

**Nelson Slagle Memorial Boeing Lunchtime 5K November#465 - 11/11/2024**

www.socaltiming.com

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

Comp#	Name	Team	Time	Points
1	47	McKiernan, Gavin	M50 Unattached	22:23.53
2	22	Araujo, John	M66 Unattached	22:44.52
3	31	Law, Nina	W62 Unattached	24:09.16
4	19	Parker, Randy	M63 Unattached	24:54.98
5	136	Vannah, Zach	M24 Unattached	25:01.44
6	89	Gomez, Nabor	M72 Unattached	25:01.95
7	92	McIntyre, Tim	M64 Unattached	25:33.10
8	133	Nido, Marina	W27 Unattached	25:51.24
9	134	Kucharczyk, Will	M31 Unattached	26:35.54
10	135	Mees, Ellie	W28 Unattached	27:26.04
11	30	Terrell, Richard	M70 Unattached	27:30.18
12	2	Rahl, Emmett	M53 Unattached	27:40.24
13	119	Plazola, sandra	W36 Unattached	27:43.20
14	137	McCarter, Trey	M24 Unattached	28:09.75
15	96	Acker, Robert	M26 Unattached	28:13.62
16	86	Deprez, Johan	M66 Unattached	29:25.87
17	15	Heller, Jim	M77 Unattached	33:29.41
18	1	Parsel, Dave	M69 Unattached	37:02.20
19	66	Rice, Bob	M89 Unattached	37:36.12
20	4	Rusher, Dave	M85 Unattached	38:05.36
21	3	King, Chris	M62 Unattached	39:39.89
22	42	Salas, Rick	M77 Unattached	40:23.02
23	14	Sooahoo, Kie	M68 Unattached	43:42.72
24	11	Shunmugavel, Raji	W68 Unattached	50:00.00
25	59	Kuntz, David	M72 Unattached	55:03.12
26	7	Scianni, Jim	M73 Unattached	59:51.97
27	101	Galvan, Rylie	W8 Unattached	59:52.23
28	8	Galvan, Dominic	M14 Unattached	59:52.51

**AGEGROUP RESULTS**

Name	Age	Team	Avg Mile	Finals	Points
<b>19 &amp; Under Results - Women 5000 Run</b>					
1	#101	Galvan, Rylie	W8 Unattached	19:16.3	59:52.23
<b>20-29 Results - Women 5000 Run</b>					
1	#133	Nido, Marina	W27 Unattached	8:19.3	25:51.24
2	#135	Mees, Ellie	W28 Unattached	8:49.8	27:26.04
<b>30-39 Results - Women 5000 Run</b>					
1	#119	Plazola, sandra	W36 Unattached	8:55.4	27:43.20
<b>60-69 Results - Women 5000 Run</b>					
1	#31	Law, Nina	W62 Unattached	7:46.5	24:09.16
2	#11	Shunmugavel, Raji	W68 Unattached	16:05.6	50:00.00
<b>19 &amp; Under Results - Men 5000 Run</b>					
1	#8	Galvan, Dominic	M14 Unattached	19:16.4	59:52.51
<b>20-29 Results - Men 5000 Run</b>					
1	#136	Vannah, Zach	M24 Unattached	8:03.3	25:01.44
2	#137	McCarter, Trey	M24 Unattached	9:03.9	28:09.75
3	#96	Acker, Robert	M26 Unattached	9:05.2	28:13.62

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1	#134 Kucharczyk, Will	M31 Unattached	8:33.6	26:35.54
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**50-59 Results - Men 5000 Run**

1	#47 McKiernan, Gavin	M50 Unattached	7:12.5	22:23.53
2	#2 Rahl, Emmett	M53 Unattached	8:54.4	27:40.24

**60-69 Results - Men 5000 Run**

1	#22 Araujo, John	M66 Unattached	7:19.2	22:44.52
2	#19 Parker, Randy	M63 Unattached	8:01.2	24:54.98
3	#92 McIntyre, Tim	M64 Unattached	8:13.5	25:33.10
4	#86 Deprez, Johan	M66 Unattached	9:28.4	29:25.87
5	#1 Parsel, Dave	M69 Unattached	11:55.3	37:02.20
6	#3 King, Chris	M62 Unattached	12:46.1	39:39.89
7	#14 Soohoo, Kie	M68 Unattached	14:04.2	43:42.72

**70-79 Results - Men 5000 Run**

1	#89 Gomez, Nabor	M72 Unattached	8:03.5	25:01.95
2	#30 Terrell, Richard	M70 Unattached	8:51.2	27:30.18
3	#15 Heller, Jim	M77 Unattached	10:46.8	33:29.41
4	#42 Salas, Rick	M77 Unattached	12:59.9	40:23.02
5	#59 Kuntz, David	M72 Unattached	17:43.2	55:03.12
6	#7 Scianni, Jim	M73 Unattached	19:16.2	59:51.97

**80+ Results - Men 5000 Run**

1	#66 Rice, Bob	M89 Unattached	12:06.2	37:36.12
2	#4 Rusher, Dave	M85 Unattached	12:15.6	38:05.36