

VCCL Results - parkrun 2023

Race 13

Saturday, 15 July, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Natalie Densley	338	19:29	31	4:40	0:00	14:49	0:00	3:54
2	Mark Andrews	144	16:52	12	1:50	0:00	15:02	0:13	3:22
3	Irene James	60	27:33	75	11:15	0:00	16:18	1:29	5:31
4	Fraser Murray	191	21:55	33	5:00	0:30	16:25	1:36	4:23
5	Matt Grant	231	17:59	7	1:05	0:09	16:45	1:56	3:36
6	Mark O'Brien	33	27:39	70	10:30	0:00	17:09	2:20	5:32
7	Russell Johnson	30	24:08	43	6:30	0:18	17:20	2:31	4:50
8	Jacqui Antidormi	375	30:46	86	12:55	0:06	17:45	2:56	6:09
9	Luke Critchley	321	23:54	40	6:00	0:00	17:54	3:05	4:47