

January Boeing Lunch Hour 5K - 1/10/2022**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M47 Unattached	22:23.53	
2	22 Araujo, John	M63 Unattached	24:47.88	
3	84 Chang, Dennis	M69 Unattached	27:48.71	
4	15 Heller, Jim	M74 Unattached	28:35.63	
5	30 Terrell, Richard	M67 Unattached	29:18.05	
6	7 Scianni, Jim	M70 Unattached	29:31.96	
7	83 De Jong, Michelle	W52 Unattached	29:38.67	
8	2 Rahl, Emmett	M50 Unattached	30:40.24	
9	14 Soohoo, Kie	M65 Unattached	33:07.68	
10	1 Parsel, Dave	M66 Unattached	38:05.12	

Age Group Results

Name	Age	Team	Avg Mile	Finals	Points
50-59 Results - Women 5000 Run					
1 #83 De Jong, Michelle		W52 Unattached	9:32.5	29:38.67	
40-49 Results - Men 5000 Run					
1 #47 McKiernan, Gavin		M47 Unattached	7:12.5	22:23.53	
50-59 Results - Men 5000 Run					
1 #2 Rahl, Emmett		M50 Unattached	9:52.4	30:40.24	
60-69 Results - Men 5000 Run					
1 #22 Araujo, John		M63 Unattached	7:58.9	24:47.88	
2 #84 Chang, Dennis		M69 Unattached	8:57.1	27:48.71	
3 #30 Terrell, Richard		M67 Unattached	9:25.9	29:18.05	
4 #14 Soohoo, Kie		M65 Unattached	10:39.8	33:07.68	
5 #1 Parsel, Dave		M66 Unattached	12:15.5	38:05.12	
70-79 Results - Men 5000 Run					
1 #15 Heller, Jim		M74 Unattached	9:12.2	28:35.63	
2 #7 Scianni, Jim		M70 Unattached	9:30.4	29:31.96	