

March Boeing Lunch Hour 5K - 3/14/2022

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Seal Beach Plant

Rankings**Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M47 Unattached	21:41.19	
2	22 Araujo, John	M64 Unattached	21:56.42	
3	68 Barringer, Hiroko	W54 Unattached	23:41.55	
4	31 Law, Nina	W59 Unattached	23:52.87	
5	19 Parker, Randy	M60 Unattached	23:59.12	
6	84 Chang, Dennis	M69 Unattached	25:33.24	
7	75 Bergeron, David	M67 Unattached	26:29.74	
8	18 Kern, Kathy	W54 Unattached	26:35.35	
9	2 Rahl, Emmett	M51 Unattached	27:58.86	
10	15 Heller, Jim	M74 Unattached	28:59.19	
11	7 Scianni, Jim	M71 Unattached	29:27.72	
12	50 Sydlowski, Tim	M58 Unattached	29:36.56	
13	46 Kern, Brian	M58 Unattached	30:00.32	
14	14 Soohoo, Kie	M65 Unattached	30:46.15	
15	61 Mills, Steven	M72 Unattached	31:48.54	
16	59 Kuntz, David	M70 Unattached	31:51.64	
17	66 Rice, Bob	M87 Unattached	36:19.89	
18	1 Parsel, Dave	M66 Unattached	38:49.49	

AGE GROUP RESULTS

Name	Age Team	Avg Mile	Finals	Points
50-59 Results - Women 5000 Run				
1 #68 Barringer, Hiroko	W54 Unattached	7:37.6	23:41.55	
2 #31 Law, Nina	W59 Unattached	7:41.2	23:52.87	
3 #18 Kern, Kathy	W54 Unattached	8:33.5	26:35.35	
40-49 Results - Men 5000 Run				
1 #47 McKiernan, Gavin	M47 Unattached	6:58.9	21:41.19	
50-59 Results - Men 5000 Run				
1 #2 Rahl, Emmett	M51 Unattached	9:00.4	27:58.86	
2 #50 Sydlowski, Tim	M58 Unattached	9:31.9	29:36.56	
3 #46 Kern, Brian	M58 Unattached	9:39.5	30:00.32	
60-69 Results - Men 5000 Run				
1 #22 Araujo, John	M64 Unattached	7:03.8	21:56.42	
2 #19 Parker, Randy	M60 Unattached	7:43.2	23:59.12	
3 #84 Chang, Dennis	M69 Unattached	8:13.5	25:33.24	
4 #75 Bergeron, David	M67 Unattached	8:31.7	26:29.74	
5 #14 Soohoo, Kie	M65 Unattached	9:54.3	30:46.15	
6 #1 Parsel, Dave	M66 Unattached	12:29.8	38:49.49	
70-79 Results - Men 5000 Run				
1 #15 Heller, Jim	M74 Unattached	9:19.8	28:59.19	
2 #7 Scianni, Jim	M71 Unattached	9:29.0	29:27.72	
3 #61 Mills, Steven	M72 Unattached	10:14.3	31:48.54	
4 #59 Kuntz, David	M70 Unattached	10:15.3	31:51.64	
80+ Results - Men 5000 Run				
1 #66 Rice, Bob	M87 Unattached	11:41.7	36:19.89	