

**December Boeing Lunch Hour 5K - 12/13/2021**

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

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M47 Unattached	22:20.48	
2	22 Araujo, John	M63 Unattached	22:26.25	
3	69 Hilton, James	M57 Unattached	22:43.46	
4	19 Parker, Randy	M60 Unattached	23:36.93	
5	68 Barringer, Hiroko	W53 Unattached	24:26.21	
6	75 Bergeron, David	M66 Unattached	25:39.59	
7	2 Rahl, Emmett	M50 Unattached	25:40.48	
8	5 Hickok, Tim	M56 Unattached	26:20.42	
9	15 Heller, Jim	M74 Unattached	27:13.22	
10	30 Terrell, Richard	M67 Unattached	28:51.48	
11	83 De Jong, Michelle	W52 Unattached	29:32.18	
12	78 Stephens, Alex	M75 Unattached	30:12.28	
13	14 Soohoo, Kie	M65 Unattached	30:46.89	
14	7 Scianni, Jim	M70 Unattached	31:40.05	
15	77 Browne, Paul	M83 Unattached	35:39.55	
16	1 Parsel, Dave	M66 Unattached	37:17.23	
17	11 Shunmugavel, Raji	W65 Unattached	48:41.76	

**AGE GROUP RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>50-59 Results - Women 5000 Run</b>					
1	Barringer, Hiroko	W53 Unattached	7:52.0	24:26.21	
2	De Jong, Michelle	W52 Unattached	9:30.4	29:32.18	
<b>60-69 Results - Women 5000 Run</b>					
1	Shunmugavel, Raji	W65 Unattached	15:40.5	48:41.76	
<b>40-49 Results - Men 5000 Run</b>					
1	McKiernan, Gavin	M47 Unattached	7:11.5	22:20.48	
<b>50-59 Results - Men 5000 Run</b>					
1	Hilton, James	M57 Unattached	7:18.9	22:43.46	
2	Rahl, Emmett	M50 Unattached	8:15.9	25:40.48	
3	Hickok, Tim	M56 Unattached	8:28.7	26:20.42	
<b>60-69 Results - Men 5000 Run</b>					
1	Araujo, John	M63 Unattached	7:13.4	22:26.25	
2	Parker, Randy	M60 Unattached	7:36.1	23:36.93	
3	Bergeron, David	M66 Unattached	8:15.6	25:39.59	
4	Terrell, Richard	M67 Unattached	9:17.3	28:51.48	
5	Soohoo, Kie	M65 Unattached	9:54.5	30:46.89	
6	Parsel, Dave	M66 Unattached	12:00.1	37:17.23	
<b>70-79 Results - Men 5000 Run</b>					
1	Heller, Jim	M74 Unattached	8:45.7	27:13.22	
2	Stephens, Alex	M75 Unattached	9:43.4	30:12.28	
3	Scianni, Jim	M70 Unattached	10:11.6	31:40.05	
<b>80+ Results - Men 5000 Run</b>					
1	Browne, Paul	M83 Unattached	11:28.7	35:39.55	