



Championnat de ligue de Longue distance

Forêt de Montmorency (95) 12.3.2023

9502IF ACBeauchamp

François LINTANF

9105IF COLE

Circuit : H50

Distance : 8800m (Dénivelé 200m)

Temps : 1:30:04 (10'14"/km)

14/20

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Jean-Luc DENOUAL | 1:05:38 |
| 2. Pascal PANNIER | 1:06:40 |
| 3. Thierry BESTEL | 1:10:12 |

1.	61	00:01:37		300m	5'23"/km
2.	59	00:04:47	00:06:24	456m	10'29"/km
3.	34	00:02:48	00:09:12	258m	10'51"/km
4.	37	00:05:56	00:15:08	386m	15'22"/km
5.	40	00:01:40	00:16:48	200m	8'20"/km
6.	38	00:03:18	00:20:06	380m	8'41"/km
7.	41	00:03:51	00:23:57	381m	10'06"/km
8.	90	00:13:24	00:37:21		
9.	71	00:01:03	00:38:24		
10.	105	00:04:03	00:42:27	348m	11'38"/km
11.	83	00:10:14	00:52:41	1117m	9'10"/km
12.	63	00:01:03	00:53:44	113m	9'18"/km
13.	50	00:06:44	01:00:28	503m	13'23"/km
14.	65	00:02:17	01:02:45	281m	8'08"/km
15.	88	00:03:46	01:06:31	249m	15'08"/km
16.	52	00:01:50	01:08:21	215m	8'32"/km
17.	85	00:01:39	01:10:00	160m	10'19"/km
18.	53	00:05:14	01:15:14	472m	11'05"/km
19.	60	00:07:02	01:22:16	658m	10'41"/km
20.	56	00:02:48	01:25:04		
21.	64	00:01:06	01:26:10		
22.	99	00:03:37	01:29:47	437m	8'17"/km
23.	999	00:00:17	01:30:04	83m	3'25"/km

Orienteering Software