

## VCCL Results - Albert parkrun 2024

Saturday, 13 July, 2024

Albert Park

Place	Name	#	km	Time	Spot	H'cap	N/Time	Margin	km Rate
1	Alex Rowe	532	5	16:13	8	1:15	14:58	0:00	3:15
2	Ashley Cowen	223	5	15:51	5	0:45	15:06	0:08	3:10
3	Gerry Stamoulis	221	5	16:41	8	1:15	15:26	0:28	3:20
4	Matt Grant	231	5	17:06	10	1:30	15:36	0:38	3:25
5	Fraser Murray	191	5	21:07	35	5:15	15:52	0:54	4:13
6	Riley Bryce	256	5	16:49	2	0:20	16:29	1:31	3:22
7	Ryan Greenwood	114	5	17:49	3	0:30	17:19	2:21	3:34
8	Meaghan Deane	297	5	24:57	29	4:25	20:32	5:34	4:59
9	Nicole Grant	501	5	28:19	41	6:10	22:09	7:11	5:40