

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Jonathan Cunkelman	200 Meters	0:00:35	0:04:42	SRU All Comers	Slippery Rock	PA	2/10/2019
Kendall Branam	200 Meters	0:00:23	0:03:05	State College Invitational	State College	PA	2/7/2019
Jonathan Cunkelman	400 Meters	0:01:19	0:05:19	SRU All Comers	Slippery Rock	PA	2/10/2019
Donna Scanlon	400 Meters	0:01:36	0:06:27	National Senior Games	Albuquerque	NM	6/20/2019
Anthony Boerio	400 Meters	0:01:44	0:06:56	Westmoco Sr. Games T & F	Penn Trafford	PA	5/18/2019
Kendall Branam	800 Meters	0:01:58	0:03:57	State College Invitational	State College	PA	2/7/2019
Kendall Branam	800 Meters	0:01:58	0:00:275	Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Joey Bujdos	800 Meter	0:02:01	0:04:03	Spire Meet #1	Geneva	OH	1/12/2019
Matt Berzonsky	800 Meter	0:02:02	0:04:05	Spire Meet #1	Geneva	OH	1/12/2019
Jonathan Cunkelman	800 Meters	0:02:57	0:05:56	SRU All Comers	Slippery Rock	PA	2/10/2019
Donna Scanlon	800 Meters	0:03:37	0:07:17	National Senior Games	Albuquerque	NM	6/20/2019
Donna Scanlon	1500 Meters	0:07:48	0:08:22	National Senior Games	Albuquerque	NM	6/20/2019
Anthony Boerio	1500 Meters	0:07:58	0:08:30	Westmoco Sr. Games T & F	Penn Trafford	PA	5/18/2019
Jonathan Cunkelman	1600 Meters	0:06:37	0:06:39	SRU All Comers	Slippery Rock	PA	2/10/2019
Joey Bujdos	1600 Meters	0:42:28	0:42:43	Spire Meet #1	Geneva	OH	1/12/2019
Kendall Branam	800 Meter	0:01:54	0:01:54	District T & F Meet	Slippery Rock	PA	5/16/2019
Matt Berzonsky	Mile	0:04:41	0:04:41	State College Invitational	State College	PA	2/7/2019
Herb Cratty	Mile	0:05:16	0:05:16	USC Winter Wellness Mile	Upper St Clair	PA	1/12/2019
Mackenzie Walker	Mile	0:05:37	0:05:37	Tri-State T & F Coaches	Edinboro	PA	2/9/2019
Caleb Fruscello	Mile	0:06:53	0:06:53	Gateway Mile	Monroeville	PA	6/6/2019
Dean Banko	One Miler	0:06:57	0:06:57	Shamrock Shuffler One Miler	Harmony	PA	3/16/2019
Anthony Boerio	Mile	0:08:14	0:08:14	Swissvale Mile	Swissvale	PA	6/22/2019
Donna Scanlon	Mile	0:08:19	0:08:19	Gateway Mile	Monroeville	PA	6/6/2019
Tina Zack	Mile	0:08:24	0:08:24	RSD Awareness 1 Mile	Boston	PA	6/9/2019
Dean Banko	1.11 Mile	0:05:55	0:05:23	Groundhog Prediction Run	Zelionople	PA	2/2/2019
Jonathan Cunkelman	3000 Meters	0:12:43	0:06:50	SRU All Comers	Slippery Rock	PA	2/10/2019
Mackenzie Walker	3000 Meter	0:11:04	0:05:56	Tri-State T & F Coaches	Edinboro	PA	2/9/2019
Mackenzie Walker	3200 Meter	0:11:12	0:05:38	State T & F Meet	Shippensburg	PA	5/25/2019
Mackenzie Walker	3200 Meter	0:11:50	0:05:57	District T & F Meet	Altoona	PA	5/15/2019
Dean Banko	2 Mile	0:10:48	0:05:24	Great Santa Run 2 Miler	Johnstown	PA	11/22/2019
Dean Banko	2 Miler	0:11:56	0:05:58	Twilight Two Miler	Altoona	PA	12/31/2019

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A J Lockard	2 Mile	0:12:11	0:06:06	Crimson Hawk XC	Indiana	PA	9/28/2019
A J Lockard	2 Mile	0:12:59	0:06:29	GBM Kiski Cavalier XC	Apollo	PA	9/13/2019
Rachel Gill	2 Mile	0:13:18	0:06:39	WAADA XC	Indiana	PA	10/1/2019
Joe Johns	2 Mile	0:13:22	0:06:41	Great Santa Run 2 Miler	Johnstown	PA	11/22/2019
Rachel Gill	2 Mile	0:13:36	0:06:48	GBM Kiski Cavalier XC	Apollo	PA	9/13/2019
Ashlynn Branan	2 Mile	0:14:53	0:07:26	GBM Kiski Cavalier XC	Apollo	PA	9/13/2019
Ashlynn Branan	2 Mile	0:14:56	0:07:28	Crimson Hawk XC	Indiana	PA	9/28/2019
Kosie Shepherd Porada	2 Mile	0:18:48	0:09:24	Great Santa Run 2 Miler	Johnstown	PA	11/22/2019
Tim Welsh	2 Mile	0:20:03	0:10:01	Great Santa Run 2 Miler	Johnstown	PA	11/22/2019
Noreen See	2 Mile	0:20:17	0:10:09	Western PA Duathlon	Cooks Forest	PA	7/20/2019
Michael Porada	2 Mile	0:21:27	0:10:43	Run For The Trail 2 Mile	Dilltown	PA	8/10/2019
Kaleigh Sawtelle	2 Mile	0:26:40	0:13:20	Run For The Trail 2 Mile	Dilltown	PA	8/10/2019
Mindy Sawtelle-Zottola	2 Mile	0:26:41	0:13:21	Run For The Trail 2 Mile	Dilltown	PA	8/10/2019
Rick Terek	2 Mile	0:36:07	0:18:03	Derry Railroad Days 2 Mile	Derry	PA	9/21/2019
Doris Hicks	2 Mile	0:40:38	0:20:19	Run For The Trail 2 Mile	Dilltown	PA	8/10/2019
Dean Banko	5K	0:16:26	0:05:52	Twilight 5K (2.8 Mile)	Altoona	PA	12/31/2019
Kosie Shepherd Porada	5K	0:27:38	0:09:52	Twilight 5K (2.8 Mile)	Altoona	PA	12/31/2019
Dean Banko	5K	0:17:04	0:05:53	Bedford Omni (2.9 Mile)	Bedford	PA	11/29/2019
Kendall Branan	5000 Meters	0:16:34	0:05:21	PIAA State XC	Hershey	PA	11/2/2019
Kendall Branan	5K	0:16:37	0:05:22	Indiana County XC	Indiana	PA	10/10/2019
Kendall Branan	5000 Meters	0:16:40	0:05:23	Red, White & Blue Classic	Pittsburgh	PA	9/7/2019
Kendall Branan	5000 Meters	0:16:43	0:05:24	GBM Kiski Cavalier XC	Apollo	PA	9/13/2019
Kendall Branan	5000 Meters	0:16:48	0:05:25	WPIAL Section Meet	Apollo	PA	10/2/2019
Sam Cunkelman	5K	0:16:49	0:05:25	Service Above Self 5K	Greensburg	PA	5/27/2019
Kendall Branan	5000 Meters	0:17:06	0:05:31	WPIAL District XC	California	PA	10/24/2019
Dylan Buffington	5K	0:17:07	0:05:31	Shelocta Spirit 5K	Shelocta	PA	9/21/2019
Kendall Branan	5K	0:17:18	0:05:35	Marty Uher Invitational	Brownsville	PA	8/31/2019
Dean Banko	5K	0:17:19	0:05:35	Salvation Army Red Kettle	Brackenridge	PA	11/16/2019
Sam Cunkelman	5K	0:17:21	0:05:36	Elderton 5K	Elderton	PA	5/17/2019
Sam Cunkelman	5K	0:17:21	0:05:36	Levity Summer Festival 5K	Indiana	PA	6/15/2019
Dean Banko	5K	0:17:27	0:05:38	Red Cross Vampire 5K	Johnstown	PA	10/19/2019
Sam Cunkelman	5K	0:17:31	0:05:39	David Hutton Memorial 5K	Emporium	PA	8/17/2019
Dean Banko	5K	0:18:07	0:05:51	Stop,Drop & Run 5K	Monaca	PA	10/12/2019

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Connor Gibson	5K	0:18:11	0:05:52	Path Of The Flood 5K	Johnstown	PA	5/25/2019
Dean Banko	5K	0:18:11	0:05:52	Twilight Flight 5K	Somerset	PA	10/3/2019
Dean Banko	5K	0:18:12	0:05:52	Wonderful Life 5K	Ernest	PA	12/7/2019
Dean Banko	5K	0:18:14	0:05:53	Mamouth Beer Run 5K	Greensburg	PA	3/23/2019
Dean Banko	5K	0:18:25	0:05:56	Pumpkinfest 5K	Confluence	PA	10/6/2019
Dean Banko	5K	0:18:28	0:05:57	Bolivar Fall Crawl 5K	Bolivar	PA	11/9/2019
Dean Banko	5K	0:18:29	0:05:58	Raise The Roof 5K	Hastings	PA	10/5/2019
Sam Cunkelman	5K	0:18:38	0:06:01	Resoultion Run 5K	Derry	PA	1/5/2019
Dean Banko	5K	0:18:39	0:06:01	Ugly Sweater 5K	Ebensburg	PA	12/8/2019
Dean Banko	5K	0:18:40	0:06:01	GBM Memorial Day 5K	Ligonier	PA	5/27/2019
Joey Bujdos	5K	0:18:40	0:06:01	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Dean Banko	5K	0:18:41	0:06:02	Hoodlebug 5K	Homer City	PA	9/8/2019
Dean Banko	5K	0:18:47	0:06:04	Cupid's Chase 5K	Latrobe	PA	2/9/2019
Dean Banko	5K	0:18:47	0:06:04	Ebensburg Turkey Trot	Ebensburg	PA	11/28/2019
John Berzonsky	5000 Meters	0:18:50	0:06:05	Red, White & Blue Classic	Pittsburgh	PA	9/7/2019
Grant Cruse	5K	0:18:52	0:06:05	Path Of The Flood 5K	Johnstown	PA	5/25/2019
Dean Banko	5K	0:18:57	0:06:07	Houtzdale Days 5K	Houtzdale	PA	7/26/2019
Sara Zambotti	5K	0:18:59	0:06:07	Kiski Area Shamrock 5K	Kiski	PA	3/16/2019
Dean Banko	5K	0:18:59	0:06:07	Round The Mound 5K	Westmont	PA	8/2/2019
John Berzonsky	5K	0:18:59	0:06:07	Indiana County XC	Indiana	PA	10/10/2019
Dean Banko	5K	0:18:59	0:06:07	Hunger & Homeless 5K	Punxsutawney	PA	11/16/2019
Dean Banko	5K	0:19:00	0:06:08	Soup Run 5K	Boston	PA	1/1/2019
Dean Banko	5K	0:19:09	0:06:11	Run For Their Lives 5K	Ebensburg	PA	8/31/2019
Will Berzonsky	5000 Meters	0:19:11	0:06:11	Red, White & Blue Classic	Pittsburgh	PA	9/7/2019
Connor Gibson	5K	0:19:13	0:06:12	Daily American 5K	Somerset	PA	6/8/2019
Mindy Sawtelle-Zottola	5000 Meters	0:19:14	0:06:12	USATF Masters Outdoor	Ames	IA	7/10/2019
Dean Banko	5K	0:19:15	0:06:13	Mountain Laurel 5K	Somerset	PA	8/18/2019
Dean Banko	5K	0:19:17	0:06:13	Trooper Iwaniec 5K	Latrobe	PA	4/13/2019
Grant Cruse	5K	0:19:18	0:06:14	Wings Of Hope 5K	Johnstown	PA	4/20/2018
Connor Gibson	5K	0:19:18	0:06:14	Jr. Achievement 5K	Homer City	PA	5/11/2019
Al Casagranda	5K	0:19:18	0:06:14	Hoodlebug 5K	Homer City	PA	9/8/2019
John Berzonsky	5000 Meters	0:19:19	0:06:14	WPIAL Section Meet	Apollo	PA	10/2/2019
Will Berzonsky	5K	0:19:23	0:06:15	Indiana County XC	Indiana	PA	10/10/2019

