Nelson Slagle Memorial Boeing Lunchtime 5K August #450 - 8/14/2023
www.socaltiming.com
Seal Beach Plant
Rankings

Mixed 5k Run RR

	Comp#	Name		Team	Time	Points
1	105	Elgindi, Jacob	M15	Unattached	21:46.17	
2	22	Araujo, John	M65	Unattached	22:15.98	
3	33	Higgins, Richard	M39	Unattached	23:01.94	
4	47	McKiernan, Gavin	M49	Unattached	23:23.25	
5	69	Hilton, James	M59	Unattached	23:27.33	
6	102	Cajilig, Nathan	M14	Unattached	23:33.21	
7	120	Collico, Nick	M36	Unattached	23:55.40	
8	19	Parker, Randy	M62	Unattached	24:00.20	
9	21	Tan, Ian	M44	Unattached	24:01.73	
10	111	McCready, James	M13	Unattached	24:56.32	
11	99	Scianni, Chris	M44	Unattached	25:56.03	
12	95	Kho, Daniel	M42	Unattached	26:02.06	
13	89	Gomez, Nabor	M71	Unattached	26:11.09	
14	2	Rahl, Emmett	M52	Unattached	27:21.80	
15	75	Bergeron, David	M68	Unattached	28:07.42	
16	84	Chang, Dennis	M70	Unattached	29:17.75	
17	15	Heller, Jim	M75	Unattached	29:49.98	
18	7	Scianni, Jim	M72	Unattached	30:09.02	
19	119	Plazola, sandra	W35	Unattached	30:32.78	
20	86	Deprez, Johan	M65	Unattached	31:58.70	
21	81	Ytzen, Kyra	W64	Unattached	32:55.17	
22	1	Parsel, Dave	M68	Unattached	34:05.00	
23	82	Graff, Irene	W59	Unattached	34:32.75	
24	80	Ytzen, Richard	M66	Unattached	34:50.46	
25	42	Salas, Rick	M76	Unattached	36:50.20	
26	3	King, Chris	M61	Unattached	38:35.78	
27	116	Roa, Edgard	M67	Unattached	39:19.66	
28	11	Shunmugavel, Raji	W66	Unattached	41:52.02	
29	14	Soohoo, Kie	M66	Unattached	46:51.92	
30	118	Sterling, June	W70	Unattached	49:18.99	
31	117	Byers, Todd	M60	Unattached	49:19.91	

AGE GROUP RESULTS

Name	Age Team	Avg Mile	Finals	Points

30-39 Results - Women 5000 Run
1 #119 Plazola, sandra	W35 Unattached	9:50.0	30:32.78	

50-59 Results - Women 5000 Run
1 #82 Graff, Irene	W59 Unattached	11:07.2	34:32.75	

60-69 Results - Women 5000 Run
1 #81 Ytzen, Kyra	W64 Unattached	10:35.8	32:55.17	
2 #11 Shunmugavel, Raji	W66 Unattached	13:28.6	41:52.02	

70-79 Results - Women 5000 Run
1 #118 Sterling, June	W70 Unattached	15:52.4	49:18.99	

19 & Under Results - Men 5000 Run
1 #105 Elgindi, Jacob	M15 Unattached	7:00.5	21:46.17	
2 #102 Cajilig, Nathan	M14 Unattached	7:34.9	23:33.21	
3 #111 McCready, James	M13 Unattached	8:01.7	24:56.32	

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30-39 Results - Men 5000 Run
```
  1  #33 Higgins, Richard    M39 Unattached              7:24.8   23:01.94
  2 #120 Collico, Nick       M36 Unattached              7:42.1   23:55.40
```

40-49 Results - Men 5000 Run
```
  1  #47 McKiernan, Gavin    M49 Unattached              7:31.7   23:23.25
  2  #21 Tan, Ian            M44 Unattached              7:44.1   24:01.73
  3  #99 Scianni, Chris      M44 Unattached              8:20.9   25:56.03
  4  #95 Kho, Daniel         M42 Unattached              8:22.8   26:02.06
```

50-59 Results - Men 5000 Run
```
  1  #69 Hilton, James       M59 Unattached              7:33.0   23:27.33
  2   #2 Rahl, Emmett        M52 Unattached              8:48.5   27:21.80
```

60-69 Results - Men 5000 Run
```
  1  #22 Araujo, John        M65 Unattached              7:10.1   22:15.98
  2  #19 Parker, Randy       M62 Unattached              7:43.6   24:00.20
  3  #75 Bergeron, David     M68 Unattached              9:03.2   28:07.42
  4  #86 Deprez, Johan       M65 Unattached             10:17.6   31:58.70
  5   #1 Parsel, Dave        M68 Unattached             10:58.3   34:05.00
  6  #80 Ytzen, Richard      M66 Unattached             11:12.9   34:50.46
  7   #3 King, Chris         M61 Unattached             12:25.4   38:35.78
  8 #116 Roa, Edgard         M67 Unattached             12:39.5   39:19.66
  9  #14 Soohoo, Kie         M66 Unattached             15:05.1   46:51.92
 10 #117 Byers, Todd         M60 Unattached             15:52.7   49:19.91
```

70-79 Results - Men 5000 Run
```
  1  #89 Gomez, Nabor        M71 Unattached              8:25.7   26:11.09
  2  #84 Chang, Dennis       M70 Unattached              9:25.8   29:17.75
  3  #15 Heller, Jim         M75 Unattached              9:36.2   29:49.98
  4   #7 Scianni, Jim        M72 Unattached              9:42.3   30:09.02
  5  #42 Salas, Rick         M76 Unattached             11:51.4   36:50.20
```