

February 2023 Boeing Lunch Hour 5K #444 - 2/13/2023

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

Comp#	Name	Team	Time	Points
1	22 Araujo, John	M64 Unattached	22:18.46	
2	91 Forrester, Perry	M70 Unattached	22:33.81	
3	47 McKiernan, Gavin	M48 Unattached	22:45.43	
4	69 Hilton, James	M58 Unattached	23:08.24	
5	19 Parker, Randy	M61 Unattached	23:17.88	
6	31 Law, Nina	W60 Unattached	23:40.59	
7	92 McIntyre, Tim	M62 Unattached	26:01.18	
8	75 Bergeron, David	M68 Unattached	26:30.23	
9	84 Chang, Dennis	M70 Unattached	27:30.01	
10	15 Heller, Jim	M75 Unattached	28:49.97	
11	2 Rahl, Emmett	M51 Unattached	29:08.60	
12	7 Scianni, Jim	M71 Unattached	29:47.64	
13	86 Deprez, Johan	M65 Unattached	30:11.28	
14	4 Rusher, Dave	M83 Unattached	34:37.38	
15	1 Parsel, Dave	M67 Unattached	36:19.79	
16	66 Rice, Bob	M88 Unattached	37:21.42	
17	11 Shunmugavel, Raji	W66 Unattached	40:38.23	
18	20 Wetterhahn, Ralph	M80 Unattached	41:13.06	
19	14 Soohoo, Kie	M66 Unattached	44:03.41	

AGE GROUPS RESULTS

Name	Age	Team	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1 #31 Law, Nina	W60	Unattached	7:37.3	23:40.59	
2 #11 Shunmugavel, Raji	W66	Unattached	13:04.8	40:38.23	
40-49 Results - Men 5000 Run					
1 #47 McKiernan, Gavin	M48	Unattached	7:19.5	22:45.43	
50-59 Results - Men 5000 Run					
1 #69 Hilton, James	M58	Unattached	7:26.9	23:08.24	
2 #2 Rahl, Emmett	M51	Unattached	9:22.9	29:08.60	
60-69 Results - Men 5000 Run					
1 #22 Araujo, John	M64	Unattached	7:10.8	22:18.46	
2 #19 Parker, Randy	M61	Unattached	7:30.0	23:17.88	
3 #92 McIntyre, Tim	M62	Unattached	8:22.5	26:01.18	
4 #75 Bergeron, David	M68	Unattached	8:31.9	26:30.23	
5 #86 Deprez, Johan	M65	Unattached	9:43.0	30:11.28	
6 #1 Parsel, Dave	M67	Unattached	11:41.6	36:19.79	
7 #14 Soohoo, Kie	M66	Unattached	14:10.9	44:03.41	
70-79 Results - Men 5000 Run					
1 #91 Forrester, Perry	M70	Unattached	7:15.8	22:33.81	
2 #84 Chang, Dennis	M70	Unattached	8:51.1	27:30.01	
3 #15 Heller, Jim	M75	Unattached	9:16.9	28:49.97	
4 #7 Scianni, Jim	M71	Unattached	9:35.4	29:47.64	
80+ Results - Men 5000 Run					
1 #4 Rusher, Dave	M83	Unattached	11:08.7	34:37.38	
2 #66 Rice, Bob	M88	Unattached	12:01.5	37:21.42	
3 #20 Wetterhahn, Ralph	M80	Unattached	13:16.0	41:13.06	

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