

**December 2022 Boeing Lunch Hour 5K #442 - 12/12/2022**

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Seal Beach Plant

**Rankings****Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M48 Unattached	22:31.47	
2	91 Forrester, Perry	M70 Unattached	22:59.67	
3	22 Araujo, John	M64 Unattached	23:44.26	
4	19 Parker, Randy	M61 Unattached	24:17.54	
5	89 Gomez, Nabor	M70 Unattached	24:35.06	
6	75 Bergeron, David	M67 Unattached	27:08.49	
7	15 Heller, Jim	M75 Unattached	29:10.81	
8	7 Scianni, Jim	M71 Unattached	29:11.14	
9	21 Tan, Ian	M44 Unattached	34:08.61	
10	1 Parsel, Dave	M67 Unattached	40:10.97	
11	11 Shunmugavel, Raji	W66 Unattached	41:32.98	
12	20 Wetterhahn, Ralph	M80 Unattached	41:45.87	

**AGE GROUP RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>60-69 Results - Women 5000 Run</b>					
1 #11 Shunmugavel, Raji	W66	Unattached	13:22.5	41:32.98	
<b>40-49 Results - Men 5000 Run</b>					
1 #47 McKiernan, Gavin	M48	Unattached	7:15.0	22:31.47	
2 #21 Tan, Ian	M44	Unattached	10:59.4	34:08.61	
<b>60-69 Results - Men 5000 Run</b>					
1 #22 Araujo, John	M64	Unattached	7:38.5	23:44.26	
2 #19 Parker, Randy	M61	Unattached	7:49.2	24:17.54	
3 #75 Bergeron, David	M67	Unattached	8:44.2	27:08.49	
4 #1 Parsel, Dave	M67	Unattached	12:56.1	40:10.97	
<b>70-79 Results - Men 5000 Run</b>					
1 #91 Forrester, Perry	M70	Unattached	7:24.1	22:59.67	
2 #89 Gomez, Nabor	M70	Unattached	7:54.8	24:35.06	
3 #15 Heller, Jim	M75	Unattached	9:23.6	29:10.81	
4 #7 Scianni, Jim	M71	Unattached	9:23.7	29:11.14	
<b>80+ Results - Men 5000 Run</b>					
1 #20 Wetterhahn, Ralph	M80	Unattached	13:26.6	41:45.87	