

Rahl-Rose Quintennial 5K - 3/7/2021

www.socaltiming.com

Oak Middle School

Rankings**Mixed 5k Run RR**

| Comp# | Name | Team | Time | Points |
|-------|-----------------------|----------------------|----------|--------|
| 1 | 26 Krautter, David | M39 Long Beach | 21:55.91 | |
| 2 | 24 Hilton, James | M57 Lakewood | 22:50.54 | |
| 3 | 3 Barringer, Hiroko | W53 Los Alamitos | 23:57.52 | |
| 4 | 41 Sohaskey, Chuck | M58 Long Beach | 24:00.11 | |
| 5 | 33 McBride, Tom | M54 Long Beach | 24:56.01 | |
| 6 | 12 Coulombe, Patti | W57 Long Beach | 25:42.60 | |
| 7 | 2 Rose, Todd | M54 Long Beach | 25:49.21 | |
| 8 | 8 Chambers, Amy | W38 Long Beach | 26:07.67 | |
| 9 | 1 Rahl, Emmett | M50 Long Beach | 28:10.93 | |
| 10 | 30 Kuntz, David | M69 Huntington Beach | 29:04.67 | |
| 11 | 39 Roether, Tammy | W46 Lakewood | 36:17.47 | |
| 12 | 49 Betancourt, Luc | W5 Una | 48:50.49 | |
| 13 | 50 Betancourt, Sofia | W7 Una | 48:50.86 | |
| 14 | 42 Sohaskey, Laura | W62 Long Beach | 49:08.38 | |
| 15 | 48 Betancort, Tawnya | W43 Una | 49:09.36 | |
| 16 | 47 Roberts, Regina | W63 Una | 49:10.95 | |
| 17 | 4 Barton, Dulce | W65 Long Beach | 53:32.21 | |
| 18 | 28 Kullenberg, Pinkie | W72 Seal Beach | 53:33.67 | |
| 19 | 17 Harris, Stephanie | W49 Long Beach | 53:36.51 | |

Event 1 AGE GROUPS RESULTS

| Name | Age Team | Avg Mile | Finals | Points |
|--|------------------|----------|----------|--------|
| 19 & Under Results - Women 5000 Run | | | | |
| 1 #49 Betancourt, Luc | W5 Una | 15:43.3 | 48:50.49 | |
| 2 #50 Betancourt, Sofia | W7 Una | 15:43.4 | 48:50.86 | |
| 35-39 Results - Women 5000 Run | | | | |
| 1 #8 Chambers, Amy | W38 Long Beach | 8:24.6 | 26:07.67 | |
| 40-44 Results - Women 5000 Run | | | | |
| 1 #48 Betancort, Tawnya | W43 Una | 15:49.3 | 49:09.36 | |
| 45-49 Results - Women 5000 Run | | | | |
| 1 #39 Roether, Tammy | W46 Lakewood | 11:40.9 | 36:17.47 | |
| 2 #17 Harris, Stephanie | W49 Long Beach | 17:15.3 | 53:36.51 | |
| 50-54 Results - Women 5000 Run | | | | |
| 1 #3 Barringer, Hiroko | W53 Los Alamitos | 7:42.7 | 23:57.52 | |
| 55-59 Results - Women 5000 Run | | | | |
| 1 #12 Coulombe, Patti | W57 Long Beach | 8:16.6 | 25:42.60 | |
| 60-64 Results - Women 5000 Run | | | | |
| 1 #42 Sohaskey, Laura | W62 Long Beach | 15:49.0 | 49:08.38 | |
| 2 #47 Roberts, Regina | W63 Una | 15:49.9 | 49:10.95 | |
| 65-69 Results - Women 5000 Run | | | | |
| 1 #4 Barton, Dulce | W65 Long Beach | 17:14.0 | 53:32.21 | |
| 70-74 Results - Women 5000 Run | | | | |
| 1 #28 Kullenberg, Pinkie | W72 Seal Beach | 17:14.4 | 53:33.67 | |

Rahl-Rose Quintennial 5K - 3/7/2021**www.socaltiming.com****Oak Middle School****Rankings****35-39 Results - Men 5000 Run**

| | | | | |
|---|---------------------|----------------|--------|----------|
| 1 | #26 Krautter, David | M39 Long Beach | 7:03.6 | 21:55.91 |
|---|---------------------|----------------|--------|----------|

50-54 Results - Men 5000 Run

| | | | | |
|---|------------------|----------------|--------|----------|
| 1 | #33 McBride, Tom | M54 Long Beach | 8:01.6 | 24:56.01 |
| 2 | #2 Rose, Todd | M54 Long Beach | 8:18.7 | 25:49.21 |
| 3 | #1 Rahl, Emmett | M50 Long Beach | 9:04.3 | 28:10.93 |

55-59 Results - Men 5000 Run

| | | | | |
|---|---------------------|----------------|--------|----------|
| 1 | #24 Hilton, James | M57 Lakewood | 7:21.2 | 22:50.54 |
| 2 | #41 Sohaskey, Chuck | M58 Long Beach | 7:43.6 | 24:00.11 |

65-69 Results - Men 5000 Run

| | | | | |
|---|------------------|----------------------|--------|----------|
| 1 | #30 Kuntz, David | M69 Huntington Beach | 9:21.6 | 29:04.67 |
|---|------------------|----------------------|--------|----------|