

April Boeing Lunch Hour 5K - 4/11/2022**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M47 Unattached	21:40.15	
2	22 Araujo, John	M64 Unattached	21:42.48	
3	19 Parker, Randy	M60 Unattached	24:41.45	
4	84 Chang, Dennis	M69 Unattached	25:29.76	
5	2 Rahl, Emmett	M51 Unattached	27:28.92	
6	15 Heller, Jim	M74 Unattached	28:16.27	
7	30 Terrell, Richard	M68 Unattached	29:04.07	
8	83 De Jong, Michelle	W52 Unattached	29:56.12	
9	61 Mills, Steven	M72 Unattached	30:14.41	
10	50 Sydlowski, Tim	M58 Unattached	30:21.01	
11	7 Scianni, Jim	M71 Unattached	30:21.65	
12	14 Soohoo, Kie	M65 Unattached	32:54.85	
13	4 Rusher, Dave	M82 Unattached	33:46.94	
14	66 Rice, Bob	M87 Unattached	35:04.82	
15	1 Parsel, Dave	M67 Unattached	39:43.28	
16	77 Browne, Paul	M84 Unattached	40:27.71	
17	85 Mcintyre, Kevin	M52 Unattached	40:37.17	
18	20 Wetterhahn, Ralph	M79 Unattached	47:48.57	

AGE GROUP RESULTS

Name	Age Team	Avg Mile	Finals	Points
50-59 Results - Women 5000 Run				
1 #83 De Jong, Michelle	W52 Unattached	9:38.2	29:56.12	
40-49 Results - Men 5000 Run				
1 #47 McKiernan, Gavin	M47 Unattached	6:58.5	21:40.15	
50-59 Results - Men 5000 Run				
1 #2 Rahl, Emmett	M51 Unattached	8:50.8	27:28.92	
2 #50 Sydlowski, Tim	M58 Unattached	9:46.2	30:21.01	
3 #85 Mcintyre, Kevin	M52 Unattached	13:04.5	40:37.17	
60-69 Results - Men 5000 Run				
1 #22 Araujo, John	M64 Unattached	6:59.3	21:42.48	
2 #19 Parker, Randy	M60 Unattached	7:56.9	24:41.45	
3 #84 Chang, Dennis	M69 Unattached	8:12.4	25:29.76	
4 #30 Terrell, Richard	M68 Unattached	9:21.4	29:04.07	
5 #14 Soohoo, Kie	M65 Unattached	10:35.7	32:54.85	
6 #1 Parsel, Dave	M67 Unattached	12:47.1	39:43.28	
70-79 Results - Men 5000 Run				
1 #15 Heller, Jim	M74 Unattached	9:06.0	28:16.27	
2 #61 Mills, Steven	M72 Unattached	9:44.0	30:14.41	
3 #7 Scianni, Jim	M71 Unattached	9:46.4	30:21.65	
4 #20 Wetterhahn, Ralph	M79 Unattached	15:23.3	47:48.57	
80+ Results - Men 5000 Run				
1 #4 Rusher, Dave	M82 Unattached	10:52.4	33:46.94	
2 #66 Rice, Bob	M87 Unattached	11:17.5	35:04.82	
3 #77 Browne, Paul	M84 Unattached	13:01.4	40:27.71	