

## VCCL Results - parkrun 2022

Race 16

Saturday, 13 August, 2022

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Adina Morrow	273	21:23	40	6:00	0:18	15:05	0:00	4:17
2	Shane Ezard	228	18:16	20	3:00	0:00	15:16	0:11	3:39
3	Martine Beer	83	20:13	30	4:30	0:00	15:43	0:38	4:03
4	Craig Harris	343	19:27	23	3:30	0:00	15:57	0:52	3:53
5	Fraser Murray	191	21:02	30	4:30	0:12	16:20	1:15	4:12
6	Marcus Boxall	49	19:08	18	2:45	0:00	16:23	1:18	3:50
7	Greg Foran	171	20:26	23	3:30	0:30	16:26	1:21	4:05
8	Mark Andrews	144	18:44	15	2:15	0:00	16:29	1:24	3:45
9	Irene James	60	25:47	61	9:10	0:00	16:37	1:32	5:09
10	Wayne James	119	22:14	37	5:35	0:00	16:39	1:34	4:27
11	Russell Johnson	30	23:13	42	6:20	0:00	16:53	1:48	4:39
12	Francis Dowdle	369	18:01	7	1:05	0:00	16:56	1:51	3:36
13	Gary Blake	320	25:45	51	7:40	0:12	17:53	2:48	5:09
14	Glenn Sullivan	280	22:58	27	4:05	0:13	18:40	3:35	4:36
15	Mark O'Brien	33	32:32	51	7:40	1:00	23:52	8:47	6:30