Meet	Marion Center	PA	4/28/2018
Jillian Barger	1600 Meters	0:06:09	0:06:12	Indiana County Track Meet	Marion Center	PA	4/28/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Sam Cunkelman	1600 Meters	0:04:47	0:04:49	Heritage Conference	Armagh	PA	5/8/2018
Mackenzie Walker	1600 Meters	0:05:38	0:05:40	PIAA District 6 AA	Altoona	PA	5/15/2018
Jillian Barger	1600 Meters	0:06:04	0:06:06	PIAA District 6 AA	Altoona	PA	5/15/2018
Sam Cunkelman	Mile	0:05:06	0:05:06	Gateway Mile	Monroeville	PA	6/7/2018
Jonathan Cunkelman	Mile	0:06:08	0:06:08	Gateway Mile	Monroeville	PA	6/7/2018
Anthony Boerio	Mile	0:07:44	0:07:44	Gateway Mile	Monroeville	PA	6/7/2018
Donna Scanlon	Mile	0:07:57	0:07:57	Gateway Mile	Monroeville	PA	6/7/2018
Anthony Boerio	Mile	0:08:01	0:08:01	TCTC Ultimate Runners	Winston Salem	NC	6/30/2018
Anthony Boerio	Mile	0:08:03	0:08:03	Swissvale Mile	Swissvale	PA	6/29/2018
Anthony Boerio	1.5 Miler	0:12:58	0:08:39	Regent Square Cobblestone	Pittsburgh	PA	8/25/2018
Sandy Sgriccia	1.5	0:25:58	0:17:19	Pancreatic Cancer 1.5 Miler	Indiana	PA	11/3/2018
Joe Sgriccia	1.5	0:26:01	0:17:21	Pancreatic Cancer 1.5 Miler	Indiana	PA	11/3/2018
Marilyn Gregory	3000 Meters	0:12:35	0:06:45	USATF Masters Indoor	Landover	MD	3/17/2018
Jonathan Cunkelman	3000 Meters	0:12:45	0:06:51	SRU All Comers Indoor Meet	Slippery Rock	PA	2/11/2018
Matt Berzonsky	3200 Meters	0:10:31	0:05:18	Indiana County Track Meet	Marion Center	PA	4/28/2018
Sam Cunkelman	3200 Meters	0:10:36	0:05:21	Indiana County Track Meet	Marion Center	PA	4/28/2018
Mackenzie Walker	3200 Meters	0:12:29	0:06:18	Indiana County Track Meet	Marion Center	PA	4/28/2018
Sam Cunkelman	3200 Meters	0:10:37	0:05:20	Heritage Conference	Armagh	PA	5/8/2018
Mackenzie Walker	3200 Meters	0:11:31	0:05:48	PIAA District 6 AA	Altoona	PA	5/15/2018
Mackenzie Walker	3200 Meters	0:11:31	0:05:48	PIAA State Meet	Shippensburg	PA	5/25/2018
Mackenzie Walker	3200 Meters	0:11:55	0:06:00	Heritage Conference	Armagh	PA	5/8/2018
Dean Banko	2 Mile	0:11:18	0:05:39	Ugly Sweater Run	Johnstown	PA	11/16/2018
Dean Banko	2 Miler	0:12:20	0:06:10	Twilight 2 Miler	Hollidaysburg	PA	12/31/2018
Andy See	2 Mile	0:15:54	0:07:57	Lakewood Y Firecracker 2 Mile	Lakewood	NY	7/4/2018
Andy See	Relay -2 Mile	0:18:15	0:09:07	Western PA Duathlon	Cook Forest	PA	7/21/2018
Addie Lockard	2 Mile	0:21:02	0:10:31	Run For The Trail 2 Mile	Dilltown	PA	8/11/2018
Patty Pajak	2 Mile	0:53:35	0:26:48	Run For The Trail 2 Mile	Dilltown	PA	8/11/2018
Dean Banko	3 Miler	1:28:31	0:29:30	Spartan WV Sprint	Glen Jean	WV	8/26/2018
Grant Cruse	5K	0:16:06	0:05:12	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Dean Banko	5K	0:16:27	0:05:18	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Dean Banko	5K	0:16:57	0:05:28	Twilight 5K	Hollidaysburg	PA	12/31/2018
Darryl Walker	5K	0:17:33	0:05:40	Forest Hills FBLA 5K	Sidman	PA	11/17/2018
Joey Bujdos	5K	0:17:35	0:05:40	PIAA Distrct 7 Championship	California	PA	10/25/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Matt Berzonsky	5K	0:17:38	0:05:41	Courtney's Ice Cream 5K	Grove City	PA	8/15/2018
Sam Cunkelman	5K	0:17:38	0:05:41	David Hutton Memorial 5K	Emporium	PA	8/18/2018
Matt Berzonsky	5K	0:17:39	0:05:42	Clearfield Fair 5K	Clearfield	PA	8/4/2018
Joey Bujdos	5000 Meters	0:17:43	0:05:43	Indiana County XC	Indiana	PA	10/11/2018
Joey Bujdos	5K	0:17:47	0:05:44	PIAA XC Championship	Hershey	PA	11/3/2018
Kendall Branan	5K	0:17:49	0:05:45	PIAA Distrct 7 Championship	California	PA	10/25/2018
Kendall Branan	5K	0:17:54	0:05:46	PIAA XC Championship	Hershey	PA	11/3/2018
Joe Johns	5K	0:18:17	0:05:54	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Matt Berzonsky	5K	0:18:19	0:05:55	PIAA Distrct 7 Championship	California	PA	10/25/2018
Mackenzie Walker	5K	0:18:19	0:05:55	Forest Hills FBLA 5K	Sidman	PA	11/17/2018
Matt Berzonsky	5000 Meters	0:18:21	0:05:55	Indiana County XC	Indiana	PA	10/11/2018
Matt Berzonsky	5K	0:18:24	0:05:56	PIAA XC Championship	Hershey	PA	11/3/2018
Grant Cruse	5K	0:18:25	0:05:56	Lilly VFD 5K	Lilly	PA	6/23/2018
Dean Banko	5K	0:18:29	0:05:58	YMCA Turkey Trot	Indiana	PA	11/22/2018
Sam Cunkelman	5K	0:18:32	0:05:59	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Matt Pajak	5K	0:18:33	0:06:06	Ft. Ligonier Days 5K	Ligonier	PA	10/14/2018
Tom Berzonsky	5K	0:18:34	0:05:59	Hoodlebug 5K	Homer City	PA	9/9/2018
Mindy Sawtelle-Zottola	5K	0:18:36	0:06:00	Fool's Run 5K	Indiana	PA	4/7/2018
Dean Banko	5K	0:18:37	0:06:00	It's A Wonderful 5K	Ernest	PA	12/1/2018
Sara Zambotti	5K	0:18:39	0:06:01	Zoozilla 5K	Pittsburgh	PA	11/10/2018
Kendall Branan	5K	0:18:48	0:06:04	Christine Saddler 5K	Greensburg	PA	8/25/2018
Kendall Branan	5K	0:18:53	0:06:05	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Dean Banko	5K	0:18:55	0:06:06	Jr. Achievement 5K	Indiana	PA	7/14/2018
Matt Pajak	5K	0:18:55	0:06:06	Freedom 5K	Kill Devil Hills	NC	7/7/2018
Dean Banko	5K	0:18:56	0:06:06	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Grant Cruse	5K	0:18:56	0:06:06	Path Of The Flood 5K	Johnstown	PA	5/26/2018
Jonathan Gearhart	5K	0:18:56	0:06:06	Fool's Run 5K	Indiana	PA	4/7/2018
Sara Zambotti	5K	0:18:58	0:06:07	YMCA Turkey Trot	Indiana	PA	11/22/2018
Dean Banko	5K	0:19:04	0:06:09	Dan Zilli Memorial 5K	Mt Pleasant	PA	10/7/2018
Dean Banko	5K	0:19:12	0:06:12	Resolving To Run 5K	Boston	PA	2/3/2018
Sara Zambotti	5K	0:19:12	0:06:12	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Dean Banko	5K	0:19:14	0:06:12	Shannock Valley 5K	Rural Valley	PA	7/28/2018
Dean Banko	5K	0:19:15	0:06:13	Vintondale Homecoming 5K	Vintondale	PA	9/1/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Dean Banko	5K	0:19:16	0:06:13	Elderton 5K	Elderton	PA	5/18/2018
Dean Banko	5K	0:19:18	0:06:14	GBM Memorial Day 5K	Ligonier	PA	5/31/2018
Tom Berzonsky	5K	0:19:20	0:06:14	Courtney's Ice Cream 5K	Grove City	PA	8/15/2018
Grant Cruse	5K	0:19:21	0:06:15	Jim Mayer Trail Run	Johnstown	PA	9/8/2018
Dean Banko	5K	0:19:21	0:06:15	"Warm Up" Trot 5K	Ligonier	PA	11/17/2018
Dean Banko	5K	0:19:25	0:06:16	Pittsburgh Marathon 5K	Pittsburgh	PA	5/5/2018
Grant Cruse	5K	0:19:28	0:06:17	Running For The Gold 5K	Indiana	PA	6/2/2018
Jonathan Gearhart	5K	0:19:29	0:00436	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Grant Cruse	5K	0:19:33	0:06:18	5K For Vets	St. Michael	PA	5/19/2018
Tom Berzonsky	5K	0:19:38	0:06:20	Clearfield Fair 5K	Clearfield	PA	8/4/2018
Grant Cruse	5K	0:19:42	0:06:21	Path Of The Flood Trail 5K	Ehrenfeld	PA	6/16/2018
Herb Cratty	5K	0:19:44	0:06:22	Adpotion Day Run 4 One	Cannonsburg	PA	11/17/2018
Grant Cruse	5K	0:19:47	0:06:23	Conemaugh Que Classic	Holsopple	PA	9/29/2018
Dean Banko	5K	0:19:50	0:06:24	Fire & Ice 5K	Somerset	PA	1/14/2018
Grant Cruse	5K	0:19:50	0:06:24	Daily American 5K	Somerset	PA	6/9/2018
Grant Cruse	5K	0:19:51	0:06:24	Jr. Achievement 5K	Indiana	PA	7/14/2018
Dean Banko	5K	0:19:54	0:06:25	Richland Days 5K	Johnstown	PA	8/18/2018
Grant Cruse	5K	0:19:59	0:06:27	Hastings Police Donut Dash	Hastings	PA	7/21/2018
Darryl Walker	5K	0:20:02	0:06:28	Fool's Run 5K	Indiana	PA	4/7/2018
Herb Cratty	5K	0:20:05	0:06:29	Length For Strength 5K	Ellwood City	PA	6/16/2018
Tom Berzonsky	5K	0:20:08	0:06:30	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Grant Cruse	5K	0:20:10	0:06:30	United Senior Class 5K	Armagh	PA	5/5/2018
Grant Cruse	5K	0:20:11	0:06:31	Ebensburg Homecoming 5K	Ebensburg	PA	7/28/2018
Jonathan Gearhart	5K	0:20:18	0:06:33	Love Of Life 5K	Indiana	PA	10/20/2018
Scott Cessna	5K	0:20:18	0:06:33	Latrobe Turkey Trot	Latrobe	PA	11/22/2018
Denny Cruse	5K	0:20:27	0:06:36	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Will Berzonsky	5K	0:20:29	0:06:36	Clearfield Fair 5K	Clearfield	PA	8/4/2018
Grant Cruse	5K	0:20:33	0:06:38	Fool's Run 5K	Indiana	PA	4/7/2018
Darryl Walker	5K	0:20:37	0:06:39	Jr. Achievement 5K	Indiana	PA	7/14/2018
Grant Cruse	5K	0:20:38	0:06:39	Johnstown Christian School	Holsopple	PA	5/12/2018
Herb Cratty	5K	0:20:47	0:06:42	Prospect Rube's Run 5K	Prospect	PA	7/28/2018
Mackenzie Walker	5000 Meters	0:20:47	0:06:42	Heritage Conference XC	Marion Center	PA	10/18/2018
Darryl Walker	5K	0:20:49	0:06:43	It's A Wonderful 5K	Ernest	PA	12/1/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Mackenzie Walker	5K	0:20:53	0:06:44	PIAA XC Championship	Hershey	PA	11/3/2018
Jon Berzonsky	5K	0:20:58	0:06:46	Clearfield Fair 5K	Clearfield	PA	8/4/2018
Shaelyn Waltemire	5K	0:21:01	0:06:47	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Jonathan Cunkelman	5K	0:21:02	0:06:47	Ford City 5K	Ford City	PA	6/30/2018
Jonathan Cunkelman	5K	0:21:02	0:06:47	Fight For Life 5K	Apollo	PA	11/17/2018
Jonathan Cunkelman	5K	0:21:05	0:06:48	Firecracker Frolic 5K	New Germany	PA	7/4/2018
Becca Maine	5K	0:21:06	0:06:48	Buffalo Creek 5K	Worthington	PA	9/23/2018
Jonathan Cunkelman	5K	0:21:07	0:06:49	St. Barabas 5K	Gibsonia	PA	8/4/2018
Chris Sharbaugh	5K	0:21:08	0:06:49	Running For The Gold 5K	Indiana	PA	6/2/2018
Jonathan Gearhart	5K	0:21:08	0:06:49	Hoodlebug 5K	Homer City	PA	9/9/2018
Mackenzie Walker	5K	0:21:08	0:06:49	PIAA District 6 Champ.	Reedsville	PA	10/27/2018
Connor Gibson	5K	0:21:09	0:06:49	YMCA Turkey Trot	Indiana	PA	11/22/2018
Noreen See	5K	0:21:10	0:06:50	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Jonathan Cunkelman	5K	0:21:12	0:06:50	Rev's Run 5K	Ligonier	PA	6/9/2018
Jonathan Cunkelman	5K	0:21:13	0:06:51	Indiana County Fair 5K	Indiana	PA	8/26/2018
