



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

**Ambre MARIE**

2407NA POP

Circuit : D

Distance : 6830m (Dénivelé 100m)

Temps : 1:30:42 (13'17"/km)

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O.K.

[Résultats complets sur Webres](#)

- |                     |         |
|---------------------|---------|
| 1. Violette DUPUY   | 0:55:41 |
| 2. Capucine ROSSARD | 1:10:14 |
| 3. Astrid DUMAIL    | 1:26:22 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 73  | 00:03:56 |          | 212m  | 18'33"/km |
| 2.  | 68  | 00:26:48 | 00:30:44 | 2098m | 12'46"/km |
| 3.  | 67  | 00:05:20 | 00:36:04 | 529m  | 10'05"/km |
| 4.  | 114 | 00:03:47 | 00:39:51 | 423m  | 8'57"/km  |
| 5.  | 62  | 00:16:40 | 00:56:31 | 847m  | 19'41"/km |
| 6.  | 53  | 00:02:43 | 00:59:14 | 292m  | 9'18"/km  |
| 7.  | 39  | 00:11:47 | 01:11:01 | 565m  | 20'51"/km |
| 8.  | 50  | 00:04:09 | 01:15:10 | 309m  | 13'26"/km |
| 9.  | 104 | 00:13:16 | 01:28:26 | 1103m | 12'02"/km |
| 10. | 255 | 00:01:42 | 01:30:08 | 234m  | 7'16"/km  |
| 11. | 999 | 00:00:34 | 01:30:42 | 155m  | 3'39"/km  |

HELGA

Orienteering Software