



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

Martin LEMENAGER

1403NM O. CAENNAISE

Circuit : E

Distance : 11120m (Dénivelé 190m)

Temps : 1:40:28 (9'02"/km)

14/34

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	00:11:48		1567m	7'32"/km
2.	103	00:05:45	00:17:33	264m	21'47"/km
3.	97	00:05:47	00:23:20	769m	7'31"/km
4.	92	00:01:54	00:25:14	212m	8'58"/km
5.	93	00:01:40	00:26:54	203m	8'13"/km
6.	94	00:01:43	00:28:37	191m	8'59"/km
7.	88	00:01:11	00:29:48	154m	7'41"/km
8.	89	00:13:28	00:43:16	1682m	8'00"/km
9.	41	00:00:28	00:43:44	58m	8'03"/km
10.	42	00:01:25	00:45:09	232m	6'06"/km
11.	49	00:00:59	00:46:08	132m	7'27"/km
12.	38	00:03:34	00:49:42	467m	7'38"/km
13.	115	00:15:22	01:05:04	1549m	9'55"/km
14.	79	00:04:46	01:09:50	516m	9'14"/km
15.	72	00:06:02	01:15:52	184m	32'47"/km
16.	53	00:01:21	01:17:13	199m	6'47"/km
17.	57	00:05:09	01:22:22	466m	11'03"/km
18.	105	00:03:56	01:26:18	329m	11'57"/km
19.	104	00:11:59	01:38:17	1497m	8'00"/km
20.	255	00:01:38	01:39:55	234m	6'59"/km
21.	999	00:00:33	01:40:28	155m	3'33"/km

Orienteering Software