



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

Aurelia PARIS

3502BR CRCO

Circuit : B

Distance : 9500m (Dénivelé 150m)

Temps : 1:34:06 (9'54"/km)

2/11

O.K.

[Résultats complets sur Webres](#)

- | | |
|----------------------------|---------|
| 1. Alina PALCAU | 1:19:47 |
| 3. Hélène POLASKOVA-MENARD | 1:46:09 |

1.	70	00:01:29		142m	10'27"/km
2.	71	00:03:52	00:05:21	275m	14'04"/km
3.	79	00:22:00	00:27:21	2346m	9'23"/km
4.	67	00:05:53	00:33:14	572m	10'17"/km
5.	118	00:05:27	00:38:41	524m	10'24"/km
6.	119	00:07:38	00:46:19	698m	10'56"/km
7.	113	00:06:47	00:53:06	767m	8'51"/km
8.	115	00:11:34	01:04:40	1001m	11'33"/km
9.	116	00:01:44	01:06:24	225m	7'42"/km
10.	53	00:01:18	01:07:42	173m	7'31"/km
11.	108	00:06:04	01:13:46	504m	12'02"/km
12.	105	00:04:02	01:17:48	279m	14'27"/km
13.	101	00:14:09	01:31:57	1525m	9'17"/km
14.	255	00:01:40	01:33:37	253m	6'35"/km
15.	999	00:00:29	01:34:06	155m	3'07"/km

Orienteering Software