



**Nationale Sud-Ouest - Moyenne Distance**  
**Lit-et-Mixe 17.6.2023**  
**4012NA B.R.O.S**

**Richard LAZAROWICZ**

7512IF RO'Paris

Circuit : K

Distance : 2610m (Dénivelé 45m)

Temps : 0:50:14 (19'15"/km)

**19/25**

O.K.

[Résultats complets sur Webres](#)

- |                      |         |
|----------------------|---------|
| 1. Christian ESCUDIE | 0:25:07 |
| 2. Jean-Claude MENUT | 0:28:10 |
| 3. Alain JUAN        | 0:32:42 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 68  | 00:04:10 |          | 166m | 25'06"/km |
| 2.  | 75  | 00:01:58 | 00:06:08 | 134m | 14'41"/km |
| 3.  | 76  | 00:09:06 | 00:15:14 | 226m | 40'16"/km |
| 4.  | 49  | 00:07:48 | 00:23:02 | 191m | 40'50"/km |
| 5.  | 71  | 00:01:39 | 00:24:41 | 82m  | 20'07"/km |
| 6.  | 84  | 00:03:06 | 00:27:47 | 189m | 16'24"/km |
| 7.  | 119 | 00:04:20 | 00:32:07 | 228m | 19'00"/km |
| 8.  | 78  | 00:03:43 | 00:35:50 | 271m | 13'43"/km |
| 9.  | 90  | 00:03:49 | 00:39:39 | 274m | 13'56"/km |
| 10. | 80  | 00:04:12 | 00:43:51 | 306m | 13'44"/km |
| 11. | 74  | 00:03:39 | 00:47:30 | 275m | 13'16"/km |
| 12. | 255 | 00:01:55 | 00:49:25 | 88m  | 21'47"/km |
| 13. | 999 | 00:00:49 | 00:50:14 | 119m | 6'52"/km  |

HELGA

Orienteering Software