

**Nelson Slagle Memorial Boeing Lunchtime 5K April #458 - 4/8/2024**

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

Comp#	Name	Team	Time	Points
1	69 Hilton, James	M60 Unattached	22:29.61	
2	22 Araujo, John	M66 Unattached	23:10.88	
3	31 Law, Nina	W62 Unattached	23:25.63	
4	127 Moreno, Dan	M46 Unattached	23:43.53	
5	89 Gomez, Nabor	M71 Unattached	24:56.54	
6	19 Parker, Randy	M62 Unattached	25:43.71	
7	122 Rice, Richard	M60 Unattached	25:58.37	
8	99 Scianni, Chris	M44 Unattached	26:31.46	
9	75 Bergeron, David	M69 Unattached	27:16.21	
10	30 Terrell, Richard	M70 Unattached	28:31.46	
11	2 Rahl, Emmett	M53 Unattached	28:38.19	
12	64 Sohaskey, Laura	W65 Unattached	29:02.07	
13	86 Deprez, Johan	M66 Unattached	29:31.27	
14	34 Louie, Michael	M63 Unattached	32:05.17	
15	1 Parsel, Dave	M69 Unattached	34:16.85	
16	7 Scianni, Jim	M73 Unattached	34:31.88	
17	15 Heller, Jim	M76 Unattached	35:08.75	
18	66 Rice, Bob	M89 Unattached	35:30.95	
19	80 Ytzen, Richard	M66 Unattached	38:03.52	
20	42 Salas, Rick	M76 Unattached	40:48.68	

**AGE GROUP RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>60-69 Results - Women 5000 Run</b>					
1	#31	Law, Nina	W62 Unattached	7:32.5	23:25.63
2	#64	Sohaskey, Laura	W65 Unattached	9:20.8	29:02.07
<b>40-49 Results - Men 5000 Run</b>					
1	#127	Moreno, Dan	M46 Unattached	7:38.2	23:43.53
2	#99	Scianni, Chris	M44 Unattached	8:32.3	26:31.46
<b>50-59 Results - Men 5000 Run</b>					
1	#2	Rahl, Emmett	M53 Unattached	9:13.1	28:38.19
<b>60-69 Results - Men 5000 Run</b>					
1	#69	Hilton, James	M60 Unattached	7:14.4	22:29.61
2	#22	Araujo, John	M66 Unattached	7:27.7	23:10.88
3	#19	Parker, Randy	M62 Unattached	8:16.9	25:43.71
4	#122	Rice, Richard	M60 Unattached	8:21.6	25:58.37
5	#75	Bergeron, David	M69 Unattached	8:46.7	27:16.21
6	#86	Deprez, Johan	M66 Unattached	9:30.2	29:31.27
7	#34	Louie, Michael	M63 Unattached	10:19.7	32:05.17
8	#1	Parsel, Dave	M69 Unattached	11:02.1	34:16.85
9	#80	Ytzen, Richard	M66 Unattached	12:15.0	38:03.52
<b>70-79 Results - Men 5000 Run</b>					
1	#89	Gomez, Nabor	M71 Unattached	8:01.7	24:56.54
2	#30	Terrell, Richard	M70 Unattached	9:10.9	28:31.46
3	#7	Scianni, Jim	M73 Unattached	11:06.9	34:31.88
4	#15	Heller, Jim	M76 Unattached	11:18.8	35:08.75
5	#42	Salas, Rick	M76 Unattached	13:08.2	40:48.68

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**Seal Beach Plant**

**Rankings**

**80+ Results - Men 5000 Run**

1	#66 Rice, Bob	M89 Unattached	11:25.9	35:30.95
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