

IRRC MEMBER RACE STATS 2025

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Dean Banko	5K	0:18:14	0:05:53	Fool's Run 5K	Black Lick	PA	4/5/2025
Banko, Dean	5K	0:18:27	0:05:57	Cupid's Chase 5K	Latrobe	PA	2/8/2025
Dean Banko	5K	0:18:30	0:05:58	Semper Gratus Shuffle 5K	Leechburg	PA	3/22/2025
Dean Banko	5K	0:19:14	0:06:12	Shamrock Shake 5K	Galeria Mall	PA	3/8/2025
Grant Cruse	5K	0:20:19	0:06:33	Run Your Ice Off 5K	Chambersburg	PA	2/3/2025
Caleb Fruscello	5K	0:20:24	0:06:35	Shamrock 5K	Baltimore	MD	3/16/2025
Grant Cruse	5K	0:20:53	0:06:44	St Thomas Lutheran 5K	Hooversville	PA	4/19/2025
Grant Cruse	5K	0:21:07	0:06:49	Fire & Ice 5K	Somerset	PA	1/18/2025
Grant Cruse	5K	0:21:13	0:06:51	Shamrock Shake 5K	Galeria Mall	PA	3/8/2025
Zach Henry	5K	0:21:35	0:06:58	Fool's Run 5K	Black Lick	PA	4/5/2025
Dean Banko	5K	0:21:36	0:06:58	Resolution Run 5K	New Alexandria	PA	1/4/2025
Falyn Kiebler	5K	0:21:47	0:07:02	Fool's Run 5K	Black Lick	PA	4/5/2025
Grant Cruse	5K	0:22:10	0:07:09	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Falyn Kiebler	5K	0:22:14	0:07:10	Ellport 5K	Ellwood City	PA	3/8/2025
Jake Barger	5K	0:22:17	0:07:11	Fool's Run 5K	Black Lick	PA	4/5/2025
Joe Johns	5K	0:23:55	0:07:43	Bunny Dash 5K	Portage	PA	4/19/2025
Joe Johns	5K	0:24:48	0:08:00	Fool's Run 5K	Black Lick	PA	4/5/2025
Joe Johns	5K	0:24:58	0:08:03	Shamrock Shake 5K	Galeria Mall	PA	3/8/2025
Denny Cruse	5K	0:25:08	0:08:06	Run Your Ice Off 5K	Chambersburg	PA	2/3/2025
Denny Cruse	5K	0:26:06	0:08:25	Shamrock Shake 5K	Galeria Mall	PA	3/8/2025
Denny Cruse	5K	0:26:07	0:08:25	Fool's Run 5K	Black Lick	PA	4/5/2025
Kiebler, Falyn	5K	0:26:16	0:08:28	Resolution Run 5K	New Alexandria	PA	1/4/2025
Denny Cruse	5K	0:26:37	0:08:35	St Thomas Lutheran 5K	Hooversville	PA	4/19/2025
Stern, Mark	5K	0:26:48	0:08:39	Groundhog Day 5K	Pittsburgh	PA	2/1/2025
Denny Cruse	5K	0:27:11	0:08:46	Fire & Ice 5K	Somerset	PA	1/18/2025
Kosie Shepherd-Porada	5K	0:28:20	0:09:08	Race Of Champions 5K	Altoona	PA	3/29/2025
Meg Larko	5K	0:28:37	0:09:14	Fool's Run 5K	Black Lick	PA	4/5/2025
Denny Cruse	5K	0:29:00	0:09:21	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Kosie Shepherd-Porada	5K	0:29:10	0:09:25	Resolution Run 5K	New Alexandria	PA	1/4/2025
Bailey Kiebler	5K	0:30:33	0:09:51	Ellport 5K	Ellwood City	PA	3/8/2025
Tyler Kiebler	5K	0:30:36	0:09:52	Ellport 5K	Ellwood City	PA	3/8/2025

