



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

Jean-Philippe HEUCTEAU

7205PL LMA 72

Circuit : I1

Distance : 6560m (Dénivelé 110m)

Temps : 1:51:25 (16'59"/km)

28/41

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	00:05:55		576m	10'16"/km
2.	45	00:00:50	00:06:45	107m	7'47"/km
3.	41	00:18:13	00:24:58	835m	21'49"/km
4.	58	00:05:46	00:30:44	280m	20'36"/km
5.	49	00:01:07	00:31:51	77m	14'30"/km
6.	43	00:01:02	00:32:53	63m	16'24"/km
7.	98	00:05:37	00:38:30	538m	10'26"/km
8.	115	00:15:43	00:54:13	1216m	12'55"/km
9.	60	00:01:53	00:56:06	201m	9'22"/km
10.	53	00:02:23	00:58:29	241m	9'53"/km
11.	39	00:10:07	01:08:36	565m	17'54"/km
12.	104	00:40:41	01:49:17	1411m	28'50"/km
13.	255	00:01:35	01:50:52	234m	6'46"/km
14.	999	00:00:33	01:51:25	155m	3'33"/km

HELGA

Orienteering Software