



Nationale Sud-Ouest 2023 - Longue distance

Lit-et-Mixe 18.6.2023

4012NA B.R.O.S

Guillaume GASTON

4705NA N.O.R.D.

Circuit : E

Distance : 11120m (Dénivelé 190m)

Temps : 1:33:05 (8'22"/km)

12/34

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Jean-Michel PARZYCH | 1:08:18 |
| 2. Matthieu BARRIERE | 1:12:23 |
| 3. Martin MOTTET | 1:13:47 |

1.	90	00:10:35		1567m	6'45"/km
2.	103	00:04:47	00:15:22	264m	18'07"/km
3.	97	00:04:58	00:20:20	769m	6'28"/km
4.	92	00:02:09	00:22:29	212m	10'08"/km
5.	93	00:03:46	00:26:15	203m	18'33"/km
6.	94	00:01:26	00:27:41	191m	7'30"/km
7.	88	00:01:28	00:29:09	154m	9'31"/km
8.	89	00:12:06	00:41:15	1682m	7'12"/km
9.	41	00:01:37	00:42:52	58m	27'52"/km
10.	42	00:01:16	00:44:08	232m	5'28"/km
11.	49	00:00:50	00:44:58	132m	6'19"/km
12.	38	00:02:59	00:47:57	467m	6'23"/km
13.	115	00:14:52	01:02:49	1549m	9'36"/km
14.	79	00:04:50	01:07:39	516m	9'22"/km
15.	72	00:02:14	01:09:53	184m	12'08"/km
16.	53	00:01:10	01:11:03	199m	5'52"/km
17.	57	00:05:20	01:16:23	466m	11'27"/km
18.	105	00:03:25	01:19:48	329m	10'23"/km
19.	104	00:11:37	01:31:25	1497m	7'46"/km
20.	255	00:01:14	01:32:39	234m	5'16"/km
21.	999	00:00:26	01:33:05	155m	2'48"/km

Orienteering Software