

## VCCL Results - parkrun 2023

Race 11

Saturday, 1 July, 2023

parkrun

Place	Name	#	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Fraser Murray	191	5	21:02	34	5:10	0:09	15:43	0:00		4:12
2	Francis Dowdle	369	5	17:21	9	1:25	0:00	15:56	0:13		3:28
3	Corey Lawson	233	5	18:54	19	2:55	0:00	15:59	0:16		3:47
4	Mark Andrews	144	5	17:59	12	1:50	0:09	16:00	0:17		3:36
5	Natalie Densley	338	5	20:59	31	4:40	0:09	16:10	0:27		4:12
6	Russell Johnson	30	5	23:36	43	6:30	0:12	16:54	1:11		4:43
7	Irene James	60	5	28:17	70	10:30	0:09	17:38	1:55		5:39
8	Matt Grant	231	5	18:50	6	0:55	0:03	17:52	2:09		3:46
9	Marcus Boxall	49	5	21:14	20	3:00	0:06	18:08	2:25		4:15