

# VCCL Results - parkrun 2023

Race 17

Saturday, 12 August, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Irene James	60	26:24	77	11:35	0:00	14:49	0:00	5:17
2	Mark Andrews	144	16:45	12	1:50	0:00	14:55	0:06	3:21
3	Corey Lawson	233	17:57	19	2:55	0:00	15:02	0:13	3:35
4	Natalie Densley	338	19:28	28	4:15	0:00	15:13	0:24	3:54
5	Mark O'Brien	33	26:28	73	11:00	0:12	15:16	0:27	5:18
6	Matt Grant	231	17:08	8	1:15	0:00	15:53	1:04	3:26
7	Russell Johnson	30	22:49	43	6:30	0:00	16:19	1:30	4:34
8	Marcus Boxall	49	19:36	21	3:10	0:06	16:20	1:31	3:55
9	Fraser Murray	191	21:36	33	5:00	0:09	16:27	1:38	4:19
10	Francis Dowdle	369	17:52	9	1:25	0:00	16:27	1:38	3:34
11	Jacqui Antidormi	375	30:07	87	13:05	0:00	17:02	2:13	6:01
12	David Page	310	20:14	19	2:55	0:00	17:19	2:30	4:03
13	Luke Critchley	321	25:15	41	6:10	0:00	19:05	4:21	5:03
14	Ray Barnard	124	32:43	66	9:55	0:30	22:18	7:29	6:33