

VCCL Results - AV Cross Country 2023

Race 14

Saturday, 22 July, 2023

10km

Bundoora Park

Place	Name	#	Time	Spot	H'cap	N/Time	Margin	km	Rate
1	Ashley Cowen	223	34:43	9	2:45	31:58	0:00	3:28	
2	Daniel Lawlor	1	34:24	5	1:30	32:54	0:56	3:26	
3	Will Meggitt	257	34:43	5	1:30	33:13	1:15	3:28	
4	Michael Ryde	219	35:05	6	1:50	33:15	1:17	3:31	
5	Matt Grant	231	35:37	7	2:05	33:32	1:34	3:34	
6	Meaghan Deane	297	42:55	30	9:10	33:45	1:47	4:18	
7	Corina Kapusta	265	42:43	28	8:30	34:13	2:15	4:16	
8	Alex Rowe	532	36:35	4	1:10	35:25	3:27	3:40	
9	Corey Lawson	233	41:10	19	5:45	35:25	3:27	4:07	
10	Marcus Boxall	49	43:24	21	6:25	36:59	5:01	4:20	
11	Janine McKerron	140	1:07:55	81	24:45	43:10	11:12	6:48	