July Boeing Lunch Hour 5K - 7/11/2022
www.socaltiming.com
Seal Beach Plant
Rankings

Mixed 5k Run RR

	Comp#	Name		Team	Time	Points
1	22	Araujo, John	M64	Unattached	21:38.96	
2	68	Barringer, Hiroko	W54	Unattached	23:39.57	
3	31	Law, Nina	W60	Unattached	23:44.49	
4	19	Parker, Randy	M61	Unattached	25:26.88	
5	84	Chang, Dennis	M69	Unattached	25:58.73	
6	75	Bergeron, David	M67	Unattached	26:23.60	
7	2	Rahl, Emmett	M51	Unattached	27:40.88	
8	61	Mills, Steven	M72	Unattached	27:53.11	
9	15	Heller, Jim	M74	Unattached	29:08.23	
10	86	Deprez, Johan	M64	Unattached	30:23.90	
11	7	Scianni, Jim	M71	Unattached	30:24.31	
12	83	De Jong, Michelle	W53	Unattached	31:37.30	
13	1	Parsel, Dave	M67	Unattached	33:14.86	
14	81	Ytzen, Kyra	W62	Unattached	33:31.61	
15	4	Rusher, Dave	M82	Unattached	35:28.49	
16	80	Ytzen, Richard	M65	Unattached	40:16.16	
17	14	Soohoo, Kie	M65	Unattached	44:41.42	
18	11	Shunmugavel, Raji	W65	Unattached	50:20.87	

AGE GROUP RESULTS

Name		Age Team	Avg Mile	Finals	Points

50-59 Results - Women 5000 Run

1	#68 Barringer, Hiroko	W54 Unattached	7:37.0	23:39.57	
2	83 De Jong, Michelle	W53 Unattached		31:37.30	

60-69 Results - Women 5000 Run

1	#31 Law, Nina	W60 Unattached	7:38.5	23:44.49	
2	#81 Ytzen, Kyra	W62 Unattached	10:47.5	33:31.61	
3	#11 Shunmugavel, Raji	W65 Unattached	16:12.4	50:20.87	

50-59 Results - Men 5000 Run

1	#2 Rahl, Emmett	M51 Unattached	8:54.6	27:40.88	

60-69 Results - Men 5000 Run

1	#22 Araujo, John	M64 Unattached	6:58.1	21:38.96	
2	#19 Parker, Randy	M61 Unattached	8:11.5	25:26.88	
3	#84 Chang, Dennis	M69 Unattached	8:21.7	25:58.73	
4	#75 Bergeron, David	M67 Unattached	8:29.8	26:23.60	
5	#86 Deprez, Johan	M64 Unattached	9:47.1	30:23.90	
6	#1 Parsel, Dave	M67 Unattached	10:42.1	33:14.86	
7	#80 Ytzen, Richard	M65 Unattached	12:57.7	40:16.16	
8	#14 Soohoo, Kie	M65 Unattached	14:23.1	44:41.42	

70-79 Results - Men 5000 Run

1	#61 Mills, Steven	M72 Unattached	8:58.6	27:53.11	
2	#15 Heller, Jim	M74 Unattached	9:22.7	29:08.23	
3	#7 Scianni, Jim	M71 Unattached	9:47.2	30:24.31	

80+ Results - Men 5000 Run

1	#4 Rusher, Dave	M82 Unattached	11:25.1	35:28.49	