

VCCL Results - Elisha Ezard

Member number: 345

Races: 9; Wins: 0 (0.0%); Top Ten: 8 (88.9%)

Active from 2021 to 2022

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
01/05/2021	AV Cross Country Relays	20	6	28:39	35	6:35		22:04	3:17	4:47
08/05/2021	parkrun	8	5	21:57	37	5:35	0:02	16:20	1:59	4:23
15/05/2021	parkrun	7	5	22:40	38	5:45	0:06	16:49	1:34	4:32
03/07/2021	parkrun	10	5	21:51	39	5:55	0:02	15:54	1:25	4:22
30/04/2022	parkrun	8	5	22:39	40	6:00	0:00	16:39	1:27	4:32
14/05/2022	parkrun	3	5	22:15	41	6:10	0:00	16:05	0:27	4:27
21/05/2022	parkrun	3	5	21:35	41	6:10	0:00	15:25	0:30	4:19
04/06/2022	parkrun	7	5	22:26	41	6:10	0:00	16:16	0:58	4:29
30/07/2022	parkrun	4	5	21:24	41	6:10	0:00	15:14	0:17	4:17