



Nationale Sud-Ouest 2023 - Longue distance

Lit-et-Mixe 18.6.2023

4012NA B.R.O.S

Amadou SYLLA

31050C TOAC Orientatio

Circuit : E

Distance : 11120m (Dénivelé 190m)

Temps : 1:17:22 (6'57"/km)

4/34

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Jean-Michel PARZYCH | 1:08:18 |
| 2. Matthieu BARRIERE | 1:12:23 |
| 3. Martin MOTTET | 1:13:47 |

1.	90	00:09:28		1567m	6'02"/km
2.	103	00:02:57	00:12:25	264m	11'10"/km
3.	97	00:04:27	00:16:52	769m	5'47"/km
4.	92	00:01:29	00:18:21	212m	7'00"/km
5.	93	00:01:29	00:19:50	203m	7'18"/km
6.	94	00:01:19	00:21:09	191m	6'54"/km
7.	88	00:01:08	00:22:17	154m	7'22"/km
8.	89	00:10:37	00:32:54	1682m	6'19"/km
9.	41	00:00:19	00:33:13	58m	5'28"/km
10.	42	00:01:10	00:34:23	232m	5'02"/km
11.	43	00:01:47	00:36:10	155m	11'30"/km
12.	49	00:00:53	00:37:03	63m	14'01"/km
13.	38	00:02:47	00:39:50	467m	5'58"/km
14.	95	00:13:27	00:53:17		
15.	115	00:00:20	00:53:37		
16.	79	00:03:24	00:57:01	516m	6'35"/km
17.	72	00:01:24	00:58:25	184m	7'37"/km
18.	53	00:01:06	00:59:31	199m	5'32"/km
19.	57	00:02:51	01:02:22	466m	6'07"/km
20.	105	00:02:32	01:04:54	329m	7'42"/km
21.	34	00:09:47	01:14:41		
22.	104	00:01:13	01:15:54		
23.	255	00:01:08	01:17:02	234m	4'51"/km
24.	999	00:00:20	01:17:22	155m	2'09"/km

Orienteering Software