



ROC1 MD
29.9.2024
9510IF ROC

Louis GIL SILVEIRA

9404IF AS IGN

Circuit : Violet Moyen

Distance : 5000m (Dénivelé 105m)

Temps : 0:50:01 (10'00"/km)

4/40

O.K.

[Résultats complets sur Webres](#)

- | | |
|-------------------------|---------|
| 1. Thierry BESTEL | 0:48:15 |
| 2. Christophe RAUTURIER | 0:48:18 |
| 3. Francesco AVVISATI | 0:49:44 |

1.	119	00:02:26		341m	7'08"/km
2.	120	00:02:21	00:04:47	217m	10'50"/km
3.	121	00:01:39	00:06:26	141m	11'42"/km
4.	109	00:03:16	00:09:42	313m	10'26"/km
5.	136	00:02:15	00:11:57	213m	10'34"/km
6.	123	00:03:05	00:15:02	341m	9'03"/km
7.	140	00:01:35	00:16:37	167m	9'29"/km
8.	125	00:02:03	00:18:40	161m	12'44"/km
9.	142	00:00:40	00:19:20	58m	11'30"/km
10.	126	00:01:42	00:21:02	235m	7'14"/km
11.	127	00:02:25	00:23:27	218m	11'05"/km
12.	132	00:03:15	00:26:42	297m	10'57"/km
13.	135	00:02:41	00:29:23	197m	13'37"/km
14.	133	00:01:42	00:31:05	129m	13'11"/km
15.	134	00:01:14	00:32:19	189m	6'32"/km
16.	132	00:01:05	00:33:24	134m	8'05"/km
17.	117	00:02:35	00:35:59	289m	8'56"/km
18.	128	00:03:14	00:39:13	278m	11'38"/km
19.	129	00:02:23	00:41:36	260m	9'10"/km
20.	107	00:06:15	00:47:51	437m	14'18"/km
21.	139	00:01:38	00:49:29	243m	6'43"/km
22.	250	00:00:20	00:49:49	86m	3'53"/km
23.	999	00:00:12	00:50:01	67m	2'59"/km

Orienteering Software