



Nationale Sud-Ouest 2023 - Longue distance

Lit-et-Mixe 18.6.2023

4012NA B.R.O.S

Eric BOULET

2209BR Dinan CO

Circuit : I1

Distance : 6560m (Dénivelé 110m)

Temps : 1:15:03 (11'26"/km)

23/41

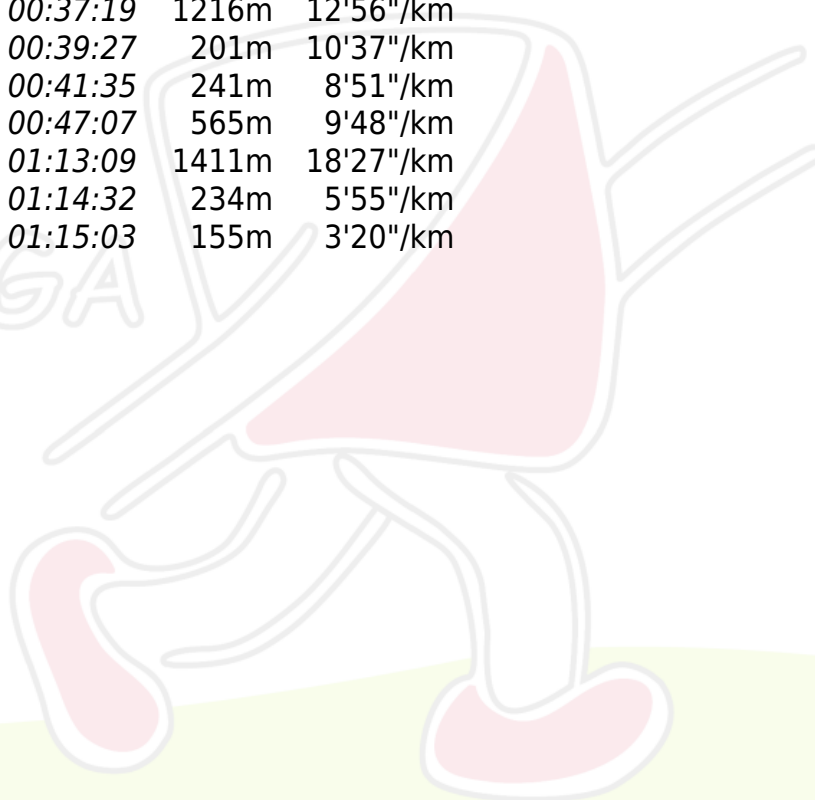
O.K.

[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	00:05:11		576m	9'00"/km
2.	45	00:00:38	00:05:49	107m	5'55"/km
3.	41	00:07:12	00:13:01	835m	8'37"/km
4.	58	00:02:11	00:15:12	280m	7'48"/km
5.	49	00:00:51	00:16:03	77m	11'02"/km
6.	43	00:00:42	00:16:45	63m	11'07"/km
7.	98	00:04:50	00:21:35	538m	8'59"/km
8.	115	00:15:44	00:37:19	1216m	12'56"/km
9.	60	00:02:08	00:39:27	201m	10'37"/km
10.	53	00:02:08	00:41:35	241m	8'51"/km
11.	39	00:05:32	00:47:07	565m	9'48"/km
12.	104	00:26:02	01:13:09	1411m	18'27"/km
13.	255	00:01:23	01:14:32	234m	5'55"/km
14.	999	00:00:31	01:15:03	155m	3'20"/km

HELGA



Orienteering Software