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Dean Banko	5K	0:19:24	0:06:15	Resoultion Run 5K	Derry	PA	1/5/2019
Connor Gibson	5K	0:19:25	0:06:16	Fool's Run 5K	Indiana	PA	4/6/2019
Dean Banko	5K	0:19:25	0:06:16	Indiana County Fair 5K	Indiana	PA	8/25/2019
Will Berzonsky	5000 Meters	0:19:32	0:06:18	WPIAL Section Meet	Apollo	PA	10/2/2019
Dean Banko	5K	0:19:35	0:06:19	Richland Howl At The Moon	Johnstown	PA	8/17/2019
Jonathan Gearhart	5K	0:19:37	0:06:20	Hoodlebug 5K	Homer City	PA	9/8/2019
Jonathan Gearhart	5K	0:19:43	0:06:22	Fool's Run 5K	Indiana	PA	4/6/2019
Will Berzonsky	5K	0:19:43	0:06:22	Marty Uher Invitational	Brownsville	PA	8/31/2019
Grant Cruse	5K	0:19:44	0:06:22	Conemaugh Que Classic 5K	Hollsopple	PA	9/28/2019
Jeannie Bujdos	5K	0:19:51	0:06:24	Heather's Home 5K	Elmira	NY	8/3/2019
Dean Banko	5K	0:19:55	0:06:25	Fire & Ice 5K	Somerset	PA	1/19/2019
Grant Cruse	5K	0:20:01	0:06:27	Johnstown Christian School	Hollsopple	PA	5/11/2019
John Berzonsky	5000 Meters	0:20:08	0:06:30	GBM Kiski Cavalier XC	Apollo	PA	9/13/2019
Herb Cratty	5K	0:20:17	0:06:33	Ellport Community Days 5K	Ellwood City	PA	3/2/2019
Jacob Gill	5000 Meters	0:20:17	0:06:33	Red, White & Blue Classic	Pittsburgh	PA	9/7/2019
Herb Cratty	5K	0:20:20	0:06:34	Monaca Mad Dash 5K	Monaca	PA	6/22/2019
Jon Berzonsky	5K	0:20:21	0:06:34	Kiski Area Shamrock 5K	Kiski	PA	3/16/2019
John Berzonsky	5K	0:20:26	0:06:35	Marty Uher Invitational	Brownsville	PA	8/31/2019
Herb Cratty	5K	0:20:31	0:06:37	Soup Run 5K	Boston	PA	1/1/2019
Tom Berzonsky	5K	0:20:32	0:06:37	Kiski Area Shamrock 5K	Kiski	PA	3/16/2019
Jonathan Cunkelman	5K	0:20:38	0:06:39	Otter Trot 5K	Johnstown	PA	6/8/2019
Jonathan Gearhart	5K	0:20:39	0:06:40	Love Of Life 5K	Indiana	PA	10/19/2019
Herb Cratty	5K	0:20:40	0:06:40	Heitz Of Heaven 5K	Moon Twp	PA	9/8/2019
Jacob Gill	5K	0:20:41	0:06:40	Marty Uher Invitational	Brownsville	PA	8/31/2019
Jacob Gill	5000 Meters	0:20:42	0:06:41	Indiana County XC	Indiana	PA	10/10/2019
Herb Cratty	5K	0:20:43	0:06:41	YMCA Easter Seals 5K	Kittanning	PA	8/31/2019
Herb Cratty	5K	0:20:50	0:06:43	Shamrock 'N Run 5K	Sharpsville	PA	3/9/2019
Herb Cratty	5K	0:21:20	0:06:53	Boston Harvest 5K	Boston	PA	9/22/2019
Jonathan Cunkelman	5K	0:21:21	0:06:53	Hoodlebug 5K	Homer City	PA	9/8/2019
Jonathan Cunkelman	5K	0:21:25	0:06:55	Conemaugh Conservancy 5K	Blairsville	PA	4/27/2019
Jacob Gill	5000 Meters	0:21:28	0:06:55	WPIAL Section Meet	Apollo	PA	10/2/2019
Joe Johns	5K	0:21:41	0:07:00	Portage Bunny Dash 5K	Portage	PA	4/20/2019
Doug Ulishney	5K	0:21:42	0:07:00	Bushy Run Battlefield 5K	Penn Run	PA	7/14/2019

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Owen Cramer	5K	0:21:42	0:07:00	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
Veronica Bujdos	5K	0:21:44	0:07:01	Heather's Home 5K	Elmira	NY	8/3/2019
Jonathan Cunkelman	5K	0:21:47	0:07:02	Firecracker Frolic 5K	New Germany	PA	7/4/2019
Herb Cratty	5K	0:21:47	0:07:02	Indiana County Fair 5K	Indiana	PA	8/25/2019
A J Lockard	5K	0:21:49	0:07:02	Donut Dash 5K	Indiana	PA	4/27/2019
Bill Berzonsky	5K	0:21:55	0:07:04	Kiski Area Shamrock 5K	Kiski	PA	3/16/2019
Candi Lockard	5K	0:21:56	0:07:05	Love Of Life 5K	Indiana	PA	10/19/2019
Dean Banko	5K	0:21:57	0:07:05	Shamrock Shuffle 5K	Harmony	PA	3/16/2019
Alyson Ghiardi	5000 Meters	0:21:58	0:07:05	Heritage Conference XC	Marion Center	PA	10/17/2019
Laura Yevchak	5K	0:21:59	0:07:05	Trooper Iwaniec 5K	Latrobe	PA	4/13/2019
Jonathan Cunkelman	5K	0:22:06	0:07:08	Yelenic Memorial 5K	Blairsville	PA	5/25/2019
Doug Ulishney	5K	0:22:07	0:07:08	Pittsburgh Marathon 5K	Pittsburgh	PA	5/5/2019
Sam Cunkelman	5K	0:22:07	0:07:08	WSHS Run The Swamp 5K	Rural Valley	PA	8/4/2019
Dan Mcquiston	5K	0:22:11	0:07:09	Hoodlebug 5K	Homer City	PA	9/8/2019
Doug Ulishney	5K	0:22:19	0:07:12	Ligonier Fort Days 5K	Ligonier	PA	10/13/2019
Allyson Ghiardi	5K	0:22:23	0:07:13	Love Of Life 5K	Indiana	PA	10/19/2019
Herb Cratty	5K	0:22:24	0:07:14	Wilmington Area 5K	New Wilmington	PA	10/27/2019
Doug Ulishney	5K	0:22:28	0:07:15	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Joe Johns	5K	0:22:28	0:07:15	Richland Howl At The Moon	Johnstown	PA	8/17/2019
Doug Ulishney	5K	0:22:32	0:07:16	Jeffrey Lance Wentzel 5K	Youngwood	PA	5/19/2019
Jonathan Cunkelman	5K	0:22:35	0:07:17	Missions Possible 5K	Blairsville	PA	8/10/2019
Jonathan Cunkelman	5K	0:22:40	0:07:19	David Hutton Memorial 5K	Emporium	PA	8/17/2019
Steve Pagano	5K	0:22:40	0:07:19	Ebensburg Turkey Trot	Ebensburg	PA	11/28/2019
Jonathan Cunkelman	5K	0:22:42	0:07:19	Resoultion Run 5K	Derry	PA	1/5/2019
James Thompson	5K	0:22:45	0:07:20	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Zach Collins	5K	0:22:46	0:07:21	Active Faith 5K	Indiana	PA	6/1/2019
Jonathan Cunkelman	5K	0:22:46	0:07:21	Otter Conservancy 5K	Saltsburg	PA	7/26/2019
Allyson Ghiardi	5K	0:22:50	0:07:22	Indiana County XC	Indiana	PA	10/10/2019
Allyson Ghiardi	5K	0:22:53	0:07:23	Diamond 5K	Ernest	PA	5/18/2019
Jonathan Cunkelman	5K	0:22:55	0:07:24	Bulldog Crawl 5K	Nanty Glo	PA	6/29/2019
Allyson Ghiardi	5K	0:23:03	0:07:26	Indiana County Fair 5K	Indiana	PA	8/25/2019
Jonathan Cunkelman	5K	0:23:07	0:07:27	Indiana County Fair 5K	Indiana	PA	8/25/2019
Jonathan Cunkelman	5K	0:23:08	0:07:28	Fire & Ice 5K	Somerset	PA	1/19/2019

