

VCCL Results - parkrun 2019

Race 14

Saturday, 3 August, 2019

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Leon Brooks	230	19:34	32	4:50	0:24	14:20	0:00	3:55
2	Irene James	60	23:38	59	8:55	0:00	14:43	0:23	4:44
3	David Page	310	18:09	22	3:20	0:00	14:49	0:29	3:38
4	Tony Moran	35	18:05	21	3:10	0:00	14:55	0:35	3:37
5	Julian Harris 01	132	18:43	22	3:20	0:24	14:59	0:39	3:45
6	Gary Blake	320	22:48	49	7:25	0:21	15:02	0:42	4:34
7	Fraser Murray	191	20:38	34	5:10	0:21	15:07	0:47	4:08
8	Craig Harris	343	18:44	22	3:20	0:00	15:24	1:04	3:45
9	Russell Johnson	30	21:54	42	6:20	0:00	15:34	1:14	4:23
10	Martine Beer	83	20:15	31	4:40	0:00	15:35	1:15	4:03
11	Mark Andrews	144	18:08	16	2:25	0:00	15:43	1:23	3:38
12	Glenn Sullivan	280	19:29	20	3:00	0:36	15:53	1:33	3:54
13	Marcus Boxall	49	19:13	18	2:45	0:24	16:04	1:44	3:51
14	Heather Sullivan	41	23:41	47	7:05	0:15	16:21	2:01	4:44
15	Wayne James	119	21:34	32	4:50	0:00	16:44	2:24	4:19
16	Matthew Sullivan	145	19:17	15	2:15	0:00	17:02	2:42	3:51
17	Fiona Ely	368	26:25	61	9:10	0:06	17:09	2:49	5:17
18	Shane Thiele	291	25:37	8	1:15	0:09	24:13	9:53	5:07
19	Sean Quilty	26	40:20	17	2:35	0:00	37:45	23:25	8:04