



**Nationale Sud-Ouest 2023 - Longue distance**  
**Lit-et-Mixe 18.6.2023**  
**4012NA B.R.O.S**

**Philippe PAGE**

1705NA CMO

Circuit : I2

Distance : 6390m (Dénivelé 110m)

Temps : 0:48:01 (7'31"/km)

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O.K.

[Résultats complets sur Webres](#)

1. Serge GRILLET 0:46:49  
3. Joël POULAIN 0:50:34

|     |     |          |          |       |          |
|-----|-----|----------|----------|-------|----------|
| 1.  | 80  | 00:01:30 |          | 202m  | 7'26"/km |
| 2.  | 45  | 00:02:44 | 00:04:14 | 375m  | 7'17"/km |
| 3.  | 89  | 00:05:40 | 00:09:54 | 778m  | 7'17"/km |
| 4.  | 58  | 00:01:38 | 00:11:32 |       |          |
| 5.  | 42  | 00:00:30 | 00:12:02 |       |          |
| 6.  | 43  | 00:00:54 | 00:12:56 | 155m  | 5'48"/km |
| 7.  | 98  | 00:03:45 | 00:16:41 | 538m  | 6'58"/km |
| 8.  | 95  | 00:10:26 | 00:27:07 | 1218m | 8'34"/km |
| 9.  | 116 | 00:01:14 | 00:28:21 | 198m  | 6'14"/km |
| 10. | 53  | 00:01:09 | 00:29:30 | 173m  | 6'39"/km |
| 11. | 105 | 00:04:50 | 00:34:20 | 568m  | 8'31"/km |
| 12. | 104 | 00:12:08 | 00:46:28 | 1497m | 8'06"/km |
| 13. | 255 | 00:01:06 | 00:47:34 | 234m  | 4'42"/km |
| 14. | 999 | 00:00:27 | 00:48:01 | 155m  | 2'54"/km |

HELGA

Orienteering Software