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Denny Cruse	5K	0:23:14	0:07:30	Path Of The Flood 5K	Johnstown	PA	5/25/2019
A J Lockard	5K	0:23:17	0:07:31	Levity Summer Festival 5K	Indiana	PA	6/15/2019
Alexis Shank	5K	0:23:18	0:07:31	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Denny Cruse	5K	0:23:22	0:07:32	Conemaugh Que Classic 5K	Hollsopple	PA	9/28/2019
Owen Cramer	5K	0:23:24	0:07:33	Jr. Achievement 5K	Homer City	PA	5/11/2019
Brandon Payne	5K	0:23:26	0:07:34	Yough River 5K	Connellsville	PA	4/20/2019
Owen Cramer	5K	0:23:39	0:07:38	Donut Dash 5K	Indiana	PA	4/27/2019
Denny Cruse	5K	0:23:39	0:07:38	Red Cross Vampire 5K	Johnstown	PA	10/19/2019
Denny Cruse	5K	0:23:43	0:07:39	Wings Of Hope 5K	Johnstown	PA	4/20/2018
Don Marco	5K	0:24:02	0:07:45	Semper Gratus Shamrock	W. Leechburg	PA	3/16/2019
Brynnley Haggerty	5K	0:24:09	0:07:47	Jr. Achievement 5K	Homer City	PA	5/11/2019
Denny Cruse	5K	0:24:09	0:07:47	Jim Mayer 5K	Johnstown	PA	9/7/2019
Caleb Fruscello	5K	0:24:12	0:07:48	Brentwood 5K	Brentwood	PA	7/4/2019
Denny Cruse	5K	0:24:15	0:07:49	South Fork Heritage 5K	South Fork	PA	6/22/2019
Jonathan Cunkelman	5K	0:24:22	0:07:52	Shamrock Shuffle 5K	Harmony	PA	3/16/2019
Vince Pavic	5K	0:24:23	0:07:52	Bethany Beach 5K	Bethany Beach	DE	6/29/2019
Jonathan Cunkelman	5K	0:24:28	0:07:54	5th Otter Trot 5K	Blairsville	PA	8/24/2019
Evelyn Gill	5K	0:24:29	0:07:54	Path Of The Flood 5K	Johnstown	PA	5/25/2019
A J Lockard	5K	0:24:37	0:07:56	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Noreen See	5K	0:24:39	0:07:57	Hoodlebug 5K	Homer City	PA	9/8/2019
Denny Cruse	5K	0:24:41	0:07:58	Ebensburg Homecoming 5K	Ebensburg	PA	7/27/2019
Denny Cruse	5K	0:24:43	0:07:58	Daily American 5K	Somerset	PA	6/8/2019
Luke Hogan	5K	0:24:48	0:08:00	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Denny Cruse	5K	0:24:55	0:08:02	Bulldog Crawl 5K	Nanty Glo	PA	6/29/2019
A J Lockard	5K	0:24:56	0:08:03	Love Of Life 5K	Indiana	PA	10/19/2019
C. Hogan	5K	0:24:59	0:08:04	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Bob Manzi	5K	0:25:05	0:08:05	Love Of Life 5K	Indiana	PA	10/19/2019
Jillian Barger	5K	0:25:07	0:08:06	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Noreen See	5K	0:25:07	0:08:06	Step Up Erie 5K	Erie	PA	8/17/2019
Scott Valazak	5K	0:25:08	0:08:06	Running For Gold 5K	Indiana	PA	6/8/2019
Noreen See	5K	0:25:11	0:08:07	Twist And Run 5K	Lakewood	NY	9/15/2019
Denny Cruse	5K	0:25:13	0:08:08	Township Stampede 5K	Davidsville	PA	4/6/2019
Katelyn Ghiardi	5K	0:25:13	0:08:08	Indiana County Fair 5K	Indiana	PA	8/25/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Noreen See	5K	0:25:19	0:08:10	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
Jacob Barger	5K	0:25:21	0:08:11	GBM Memorial Day 5K	Ligonier	PA	5/27/2019
Noreen See	5K	0:25:21	0:08:11	Peanut Butter Festival 5K	New Bethlehem	PA	9/21/2019
Barb Barger	5K	0:25:22	0:08:11	GBM Memorial Day 5K	Ligonier	PA	5/27/2019
Evelyn Gill	5K	0:25:26	0:08:12	Donut Dash 5K	Indiana	PA	4/27/2019
Noreen See	5K	0:25:27	0:08:13	Jr. Achievement 5K	Homer City	PA	5/11/2019
Bob Manzi	5K	0:25:27	0:08:13	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
James Barager	5K	0:25:31	0:08:14	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Noreen See	5K	0:25:31	0:08:14	Dan Feather Memorial 5K	Jamestown	NY	9/1/2019
Amanda Vresilovic	5K	0:25:32	0:08:14	Latrobe Turkey Trot	Latrobe	PA	11/28/2019
James Barger	5K	0:25:33	0:08:15	Greensburg Turkey Trot	Greensburg	PA	11/28/2019
Noreen See	5K	0:25:41	0:08:17	Courtney's Ice Cream Run	Grove City	PA	8/14/2019
Noreen See	5K	0:25:46	0:08:19	Memorial Day 5K	Bemus Point	NY	5/26/2019
Barb Barger	5K	0:25:47	0:08:19	Love Of Life 5K	Indiana	PA	10/19/2019
Denny Cruse	5K	0:26:03	0:08:24	Johnstown Christian School	Hollsopple	PA	5/11/2019
Ron Orr	5K	0:26:03	0:08:24	Love Of Life 5K	Indiana	PA	10/19/2019
Tina Zack	5K	0:26:05	0:08:25	Neon Nights 5K	Connellsville	PA	5/18/2019
Noreen See	5K	0:26:06	0:08:25	Love Of Life 5K	Indiana	PA	10/19/2019
Tina Zack	5K	0:26:07	0:08:25	End Of The Line 5K	Connellsville	PA	10/6/2019
Jacob Barger	5K	0:26:08	0:08:26	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Sarah Kitchen	5K	0:26:09	0:08:26	Hastings Police Donut Dash	Hastings	PA	7/20/2019
Barb Barger	5K	0:26:13	0:08:27	Greensburg Turkey Trot	Greensburg	PA	11/28/2019
Barb Barger	5K	0:26:15	0:08:28	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Tina Zack	5K	0:26:21	0:08:30	Greensburg Turkey Trot	Greensburg	PA	11/28/2019
Tina Zack	5K	0:26:22	0:08:30	Elderton 5K	Elderton	PA	5/17/2019
Noreen See	5K	0:26:22	0:08:30	NYLA Luvision Run	Sugar Grove	PA	7/13/2019
Tina Zack	5K	0:26:22	0:08:30	VFW Fallen Heroes 5K	Scottdale	PA	9/12/2019
Tina Zack	5K	0:26:26	0:08:32	Hoodlebug 5K	Homer City	PA	9/8/2019
Lincoln Cramer	5K	0:26:27	0:08:32	Fool's Run 5K	Indiana	PA	4/6/2019
Owen Cramer	5K	0:26:27	0:08:32	Active Faith 5K	Indiana	PA	6/1/2019
Amanda Vresilovic	5K	0:26:28	0:08:32	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2019
Evelyn Gill	5K	0:26:29	0:08:33	Fool's Run 5K	Indiana	PA	4/6/2019
Evelyn Gill	5K	0:26:31	0:08:33	Pittsburgh Marathon 5K	Pittsburgh	PA	5/5/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Nathan Henry	5K	0:26:31	0:08:33	Chicken Run 5K	Harbor Creek	PA	7/13/2019
Tina Zack	5K	0:26:32	0:08:34	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2019
John Bomboy	5K	0:26:33	0:08:34	Love Of Life 5K	Indiana	PA	10/19/2019
Dan Vresilovic	5K	0:26:34	0:08:34	Latrobe Turkey Trot	Latrobe	PA	11/28/2019
Barb Barger	5K	0:26:35	0:08:35	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
Andy See	5K	0:26:35	0:08:35	Love Of Life 5K	Indiana	PA	10/19/2019
Andy See	5K	0:26:37	0:08:35	Memorial Day 5K	Bemus Point	NY	5/26/2019
Andy See	5K	0:26:39	0:08:36	Peanut Butter Festival 5K	New Bethlehem	PA	9/21/2019
Ron Orr	5K	0:26:40	0:08:36	Frostbite 5K	Kill Devil Hills	NC	1/26/2019
Tina Zack	5K	0:26:40	0:08:36	Freedom 5K	Greensburg	PA	7/4/2019
Jonathan Cunkelman	5K	0:26:44	0:08:37	WSHS Run The Swamp 5K	Rural Valley	PA	8/4/2019
John Bomboy	5K	0:26:47	0:08:38	Hoodlebug 5K	Homer City	PA	9/8/2019
Scott Valazak	5K	0:26:48	0:08:39	Love Of Life 5K	Indiana	PA	10/19/2019
Denny Cruse	5K	0:26:52	0:08:40	Chernisky Classic 5K	Ebensburg	PA	7/6/2019
Tina Zack	5K	0:26:53	0:08:40	Woodruff 5K	Connellsville	PA	7/10/2019
James Barager	5K	0:27:01	0:08:43	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
John Bomboy	5K	0:27:01	0:08:43	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
Noreen See	5K	0:27:02	0:08:43	Yuengling Gold Rush 5K	Pittsburgh	PA	6/30?19
John Bomboy	5K	0:27:06	0:08:45	Running For Gold 5K	Indiana	PA	6/8/2019
Louise Maine	5K	0:27:12	0:08:46	Bushy Run Battlefield 5K	Penn Run	PA	7/14/2019
John Bomboy	5K	0:27:14	0:08:47	Jr. Achievement 5K	Homer City	PA	5/11/2019
John Bomboy	5K	0:27:14	0:08:47	Shelocta Spirit 5K	Shelocta	PA	9/21/2019
Jacob Barger	5K	0:27:17	0:08:48	Fool's Run 5K	Indiana	PA	4/6/2019
Barb Barger	5K	0:27:18	0:08:48	Fool's Run 5K	Indiana	PA	4/6/2019
Candie Mcquiston	5K	0:27:20	0:08:49	Hoodlebug 5K	Homer City	PA	9/8/2019
Tina Zack	5K	0:27:22	0:08:50	Indiana County Fair 5K	Indiana	PA	8/25/2019
Philip Leopold	5K	0:27:25	0:08:51	Paxtang Patriot Dash 5K	Paxtang	PA	7/4/2019
Aly Pajak	5K	0:27:26	0:08:51	Jr. Achievement 5K	Homer City	PA	5/11/2019
Nathan Henry	5K	0:27:26	0:08:51	Bull Dam Trail Run 5K	North East	PA	9/1/2019
Jacob Barger	5K	0:27:27	0:08:51	Greensburg Turkey Trot	Greensburg	PA	11/28/2019
Manon Gill	5K	0:27:33	0:08:53	Donut Dash 5K	Indiana	PA	4/27/2019
John Bomboy	5K	0:27:35	0:08:54	Diamond Dash 5K	Ernest	PA	5/18/2019
Candie Mcquiston	5K	0:27:43	0:08:56	Jr. Achievement 5K	Homer City	PA	5/11/2019



<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Candie Mcquiston	5K	0:27:48	0:08:58	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
John Bomboy	5K	0:27:50	0:08:59	Indiana County Fair 5K	Indiana	PA	8/25/2019
Candie Mcquiston	3.1	0:27:51	0:08:59	Shelocta Spirit 5K	Shelocta	PA	9/21/2019
John Bomboy	5K	0:27:54	0:09:00	Shannock Valley 5K	Rural Valley	PA	7/27/2019
Ginny Winters	5K	0:27:55	0:09:00	Hoodlebug 5K	Homer City	PA	9/8/2019
John Bomboy	5K	0:28:01	0:09:02	Wonderful Life 5K	Ernest	PA	12/7/2019
Sarah Kitchen	5K	0:28:03	0:09:03	Pittsburgh Marathon 5K	Pittsburgh	PA	5/5/2019
Roman Tate	5K	0:28:13	0:09:06	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Candie Mcquiston	5K	0:28:17	0:09:07	DuBois Community 5K	DuBois	PA	6/15/2019
Jacob Barger	5K	0:28:18	0:09:08	Love Of Life 5K	Indiana	PA	10/19/2019
Mannon Gill	5K	0:28:23	0:09:09	Fool's Run 5K	Indiana	PA	4/6/2019
Kosie Shepherd Porada	5K	0:28:24	0:09:10	Levity Summer Festival 5K	Indiana	PA	6/15/2019
Joseph Bujdos	5K	0:28:24	0:09:10	Hoodlebug 5K	Homer City	PA	9/8/2019
Louise Maine	5K	0:28:31	0:09:12	Race To The Moon 5K	Apollo	PA	7/13/2019
Sarah Kitchen	5K	0:28:32	0:09:12	Great Smoky Mtn 5K	Townsend	TN	9/6/2019
Ron Orr	5K	0:28:32	0:09:12	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Anthony Boerio	5K	0:28:38	0:09:14	W. Newton Fox Pizza 5K	West Newton	PA	5/11/2019
Scott Valazak	5K	0:28:38	0:09:14	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
John Bomboy	5K	0:28:39	0:09:15	Elderton 5K	Elderton	PA	5/17/2019
Chuck Frank	5K	0:28:43	0:09:16	Running For Gold 5K	Indiana	PA	6/8/2019
Candie Mcquiston	5K	0:28:43	0:09:16	Love Of Life 5K	Indiana	PA	10/19/2019
Gia Spadafora	5K	0:28:46	0:09:17	Active Faith 5K	Indiana	PA	6/1/2019
Pat Scanlon	5K	0:28:56	0:09:20	Ebensburg Homecoming 5K	Ebensburg	PA	7/27/2019
Kosie Shepherd Porada	5K	0:28:59	0:09:21	Race Of Champions 5K	Hollidaysburg	PA	3/23/2019
Kosie Shepherd Porada	5K	0:29:12	0:09:25	Latrobe Turkey Trot	Latrobe	PA	11/28/2019
Evelyn Gill	5K	0:29:14	0:09:26	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
John Swauger	5K	0:29:21	0:09:28	Jr. Achievement 5K	Homer City	PA	5/11/2019
John Swauger	5K	0:29:24	0:09:29	Levity Summer Festival 5K	Indiana	PA	6/15/2019
Tim Welsh	5K	0:29:28	0:09:30	Conemaugh Que Classic 5K	Hollsopple	PA	9/28/2019
John Bomboy	5K	0:29:30	0:09:31	Yelenic Memorial 5K	Blairsville	PA	5/25/2019
Bob Zukas	5K	0:29:34	0:09:32	Run for Life 5K	Apollo	PA	11/16/2019
Donna Scanlon	5K	0:29:37	0:09:33	Ebensburg Homecoming 5K	Ebensburg	PA	7/27/2019
Donna Scanlon	5K	0:29:42	0:09:35	Fool's Run 5K	Indiana	PA	4/6/2019

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Anthony Boerio	5K	0:29:53	0:09:38	Yelenic Memorial 5K	Blairsville	PA	5/25/2019
Lincoln Cramer	5K	0:29:55	0:09:39	Donut Dash 5K	Indiana	PA	4/27/2019
Charles Frank	5K	0:29:58	0:09:40	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
Donna Scanlon	5K	0:30:00	0:09:41	Elderton 5K	Elderton	PA	5/17/2019
Pat Scanlon	5K	0:30:08	0:09:43	Elderton 5K	Elderton	PA	5/17/2019
Kosie Shepherd Porada	5K	0:30:10	0:09:44	Resoultion Run 5K	Derry	PA	1/5/2019
Linda Leopold	5K	0:30:13	0:09:45	Jr. Achievement 5K	Homer City	PA	5/11/2019
Amanda Vresilovic	5K	0:30:16	0:09:46	Trooper Iwaniec 5K	Latrobe	PA	4/13/2019
Coredlia Zack	5K	0:30:16	0:09:46	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2019
Charles Frank	5K	0:30:18	0:09:46	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
Kosie Shepherd-Porada	5K	0:30:19	0:09:47	Richland Howl At The Moon	Johnstown	PA	8/17/2019
Scott Bowman	5K	0:30:20	0:09:47	Love Of Life 5K	Indiana	PA	10/19/2019
John Bomboy	5K	0:30:21	0:09:47	Ford City 5K	Ford City	PA	7/6/2019
Charles Frank	5K	0:30:23	0:09:48	Hoodlebug 5K	Homer City	PA	9/8/2019
Scott Bowman	5K	0:30:25	0:09:49	Levity Summer Festival 5K	Indiana	PA	6/15/2019
Coredlia Zack	5K	0:30:27	0:09:49	Hoodlebug 5K	Homer City	PA	9/8/2019
Kosie Shepherd Porada	5K	0:30:28	0:09:50	GBM Memorial Day 5K	Ligonier	PA	5/27/2019
Kosie Shepherd Porada	5K	0:30:29	0:09:50	Bulldog Crawl 5K	Nanty Glo	PA	6/29/2019
Lincoln Cramer	5K	0:30:34	0:09:52	Jr. Achievement 5K	Homer City	PA	5/11/2019
Pat Scanlon	5K	0:30:36	0:09:52	National Senior Games	Albuquerque	NM	6/20/2019
Donna Scanlon	5K	0:30:37	0:09:53	National Senior Games	Albuquerque	NM	6/20/2019
Emma Cramer	5K	0:30:40	0:09:54	Jr. Achievement 5K	Homer City	PA	5/11/2019
Leah Dever	5K	0:30:58	0:09:59	Gulf Coast Turkey Trot	Naples	FL	11/28/2019
Charles Frank	5K	0:31:07	0:10:02	Indiana County Fair 5K	Indiana	PA	8/25/2019
Adam Clawson	5K	0:31:09	0:10:03	Fool's Run 5K	Indiana	PA	4/6/2019
John Bomboy	5K	0:31:18	0:10:06	Tails on Trails 5K	Indiana	PA	5/4/2019
Mike Porada	5K	0:31:18	0:10:06	Path Of The Flood 5K	Johnstown	PA	5/25/2019
Cordelia Zack	5K	0:31:33	0:10:11	Greensburg Turkey Trot	Greensburg	PA	11/28/2019
Courtney Rozsi	5K	0:31:34	0:10:11	Bolivar Fall Crawl 5K	Bolivar	PA	11/9/2019
Anthony Boerio	5K	0:31:45	0:10:15	Chili 5K	Uniontown	PA	2/23/2019
Scott Bowman	5K	0:31:55	0:10:18	Hoodlebug 5K	Homer City	PA	9/8/2019
Ria Fruscello	5K	0:31:59	0:10:19	Brentwood 5K	Brentwood	PA	7/4/2019
Dennis Hudak	5K	0:31:59	0:10:19	Bushy Run Battlefield 5K	Penn Run	PA	7/14/2019

