

VCCL Results - Lisa Mitchell

Member number: 278

Races: 2; Wins: 0 (0.0%); Top Ten: 0 (0.0%)

Active from 2014 to 2014

| Date | Event | Place | km | Time | Spot | H'cap | C/Adj | N/Time | Margin | km | Rate |
|------------|------------------------------------|-------|-----|-------|------|-------|-------|--------|--------|----|------|
| 04/05/2014 | Fred Grubb & Bob Charlton Memorial | 46 | 6.5 | 30:50 | 30 | 6:00 | | 24:50 | 5:13 | | 4:45 |
| 01/06/2014 | 19th Caruana Cross Country Classic | 59 | 8 | 37:22 | 35 | 8:45 | | 28:37 | 6:13 | | 4:40 |