

Nelson Slagle Memorial Boeing Lunchtime 5K October#464 - 10/14/2024

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

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M50 Unattached	23:13.39	
2	31 Law, Nina	W62 Unattached	23:49.98	
3	69 Hilton, James	M60 Unattached	24:06.37	
4	89 Gomez, Nabor	M72 Unattached	25:10.23	
5	19 Parker, Randy	M63 Unattached	25:52.08	
6	132 Tayyeb, KT	M64 Unattached	26:25.26	
7	92 McIntyre, Tim	M63 Unattached	26:48.09	
8	64 Sohaskey, Laura	W66 Unattached	27:02.60	
9	75 Bergeron, David	M69 Unattached	27:29.95	
10	2 Rahl, Emmett	M53 Unattached	28:24.86	
11	96 Acker, Robert	M25 Unattached	29:02.77	
12	30 Terrell, Richard	M70 Unattached	29:36.19	
13	15 Heller, Jim	M77 Unattached	32:53.47	
14	7 Scianni, Jim	M73 Unattached	32:57.94	
15	80 Ytzen, Richard	M67 Unattached	35:44.36	
16	1 Parsel, Dave	M69 Unattached	37:18.95	
17	42 Salas, Rick	M77 Unattached	37:31.25	
18	66 Rice, Bob	M89 Unattached	41:03.71	
19	122 Rice, Richard	M60 Unattached	41:05.09	
20	14 Soohoo, Kie	M68 Unattached	42:43.00	

AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1	#31	Law, Nina	W62 Unattached	7:40.3	23:49.98
2	#64	Sohaskey, Laura	W66 Unattached	8:42.3	27:02.60
20-29 Results - Men 5000 Run					
1	#96	Acker, Robert	M25 Unattached	9:21.0	29:02.77
50-59 Results - Men 5000 Run					
1	#47	McKiernan, Gavin	M50 Unattached	7:28.5	23:13.39
2	#2	Rahl, Emmett	M53 Unattached	9:08.8	28:24.86
60-69 Results - Men 5000 Run					
1	#69	Hilton, James	M60 Unattached	7:45.6	24:06.37
2	#19	Parker, Randy	M63 Unattached	8:19.6	25:52.08
3	#132	Tayyeb, KT	M64 Unattached	8:30.3	26:25.26
4	#92	McIntyre, Tim	M63 Unattached	8:37.6	26:48.09
5	#75	Bergeron, David	M69 Unattached	8:51.1	27:29.95
6	#80	Ytzen, Richard	M67 Unattached	11:30.2	35:44.36
7	#1	Parsel, Dave	M69 Unattached	12:00.7	37:18.95
8	#122	Rice, Richard	M60 Unattached	13:13.5	41:05.09
9	#14	Soohoo, Kie	M68 Unattached	13:45.0	42:43.00
70-79 Results - Men 5000 Run					
1	#89	Gomez, Nabor	M72 Unattached	8:06.1	25:10.23
2	#30	Terrell, Richard	M70 Unattached	9:31.7	29:36.19
3	#15	Heller, Jim	M77 Unattached	10:35.2	32:53.47
4	#7	Scianni, Jim	M73 Unattached	10:36.7	32:57.94
5	#42	Salas, Rick	M77 Unattached	12:04.6	37:31.25

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Rankings

80+ Results - Men 5000 Run

1	#66 Rice, Bob	M89 Unattached	13:13.0	41:03.71
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