Grant Cruse	5K	0:21:15	0:06:51	Fire & Ice 5K	Somerset	PA	1/14/2018
Jonathan Cunkelman	5K	0:21:20	0:06:53	Elderton 5K	Elderton	PA	5/18/2018
Jonathan Cunkelman	5K	0:21:20	0:06:53	Jr. Achievement 5K	Indiana	PA	7/14/2018
Mackenzie Walker	5000 Meters	0:21:20	0:06:53	Indiana County XC	Indiana	PA	10/11/2018
Jonathan Cunkelman	5K	0:21:21	0:06:53	Missions Possible 5K	Blairsville	PA	8/11/2018
Jonathan Cunkelman	5K	0:21:28	0:06:55	United Senior Class 5K	Armagh	PA	5/5/2018
Grant Cruse	5K	0:21:34	0:06:57	Wings of Hope 5K	Johnstown	PA	3/31/2018
Jonathan Cunkelman	5K	0:21:37	0:00484	Running For The Gold 5K	Indiana	PA	6/2/2018
Jonathan Cunkelman	5K	0:21:42	0:07:00	David Hutton Memorial 5K	Emporium	PA	8/18/2018
Jonathan Cunkelman	5K	0:21:42	0:07:00	Hoodlebug 5K	Homer City	PA	9/9/2018
Cory Fulmer	5K	0:21:45	0:07:01	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Jay Thompson	5K	0:21:45	0:07:01	YMCA Turkey Trot	Indiana	PA	11/22/2018
Jonathan Cunkelman	5K	0:21:47	0:07:02	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Andy See	5K	0:21:48	0:07:02	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Dean Banko	5K	0:21:52	0:07:03	Kick A.S.S. For Natlie	Windber	PA	4/28/2018
Jonathan Cunkelman	5K	0:21:54	0:07:04	Elk County Classic	Ridgway	PA	7/7/2018
Jonathan Cunkelman	5K	0:21:59	0:07:05	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Dan McQuiston	5K	0:22:11	0:07:09	Pace Yourself For Purpose	Indiana	PA	5/19/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Alexis Shank	5K	0:22:11	0:07:09	YMCA Turkey Trot	Indiana	PA	11/22/2018
Vince Pavic	5K	0:22:12	0:07:10	Shamrock Halfathon 5K	St. Petersburg	PA	3/11/2018
Don Marco	5K	0:22:16	0:07:11	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2018
Jonathan Cunkelman	5000 Meters	0:22:17	0:07:11	Slippery Rock All Comers	Slippery Rock	PA	6/20/2018
Jonathan Cunkelman	5K	0:22:21	0:07:13	Dr John Yellenic 5K	Blairsville	PA	5/26/2018
Jonathan Cunkelman	5K	0:22:21	0:07:13	Groundhog Jog 5K	Punxsutawney	PA	7/3/2018
Jonathan Cunkelman	5K	0:22:22	0:07:13	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Don Marco	5K	0:22:27	0:07:15	Fight For Life 5K	Apollo	PA	11/17/2018
Grant Cruse	5K	0:22:29	0:07:15	Kick A.S.S. For Natlie	Windber	PA	4/28/2018
Don Marco	5K	0:22:32	0:07:16	Hoodlebug 5K	Homer City	PA	9/9/2018
Laura Yevchak	5K	0:22:36	0:07:17	Ebensburg Turkey Trot	Ebensburg	PA	11/22/2018
Denny Cruse	5K	0:22:42	0:07:19	Lilly VFD 5K	Lilly	PA	6/23/2018
Jon Berzonsky	5K	0:22:43	0:07:20	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Brandon Payne	5K	0:22:47	0:07:21	Running With Ryan 5K	Belle Vernon	PA	7/7/2018
Dan McQuiston	5K	0:22:50	0:07:22	Hoodlebug 5K	Homer City	PA	9/9/2018
Steve Pagano	5K	0:22:56	0:07:24	Ebensburg Turkey Trot	Ebensburg	PA	11/22/2018
Alexis Shank	5K	0:22:57	0:07:24	It's A Wonderful 5K	Ernest	PA	12/1/2018
Jillian Barger	5000 Meters	0:23:05	0:07:27	Heritage Conference XC	Marion Center	PA	10/18/2018
Dean Banko	5K	0:23:11	0:07:29	Frosty Fleet Trail 5K	Portersville	PA	2/10/2018
Becca Maine	5K	0:23:12	0:07:29	Run To The Moon 5K	Apollo	PA	7/21/2018
Doug Ulishney	5K	0:23:12	0:07:29	Ft. Ligonier Days 5K	Ligonier	PA	10/14/2018
Don Marco	5K	0:23:15	0:07:30	Run Around The Square 5K	Pittsburgh	PA	8/25/2018
Tina Zack	5K	0:23:16	0:07:30	Twilight 5K	Hollidaysburg	PA	12/31/2018
Brandon Payne	5K	0:23:18	0:07:31	Bowerman 5K	Beaverton	OR	7/28/2018
A J Lockard	5K	0:23:24	0:07:33	Love Of Life 5K	Indiana	PA	10/20/2018
Noreen See	5K	0:23:30	0:07:35	Furry Friends 5K	Indiana	PA	4/14/2018
Cam Reaugh	5000 Meters	0:23:31	0:07:35	Heritage Conference XC	Marion Center	PA	10/18/2018
Denny Cruse	5K	0:23:35	0:07:36	Conemaugh Que Classic	Holsopple	PA	9/29/2018
Don Marco	5K	0:23:35	0:07:36	Brain Cancer Awareness 5K	White Oak	PA	8/18/2018
Cam Reaugh	5000 Meters	0:23:35	0:07:36	Indiana County XC	Indiana	PA	10/11/2018
Jonathan Cunkelman	5K	0:23:37	0:07:37	WSHS Run The Swamp 5K	Rural Valley	PA	5/12/2018
Brandon Payne	5K	0:23:47	0:07:40	On Your Marc 5K	Monongahela	PA	9/29/2018
Denny Cruse	5K	0:23:49	0:07:41	Path Of The Flood 5K	Johnstown	PA	5/26/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Noreen See	Relay-5K	0:23:51	0:07:42	Western PA Duathlon	Cook Forest	PA	7/21/2018
William Berzonsky	5K	0:23:51	0:07:42	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Denny Cruse	5K	0:23:58	0:07:44	Jim Mayer Trail Run	Johnstown	PA	9/8/2018
Tina Zack	5K	0:23:58	0:07:44	Service Above Self 5K	Greensburg	PA	5/28/2018
Tad Pajak	5K	0:24:05	0:07:46	Freedom 5K	Kill Devil Hills	NC	7/7/2018
Denny Cruse	5K	0:24:07	0:07:47	Jr. Achievement 5K	Indiana	PA	7/14/2018
Donald Banko	5K	0:24:12	0:07:48	Vintondale Homecoming 5K	Vintondale	PA	9/1/2018
Denny Cruse	5K	0:24:15	0:07:49	Vampire 5K	Johnstown	PA	10/20/2018
Noreen See	5K	0:24:24	0:07:52	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Denny Cruse	5K	0:24:32	0:07:55	Running For The Gold 5K	Indiana	PA	6/2/2018
Jillian Barger	5000 Meters	0:24:32	0:07:55	Indiana County XC	Indiana	PA	10/11/2018
Caleb Fruscello	5K	0:24:34	0:07:55	Greenfield Glide 5K	Pittsburgh	PA	6/3/2018
Denny Cruse	5K	0:24:39	0:07:57	Path Of The Flood Trail 5K	Ehrenfeld	PA	6/16/2018
Tina Zack	5K	0:24:41	0:07:58	Freedom 5K	Greensburg	PA	7/3/2018
Noreen See	5K	0:24:43	0.00554	Hoodlebug 5K	Homer City	PA	9/9/2018
Tina Zack	5K	0:24:43	0:07:58	Jr. Achievement 5K	Indiana	PA	7/14/2018
Kosie Shepherd-Porada	5K	0:24:48	0:08:00	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Tina Zack	5K	0:24:48	0:08:00	Ft. Ligonier Days 5K	Ligonier	PA	10/14/2018
Brynnley Haggerty	5K	0:24:54	0:08:02	Step It Up Autism Speaks	Blue Spruce	PA	4/21/2018
Andrew See	5K	0:24:56	0:08:03	Furry Friends 5K	Indiana	PA	4/14/2018
Noreen See	5K	0:24:56	0:08:03	Bemus Point 5K	Bemus Point	NY	5/27/2018
Tina Zack	5K	0:24:59	0:08:04	Fire & Ice 5K	Somerset	PA	1/14/2018
Noreen See	5K	0:25:00	0:08:04	Fool's Run 5K	Indiana	PA	4/7/2018
Denny Cruse	5K	0:25:02	0:08:05	Black Bear 5K	Johnstown	PA	9/22/2018
Meghan Foulk	5K	0:25:02	0:08:05	Running For The Gold 5K	Indiana	PA	6/2/2018
Brynnley Haggerty	5K	0:25:06	0:08:06	Fool's Run 5K	Indiana	PA	4/7/2018
Denny Cruse	5K	0:25:07	0:08:06	Ebensburg Homecoming 5K	Ebensburg	PA	7/28/2018
Tom Fetterman	5K	0:25:12	0:08:08	Fool's Run 5K	Indiana	PA	4/7/2018
Noreen See	5K	0:25:14	0:08:08	Indiana County Fair 5K	Indiana	PA	8/26/2018
Denny Cruse	5K	0:25:17	0:08:09	Daily American 5K	Somerset	PA	6/9/2018
Kaiden Branan	5K	0:25:18	0:08:10	Christine Saddler 5K	Greensburg	PA	8/25/2018
Ron Orr	5K	0:25:18	0:08:10	Running With Ryan 5K	Belle Vernon	PA	7/7/2018
Tina Zack	5K	0:25:18	0:08:10	Woodruff 5K	Connellsville	PA	7/11/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Jillian Barger	5K	0:25:19	0:08:10	GBM Memorial Day 5K	Ligonier	PA	5/31/2018
Louise Maine	5K	0:25:20	0:08:10	Buffalo Creek 5K	Worthington	PA	9/23/2018
Shaelyn Waltemire	5K	0:25:22	0:08:11	Angie Gioiosa 5K	Altoona	PA	7/4/2018
Doug Ulishney	5K	0:25:23	0:08:11	Scottsdale Fall Festival 5K	Scottsdale	PA	9/22/2018
Denny Cruse	5K	0:25:25	0:08:12	Hastings Police Donut Dash	Hastings	PA	7/21/2018
Denny Cruse	5K	0:25:26	0:08:12	Fire & Ice 5K	Somerset	PA	1/14/2018
Denny Cruse	5K	0:25:31	0:08:14	Chernisky Classic 5K	Ebensburg	PA	7/7/2018
Amanda Vresilovic	5K	0:25:31	0:08:14	Latrobe Turkey Trot	Latrobe	PA	11/22/2018
Denny Cruse	5K	0:25:34	0:08:15	United Senior Class 5K	Armagh	PA	5/5/2018
Tina Zack	5K	0:25:35	0:08:15	Mt. Carmel 5K	Crabtree	PA	7/20/2018
Barb Barger	5K	0:25:36	0:08:15	GBM Memorial Day 5K	Ligonier	PA	5/31/2018
Jacob Barger	5K	0:25:36	0:08:15	GBM Memorial Day 5K	Ligonier	PA	5/31/2018
Andy See	5K Run (relay)	0:25:39	0:08:16	Heart & Sole Duathlon	Ford City	PA	9/30/2018
Chris Lasser	5K	0:25:43	0:08:18	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Pat Scanlon	5K	0:25:45	0:08:18	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Jillian Barger	5K	0:25:45	0:08:18	Greensburg Turkey Trot	Greensburg	PA	11/22/2018
Tina Zack	5K	0:25:53	0:08:21	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2018
Evelyn Gill	5K	0:25:54	0:08:21	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Donna Scanlon	5K	0:25:55	0:08:22	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Donna Scanlon	5K	0:25:56	0:08:22	Ford City 5K	Ford City	PA	6/30/2018
Andy See	5K	0:26:09	0:08:26	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Tina Zack	5K	0:26:09	0:08:26	Hoodlebug 5K	Homer City	PA	9/9/2018
Brynnley Haggerty	5K	0:26:11	0:08:27	It's A Wonderful 5K	Ernest	PA	12/1/2018
Donna Scanlon	5K	0:26:12	0:08:27	Move It! Memorial Day 5K	Clymer	PA	5/26/2018
Evelyn Gill	5K	0:26:14	0:08:28	It's A Wonderful 5K	Ernest	PA	12/1/2018
Brynnley Haggerty	5K	0:26:18	0:08:29	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
Denny Cruse	5K	0:26:18	0:08:29	5K For Vets	St. Michael	PA	5/19/2018
Jacob Barger	5K	0:26:18	0:08:29	Love Of Life 5K	Indiana	PA	10/20/2018
Barb Barger	5K	0:26:18	0:08:29	Love Of Life 5K	Indiana	PA	10/20/2018
Owen Cramer	5K	0:26:18	0:08:29	YMCA Turkey Trot	Indiana	PA	11/22/2018
Evan Cessna	5K	0:26:19	0:08:29	Latrobe Turkey Trot	Latrobe	PA	11/22/2018
Noreen See	5K	0:26:21	0:08:30	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Brynnley Haggerty	5K	0:26:24	0:08:31	Hoodlebug 5K	Homer City	PA	9/9/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Jacob Barger	5K	0:26:27	0:08:32	Greensburg Turkey Trot	Greensburg	PA	11/22/2018