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Ria Fruscello	5K	0:30:54	0:09:58	Shamrock 5K	Baltimore	MD	3/16/2025
Tim Welsh	5K	0:30:57	0:09:59	Shamrock Shake 5K	Galeria Mall	PA	3/8/2025
Kiebler, Ellie	5K	0:30:58	0:09:59	Resolution Run 5K	New Alexandria	PA	1/4/2025
Stern, Mary Ellen	5K	0:30:58	0:09:59	Groundhog Day 5K	Pittsburgh	PA	2/1/2025
Tim Welsh	5K	0:31:02	0:10:01	Pgh Parade Day Dash 5K	Pittsburgh	PA	3/15/2025
Kiebler, Tyler	5K	0:31:05	0:10:02	Resolution Run 5K	New Alexandria	PA	1/4/2025
Courtney Rozsi	5K	0:31:47	0:10:15	A Rabbit Runs Through It 5K	Latrobe	PA	4/19/2025
Wes Kiebler	5K	0:32:48	0:10:35	Fool's Run 5K	Black Lick	PA	4/5/2025
Tyler Kiebler	5K	0:32:49	0:10:35	Fool's Run 5K	Black Lick	PA	4/5/2025
Stacey Mytrysak	5K	0:33:58	0:10:57	Race Of Champions 5K	Altoona	PA	3/29/2025
Dever, Leah	5K	0:34:14	0:11:03	Baler Park 5K	Naples	FL	3/1/2025
Kiebler, Bailey	5K	0:34:32	0:11:08	Set Your Year On Fire 5K	Ligonier	PA	1/5/2025
Kiebler, Tyler	5K	0:34:34	0:11:09	Set Your Year On Fire 5K	Ligonier	PA	1/5/2025
Lilly Mytrysak	5K	0:34:49	0:11:14	Fool's Run 5K	Black Lick	PA	4/5/2025
Stacey Mytrysak	5K	0:34:51	0:11:15	Fool's Run 5K	Black Lick	PA	4/5/2025
William Malia	5K	0:35:32	0:11:28	Fool's Run 5K	Black Lick	PA	4/5/2025
Colleen Gearhart	5K	0:36:58	0:11:55	Donut Dash 5K	Indiana	PA	4/12/2025
Cramer. Max	5K	0:37:02	0:11:57	Cupid's Chase 5K	Latrobe	PA	2/8/2025
Tim Welsh	5K	0:37:05	0:11:58	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Thomson, Kevin	5K	0:37:19	0:12:02	Cupid's Chase 5K	Latrobe	PA	2/8/2025
Belak, Michele	5K	0:37:20	0:12:03	Cupid's Chase 5K	Latrobe	PA	2/8/2025
Belak, Gabe	5K	0:37:20	0:12:03	Cupid's Chase 5K	Latrobe	PA	2/8/2025
Gabe Belak	5K	0:38:26	0:12:24	Yough Band On The Run 5K	Yough	PA	3/29/2025
Michele Belak	5K	0:38:27	0:12:24	Yough Band On The Run 5K	Yough	PA	3/29/2025
Max Cramer	5K	0:38:31	0:12:25	Semper Gratus Shuffle 5K	Leechburg	PA	3/22/2025
Kyle Doutt	5K	0:38:33	0:12:26	Fool's Run 5K	Black Lick	PA	4/5/2025
Kevin Thomson	5K	0:38:34	0:12:26	Semper Gratus Shuffle 5K	Leechburg	PA	3/22/2025
Kathryn Edmondson	5K	0:38:56	0:12:34	Donut Dash 5K	Indiana	PA	4/12/2025
Colleen Gearhart	5K	0:38:59	0:12:35	Semper Gratus Shuffle 5K	Leechburg	PA	3/22/2025
Gearhart, Colleen	5K	0:39:38	0:12:47	Butler Cupids Chase 5K	Butler	PA	2/8/2025
Herb Cratty	5K	0:39:49	0:12:51	Set Your Year On Fire 5K Walk	Ligonier	PA	1/5/2025
Max Cramer	5K	0:40:42	0:13:08	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Donna Scanlon	5K	0:41:30	0:13:23	Fool's Run 5K	Black Lick	PA	4/5/2025

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Kevin Thomson	5K	0:41:48	0:13:29	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Jess Barger	5K	0:42:11	0:13:36	Fool's Run 5K	Black Lick	PA	4/5/2025
Jonathan Cunkelman	5K	0:42:23	0:13:40	Fool's Run 5K	Black Lick	PA	4/5/2025
Kathryn Edmondson	5K	0:43:15	0:13:57	Fool's Run 5K	Black Lick	PA	4/5/2025
Mary Beth Rine	5K	0:46:07	0:14:53	Fool's Run 5K	Black Lick	PA	4/5/2025
Jayna Doutt	5K	0:46:09	0:14:53	Fool's Run 5K	Black Lick	PA	4/5/2025
Cheri Widzowski	5K	0:47:23	0:15:17	Fool's Run 5K	Black Lick	PA	4/5/2025
Mary Beth Rine	5K	0:47:25	0:15:18	Shamrock Shake 5K	Galeria Mall	PA	3/8/2025
Mary Beth Rine	5K	0:47:46	0:15:25	Donut Dash 5K	Indiana	PA	4/12/2025
Allen Shirley	5K	0:54:02	0:17:26	Fool's Run 5K	Black Lick	PA	4/5/2025
Kiebler, Wes	5K	0:55:03	0:17:45	Set Your Year On Fire 5K	Ligonier	PA	1/5/2025
Kiebler, Falyn	5K	0:55:05	0:17:46	Set Your Year On Fire 5K	Ligonier	PA	1/5/2025
Dean Banko	4 Miler	0:25:46	0:06:26	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Kiebler, Falyn	4 Miler	0:31:23	0:07:51	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Tad Pajak	4 Miler	0:34:33	0:08:38	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Kosie Shepherd-Porada	4 Miler	0:37:28	0:09:22	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Mary Page	4 Miler	0:38:20	0:09:35	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Kiebler, Ellie	4 Miler	0:45:42	0:11:25	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Kiebler, Tyler	4 Miler	0:45:42	0:11:25	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Colleen Gearhart	4 Miler	0:51:06	0:12:46	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Michele Belak	4 Miler	0:59:19	0:14:50	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Frederick, Georgetta	5 Mile	0:45:37	0:09:07	Spring Thaw 5/10/15/20	Allison Park	PA	2/22/2025
Thomson, Kevin	5 Mile	1:04:18	0:12:52	Spring Thaw 5/10/15/20	Allison Park	PA	2/22/2025
Simon Bianco	10K	0:43:42	0:07:03	Fool's Run 10K	Black Lick	PA	4/5/2025
Grant Cruse	10K	0:43:44	0:07:03	Fool's Run 10K	Black Lick	PA	4/5/2025
Chris Sharbaugh	10K	0:47:47	0:07:42	Fool's Run 10K	Black Lick	PA	4/5/2025
Jennifer Grim	10K	0:50:38	0:08:10	Fool's Run 10K	Black Lick	PA	4/5/2025
Kristin Rombaugh	10K	0:51:22	0:08:17	Fool's Run 10K	Black Lick	PA	4/5/2025
Stephanie Putt	10K	0:53:26	0:08:37	Fool's Run 10K	Black Lick	PA	4/5/2025
Dan McQuiston	10K	0:53:42	0:08:40	Fool's Run 10K	Black Lick	PA	4/5/2025
Barb Barger	10K	0:54:58	0:08:52	Fool's Run 10K	Black Lick	PA	4/5/2025
Chris Lasser	10K	0:57:29	0:09:16	Fool's Run 10K	Black Lick	PA	4/5/2025
Kosie Shepherd-Porada	10K	0:59:26	0:09:35	Gold Rush Race 10K	Tyrone	PA	3/15/2025

