

**Nelson Slagle Memorial Boeing Lunchtime 5K July #461 - 7/8/2024**

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Seal Beach Plant

**Rankings****Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M50 Unattached	22:40.37	
2	129 Finley, Frances	W42 Unattached	22:41.17	
3	22 Araujo, John	M66 Unattached	23:58.27	
4	89 Gomez, Nabor	M71 Unattached	24:46.82	
5	19 Parker, Randy	M63 Unattached	26:53.26	
6	2 Rahl, Emmett	M53 Unattached	27:13.93	
7	122 Rice, Richard	M60 Unattached	28:23.27	
8	64 Sohaskey, Laura	W65 Unattached	28:36.55	
9	86 Deprez, Johan	M66 Unattached	29:54.00	
10	7 Scianni, Jim	M73 Unattached	33:50.42	
11	15 Heller, Jim	M76 Unattached	34:58.60	
12	42 Salas, Rick	M76 Unattached	35:52.23	
13	66 Rice, Bob	M89 Unattached	36:35.58	
14	80 Ytzen, Richard	M67 Unattached	36:45.22	
15	14 Soohoo, Kie	M67 Unattached	40:00.33	
16	1 Parsel, Dave	M69 Unattached	40:09.31	
17	11 Shunmugavel, Raji	W67 Unattached	41:10.86	

**AGE GROUPS RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>40-49 Results - Women 5000 Run</b>					
1	#129	Finley, Frances	W42 Unattached	7:18.2	22:41.17
<b>60-69 Results - Women 5000 Run</b>					
1	#64	Sohaskey, Laura	W65 Unattached	9:12.5	28:36.55
2	#11	Shunmugavel, Raji	W67 Unattached	13:15.3	41:10.86
<b>50-59 Results - Men 5000 Run</b>					
1	#47	McKiernan, Gavin	M50 Unattached	7:17.9	22:40.37
2	#2	Rahl, Emmett	M53 Unattached	8:46.0	27:13.93
<b>60-69 Results - Men 5000 Run</b>					
1	#22	Araujo, John	M66 Unattached	7:43.0	23:58.27
2	#19	Parker, Randy	M63 Unattached	8:39.3	26:53.26
3	#122	Rice, Richard	M60 Unattached	9:08.3	28:23.27
4	#86	Deprez, Johan	M66 Unattached	9:37.5	29:54.00
5	#80	Ytzen, Richard	M67 Unattached	11:49.8	36:45.22
6	#14	Soohoo, Kie	M67 Unattached	12:52.6	40:00.33
7	#1	Parsel, Dave	M69 Unattached	12:55.5	40:09.31
<b>70-79 Results - Men 5000 Run</b>					
1	#89	Gomez, Nabor	M71 Unattached	7:58.6	24:46.82
2	#7	Scianni, Jim	M73 Unattached	10:53.6	33:50.42
3	#15	Heller, Jim	M76 Unattached	11:15.5	34:58.60
4	#42	Salas, Rick	M76 Unattached	11:32.8	35:52.23
<b>80+ Results - Men 5000 Run</b>					
1	#66	Rice, Bob	M89 Unattached	11:46.7	36:35.58