



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

Sylvie AUBERT LE NOUY

3318NA ASM CO

Circuit : J

Distance : 5000m (Dénivelé 70m)

Temps : 1:18:21 (15'40"/km)

35/55

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|---------|
| 1. Marie-Christine BRAULT | 0:48:00 |
| 2. Martine WIBART | 0:50:27 |
| 3. Oriane MARCON | 0:51:19 |

1.	47	00:04:59		304m	16'24"/km
2.	36	00:03:44	00:08:43	309m	12'05"/km
3.	38	00:07:06	00:15:49	520m	13'39"/km
4.	58	00:10:23	00:26:12	469m	22'08"/km
5.	49	00:01:01	00:27:13	77m	13'12"/km
6.	43	00:01:55	00:29:08	63m	30'25"/km
7.	112	00:21:29	00:50:37	1307m	16'26"/km
8.	48	00:03:07	00:53:44	232m	13'26"/km
9.	110	00:04:22	00:58:06	202m	21'37"/km
10.	54	00:03:37	01:01:43	259m	13'58"/km
11.	34	00:13:40	01:15:23	811m	16'51"/km
12.	255	00:02:08	01:17:31	233m	9'09"/km
13.	999	00:00:50	01:18:21	155m	5'23"/km

HELGA

Orienteering Software