

**November 2022 Boeing Lunch Hour 5K #441 - 11/14/2022**

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

Comp#	Name	Team	Time	Points
1	22 Araujo, John	M64 Unattached	22:49.72	
2	69 Hilton, James	M58 Unattached	23:03.45	
3	19 Parker, Randy	M61 Unattached	23:34.88	
4	89 Gomez, Nabor	M70 Unattached	24:00.49	
5	75 Bergeron, David	M67 Unattached	26:54.51	
6	30 Terrell, Richard	M68 Unattached	28:48.95	
7	34 Louie, Michael	M61 Unattached	29:20.95	
8	15 Heller, Jim	M75 Unattached	30:01.74	
9	86 Deprez, Johan	M64 Unattached	30:40.64	
10	7 Scianni, Jim	M71 Unattached	30:59.84	
11	81 Ytzen, Kyra	W63 Unattached	33:45.95	
12	4 Rusher, Dave	M83 Unattached	35:01.39	
13	80 Ytzen, Richard	M65 Unattached	35:59.74	
14	66 Rice, Bob	M87 Unattached	38:33.13	
15	14 Soohoo, Kie	M66 Unattached	42:18.59	
16	11 Shunmugavel, Raji	W66 Unattached	42:42.12	
17	20 Wetterhahn, Ralph	M80 Unattached	43:14.72	
18	90 Parsel, Suzanne	W61 Unattached	43:28.86	
19	1 Parsel, Dave	M67 Unattached	43:29.22	
20	2 Rahl, Emmett	M51 Unattached	1:01:01.12	

**Age Group Results**

Name	Age	Team	Avg Mile	Finals	Points
<b>60-69 Results - Women 5000 Run</b>					
1 #81 Ytzen, Kyra		W63 Unattached	10:52.1	33:45.95	
2 #11 Shunmugavel, Raji		W66 Unattached	13:44.7	42:42.12	
3 #90 Parsel, Suzanne		W61 Unattached	13:59.8	43:28.86	
<b>50-59 Results - Men 5000 Run</b>					
1 #69 Hilton, James		M58 Unattached	7:25.3	23:03.45	
2 #2 Rahl, Emmett		M51 Unattached	19:38.4	1:01:01.12	
<b>60-69 Results - Men 5000 Run</b>					
1 #22 Araujo, John		M64 Unattached	7:20.9	22:49.72	
2 #19 Parker, Randy		M61 Unattached	7:35.4	23:34.88	
3 #75 Bergeron, David		M67 Unattached	8:39.7	26:54.51	
4 #30 Terrell, Richard		M68 Unattached	9:16.5	28:48.95	
5 #34 Louie, Michael		M61 Unattached	9:26.8	29:20.95	
6 #86 Deprez, Johan		M64 Unattached	9:52.5	30:40.64	
7 #80 Ytzen, Richard		M65 Unattached	11:35.2	35:59.74	
8 #14 Soohoo, Kie		M66 Unattached	13:37.1	42:18.59	
9 #1 Parsel, Dave		M67 Unattached	13:59.9	43:29.22	
<b>70-79 Results - Men 5000 Run</b>					
1 #89 Gomez, Nabor		M70 Unattached	7:43.7	24:00.49	
2 #15 Heller, Jim		M75 Unattached	9:40.0	30:01.74	
3 #7 Scianni, Jim		M71 Unattached	9:58.7	30:59.84	
<b>80+ Results - Men 5000 Run</b>					
1 #4 Rusher, Dave		M83 Unattached	11:16.4	35:01.39	
2 #66 Rice, Bob		M87 Unattached	12:24.6	38:33.13	
3 #20 Wetterhahn, Ralph		M80 Unattached	13:55.2	43:14.72	

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**Rankings**