

# VCCL Results - AV Cross Country 2023

Race 14

Saturday, 22 July, 2023

Bundoora Park

Place	Name	#	km	Time	Spot	H'cap	N/Time	Margin	km	Rate
1	Ashley Cowen	223	10	34:43	9	2:45	31:58	0:00		3:28
2	Daniel Lawlor	1	10	34:24	5	1:30	32:54	0:56		3:26
3	Will Meggitt	257	10	34:43	5	1:30	33:13	1:15		3:28
4	Michael Ryde	219	10	35:05	6	1:50	33:15	1:17		3:31
5	Matt Grant	231	10	35:37	7	2:05	33:32	1:34		3:34
6	Meg Deane	297	10	42:55	30	9:10	33:45	1:47		4:18
7	Corina Kapusta	265	10	42:43	28	8:30	34:13	2:15		4:16
8	Alex Rowe	532	10	36:35	4	1:10	35:25	3:27		3:40
9	Corey Lawson	233	10	41:10	19	5:45	35:25	3:27		4:07
10	Marcus Boxall	49	10	43:24	21	6:25	36:59	5:01		4:20
11	Janine McKerron	140	10	1:07:55	81	24:45	43:10	11:12		6:48