

## VCCL Results - parkrun 2022

Race 20

Saturday, 10 September, 2022

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Greg Foran	171	20:44	24	3:40	1:03	16:01	0:00	4:09
2	Martine Beer	83	20:47	30	4:30	0:10	16:07	0:06	4:09
3	Mark Andrews	144	18:37	15	2:15	0:10	16:12	0:11	3:43
4	Russell Johnson	30	22:53	42	6:20	0:09	16:24	0:23	4:35
5	Fraser Murray	191	21:28	31	4:40	0:00	16:48	0:47	4:18
6	Irene James	60	26:23	63	9:20	0:10	16:53	0:52	5:17
7	Wayne James	119	26:07	37	5:35	0:10	20:22	4:21	5:13
8	Luke Critchley	321	28:04	38	5:45	0:51	21:28	5:27	5:37
9	Glenn Sullivan	280	33:47	28	4:15	0:13	29:19	12:18	6:45