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Chris Lasser	5K	0:32:02	0:10:20	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Lincoln Cramer	5K	0:32:10	0:10:23	Active Faith 5K	Indiana	PA	6/1/2019
Ed Hlebechuk	5K	0:32:12	0:10:23	Resoultion Run 5K	Derry	PA	1/5/2019
Scott Bowman	5K	0:32:35	0:10:31	Indiana County Fair 5K	Indiana	PA	8/25/2019
Janine Maust	5K	0:32:39	0:10:32	Bolivar Fall Crawl 5K	Bolivar	PA	11/9/2019
Suzanne Leopold	5K	0:32:52	0:10:36	Paxtang Patriot Dash 5K	Paxtang	PA	7/4/2019
Jonas Notoaro	5K	0:32:52	0:10:36	Great Race 5K	Pittsburgh	PA	9/29/2019
Sara Necciai	5K	0:32:56	0:10:37	Yough River 5K	Connellsville	PA	4/20/2019
Janine Maust	5K	0:33:00	0:10:39	Gatorade/Steelers 5K	Pittsburgh	PA	9/2/2019
Tim Welsh	5K	0:33:35	0:10:50	Bolivar Fall Crawl 5K	Bolivar	PA	11/9/2019
Sherry Shank	5K	0:33:35	0:10:50	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Kosie Shepherd Porada	5K	0:33:36	0:10:50	Elderton 5K	Elderton	PA	5/17/2019
Mike Porada	5K	0:33:36	0:10:50	Elderton 5K	Elderton	PA	5/17/2019
Tim Welsh	5K	0:33:40	0:10:52	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
Cordelia Zack	5K	0:33:48	0:10:54	Cook's Forest 5K	Cooksburg	PA	4/7/2019
Gabe Belak	5K	0:34:04	0:10:59	Ellport Community Days 5K	Ellwood City	PA	3/2/2019
Michele Belak	5K	0:34:05	0:11:00	Ellport Community Days 5K	Ellwood City	PA	3/2/2019
Tim Welsh	5K	0:34:11	0:11:02	Love Of Life 5K	Indiana	PA	10/19/2019
Alicia Haggerty	5K	0:34:18	0:11:04	Jr. Achievement 5K	Homer City	PA	5/11/2019
Lilliana Manzi	5K	0:34:21	0:11:05	Love Of Life 5K	Indiana	PA	10/19/2019
Jessica Barger	5K	0:34:23	0:11:05	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Dennis Hudak	5K	0:34:29	0:11:07	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Janine Maust	5K	0:34:32	0:11:08	Diamond Dash 5K	Ernest	PA	5/18/2019
Anthony Boerio	5K	0:34:42	0:11:12	Resoultion Run 5K	Derry	PA	1/5/2019
Lisa Berezansky	5K	0:34:48	0:11:14	Love Of Life 5K	Indiana	PA	10/19/2019
Doug Berezansky	5K	0:34:48	0:11:14	Love Of Life 5K	Indiana	PA	10/19/2019
Jessica Barger	5K	0:34:48	0:11:14	Love Of Life 5K	Indiana	PA	10/19/2019
Tim Welsh	5K	0:34:53	0:11:15	Ligonier Fort Days 5K	Ligonier	PA	10/13/2019
Janet Stewart	5K	0:35:19	0:11:24	Fool's Run 5K	Indiana	PA	4/6/2019
Ethan Foulk	5K	0:35:27	0:11:26	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Jessica Barger	5K	0:35:35	0:11:29	Fool's Run 5K	Indiana	PA	4/6/2019
Lee Ann Tilghman	5K	0:35:36	0:11:29	Active Faith 5K	Indiana	PA	6/1/2019
Jessica Barger	5K	0:35:38	0:11:30	Greensburg Turkey Trot	Greensburg	PA	11/28/2019

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Courtney Rozsi	5K	0:35:48	0:11:33	Chernisky Classic 5K	Ebensburg	PA	7/6/2019
Mary Beth Rine	5K	0:35:59	0:11:36	DuBois Community 5K	DuBois	PA	6/15/2019
Cordelia Zack	5K	0:36:00	0:11:37	Freedom 5K	Greensburg	PA	7/4/2019
Jessica Barger	5K	0:36:01	0:11:37	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
Gabe Belak	5K	0:36:09	0:11:40	Resoultion Run 5K	Derry	PA	1/5/2019
Michele Belak	5K	0:36:10	0:11:40	Resoultion Run 5K	Derry	PA	1/5/2019
Cecilia Spadafora	5K	0:36:12	0:11:41	Active Faith 5K	Indiana	PA	6/1/2019
Tim Welsh	5K	0:36:13	0:11:41	Ebensburg Turkey Trot	Ebensburg	PA	11/28/2019
Adam Clawson	5K	0:36:15	0:11:42	Chase The Wolf Obstacle 5K	Youngwood	PA	6/1/2019
Cathy Swauger	5K	0:36:18	0:11:43	Jr. Achievement 5K	Homer City	PA	5/11/2019
Cordelia Zack	5K	0:36:19	0:11:43	Elderton 5K	Elderton	PA	5/17/2019
Gabe Belak	5K	0:36:19	0:11:43	Salvation Army Red Kettle	Brackenridge	PA	11/16/2019
Michele Belak	5K	0:36:20	0:11:43	Salvation Army Red Kettle	Brackenridge	PA	11/16/2019
Michele Belak	5K	0:36:22	0:11:44	Cupid's Chase 5K	Latrobe	PA	2/9/2019
Morgan Lovely	5K	0:36:45	0:11:51	Bananna Split 5K	Latrobe	PA	8/24/2019
Elizabeth Lovely	5K	0:36:45	0:11:51	Bananna Split 5K	Latrobe	PA	8/24/2019
Lecinda Yevchak	5K	0:36:56	0:11:55	Fool's Run 5K	Indiana	PA	4/6/2019
Bob Barger	5K	0:37:01	0:11:56	A Rabbit Runs Through It	Latrobe	PA	4/20/2019
Mary Beth Rine	5K	0:37:16	0:12:01	Jr. Achievement 5K	Homer City	PA	5/11/2019
Mary Beth Rine	5K	0:37:20	0:12:03	PIND 5K	Boyce Park	PA	9/2/2019
Mary Beth Rine	5K	0:37:24	0:12:04	Shelocta Spirit 5K	Shelocta	PA	9/21/2019
Mary Beth Rine	5K	0:37:25	0:12:04	Hoodlebug 5K	Homer City	PA	9/8/2019
Michele Belak	5K	0:37:25	0:12:04	Kiwanis 5K	Marco Island	FL	12/7/2019
Mary Beth Rine	5K	0:37:26	0:12:05	Wonderful Life 5K	Ernest	PA	12/7/2019
Tabitha Conrad	5K	0:37:33	0:12:07	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Alicia Haggerty	5K	0:37:34	0:12:07	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
W. Hogan	5K	0:37:36	0:12:08	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Sherene Hess	5K	0:38:13	0:12:20	Diamond Dash 5K	Ernest	PA	5/18/2019
Michele Belak	5K	0:38:14	0:12:20	Bushy Run Battlefield 5K	Penn Run	PA	7/14/2019
Scott Cramer	5K	0:38:18	0:12:21	Jr. Achievement 5K	Homer City	PA	5/11/2019
Mary Jane Frank	5K	0:38:23	0:12:23	Pancreatic Cancer 5K	Indiana	PA	11/2/2019
Bob Barger	5K	0:38:25	0:12:24	Fool's Run 5K	Indiana	PA	4/6/2019
Jonathan Cunkelman	5 Miler	0:38:31	0:12:25	MC Historic Semper Five	Fredericksburg	VA	5/19/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Mary Beth Rine	5K	0:38:37	0:12:27	Love Of Life 5K	Indiana	PA	10/19/2019
Amy Ammerman	5K	0:39:12	0:12:39	Hoodlebug 5K	Homer City	PA	9/8/2019
William Leydic	5K	0:39:13	0:12:39	Hoodlebug 5K	Homer City	PA	9/8/2019
Gabe Belak	5K	0:39:20	0:12:41	Kiski Area Shamrock 5K	Kiski	PA	3/16/2019
Michele Belak	5K	0:39:21	0:12:42	Kiski Area Shamrock 5K	Kiski	PA	3/16/2019
Evan Clawson	5K	0:39:34	0:12:46	Chase The Wolf Obstacle 5K	Youngwood	PA	6/1/2019
Sherene Hess	5K	0:39:43	0:12:49	Jr. Achievement 5K	Homer City	PA	5/11/2019
Mary Beth Rine	5K	0:39:44	0:12:49	Diamond Dash 5K	Ernest	PA	5/18/2019
Kosie Shepherd Porada	5K	0:39:46	0:12:50	Chase The Wolf Obstacle 5K	Youngwood	PA	6/1/2019
Michael Porada	5K	0:39:46	0:12:50	Chase The Wolf Obstacle 5K	Youngwood	PA	6/1/2019
Doug Gradwell	5K	0:39:54	0:12:52	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Mary Beth Rine	5K	0:39:59	0:12:54	Indiana County Fair 5K	Indiana	PA	8/25/2019
Michele Belak	5K	0:40:08	0:12:57	Race To The Moon 5K	Apollo	PA	7/13/2019
Michele Belak	5K	0:40:08	0:12:57	Derry Railroad Days 5K	Derry	PA	9/21/2019
Donna Zukas	5K	0:40:24	0:13:02	Run for Life 5K	Apollo	PA	11/16/2019
Darlene Hudak	5K	0:40:27	0:13:03	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Mary Beth Rine	5K	0:41:00	0:13:14	Chase The Wolf Obstacle 5K	Youngwood	PA	6/1/2019
Tom Fetterman	5K	0:41:07	0:13:16	Ebensburg Homecoming 5K	Ebensburg	PA	7/27/2019
Kim Peterman	5K	0:41:08	0:13:16	Ebensburg Homecoming 5K	Ebensburg	PA	7/27/2019
Darlene Hudak	5K	0:41:15	0:13:18	Bushy Run Battlefield 5K	Penn Run	PA	7/14/2019
Mary Beth Rine	5K	0:41:22	0:13:21	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Kosie Shepherd Porada	5K	0:42:20	0:13:39	Johnstown Christian School	Hollsopple	PA	5/11/2019
Claire Hogan	5K	0:42:41	0:13:46	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Amy Ammerman	5K	0:42:45	0:13:47	Brave American 5K	Sewickley	PA	3/9/2019
Payton Cramer	5K	0:43:15	0:13:57	Fool's Run 5K	Indiana	PA	4/6/2019
Paul Hicks	5K	0:43:26	0:14:01	Fool's Run 5K	Indiana	PA	4/6/2019
Lori Gradwell	5K	0:43:28	0:14:01	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Gabe Belak	5K	0:43:56	0:14:10	Harmony Silvester 5K	Harmony	PA	12/31/2019
Michele Belak	5K	0:43:57	0:14:11	Harmony Silvester 5K	Harmony	PA	12/31/2019
Mike Porada	5K	0:44:19	0:14:18	Latrobe Turkey Trot	Latrobe	PA	11/28/2019
Sherri Cunkelman	5K	0:44:37	0:14:24	Missions Possible 5K	Blairsville	PA	8/10/2019
Micheal Shutty	5K	0:44:53	0:14:29	Fire & Ice 5K	Somerset	PA	1/19/2019
Paul Hicks	5K	0:45:10	0:14:34	Elderton 5K	Elderton	PA	5/17/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Chuck Schiefer	5K	0:45:15	0:14:36	Fool's Run 5K	Indiana	PA	4/6/2019
Lynne Schiefer	5K	0:45:21	0:14:38	Fool's Run 5K	Indiana	PA	4/6/2019
Paul Hicks	5K	0:45:41	0:14:44	Love Of Life 5K	Indiana	PA	10/19/2019
Paul Hicks	5K	0:46:18	0:14:56	Hoodlebug 5K	Homer City	PA	9/8/2019
Payton Cramer	5K	0:46:25	0:14:58	Jr. Achievement 5K	Homer City	PA	5/11/2019
Rick Terek	5K	0:46:43	0:15:04	Bushy Run Battlefield 5K	Penn Run	PA	7/14/2019
Any Shope Manzi	5K	0:47:43	0:15:24	Love Of Life 5K	Indiana	PA	10/19/2019
Mary Beth Rine	5K	0:48:02	0:15:30	Race To The Face 5K		PA	7/27/2019
Rick Terek	5K	0:48:13	0:15:33	Salvation Army Red Kettle	Brackenridge	PA	11/16/2019
Chuck Schiefer	5K	0:48:40	0:15:42	Diamond Dash 5K	Ernest	PA	5/18/2019
Terry Orvosh	5K	0:49:04	0:15:50	Jr. Achievement 5K	Homer City	PA	5/11/2019
Tad Pajak	5K	0:49:05	0:15:50	Jr. Achievement 5K	Homer City	PA	5/11/2019
Kayleigh Zottola	5K	0:49:18	0:15:54	Midnight Madness 5K	Ames	IA	7/13/2019
Art Zotolla	5K	0:49:19	0:15:55	Midnight Madness 5K	Ames	IA	7/13/2019
Paul Hicks	5K	0:50:01	0:16:08	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Rick Terek	5K	0:50:51	0:16:24	Race To The Moon 5K	Apollo	PA	7/13/2019
Rick Terek	5K	0:50:52	0:16:25	Ford City 5K	Ford City	PA	7/6/2019
Kimberly Bendis	5K	0:50:53	0:16:25	Hoodlebug 5K	Homer City	PA	9/8/2019
Roger Bendis	5K	0:51:04	0:16:28	Hoodlebug 5K	Homer City	PA	9/8/2019
Paul Hicks	5K	0:51:09	0:16:30	Wonderful Life 5K	Ernest	PA	12/7/2019
Chuck Schiefer	5K	0:52:38	0:16:59	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
Lynne Schiefer	5K	0:53:02	0:17:06	Cause For Paws 5K	Blue Spruce	PA	9/21/2019
Ron Patrick	5K	0:54:21	0:17:32	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Christine Patrick	5K	0:54:22	0:17:32	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Kate Geiger	5K	0:55:22	0:17:52	Fool's Run 5K	Indiana	PA	4/6/2019
Amy Shope Manzi	5K	0:55:32	0:17:55	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Michele Belak	5K	0:56:49	0:18:20	Ford City 5K	Ford City	PA	7/6/2019
Don Hogan	5K	0:56:59	0:18:23	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Nathanael Sarra	5K	0:58:12	0:18:46	Mamouth Beer Run 5K	Greensburg	PA	3/23/2019
Nathanael Sarra	5K	0:59:00	0:19:02	Fool's Run 5K	Indiana	PA	4/6/2019
Sarah Lockard	5K	1:05:38	0:21:10	ICYMCA Turkey Trot	Indiana	PA	11/28/2019
Dean Banko	5K	1:06:49	0:21:33	Stop,Drop & Run Obstacle	Monaca	PA	10/12/2019
Jonathan Cunkelman	5K	22:30	7:15:29	Otter Conservancy 5K	Ebensburg	PA	5/11/2019

