

**September Boeing Lunch Hour 5K - 9/12/2022**

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

Comp#	Name	Team	Time	Points
1	68 Barringer, Hiroko	W54 Unattached	24:08.72	
2	31 Law, Nina	W60 Unattached	24:40.50	
3	22 Araujo, John	M64 Unattached	25:29.04	
4	19 Parker, Randy	M61 Unattached	25:37.09	
5	84 Chang, Dennis	M69 Unattached	27:11.70	
6	75 Bergeron, David	M67 Unattached	27:38.06	
7	87 Ricke, Jesse	M61 Unattached	27:40.67	
8	61 Mills, Steven	M73 Unattached	30:29.43	
9	7 Scianni, Jim	M71 Unattached	30:32.34	
10	30 Terrell, Richard	M68 Unattached	30:32.71	
11	50 Sydlowski, Tim	M59 Unattached	31:26.63	
12	83 De Jong, Michelle	W53 Unattached	32:21.78	
13	15 Heller, Jim	M75 Unattached	32:52.07	
14	1 Parsel, Dave	M67 Unattached	35:37.20	
15	59 Kuntz, David	M70 Unattached	37:46.86	
16	78 Stephens, Alex	M76 Unattached	38:07.79	
17	4 Rusher, Dave	M82 Unattached	38:42.00	
18	66 Rice, Bob	M87 Unattached	38:54.80	
19	14 Soohoo, Kie	M66 Unattached	43:10.01	
20	11 Shunmugavel, Raji	W65 Unattached	48:15.76	

**AGE GROUP RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>50-59 Results - Women 5000 Run</b>					
1 #68	Barringer, Hiroko	W54 Unattached	7:46.3	24:08.72	
2 #83	De Jong, Michelle	W53 Unattached	10:25.0	32:21.78	
<b>60-69 Results - Women 5000 Run</b>					
1 #31	Law, Nina	W60 Unattached	7:56.6	24:40.50	
2 #11	Shunmugavel, Raji	W65 Unattached	15:32.1	48:15.76	
<b>50-59 Results - Men 5000 Run</b>					
1 #50	Sydlowski, Tim	M59 Unattached	10:07.3	31:26.63	
<b>60-69 Results - Men 5000 Run</b>					
1 #22	Araujo, John	M64 Unattached	8:12.2	25:29.04	
2 #19	Parker, Randy	M61 Unattached	8:14.8	25:37.09	
3 #84	Chang, Dennis	M69 Unattached	8:45.2	27:11.70	
4 #75	Bergeron, David	M67 Unattached	8:53.7	27:38.06	
5 #87	Ricke, Jesse	M61 Unattached	8:54.6	27:40.67	
6 #30	Terrell, Richard	M68 Unattached	9:49.9	30:32.71	
7 #1	Parsel, Dave	M67 Unattached	11:27.9	35:37.20	
8 #14	Soohoo, Kie	M66 Unattached	13:53.7	43:10.01	
<b>70-79 Results - Men 5000 Run</b>					
1 #61	Mills, Steven	M73 Unattached	9:48.9	30:29.43	
2 #7	Scianni, Jim	M71 Unattached	9:49.8	30:32.34	
3 #15	Heller, Jim	M75 Unattached	10:34.8	32:52.07	
4 #59	Kuntz, David	M70 Unattached	12:09.7	37:46.86	
5 #78	Stephens, Alex	M76 Unattached	12:16.4	38:07.79	

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**Rankings**

**80+ Results - Men 5000 Run**

1	#4 Rusher, Dave	M82 Unattached	12:27.4	38:42.00
2	#66 Rice, Bob	M87 Unattached	12:31.5	38:54.80