

VCCL Results - parkrun 2019

Race 3

Saturday, 18 May, 2019

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Heather Sullivan	41	23:39	58	8:45	0:15	14:39	0:00	4:44
2	Natalie Densley	338	20:34	35	5:15	0:36	14:43	0:04	4:07
3	Russell Johnson	30	22:07	44	6:40	0:36	14:51	0:12	4:25
4	Fiona Ely	368	25:11	59	8:55	1:12	15:04	0:25	5:02
5	Julian Harris 01	132	18:41	21	3:10	0:24	15:07	0:28	3:44
6	Matt Grant	231	17:18	12	1:50	0:09	15:19	0:38	3:28
7	Brigitte Humphrey	275	18:48	23	3:30	0:00	15:18	0:39	3:46
8	Leon Brooks	230	20:33	31	4:40	0:15	15:38	0:59	4:07
9	Craig Harris	343	18:55	20	3:00	0:15	15:40	1:01	3:47
10	Les Williams	93	20:29	27	4:05	0:42	15:42	1:03	4:06
11	David Spence	99	17:35	10	1:30	0:21	15:44	1:05	3:31
12	Sean Quilty	26	18:25	14	2:10	0:15	16:00	1:21	3:41
13	Irene James	60	25:25	61	9:10	0:15	16:00	1:21	5:05
14	Fraser Murray	191	20:54	30	4:30	0:21	16:03	1:24	4:11
15	Mark Andrews	144	18:27	15	2:15	0:03	16:09	1:30	3:41
16	Glenn Sullivan	280	19:41	22	3:20	0:09	16:12	1:33	3:56
17	Luke Critchley	321	22:38	33	5:00	1:12	16:26	1:47	4:32
18	Matthew Sullivan	145	18:17	10	1:30	0:09	16:38	1:59	3:39
19	Adamo Traini	281	20:52	20	3:00	1:03	16:49	2:10	4:10
20	Wayne James	119	23:03	31	4:40	0:15	18:08	3:29	4:37
21	Shane Thiele	291	19:58	7	1:05	0:15	18:38	3:59	4:00
22	John Mackay	203	34:44	100	15:00	0:00	19:44	5:05	6:57
23	Ray Barnard	124	29:57	64	9:40	0:00	20:17	5:38	5:59
24	Claire Thiele	86	32:50	50	7:30	0:15	25:05	10:26	6:34