

**July Boeing Lunch Hour 5K - 7/12/2021**

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

Comp#	Name	Team	Time	Points
1	33 Higgins, Richard	M36 Unattached	21:41.01	
2	47 McKiernan, Gavin	M46 Unattached	22:32.77	
3	22 Araujo, John	M63 Unattached	22:51.84	
4	31 Law, Nina	W59 Unattached	23:26.87	
5	19 Parker, Randy	M59 Unattached	23:41.38	
6	75 Bergeron, David	M66 Unattached	25:50.84	
7	2 Rahl, Emmett	M50 Unattached	26:26.66	
8	1 Parsel, Dave	M66 Unattached	28:02.83	
9	30 Terrell, Richard	M67 Unattached	29:00.75	
10	15 Heller, Jim	M73 Unattached	29:37.39	
11	59 Kuntz, David	M69 Unattached	29:41.15	
12	7 Scianni, Jim	M70 Unattached	31:14.94	
13	76 Esteban, Leo	M56 Unattached	31:38.91	
14	57 Kang, Andi	W63 Unattached	33:08.60	
15	14 Soohoo, Kie	M64 Unattached	34:48.31	
16	4 Rusher, Dave	M81 Unattached	35:37.83	
17	42 Salas, Rick	M73 Unattached	36:24.48	
18	11 Shunmugavel, Raji	W64 Unattached	49:01.23	

**AGE GROUP RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>50-59 Results - Women 5000 Run</b>					
1 #31 Law, Nina		W59 Unattached	7:32.9	23:26.87	
<b>60-69 Results - Women 5000 Run</b>					
1 #57 Kang, Andi		W63 Unattached	10:40.1	33:08.60	
2 #11 Shunmugavel, Raji		W64 Unattached	15:46.7	49:01.23	
<b>30-39 Results - Men 5000 Run</b>					
1 #33 Higgins, Richard		M36 Unattached	6:58.8	21:41.01	
<b>40-49 Results - Men 5000 Run</b>					
1 #47 McKiernan, Gavin		M46 Unattached	7:15.5	22:32.77	
<b>50-59 Results - Men 5000 Run</b>					
1 #19 Parker, Randy		M59 Unattached	7:37.5	23:41.38	
2 #2 Rahl, Emmett		M50 Unattached	8:30.7	26:26.66	
3 #76 Esteban, Leo		M56 Unattached	10:11.2	31:38.91	
<b>60-69 Results - Men 5000 Run</b>					
1 #22 Araujo, John		M63 Unattached	7:21.6	22:51.84	
2 #75 Bergeron, David		M66 Unattached	8:19.2	25:50.84	
3 #1 Parsel, Dave		M66 Unattached	9:01.7	28:02.83	
4 #30 Terrell, Richard		M67 Unattached	9:20.3	29:00.75	
5 #59 Kuntz, David		M69 Unattached	9:33.3	29:41.15	
6 #14 Soohoo, Kie		M64 Unattached	11:12.2	34:48.31	
<b>70-79 Results - Men 5000 Run</b>					
1 #15 Heller, Jim		M73 Unattached	9:32.1	29:37.39	
2 #7 Scianni, Jim		M70 Unattached	10:03.5	31:14.94	
3 #42 Salas, Rick		M73 Unattached	11:43.2	36:24.48	

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**Rankings**

**80+ Results - Men 5000 Run**

1	#4 Rusher, Dave	M81 Unattached	11:28.1	35:37.83
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