

Nelson Slagle Memorial Boeing Luchtime 5K June 8, 2026 #484 - 6/8/2026

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

Comp#	Name	School	Time	Points
1	47 McKiernan, Gavin	M51 Unattached	23:14.42	
2	92 McIntyre, Tim	M65 Unattached	25:13.35	
3	89 Gomez, Nabor	M73 Unattached	27:52.30	
4	30 Terrell, Richard	M72 Unattached	29:58.43	
5	2 Rahl, Emmett	M55 Unattached	33:08.21	
6	84 Chang, Dennis	M73 Unattached	33:21.84	
7	7 Scianni, Jim	M75 Unattached	35:32.99	
8	82 Graff, Irene	W62 Unattached	36:35.14	
9	15 Heller, Jim	M78 Unattached	37:39.19	
10	42 Salas, Rick	M78 Unattached	37:42.00	
11	14 Soohoo, Kie	M69 Unattached	39:23.52	
12	80 Ytzen, Richard	M69 Unattached	40:06.73	
13	66 Rice, Bob	M91 Unattached	45:12.31	
14	19 Parker, Randy	M64 Unattached	45:20.98	
15	1 Parsel, Dave	M71 Unattached	46:53.55	
16	11 Shunmugavel, Raji	W69 Unattached	47:53.71	

AGE GROUP RESULTS

Name	Age	School	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1	#82	Graff, Irene	W62 Unattached	11:46.6	36:35.14
2	#11	Shunmugavel, Raji	W69 Unattached	15:25.0	47:53.71
50-59 Results - Men 5000 Run					
1	#47	McKiernan, Gavin	M51 Unattached	7:28.9	23:14.42
2	#2	Rahl, Emmett	M55 Unattached	10:40.0	33:08.21
60-69 Results - Men 5000 Run					
1	#92	McIntyre, Tim	M65 Unattached	8:07.1	25:13.35
2	#14	Soohoo, Kie	M69 Unattached	12:40.8	39:23.52
3	#80	Ytzen, Richard	M69 Unattached	12:54.7	40:06.73
4	#19	Parker, Randy	M64 Unattached	14:35.8	45:20.98
70-79 Results - Men 5000 Run					
1	#89	Gomez, Nabor	M73 Unattached	8:58.3	27:52.30
2	#30	Terrell, Richard	M72 Unattached	9:38.9	29:58.43
3	#84	Chang, Dennis	M73 Unattached	10:44.4	33:21.84
4	#7	Scianni, Jim	M75 Unattached	11:26.6	35:32.99
5	#15	Heller, Jim	M78 Unattached	12:07.2	37:39.19
6	#42	Salas, Rick	M78 Unattached	12:08.1	37:42.00
7	#1	Parsel, Dave	M71 Unattached	15:05.6	46:53.55
90+ Results - Men 5000 Run					
1	#66	Rice, Bob	M91 Unattached	14:33.0	45:12.31