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Tim Welsh	5K	?:?:??		Firecracker Frolic 5K	New Germany	PA	7/4/2019
Lynne Schiefer	5K	?:?:??		Tails on Trails 5K	Indiana	PA	5/4/2019
Dean Banko	5K			Spartan Stadion Obstacle	Pittsburgh	PA	10/19/2019
Dean Banko	3.33 Mile	0:19:48	0:05:57	Groundhog Prediction Run	Zelionople	PA	2/2/2019
Gabe Belak	3.33 Mile	0:39:33	0:11:53	Groundhog Prediction Run	Zelionople	PA	2/2/2019
Michele Belak	3.33 Mile	0:39:34	0:11:53	Groundhog Prediction Run	Zelionople	PA	2/2/2019
Herb Cratty	6K	0:25:48	0:06:56	RSD Awareness 6K	Boston	PA	6/9/2019
Tina Zack	6K	0:31:51	0:08:34	RSD Awareness 6K	Boston	PA	6/9/2019
Cordelia Zack	6K	0:42:25	0:11:24	RSD Awareness 6K	Boston	PA	6/9/2019
Grant Cruse	4 Miler	0:26:32	0:06:38	Streetkids International	Central City	PA	11/28/2019
Denny Cruse	4 Miler	0:31:24	0:07:51	Streetkids International	Central City	PA	11/28/2019
Tina Zack	4 Miler	0:35:08	0:08:47	PL & E 4 Miler	Boston	PA	8/11/2019
Tina Zack	6.6 K	0:35:14	0:08:37	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Cordelia Zack	6.6 K	0:42:23	0:10:22	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Jennifer Ammerman	6.6 K	0:49:00	0:11:59	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Amy Melissa Ammerman	6.6 K	0:49:35	0:12:07	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Emily Ammerman	6.6 K	0:49:35	0:12:07	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Amy Ammerman	6.6 K	0:52:51	0:12:55	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Bill Leydic	6.6 K	0:52:51	0:12:55	Penguins 6.6K	Pittsburgh	PA	10/13/2019
Lucas Pajak	7K	0:24:46	0:05:42	Run For The Trail 7K	Dilltown	PA	8/10/2019
Sam Cunkelman	7K	0:26:28	0:06:06	Run For The Trail 7K	Dilltown	PA	8/10/2019
Ryan Pajak	7K	0:26:40	0:06:09	Run For The Trail 7K	Dilltown	PA	8/10/2019
Sara Zambotti	7K	0:26:59	0:06:13	Run For The Trail 7K	Dilltown	PA	8/10/2019
Thomas Berzonsky	7K	0:27:31	0:06:20	Run For The Trail 7K	Dilltown	PA	8/10/2019
Joe Johns	7K	0:32:13	0:07:25	Run For The Trail 7K	Dilltown	PA	8/10/2019
Jonathan Cunkelman	7K	0:32:30	0:07:29	Run For The Trail 7K	Dilltown	PA	8/10/2019
Dan Mcquiston	7K	0:33:12	0:07:39	Run For The Trail 7K	Dilltown	PA	8/10/2019
Stephanie Putt	7K	0:33:45	0:07:47	Run For The Trail 7K	Dilltown	PA	8/10/2019
Tad Pajak	7K	0:34:58	0:08:03	Run For The Trail 7K	Dilltown	PA	8/10/2019
Denny Cruse	7K	0:35:18	0:08:08	Run For The Trail 7K	Dilltown	PA	8/10/2019
Chris Lasser	7K	0:35:47	0:08:15	Run For The Trail 7K	Dilltown	PA	8/10/2019
Noreen See	7K	0:37:43	0:08:41	Run For The Trail 7K	Dilltown	PA	8/10/2019
Thaddeus Pajak	7K	0:37:49	0:08:43	Run For The Trail 7K	Dilltown	PA	8/10/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
John Bomboy	7K	0:37:51	0:08:43	Run For The Trail 7K	Dilltown	PA	8/10/2019
Kosie Shepherd-Porada	7K	0:41:22	0:09:32	Run For The Trail 7K	Dilltown	PA	8/10/2019
Candie Mcquiston	7K	0:42:08	0:09:42	Run For The Trail 7K	Dilltown	PA	8/10/2019
William Stroup	7K	0:42:51	0:09:52	Run For The Trail 7K	Dilltown	PA	8/10/2019
Hollie Pajak	7K	0:43:33	0:10:02	Run For The Trail 7K	Dilltown	PA	8/10/2019
Art Zottola	7K	0:44:18	0:10:12	Run For The Trail 7K	Dilltown	PA	8/10/2019
Laura Digiorgio	7K	0:44:40	0:10:18	Run For The Trail 7K	Dilltown	PA	8/10/2019
Charles Frank	7K	0:45:58	0:10:35	Run For The Trail 7K	Dilltown	PA	8/10/2019
Janine Maust	7K	0:48:55	0:11:16	Run For The Trail 7K	Dilltown	PA	8/10/2019
Courtney Rozsi	5K	0:49:18	0:11:22	Run For The Trail 7K	Dilltown	PA	8/10/2019
Mary Beth Rine	7K	0:54:53	0:12:39	Run For The Trail 7K	Dilltown	PA	8/10/2019
Cathy Swauger	7K	0:54:57	0:12:40	Run For The Trail 7K	Dilltown	PA	8/10/2019
Sheri Cunkelman	7K	1:00:07	0:13:51	Run For The Trail 7K	Dilltown	PA	8/10/2019
Paul Hicks	7K	1:04:12	0:14:48	Run For The Trail 7K	Dilltown	PA	8/10/2019
Christine Patrick	7K	1:07:18	0:15:30	Run For The Trail 7K	Dilltown	PA	8/10/2019
Ron Patrick	7K	1:07:18	0:15:30	Run For The Trail 7K	Dilltown	PA	8/10/2019
Kosie Shepherd Porada	4.5 Miler	0:44:57	0:09:59	YMCA Turkey Trot	Holidaysburg	PA	11/30/2019
Matt Berzonsky	8K	0:29:24	0:05:56	Ultimate Showdown 8K	Indiana	PA	7/13/2019
Tom Berzonsky	8K	0:32:55	0:06:38	Ultimate Showdown 8K	Indiana	PA	7/13/2019
Jeannie Bujdos	8K	0:34:00	0:06:51	Wineglass 8K	Corning	NY	5/25/2019
Joe Johns	8K	0:37:31	0:07:34	Greensprings Miles/Smiles	Williamsburg	VA	9/29/2019
Doug Ulishney	8K	0:37:46	0:07:37	Ultimate Showdown 8K	Indiana	PA	7/13/2019
Veronica Bujdos	8K	0:37:56	0:07:39	Wineglass 8K	Corning	NY	5/25/2019
Jonathan Cunkelman	8K	0:38:32	0:07:46	Ultimate Showdown 8K	Indiana	PA	7/13/2019
John Swauger	8K	0:54:31	0:10:59	Ultimate Showdown 8K	Indiana	PA	7/13/2019
Laura Digiorgio	8K	0:56:39	0:11:25	Ultimate Showdown 8K	Indiana	PA	7/13/2019
Cathy Swauger	8K	1:17:05	0:15:32	Ultimate Showdown 8K	Indiana	PA	7/13/2019
Sam Cunkelman	5 Miler	0:28:42	0:05:44	Run With Alex 5 Miler	Bentleyville	PA	6/1/2019
Dylan Buffington	5 Miler	0:29:02	0:05:48	Ultimate Showdown 5 Miler	Indiana	PA	7/13/2019
Dean Banko	5 Miler	0:31:39	0:06:20	Latrobe 4th Of July 5 Miler	Latrobe	PA	6/28/2019
Will Berzonsky	5 Miler	0:33:39	0:06:44	Ultimate Showdown 5 Miler	Indiana	PA	7/13/2019
Jon Berzonsky	5 Miler	0:33:56	0:06:47	Ultimate Showdown 5 Miler	Indiana	PA	7/13/2019
Jonathan Cunkelman	5 Miler	0:37:56	0:07:35	Run With Alex 5 Miler	Bentleyville	PA	6/1/2019



