



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

Joël POULAIN

5909HF CapOnord

Circuit : I2

Distance : 6390m (Dénivelé 110m)

Temps : 0:50:34 (7'55"/km)

3/48

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------|---------|
| 1. Serge GRILLET | 0:46:49 |
| 2. Philippe PAGE | 0:48:01 |

1.	80	00:01:31		202m	7'30"/km
2.	45	00:02:27	00:03:58	375m	6'32"/km
3.	89	00:06:30	00:10:28	778m	8'21"/km
4.	42	00:01:51	00:12:19	240m	7'43"/km
5.	43	00:01:41	00:14:00	155m	10'52"/km
6.	98	00:04:05	00:18:05	538m	7'35"/km
7.	95	00:11:14	00:29:19	1218m	9'13"/km
8.	116	00:01:15	00:30:34	198m	6'19"/km
9.	53	00:01:03	00:31:37	173m	6'04"/km
10.	105	00:06:08	00:37:45	568m	10'48"/km
11.	104	00:11:12	00:48:57	1497m	7'29"/km
12.	255	00:01:10	00:50:07	234m	4'59"/km
13.	999	00:00:27	00:50:34	155m	2'54"/km

HELGA

Orienteering Software