

## VCCL Results - parkrun 2023

Race 11

Saturday, 1 July, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Fraser Murray	191	21:02	34	5:10	0:09	15:43	0:00	4:12
2	Francis Dowdle	369	17:21	9	1:25	0:00	15:56	0:13	3:28
3	Corey Lawson	233	18:54	19	2:55	0:00	15:59	0:16	3:47
4	Mark Andrews	144	17:59	12	1:50	0:09	16:00	0:17	3:36
5	Natalie Densley	338	20:59	31	4:40	0:09	16:10	0:27	4:12
6	Russell Johnson	30	23:36	43	6:30	0:12	16:54	1:11	4:43
7	Irene James	60	28:17	70	10:30	0:09	17:38	1:55	5:39
8	Matt Grant	231	18:50	6	0:55	0:03	17:52	2:09	3:46
9	Marcus Boxall	49	21:14	20	3:00	0:06	18:08	2:25	4:15