

VCCL Results - parkrun 2023

Race 7

Saturday, 3 June, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Natalie Densley	338	19:52	35	5:15	0:00	14:37	0:00	3:58
2	Mark Andrews	144	17:08	14	2:10	0:00	14:58	0:21	3:26
3	Irene James	60	25:49	66	9:55	0:00	15:54	1:17	5:10
4	Fraser Murray	191	21:41	33	5:00	0:36	16:05	1:28	4:20
5	Luke Critchley	321	23:21	40	6:00	0:00	17:21	2:44	4:40
6	Mark O'Brien	33	26:46	60	9:00	0:12	17:34	2:57	5:21
7	Russell Johnson	30	26:41	42	6:20	0:42	19:39	5:02	5:20
8	Jacqui Antidormi	375	29:41	65	9:45	0:00	19:56	5:19	5:56
9	Michael Ryde	219	25:29	5	0:45	0:00	24:44	10:07	5:06