Barb Barger	5K	0:26:27	0:08:32	Greensburg Turkey Trot	Greensburg	PA	11/22/2018
Owen Cramer	5K	0:26:34	0:08:34	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Louise Maine	5K	0:26:38	0:08:35	Jr. Achievement 5K	Indiana	PA	7/14/2018
Brook DiGiorgio	5K	0:26:41	0:08:36	Ohio Twp 5K	Pittsburgh	PA	10/6/2018
Donna Scanlon	5K	0:26:43	0:08:37	Dearborn Homecoming 5K	Dearborn	MI	8/5/2018
Evelyn Gill	5K	0:26:43	0:08:37	Love Of Life 5K	Indiana	PA	10/20/2018
Bill Geiger	5K	0:26:48	0:08:39	It's A Wonderful 5K	Ernest	PA	12/1/2018
Pat Scanlon	5K	0:26:49	0:08:39	Troegs Hopdash 5K	Hershey	PA	10/6/2018
Dean Banko	5K	0:26:51	0:08:40	Warrior Dash Ohio 5K	N. Lawrence	OH	7/21/2018
Kosie Shepherd-Porada	5K	0:26:52	0:08:40	Twilight 5K	Hollidaysburg	PA	12/31/2018
Pat Scanlon	5K	0:26:54	0:08:41	Dearborn Homecoming 5K	Dearborn	MI	8/5/2018
John Bomboy	5K	0:26:56	0:08:41	Step It Up Autism Speaks	Blue Spruce	PA	4/21/2018
Andrew See	5K	0:26:58	0:08:42	Fool's Run 5K	Indiana	PA	4/7/2018
John Bomboy	5K	0:26:58	0:08:42	Hoodlebug 5K	Homer City	PA	9/9/2018
Brynnley Haggerty	5K	0:27:00	0:08:43	Love Of Life 5K	Indiana	PA	10/20/2018
Louise Maine	5K	0:27:03	0:08:44	Freedom 5K	Greensburg	PA	7/4/2018
Cordelia Zack	5K	0:27:04	0:08:44	Service Above Self 5K	Greensburg	PA	5/28/2018
Denny Cruse	5K	0:27:04	0:08:44	Johnstown Christian School	Holsopple	PA	5/12/2018
John Goss	5K	0:27:04	0:08:44	Groundhog Jog 5K	Punxsutawney	PA	7/3/2018
Kosie Shepherd-Porada	5K	0:27:05	0:08:44	Hoodlebug 5K	Homer City	PA	9/9/2018
Tina Zack	5K	0:27:06	0:08:45	Greensburg Turkey Trot	Greensburg	PA	11/22/2018
Donna Scanlon	5K	0:27:07	0:08:45	Troegs Hopdash 5K	Hershey	PA	10/6/2018
Tina Zack	5K	0:27:08	0:08:45	Cupids Chase 5K	Latrobe	PA	2/10/2018
Rachel Gill	5K	0:27:09	0:08:45	Fool's Run 5K	Indiana	PA	4/7/2018
Alex Bauer	5K	0:27:10	0:08:46	YMCA Turkey Trot	Indiana	PA	11/22/2018
Anthony Boerio	5K	0:27:12	0:08:46	Yough River Trail 5K	West Newton	PA	5/12/2018
Donna Scanlon	5K	0:27:14	0:08:47	Fool's Run 5K	Indiana	PA	4/7/2018
Louise Maine	5K	0:27:14	0:08:47	Run To The Moon 5K	Apollo	PA	7/21/2018
Becky Pavic	5K	0:27:16	0:08:48	Shamrock Halfathon 5K	St. Petersburg	PA	3/11/2018
Anthony Boerio	5K	0:27:17	0:08:48	Lodd 5K	Youngwood	PA	5/19/2018
Charles Frank	5K	0:27:17	0:08:48	Paul Galko Bulldog Crawl	Nanty Glo	PA	6/30/2018
Brynnley Haggerty	5K	0:27:18	0:08:48	YMCA Turkey Trot	Indiana	PA	11/22/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
John Bomboy	5K	0:27:19	0:08:49	It's A Wonderful 5K	Ernest	PA	12/1/2018
Brianna Walker	5K	0:27:23	0:08:50	Fire & Ice 5K	Somerset	PA	1/14/2018
John Bomboy	5K	0:27:30	0:08:52	Shannock Valley 5K	Rural Valley	PA	7/28/2018
John Bomboy	5K	0:27:37	0:08:55	Elderton 5K	Elderton	PA	5/18/2018
John Bomboy	5K	0:27:42	0:08:56	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Ria Fruscello	5K	0:27:46	0:08:57	Greenfield Glide 5K	Pittsburgh	PA	6/3/2018
Anthony Boerio	5K	0:27:47	0:08:58	Trail To Eagle 5K	West Newton	PA	3/3/2018
Brynnley Haggerty	5K	0:27:52	0:08:59	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Pat Scanlon	5K	0:27:52	0:08:59	Move It! Memorial Day 5K	Clymer	PA	5/26/2018
Meghan Foulk	5K	0:27:53	0:09:00	Love Of Life 5K	Indiana	PA	10/20/2018
John Bomboy	5K	0:27:54	0:09:00	Pace Yourself For Purpose	Indiana	PA	5/19/2018
John Bomboy	5K	0:27:57	0:09:01	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
Ria Fruscello	5K	0:28:03	0:09:03	Rising Above Cancer 5K	Warwick	RI	7/21/2018
Scott Valazak	5K	0:28:04	0:09:03	YMCA Turkey Trot	Indiana	PA	11/22/2018
John Bomboy	5K	0:28:08	0:09:05	Jr. Achievement 5K	Indiana	PA	7/14/2018
Donna Scanlon	5K	0:28:12	0:09:06	Indiana County Fair 5K	Indiana	PA	8/26/2018
Candie Mcquiston	5K	0:28:14	0:09:06	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
John Bomboy	5K	0:28:14	0:09:06	Ford City 5K	Ford City	PA	6/30/2018
Dan Vresilovic	5K	0:28:14	0:09:06	Latrobe Turkey Trot	Latrobe	PA	11/22/2018
Pat Scanlon	5K	0:28:15	0:09:07	Indiana County Fair 5K	Indiana	PA	8/26/2018
Anthony Boerio	5K	0:28:18	0:09:08	Riverview Park 5K	Pittsburgh	PA	6/8/2018
Molly Zack	5K	0:28:18	0:09:08	Fire & Ice 5K	Somerset	PA	1/14/2018
Candie Mcquiston	5K	0:28:18	0:09:08	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Charles Frank	5K	0:28:21	0:09:09	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
John Bomboy	5K	0:28:21	0:09:09	Move It! Memorial Day 5K	Clymer	PA	5/26/2018
Sarah Kitchen	5K	0:28:21	0:09:09	Chip's Champions 5K	Denver	PA	4/7/2018
Dan Hudak	5K	0:28:23	0:09:09	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Mannon Gill	5K	0:28:23	0:09:09	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Scott Bowman	5K	0:28:24	0:09:10	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Kosie Shepherd-Porada	5K	0:28:26	0:09:10	Elderton 5K	Elderton	PA	5/18/2018
Ria Fruscello	5K	0:28:26	0:09:10	Brentwood 5K	Brentwood	PA	7/4/2018
Sarah Kitchen	5K	0:28:30	0:09:12	It's A Wonderful 5K	Ernest	PA	12/1/2018
Scott Bowman	5K	0:28:31	0:09:12	Habitat For Humanity 5K	Kittanning	PA	8/4/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Scott Bowman	5K	0:28:31	0:09:12	Fight For Life 5K	Apollo	PA	11/17/2018
John Bomboy	5K	0:28:35	0:09:13	United Senior Class 5K	Armagh	PA	5/5/2018
Evelyn Gill	5K	0:28:35	0:09:13	Ebensburg Turkey Trot	Ebensburg	PA	11/22/2018
A J Lockard	5K	0:28:38	0:09:14	Hoodlebug 5K	Homer City	PA	9/9/2018
Don Zahorchak	5K	0:28:40	0:09:15	Indiana County Fair 5K	Indiana	PA	8/26/2018
Kosie Shepherd-Porada	5K	0:28:41	0:09:15	Vintondale Homecoming 5K	Vintondale	PA	9/1/2018
Alicia Haggerty	5K	0:28:45	0:09:16	Step It Up Autism Speaks	Blue Spruce	PA	4/21/2018
Anthony Boerio	5K	0:28:45	0:09:16	Running With Ryan 5K	Belle Vernon	PA	7/7/2018
Kosie Shepherd-Porada	5K	0:28:45	0:09:16	Latrobe Turkey Trot	Latrobe	PA	11/22/2018
Jeff Smith	5K	0:28:52	0:09:19	Indiana County Fair 5K	Indiana	PA	8/26/2018
Candie Mcquiston	5K	0:28:53	0:09:19	Missions Possible 5K	Blairsville	PA	8/11/2018
John Bomboy	5K	0:28:54	0:09:19	Furry Friends 5K	Indiana	PA	4/14/2018
Kosie Shepherd-Porada	5K	0:28:55	0:09:20	United Senior Class 5K	Armagh	PA	5/5/2018
Andy See	5K	0:28:56	0:09:20	Bemus Point 5K	Bemus Point	NY	5/27/2018
Candie Mcquiston	5K	0:28:57	0:09:20	It's A Wonderful 5K	Ernest	PA	12/1/2018
Aly Pajak	5K	0:29:00	0:09:21	Freedom 5K	Kill Devil Hills	NC	7/7/2018
Candie Mcquiston	5K	0:29:00	0:09:21	Love Of Life 5K	Indiana	PA	10/20/2018
Barry Little	5K	0:29:02	0:09:22	Fool's Run 5K	Indiana	PA	4/7/2018
Chris Sharbaugh	5K	0:29:03	0:09:22	YMCA Turkey Trot	Indiana	PA	11/22/2018
Lee Ann Tilghman	5K	0:29:07	0:09:24	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Denny Cruse	5K	0:29:08	0:09:24	Forest Hills FBLA 5K	Sidman	PA	11/17/2018
Manon Gill	5K	0:29:09	0:09:24	It's A Wonderful 5K	Ernest	PA	12/1/2018
Kelly Thompson	5K	0:29:10	0:09:25	Fool's Run 5K	Indiana	PA	4/7/2018
Kosie Shepherd-Porada	5K	0:29:10	0:09:25	Path Of The Flood Trail 5K	Ehrenfeld	PA	6/16/2018
Scott Bowman	5K	0:29:11	0:09:25	Indiana County Fair 5K	Indiana	PA	8/26/2018
Anthony Boerio	5K	0:29:11	0:09:25	Brownsville Falcon 5K	Brownsville	PA	7/11/2018
Sara Necciai	5K	0:29:12	0:09:25	Running With Ryan 5K	Belle Vernon	PA	7/7/2018
Cordelia Zack	5K	0:29:24	0:09:29	Twilight 5K	Hollidaysburg	PA	12/31/2018
John Bomboy	5K	0:29:25	0:09:29	Love Of Life 5K	Indiana	PA	10/20/2018
Charles Frank	5K	0:29:29	0:09:31	Hoodlebug 5K	Homer City	PA	9/9/2018
John Bomboy	5K	0:29:31	0:09:31	Groundhog Jog 5K	Punxsutawney	PA	7/3/2018
Ashlyn Branan	5K	0:29:35	0:09:33	Christine Saddler 5K	Greensburg	PA	8/25/2018
John Bomboy	5K	0:29:38	0:09:34	Indiana County Fair 5K	Indiana	PA	8/26/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Evelyn Gill	5K	0:29:41	0:09:35	Groundhog Jog 5K	Punxsutawney	PA	7/3/2018
Ginny Winters	5K	0:29:41	0:09:35	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Kosie Shepherd-Porada	5K	0:29:41	0:09:35	GBM Memorial Day 5K	Ligonier	PA	5/31/2018
Sherry Shank	5K	0:29:44	0:09:35	It's A Wonderful 5K	Ernest	PA	12/1/2018
Charles Frank	5K	0:29:46	0:09:36	Running For The Gold 5K	Indiana	PA	6/2/2018
Alicia Haggerty	5K	0:29:48	0:09:37	Fool's Run 5K	Indiana	PA	4/7/2018
Charles Frank	5K	0:29:49	0:09:37	Indiana County Fair 5K	Indiana	PA	8/26/2018
Adam Clawson	5K	0:29:50	0:09:37	Fool's Run 5K	Indiana	PA	4/7/2018
Michael Lipchik	5K	0:29:51	0:09:38	It's A Wonderful 5K	Ernest	PA	12/1/2018
Tim Welsh	5K	0:29:53	0:09:38	Elderton 5K	Elderton	PA	5/18/2018
Anthony Boerio	5K	0:29:56	0:09:39	Vintondale Homecoming 5K	Vintondale	PA	9/1/2018
Anthony Boerio	5K	0:29:56	0:09:39	John Woodruff 5K	Curwensville	PA	7/11/2018
Alicia Haggerty	5K	0:29:59	0:09:40	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Charles Frank	5K	0:30:00	0:09:41	Jr. Achievement 5K	Indiana	PA	7/14/2018
Jami Kish	5K	0:30:00	0:09:41	Fool's Run 5K	Indiana	PA	4/7/2018
Kosie Shepherd-Porada	5K	0:30:00	0:09:41	Indiana County Fair 5K	Indiana	PA	8/26/2018
Joe Bujdos	5K	0:30:01	0:09:41	Hoodlebug 5K	Homer City	PA	9/9/2018
Alicia Haggerty	5K	0:30:05	0:09:42	Hoodlebug 5K	Homer City	PA	9/9/2018
Manon Gill	5K	0:30:05	0:09:42	Ebensburg Turkey Trot	Ebensburg	PA	11/22/2018
Tim Welsh	5K	0:30:07	0:09:43	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Evelyn Gill	5K	0:30:09	0:09:44	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Anthony Boerio	5K	0:30:11	0:09:44	King Coal 5K	Carmichael	PA	8/18/2018
Sara Necciai	5K	0:30:12	0:09:45	Bowerman 5K	Beaverton	OR	7/28/2018
