



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

**Alban GIRAUD**

7512IF RO'Paris

Circuit : E

Distance : 11120m (Dénivelé 190m)

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non classé

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

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 90  | 00:11:56 |          | 1567m | 7'37"/km  |
| 2.  | 103 | 00:02:44 | 00:14:40 | 264m  | 10'21"/km |
| 3.  | 97  | 00:05:33 | 00:20:13 | 769m  | 7'13"/km  |
| 4.  | 92  | 00:01:53 | 00:22:06 | 212m  | 8'53"/km  |
| 5.  | 93  | 00:02:15 | 00:24:21 | 203m  | 11'05"/km |
| 6.  | 94  | 00:01:33 | 00:25:54 | 191m  | 8'07"/km  |
| 7.  | 88  | 00:01:17 | 00:27:11 | 154m  | 8'20"/km  |
| 8.  | 89  | 00:12:18 | 00:39:29 | 1682m | 7'19"/km  |
| 9.  | 41  | 00:01:38 | 00:41:07 | 58m   | 28'10"/km |
| 10. | 42  | 00:01:24 | 00:42:31 | 232m  | 6'02"/km  |
| 11. | 49  | 00:00:56 | 00:43:27 | 132m  | 7'04"/km  |
| 12. | 38  | 00:03:27 | 00:46:54 | 467m  | 7'23"/km  |
| 13. | 115 | 00:14:41 | 01:01:35 | 1549m | 9'29"/km  |
| 14. | 68  | 00:06:32 | 01:08:07 |       |           |
| 15. | 72  | 00:02:17 | 01:10:24 | 239m  | 9'33"/km  |
| 16. | 53  | 00:02:13 | 01:12:37 | 199m  | 11'08"/km |
| 17. | 57  | 00:04:50 | 01:17:27 | 466m  | 10'22"/km |
| 18. | 105 | 00:03:12 | 01:20:39 | 329m  | 9'44"/km  |
| 19. | 104 | 00:11:23 | 01:32:02 | 1497m | 7'36"/km  |
| 20. | 255 | 00:01:19 | 01:33:21 | 234m  | 5'38"/km  |
| 21. | 999 | 00:00:28 | 01:33:49 | 155m  | 3'01"/km  |

Orienteering Software