



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

Odile POULAIN

5909HF CapOnord

Circuit : J

Distance : 5000m (Dénivelé 70m)

Temps : 1:42:46 (20'33"/km)

45/55

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	00:07:58		304m	26'12"/km
2.	36	00:05:44	00:13:42	309m	18'33"/km
3.	38	00:10:11	00:23:53	520m	19'35"/km
4.	58	00:08:31	00:32:24	469m	18'10"/km
5.	49	00:02:14	00:34:38	77m	29'00"/km
6.	43	00:01:56	00:36:34	63m	30'41"/km
7.	112	00:29:49	01:06:23	1307m	22'49"/km
8.	48	00:04:34	01:10:57	232m	19'41"/km
9.	110	00:05:30	01:16:27	202m	27'14"/km
10.	54	00:05:14	01:21:41	259m	20'12"/km
11.	34	00:16:50	01:38:31	811m	20'45"/km
12.	255	00:03:09	01:41:40	233m	13'31"/km
13.	999	00:01:06	01:42:46	155m	7'06"/km

HELGA

Orienteering Software