

Nelson Slagle Memorial Boeing Luchtime 5K September #463 - 9/9/2024

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

| Comp# | Name | Team | Time | Points |
|-------|----------------------|----------------|----------|--------|
| 1 | 47 McKiernan, Gavin | M50 Unattached | 23:16.66 | |
| 2 | 22 Araujo, John | M66 Unattached | 23:54.59 | |
| 3 | 131 Ray, Adam | M58 Unattached | 25:35.00 | |
| 4 | 64 Sohaskey, Laura | W66 Unattached | 28:11.34 | |
| 5 | 122 Rice, Richard | M60 Unattached | 28:17.08 | |
| 6 | 30 Terrell, Richard | M70 Unattached | 29:12.96 | |
| 7 | 75 Bergeron, David | M69 Unattached | 29:30.19 | |
| 8 | 2 Rahl, Emmett | M53 Unattached | 31:24.75 | |
| 9 | 15 Heller, Jim | M77 Unattached | 34:55.21 | |
| 10 | 1 Parsel, Dave | M69 Unattached | 39:04.96 | |
| 11 | 14 Soohoo, Kie | M68 Unattached | 42:29.33 | |
| 12 | 66 Rice, Bob | M89 Unattached | 43:06.77 | |
| 13 | 19 Parker, Randy | M63 Unattached | 43:10.27 | |
| 14 | 11 Shunmugavel, Raji | W67 Unattached | 45:19.46 | |

AGE GROUPS RESULTS

| Name | Age | Team | Avg Mile | Finals | Points |
|---------------------------------------|------|-------------------|----------------|---------|----------|
| 60-69 Results - Women 5000 Run | | | | | |
| 1 | #64 | Sohaskey, Laura | W66 Unattached | 9:04.4 | 28:11.34 |
| 2 | #11 | Shunmugavel, Raji | W67 Unattached | 14:35.3 | 45:19.46 |
| 50-59 Results - Men 5000 Run | | | | | |
| 1 | #47 | McKiernan, Gavin | M50 Unattached | 7:29.6 | 23:16.66 |
| 2 | #131 | Ray, Adam | M58 Unattached | 8:14.1 | 25:35.00 |
| 3 | #2 | Rahl, Emmett | M53 Unattached | 10:06.7 | 31:24.75 |
| 60-69 Results - Men 5000 Run | | | | | |
| 1 | #22 | Araujo, John | M66 Unattached | 7:41.8 | 23:54.59 |
| 2 | #122 | Rice, Richard | M60 Unattached | 9:06.3 | 28:17.08 |
| 3 | #75 | Bergeron, David | M69 Unattached | 9:29.8 | 29:30.19 |
| 4 | #1 | Parsel, Dave | M69 Unattached | 12:34.8 | 39:04.96 |
| 5 | #14 | Soohoo, Kie | M68 Unattached | 13:40.6 | 42:29.33 |
| 6 | #19 | Parker, Randy | M63 Unattached | 13:53.8 | 43:10.27 |
| 70-79 Results - Men 5000 Run | | | | | |
| 1 | #30 | Terrell, Richard | M70 Unattached | 9:24.3 | 29:12.96 |
| 2 | #15 | Heller, Jim | M77 Unattached | 11:14.4 | 34:55.21 |
| 80+ Results - Men 5000 Run | | | | | |
| 1 | #66 | Rice, Bob | M89 Unattached | 13:52.6 | 43:06.77 |