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Dan McQuiston	5 Miler	0:37:57	0:07:35	Latrobe 4th Of July 5 Miler	Latrobe	PA	6/28/2019
Doug Ulishney	5 Miler	0:38:31	0:07:42	Latrobe 4th Of July 5 Miler	Latrobe	PA	6/28/2019
Jonathan Cunkelman	5 Miler	0:39:23	0:07:53	Latrobe 4th Of July 5 Miler	Latrobe	PA	6/28/2019
Tina Zack	5 Miler	0:43:48	0:08:46	Latrobe 4th Of July 5 Miler	Latrobe	PA	6/28/2019
Kosie Shepherd Porada	5 Miler	0:52:19	0:10:28	Latrobe 4th Of July 5 Miler	Latrobe	PA	6/28/2019
Kosie Shepherd Porada	5 Miler	0:57:52	0:11:34	Ultimate Showdown 5 Miler	Indiana	PA	7/13/2019
Adam Clawson	5 Miler	0:58:46	0:11:45	Ultimate Showdown 5 Miler	Indiana	PA	7/13/2019
Dick Gigliotti	5 Miler	1:17:06	0:15:25	Ultimate Showdown 5 Miler	Indiana	PA	7/13/2019
Sarah Kitchen	5 Miler	1:27:14	0:17:27	WPAL Mud Run & Obstacle	DuBois	PA	7/27/2019
Dean Banko	5K + 2 Miles	0:33:55	0:06:39	VFW Fallen Heroes 5K + 2	Scottsdale	PA	9/12/2019
Ria Fruscello	Relay 5.3 Miles	0:53:04	0:10:01	Pittsburgh Marathon Relay	Pittsburgh	PA	5/6/2019
Dean Banko	10K	0:39:04	0:06:18	Conemaugh Que Classic 10K	Hollsopple	PA	9/28/2019
Mindy Sawtelle-Zottola	10K	0:39:55	0:06:26	Midnight Madness 10K	Ames	IA	7/13/2019
Mindy Sawtelle-Zottola	10000 Meters	0:40:38	0:06:33	USATF Masters Outdoor	Ames	IA	7/10/2019
Scott Cessna	10K	0:44:32	0:07:11	Fool's Run 10K	Indiana	PA	4/6/2019
Zach Collins	10K	0:44:45	0:07:13	Fool's Run 10K	Indiana	PA	4/6/2019
Laura Yevchak	10K	0:45:07	0:07:17	Fool's Run 10K	Indiana	PA	4/6/2019
Jonathan Cunkelman	10K	0:45:12	0:07:17	Fool's Run 10K	Indiana	PA	4/6/2019
Joe Johns	10K	0:46:06	0:07:26	Fool's Run 10K	Indiana	PA	4/6/2019
Dan Mcquiston	10K	0:46:09	0:07:27	Fool's Run 10K	Indiana	PA	4/6/2019
Doug Ulishney	10K	0:47:34	0:07:40	Trim Town 10K	Dawson	PA	6/1/2019
Joe Johns	10K	0:48:16	0:07:47	Chernisky Classic 10K	Ebensburg	PA	7/6/2019
Brandon Payne	10K	0:48:34	0:07:50	Guthrie Gallop 10K	Sayre	PA	5/11/2019
Mary Lee Page	10K	0:48:42	0:07:51	Fool's Run 10K	Indiana	PA	4/6/2019
Doug Ulishney	10K	0:48:52	0:07:53	Fool's Run 10K	Indiana	PA	4/6/2019
Doug Ulishney	10K	0:50:56	0:08:13	Scottsdale Fall Festival 10K	Scottsdale	PA	9/21/2019
Dean Banko	10K	0:51:04	0:08:14	Huntindon Run For Pets 10K	Huntingdon	PA	10/20/2019
Owen Cramer	10K	0:51:24	0:08:17	Fool's Run 10K	Indiana	PA	4/6/2019
Bill Geiger	10K	0:51:36	0:08:19	Fool's Run 10K	Indiana	PA	4/6/2019
Stephanie Putt	10K	0:51:54	0:08:22	Chernisky Classic 10K	Ebensburg	PA	7/6/2019
Stephanie Putt	10K	0:52:26	0:08:27	Fool's Run 10K	Indiana	PA	4/6/2019
Chris Lasser	10K	0:52:40	0:08:30	Fool's Run 10K	Indiana	PA	4/6/2019
Daniel Pajak	10K	0:53:07	0:08:34	Fool's Run 10K	Indiana	PA	4/6/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Tina Zack	10K	0:53:30	0:08:38	Great Race 10K	Pittsburgh	PA	9/29/2019
Tina Zack	10K	0:53:56	0:08:42	ORTC River Run 10K	Rochester	PA	5/12/2019
Ron Orr	10K	0:54:21	0:08:46	Jim Mayer 10K	Johnstown	PA	9/7/2019
Noreen See	10K	0:54:34	0:08:48	Bemus Point 10K	Bemus Point	NY	6/22/2019
Amanda Vresilovic	10K	0:55:33	0:08:58	Fool's Run 10K	Indiana	PA	4/6/2019
Ron Orr	10K	0:56:48	0:09:10	Fool's Run 10K	Indiana	PA	4/6/2019
Candie Mcquiston	10K	0:59:32	0:09:36	Fool's Run 10K	Indiana	PA	4/6/2019
John Bomboy	10K	1:01:06	0:09:51	Fool's Run 10K	Indiana	PA	4/6/2019
Dean Banko	10K	1:01:14	0:09:53	Sweat For Vets	Altoona	PA	11/3/2019
Kosie Shepherd Porada	10K	1:01:49	0:09:58	Diamond Dash 10K	Hollidaysburg	PA	5/18/2019
Leah Dever	10K	1:02:00	0:10:00	Naples Run For The Music	Naples	FL	4/6/2019
Kosie Shepherd Porada	10K	1:02:04	0:10:01	Daily American 10K	Somerset	PA	6/8/2019
Anthony Boerio	10K	1:02:41	0:10:07	Bataan Memorial 10K	Boston	PA	3/30/2019
Sara Necciai	10K	1:02:46	0:10:07	Guthrie Gallop 10K	Sayre	PA	5/11/2019
Lee Ann Tilghman	10K	1:05:46	0:10:36	Fool's Run 10K	Indiana	PA	4/6/2019
Scott Bowman	10K	1:05:49	0:10:37	Fool's Run 10K	Indiana	PA	4/6/2019
Dennis Hudak	10K	1:07:13	0:10:50	Great Allegheney 10K	West Newton	PA	5/11/2019
Aileen Bowman	10K	1:07:27	0:10:53	Great Race 10K	Pittsburgh	PA	9/29/2019
Emily Ammerman	10K	1:07:28	0:10:53	Valentine 10K	North Park	PA	2/9/2019
John Swauger	10K	1:07:28	0:10:53	Great Race 10K	Pittsburgh	PA	9/29/2019
Don Marco	10K	1:13:55	0:11:55	Fool's Run 10K	Indiana	PA	4/6/2019
Michele Belak	10K	1:15:33	0:12:11	Fool's Run 10K	Indiana	PA	4/6/2019
Cathy Swauger	10K	1:15:37	0:12:12	Sea Island 10K	Sea Island	GA	11/16/2019
Darlene Hudak	10K	1:16:12	0:12:17	Great Allegheney 10K	West Newton	PA	5/11/2019
Doug Berezansky	10K	1:16:59	0:12:25	Great Race 10K	Pittsburgh	PA	9/29/2019
Michele Belak	10K	1:19:00	0:12:45	Rockwood Rotary 10K	Rockwood	PA	6/22/2019
Lisa Berezansky	10K	1:19:37	0:12:50	Great Race 10K	Pittsburgh	PA	9/29/2019
Bill Serafin	10K	1:20:00	0:12:54	Sproul 10K Trail Race	North Bend	PA	7/20/2019
Bill Leydic	10K	1:20:31	0:12:59	Brave American 10K	Sewickley	PA	3/9/2019
Mary Beth Rine	10K	1:21:14	0:13:06	Fool's Run 10K	Indiana	PA	4/6/2019
Amy Ammerman	10K	1:21:58	0:13:13	Great Race 10K	Pittsburgh	PA	9/29/2019
Bill Leydic	10K	1:21:59	0:13:13	Great Race 10K	Pittsburgh	PA	9/29/2019
Amy Ammerman	10K	1:23:12	0:13:25	Fool's Run 10K	Indiana	PA	4/6/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
William Leydic	10K	1:23:12	0:13:25	Fool's Run 10K	Indiana	PA	4/6/2019
Amy Ammerman	10K	1:27:48	0:14:10	Boston Harvest 10K	Boston	PA	9/22/2019
Bill Leydic	10K	1:27:50	0:14:10	Boston Harvest 10K	Boston	PA	9/22/2019
Amy Ammerman	10K	1:30:01	0:14:31	Valentine 10K	North Park	PA	2/9/2019
Bill Leydic	10K	1:30:01	0:14:31	Valentine 10K	North Park	PA	2/9/2019
Dean Banko	10K	1:38:06	0:15:49	Palmerton 10K Elite	Kunkletown	PA	7/13/2019
Dan Pajak	12K	0:59:20	0:07:58	Path Of The Flood 12K	Johnstown	PA	5/25/2019
Barry Little	12K	1:04:24	0:08:39	Path Of The Flood 12K	Johnstown	PA	5/25/2019
Candie Mcquiston	12K	1:06:45	0:08:58	Path Of The Flood 12K	Johnstown	PA	5/25/2019
Kosie Shepherd Porada	12K	1:09:19	0:09:19	Path Of The Flood 12K	Johnstown	PA	5/25/2019
Mary Beth Rine	12K	1:26:22	0:11:37	Path Of The Flood 12K	Johnstown	PA	5/25/2019
Lynette Little	12K	1:36:02	0:12:54	Path Of The Flood 12K	Johnstown	PA	5/25/2019
Herb Cratty	7.7 Mile	0:53:31	0:06:57	Groundhog Prediction Run	Zelionople	PA	2/2/2019
Dean Banko	7.7 Mile	0:55:01	0:07:09	Groundhog Prediction Run	Zelionople	PA	2/2/2019
Darlene Hudak	7.8 Miler	3:28:30	0:26:44	Rachel Carson 7.8 Miler	Traentum	PA	6/22/2019
Dennis Hudak	7.8 Miler	3:28:30	0:26:44	Rachel Carson 7.8 Miler	Traentum	PA	6/22/2019
Ryan Knecht	9 Miler	1:09:24	0:07:43	Run For Diamond 9 Miler	Berwick	PA	11/28/2019
Sam Cunkelman	15K	0:56:10	0:06:02	Ebensburg Homecoming 15K	Ebensburg	PA	7/27/2019
Dean Banko	15K	1:02:16	0:06:42	Not Another Polar Vortex	Boston	PA	4/7/2019
Dean Banko	15K	1:03:15	0:06:48	Ebensburg Homecoming 15K	Ebensburg	PA	7/27/2019
Steve Pagano	15K	1:31:53	0:09:53	Deer Fly 15K	Penn Run	PA	7/28/2019
Candice Lockard	15K	1:36:13	0:10:21	Deer Fly 15K	Penn Run	PA	7/28/2019
Jonathan Cunkelman	15K	1:36:30	0:10:23	Deer Fly 15K	Penn Run	PA	7/28/2019
Kosie Shepherd Porada	15K	1:37:00	0:10:26	Ebensburg Homecoming 15K	Ebensburg	PA	7/27/2019
Stephanie Putt	15K	1:44:10	0:11:12	Deer Fly 15K	Penn Run	PA	7/28/2019
Daniel Pajak	15K	1:51:24	0:11:59	Deer Fly 15K	Penn Run	PA	7/28/2019
Tad Pajak	15K	1:59:12	0:12:49	Deer Fly 15K	Penn Run	PA	7/28/2019
William Stroup	15K	2:01:47	0:13:06	Deer Fly 15K	Penn Run	PA	7/28/2019
A J Lockard	15K	2:21:26	0:15:12	Deer Fly 15K	Penn Run	PA	7/28/2019
Brandon Digiorgio	15K	2:29:17	0:16:03	Deer Fly 15K	Penn Run	PA	7/28/2019
Laura Digiorgio	15K	2:29:19	0:16:03	Deer Fly 15K	Penn Run	PA	7/28/2019
Connor Gibson	15K	2:51:40	0:18:28	Deer Fly 15K	Penn Run	PA	7/28/2019
Darlene Hudak	15K	2:53:33	0:18:40	Deer Fly 15K	Penn Run	PA	7/28/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Dennis Hudak	15K	2:53:35	0:18:40	Deer Fly 15K	Penn Run	PA	7/28/2019
Paul Hicks	15K	3:14:04	0:20:52	Deer Fly 15K	Penn Run	PA	7/28/2019
Dean Banko	10 Miler	1:04:04	0:06:24	Morley's Run 10 Miler	Johnstown	PA	11/2/2019
Sara Zambotti	10 Miler	1:04:33	0:06:27	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Joe Johns	10 Miler	1:16:16	0:07:38	Morley's Run 10 Miler	Johnstown	PA	11/2/2019
Don Marco	10 Miler	1:20:45	0:08:04	Spring Thaw 10 Miler	North Park	PA	2/23/2019
Dean Banko	10 Miler	1:25:00	0:08:30	Stackhouse Park 10 Miler	Johnstown	PA	8/24/2019
Tina Zack	10 Miler	1:28:34	0:08:51	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Aileen Bowman	10 Miler	1:46:37	0:10:40	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Leah Dever	Ten Miler	1:51:51	0:11:11	Excalibur Ten Miler	Viera	FL	3/17/2019
Bill Serafin	10 Miler	1:58:00	0:11:48	Stackhouse Park 10 Miler	Johnstown	PA	8/24/2019
Scott Bowman	10 Miler	2:04:09	0:12:25	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Mary Beth Rine	10 Miler	2:11:01	0:13:06	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Amy Ammerman	10 Miler	2:20:52	0:14:05	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Bill Leydic	10 Miler	2:20:52	0:14:05	EQT Ten Miler	Pittsburgh	PA	11/2/2019
John Swauger	10 Miler	2:27:57	0:14:48	EQT Ten Miler	Pittsburgh	PA	11/2/2019
Ron See	Bike 20K	0:40:51	0:03:18	Western PA Duathlon	Cooks Forest	PA	7/20/2019
A J Lockard	12.53 Miles	2:55:24	0:14:00	Allegheny Trail 3 Hour	Tyrone	PA	7/13/2019
Dean Banko	Half Marathon	1:22:12	0:06:16	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Dean Banko	Half Marathon	1:22:33	0:06:18	End Of The World Half	Waterfall	PA	10/26/2019
Mindy Sawtelle-Zottola	Half Marathon	1:23:04	0:06:20	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Dean Banko	Half Marathon	1:23:12	0:06:21	Path Of The Flood Half	Johnstown	PA	5/25/2019
Mindy Sawtelle-Zottola	Half Marathon	1:23:39	0:06:23	Mighty Niagara Half	Youngstown	NY	9/21/2019
Dean Banko	Half Marathon	1:24:27	0:06:27	Boston Harvest Half	Boston	PA	9/22/2019
Dean Banko	Half Marathon	1:30:17	0:06:54	Shamrock Shuffle Half	Harmony	PA	3/16/2019
Herb Cratty	Half Marathon	1:33:48	0:07:10	Run To Read Half Marathon	Fairmont	WV	1/5/2019
Dean Banko	Half Marathon	1:37:22	0:07:26	Friends Of Shawnee Half	Schellsburg	PA	9/21/2019
Joe Johns	Half Marathon	1:38:56	0:07:33	Path Of The Flood Half	Johnstown	PA	5/25/2019
Zach Collins	Half Marathon	1:38:57	0:07:33	Path Of The Flood Half	Johnstown	PA	5/25/2019
Laura Yevchak	Half Marathon	1:39:42	0:07:37	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Dean Banko	Half Marathon	1:39:52	0:07:37	Ohiopyle Trilogy Half	Ohiopyle	PA	10/13/2019
Jonathan Cunkelman	Half Marathon	1:40:04	0:07:38	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Jonathan Cunkelman	Half Marathon	1:41:03	0:07:43	Rockwood Rotary Half	Rockwood	PA	6/22/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Laura Yevchak	Half Marathon	1:42:21	0:07:49	Path Of The Flood Half	Johnstown	PA	5/25/2019
Laura Yevchak	Half Marathon	1:43:23	0:07:54	Nittany Valley Half	State College	PA	12/8/2019
Steve Pagano	Half Marathon	1:43:39	0:07:55	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Jonathan Cunkelman	Half Marathon	1:44:14	0:07:57	Yough River Half	Connellsville	PA	4/20/2019
Jonathan Cunkelman	Half Marathon	1:44:14	0:07:57	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Dan McQuiston	Half Marathon	1:44:41	0:07:59	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Mary Lee Page	Half Marathon	1:46:27	0:08:08	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Brandon Payne	Half Marathon	1:47:17	0:08:11	Decker's Creek Half	Masontown	WV	6/1/2019
Dan McQuiston	Half Marathon	1:48:34	0:08:17	Nittany Valley Half	State College	PA	12/8/2019
Jonathan Cunkelman	Half Marathon	1:50:24	0:08:26	Shamrock Shuffle Half	Harmony	PA	3/16/2019
Bill Geiger	Half Marathon	1:51:14	0:08:29	Path Of The Flood Half	Johnstown	PA	5/25/2019
Jonathan Cunkelman	Half Marathon	1:52:04	0:08:33	MC Historic Half	Fredericksburg	VA	5/19/2019
Bill Geiger	Half Marathon	1:53:01	0:08:38	Buffalo Creek Half	Cabot	PA	10/19/2019
Stephanie Putt	Half Marathon	1:53:56	0:08:42	Path Of The Flood Half	Johnstown	PA	5/25/2019
Dean Banko	Half Marathon	1:55:47	0:08:50	Dirty Kiln Half Marathon	Altoona	PA	4/6/2019
Barb Barger	Half Marathon	1:57:52	0:09:00	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Dave Miller	Half Marathon	1:58:25	0:09:02	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Evelyn Gill	Half Marathon	1:58:33	0:09:03	Miles For Smiles Half	Punxsutawney	PA	8/24/2019
Louise Maine	Half Marathon	1:58:45	0:09:04	Guangzhou Half Marathon	Guangzhou	China	12/8/2019
Ray Peterman	Half Marathon	1:58:48	0:09:04	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Ron Orr	Half Marathon	1:58:50	0:09:04	Rehoboth Seashore Half	Rehoboth Bch	DE	12/7/2019
Ron Orr	Half Marathon	1:59:43	0:09:08	Valley Forge Half Marathon	Phoenixville	PA	10/6/2019
Ron Orr	Half Marathon	1:59:44	0:09:08	Anthem Shamrock Half	Virginia Beach	VA	3/17/2019
Evelyn Gill	Half Marathon	1:59:59	0:09:10	Buffalo Creek Half	Cabot	PA	10/19/2019
Ron Orr	Half Marathon	2:00:25	0:09:12	Conquer The Canyon Half	Wellsboro	PA	7/28/2019
Evelyn Gill	Half Marathon	2:01:05	0:09:15	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Evelyn Gill	Half Marathon	2:01:34	0:09:17	Chambersburg Half	Chambersburg	PA	3/9/2019
Evelyn Gill	Half Marathon	2:02:15	0:09:20	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Gia Spadafora	Half Marathon	2:02:29	0:09:21	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Tina Zack	Half Marathon	2:02:51	0:09:23	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Dean Banko	Half Marathon	2:03:29	0:09:26	Rock The Knob Half	Claysburg	PA	9/14/2019
Ron Orr	Half Marathon	2:03:48	0:09:27	Run For Autism Half	Youngwood	PA	9/1/2019
Ron Orr	Half Marathon	2:05:24	0:09:34	Rockwood Rotary Half	Rockwood	PA	6/22/2019

