

Nelson Slagle Memorial Boeing Lunchtime 5K February 2025 #468 - 2/10/2025

www.socaltiming.com

Seal Beach Plant

Rankings**Mixed 5k Run RR**

Comp#	Name	Team	Time	Points
1	47 McKiernan, Gavin	M50 Unattached	22:20.50	
2	22 Araujo, John	M66 Unattached	22:27.24	
3	69 Hilton, James	M60 Unattached	23:49.85	
4	31 Law, Nina	W62 Unattached	23:58.87	
5	139 Rutherford, Ken	M60 Unattached	24:11.79	
6	89 Gomez, Nabor	M72 Unattached	24:35.67	
7	92 McIntyre, Tim	M64 Unattached	24:40.12	
8	19 Parker, Randy	M63 Unattached	24:51.15	
9	64 Sohaskey, Laura	W66 Unattached	27:33.50	
10	2 Rahl, Emmett	M53 Unattached	29:26.34	
11	86 Deprez, Johan	M67 Unattached	30:36.52	
12	138 Urbany, Jordan	M34 Unattached	30:52.22	
13	15 Heller, Jim	M77 Unattached	31:45.54	
14	23 Born, Stephanie	W45 Unattached	31:49.89	
15	42 Salas, Rick	M77 Unattached	38:36.57	
16	1 Parsel, Dave	M69 Unattached	42:23.77	
17	14 Soohoo, Kie	M68 Unattached	43:35.82	
18	11 Shunmugavel, Raji	W68 Unattached	43:53.75	
19	20 Wetterhahn, Ralph	M82 Unattached	46:43.05	
20	85 Mcintyre, Kevin	M55 Unattached	48:49.43	

AGE GROUP RESULTS

Name	Age	Team	Avg Mile	Finals	Points
40-49 Results - Women 5000 Run					
1 #23 Born, Stephanie	W45	Unattached	10:14.8	31:49.89	
60-69 Results - Women 5000 Run					
1 #31 Law, Nina	W62	Unattached	7:43.2	23:58.87	
2 #64 Sohaskey, Laura	W66	Unattached	8:52.3	27:33.50	
3 #11 Shunmugavel, Raji	W68	Unattached	14:07.8	43:53.75	
30-39 Results - Men 5000 Run					
1 #138 Urbany, Jordan	M34	Unattached	9:56.2	30:52.22	
50-59 Results - Men 5000 Run					
1 #47 McKiernan, Gavin	M50	Unattached	7:11.5	22:20.50	
2 #2 Rahl, Emmett	M53	Unattached	9:28.6	29:26.34	
3 #85 Mcintyre, Kevin	M55	Unattached	15:42.9	48:49.43	
60-69 Results - Men 5000 Run					
1 #22 Araujo, John	M66	Unattached	7:13.7	22:27.24	
2 #69 Hilton, James	M60	Unattached	7:40.3	23:49.85	
3 #139 Rutherford, Ken	M60	Unattached	7:47.3	24:11.79	
4 #92 McIntyre, Tim	M64	Unattached	7:56.4	24:40.12	
5 #19 Parker, Randy	M63	Unattached	8:00.0	24:51.15	
6 #86 Deprez, Johan	M67	Unattached	9:51.2	30:36.52	
7 #1 Parsel, Dave	M69	Unattached	13:38.8	42:23.77	
8 #14 Soohoo, Kie	M68	Unattached	14:02.0	43:35.82	

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Rankings

70-79 Results - Men 5000 Run

1	#89 Gomez, Nabor	M72 Unattached	7:55.0	24:35.67
2	#15 Heller, Jim	M77 Unattached	10:13.4	31:45.54
3	#42 Salas, Rick	M77 Unattached	12:25.7	38:36.57

80-89 Results - Men 5000 Run

1	#20 Wetterhahn, Ralph	M82 Unattached	15:02.3	46:43.05
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