

Nelson Slagle Memorial Boeing Lunchtime 5K February 2025 #468 - 3/10/2025

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

Comp#	Name	Team	Time	Points
1	22 Araujo, John	M67 Unattached	22:09.50	
2	47 McKiernan, Gavin	M50 Unattached	22:38.83	
3	31 Law, Nina	W62 Unattached	23:43.54	
4	89 Gomez, Nabor	M72 Unattached	24:25.43	
5	92 McIntyre, Tim	M64 Unattached	25:35.52	
6	19 Parker, Randy	M63 Unattached	25:42.31	
7	75 Bergeron, David	M70 Unattached	29:22.73	
8	2 Rahl, Emmett	M54 Unattached	29:23.64	
9	30 Terrell, Richard	M71 Unattached	29:48.92	
10	86 Deprez, Johan	M67 Unattached	30:33.48	
11	34 Louie, Michael	M64 Unattached	32:33.39	
12	84 Chang, Dennis	M72 Unattached	33:19.26	
13	5 Hickok, Tim	M59 Unattached	34:06.58	
14	7 Scianni, Jim	M74 Unattached	34:53.79	
15	140 Carrasco, Janet	W45 Unattached	35:45.21	
16	42 Salas, Rick	M77 Unattached	37:51.84	
17	66 Rice, Bob	M90 Unattached	39:10.54	
18	122 Rice, Richard	M61 Unattached	39:11.55	
19	1 Parsel, Dave	M69 Unattached	43:15.98	
20	14 Soohoo, Kie	M68 Unattached	44:16.44	
21	11 Shunmugavel, Raji	W68 Unattached	44:34.98	

AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals	Points
40-49 Results - Women 5000 Run					
1	#140 Carrasco, Janet	W45 Unattached	11:30.5	35:45.21	
60-69 Results - Women 5000 Run					
1	#31 Law, Nina	W62 Unattached	7:38.2	23:43.54	
2	#11 Shunmugavel, Raji	W68 Unattached	14:21.0	44:34.98	
50-59 Results - Men 5000 Run					
1	#47 McKiernan, Gavin	M50 Unattached	7:17.4	22:38.83	
2	#2 Rahl, Emmett	M54 Unattached	9:27.7	29:23.64	
3	#5 Hickok, Tim	M59 Unattached	10:58.8	34:06.58	
60-69 Results - Men 5000 Run					
1	#22 Araujo, John	M67 Unattached	7:08.0	22:09.50	
2	#92 McIntyre, Tim	M64 Unattached	8:14.3	25:35.52	
3	#19 Parker, Randy	M63 Unattached	8:16.5	25:42.31	
4	#86 Deprez, Johan	M67 Unattached	9:50.2	30:33.48	
5	#34 Louie, Michael	M64 Unattached	10:28.8	32:33.39	
6	#122 Rice, Richard	M61 Unattached	12:36.9	39:11.55	
7	#1 Parsel, Dave	M69 Unattached	13:55.6	43:15.98	
8	#14 Soohoo, Kie	M68 Unattached	14:15.1	44:16.44	
70-79 Results - Men 5000 Run					
1	#89 Gomez, Nabor	M72 Unattached	7:51.7	24:25.43	
2	#75 Bergeron, David	M70 Unattached	9:27.4	29:22.73	
3	#30 Terrell, Richard	M71 Unattached	9:35.8	29:48.92	
4	#84 Chang, Dennis	M72 Unattached	10:43.5	33:19.26	
5	#7 Scianni, Jim	M74 Unattached	11:14.0	34:53.79	

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Rankings

6	#42 Salas, Rick	M77 Unattached	12:11.3	37:51.84
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90+ Results - Men 5000 Run

1	#66 Rice, Bob	M90 Unattached	12:36.6	39:10.54
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