<b>NAME</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>PACE</b>	<b>RACE</b>	<b>CITY</b>	<b>STATE</b>	<b>DATE</b>
Jill Henry	Half Marathon	2:05:38	0:09:35	Bull Dam Trail Run Half	North East	PA	9/1/2019
Ron Orr	Half Marathon	2:05:46	0:09:36	YMCA Of Corry Half	Corry	PA	6/15/2019
Barry Little	Half Marathon	2:06:12	0:09:38	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Steph Putt	Half Marathon	2:06:39	0:09:40	Disney World Half Marathon	Orlando	FL	1/12/2019
Ron Orr	Half Marathon	2:08:35	0:09:49	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Sarah Kitchen	Half Marathon	2:09:05	0:00684	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Ron Orr	Half Marathon	2:09:22	0:09:53	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Mary Jean Bujdos	Half Marathon	2:09:45	0:09:54	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Sarah Kitchen	Half Marathon	2:10:05	0:09:56	Path Of The Flood Half	Johnstown	PA	5/25/2019
Sarah Kitchen	Half Marathon	2:11:08	0:10:01	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Ron Orr	Half Marathon	2:11:25	0:10:02	Southern Fried Half	Nags Head	NC	11/10/2019
Autumn Ziegler	Half Marathon	2:11:32	0:10:02	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Sarah Kitchen	Half Marathon	2:11:37	0:10:03	Buffalo Creek Half	Cabot	PA	10/19/2019
Louise Maine	Half Marathon	2:11:42	0:10:03	Yixing Intl. Half	Yiking	China	4/6/2019
Ron Orr	Half Marathon	2:12:04	0:10:05	Colonial Half Marathon	Williamsburg	VA	2/16/2019
Evelyn Gill	Half Marathon	2:12:54	0:10:09	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Sarah Kitchen	Half Marathon	2:13:41	0:10:12	Run For Autism Half	Youngwood	PA	9/1/2019
Aly Pajak	Half Marathon	2:14:28	0:10:16	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Bethany Pajak	Half Marathon	2:14:28	0:10:16	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Scott Valazak	Half Marathon	2:15:34	0:10:21	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Steve Pagano	Half Marathon	2:16:25	0:10:25	Dirty Kiln Half Marathon	Altoona	PA	4/6/2019
Courtney Collins	Half Marathon	2:16:37	0:10:26	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
John Swauger	Half Marathon	2:17:09	0:10:28	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Art Zotolla	Half Marathon	2:18:31	0:10:34	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Sarah Kitchen	Half Marathon	2:19:44	0:10:40	Great Smoky Mtn Half	Townsend	TN	9/6/2019
Ron Orr	Half Marathon	2:19:56	0:10:41	Path Of The Flood Half	Johnstown	PA	5/25/2019
Art Zotolla	Half Marathon	2:20:22	0:10:43	Columbus Half Marathon	Columbus	OH	10/20/2019
Sarah Kitchen	Half Marathon	2:20:23	0:10:43	Chambersburg Half	Chambersburg	PA	3/9/2019
Leah Dever	Half Marathon	2:24:00	0:11:00	Disney World Half Marathon	Orlando	FL	1/12/2019
James Thompson	Half Marathon	2:24:19	0:11:01	Dirty Kiln Half Marathon	Altoona	PA	4/6/2019
Bill Stroup	Half Marathon	2:24:47	0:11:03	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Art Zotolla	Half Marathon	2:25:41	0:11:07	Mighty Niagara Half	Youngstown	NY	9/21/2019
Leah Dever	Half Marathon	2:26:53	0:11:13	Space Coast Half Marathon	Cocoa Village	FL	12/1/2019

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Leah Dever	Half Marathon	2:27:39	0:11:16	Town Of Celebration Half	Celebration	FL	1/27/2019
Aileen Bowman	Half Marathon	2:28:30	0:11:20	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Linda Leopold	Half Marathon	2:28:30	0:11:20	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Art Zotolla	Half Marathon	2:28:41	0:11:21	Cook's Forest Half Marathon	Cooksburg	PA	4/7/2019
Leah Dever	Half Marathon	2:29:05	0:11:23	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
A J Lockard	Half Marathon	2:30:00	0:11:27	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Christine Orlosky	Half Marathon	2:30:48	0:11:31	Buffalo Creek Half	Cabot	PA	10/19/2019
Alexis Shank	Half Marathon	2:31:24	0:11:33	Dirty Kiln Half Marathon	Altoona	PA	4/6/2019
Lori Gradwell	Half Marathon	2:34:07	0:11:46	Sea Island Half Marathon	Sea Island	GA	11/16/2019
Leah Dever	Half Marathon	2:34:16	0:11:47	Princess Half Marathon	Orlando	FL	2/24/2019
Bill Serafin	Half Marathon	2:35:47	0:11:54	Dirty Kiln Half Marathon	Altoona	PA	4/6/2019
John Swauger	Half Marathon	2:37:19	0:12:01	Path Of The Flood Half	Johnstown	PA	5/25/2019
Christie Orlosky	Half Marathon	2:37:45	0:12:03	Run To Breathe Half Marathon	Portersville	PA	4/14/2019
Scott Bowman	Half Marathon	2:40:07	0:12:13	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Christie Orlosky	Half Marathon	2:43:03	0:12:27	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Christie Orlosky	Half Marathon	2:45:04	0:12:36	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Bill Serafin	Half Marathon	2:47:00	0:12:45	Raven Half Marathon	Poe Valley	PA	10/6/2019
Christie Orlosky	Half Marathon	2:47:32	0:12:47	Amish Country Half	Millersburg	OH	9/7/2019
Cathy Swauger	Half Marathon	2:52:14	0:13:09	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Lecinda Yevchak	Half Marathon	2:52:54	0:13:12	Path Of The Flood Half	Johnstown	PA	5/25/2019
Bill Serafin	Half Marathon	2:53:10	0:13:13	Greenwood Furnace Trail	Huntington	PA	5/5/2019
Donna Zukas	Half Marathon	2:53:49	0:13:16	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Christie Orlosky	Half Marathon	2:54:13	0:13:18	Northern Ohio Half	Headlands	OH	10/6/2019
Bill Serafin	Half Marathon	2:54:38	0:13:20	Lost Turkey Trail Half	Imler	PA	6/29/2019
Jonathan Cunkelman	Half Marathon	2:55:12	0:13:22	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Lecinda Yevchak	Half Marathon	2:55:14	0:13:23	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Courtney Rozsi	Half Marathon	2:55:41	0:13:25	Autism Labor Day Half	Youngwood	PA	9/1/2019
Christie Orlosky	Half Marathon	2:56:44	0:13:29	Rite Aid Cleveland Half	Cleveland	OH	5/19/2019
Janine Maust	Half Marathon	3:00:48	0:13:48	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Christie Orlosky	Half Marathon	3:02:33	0:13:56	Presque Isle Half Marathon	Erie	PA	7/21/2019
Amy Ammerman	Half Marathon	3:25:18	0:15:40	Boston Trail Half Marathon	Elizabeth	PA	4/20/2019
Bill Leydic	Half Marathon	3:25:51	0:15:43	Boston Trail Half Marathon	Elizabeth	PA	4/20/2019
Ron Patrick	Half Marathon	3:29:36	0:16:00	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019

