

VCCL Results - Daniel Lawlor

Member number: 1

Races: 59; Wins: 4 (6.8%); Top Ten: 43 (72.9%)

Active from 2011 to 2024

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
11/06/2011	Boutique FPS Handicap	24	5	18:19	10	1:35		16:44	1:47	3:40
24/07/2011	Eric Greaves Memorial Handicap	19	10	36:50	12	3:40		33:10	2:36	3:41
15/05/2016	Parks Victoria 5x3km Relay Challenge	10	3	9:56	12	1:12		8:44	0:35	3:19
26/06/2016	23rd Woodlands Handicap	12	10	36:59	12	3:40		33:19	2:07	3:42
06/05/2017	28th Rendina Family Handicap	3	8	28:17	12	3:00		25:17	1:01	3:32
14/05/2017	Brimbank Handicap	3	5	17:44	12	1:50		15:54	0:21	3:33
20/05/2017	Moran Stable Handicap	2	5	16:39	12	1:50		14:49	0:01	3:20
04/06/2017	22nd Caruana Cross Country Classic	3	8	27:44	12	3:00		24:44	0:08	3:28
11/06/2017	18th Westgate Bridge Handicap	3	5	17:11	12	1:50		15:21	0:13	3:26
24/06/2017	Yarra Bend Handicap	3	8	28:40	13	3:15		25:25	0:49	3:35
16/07/2017	AV 10km Road Race	2	10	34:25	13	3:55		30:30	0:17	3:27
06/08/2017	19th Eric Greaves Memorial Handicap	1	10	35:43	13	3:55		31:48	0:00	3:34
19/08/2017	Jells Park Handicap	18	5	17:20	8	1:15		16:05	2:16	3:28
27/08/2017	33rd Helmut & Maija Prentler Handicap	13	6.5	23:46	8	1:35		22:11	1:49	3:39
10/09/2017	Presidents & Ted Paulin Handicap	15	3	9:54	8	0:48		9:06	1:04	3:18
15/04/2018	Jells Park Sealed Handicap	14	6.5	23:08	9	1:50		21:18	2:07	3:34
21/04/2018	AV Cross Country Relays	6	6	20:48	9	1:40		19:08	1:39	3:28
05/05/2018	AV Cross Country	8	8	29:39	9	2:15		27:24	1:46	3:42
26/05/2018	AV Cross Country	4	12	43:47	9	3:25		40:22	1:49	3:39
10/06/2018	Caruana Classic Handicap	6	8	27:29	10	2:30		24:59	0:55	3:26
16/06/2018	AV Cross Country	6	10	34:49	10	3:00		31:49	1:12	3:29
07/07/2018	AV Road Relays	9	3.1	9:56	10	1:02		8:54	0:40	3:12
15/07/2018	Braeside Handicap	8	10	35:42	10	3:00		32:42	1:55	3:34
22/07/2018	AV Road Race	6	10	34:13	11	3:20		30:53	2:00	3:25
04/08/2018	AV Road Race	5	15	53:38	11	5:10		48:28	0:53	3:35
02/09/2018	AV Road Race	1	21.1	1:16:42	12	7:55		1:08:47	0:00	3:38
15/09/2018	AV Relays	11	3.827	12:49	9	1:05		11:44	0:49	3:21
23/09/2018	Westerfold Park Handicap	12	3	10:17	10	0:55		9:22	0:49	3:26
04/05/2019	AV Cross Country Relays	4	6	20:02	10	1:50		18:12	0:33	3:20
01/06/2019	AV Cross Country	3	8	28:57	10	2:30		26:27	0:22	3:37
15/06/2019	AV Cross Country	3	10	35:17	10	3:00		32:17	1:12	3:32
22/06/2019	AV Ekiden Relays	10	5	18:38	10	1:30		17:08	0:53	3:44
06/07/2019	AV Road Relays	2	6.2	20:21	10	1:55		18:26	0:03	3:17
14/07/2019	AV Road Race	1	10	32:49	11	3:20		29:29	0:00	3:17
21/07/2019	Braeside Handicap	6	10	34:30	6	1:50		32:40	1:23	3:27
27/07/2019	AV Road Race	5	15	49:55	6	2:50		47:05	0:23	3:20
21/09/2019	AV Relays	8	3.827	12:16	6	0:45		11:31	0:45	3:12
01/05/2021	AV Cross Country Relays	5	6	20:25	6	1:05		19:20	0:33	3:24
30/04/2022	parkrun	5	5	16:32	6	0:55	0:00	15:37	0:25	3:18
28/05/2022	AV Cross Country	1	8	28:37	6	1:30		27:07	0:00	3:35
18/06/2022	AV Cross Country	3	12	42:46	3	1:10		41:36	0:54	3:34
09/07/2022	AV Road Relays	4	6.2	20:07	3	0:35		19:32	1:08	3:15
23/07/2022	AV Cross Country	3	10	34:26	3	0:55		33:31	0:56	3:27
07/08/2022	AV Road Race	5	10	33:01	3	0:55		32:06	0:29	3:18
20/08/2022	AV Road Race	10	15	54:29	3	1:25		53:04	4:33	3:38
04/09/2022	AV Road Race	8	21.1	1:17:01	3	2:00		1:15:01	5:34	3:39
17/09/2022	AV Relays	8	3.827	12:18	4	0:30		11:48	0:45	3:13
22/04/2023	AV Cross Country Relays	11	6	20:58	4	0:45		20:13	1:47	3:30
07/05/2023	AV Road Race	10	10	33:17	4	1:10		32:07	1:27	3:20
27/05/2023	AV Cross Country	2	8	29:15	4	1:00		28:15	1:02	3:39
17/06/2023	AV Cross Country	3	12	42:39	4	1:30		41:09	1:04	3:33

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Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
08/07/2023	AV Road Relays	7	6.2	20:40	4	0:50		19:50	1:25	3:20
22/07/2023	AV Cross Country	2	10	34:24	5	1:30		32:54	0:56	3:26
06/08/2023	AV Road Race	4	15	53:55	5	2:20		51:35	2:47	3:36
16/09/2023	AV Relays	13	3.827	12:36	5	0:35		12:01	1:17	3:18
27/04/2024	XCR Jell Park Relays	5	6	20:28					1:40	3:25
11/05/2024	XCR Hanging Rock	7	12	42:53					1:54	3:34
02/06/2024	XCR Lakeside	6	10	32:42					1:55	3:16
15/06/2024	XCR Bendigo Cross Country	7	8	28:56					1:49	3:37