Nelson Slagle Memorial Boeing Lunchtime 5K September 14, 2026 #487 - 9/14/2026

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Seal Beach Plant

Rankings

Mixed 5k Run RR

	Comp#	Name		School	Time	Points
1	47	McKiernan, Gavin	M52	Unattached	22:53.61	
2	22	Araujo, John	M68	Unattached	25:46.65	
3	31	Law, Nina	W64	Unattached	26:10.44	
4	19	Parker, Randy	M65	Unattached	26:56.53	
5	64	Sohaskey, Laura	W68	Unattached	30:14.06	
6	30	Terrell, Richard	M72	Unattached	30:52.80	
7	2	Rahl, Emmett	M55	Unattached	34:19.80	
8	83	De Jong, Michelle	W57	Unattached	36:02.52	
9	15	Heller, Jim	M79	Unattached	36:57.04	
10	7	Scianni, Jim	M75	Unattached	40:48.11	
11	77	Browne, Paul	M88	Unattached	41:04.77	
12	80	Ytzen, Richard	M69	Unattached	44:18.15	
13	14	Soohoo, Kie	M70	Unattached	46:43.11	
14	11	Shunmugavel, Raji	W69	Unattached	48:49.20	
15	122	Rice, Richard	M62	Unattached	49:53.23	
16	66	Rice, Bob	M91	Unattached	49:55.06	
17	1	Parsel, Dave	M71	Unattached	54:14.54	

AGE GROUP RESULTS

	Name	Age	School	Avg Mile	Finals	Points
50-59 Results - Women 5000 Run						
1	#83 De Jong, Michelle	W57	Unattached	11:36.1	36:02.52	
60-69 Results - Women 5000 Run						
1	#31 Law, Nina	W64	Unattached	8:25.5	26:10.44	
2	#64 Sohaskey, Laura	W68	Unattached	9:43.9	30:14.06	
3	#11 Shunmugavel, Raji	W69	Unattached	15:42.9	48:49.20	
50-59 Results - Men 5000 Run						
1	#47 McKiernan, Gavin	M52	Unattached	7:22.2	22:53.61	
2	#2 Rahl, Emmett	M55	Unattached		34:19.80	
60-69 Results - Men 5000 Run						
1	#22 Araujo, John	M68	Unattached	8:17.9	25:46.65	
2	#19 Parker, Randy	M65	Unattached	8:40.4	26:56.53	
3	#80 Ytzen, Richard	M69	Unattached	14:15.6	44:18.15	
4	#122 Rice, Richard	M62	Unattached	16:03.5	49:53.23	
70-79 Results - Men 5000 Run						
1	#30 Terrell, Richard	M72	Unattached	9:56.4	30:52.80	
2	#15 Heller, Jim	M79	Unattached	11:53.6	36:57.04	
3	#7 Scianni, Jim	M75	Unattached	13:08.0	40:48.11	
4	#14 Soohoo, Kie	M70	Unattached	15:02.3	46:43.11	
5	#1 Parsel, Dave	M71	Unattached	17:27.6	54:14.54	
80-89 Results - Men 5000 Run						
1	#77 Browne, Paul	M88	Unattached	13:13.4	41:04.77	
90+ Results - Men 5000 Run						
1	#66 Rice, Bob	M91	Unattached	16:04.1	49:55.06	