



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

Jean-François DUMAIL

3319NA SMOG

Circuit : I1

Distance : 6560m (Dénivelé 110m)

Temps : 1:10:44 (10'47"/km)

19/41

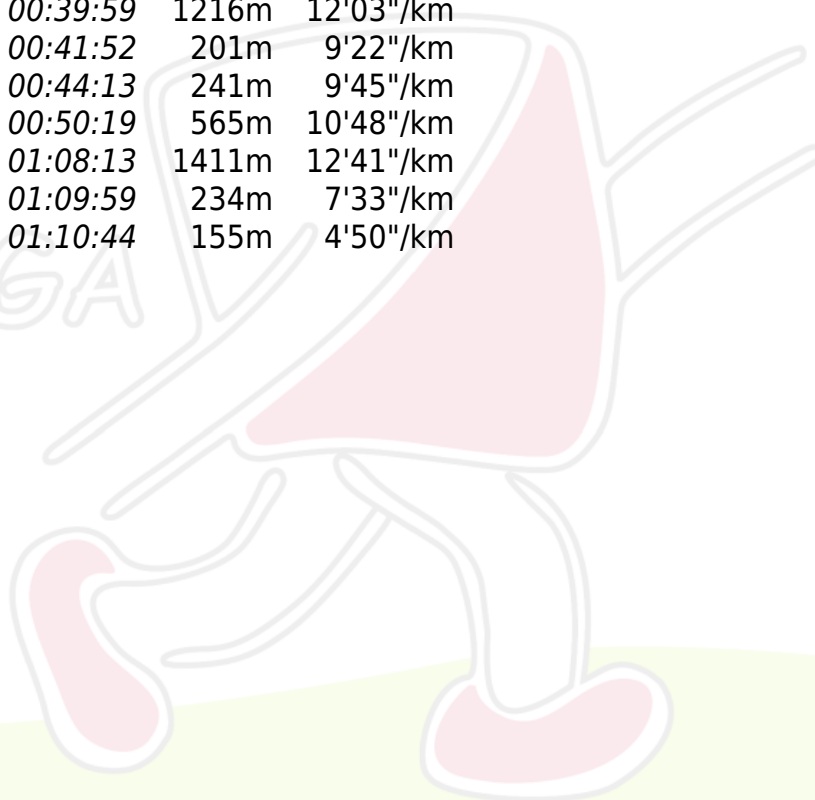
O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------------|---------|
| 1. Raphaël LE CAM | 0:46:40 |
| 2. Pierre ELIAS | 0:47:20 |
| 3. Jean-Christophe LEDUC | 0:48:58 |

1.	36	00:05:33		576m	9'38"/km
2.	45	00:00:51	00:06:24	107m	7'57"/km
3.	41	00:09:14	00:15:38	835m	11'03"/km
4.	58	00:02:20	00:17:58	280m	8'20"/km
5.	49	00:00:48	00:18:46	77m	10'23"/km
6.	43	00:00:45	00:19:31	63m	11'54"/km
7.	98	00:05:49	00:25:20	538m	10'49"/km
8.	115	00:14:39	00:39:59	1216m	12'03"/km
9.	60	00:01:53	00:41:52	201m	9'22"/km
10.	53	00:02:21	00:44:13	241m	9'45"/km
11.	39	00:06:06	00:50:19	565m	10'48"/km
12.	104	00:17:54	01:08:13	1411m	12'41"/km
13.	255	00:01:46	01:09:59	234m	7'33"/km
14.	999	00:00:45	01:10:44	155m	4'50"/km

HELGA



Orienteering Software