Sarah Kitchen	5K	0:30:14	0:09:45	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Laura Digiorgio	5K	0:30:16	0:09:46	Ohio Twp 5K	Pittsburgh	PA	10/6/2018
Manon Gill	5K	0:30:17	0:09:46	Fool's Run 5K	Indiana	PA	4/7/2018
Emily Smeltz	5K	0:30:17	0:09:46	It's A Wonderful 5K	Ernest	PA	12/1/2018
Anthony Boerio	5K	0:30:25	0:09:49	Groundhog Jog 5K	Punxsutawney	PA	7/3/2018
Donna Scanlon	5K	0:30:25	0:09:49	WSHS Run The Swamp 5K	Rural Valley	PA	5/12/2018
Mannon Gill	5K	0:30:27	0:09:49	Love Of Life 5K	Indiana	PA	10/20/2018
Charles Frank	5K	0:30:28	0:09:50	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Sherry Shank	5K	0:30:28	0:09:50	YMCA Turkey Trot	Indiana	PA	11/22/2018
John Swauger	5K	0:30:30	0:09:50	Move It! Memorial Day 5K	Clymer	PA	5/26/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Tim Welsh	5K	0:30:37	0:09:53	Portage Bunny Dash 5K	Portage	PA	3/31/2018
Emily Smeltz	5K	0:30:39	0:09:53	Pittsburgh Marathon 5K	Pittsburgh	PA	5/5/2018
Kim Peterman	5K	0:30:40	0:09:54	Hastings Police Donut Dash	Hastings	PA	7/21/2018
Jennifer Reaugh	5K	0:30:42	0:09:54	Dr John Yellenic 5K	Blairsville	PA	5/26/2018
Dylan Foulk	5K	0:30:45	0:09:55	YMCA Turkey Trot	Indiana	PA	11/22/2018
Charles Frank	5K	0:30:49	0:09:56	Shannock Valley 5K	Rural Valley	PA	7/28/2018
Leah Dever	5K	0:30:50	0:09:57	Independence Day 5K	Estero	FL	7/4/2018
Alicia Haggerty	5K	0:30:50	0:09:57	Love Of Life 5K	Indiana	PA	10/20/2018
Evelyn Gill	5K	0:30:57	0:09:59	Move It! Memorial Day 5K	Clymer	PA	5/26/2018
Joe Bujdos	5K	0:31:03	0:10:01	YMCA Turkey Trot	Indiana	PA	11/22/2018
A J Lockard	5K	0:31:05	0:10:02	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Tim Welsh	5K	0:31:08	0:10:03	Kiski Shamrock 5K	Kiski	PA	3/17/2018
Alicia Haggerty	5K	0:31:10	0:10:03	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
Sarah Kitchen	5K	0:31:15	0:10:05	YMCA Turkey Trot	Indiana	PA	11/22/2018
David Dzuro	5K	0:31:27	0:10:09	Rocky Run 5K	Philadelphia	PA	11/10/2018
Jacob Barger	5K	0:31:28	0:10:09	Fool's Run 5K	Indiana	PA	4/7/2018
Barb Barger	5K	0:31:29	0:10:09	Fool's Run 5K	Indiana	PA	4/7/2018
Sara Necciai	5K	0:31:31	0:10:10	On Your Marc 5K	Monongahela	PA	9/29/2018
Kosie Shepherd-Porada	5K	0:31:32	0:10:10	Fire & Ice 5K	Somerset	PA	1/14/2018
Alicia Haggerty	5K	0:31:32	0:10:10	It's A Wonderful 5K	Ernest	PA	12/1/2018
Carolynn Kish	5K	0:31:35	0:10:11	Fool's Run 5K	Indiana	PA	4/7/2018
Jennifer Wally Blystone	5K	0:31:39	0:10:13	WSHS Run The Swamp 5K	Rural Valley	PA	5/12/2018
Scott Bowman	5K	0:31:39	0:10:13	Hoodlebug 5K	Homer City	PA	9/9/2018
Nick Fruscello	5K	0:31:43	0:10:14	Brentwood 5K	Brentwood	PA	7/4/2018
Mike Porada	5K	0:31:49	0:10:16	Elderton 5K	Elderton	PA	5/18/2018
Evelyn Gill	5K	0:31:51	0:10:16	Fool's Run 5K	Indiana	PA	4/7/2018
Terri Mcquiston	5K	0:32:01	0:10:20	Pace Yourself For Purpose	Indiana	PA	5/19/2018
Anthony Boerio	5K	0:32:03	0:10:20	Scottsdale Fallen Heroes 5K	Scottsdale	PA	9/13/2018
Gabe Belak	5K	0:32:09	0:10:22	Trail To Eagle 5K	West Newton	PA	3/3/2018
Michele Belak	5K	0:32:10	0:10:23	Trail To Eagle 5K	West Newton	PA	3/3/2018
Alicia Haggerty	5K	0:32:21	0:10:26	YMCA Turkey Trot	Indiana	PA	11/22/2018
Tim Welsh	5K	0:32:31	0:10:29	Fire & Ice 5K	Somerset	PA	1/14/2018
Tracy McKeel	5K	0:32:31	0:10:29	Vintondale Homecoming 5K	Vintondale	PA	9/1/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Tom Fetterman	5K	0:32:32	0:10:30	Move It! Memorial Day 5K	Clymer	PA	5/26/2018
Cordella Zack	5K	0:32:44	0:10:34	Hoodlebug 5K	Homer City	PA	9/9/2018
John Swauger	5K	0:32:45	0:10:34	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Darlene Hudak	5K	0:32:52	0:10:36	IPG Fitness Pink Day 5K	Leechburg	PA	9/15/2018
Dennis Hudak	5K	0:32:52	0:10:36	IPG Fitness Pink Day 5K	Leechburg	PA	9/15/2018
Deborah Kosor	5K	0:33:07	0:10:41	GBM Memorial Day 5K	Ligonier	PA	5/31/2018
Sherene Hess	5K	0:33:14	0:10:43	Missions Possible 5K	Blairsville	PA	8/11/2018
Deborah Kosor	5K	0:33:29	0:10:48	Ft. Ligonier Days 5K	Ligonier	PA	10/14/2018
Deborah Kosor	5K	0:33:29	0:10:48	Ft. Ligonier Days 5K	Ligonier	PA	10/14/2018
Deborah Kosor	5K	0:33:30	0:10:48	Love Of Life 5K	Indiana	PA	10/20/2018
Suzanne Patackis	5K	0:33:38	0:10:51	Paxtang Patroit Dash 5K	Paxtang	PA	7/4/2018
Cordelia Zack	5K	0:33:39	0:10:51	Mt. Carmel 5K	Crabtree	PA	7/20/2018
Michele Belak	5K	0:33:42	0:10:52	Monroeville Community 5K	Monroeville	PA	7/28/2018
Deborah Kosor	5K	0:33:44	0:10:53	It's A Wonderful 5K	Ernest	PA	12/1/2018
Debra Kosor	5K	0:33:48	0:10:54	Missions Possible 5K	Blairsville	PA	8/11/2018
Cordelia Zack	5K	0:33:51	0:10:55	Ft. Ligonier Days 5K	Ligonier	PA	10/14/2018
Sherry Shank	5K	0:33:53	0:10:56	WSHS Run The Swamp 5K	Rural Valley	PA	5/12/2018
Cordelia Zack	5K	0:34:02	0:10:59	Fire & Ice 5K	Somerset	PA	1/14/2018
Bob Zukas	5K	0:34:25	0:11:06	Fight For Life 5K	Apollo	PA	11/17/2018
Janet Stewart	5K	0:34:37	0:11:10	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Cordelia Zack	5K	0:34:37	0:11:10	Greensburg Turkey Trot	Greensburg	PA	11/22/2018
Janet Stewart	5K	0:34:47	0:11:13	It's A Wonderful 5K	Ernest	PA	12/1/2018
Mary Beth Rine	5K	0:34:48	0:11:14	It's A Wonderful 5K	Ernest	PA	12/1/2018
Sherene Hess	5K	0:34:50	0:11:14	Chernisky Classic 5K	Ebensburg	PA	7/7/2018
Jennifer Reaugh	5K	0:34:52	0:11:15	Latrobe Turkey Trot	Latrobe	PA	11/22/2018
Mary Beth Rine	5K	0:34:57	0:11:16	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
Meghan Foulk	5K	0:35:00	0:11:17	YMCA Turkey Trot	Indiana	PA	11/22/2018
Jackson Sharbaugh	5K	0:35:00	0:11:17	YMCA Turkey Trot	Indiana	PA	11/22/2018
Gabe Belak	5K	0:35:02	0:11:18	Habitat For Humanity 5K	Kittanning	PA	8/4/2018
Michele Belak	5K	0:35:04	0:11:19	Habitat For Humanity 5K	Kittanning	PA	8/4/2018
Cordelia Zack	5K	0:35:11	0:11:21	Fool's Run 5K	Indiana	PA	4/7/2018
Janet Stewart	5K	0:35:15	0:11:22	Shadow Shuffle 5K	Punxsutawney	PA	10/13/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Cordelia Zack	5K	0:35:26	0:11:26	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2018
Mary Beth Rine	5K	0:35:30	0:11:27	YMCA Turkey Trot	Indiana	PA	11/22/2018
Cordelia Zack	5K	0:35:32	0:11:28	Boston Harvest 5K	Boston	PA	9/16/2018
Mary Beth Rine	5K	0:35:34	0.00797	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Mary Beth Rine	5K	0:35:35	0:11:29	Zoozilla 5K	Pittsburgh	PA	11/10/2018
Cordelia Zack	5K	0:35:36	0:11:29	Freedom 5K	Greensburg	PA	7/3/2018
Michele Belak	5K	0:35:37	0:11:29	Run To The Moon 5K	Apollo	PA	7/21/2018
Michele Belak	5K	0:35:41	0:11:31	Jr. Achievement 5K	Indiana	PA	7/14/2018
Brandon Digiorgio	5K	0:35:45	0:11:32	Ohio Twp 5K	Pittsburgh	PA	10/6/2018
Michele Belak	5K	0:35:47	0:11:33	Strawberry Days 5K	Grove City	PA	6/27/2018
Emma Cramer	5K	0:35:48	0:11:33	YMCA Turkey Trot	Indiana	PA	11/22/2018
Lincoln Cramer	5K	0:35:48	0:11:33	YMCA Turkey Trot	Indiana	PA	11/22/2018
Jackson Sharbaugh	5K	0:35:52	0:11:34	Running For The Gold 5K	Indiana	PA	6/2/2018
Dennis Hudak	5K	0:35:55	0:11:35	WSHS Run The Swamp 5K	Rural Valley	PA	5/12/2018
Mary Beth Rine	5K	0:35:55	0:11:35	Indiana County Fair 5K	Indiana	PA	8/26/2018
Dennis Hudak	5K	0:35:58	0:11:36	Bushy Run Battlefield 5K	Penn Run	PA	7/15/2018
Jess Sharbaugh	5K	0:35:58	0:11:36	Running For The Gold 5K	Indiana	PA	6/2/2018
Emma Cramer	5K	0:35:59	0:11:36	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Lincoln Cramer	5K	0:35:59	0:11:36	GBM Levity Festival 5K	Indiana	PA	6/16/2018
Janine Maust	5K	0:36:00	0:11:37	Turtle Crawl 5K	Jekyll Island	GA	5/13/2018
Cordelia Zack	5K	0:36:07	0:11:39	Cupids Chase 5K	Latrobe	PA	2/10/2018
Janet Stewart	5K	0:36:09	0:11:40	YMCA Turkey Trot	Indiana	PA	11/22/2018
Mary Beth Rine	5K	0:36:25	0:11:45	Love Of Life 5K	Indiana	PA	10/20/2018
Gabe Belak	5K	0:36:37	0:11:49	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
Michele Belak	5K	0:36:38	0:11:49	Shelocta Spirit 5K	Shelocta	PA	9/22/2018
Scott Bauer	5K	0:36:46	0:11:52	YMCA Turkey Trot	Indiana	PA	11/22/2018
Maddy Bauer	5K	0:36:48	0:11:52	YMCA Turkey Trot	Indiana	PA	11/22/2018
Lori Gradwell	5K	0:36:52	0:11:54	YMCA Turkey Trot	Indiana	PA	11/22/2018
Doug Gradwell	5K	0:36:56	0:11:55	YMCA Turkey Trot	Indiana	PA	11/22/2018
Lecinda Yevchak	5K	0:37:05	0:11:58	Forest Hills FBLA 5K	Sidman	PA	11/17/2018
Donna Zukas	5K	0:37:15	0:12:01	Fight For Life 5K	Apollo	PA	11/17/2018
Michele Belak	5K	0:37:31	0:12:06	Freedom 5K	Greensburg	PA	7/3/2018
Mary Beth Rine	5K	0:37:32	0.00841	Hoodlebug 5K	Homer City	PA	9/9/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Michele Belak	5K	0:37:45	0:12:11	Bushy Run Battlefield 5K	Penn Run	PA	7/15/2018
Jess Sharbaugh	5K	0:37:58	0:12:15	YMCA Turkey Trot	Indiana	PA	11/22/2018
Michele Belak	5K	0:37:59	0:12:15	Woodruff 5K	Connellsville	PA	7/11/2018
Michele Belak	5K	0:38:05	0:12:17	Service Above Self 5K	Greensburg	PA	5/28/2018
Paul Hicks	5K	0:38:44	0:12:30	Move It! Memorial Day 5K	Clymer	PA	5/26/2018
Darlene Hudak	5K	0:38:51	0:12:32	Bushy Run Battlefield 5K	Penn Run	PA	7/15/2018
Ethan Foulk	5K	0:38:53	0:12:33	YMCA Turkey Trot	Indiana	PA	11/22/2018
Darlene Hudak	5K	0:39:06	0:12:37	WSHS Run The Swamp 5K	Rural Valley	PA	5/12/2018
Paul Hicks	5K	0:39:08	0:12:37	Punxsy Dash 4 Diabetes	Punxsutawney	PA	5/19/2018
Paul Hicks	5K	0:39:44	0:12:49	Pancreatic Cancer 5K	Indiana	PA	11/3/2018
Janet Stewart	5K	0:39:44	0:12:49	Buffalo Creek 5K	Freeport	PA	11/10/2018
Paul Hicks	5K	0:39:56	0:12:53	Hoodlebug 5K	Homer City	PA	9/9/2018
Kim McCurdy	5K	0:40:08	0:12:57	Pirates 5K	Pittsburgh	PA	4/14/2018
