

VCCL Results - Adamo Traini

Member number: 281

Races: 28; Wins: 1 (3.6%); Top Ten: 10 (35.7%)

Active from 2016 to 2019

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
01/05/2016	27th Rendina Family Handicap	26	8	32:12	15	3:45		28:27	3:47	4:02
15/05/2016	Parks Victoria 5x3km Relay Challenge	27	3	11:06	15	1:30		9:36	1:27	3:42
22/05/2016	Fraser Murray Family Feud Handicap	16	5	19:07	15	2:15		16:52	2:00	3:49
29/05/2016	AB Phillips Handicap	21	6.5	27:05	16	3:10		23:55	2:48	4:10
05/06/2016	21st Caruana Cross Country Classic	24	8	33:04	17	4:15		28:49	4:34	4:08
19/06/2016	17th Westgate Bridge Handicap	23	5	19:41	19	2:55		16:46	2:10	3:56
26/06/2016	23rd Woodlands Handicap	19	10	41:35	21	6:25		35:10	3:58	4:10
10/07/2016	32nd Helmut & Maija Prentler Handicap	17	5	19:33	22	3:20		16:13	1:08	3:55
24/07/2016	18th Eric Greaves Memorial Handicap	20	10	41:45	22	6:40		35:05	3:54	4:11
31/07/2016	Nortons Park Park Handicap	8	6.5	27:42	23	4:35		23:07	1:41	4:16
07/08/2016	Jells Park Handicap	10	5	19:07	23	3:30		15:37	0:39	3:49
21/08/2016	21st George Perdon Handicap	18	16.09	1:20:45	24	12:00		1:08:45	16:24	5:01
28/08/2016	5th Kyneton Ridge Estate Handicap	11	6.5	26:30	24	4:50		21:40	2:00	4:05
18/09/2016	Presidents & Ted Paulin Handicap	12	3	11:31	25	2:30		9:01	1:05	3:50
30/04/2017	Fred Grubb & Bob Charlton Memorial	4	6.5	27:36	25	5:00		22:36	1:33	4:15
06/05/2017	28th Rendina Family Handicap	1	8	30:31	25	6:15		24:16	0:00	3:49
14/05/2017	Brimbank Handicap	2	5	18:45	19	2:55		15:50	0:17	3:45
20/05/2017	Moran Stable Handicap	15	5	18:51	19	2:55		15:56	1:08	3:46
04/06/2017	22nd Caruana Cross Country Classic	17	8	31:09	19	4:45		26:24	1:48	3:54
11/06/2017	18th Westgate Bridge Handicap	13	5	19:08	19	2:55		16:13	1:05	3:50
24/06/2017	Yarra Bend Handicap	15	8	34:25	19	4:45		29:40	5:04	4:18
01/07/2017	AB Phillips Handicap	2	6.5	23:50	20	4:00		19:50	0:33	3:40
16/07/2017	AV 10km Road Race	4	10	37:12	20	6:05		31:07	0:54	3:43
06/08/2017	19th Eric Greaves Memorial Handicap	3	10	38:23	20	6:05		32:18	0:30	3:50
19/08/2017	Jells Park Handicap	11	5	18:47	20	3:05		15:42	1:53	3:45
27/08/2017	33rd Helmut & Maija Prentler Handicap	2	6.5	24:44	20	4:00		20:44	0:22	3:48
10/09/2017	Presidents & Ted Paulin Handicap	5	3	10:28	20	2:00		8:28	0:26	3:29
18/05/2019	parkrun	19	5	20:52	20	3:00	1:03	16:49	2:10	4:10