

## VCCL Results - parkrun 2023

Race 19

Saturday, 26 August, 2023

5km

parkrun

Place	Name	#	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
1	Mark O'Brien	33	25:58	73	11:00	0:12	14:46	0:00	5:12
2	Francis Dowdle	369	17:23	9	1:25	0:00	15:58	1:12	3:29
3	Fraser Murray	191	21:18	34	5:10	0:09	15:59	1:13	4:16
4	Russell Johnson	30	23:47	44	6:40	0:12	16:55	2:09	4:45
5	Jo Whittle	357	27:19	67	10:05	0:12	17:02	2:16	5:28
6	Jacqui Antidormi	375	30:26	87	13:05	0:00	17:21	2:35	6:05
7	Luke Critchley	321	24:14	41	6:10	0:00	18:04	3:18	4:51