

January 2023 Boeing Lunch Hour 5K #443 - 1/9/2023

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Seal Beach Plant

Rankings**Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	22 Araujo, John	M64 Unattached	22:37.01	
2	47 McKiernan, Gavin	M48 Unattached	24:06.58	
3	19 Parker, Randy	M61 Unattached	24:20.87	
4	31 Law, Nina	W60 Unattached	24:35.33	
5	64 Sohaskey, Laura	W64 Unattached	26:22.16	
6	75 Bergeron, David	M68 Unattached	28:18.45	
7	7 Scianni, Jim	M71 Unattached	28:27.59	
8	15 Heller, Jim	M75 Unattached	30:21.72	
9	2 Rahl, Emmett	M51 Unattached	31:49.06	
10	30 Terrell, Richard	M68 Unattached	33:27.93	
11	4 Rusher, Dave	M83 Unattached	34:35.07	
12	66 Rice, Bob	M88 Unattached	39:52.35	
13	1 Parsel, Dave	M67 Unattached	39:52.86	
14	11 Shunmugavel, Raji	W66 Unattached	40:21.85	
15	20 Wetterhahn, Ralph	M80 Unattached	40:44.90	
16	14 Soohoo, Kie	M66 Unattached	44:00.60	

AGE GROUPS

Name	Age	Team	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1 #31 Law, Nina		W60 Unattached	7:54.9	24:35.33	
2 #64 Sohaskey, Laura		W64 Unattached	8:29.3	26:22.16	
3 #11 Shunmugavel, Raji		W66 Unattached	12:59.6	40:21.85	
40-49 Results - Men 5000 Run					
1 #47 McKiernan, Gavin		M48 Unattached	7:45.6	24:06.58	
50-59 Results - Men 5000 Run					
1 #2 Rahl, Emmett		M51 Unattached	10:14.5	31:49.06	
60-69 Results - Men 5000 Run					
1 #22 Araujo, John		M64 Unattached	7:16.8	22:37.01	
2 #19 Parker, Randy		M61 Unattached	7:50.2	24:20.87	
3 #75 Bergeron, David		M68 Unattached	9:06.7	28:18.45	
4 #30 Terrell, Richard		M68 Unattached	10:46.3	33:27.93	
5 #1 Parsel, Dave		M67 Unattached	12:50.2	39:52.86	
6 #14 Soohoo, Kie		M66 Unattached	14:10.0	44:00.60	
70-79 Results - Men 5000 Run					
1 #7 Scianni, Jim		M71 Unattached	9:09.7	28:27.59	
2 #15 Heller, Jim		M75 Unattached	9:46.4	30:21.72	
80+ Results - Men 5000 Run					
1 #4 Rusher, Dave		M83 Unattached	11:07.9	34:35.07	
2 #66 Rice, Bob		M88 Unattached	12:50.1	39:52.35	
3 #20 Wetterhahn, Ralph		M80 Unattached	13:07.0	40:44.90	