Paul Hicks	5K	0:40:16	0:12:59	Elderton 5K	Elderton	PA	5/18/2018
Liliana Manzi	5K	0:40:25	0:13:02	Love Of Life 5K	Indiana	PA	10/20/2018
Paul Hicks	5K	0:40:44	0:13:08	YMCA Turkey Trot	Indiana	PA	11/22/2018
Diane Bell	5K	0:41:00	0:13:14	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2018
Mike Shutty	5K	0:41:01	0:13:14	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2018
Claire Hogan	5K	0:41:01	0:13:14	YMCA Turkey Trot	Indiana	PA	11/22/2018
Paul Hicks	5K	0:42:16	0:13:38	Fool's Run 5K	Indiana	PA	4/7/2018
Charlies Manzi	5K	0:42:36	0:13:45	YMCA Turkey Trot	Indiana	PA	11/22/2018
Paul Hicks	5K	0:42:52	0:13:50	Love Of Life 5K	Indiana	PA	10/20/2018
Lynette Little	5K	0:43:24	0:14:00	Fool's Run 5K	Indiana	PA	4/7/2018
Paul Hicks	5K	0:43:24	0:14:00	It's A Wonderful 5K	Ernest	PA	12/1/2018
Liliana Manzi	5K	0:43:46	0:14:07	YMCA Turkey Trot	Indiana	PA	11/22/2018
Mindy Sawtelle-Zottola	5K	0:43:58	0:14:11	Love Of Life 5K	Indiana	PA	10/20/2018
Kayleigh Zottola	5K	0:43:59	0:14:11	Love Of Life 5K	Indiana	PA	10/20/2018
Sheri Cunkelman	5K	0:44:26	0:14:20	Missions Possible 5K	Blairsville	PA	8/11/2018
Art Zottola	5K	0:44:43	0:14:25	Love Of Life 5K	Indiana	PA	10/20/2018
Sheri Cunkelman	5K	0:45:07	0:14:33	Elderton 5K	Elderton	PA	5/18/2018
Lee Ann Tilghman	5K	0:46:10	0:14:54	YMCA Turkey Trot	Indiana	PA	11/22/2018
Maria Fruscello	5K	0:46:16	0:14:55	Cupids Chase 5K	Pittsburgh	PA	2/10/2018
Evelyn Gill	5K	0:47:23	0:15:17	Pace Yourself For Purpose	Indiana	PA	5/19/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Marin Foulk	5K	0:47:25	0:15:18	YMCA Turkey Trot	Indiana	PA	11/22/2018
Don Hogan	5K	0:48:50	0:15:45	YMCA Turkey Trot	Indiana	PA	11/22/2018
Charlies Manzi	5K	0:49:56	0:16:06	Love Of Life 5K	Indiana	PA	10/20/2018
Kollyn Reaugh	5K	0:50:42	0:16:21	Dr John Yellenic 5K	Blairsville	PA	5/26/2018
Ron Patrick	5K	0:51:43	0:16:41	YMCA Turkey Trot	Indiana	PA	11/22/2018
Christine Patrick	5K	0:51:44	0:16:41	YMCA Turkey Trot	Indiana	PA	11/22/2018
Terry Orvosh	5K	0:52:22	0:16:54	Indiana County Fair 5K	Indiana	PA	8/26/2018
Amy Manzi	5K	0:53:00	0:17:06	Love Of Life 5K	Indiana	PA	10/20/2018
Christine Patrick	5K	0:53:59	0:17:25	Zoozilla 5K	Pittsburgh	PA	11/10/2018
Ron Patrick	5K	0:53:59	0:17:25	Zoozilla 5K	Pittsburgh	PA	11/10/2018
Skip Spadafora	5K	0:54:18	0:17:31	YMCA Turkey Trot	Indiana	PA	11/22/2018
John Swauger	5K	0:54:34	0:17:36	Jr. Achievement 5K	Indiana	PA	7/14/2018
Nathanael Sarra	5K	0:57:42	0:18:37	Running For The Gold 5K	Indiana	PA	6/2/2018
Nathanael Sarra	5K	0:59:36	0:19:14	Elderton 5K	Elderton	PA	5/18/2018
Nathanael Sarra	5K	1:04:28	0:20:48	It's A Wonderful 5K	Ernest	PA	12/1/2018
Cameron Reaugh	3.5 Miler	0:43:02	0:12:18	Mudd Monster Mud Race	Blairsville	PA	8/25/2018
Jennifer Reaugh	3.5 Miler	0:49:14	0:14:04	Mudd Monster Mud Race	Blairsville	PA	8/25/2018
Calie Reaugh	3.5 Miler	0:56:47	0:16:13	Mudd Monster Mud Race	Blairsville	PA	8/25/2018
Tina Zack	6K	0:30:08	0:08:06	RSD Awarness 6K	Boston	PA	6/10/2018
Cordelia Zack	6K	0:43:55	0:11:48	RSD Awarness 6K	Boston	PA	6/10/2018
Sara Zambotti	4 Miler	0:24:22	0:06:06	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2018
Grant Cruse	4 Miler	0:25:52	0:06:28	Streetkids Turkey Trot	Central City	PA	11/22/2018
Scott Cessna	4 Miler	0:27:17	0:06:49	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2018
Denny Cruse	4 Miler	0:32:02	0:08:00	Streetkids Turkey Trot	Central City	PA	11/22/2018
Sarah Kitchen	4 Miler	0:38:18	0:09:34	Groundhog Jog 4 Miler	Punxsutawney	PA	2/3/2018
Emily Ammerman	6.6K	0:42:50	0:10:28	Penguins 6.6K	Pittsburgh	PA	10/14/2018
Amy Melissa Ammerman	6.6K	0:43:57	0:10:44	Penguins 6.6K	Pittsburgh	PA	10/14/2018
Jennifer Ammerman	6.6K	0:44:02	0:10:46	Penguins 6.6K	Pittsburgh	PA	10/14/2018
Bill Leydic	6.6K	0:52:42	0:12:53	Penguins 6.6K	Pittsburgh	PA	10/14/2018
Jacquelyn Ammerman	6.6K	0:52:51	0:12:55	Penguins 6.6K	Pittsburgh	PA	10/14/2018
Amy Ammerman	6.6K	0:52:51	0:12:55	Penguins 6.6K	Pittsburgh	PA	10/14/2018
Sam Cunkelman	7K	0:25:54	0:05:58	Run For The Trail 7K	Dilltown	PA	8/11/2018
Lucas Pajak	7K	0:26:25	0:06:05	Run For The Trail 7K	Dilltown	PA	8/11/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Ryan Pajak	7K	0:27:47	0:06:24	Run For The Trail 7K	Dilltown	PA	8/11/2018
Grant Cruse	7K	0:28:05	0:06:28	Run For The Trail 7K	Dilltown	PA	8/11/2018
Dean Banko	7K	0:28:11	0:06:30	Run For The Trail 7K	Dilltown	PA	8/11/2018
Jonathan Cunkelman	7K	0:30:44	0:07:05	Run For The Trail 7K	Dilltown	PA	8/11/2018
Dan Mcquiston	7K	0:32:15	0:07:26	Run For The Trail 7K	Dilltown	PA	8/11/2018
Candice Lockard	7K	0:32:41	0:07:32	Run For The Trail 7K	Dilltown	PA	8/11/2018
Thomas Whitcomb	7K	0:34:22	0:07:55	Run For The Trail 7K	Dilltown	PA	8/11/2018
Stephanie Putt	7K	0:34:23	0:07:55	Run For The Trail 7K	Dilltown	PA	8/11/2018
Steve Pagano	7K	0:34:48	0:08:01	Run For The Trail 7K	Dilltown	PA	8/11/2018
Bill Serafin	7K	0:35:11	0:08:06	Run For The Trail 7K	Dilltown	PA	8/11/2018
Kristina Zack	7K	0:35:56	0:08:17	Run For The Trail 7K	Dilltown	PA	8/11/2018
Denny Cruse	7K	0:36:22	0:08:23	Run For The Trail 7K	Dilltown	PA	8/11/2018
Daniel Pajak	7K	0:39:02	0:00625	Run For The Trail 7K	Dilltown	PA	8/11/2018
Evelyn Gill	7K	0:39:13	0:09:02	Run For The Trail 7K	Dilltown	PA	8/11/2018
John Bomboy	7K	0:39:59	0:09:13	Run For The Trail 7K	Dilltown	PA	8/11/2018
William Stroup	7K	0:40:09	0:09:15	Run For The Trail 7K	Dilltown	PA	8/11/2018
Holly Pajak	7K	0:42:05	0:09:42	Run For The Trail 7K	Dilltown	PA	8/11/2018
Scott Bowman	7K	0:42:46	0:09:51	Run For The Trail 7K	Dilltown	PA	8/11/2018
Kosie Shepherd-Porada	7K	0:43:32	0:10:02	Run For The Trail 7K	Dilltown	PA	8/11/2018
Charles Frank	7K	0:43:51	0:10:06	Run For The Trail 7K	Dilltown	PA	8/11/2018
Laura Digiorgio	7K	0:44:45	0:10:19	Run For The Trail 7K	Dilltown	PA	8/11/2018
Terri Mcquiston	7K	0:50:09	0:11:33	Run For The Trail 7K	Dilltown	PA	8/11/2018
Mary Beth Rine	7K	0:52:05	0:12:00	Run For The Trail 7K	Dilltown	PA	8/11/2018
Cordelia Zack	7K	0:52:30	0:12:06	Run For The Trail 7K	Dilltown	PA	8/11/2018
Alyson Pajak	7K	0:53:56	0:12:26	Run For The Trail 7K	Dilltown	PA	8/11/2018
William Leydic	7K	0:54:43	0:12:36	Run For The Trail 7K	Dilltown	PA	8/11/2018
Janet Stewart	7K	0:54:47	0:12:37	Run For The Trail 7K	Dilltown	PA	8/11/2018
A J Lockard	7K	0:55:11	0:12:43	Run For The Trail 7K	Dilltown	PA	8/11/2018
Joyce Walker	7K	0:55:29	0:12:47	Run For The Trail 7K	Dilltown	PA	8/11/2018
Paul Hicks	7K	0:59:05	0:13:37	Run For The Trail 7K	Dilltown	PA	8/11/2018
Deborah Kosor	7K	1:03:01	0:14:31	Run For The Trail 7K	Dilltown	PA	8/11/2018
Dean Banko	4.38 Miler	0:48:57	0:11:11	Spartan Sprint Pittsburgh	Pittsburgh	PA	10/13/2018
Dean Banko	4.7 Mile	0:31:10	0:06:38	Latrobe 4th of July 5 Miler	Latrobe	PA	6/29/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Jonathan Cunkelman	4.7 Mile	0:33:18	0:07:05	Latrobe 4th of July 5 Miler	Latrobe	PA	6/29/2018
Tina Zack	4.7 Mile	0:38:36	0:08:13	Latrobe 4th of July 5 Miler	Latrobe	PA	6/29/2018
Kosie Shepherd-Porada	4.7 Mile	0:47:38	0:10:08	Latrobe 4th of July 5 Miler	Latrobe	PA	6/29/2018
Ed Hlebechuk	4.7 Mile	0:49:02	0:10:26	Latrobe 4th of July 5 Miler	Latrobe	PA	6/29/2018
Sam Cunkelman	8K	0:32:48	0:06:50	PSAC Championships	Edinboro	PA	11/3/2018
Julie Shirley	8K	1:14:41	0:15:34	Philadelphia 8K	Philadelphia	PA	11/17/2018
Jonathan Cunkelman	8K	0:34:01	0:06:51	Maple Valley 8K	Somerset	PA	3/25/2018
Vince Pavik	8K	0:38:59	0:07:52	Dogfish Dash 8K	Milton	DE	9/30/2018
Brianna Walker	8K	0:39:46	0:08:01	Maple Valley 8K	Somerset	PA	3/25/2018
Tim Welsh	8K	0:48:42	0:09:49	Maple Valley 8K	Somerset	PA	3/25/2018
Jonathan Cunkelman	5 Miler	0:35:30	0:07:06	Lee Foster Memorial 5 Miler	St. Mary	PA	9/8/2018
Noreen See	5 Miler	0:40:39	0:08:08	Findley Lake 5 Miler	Findley Lake	NY	7/7/2018
Dean Banko	5 Miler	?:?:??	#VALUE!	Greenwood Snowfest	Huntingdon	PA	1/20/2018
Denny Cruse	5.35 Mile	0:43:58	0:08:13	Morley's Run 5.35 Miler	Johnstown	PA	11/3/2018
Dean Banko	5.5 Miler	0:42:11	0:07:40	Beartown Rocks 5.5 Miler	Beartown	PA	6/16/2018
Bill Serafin	5.5 Mile	0:58:13	0:10:35	Dirty Kiln Trail Race	Altoona	PA	4/7/2018
Tim Welsh	5.5 Mile	1:24:55	0:15:26	Dirty Kiln Trail Race	Altoona	PA	4/7/2018
Dean Banko	10K	0:37:38	0:06:04	Wings of Hope 10K	Johnstown	PA	3/31/2018
Joey Bujdos	10K	0:38:27	0:06:12	Fool's Run 10K	Indiana	PA	4/7/2018
Sara Zambotti	10K	0:38:43	0:06:15	Fool's Run 10K	Indiana	PA	4/7/2018
Dean Banko	10K	0:38:50	0:06:16	Buffalo Creek 10K	Freeport	PA	11/10/2018
Dean Banko	10K	0:39:24	0:06:21	Vampire 10K	Johnstown	PA	10/20/2018
Dean Banko	10K	0:39:30	0:06:22	Incline Plane Vet's Day 10K	Johnstown	PA	11/11/2018
Tom Berzonsky	10K	0:39:41	0:06:24	Fool's Run 10K	Indiana	PA	4/7/2018
Jeannie Bujdos	10K	0:41:49	0:06:45	Fool's Run 10K	Indiana	PA	4/7/2018
Grant Cruse	10K	0:42:02	0:06:47	Chernisky Classic 10K	Ebensburg	PA	7/7/2018
Matt Genchur	10K	0:43:50	0:07:04	Fool's Run 10K	Indiana	PA	4/7/2018
Marilyn Gregory	10K	0:44:10	0:07:07	Fool's Run 10K	Indiana	PA	4/7/2018
Laura Yevchak	10K	0:44:39	0:07:12	Fool's Run 10K	Indiana	PA	4/7/2018
Jay Thompson	10K	0:45:07	0:07:17	Fool's Run 10K	Indiana	PA	4/7/2018
Nicole Dann	10K	0:45:18	0:07:18	Fool's Run 10K	Indiana	PA	4/7/2018
Joe Johns	10K	0:45:25	0:07:20	Fool's Run 10K	Indiana	PA	4/7/2018
Dan Mcquiston	10K	0:45:37	0:07:21	Fool's Run 10K	Indiana	PA	4/7/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Jonathan Cunkelman	10K	0:45:46	0:07:23	Fool's Run 10K	Indiana	PA	4/7/2018
