



Championnat des Landes de course d'orientation
Mimizan - Lespecier 2.12.2023
4012NA B.R.O.S

Lionel COCCHIO

4705NA N.O.R.D.

Circuit : Violet L

Distance : 4650m (Dénivelé 70m)

Temps : 0:39:53 (8'35"/km)

5/55

O.K.

[Résultats complets sur Webres](#)

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|----------------------|---------|
| 1. Jules MONTUS | 0:34:37 |
| 2. Esteban VANHOUTTE | 0:37:52 |
| 3. Ludovic LAGENEBRE | 0:39:11 |

1.	83	00:02:24		218m	11'01"/km
2.	76	00:01:53	00:04:17	281m	6'42"/km
3.	51	00:01:30	00:05:47	168m	8'56"/km
4.	71	00:01:00	00:06:47	111m	9'01"/km
5.	95	00:02:46	00:09:33	204m	13'34"/km
6.	61	00:00:47	00:10:20		
7.	40	00:00:14	00:10:34		
8.	42	00:00:47	00:11:21		
9.	75	00:00:22	00:11:43		
10.	74	00:01:21	00:13:04	210m	6'26"/km
11.	86	00:01:52	00:14:56	186m	10'02"/km
12.	66	00:01:49	00:16:45	175m	10'23"/km
13.	85	00:02:05	00:18:50	191m	10'54"/km
14.	99	00:01:05	00:19:55	130m	8'20"/km
15.	52	00:00:23	00:20:18		
16.	88	00:00:40	00:20:58		
17.	63	00:00:28	00:21:26		
18.	87	00:02:29	00:23:55	324m	7'40"/km
19.	44	00:01:47	00:25:42	315m	5'40"/km
20.	73	00:00:32	00:26:14	101m	5'17"/km
21.	96	00:00:34	00:26:48		
22.	97	00:01:05	00:27:53	89m	12'10"/km
23.	37	00:01:34	00:29:27	179m	8'45"/km
24.	56	00:00:57	00:30:24	119m	7'59"/km
25.	69	00:01:14	00:31:38	172m	7'10"/km
26.	54	00:02:35	00:34:13	240m	10'46"/km
27.	81	00:02:15	00:36:28		
28.	55	00:01:09	00:37:37		
29.	255	00:01:39	00:39:16	165m	10'00"/km
30.	999	00:00:37	00:39:53	155m	3'59"/km