

## VCCL Results - parkrun 2023

Race 13

Saturday, 15 July, 2023

parkrun

Place	Name	#	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km	Rate
1	Natalie Densley	338	5	19:29	31	4:40	0:00	14:49	0:00		3:54
2	Mark Andrews	144	5	16:52	12	1:50	0:00	15:02	0:13		3:22
3	Irene James	60	5	27:33	75	11:15	0:00	16:18	1:29		5:31
4	Fraser Murray	191	5	21:55	33	5:00	0:30	16:25	1:36		4:23
5	Matt Grant	231	5	17:59	7	1:05	0:09	16:45	1:56		3:36
6	Mark O'Brien	33	5	27:39	70	10:30	0:00	17:09	2:20		5:32
7	Russell Johnson	30	5	24:08	43	6:30	0:18	17:20	2:31		4:50
8	Jacqui Antidormi	375	5	30:46	86	12:55	0:06	17:45	2:56		6:09
9	Luke Critchley	321	5	23:54	40	6:00	0:00	17:54	3:05		4:47