Zach Collins	10K	0:46:20	0:07:28	Fool's Run 10K	Indiana	PA	4/7/2018
Jonathan Cunkelman	10K	0:46:24	0:07:29	Susquehanna Classic 10K	Curwensville	PA	7/21/2018
Don Marco	10K	0:47:05	0:07:36	Buffalo Creek 10K	Freeport	PA	11/10/2018
Vince Pavic	10K	0:47:07	0:07:36	Pirates Charities 10K	Pittsburgh	PA	4/14/2018
Joe Johns	10K	0:47:16	0:07:37	Vampire 10K	Johnstown	PA	10/20/2018
Don Marco	10K	0:47:59	0:07:44	Scottsdale Fall Festival 10K	Scottsdale	PA	9/22/2018
Kristina Zack	10K	0:49:35	0:08:00	Fool's Run 10K	Indiana	PA	4/7/2018
Mary Lee Page	10K	0:49:45	0:08:01	Fool's Run 10K	Indiana	PA	4/7/2018
Tina Zack	10K	0:51:17	0:08:16	Great Race	Pittsburgh	PA	9/30/2018
Stephanie Putt	10K	0:51:36	0:08:19	Miles For Smiles 10K	Punxsutawney	PA	8/26/2018
Meghan Foulk	10K	0:52:47	0:08:31	Fool's Run 10K	Indiana	PA	4/7/2018
Chris Lasser	10K	0:52:54	0:08:32	Fool's Run 10K	Indiana	PA	4/7/2018
Noreen See	10K	0:53:10	0:08:35	Lakewood Y Firecracker 10K	Lakewood	NY	7/4/2018
Tina Zack	10K	0:53:14	0:08:35	Boston Harvest 10K	Boston	PA	9/16/2018
Adrienne Goss	10K	0:53:53	0:08:41	Fool's Run 10K	Indiana	PA	4/7/2018
Amanda Vresilovic	10K	0:54:10	0:08:44	Fool's Run 10K	Indiana	PA	4/7/2018
Dean Banko	10K	0:54:38	0:08:49	Beford Outdoor 10K	Bedford	PA	8/19/2018
Amanda Vresilovic	10K	0:54:52	0:08:51	Trooper Iwaniec 10K	Latrobe	PA	4/21/2018
Ron Orr	10K	0:55:40	0:08:59	Fool's Run 10K	Indiana	PA	4/7/2018
Jillian Barger	10K	0:55:50	0:09:00	Fool's Run 10K	Indiana	PA	4/7/2018
Louise Maine	10K	0:56:20	0:09:05	Fool's Run 10K	Indiana	PA	4/7/2018
Denny Cruse	10K	0:56:46	0:09:09	Fool's Run 10K	Indiana	PA	4/7/2018
Kosie Shepherd-Porada	10K	0:57:21	0:09:15	Fool's Run 10K	Indiana	PA	4/7/2018
Scott Bowman	10K	0:57:58	0:09:21	Fool's Run 10K	Indiana	PA	4/7/2018
Candie Mcquiston	10K	0:58:00	0:09:21	Curwensville 10K	Curwensville	PA	7/21/2018
Candie Mcquiston	10K	0:58:51	0:09:30	Fool's Run 10K	Indiana	PA	4/7/2018
Art Zottola	10K	0:59:34	0:09:36	Fool's Run 10K	Indiana	PA	4/7/2018
Aileen Bowman	10K	1:00:32	0:09:46	Fool's Run 10K	Indiana	PA	4/7/2018
Kosie Shepherd-Porada	10K	1:00:46	0:09:48	Daily American 10K	Somerset	PA	6/9/2018
John Bomboy	10K	1:00:52	0:09:49	Fool's Run 10K	Indiana	PA	4/7/2018
Dean Banko	10K	1:00:58	0:09:50	Sweat For Vets 10K	Altoona	PA	11/4/2018
Leah Dever	10K	1:00:59	0:09:50	10K Run For The Music	Naples	FL	3/24/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Anthony Boerio	10K	1:01:01	0:09:50	Trooper Iwaniec 10K	Latrobe	PA	4/21/2018
Sarah Kitchen	10K	1:01:13	0:09:52	Trooper Iwaniec 10K	Latrobe	PA	4/21/2018
John Goss	10K	1:02:06	0:10:01	Fool's Run 10K	Indiana	PA	4/7/2018
Sherry Shank	10K	1:02:19	0:10:03	Fool's Run 10K	Indiana	PA	4/7/2018
Kosie Shepherd-Porada	10K	1:02:40	0:10:06	Chernisky Classic 10K	Ebensburg	PA	7/7/2018
Joe Bujdos	10K	1:02:47	0:10:08	Fool's Run 10K	Indiana	PA	4/7/2018
Charles Frank	10K	1:02:50	0:10:08	Fool's Run 10K	Indiana	PA	4/7/2018
Jennifer Ammerman	10K	1:02:57	0:10:09	Great Race	Pittsburgh	PA	9/30/2018
Emily Smeltz	10K	1:03:07	0:10:11	Fool's Run 10K	Indiana	PA	4/7/2018
Emily Ammerman	10K	1:03:29	0:10:14	Trooper Iwaniec 10K	Latrobe	PA	4/21/2018
Emily Ammerman	10K	1:03:36	0:10:15	Great Race	Pittsburgh	PA	9/30/2018
Bert Ross	10K	1:03:56	0:10:19	Fool's Run 10K	Indiana	PA	4/7/2018
John Chernega	10K	1:06:40	0:00747	Fool's Run 10K	Indiana	PA	4/7/2018
Emily Ammerman	10K	1:07:57	0:10:58	Fool's Run 10K	Indiana	PA	4/7/2018
Jennifer Ammerman	10K	1:07:57	0:10:58	Fool's Run 10K	Indiana	PA	4/7/2018
Terri Mcquiston	10K	1:10:28	0:11:22	Fool's Run 10K	Indiana	PA	4/7/2018
Alyssa Pagano	10K	1:10:36	0:11:23	Rock'n The Knob Trail 5K	Claysburg	PA	9/15/2018
Michele Belak	10K	1:12:28	0:11:41	Fool's Run 10K	Indiana	PA	4/7/2018
Steve Pagano	10K	1:12:36	0:11:43	Rock'n The Knob Trail 5K	Claysburg	PA	9/15/2018
Tabitha Conrad	10K	1:13:43	0:11:53	Great Race	Pittsburgh	PA	9/30/2018
Alexis Shank	10K	1:13:53	0:11:55	Sweat For Vets 10K	Altoona	PA	11/4/2018
Bill Serafin	10K	1:15:40	0:12:12	Sproul 10K Trail Run	Hyner	PA	7/21/2018
Tom Fetterman	10K	1:19:00	0:12:45	Fool's Run 10K	Indiana	PA	4/7/2018
Mary Beth Rine	10K	1:21:08	0:13:05	Shadow Shuffle 10K	Punxsutawney	PA	10/13/2018
Bill Leydic	10K	1:22:07	0:13:15	Great Race	Pittsburgh	PA	9/30/2018
Amy Ammerman	10K	1:22:08	0:13:15	Great Race	Pittsburgh	PA	9/30/2018
Amy Ammerman	10K	1:27:00	0:14:02	Trooper Iwaniec 10K	Latrobe	PA	4/21/2018
Bill Leydic	10K	1:27:01	0:14:02	Trooper Iwaniec 10K	Latrobe	PA	4/21/2018
Amy Ammerman	10K	1:29:19	0:14:24	Fool's Run 10K	Indiana	PA	4/7/2018
William Leydic	10K	1:29:25	0:14:25	Fool's Run 10K	Indiana	PA	4/7/2018
Tom Knapp	10K	1:49:38	0:17:41	Fool's Run 10K	Indiana	PA	4/7/2018
Sherry Shank	10K	1:53:13	0:18:16	Sweat For Vets 10K	Altoona	PA	11/4/2018
Ria Fruscello	Relay	0:59:34	0:09:16	Pittsburgh Marathon Relay	Pittsburgh	PA	5/6/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Candie Mcquiston	12K	1:11:41	0:09:38	Path Of The Flood 12K	Johnstown	PA	5/26/2018
Tim Welsh	12K	1:14:25	0:10:00	Path Of The Flood 12K	Johnstown	PA	5/26/2018
Janine Maust	12K	1:24:55	0:11:25	Path Of The Flood 12K	Johnstown	PA	5/26/2018
Dean Banko	7.65 Mile	1:05:01	0:08:30	Mud On The Mountain 7.65	Seven Springs	PA	5/12/2018
Dean Banko	8 Miler	1:45:46	0.00918	Spartan WV Super	Glen Jean	WV	8/26/2018
Dean Banko	9.01 Miler	1:43:57	0:11:32	Spartan Super Pittsburgh	Pittsburgh	PA	10/13/2018
Jonathan Cunkelman	15K	1:11:40	0:07:42	Not Another Polar Vortex	Boston	PA	3/31/2018
Zach Collins	15K	1:30:42	0:09:45	Deer Fly 15K	Penn Run	PA	7/29/2018
Kosie Shepherd-Porada	15K	1:41:03	0:10:52	Angie Gioiosa 15K	Altoona	PA	7/4/2018
Brad Rives	15K	1:41:22	0:10:54	Deer Fly 15K	Penn Run	PA	7/29/2018
Cathy Swauger	15K	1:53:59	0:12:15	Allstate Hot Chocolate 15K	Philadelphia	PA	4/7/2018
Stephanie Putt	15K	1:58:28	0:12:44	Deer Fly 15K	Penn Run	PA	7/29/2018
William Stroup	15K	2:04:46	0:13:25	Deer Fly 15K	Penn Run	PA	7/29/2018
Sherry Shank	15K	2:05:22	0:13:29	Deer Fly 15K	Penn Run	PA	7/29/2018
Don Marco	15K	2:09:33	0:13:56	Deer Fly 15K	Penn Run	PA	7/29/2018
Lecinda Yevchak	15K	2:37:35	0:16:57	Deer Fly 15K	Penn Run	PA	7/29/2018
Michele Belak	15K	2:42:08	0.01211	Deer Fly 15K	Penn Run	PA	7/29/2018
Joyce Walker	15K	2:45:05	0:17:45	Deer Fly 15K	Penn Run	PA	7/29/2018
Dean Banko	10 Miler	1:04:23	0:06:26	Chilly Cheeks Challenge	Hermitage	PA	1/27/2018
Dean Banko	10 Mile	1:05:02	0:06:30	Morley's Run 10 Miler	Johnstown	PA	11/3/2018
Don Marco	Ten Miler	1:17:05	0:07:43	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Steve Pagano	10 Mile	1:18:55	0:07:53	Morley's Run 10 Miler	Johnstown	PA	11/3/2018
Tina Zack	Ten Miler	1:28:09	0:08:49	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Aileen Bowman	Ten Miler	1:38:23	0:09:50	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Ed Hlebechuk	10 Miler	1:39:36	0:09:58	Spring Thaw	North Park	PA	2/28/2018
Dean Banko	10 Miler	1:40:22	0:10:02	Tough Mudder 10 Miler	Pittsburgh	PA	9/8/2018
David Dzuro	Ten Miler	1:45:42	0:10:34	Rocky Run Ten Miler	Philadelphia	PA	11/10/2018
Emily Smeltz	Ten Miler	1:45:59	0:10:36	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Jennifer Ammerman	Ten Miler	1:51:17	0:11:08	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Emily Ammerman	Ten Miler	1:51:18	0:11:08	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Dean Banko	10 Miler	2:01:47	0:12:11	Dirty Kiln Trail Race	Altoona	PA	4/7/2018
Amy Ammerman	Ten Miler	2:28:07	0:14:49	EQT Ten Miler	Pittsburgh	PA	11/4/2018
Bill Leydic	Ten Miler	2:28:07	0:14:49	EQT Ten Miler	Pittsburgh	PA	11/4/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Bill Leydic	10 Miler	2:29:22	0:14:56	6th P & LE Express 10 Miler	Boston	PA	8/12/2018
Dean Banko			0:00:00	Roaring Run Mt Challenge	Mohnton	PA	7/7/2018
Ron See	Relay - Bike	0:41:13	0:03:19	Western PA Duathlon	Cook Forest	PA	7/21/2018
Mindy Sawtelle-Zottola	Half Marathon	1:23:17	0:06:21	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Dean Banko	Half Marathon	1:25:21	0:06:31	End Of The Road Half	Waterfall	PA	10/21/2018
Sara Zambotti	Half Marathon	1:25:27	0:06:31	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Dean Banko	Half Marathon	1:25:27	0:06:31	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Dean Banko	Half Marathon	1:29:18	0:06:49	Path Of The Flood Half	Johnstown	PA	5/26/2018
Laura Yevchak	Half Marathon	1:30:11	0:06:53	Gettysburg Half Marathon	Gettysburg	PA	11/4/2018
Mindy Sawtelle-Zottola	Half Marathon	1:30:32	0:06:55	Erie Half Marathon	Erie	PA	7/15/2018
Herb Cratty	Half Marathon	1:32:53	0:07:05	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Jonathan Cunkelman	Half Marathon	1:33:51	0:07:10	Mahoning Shadow Shuffle	Punxsutawney	PA	10/13/2018
Marilyn Gregory	Half Marathon	1:35:52	0:07:19	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Herbster Cratty	Half Marathon	1:36:40	0:07:23	Fairmont Run To Read Half	Fairmont	WV	1/6/2018
Dean Banko	Half Marathon	1:36:42	0:07:23	Shawnee Half Marathon	Schellsburg	PA	9/22/2018
Joe Johns	Half Marathon	1:37:43	0:07:28	Path Of The Flood Half	Johnstown	PA	5/26/2018
Marilyn Gregory	Half Marathon	1:38:59	0:07:33	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Dan McQuiston	Half Marathon	1:40:17	0:07:39	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Ryan Constanzo	Half Marathon	1:41:01	0:07:43	French Creek Half Marathon	Meadville	PA	9/1/2018
