

## VCCL Results - parkrun 2019

Race 18

Saturday, 31 August, 2019

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Julian Harris 01	132	18:06	22	3:20	0:15	14:31	0:00		3:37
2	Brigitte Humphrey	275	18:04	23	3:30	0:00	14:34	0:03		3:37
3	Adina Morrow	273	22:24	43	6:30	1:03	14:51	0:20		4:29
4	Gary Blake	320	22:47	49	7:25	0:21	15:01	0:30		4:33
5	Fraser Murray	191	21:41	34	5:10	1:27	15:04	0:33		4:20
6	Shane Thiele	291	17:04	8	1:15	0:36	15:13	0:42		3:25
7	Marcus Boxall	49	18:14	18	2:45	0:15	15:14	0:43		3:39
8	Corina Kapusta	265	20:39	27	4:05	0:48	15:46	1:01		4:08
9	Russell Johnson	30	22:54	42	6:20	0:57	15:37	1:06		4:35
10	Irene James	60	24:49	59	8:55	0:15	15:39	1:08		4:58
11	Glenn Sullivan	280	19:06	20	3:00	0:18	15:48	1:17		3:49
12	Natalie Densley	338	21:29	35	5:15	0:21	15:53	1:22		4:18
13	Mark Andrews	144	19:23	16	2:25	0:57	16:01	1:30		3:53
14	Matthew Sullivan	145	18:29	16	2:25	0:00	16:04	1:33		3:42
15	Heather Sullivan	41	23:43	48	7:15	0:18	16:10	1:39		4:45
16	Craig Harris	343	20:13	22	3:20	0:15	16:38	2:07		4:03
17	David Stones	50	22:37	30	4:30	0:21	17:46	3:15		4:31
18	John Mackay	203	33:22	100	15:00	0:06	18:16	3:46		6:40
19	Luke Critchley	321	26:34	36	5:25	1:27	19:42	5:11		5:19
20	Mark O'Brien	33	28:34	49	7:25	0:24	20:45	6:14		5:43