Nelson Slagle Memorial Boeing Lunchtime 5K March #445 - 3/13/2023
www.socaltiming.com
Seal Beach Plant
Rankings

Mixed 5k Run RR

	Comp#	Name			Team	Time	Points
1	22	Araujo, John	M65	Unattached		23:11.53	
2	31	Law, Nina	W60	Unattached		23:22.60	
3	92	McIntyre, Tim	M62	Unattached		24:49.94	
4	75	Bergeron, David	M68	Unattached		25:40.02	
5	89	Gomez, Nabor	M70	Unattached		26:20.50	
6	19	Parker, Randy	M61	Unattached		26:20.77	
7	64	Sohaskey, Laura	W64	Unattached		26:28.62	
8	84	Chang, Dennis	M70	Unattached		26:29.37	
9	86	Deprez, Johan	M65	Unattached		30:07.88	
10	2	Rahl, Emmett	M52	Unattached		30:42.91	
11	7	Scianni, Jim	M72	Unattached		31:34.31	
12	15	Heller, Jim	M75	Unattached		33:52.07	
13	82	Graff, Irene	W59	Unattached		34:40.02	
14	30	Terrell, Richard	M69	Unattached		34:40.56	
15	4	Rusher, Dave	M83	Unattached		34:49.84	
16	57	Kang, Andi	W65	Unattached		34:53.66	
17	66	Rice, Bob	M88	Unattached		35:59.45	
18	1	Parsel, Dave	M67	Unattached		36:11.57	
19	11	Shunmugavel, Raji	W66	Unattached		39:58.51	
20	93	Arterga, Joe	M72	Unattached		41:05.35	
21	5	Hickok, Tim	M57	Unattached		41:08.91	
22	14	Soohoo, Kie	M66	Unattached		45:40.32	

AGE GROUPS RESULTS

Name	Age Team	Avg Mile	Finals	Points

50-59 Results - Women 5000 Run

Name	Age Team	Avg Mile	Finals	Points
1 #82 Graff, Irene	W59 Unattached	11:09.5	34:40.02	

60-69 Results - Women 5000 Run

Name	Age Team	Avg Mile	Finals	Points
1 #31 Law, Nina	W60 Unattached	7:31.5	23:22.60	
2 #64 Sohaskey, Laura	W64 Unattached	8:31.4	26:28.62	
3 #57 Kang, Andi	W65 Unattached	11:13.9	34:53.66	
4 #11 Shunmugavel, Raji	W66 Unattached	12:52.0	39:58.51	

50-59 Results - Men 5000 Run

Name	Age Team	Avg Mile	Finals	Points
1 #2 Rahl, Emmett	M52 Unattached	9:53.2	30:42.91	
2 #5 Hickok, Tim	M57 Unattached	13:14.7	41:08.91	

60-69 Results - Men 5000 Run

Name	Age Team	Avg Mile	Finals	Points
1 #22 Araujo, John	M65 Unattached	7:27.9	23:11.53	
2 #92 McIntyre, Tim	M62 Unattached	7:59.6	24:49.94	
3 #75 Bergeron, David	M68 Unattached	8:15.7	25:40.02	
4 #19 Parker, Randy	M61 Unattached	8:28.8	26:20.77	
5 #86 Deprez, Johan	M65 Unattached	9:41.9	30:07.88	
6 #30 Terrell, Richard	M69 Unattached	11:09.7	34:40.56	
7 #1 Parsel, Dave	M67 Unattached	11:39.0	36:11.57	
8 #14 Soohoo, Kie	M66 Unattached	14:42.1	45:40.32	

70-79 Results - Men 5000 Run

Name	Age Team	Avg Mile	Finals	Points
1 #89 Gomez, Nabor	M70 Unattached	8:28.8	26:20.50	
2 #84 Chang, Dennis	M70 Unattached	8:31.6	26:29.37	
3 #7 Scianni, Jim	M72 Unattached	10:09.8	31:34.31	

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 4 #15 Heller, Jim          M75 Unattached              10:54.1   33:52.07
 5 #93 Arterga, Joe         M72 Unattached              13:13.6   41:05.35
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80+ Results - Men 5000 Run
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 1  #4 Rusher, Dave         M83 Unattached              11:12.7   34:49.84
 2 #66 Rice, Bob            M88 Unattached              11:35.1   35:59.45
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