



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

Valerie POUCHAT

3308NA SAGC CESTAS

Circuit : J

Distance : 5000m (Dénivelé 70m)

Temps : 1:15:28 (15'06"/km)

31/55

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|---------|
| 1. Marie-Christine BRAULT | 0:48:00 |
| 2. Martine WIBART | 0:50:27 |
| 3. Oriane MARCON | 0:51:19 |

1.	47	00:04:36		304m	15'08"/km
2.	36	00:03:50	00:08:26	309m	12'24"/km
3.	38	00:07:54	00:16:20	520m	15'12"/km
4.	58	00:06:55	00:23:15	469m	14'45"/km
5.	49	00:01:33	00:24:48	77m	20'08"/km
6.	43	00:01:29	00:26:17	63m	23'33"/km
7.	112	00:21:16	00:47:33	1307m	16'16"/km
8.	48	00:03:43	00:51:16	232m	16'01"/km
9.	110	00:03:43	00:54:59	202m	18'24"/km
10.	54	00:03:53	00:58:52	259m	15'00"/km
11.	34	00:13:09	01:12:01	811m	16'13"/km
12.	255	00:02:36	01:14:37	233m	11'10"/km
13.	999	00:00:51	01:15:28	155m	5'29"/km

HELGA

Orienteering Software