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Bill Geiger	10K	0:59:46	0:09:38	Fool's Run 10K	Black Lick	PA	4/5/2025
Jeff Snith	10K	1:02:06	0:10:01	Fool's Run 10K	Black Lick	PA	4/5/2025
Jeff Grim	10K	1:03:06	0:10:11	Fool's Run 10K	Black Lick	PA	4/5/2025
Tim Welsh	10K	1:06:47	0:10:46	Fool's Run 10K	Black Lick	PA	4/5/2025
Julie Shirley	10K	1:09:24	0:11:12	Fool's Run 10K	Black Lick	PA	4/5/2025
Leah Dever	10K	1:10:24	0:11:21	Run For The Music 10K	Naples	FL	3/29/2025
Bill Serafin	10K	1:14:51	0:12:04	Dirty Kiln Trail 10K	Hollidaysburg	PA	4/12/2025
Scott Bowman	10K	1:19:22	0:12:48	Fool's Run 10K	Black Lick	PA	4/5/2025
Colleen Gearhart	10K	1:20:38	0:13:00	Fool's Run 10K	Black Lick	PA	4/5/2025
Max Cramer	10K	1:21:01	0:13:04	Fool's Run 10K	Black Lick	PA	4/5/2025
Kevin Thomson	10K	1:21:58	0:13:13	Fool's Run 10K	Black Lick	PA	4/5/2025
Tim Welsh	10K	2:05:22	0:20:13	Dirty Kiln Trail 10K	Hollidaysburg	PA	4/12/2025
Herb Cratty	8.5 Miler	1:10:25	0:08:17	Epicenter 8.5 Miler	Fredonia	PA	2/22/2025
Frederick, Georgetta	10 Mile	1:33:51	0:09:23	Spring Thaw 5/10/15/20	Allison Park	PA	2/22/2025
Sarah Kitchen	Half Marathon	2:11:31	0:10:02	Roger Snyder Half Marathon	Richfield	PA	3/29/2025
Kitchen, Sara	Half Marathon	2:27:15	0:11:14	South Park Half Marathon	South Park Twp	PA	2/15/2025
Christie Orlosky	Half Marathon	2:50:25	0:13:01	Just A Short Run Half	North Park	PA	3/29/2025
Christie Orlosky	Half Marathon	2:58:46	0:13:39	Red Rock Canyon Half	Las Vegas	NV	1/25/2025
Slusser, Don	Half Marathon	3:28:18	0:15:54	South Park Half Marathon	South Park Twp	PA	2/15/2025
Kaylee Frederick	13.5 Miler	3:28:31	0:15:27	Frozen Snot 13.5 Miler	McElhatten	PA	2/1/2025
Frederick, Georgetta	15 Mile	2:28:32	0:09:54	Spring Thaw 5/10/15/20	Allison Park	PA	2/22/2025
Bob Manzi	Marathon	4:28:48	0:10:16	Boston Marathon	Boston	MA	4/21/2025
Kaylee Frederick	51.4 Miler	8:17:00	0:09:40	Badwater Cape Fear 51.4	Bald Island	NC	3/22/2025
Georgetta Frederick	51.4 Miler	12:13:00	0:14:16	Badwater Cape Fear 51.4	Bald Island	NC	3/22/2025
Joe Ankney	82 Miler	32:00:00	0:23:25	Rabid Raccoon 100 Miler	Beaver Falls	PA	3/15/2025

Updated 4/30/25