IRRC MEMBER RACE STATS 2023

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Dean Banko	5K	0:17:23	0:05:36	Ellport 5K	Ellwood City	PA	3/4/2023
Dean Banko	5K	0:18:09	0:05:51	Boston Trail 5K	Elizabeth	PA	4/15/2023
Dean Banko	5K	0:18:41	0:06:02	Resolution 5K	Derry	PA	1/7/2023
Dean Banko	5K	0:19:00	0:06:08	Fool's Run 5K	Black Lick	PA	4/1/2023
Dean Banko	5K	0:19:38	0:06:20	Fire & Ice 5K	Somerset	PA	1/14/2023
Grant Cruse	5K	0:20:17	0:06:33	Wings Of Hope 5K	Richland	PA	4/8/2023
Joe Ankney	5K	0:21:15	0:06:51	Donut Dash 5K	Indiana	PA	4/22/2023
Stephen Mead	5K	0:21:16	0:06:52	Fool's Run 5K	Black Lick	PA	4/1/2023
Dean Banko	5K	0:21:26	0:06:55	Shamrock Shuffle 5K	Harmony	PA	3/25/2023
Herb Cratty	5K	0:21:36	0:06:58	Shamrock-N-Run 5K	Hermitage	PA	3/11/2023
Herb Cratty	5K	0:21:52	0:07:03	Sunrise School Superhero	Monroeville	PA	4/30/2023
Grant Cruse	5K	0:22:30	0:07:15	Fool's Run 5K	Black Lick	PA	4/1/2023
Denny Cruse	5K	0:23:44	0:07:39	Wings Of Hope 5K	Richland	PA	4/8/2023
Denny Cruse	5K	0:25:59	0:08:23	Fool's Run 5K	Black Lick	PA	4/1/2023
Kosie Shepherd-Porada	5K	0:26:08	0:08:26	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Kosie Shepherd-Porada	5K	0:26:22	0:08:30	Resolution 5K	Derry	PA	1/7/2023
Jonathan Cunkelman	5K	0:26:42	0.00598	Benezette Bugle 5K	Benezette	PA	5/6/2023
Meg Larko	5K	0:29:36	0:09:33	Fool's Run 5K	Black Lick	PA	4/1/2023
Kristina Taylor-Porter	5K	0:30:20	0:09:47	Fool's Run 5K	Black Lick	PA	4/1/2023
Shawn Berezansky	5K	0:32:09	0:10:22	Fool's Run 5K	Black Lick	PA	4/1/2023
Donna Scanlon	5K	0:33:29	0:10:48	Fool's Run 5K	Black Lick	PA	4/1/2023
Courtney Collins	5K	0:34:10	0:11:01	Donut Dash 5K	Indiana	PA	4/22/2023
Leah Dever	5K	0:35:00	0:11:17	Baker Park 5K	Naples	FL	2/25/2023
Gabe Belak	5K	0:35:10	0:11:21	Cupid's Choice 5K	Latrobe	PA	2/10/2023
Michele Belak	5K	0:35:11	0:11:21	Cupid's Choice 5K	Latrobe	PA	2/10/2023
Tim Welsh	5K	0:35:55	0:11:35	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Gabe Belak	5K	0:36:41	0:11:50	Resolution 5K	Derry	PA	1/7/2023
Michele Belak	5K	0:36:42	0:11:50	Resolution 5K	Derry	PA	1/7/2023
Linda Pilipovich	5K	0:37:10	0:11:59	Boston Trail 5K	Elizabeth	PA	4/15/2023
Linda Pilipovich	5K	0:37:11	0:12:00	Rabbit Race 5K	Latrobe	PA	4/8/2023
Doug Berezansky	5K	0:37:44	0:12:10	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023

NAME	DISTANCE	TIME	PACE	RACE	CITY	STATE	DATE
Gabe belak	5K	0:37:59	0:12:15	Semper Gratus Shamrock 5K	W. Leechburg	PA	3/18/2023
Michele Belak	5K	0:38:00	0:12:15	Semper Gratus Shamrock 5K	W. Leechburg	PA	3/18/2023
Stephanie Putt	5K	0:38:32	0:12:26	Walt Disney 5K	Orlando	FL	1/5/2023
Linda Pilipovich	5K	0:38:47	0:12:31	Fool's Run 5K	Black Lick	PA	4/1/2023
