



Championnat de ligue de Longue distance
Forêt de Montmorency (95) 12.3.2023
9502IF ACBeauchamp

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Circuit : H60

Distance : 5300m (Dénivelé 135m)

Temps : 1:07:14 (12'41"/km)

7/8

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Philippe DUBOIS | 0:47:18 |
| 2. Jose RORA | 0:48:44 |
| 3. Thierry HEROUARD | 0:51:26 |

1.	42	00:01:00		173m	5'47"/km
2.	31	00:02:59	00:03:59	290m	10'17"/km
3.	32	00:03:22	00:07:21	255m	13'12"/km
4.	69	00:03:22	00:10:43	329m	10'14"/km
5.	44	00:12:54	00:23:37	905m	14'15"/km
6.	90	00:06:48	00:30:25	562m	12'06"/km
7.	88	00:09:32	00:39:57	784m	12'10"/km
8.	52	00:02:53	00:42:50	215m	13'25"/km
9.	85	00:02:04	00:44:54	160m	12'55"/km
10.	54	00:08:50	00:53:44	528m	16'44"/km
11.	33	00:05:19	00:59:03	312m	17'02"/km
12.	56	00:03:46	01:02:49	334m	11'17"/km
13.	99	00:03:51	01:06:40	344m	11'12"/km
14.	999	00:00:34	01:07:14	83m	6'50"/km

HELGA

Orienteering Software