

**Nicolas ROCHE**

7311AR ANO

Circuit : H45

Distance : 4600m (Dénivelé 150m)

Temps : 0:58:00 (12'37"/km)

**8/13**

O.K.

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- |                    |         |
|--------------------|---------|
| 1. Xavier ANDRIEUX | 0:41:22 |
| 2. David LESQUER   | 0:41:23 |
| 3. Benoit COCHEY   | 0:42:59 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 133 | 00:03:40 |          | 343m | 10'41"/km |
| 2.  | 135 | 00:05:43 | 00:09:23 | 319m | 17'55"/km |
| 3.  | 137 | 00:01:50 | 00:11:13 | 224m | 8'11"/km  |
| 4.  | 139 | 00:02:49 | 00:14:02 | 219m | 12'52"/km |
| 5.  | 143 | 00:03:26 | 00:17:28 | 253m | 13'34"/km |
| 6.  | 144 | 00:03:37 | 00:21:05 | 257m | 14'04"/km |
| 7.  | 147 | 00:01:33 | 00:22:38 | 165m | 9'24"/km  |
| 8.  | 139 | 00:03:29 | 00:26:07 | 371m | 9'23"/km  |
| 9.  | 138 | 00:01:54 | 00:28:01 | 154m | 12'20"/km |
| 10. | 143 | 00:02:48 | 00:30:49 | 228m | 12'17"/km |
| 11. | 145 | 00:03:06 | 00:33:55 | 296m | 10'28"/km |
| 12. | 146 | 00:04:56 | 00:38:51 | 523m | 9'26"/km  |
| 13. | 154 | 00:09:51 | 00:48:42 | 521m | 18'54"/km |
| 14. | 155 | 00:00:58 | 00:49:40 | 91m  | 10'37"/km |
| 15. | 157 | 00:03:05 | 00:52:45 | 260m | 11'52"/km |
| 16. | 162 | 00:03:57 | 00:56:42 | 155m | 25'29"/km |
| 17. | 200 | 00:01:02 | 00:57:44 | 147m | 7'02"/km  |
| 18. | 999 | 00:00:16 | 00:58:00 | 95m  | 2'48"/km  |

Orienteering Software