

IRRC MEMBER RACE STATS 2025

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Grant Cruse	5K	0:21:07	0.00473	Fire & Ice 5K	Somerset	PA	1/18/2025
Dean Banko	5K	0:21:36	0:06:58	Resolution Run 5K	New Alexandria	PA	1/4/2025
Grant Cruse	5K	0:22:10	0:07:09	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Denny Cruse	5K	0:27:11	0.00609	Fire & Ice 5K	Somerset	PA	1/18/2025
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
Tim Welsh	5K	0:37:05	0:11:58	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Herb Cratty	5K	0:39:49	0.00892	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
Kevin Thomson	5K	0:41:48	0.00936	Set Your Year On Fire 5K Run	Ligonier	PA	1/5/2025
Dean Banko	4 Miler	0:25:46	0.00447	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Tad Pajak	4 Miler	0:34:33	0.006	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Kosie Shepherd-Porada	4 Miler	0:37:28	0.0065	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Mary Page	4 Miler	0:38:20	0.00666	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Colleen Gearhart	4 Miler	0:51:06	0.00887	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Michele Belak	4 Miler	0:59:19	0.0103	Groundhog Jog 4 Miler	Punxsutwaney	PA	2/1/2025
Christie Orlosky	Half Marathon	2:58:46	0.00948	Red Rock Canyon Half	Las Vegas	NV	1/25/2025
Kaylee Frederick	13.5 Miler	3:28:31	0.01073	Frozen Snot 13.5 Miler	McElhatten	PA	2/1/2025

Updated 2/2/2025