

## VCCL Results - parkrun 2023

Race 3

Saturday, 29 April, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Alex Rowe	532	16:22	6	0:55	0:00	15:27	0:00	3:16
2	Will Meggitt	257	16:53	5	0:45	0:00	16:08	0:41	3:23
3	Irene James	60	26:03	65	9:45	0:00	16:18	0:51	5:13
4	Corina Kapusta	265	20:42	27	4:05	0:12	16:25	0:58	4:08
5	Russell Johnson	30	22:55	42	6:20	0:00	16:35	1:08	4:35
6	Brendan Norden	77	22:33	38	5:45	0:12	16:36	1:09	4:31
7	Fraser Murray	191	21:54	32	4:50	0:09	16:55	1:28	4:23
8	Julian Harris 01	132	20:06	15	2:15	0:12	17:39	2:12	4:01
9	Luke Critchley	321	24:49	39	5:55	0:09	18:45	3:18	4:58
10	Francis Dowdle	369	21:44	8	1:15	0:00	20:29	5:02	4:21
11	Jacqui Antidormi	375	30:21	55	8:15	0:00	22:06	6:39	6:04