

Nelson Slagle Memorial Boeing Lunchtime 5K Decemeber #454 - 12/11/2023

www.socaltiming.com

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

Comp#	Name	Team	Time	Points
1	22 Araujo, John	M65 Unattached	24:23.14	
2	31 Law, Nina	W61 Unattached	24:38.28	
3	89 Gomez, Nabor	M71 Unattached	25:16.67	
4	19 Parker, Randy	M62 Unattached	26:14.72	
5	75 Bergeron, David	M68 Unattached	26:19.31	
6	64 Sohaskey, Laura	W65 Unattached	26:51.08	
7	95 Kho, Daniel	M42 Unattached	27:11.66	
8	96 Acker, Robert	M25 Unattached	27:13.34	
9	122 Rice, Richard	M59 Unattached	27:51.25	
10	30 Terrell, Richard	M69 Unattached	28:29.51	
11	2 Rahl, Emmett	M52 Unattached	29:42.04	
12	7 Scianni, Jim	M72 Unattached	32:15.17	
13	81 Ytzen, Kyra	W64 Unattached	32:54.66	
14	1 Parsel, Dave	M68 Unattached	35:19.29	
15	15 Heller, Jim	M76 Unattached	35:30.26	
16	80 Ytzen, Richard	M66 Unattached	35:59.06	
17	42 Salas, Rick	M76 Unattached	36:31.02	
18	66 Rice, Bob	M88 Unattached	36:57.69	
19	14 Soohoo, Kie	M67 Unattached	42:42.99	
20	20 Wetterhahn, Ralph	M81 Unattached	45:16.99	

AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals	Points
60-69 Results - Women 5000 Run					
1	#31	Law, Nina	W61 Unattached	7:55.9	24:38.28
2	#64	Sohaskey, Laura	W65 Unattached	8:38.6	26:51.08
3	#81	Ytzen, Kyra	W64 Unattached	10:35.6	32:54.66
20-29 Results - Men 5000 Run					
1	#96	Acker, Robert	M25 Unattached	8:45.8	27:13.34
40-49 Results - Men 5000 Run					
1	#95	Kho, Daniel	M42 Unattached	8:45.2	27:11.66
50-59 Results - Men 5000 Run					
1	#122	Rice, Richard	M59 Unattached	8:58.0	27:51.25
2	#2	Rahl, Emmett	M52 Unattached	9:33.6	29:42.04
60-69 Results - Men 5000 Run					
1	#22	Araujo, John	M65 Unattached	7:51.0	24:23.14
2	#19	Parker, Randy	M62 Unattached	8:26.9	26:14.72
3	#75	Bergeron, David	M68 Unattached	8:28.4	26:19.31
4	#30	Terrell, Richard	M69 Unattached	9:10.3	28:29.51
5	#1	Parsel, Dave	M68 Unattached	11:22.2	35:19.29
6	#80	Ytzen, Richard	M66 Unattached	11:35.0	35:59.06
7	#14	Soohoo, Kie	M67 Unattached	13:45.0	42:42.99
70-79 Results - Men 5000 Run					
1	#89	Gomez, Nabor	M71 Unattached	8:08.2	25:16.67
2	#7	Scianni, Jim	M72 Unattached	10:22.9	32:15.17
3	#15	Heller, Jim	M76 Unattached	11:25.7	35:30.26
4	#42	Salas, Rick	M76 Unattached	11:45.3	36:31.02

Nelson Slagle Memorial Boeing Lunchtime 5K Decemeber #454 - 12/11/2023

www.socaltiming.com

Seal Beach Plant

Rankings

80+ Results - Men 5000 Run

1	#66 Rice, Bob	M88 Unattached	11:53.8	36:57.69
2	#20 Wetterhahn, Ralph	M81 Unattached	14:34.6	45:16.99