

DEC Boeing Lunch Hour 5K - 12/14/2020

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Seal Beach Plant**Rankings****Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M46 Unattached	20:25.14	
2	22 Araujo, John	M62 Unattached	22:49.85	
3	33 Higgins, Richard	M36 Unattached	23:11.62	
4	31 Law, Nina	W58 Unattached	23:21.00	Virtual
5	2 Rahl, Emmett	M49 Unattached	25:19.73	
6	62 McKee, Kevin	M58 Unattached	25:20.25	
7	1 Parsel, Dave	M65 Unattached	25:35.09	
8	5 Hickok, Tim	M55 Unattached	26:28.93	
9	7 Scianni, Jim	M69 Unattached	28:06.00	
10	61 Mills, Steven	M71 Unattached	28:24.02	
11	14 Soohoo, Kie	M64 Unattached	28:36.50	
12	15 Heller, Jim	M73 Unattached	28:51.80	
13	6 Woodruff, Jason	M43 Unattached	29:48.08	
14	59 Kuntz, David	M68 Unattached	33:12.78	
15	58 Calkins, Mark	M58 Unattached	34:22.34	
16	11 Shunmugavel, Raji	W64 Unattached	58:00.00	Virtual

AGE GROUP RESULTS 5k Run RR

Name	Age	Team	Avg Mile	Finals	Points
50-59 Results - Women 5000 Run					
1 #31 Law, Nina		W58 Unattached	7:31.0	23:21.00	
60-69 Results - Women 5000 Run					
1 #11 Shunmugavel, Raji		W64 Unattached	18:40.1	58:00.00	
30-39 Results - Men 5000 Run					
1 #33 Higgins, Richard		M36 Unattached	7:28.0	23:11.62	
40-49 Results - Men 5000 Run					
1 #47 McKiernan, Gavin		M46 Unattached	6:34.4	20:25.14	
2 #2 Rahl, Emmett		M49 Unattached	8:09.2	25:19.73	
3 #6 Woodruff, Jason		M43 Unattached	9:35.6	29:48.08	
50-59 Results - Men 5000 Run					
1 #62 McKee, Kevin		M58 Unattached	8:09.4	25:20.25	
2 #5 Hickok, Tim		M55 Unattached	8:31.5	26:28.93	
3 #58 Calkins, Mark		M58 Unattached	11:03.8	34:22.34	
60-69 Results - Men 5000 Run					
1 #22 Araujo, John		M62 Unattached	7:21.0	22:49.85	
2 #1 Parsel, Dave		M65 Unattached	8:14.1	25:35.09	
3 #7 Scianni, Jim		M69 Unattached	9:02.7	28:06.00	
4 #14 Soohoo, Kie		M64 Unattached	9:12.5	28:36.50	
5 #59 Kuntz, David		M68 Unattached	10:41.5	33:12.78	
70-79 Results - Men 5000 Run					
1 #61 Mills, Steven		M71 Unattached	9:08.5	28:24.02	
2 #15 Heller, Jim		M73 Unattached	9:17.5	28:51.80	