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Christine Patrick	Half Marathon	3:29:37	0:16:00	Pittsburgh Half Marathon	Pittsburgh	PA	5/6/2019
Wendy Riggenschach	Half Marathon	3:39:27	0:16:45	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Sherry Shank	Half Marathon	3:40:35	0:16:50	Dirty Kiln Half Marathon	Altoona	PA	4/6/2019
Mike Riggenschach	Half Marathon	3:41:11	0:16:53	InFirst Bank Vet's Half	Black Lick	PA	11/3/2019
Steve Pagano	Half Marathon	4:08:38	0:18:59	Lost Turkey Trail Half	Imler	PA	6/29/2019
Bill Serafin	13.8 Miler	2:25:00	0:10:30	Upchuck 13.8 Miler	Beaverdale	PA	7/4/2019
Bill Geiger	13.8 Miler	2:27:00	0:10:39	Upchuck 13.8 Miler	Beaverdale	PA	7/4/2019
Chris Lasser	13.8 Miler	2:43:00	0:11:49	Upchuck 13.8 Miler	Beaverdale	PA	7/4/2019
Ron Orr	13.8 Miler	?:?:??		Upchuck 13.8 Miler	Beaverdale	PA	7/4/2019
Dean Banko	25K	2:06:14	0:08:09	Deer Fly 25K	Penn Run	PA	7/28/2019
Zach Collins	25K	2:54:22	0:11:15	Deer Fly 25K	Penn Run	PA	7/28/2019
Steve Pagano	25K	3:01:32	0:11:43	Cook's Forest Trail 25K	Cooksburg	PA	8/10/2019
Bill Serafin	25K	3:06:24	0:12:02	Deer Fly 25K	Penn Run	PA	7/28/2019
James Glassford	25K	3:08:02	0:12:08	Deer Fly 25K	Penn Run	PA	7/28/2019
Jeff Smith	25K	3:09:12	0:12:12	Cook's Forest Trail 25K	Cooksburg	PA	8/10/2019
Bill Serafin	25K	3:10:34	0:12:18	Cook's Forest Trail 25K	Cooksburg	PA	8/10/2019
Alexis Shank	25K	3:55:03	0:15:10	Hyner View Trail	North Bend	PA	4/20/2019
Dean Banko	30K	3:04:57	0:09:57	Howl The Moon 30K	Rector	PA	10/27/2019
Dan Pajak	30K	4:28:44	0:14:27	Howl The Moon 30K	Rector	PA	10/27/2019
Thaddeus Pajak	30K	4:28:46	0:14:27	Howl The Moon 30K	Rector	PA	10/27/2019
Ron Orr	Tri Bike	1:32:24	0:03:46	Outer Banks Triathlon	Manteo	NC	9/15/2019
Eliud Kipchoge	Marathon	1:59:40	0:04:34	INEOS 1:59 Marathon	Vienna	Austria	10/12/2019
Mindy Sawtelle-Zottola	Marathon	2:58:00	0:06:48	Columbus Marathon	Columbus	OH	10/20/2019
Sara Zambotti	Marathon	2:58:09	0:06:48	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Mindy Sawtelle-Zottola	Marathon	3:02:59	0:06:59	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Dean Banko	Marathon	3:07:09	0:07:09	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Jeannie Bujdos	Marathon	3:28:31	0:07:58	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Jeannie Bujdos	Marathon	3:37:00	0:08:17	Philadelphia Marathon	Philadelphia	PA	11/24/2019
Veronica Bujdos	Marathon	3:50:43	0:08:48	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Dan McQuiston	Marathon	3:53:06	0:08:54	York Marathon	York	PA	5/19/2019
Veronica Bujdos	Marathon	3:57:31	0:09:04	Philadelphia Marathon	Philadelphia	PA	11/24/2019
Luke Parfitt	Marathon	4:00:37	0:09:11	InFirst Bank Vet's Marathon	Black Lick	PA	11/3/2019
Joe Johns	Marathon	4:06:41	0:09:25	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019



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Zach Collins	Marathon	4:07:46	0:09:27	InFirst Bank Vet's Marathon	Black Lick	PA	11/3/2019
Jeff Smith	Marathon	4:08:19	0:09:29	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Chris Lasser	Marathon	4:12:55	0:09:39	Boston Marathon	Boston	MA	4/15/2019
Dan McQuiston	Marathon	4:14:59	0:09:44	Mad Marathon	Waitsfield	VT	7/7/2019
Brad Rives	Marathon	4:16:01	0:09:46	Columbus Marathon	Columbus	OH	10/20/2019
Stephanie Putt	Marathon	4:19:02	0:09:53	InFirst Bank Vet's Marathon	Black Lick	PA	11/3/2019
Mary Jean Bujdos	Marathon	4:56:09	0:11:18	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Julie Shirley	Marathon	5:14:51	0:12:01	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Ed Hlebechuk	Marathon	5:35:18	0:12:48	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Kosie Shepherd Porada	Marathon	5:52:53	0:13:28	Erie Marathon	Erie	PA	9/8/2019
Heather Smith	Marathon	6:09:25	0:14:06	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Jeff Smith	Marathon	6:12:31	0:14:13	Boulder Beast Trail	Lock Haven	PA	9/21/2019
Bill Serafin	Marathon	6:19:31	0:14:29	Boulder Beast Trail	Lock Haven	PA	9/21/2019
Peggy Ulishney	Marathon	6:37:56	0:15:11	InFirst Bank Vet's Marathon	Black Lick	PA	11/3/2019
Joe Bujdos	Marathon	6:38:42	0:15:13	Pittsburgh Marathon	Pittsburgh	PA	5/6/2019
Dean Banko	50K	4:43:17	0:09:08	Ghost Town Challenge	Black Lick	PA	6/15/2019
Joe Johns	50K	5:42:07	0:11:02	Ghost Town Challenge	Black Lick	PA	6/15/2019
Dave Miller	50K	5:55:44	0:11:29	Ghost Town Challenge	Black Lick	PA	6/15/2019
Jonathan Cunkelman	50K	5:58:59	0:11:35	Ghost Town Challenge	Black Lick	PA	6/15/2019
Dean Banko	50K	6:23:20	0:12:22	Lost Turkey Trail 50K	Imler	PA	6/29/2019
Dean Banko	50K	6:29:00	0:12:33	Hyner View Trail	North Bend	PA	4/20/2019
Candi Lockard	50K	6:36:32	0:12:47	Lost Turkey Trail 50K	Imler	PA	6/29/2019
Matt Pajak	50K	6:36:45	0:12:48	Laurel Highlands 50K	Ohiopyle	PA	6/8/2019
Evelyn Gill	50K	6:43:51	0:13:02	Ghost Town Challenge	Black Lick	PA	6/15/2019
Sarah Kitchen	50K	6:43:51	0:13:02	Ghost Town Challenge	Black Lick	PA	6/15/2019
Bill Serafin	50K	7:36:00	0:14:43	Laurel Highlands 50K	Ohiopyle	PA	6/8/2019
Wendy Riggenbach	50K	12:18:11	0:23:49	Ghost Town Challenge	Black Lick	PA	6/15/2019
Mike Riggenbach	50K	12:18:11	0:23:49	Ghost Town Challenge	Black Lick	PA	6/15/2019
Candi Lockard	44 Miles	10:49:00	0:14:45	Allegheny Trail 12 Hour	Tyrone	PA	7/13/2019
Dean Banko	100K	16:11:45	0:15:40	World's End Ultra 100K	Forksville	PA	6/1/2019
Ryan Knecht	100K	16:22:11	0:15:50	Oil Creek Ultra Trail 100K	Titusville	PA	10/12/2019
Dean Banko	70.5 Miler	16:02:07	0:13:39	Laurel Highlands 70.5 Miler	Ohiopyle	PA	6/8/2019
Dean Banko	103 Miler	32:53:17	0:19:09	Eastern State 100	Waterville	PA	8/10/2019

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Dean Banko	5K	1:10:57		Tougher Mudder	Pittsburgh	PA	9/7/2019
Ryan Knecht	5K	12:39:00		Baker Trail Ultra	Godfrey	PA	8/24/2019
Kaylee Winger	Sprint Race			Kids Klassic	Indiana	PA	9/28/2019
Jackson Scanlon	Sprint Race			Kids Klassic	Indiana	PA	9/28/2019
Anderson Scanlon	Sprint Race			Kids Klassic	Indiana	PA	9/28/2019
Cassie Winger	0:01:45			Kids Klassic	Indiana	PA	9/28/2019
Kendall Branran	4 X 400	0:03:45		Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Matt Berzonsky	4 X 400	0:03:45		Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Joey Bujdos	4 X 400	0:03:45		Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Kendall Branran	3200 Relay	0:07:52	#DIV/0!	State T & F Meet	Shippensburg	PA	5/25/2019
Joey Bujdos	3200 Relay	0:07:52	#DIV/0!	State T & F Meet	Shippensburg	PA	5/25/2019
Matt Berzonsky	3200 Relay	0:07:52	#DIV/0!	State T & F Meet	Shippensburg	PA	5/25/2019
Kendall Branran	3200 Relay	0:08:00	#DIV/0!	District T & F Meet	Slippery Rock	PA	5/16/2019
Joey Bujdos	3200 Relay	0:08:00	#DIV/0!	District T & F Meet	Slippery Rock	PA	5/16/2019
Matt Berzonsky	3200 Relay	0:08:00	#DIV/0!	District T & F Meet	Slippery Rock	PA	5/16/2019
Kendall Branran	4 X 800	0:08:13		Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Matt Berzonsky	4 X 800	0:08:13		Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Joey Bujdos	4 X 800	0:08:13		Tri-State T & F Coaches	Edinboro	PA	2/16/2019
Kendall Branran	Dist Medley	0:10:28		Tri-State T & F Coaches	Edinboro	PA	2/9/2019
Joey Bujdos	Dist Medley	0:10:28		Tri-State T & F Coaches	Edinboro	PA	2/9/2019
Matt Berzonsky	Dist Medley	0:10:28		Tri-State T & F Coaches	Edinboro	PA	2/9/2019
Dean Banko		0:23:20		Rugged Maniac Obstacle	Mohoton	PA	8/3/2019
Dean Banko		0:44:47		Mudd Monster Miler	Blairsville	PA	8/17/2019
Dean Banko		0:46:59		Bonefrog Sprint	Charlotte Hall	PA	7/20/2019
Dean Banko	Duathlon	0:57:25		Ebensburg HC Duathlon	Ebensburg	PA	7/27/2019
Dean Banko		1:02:22		Mud On The Mountain	Seven Springs	PA	5/11/2019
Noreen See	Duathlon	1:14:22		Ebensburg Duathlon	Ebensburg	PA	7/27/2019
Dean Banko		1:14:57		Bonefrog Obstacle Elite	Charlotte Hall	MD	7/20/2019
Ron See	Duathlon	1:18:50		Ebensburg Duathlon	Ebensburg	PA	7/27/2019
Maddy Bauer		1:30:32		Mudd Monster Miler	Blairsville	PA	8/17/2019
Scott Bauer		1:30:45		Mudd Monster Miler	Blairsville	PA	8/17/2019
Dean Banko		2:12:41		Palmerton Super	Kunkletown	PA	7/13/2019
Dean Banko		2:20:57		Bonefrog Tier	Charlotte Hall	PA	7/20/2019

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Dean Banko	Ultra	9:38:58		Spartan Ultra Beast		NJ	4/27/2019
Jennifer Wally Blystone	Relay	?:?:??		Pittsburgh Marathon Relay	Pittsburgh	PA	5/6/2019
James Kitchen	Relay	?:?:??		Pittsburgh Marathon Relay	Pittsburgh	PA	5/6/2019
Christie Orlosky	Relay	?:?:??		Pittsburgh Marathon Relay	Pittsburgh	PA	5/6/2019
Denise Zahorchak	Relay	?:?:??		Pittsburgh Marathon Relay	Pittsburgh	PA	5/6/2019
Levi Schiefer	5K	?:?:??		Tails on Trails 5K	Indiana	PA	5/4/2019
Sarah Kitchen		?:?:??		Mud On The Mountain	Seven Springs	PA	5/11/2019
Evelyn Gill		?:?:??		Mud On The Mountain	Seven Springs	PA	5/11/2019
Dean Banko	25 Miles	?:?:??		Toughest Mudder Philly	Coatesville	PA	5/18/2019
Anthony Boerio	Shot Put	24' 8"		Westmoco Sr. Games T & F	Penn Trafford	PA	5/18/2019
Dean Banko	Relay			Trooper Iwaniec 5K	Latrobe	PA	4/13/2019
Laura Yevchak	Relay			Trooper Iwaniec 5K	Latrobe	PA	4/13/2019
Dean Banko	Obstacle			Indian Mud Run	Coshocton	OH	6/22/2019
Jennifer Wally Blystone	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Denise Zahorchak	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Don Zahorchak	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Donna Scanlon	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Pat Scanlon	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Tom Fetterman	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Kim Peterman	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Evan Clawson	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Adam Clawson	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Doug Ulishney	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Sarah Kitchen	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Chris Lasser	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Evelyn Gill	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Scott Valazak	Relay			InFirst Bank Vet's Relay	Black Lick	PA	11/3/2019
Dean Banko	Obstacle			Obstacle Terrain 5K	Monroeville	PA	10/12/2019
Mary Beth Rine	Obstacle			Obstacle Terrain 5K	Monroeville	PA	10/12/2019
Dean Banko	Obstacle			Crossfit Excursion Dash	Johnstown	PA	7/6/2019