

## VCCL Results - Tobias Lawrence

Member number: 173

Races: 13; Wins: 2 (15.4%); Top Ten: 7 (53.8%)

Active from 2022 to 2026

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
09/07/2022	AV Road Relays	6	6.2	22:31	15	2:55		19:36	1:12	3:38
23/07/2022	AV Cross Country	1	10	37:10	15	4:35		32:35	0:00	3:43
07/08/2022	AV Road Race	11	10	35:44	9	2:45		32:59	1:22	3:34
17/09/2022	AV Relays	5	3.827	12:47	9	1:05		11:42	0:39	3:20
07/05/2023	AV Road Race	11	10	34:58	9	2:45		32:13	1:33	3:30
17/06/2023	AV Cross Country	1	12	43:30	9	3:25		40:05	0:00	3:38
08/07/2023	AV Road Relays	6	6.2	21:25	9	1:45		19:40	1:15	3:27
16/09/2023	AV Relays	9	3.827	12:38	9	1:05		11:33	0:49	3:18
11/05/2024	XCR Hanging Rock	10	12	45:31					4:32	3:48
04/08/2024	XCR Lake Wendouree	4	15	55:11					7:51	3:41
17/08/2024	XCR Ekiden Relay	3	5	17:02					0:44	3:24
14/09/2024	AV Tan Track Relays	6	3.827	13:15					1:11	3:28
16/05/2026	XCR Jell Park Relays	13	6	22:12					3:46	3:42