

VCCL Results - parkrun 2023

Race 1

Saturday, 15 April, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Russell Johnson	30	22:46	43	6:30	0:33	15:43	0:00	4:33	
2	Alex Rowe	532	17:10	5	0:45	0:00	16:25	0:42	3:26	
3	Francis Dowdle	369	18:02	8	1:15	0:00	16:47	1:04	3:36	
4	Fraser Murray	191	22:31	32	4:50	0:09	17:32	1:49	4:30	
5	Irene James	60	28:18	64	9:40	0:12	18:26	2:43	5:40	
6	Luke Critchley	321	26:25	39	5:55	0:09	20:21	4:38	5:17	
7	Jo Whittle	357	27:17	35	5:15	0:00	22:02	6:19	5:27	
8	Jacqui Antidormi	375	30:42	45	6:45	0:00	23:57	8:14	6:08	
9	Brendan Norden	77	33:08	38	5:45	0:12	27:11	11:28	6:38	