

September Boeing Lunch Hour 5K - 10/10/2022

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

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M48 Unattached	23:06.25	
2	19 Parker, Randy	M61 Unattached	23:48.56	
3	22 Araujo, John	M64 Unattached	25:05.85	
4	61 Mills, Steven	M73 Unattached	27:18.99	
5	15 Heller, Jim	M75 Unattached	29:12.23	
6	7 Scianni, Jim	M71 Unattached	29:18.39	
7	83 De Jong, Michelle	W53 Unattached	31:20.12	
8	88 Nixon, Mark	M77 Unattached	31:53.06	
9	30 Terrell, Richard	M68 Unattached	31:54.10	
10	1 Parsel, Dave	M67 Unattached	39:49.19	
11	66 Rice, Bob	M87 Unattached	41:07.56	
12	14 Soohoo, Kie	M66 Unattached	43:02.44	
13	11 Shunmugavel, Raji	W65 Unattached	45:02.34	
14	2 Rahl, Emmett	M51 Unattached	48:23.48	
15	20 Wetterhahn, Ralph	M80 Unattached	49:18.32	

AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals	Points
50-59 Results - Women 5000 Run					
1 #83 De Jong, Michelle		W53 Unattached	10:05.2	31:20.12	
60-69 Results - Women 5000 Run					
1 #11 Shunmugavel, Raji		W65 Unattached	14:29.8	45:02.34	
40-49 Results - Men 5000 Run					
1 #47 McKiernan, Gavin		M48 Unattached	7:26.2	23:06.25	
50-59 Results - Men 5000 Run					
1 #2 Rahl, Emmett		M51 Unattached	15:34.6	48:23.48	
60-69 Results - Men 5000 Run					
1 #19 Parker, Randy		M61 Unattached	7:39.8	23:48.56	
2 #22 Araujo, John		M64 Unattached	8:04.7	25:05.85	
3 #30 Terrell, Richard		M68 Unattached	10:16.1	31:54.10	
4 #1 Parsel, Dave		M67 Unattached	12:49.0	39:49.19	
5 #14 Soohoo, Kie		M66 Unattached	13:51.2	43:02.44	
70-79 Results - Men 5000 Run					
1 #61 Mills, Steven		M73 Unattached	8:47.6	27:18.99	
2 #15 Heller, Jim		M75 Unattached	9:24.0	29:12.23	
3 #7 Scianni, Jim		M71 Unattached	9:26.0	29:18.39	
4 #88 Nixon, Mark		M77 Unattached	10:15.8	31:53.06	
80+ Results - Men 5000 Run					
1 #66 Rice, Bob		M87 Unattached	13:14.3	41:07.56	
2 #20 Wetterhahn, Ralph		M80 Unattached	15:52.2	49:18.32	