

November Boeing Lunch Hour 5K - 11/8/2021**www.socaltiming.com****Seal Beach Plant****Rankings****Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M47 Unattached	21:53.19	
2	31 Law, Nina	W59 Unattached	23:20.92	
3	19 Parker, Randy	M60 Unattached	24:21.59	
4	68 Barringer, Hiroko	W53 Unattached	24:26.68	
5	2 Rahl, Emmett	M50 Unattached	25:46.66	
6	75 Bergeron, David	M66 Unattached	26:08.49	
7	15 Heller, Jim	M74 Unattached	27:50.13	
8	38 Smith, David	M65 Unattached	27:55.22	
9	7 Scianni, Jim	M70 Unattached	29:05.35	
10	83 De Jong, Michelle	W52 Unattached	30:18.00	
11	59 Kuntz, David	M69 Unattached	31:43.78	
12	82 Graff, Irene	W58 Unattached	36:07.19	
13	30 Terrell, Richard	M67 Unattached	36:07.51	
14	1 Parsel, Dave	M66 Unattached	38:43.11	
15	20 Wetterhahn, Ralph	M79 Unattached	40:54.26	
16	77 Browne, Paul	M83 Unattached	43:57.07	
17	66 Rice, Bob	M86 Unattached	43:57.87	

Event AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals
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50-59 Results - Women 5000 Run

1	#31 Law, Nina	W59 Unattached	7:31.0	23:20.92
2	#68 Barringer, Hiroko	W53 Unattached	7:52.1	24:26.68
3	#83 De Jong, Michelle	W52 Unattached	9:45.2	30:18.00
4	#82 Graff, Irene	W58 Unattached	11:37.6	36:07.19

40-49 Results - Men 5000 Run

1	#47 McKiernan, Gavin	M47 Unattached	7:02.7	21:53.19
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50-59 Results - Men 5000 Run

1	#2 Rahl, Emmett	M50 Unattached	8:17.9	25:46.66
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60-69 Results - Men 5000 Run

1	#19 Parker, Randy	M60 Unattached	7:50.5	24:21.59
2	#75 Bergeron, David	M66 Unattached	8:24.9	26:08.49
3	#38 Smith, David	M65 Unattached	8:59.2	27:55.22
4	#59 Kuntz, David	M69 Unattached	10:12.8	31:43.78

5	#30 Terrell, Richard	M67 Unattached	11:37.7	36:07.51
6	#1 Parsel, Dave	M66 Unattached	12:27.8	38:43.11

70-79 Results - Men 5000 Run

1	#15 Heller, Jim	M74 Unattached	8:57.6	27:50.13
2	#7 Scianni, Jim	M70 Unattached	9:21.8	29:05.35
3	#20 Wetterhahn, Ralph	M79 Unattached	13:10.0	40:54.26

80+ Results - Men 5000 Run

1	#77 Browne, Paul	M83 Unattached	14:08.8	43:57.07
2	#66 Rice, Bob	M86 Unattached	14:09.1	43:57.87