Laura Yevchak	Half Marathon	1:41:18	0:07:44	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Bob Manzi	Half Marathon	1:42:35	0:07:50	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Laura Yevchak	Half Marathon	1:42:57	0:07:52	Nittany Valley Half Marathon	State College	PA	12/2/2018
Joe Johns	Half Marathon	1:45:03	0:08:01	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Don Marco	Half Marathon	1:45:28	0:08:03	Buffalo Creek Half Marathon	Freeport	PA	10/20/2018
Dan McQuiston	Half Marathon	1:45:43	0:08:04	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Dean Banko	Half Marathon	1:46:02	0:08:06	Marathon On The Mountain	Seven Springs	PA	10/27/2018
Bob Manzi	Half Marathon	1:47:06	0:08:11	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Vince Pavic	Half Marathon	1:49:26	0:08:21	Salisbury Half Marathon	Salisbury	MD	4/29/2018
Ron Orr	Half Marathon	1:56:55	0:08:55	Shamrock Halfathon	Virginia Beach	VA	3/18/2018
Rebecca Maine	Half Marathon	1:56:56	0:08:56	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Evelyn Gill	Half Marathon	1:57:24	0:08:58	Mahoning Shadow Shuffle	Punxsutawney	PA	10/13/2018
Stephanie Putt	Half Marathon	1:57:30	0:08:58	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Julie Shirley	Half Marathon	1:58:49	0:09:04	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Louise Maine	Half Marathon	1:59:09	0:09:06	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Amanda Vresilovic	Half Marathon	1:59:38	0:09:08	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Jen Reaugh	Half Marathon	1:59:39	0:09:08	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Evelyn Gill	Half Marathon	1:59:39	0:09:08	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Bill Serafin	Half Marathon	2:00:00	0:09:10	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Brad Rives	Half Marathon	2:00:01	0:09:10	Johnstown Half Marathon	Johnstown	PA	10/6/2018
Donna Scanlon	Half Marathon	2:00:28	0:09:12	Lost Dutchman Half Marathon	Apache Jct.	AZ	2/18/2018
Bill Geiger	Half Marathon	2:00:31	0:09:12	Buffalo Creek Half Marathon	Freeport	PA	10/20/2018
Bill Serafin	Half Marathon	2:00:50	0:09:13	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/3/2018
Lucy Bujdos	Half Marathon	2:00:52	0:09:14	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Ron Orr	Half Marathon	2:00:52	0:09:14	Erie Half Marathon	Erie	PA	7/15/2018
Art Zottola	Half Marathon	2:01:27	0:09:16	Buffalo Half Marathon	Buffalo	NY	5/27/2018
Amanda Vresilovic	Half Marathon	2:02:13	0:09:20	Path Of The Flood Half	Johnstown	PA	5/26/2018
Evelyn Gill	Half Marathon	2:02:31	0:09:21	Miles For Smiles Half	Punxsutawney	PA	8/26/2018
Ron Orr	Half Marathon	2:02:33	0:09:21	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Chris Lasser	Half Marathon	2:02:53	0:09:23	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Art Zottola	Half Marathon	2:02:55	0:09:23	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Brianna Walker	Half Marathon	2:03:27	0:09:25	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Ron Orr	Half Marathon	2:04:06	0:09:28	Wadsworth Half Marathon	Wadsworth	OH	6/22/2018
Pat Scanlon	Half Marathon	2:04:48	0:09:32	Lost Dutchman Half Marathon	Apache Jct.	AZ	2/18/2018
Evelyn Gill	Half Marathon	2:05:21	0:09:34	Santa Hustle Half Marathon	Sandusky	OH	12/9/2018
Louise Maine	Half Marathon	2:06:15	0:09:38	Great Hakka Half Marathon	Nanjing Cty.	China	11/24/2018
Ron Orr	Half Marathon	2:09:35	0:09:54	Holiday Half Marathon	Annadale	VA	12/9/2018
Pat Scanlon	Half Marathon	2:10:31	0:09:58	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Meghan Foulk	Half Marathon	2:10:55	0:10:00	Erie Half Marathon	Erie	PA	7/15/2018
Art Zottola	Half Marathon	2:11:15	0:10:01	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Art Zottola	Half Marathon	2:12:23	0:10:06	Erie Half Marathon	Erie	PA	7/15/2018
Julie Shirley	Half Marathon	2:13:32	0:10:12	Philadelphia Half Marathon	Philadelphia	PA	11/17/2018
Bill Stroup	Half Marathon	2:13:33	0:10:12	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Scott Valazak	Half Marathon	2:13:51	0:10:13	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Emily Smeltz	Half Marathon	2:14:34	0:10:16	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Tom Fetterman	Half Marathon	2:14:40	0:10:17	Lost Dutchman Half Marathon	Apache Jct.	AZ	2/18/2018
Ron Orr	Half Marathon	2:15:57	0:10:23	Mill Stream Run Half	Strongsville	OH	11/18/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Sarah Kitchen	Half Marathon	2:16:10	0:10:24	Mahoning Shadow Shuffle	Punxsutawney	PA	10/13/2018
David Dzuro	Half Marathon	2:17:09	0:10:28	Rocky Run Half	Philadelphia	PA	11/10/2018
Bitty Miller	Half Marathon	2:18:55	0:10:36	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Sarah Kitchen	Half Marathon	2:19:08	0:10:37	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
John Swauger	Half Marathon	2:19:14	0:10:38	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Sarah Kitchen	Half Marathon	2:19:52	0:10:41	Santa Hustle Half Marathon	Sandusky	OH	12/9/2018
Ed Hlebechuk	Half Marathon	2:19:56	0:10:41	Cook's Forest Half Marathon	Cooksburg	PA	3/31/2018
Aileen Bowman	Half Marathon	2:20:03	0:10:41	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Bitty Miller	Half Marathon	2:21:03	0:10:46	Path Of The Flood Half	Johnstown	PA	5/26/2018
Sarah Kitchen	Half Marathon	2:21:18	0:10:47	Path Of The Flood Half	Johnstown	PA	5/26/2018
Leah Dever	Half Marathon	2:22:24	0:10:52	Disney Half Marathon	Orlando	FL	1/6/2018
Leah Dever	Half Marathon	2:22:48	0:10:54	Town of Celebration Half	Celebration	FL	1/28/2018
Sarah Kitchen	Half Marathon	2:23:37	0:10:58	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
John Swauger	Half Marathon	2:23:40	0:10:58	Kansas City Half Marathon	Kansas City	MO	10/20/2018
Lee Ann Tilghman	Half Marathon	2:24:12	0:11:00	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Leah Dever	Half Marathon	2:26:13	0:11:10	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Ed Hlebechuk	Half Marathon	2:26:35	0:11:11	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Sara Necciai	Half Marathon	2:27:25	0:11:15	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Kosie Shepherd-Porada	Half Marathon	2:27:44	0:11:17	Erie Half Marathon	Erie	PA	7/15/2018
Lee Ann Tilghman	Half Marathon	2:28:00	0:11:18	Miles For Smiles Half	Punxsutawney	PA	8/26/2018
Ron Orr	Half Marathon	2:28:00	0:11:18	Miles For Smiles Half	Punxsutawney	PA	8/26/2018
Ron Orr	Half Marathon	2:28:07	0:11:18	Ogden Half Marathon	Wheeling	WV	5/26/2018
Lee Ann Tilghman	Half Marathon	2:28:12	0:11:19	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Ron Orr	Half Marathon	2:28:14	0:11:19	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Aileen Bowman	Half Marathon	2:28:32	0:11:20	Kansas City Half Marathon	Kansas City	MO	10/20/2018
Leah Dever	Half Marathon	2:28:36	0:11:21	Disney Princess Half	Orlando	FL	2/25/2018
Leah Dever	Half Marathon	2:29:50	0:11:26	Space Coast Half Marathon	Cocoa	FL	11/25/2018
Christie Orlosky	Half Marathon	2:33:37	0:11:44	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Scott Bowman	Half Marathon	2:33:37	0:11:44	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Scott Bowman	Half Marathon	2:36:12	0:11:55	Kansas City Half Marathon	Kansas City	MO	10/20/2018
Ed Hlebechuk	Half Marathon	2:38:31	0:12:06	Run For Autism Half	Youngwood	PA	9/2/2018
Adam Clawson	Half Marathon	2:41:14	0:12:18	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Christie Orlosky	Half Marathon	2:41:53	0:12:21	Buffalo Creek Half Marathon	Freeport	PA	10/20/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Jennifer Ammerman	Half Marathon	2:43:09	0:12:27	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Emily Ammerman	Half Marathon	2:43:10	0:12:27	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Tabitha Yagle	Half Marathon	2:44:39	0:12:34	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/3/2018
Darcy Taiani	Half Marathon	2:44:40	0:12:34	Myrtle Beach Half Marathon	Myrtle Beach	SC	3/3/2018
Bill Serafin	Half Marathon	2:45:00	0:12:36	Dam half Trail Race	Mifflinburg	PA	9/16/2018
Christie Orlosky	Half Marathon	2:45:35	0:12:38	Erie Half Marathon	Erie	PA	7/15/2018
Bill Serafin	Half Marathon	2:47:00	0:12:45	Allgheney Front Half	Black Moshannor	PA	6/2/2018
Christie Orlosky	Half Marathon	2:48:56	0:12:54	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Emily Ammerman	Half Marathon	2:49:43	0:12:57	Erie Half Marathon	Erie	PA	7/15/2018
Jennifer Ammerman	Half Marathon	2:49:44	0:12:57	Erie Half Marathon	Erie	PA	7/15/2018
Christie Orlosky	Half Marathon	2:51:49	0:13:07	Amish Country Half	Millersburg	OH	9/8/2018
John Swauger	Half Marathon	2:51:56	0:13:07	Virginia Beach Half	Virginia Beach	VA	9/1/2018
Amy Manzi	Half Marathon	2:53:27	0:13:14	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Christie Orlosky	Half Marathon	2:54:38	0:13:20	Morgantown Half Marathon	Morgantown	WV	9/16/2018
Courtney Collins	Half Marathon	2:55:49	0:13:25	Disney Half Marathon	Orlando	FL	1/6/2018
Zach Collins	Half Marathon	2:55:51	0:13:25	Disney Half Marathon	Orlando	FL	1/6/2018
Christie Orlosky	Half Marathon	2:58:22	0:13:37	Northern Ohio Half	Mentor	OH	10/7/2018
Amy Ammerman	Half Marathon	2:59:14	0:13:41	Boston Harvest Half	Boston	PA	9/16/2018
Bill Leydic	Half Marathon	2:59:14	0:13:41	Boston Harvest Half	Boston	PA	9/16/2018