Lisa Berezansky	5K	0:38:52	0:12:32	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Linda Pilipovich	5K	0:39:06	0:12:37	March Mad Dash 5K	North Park	PA	3/11/2023
Linda Pilipovich	5K	0:41:47	0:13:29	Set Your Year on Fire 5K	Ligonier	PA	1/1/2023
Mary Beth Rine	5K	0:41:51	0:13:30	Donut Dash 5K	Indiana	PA	4/22/2023
Linda Pilipovich	5K	0:41:53	0:13:31	Resolution 5K	Derry	PA	1/7/2023
Bill Leydic	5K	0:41:55	0:13:31	Shamrock Run 5K	Cranberry	PA	3/4/2023
Ron See	5K	0:42:12	0:13:37	Fool's Run 5K	Black Lick	PA	4/1/2023
Allen Shirley	5K	0:42:36	0:13:45	Fool's Run 5K	Black Lick	PA	4/1/2023
Wendy Riggenbach	5K	0:47:54	0:15:27	Fool's Run 5K	Black Lick	PA	4/1/2023
Mike Riggenbach	5K	0:47:55	0:15:27	Fool's Run 5K	Black Lick	PA	4/1/2023
Peggy Eyer	5K	0:52:00	0:16:46	Fool's Run 5K	Black Lick	PA	4/1/2023
John Bomboy	5K	0:52:00	0:16:46	Fool's Run 5K	Black Lick	PA	4/1/2023
Dean Banko	4 Miler	0:25:17	0:06:19	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Kosie Shepherd-Porada	4 Miler	0:33:42	0:08:26	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Tad Pajak	4 Miler	0:35:34	0:08:54	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Janet Stewart	4 Miler	0:48:20	0:12:05	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Gabe Belak	4 Miler	0:50:35	0:12:39	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Michele Belak	4 Miler	0:50:36	0:12:39	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Mary Beth Rine	4 Miler	0:56:40	0:14:10	Groundhog Jog 4-Miler	Punxsutawney	PA	1/28/2023
Bill Leydic	5 Miler	1:09:11	0:13:50	March Mad Dash 5-Miler	North Park	PA	3/11/2023
Alex Cullison	10K	0:43:59	0:07:06	Fool's Run 10K	Black Lick	PA	4/1/2023
Joe Ankney	10K	0:44:26	0:07:10	Fool's Run 10K	Black Lick	PA	4/1/2023
Steve Pagano	10K	0:46:11	0:07:27	Fool's Run 10K	Black Lick	PA	4/1/2023
Chris Sharbaugh	10K	0:48:17	0.00541	Fool's Run 10K	Black Lick	PA	4/1/2023
Joe Johns	10K	0:50:49	0:08:12	Fool's Run 10K	Black Lick	PA	4/1/2023
Tom Whitcomb	10K	0:51:36	0:08:19	Fool's Run 10K	Black Lick	PA	4/1/2023
Dan McQuiston	10K	0:51:45	0:08:21	Fool's Run 10K	Black Lick	PA	4/1/2023
Kosie Shepherd-Porada	10K	0:53:10	0:08:35	Trooper Iwaniec 10K	Latrobe	PA	4/22/2023
Kosie Shepherd-Porada	10K	0:55:34	0:08:58	Fool's Run 10K	Black Lick	PA	4/1/2023

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Andy See	10K	0:55:49	0:09:00	Fool's Run 10K	Black Lick	PA	4/1/2023
Noreen See	10K	0:56:01	0:09:02	Fool's Run 10K	Black Lick	PA	4/1/2023
Bill Geiger	10K	0:58:43	0:09:28	Fool's Run 10K	Black Lick	PA	4/1/2023
Sherri Berezansky	10K	1:02:40	0:10:06	Fool's Run 10K	Black Lick	PA	4/1/2023
