

## VCCL Results - parkrun 2023

Race 10

Saturday, 24 June, 2023

parkrun

Place	Name	#	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Natalie Densley	338	5	20:02	33	5:00	0:12	14:50	0:00		4:00
2	Mark Andrews	144	5	16:49	12	1:50	0:06	14:53	0:03		3:22
3	Corey Lawson	233	5	18:44	19	2:55	0:00	15:49	0:59		3:45
4	Jacqui Antidormi	375	5	28:45	85	12:45	0:06	15:54	1:04		5:45
5	Irene James	60	5	26:22	67	10:05	0:06	16:11	1:21		5:16
6	Fraser Murray	191	5	21:25	33	5:00	0:09	16:16	1:26		4:17
7	Francis Dowdle	369	5	17:34	8	1:15	0:00	16:19	1:29		3:31
8	Russell Johnson	30	5	23:08	43	6:30	0:06	16:32	1:42		4:38