

VCCL Results - Alex Rowe

Member number: 532

Races: 20; Wins: 2 (10.0%); Top Ten: 12 (60.0%)

Active from 2023 to 2025

Date	Event	Place	km	Time	Spot	H'cap	C/Adj	N/Time	Margin	km Rate
15/04/2023	parkrun	2	5	17:10	5	0:45	0:00	16:25	0:42	3:26
22/04/2023	AV Cross Country Relays	12	6	21:23	6	1:05		20:18	1:52	3:34
29/04/2023	parkrun	1	5	16:22	6	0:55	0:00	15:27	0:00	3:16
07/05/2023	AV Road Race	17	10	34:44	2	0:35		34:09	3:29	3:28
17/06/2023	AV Cross Country	8	12	45:38	2	0:45		44:53	4:48	3:48
08/07/2023	AV Road Relays	15	6.2	21:25	4	0:50		20:35	2:10	3:27
22/07/2023	AV Cross Country	8	10	36:35	4	1:10		35:25	3:27	3:40
06/08/2023	AV Road Race	7	15	56:22	5	2:20		54:02	5:14	3:45
19/08/2023	AV Ekiden Relay	4	5	18:59	6	0:55		18:04	1:33	3:48
03/09/2023	AV Road Race	8	21.1	1:21:07	6	3:55		1:17:12	7:17	3:51
16/09/2023	AV Relays	14	3.827	12:49	6	0:45		12:04	1:20	3:21
27/04/2024	XCR Jell Park Relays	8	6	20:52					2:04	3:29
11/05/2024	XCR Hanging Rock	9	12	45:18					4:19	3:47
02/06/2024	XCR Lakeside	11	10	34:19					3:32	3:26
15/06/2024	XCR Bendigo Cross Country	9	8	29:40					2:33	3:43
29/06/2024	XCR Sandown Relays	10	6.2	22:43					3:11	3:40
13/07/2024	Albert parkrun	1	5	16:13	8	1:15		14:58	0:00	3:15
20/07/2024	XCR Bundoora Park	3	10	36:51					1:40	3:41
14/09/2024	AV Tan Track Relays	2	3.827	12:06					0:02	3:10
20/09/2025	AV Tan Track Relays	5	3.827	12:03					0:56	3:09