

## VCCL Results - XCR Sandown Relays 2024

Race 5

Saturday, 29 June, 2024

6.2km

Sandown Racecourse

Place	Name	#	Time	Margin	km Rate
1	Ashley Cowen	223	19:32	0:00	3:09
2	Will Lovett	111	19:33	0:01	3:09
3	Ryan Greenwood	114	20:05	0:33	3:14
4	Michael Ryde	219	20:14	0:42	3:16
5	Mitchell Waring	538	20:40	1:08	3:20
6	Gerry Stamoulis	221	20:43	1:11	3:20
7	Daniel Lawlor	1	21:13	1:41	3:25
8	Matt Grant	231	21:33	2:01	3:29
9	Liam Stocky	263	22:25	2:53	3:37
10	Alex Rowe	532	22:43	3:11	3:40
11	Corina Kapusta	265	24:47	5:15	4:00
12	Fraser Murray	191	26:56	7:24	4:21
13	Nicole Grant	501	28:02	8:30	4:31
14	Chris Brown	351	32:09	12:37	5:11
15	Julian Harris 01	132	33:53	14:21	5:28
16	Janine McKerron	140	34:24	14:52	5:33
17	Kendelle Hodges	106	36:48	17:16	5:56