

Nelson Slagle Memorial Boeing Lunchtime 5K May 11, 2026 #482 - 5/11/2026

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

Comp#	Name	School	Time	Points
1	47 McKiernan, Gavin	M51 Unattached	22:11.23	
2	22 Araujo, John	M68 Unattached	24:57.07	
3	92 McIntyre, Tim	M65 Unattached	25:24.68	
4	89 Gomez, Nabor	M73 Unattached	27:49.71	
5	30 Terrell, Richard	M72 Unattached	28:22.36	
6	75 Bergeron, David	M71 Unattached	30:13.94	
7	2 Rahl, Emmett	M55 Unattached	31:40.51	
8	34 Louie, Michael	M65 Unattached	34:11.35	
9	84 Chang, Dennis	M73 Unattached	34:40.00	
10	7 Scianni, Jim	M75 Unattached	36:37.79	
11	82 Graff, Irene	W62 Unattached	37:49.00	
12	14 Soohoo, Kie	M69 Unattached	38:18.50	
13	15 Heller, Jim	M78 Unattached	39:43.60	
14	66 Rice, Bob	M91 Unattached	45:32.49	
15	19 Parker, Randy	M64 Unattached	45:50.91	
16	77 Browne, Paul	M88 Unattached	48:58.73	
17	1 Parsel, Dave	M71 Unattached	55:35.04	

AGE GROUP RESULTS

Name	Age	School	Avg Mile	Finals	Points
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60-69 Results - Women 5000 Run

1	#82 Graff, Irene	W62 Unattached	12:10.4	37:49.00	
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50-59 Results - Men 5000 Run

1	#47 McKiernan, Gavin	M51 Unattached	7:08.5	22:11.23	
2	#2 Rahl, Emmett	M55 Unattached	10:11.8	31:40.51	

60-69 Results - Men 5000 Run

1	#22 Araujo, John	M68 Unattached	8:01.9	24:57.07	
2	#92 McIntyre, Tim	M65 Unattached	8:10.8	25:24.68	
3	#34 Louie, Michael	M65 Unattached	11:00.3	34:11.35	
4	#14 Soohoo, Kie	M69 Unattached	12:19.9	38:18.50	
5	#19 Parker, Randy	M64 Unattached	14:45.5	45:50.91	

70-79 Results - Men 5000 Run

1	#89 Gomez, Nabor	M73 Unattached	8:57.5	27:49.71	
2	#30 Terrell, Richard	M72 Unattached	9:08.0	28:22.36	
3	#75 Bergeron, David	M71 Unattached	9:43.9	30:13.94	
4	#84 Chang, Dennis	M73 Unattached	11:09.5	34:40.00	
5	#7 Scianni, Jim	M75 Unattached	11:47.4	36:37.79	
6	#15 Heller, Jim	M78 Unattached	12:47.2	39:43.60	
7	#1 Parsel, Dave	M71 Unattached	17:53.5	55:35.04	

80-89 Results - Men 5000 Run

1	#77 Browne, Paul	M88 Unattached	15:45.9	48:58.73	
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90+ Results - Men 5000 Run

1	#66 Rice, Bob	M91 Unattached	14:39.5	45:32.49	
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