Bill Serafin	10K	1:06:48	0:10:46	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Julie Shirley	10K	1:08:08	0:10:59	Fool's Run 10K	Black Lick	PA	4/1/2023
Ron Orr	10K	1:08:09	0:11:00	Fool's Run 10K	Black Lick	PA	4/1/2023
Tim Welsh	10K	1:09:30	0:11:13	Irish Festival Gold Rush	Tyrone	PA	3/17/2023
Jayna Doutt	10K	1:09:38	0:11:14	Fool's Run 10K	Black Lick	PA	4/1/2023
Janet Stewart	10K	1:12:02	0:11:37	Fool's Run 10K	Black Lick	PA	4/1/2023
Scott Bowman	10K	1:13:05	0:11:47	Fool's Run 10K	Black Lick	PA	4/1/2023
James Taylor	10K	1:13:57	0:11:56	Fool's Run 10K	Black Lick	PA	4/1/2023
Steve Pagano	10K	1:18:00	0:12:35	Fire On The Rocks 10K	McElhatten	PA	3/18/2023
Tim Welsh	10K	1:18:27	0:12:39	Fool's Run 10K	Black Lick	PA	4/1/2023
Gabe belak	10K	1:18:49	0:12:43	Yough River 10K	Connellsville	PA	4/10/2023
Michele Belak	10K	1:18:50	0:12:43	Yough River 10K	Connellsville	PA	4/10/2023
Stephanie Putt	10K	1:22:01	0:13:14	Walt Disney 10K	Orlando	FL	1/6/2023
Bill Leydic	10K	1:22:10	0:13:15	Trooper Iwaniec 10K	Latrobe	PA	4/22/2023
Mary Beth Rine	10K	1:25:07	0:13:44	Fool's Run 10K	Black Lick	PA	4/1/2023
Bill Leydic	10K	1:34:27	0:15:14	Fool's Run 10K	Black Lick	PA	4/1/2023
Bill Serafin	10K	1:39:00	0:15:58	Fire On The Rocks 10K	McElhatten	PA	3/18/2023
Tim Welsh	10K	1:45:45	0:17:03	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Doug Berezansky	10K	1:55:04	0:18:34	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Lisa Berezansky	10K	1:55:05	0:18:34	Dirty Kiln 10Kish	Hollidaysburg	PA	4/8/2023
Dean Banko	8.3 Miler	2:00:12	0:14:29	Frozen Snot 8.3 Miler	McElhattan	PA	2/4/2023
Steve Pagano	8.3 Miler	3:30:14	0:25:20	Frozen Snot 8.3 Miler	McElhattan	PA	2/4/2023
Tammy Slusser	10 Miler	1:13:26	0:07:21	March Mad Dash 10-Miler	North Park	PA	3/11/2023
Don Slusser	10 Miler	1:57:12	0:11:43	March Mad Dash 10-Miler	North Park	PA	3/11/2023
Dean Banko	Half Marathon	1:25:20	0:06:31	Shamrock Shuffle Half	Harmony	PA	3/25/2023
Mindy Sawtelle-Zottola	Half Marathon	1:34:35	0:07:13	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Tammy Slusser	Half Marathon	1:38:13	0:07:30	Knoxville Half Marathon	Knoxville	TN	4/2/2023
Dean Banko	Half Marathon	1:45:09	0:08:02	Dirty Kiln Half Marathon	Hollidaysburg	PA	4/8/2023
Sarah Kitchen	Half Marathon	2:02:41	0:09:22	Run To Breathe Half Marathon	Portersville	PA	4/16/2023

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Julie Shirley	Half Marathon	2:09:47	0:09:54	Yough River Half Marathon	Connellsville	PA	4/10/2023
Sherri Berezansky	Half Marathon	2:09:50	0:09:55	Yough River Half Marathon	Connellsville	PA	4/10/2023
Sherri Berezansky	Half Marathon	2:09:50	0:09:55	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Zach Collins	Half Marathon	2:13:44	0:10:13	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Steve Pagano	Half Marathon	2:17:11	0:10:28	Dirty Kiln Half Marathon	Hollidaysburg	PA	4/8/2023