Joyce Walker	Half Marathon	3:06:03	0:14:12	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Amy Ammerman	Half Marathon	3:11:32	0:14:37	Erie Half Marathon	Erie	PA	7/15/2018
Bill Leydic	Half Marathon	3:11:33	0:14:37	Erie Half Marathon	Erie	PA	7/15/2018
Amy Ammerman	Half Marathon	3:12:04	0:14:40	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Bill Leydic	Half Marathon	3:12:04	0:14:40	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Mike Riggerbach	Half Marathon	3:25:25	0:15:41	InFirst Bank Vet's Half	Black Lick	PA	11/4/2018
Michele Belak	Half Marathon	3:46:42	0:17:18	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2018
Dan McQuiston	14 Miler	2:16:00	0:09:43	Upchuck Classic	Beaverdale	PA	7/4/2018
Bill Geiger	14 Miler	2:34:26	0:11:02	Upchuck Classic	Beaverdale	PA	7/4/2018
Dean Banko	15 Miler	4:35:16	0:18:21	Spartan WV Beast	Glen Jean	WV	8/25/2018
Dean Banko	25K	2:07:02	0:08:12	Deer Fly 25K	Penn Run	PA	7/29/2018
Jonathan Cunkelman	25K	2:39:30	0:10:17	Deer Fly 25K	Penn Run	PA	7/29/2018
Laura Yevchak	25K	2:55:41	0:11:20	Deer Fly 25K	Penn Run	PA	7/29/2018
James Thjompson	25K	3:00:35	0:11:39	Deer Fly 25K	Penn Run	PA	7/29/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Bill Serafin	25K	3:00:57	0:11:40	Deer Fly 25K	Penn Run	PA	7/29/2018
Jeff Smith	25K	3:09:29	0:12:13	Deer Fly 25K	Penn Run	PA	7/29/2018
Bill Serafin	25K	3:15:00	0:12:35	Eagleton Trail 25K	Lock Haven	PA	9/30/2018
Alexis Shank	25K	3:44:44	0:14:30	Hyner View 25K Trail Race	Hyner	PA	4/21/2018
Mary Jean Bujdos	25K	3:57:52	0:15:21	Deer Fly 25K	Penn Run	PA	7/29/2018
Adrienne Goss	25K	4:07:33	0:15:58	Hyner View 25K Trail Race	Hyner	PA	4/21/2018
Laura Digiorgio	25K	4:08:36	0:16:02	Deer Fly 25K	Penn Run	PA	7/29/2018
Tim Welsh	25K	4:28:17	0:01202	Ghost Town Trail 25K	Ebensburg	PA	6/16/2018
Brandon Digiorgio	25K	4:32:17	0:17:34	Deer Fly 25K	Penn Run	PA	7/29/2018
Scott Valazak	25K	4:43:19	0:18:17	Hyner View 25K Trail Race	Hyner	PA	4/21/2018
Ron Orr	25K	4:47:30	0:18:33	Deer Fly 25K	Penn Run	PA	7/29/2018
Lee Ann Tilghman	25K	4:47:31	0:18:33	Deer Fly 25K	Penn Run	PA	7/29/2018
John Goss	25K	5:18:22	0:20:32	Hyner View 25K Trail Race	Hyner	PA	4/21/2018
Sherry Shank	25K	5:42:12	0:22:05	Hyner View 25K Trail Race	Hyner	PA	4/21/2018
Dean Banko	17 Miles	2:27:45	0:08:41	Cook For3est 25K (17 Miles)	Cooksburg	PA	6/23/2018
Dean Banko	30K	2:50:09	0:09:27	Howl At The Moon 30K	Rector	PA	10/28/2018
Meghan Foulk	Marathon	2:05:19	0:04:47	Flying Pig Half Marathon	Pittsburgh	PA	5/5/2018
Mindy Sawtelle-Zottola	Marathon	2:54:06	0:06:39	Indianapolis Marathon	Indianapolis	IN	11/3/2018
Tom Lipsie	Marathon	2:54:23	0:06:39	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Mindy Sawtelle-Zottola	Marathon	2:55:58	0:06:43	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Tom Lipsie	Marathon	2:58:03	0:06:48	Disney Marathon	Orlando	FL	1/6/2018
Dean Banko	Marathon	2:59:30	0:06:51	Johnstown Marathon	Johnstown	PA	10/6/2018
Dean Banko	Marathon	3:04:49	0:07:03	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Mindy Sawtelle-Zottola	Marathon	3:08:25	0:07:11	Buffalo Marathon	Buffalo	NY	5/27/2018
Tom Berzonsky	Marathon	3:19:33	0:07:37	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Jeannie Bujdos	Marathon	3:23:02	0:07:45	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Jonathan Cunkelman	Marathon	3:26:27	0:07:53	InFirst Bank Vet's Marathon	Black Lick	PA	11/4/2018
Dean Banko	Marathon	3:37:17	0:08:18	Boston Marathon	Boston	PA	4/16/2018
Veronica Bujdos	Marathon	3:37:51	0:08:19	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Jeannie Bujdos	Marathon	3:43:00	0:08:31	Harrisburg Marathon	Harrisburg	PA	11/11/2018
Dan McQuiston	Marathon	3:52:01	0:08:51	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Chris Lasser	Marathon	3:52:02	0:08:51	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Dan McQuiston	Marathon	3:53:26	0:08:55	Grandma's Marathon	Duluth	MN	6/16/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Veronica Bujdos	Marathon	3:56:42	0:09:02	Harrisburg Marathon	Harrisburg	PA	11/11/2018
Chris Lasser	Relay Team	4:00:46	0:09:11	InFirst Bank Vet's Relay	Black Lick	PA	11/4/2018
Julie Shirley	Marathon	4:04:12	0:09:19	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Dave Miller	Marathon	4:06:05	0:09:24	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Laura Yevchak	Marathon	4:12:38	0:09:39	Johnstown Marathon	Johnstown	PA	10/6/2018
Tina Zack	Marathon	4:12:49	0:09:39	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Mike Hodak	Marathon	4:18:15	0:09:51	Erie Marathon	Erie	PA	9/9/2018
D. J. Miller	Marathon	4:18:54	0:09:53	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Bitty Miller	Marathon	4:34:02	0:10:28	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Brandon Payne	Marathon	4:40:46	0:10:43	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Ginny Winters	Marathon	4:41:52	0:10:45	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Stephanie Putt	Marathon	4:43:00	0:10:48	Disney Marathon	Orlando	FL	1/6/2018
Mary Jean Bujdos	Marathon	4:54:39	0:11:15	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Dean Banko	Marathon	5:02:31	0:11:33	Rock'n The Knob Marathon	Claysburg	PA	9/15/2018
Sarah Kitchen	Marathon	5:10:13	0:11:50	N.E. Green River Marathon	Marlboro	VT	8/26/2018
Ed Hlebechuk	Marathon	5:37:55	0:12:54	Marine Corps Marathon	Washington	DC	10/28/2018
David Dzuro	Marathon	5:40:55	0:13:01	Marine Corps Marathon	Washington	DC	10/28/2018
Vanessa Dzuro	Marathon	5:40:57	0:13:01	Marine Corps Marathon	Washington	DC	10/28/2018
Joe Bujdos	Marathon	5:48:30	0:13:18	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Julie Shirley	Marathon	6:17:32	0:14:25	Philadelphia Marathon	Philadelphia	PA	11/17/2018
Peggy Thomas-Ulishney	Marathon	6:21:49	0:14:34	InFirst Bank Vet's Marathon	Black Lick	PA	11/4/2018
Peggy Thomas-Ulishney	Marathon	6:25:40	0:14:43	Pittsburgh Marathon	Pittsburgh	PA	5/6/2018
Dean Banko	50K	6:17:31	0:12:11	Hyner View 50K Trail Race	Hyner	PA	4/21/2018
Bill Serafin	50K	7:30:00	0:14:31	Laurel Highlands Ultra	Ohiopyle	PA	6/9/2018
Darryl Walker	50K	7:35:00	0:14:41	Green Monster Ultra	Wellsboro	PA	10/7/2018
Mary Jean Bujdos	21K	3:42:00	0:06:33	Pellegrino Parmense 21K	Parma	Italy	6/3/2018
Dean Banko	37.83 Miles	8:38:32	0:13:42	Greenbriar Ultra	Boonseboro	MD	3/23/2018
Candi Lockard	62.8 Miles	12:00:00	0:11:28	Outdoor Extreme 12 Hour	Dayton	OH	10/6/2018
Dean Banko	70.5 Mile	18:15:24	0:15:32	Laurel Highlands Ultra	Ohiopyle	PA	6/9/2018
Candi Lockard	100 Miler	22:43:46	0:13:38	Burning River Ultra	Willoughby	OH	7/28/2018
Marilyn Gregory	4 X 200 Relay	0:02:48		USATF Masters Indoor	Landover	MD	3/17/2018
Marilyn Gregory	4 X 400 Relay	0:05:22		USATF Masters Indoor	Landover	MD	3/17/2018
Marilyn Gregory	4 X 800 Relay	0:12:09		USATF Masters Indoor	Landover	MD	3/17/2018

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Ron See	5 Mile Bike (relay)	0:15:48		Heart & Sole Duathlon	Ford City	PA	9/30/2018
AJ Smeltz		0:16:35		Pittsburgh Kids Marathon	Pittsburgh	PA	5/5/2018
Ellie Smeltz		0:16:35		Pittsburgh Kids Marathon	Pittsburgh	PA	5/5/2018
Emily Smeltz		0:16:35		Pittsburgh Kids Marathon	Pittsburgh	PA	5/5/2018
Ian Smeltz		0:16:35		Pittsburgh Kids Marathon	Pittsburgh	PA	5/5/2018
Donna Zukas	60 Meter Hurdle	0:21:55		USATF Masters Indoor	Landover	MD	3/17/2018
Donna Zukas	Pentathlon	0:22:01		USATF Masters Indoor	Landover	MD	3/17/2018
Dean Banko	3 Laps	0:24:21		Rugged Maniac Pennsylvania	Mohnton	PA	8/4/2018
Dean Banko	Duathlon	0:35:38		Heart & Sole Duathlon	Ford City	PA	9/30/2018
Noreen See	Duathlon	0:44:06		Heart & Sole Duathlon	Ford City	PA	9/30/2018
Dean Banko	Duathlon	1:42:34		Hit The Dusty Trail Doathlon	Garrett	PA	8/11/2018
Suzanne Patackis	Triathlon	1:47:13		Harrisburg Catfish Tri	Harrisburg	PA	7/8/2018
Sara Zambotti		2:28:00		Spartan Race	Palmerton	PA	7/15/2018
Dean Banko		2:37:00		Spartan Ohio Beast	Spartan	OH	6/2/2018
Tad Pajak	Triathlon	2:44:20		West Penn Triathlon	Saltsburg	PA	10/13/2018
Michele Belak	Triathlon	3:45:36		West Penn Triathlon	Saltsburg	PA	10/13/2018
A J Lockard		?:?:??		Mud On The Mountain Fun	Seven Springs	PA	5/26/2018
Addie Lockard		?:?:??		Mud On The Mountain Fun	Seven Springs	PA	5/26/2018
Donna Zukas	Triple Jump	14' 6"		USATF Masters Indoor	Landover	MD	3/17/2018
Donna Zukas	High Jump	2' 11-12"		USATF 3 Rivers Championship	Pittsburgh	PA	6/24/2018
Donna Zukas	Shot Put	22' 3/3/4		USATF 3 Rivers Championship	Pittsburgh	PA	6/24/2018
Donna Zukas	High Jump	3' 1"		USATF Masters Indoor	Landover	MD	3/17/2018
Donna Zukas	Discus	54' 8"		USATF 3 Rivers Championship	Pittsburgh	PA	6/24/2018
Donna Zukas	Javelin	61' 8"		USATF 3 Rivers Championship	Pittsburgh	PA	6/24/2018
Donna Zukas	Hammer	63' 6"		USATF 3 Rivers Championship	Pittsburgh	PA	6/24/2018
Donna Zukas	Long Jump	8' 2"		USATF Masters Indoor	Landover	MD	3/17/2018
Joey Bujdos	3200 Relay			WPIAL District AAA	Baldwin	PA	5/17/2018
Joey Bujdos	3200 Relay			PIAA State Meet	Shippensburg	PA	5/25/2018
Kendall Branan	3200 Relay			WPIAL District AAA	Baldwin	PA	5/17/2018
Kendall Branan	3200 Relay			PIAA State Meet	Shippensburg	PA	5/25/2018
Matt Berzonsky	3200 Relay			WPIAL District AAA	Baldwin	PA	5/17/2018
Matt Berzonsky	3200 Relay			PIAA State Meet	Shippensburg	PA	5/25/2018
Dean Banko				Terrain Race	Wampum	PA	5/5/2018

NAME

DISTANCE

TIME

PACE

RACE

CITY

STATE

DATE

Updated 1/5/19