

Nelson Slagle Memorial Boeing Lunchtime 5K may #459 - 5/12/2024 to 5/13/2024

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

Comp#	Name	Team	Time	Points
1	128 Johnson, Brad	M43 Unattached	20:46.51	
2	47 McKiernan, Gavin	M49 Unattached	21:50.26	
3	22 Araujo, John	M66 Unattached	23:16.14	
4	31 Law, Nina	W62 Unattached	23:24.50	
5	89 Gomez, Nabor	M71 Unattached	24:41.33	
6	95 Kho, Daniel	M43 Unattached	27:03.74	
7	19 Parker, Randy	M62 Unattached	27:34.27	
8	123 Lopez, Carlos	M24 Unattached	28:23.38	
9	122 Rice, Richard	M60 Unattached	28:23.65	
10	64 Sohaskey, Laura	W65 Unattached	29:27.41	
11	2 Rahl, Emmett	M53 Unattached	30:12.09	
12	15 Heller, Jim	M76 Unattached	30:38.11	
13	66 Rice, Bob	M89 Unattached	35:58.96	
14	96 Acker, Robert	M25 Unattached	35:59.30	
15	7 Scianni, Jim	M73 Unattached	36:11.85	
16	1 Parsel, Dave	M69 Unattached	37:06.12	
17	14 Soohoo, Kie	M67 Unattached	41:17.19	
18	11 Shunmugavel, Raji	W67 Unattached	41:33.04	

AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1	#31	Law, Nina	W62 Unattached	7:32.1	23:24.50
2	#64	Sohaskey, Laura	W65 Unattached	9:28.9	29:27.41
3	#11	Shunmugavel, Raji	W67 Unattached	13:22.5	41:33.04
20-29 Results - Men 5000 Run					
1	#123	Lopez, Carlos	M24 Unattached	9:08.3	28:23.38
2	#96	Acker, Robert	M25 Unattached	11:35.1	35:59.30
40-49 Results - Men 5000 Run					
1	#128	Johnson, Brad	M43 Unattached	6:41.3	20:46.51
2	#47	McKiernan, Gavin	M49 Unattached	7:01.8	21:50.26
3	#95	Kho, Daniel	M43 Unattached	8:42.7	27:03.74
50-59 Results - Men 5000 Run					
1	#2	Rahl, Emmett	M53 Unattached	9:43.3	30:12.09
60-69 Results - Men 5000 Run					
1	#22	Araujo, John	M66 Unattached	7:29.4	23:16.14
2	#19	Parker, Randy	M62 Unattached	8:52.5	27:34.27
3	#122	Rice, Richard	M60 Unattached	9:08.4	28:23.65
4	#1	Parsel, Dave	M69 Unattached	11:56.6	37:06.12
5	#14	Soohoo, Kie	M67 Unattached	13:17.4	41:17.19
70-79 Results - Men 5000 Run					
1	#89	Gomez, Nabor	M71 Unattached	7:56.8	24:41.33
2	#15	Heller, Jim	M76 Unattached	9:51.7	30:38.11
3	#7	Scianni, Jim	M73 Unattached	11:39.1	36:11.85
80+ Results - Men 5000 Run					
1	#66	Rice, Bob	M89 Unattached	11:34.9	35:58.96