Ron Orr	Half Marathon	2:19:35	0:10:39	Anthem Shamrock Half	Virginia Beach	VA	3/17/2023
Stephen Mead	Half Marathon	2:28:33	0:11:20	Dirty Kiln Half Marathon	Hollidaysburg	PA	4/8/2023
Stephanie Putt	Half Marathon	2:29:06	0:11:23	Walt Disney Half Marathon	Orlando	FL	1/7/2023
Ria Fruscello	Half Marathon	2:29:25	0:11:24	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Art Zottola	Half Marathon	2:36:52	0:11:58	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Aileen Bowman	Half Marathon	2:42:20	0:12:24	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Don Slusser	Half Marathon	2:43:09	0:12:27	South Park Half Marathon	South Park	PA	3/3/2023
Don Slusser	Half Marathon	2:48:37	0:12:52	Knoxville Half Marathon	Knoxville	TN	4/2/2023
Christie Orlosky	Half Marathon	2:57:12	0:13:32	Pittsburgh Half Marathon	Pittsburgh	PA	5/7/2023
Carl Leer	13.5 Miler	4:51:38	0:21:36	Frozen Snot 13.5 Miler	McElhattan	PA	2/4/2023
Ryan Knecht	25K	3:48:53	0:14:46	Hyner Trail 25K	Hyner	PA	4/22/2023
Steve Pagano	25K	3:52:50	0:15:01	Hyner Trail 25K	Hyner	PA	4/22/2023
Steve Pagano	3-Hour	2:56:34	0:09:33	CJ's Challenge 3-Hour	Mifflinburg	PA	1/7/2023
Tammy Slusser	Marathon	3:24:34	0:07:48	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Jeannie Bujdos	Marathon	3:26:31	0:07:53	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Joe Johns	Marathon	4:16:15	0:09:47	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Veronica Bujdos	Marathon	4:16:18	0:09:47	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Julie Shirley	Marathon	4:31:31	0:10:22	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Joe Ankney	Marathon	4:56:56	0:11:20	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Barb Barger	Marathon	5:05:14	0:11:39	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Stephanie Putt	Marathon	5:27:02	0:12:29	Walt Disney Marathon	Orlando	FL	1/8/2023
Don Slusser	Marathon	5:44:55	0:13:10	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Joe Bujdos	Marathon	7:10:25	0:16:26	Pittsburgh Marathon	Pittsburgh	PA	5/7/2023
Dean Banko	50K	4:48:08	0:09:18	On The Dam: Que 50K	Hooversville	PA	4/29/2023
Dean Banko	50K	6:07:35	0:11:51	Hyner Trail 50K	Hyner	PA	4/22/2023
Ryan Knecht	50K	6:47:38	0:13:09	Cabin Fever 50K	N. River Gorge	WV	2/18/2023
Alex Cullison	100 Miler	31:26:28	0:18:52	Rabid Racoon 100 Miler	Hookstown	PA	3/18/2023
D J Miller	Relay			Pittsburgh Marathon Relay	Pittsburgh	PA	5/7/2023

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Chris Sharbaugh	Relay			Pittsburgh Marathon Relay	Pittsburgh	PA	5/7/2023

Updated 5/11/23