



ROC1 MD
29.9.2024
9510IF ROC

Sylvain MAINGUY

9211IF DSA

Circuit : Violet Moyen

Distance : 5000m (Dénivelé 105m)

Temps : 1:19:58 (16'00"/km)

28/40

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	00:06:32		341m	19'10"/km
2.	120	00:03:25	00:09:57	217m	15'45"/km
3.	121	00:02:13	00:12:10	141m	15'43"/km
4.	109	00:05:55	00:18:05	313m	18'54"/km
5.	136	00:05:21	00:23:26	213m	25'07"/km
6.	123	00:03:47	00:27:13	341m	11'06"/km
7.	140	00:02:21	00:29:34	167m	14'04"/km
8.	125	00:02:39	00:32:13	161m	16'28"/km
9.	142	00:01:19	00:33:32	58m	22'42"/km
10.	126	00:02:21	00:35:53	235m	10'00"/km
11.	127	00:04:00	00:39:53	218m	18'21"/km
12.	132	00:03:11	00:43:04	297m	10'43"/km
13.	135	00:02:33	00:45:37	197m	12'57"/km
14.	133	00:01:50	00:47:27	129m	14'13"/km
15.	134	00:02:24	00:49:51	189m	12'42"/km
16.	132	00:01:44	00:51:35	134m	12'56"/km
17.	117	00:04:49	00:56:24	289m	16'40"/km
18.	128	00:04:41	01:01:05	278m	16'51"/km
19.	129	00:03:48	01:04:53	260m	14'37"/km
20.	107	00:12:11	01:17:04	437m	27'53"/km
21.	139	00:02:08	01:19:12	243m	8'47"/km
22.	250	00:00:28	01:19:40	86m	5'26"/km
23.	999	00:00:18	01:19:58	67m	4'29"/km

Orienteering Software