

VCCL Results - parkrun 2023

Race 15

Saturday, 29 July, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Jacqui Antidormi	375	29:45	88	13:15	0:06	16:24	0:00	5:57
2	Russell Johnson	30	23:21	43	6:30	0:15	16:36	0:12	4:40
3	Marcus Boxall	49	19:47	21	3:10	0:00	16:37	0:13	3:57
4	Francis Dowdle	369	18:10	9	1:25	0:00	16:45	0:21	3:38
5	Fraser Murray	191	22:15	33	5:00	0:18	16:57	0:33	4:27
6	Matt Grant	231	18:30	7	1:05	0:12	17:13	0:49	3:42