



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

Dominique RUFFIER

4504CE ASCO ORLEANS

Circuit : J

Distance : 5000m (Dénivelé 70m)

Temps : 1:29:40 (17'56"/km)

42/55

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	00:06:11		304m	20'20"/km
2.	36	00:03:59	00:10:10	309m	12'53"/km
3.	38	00:08:41	00:18:51	520m	16'42"/km
4.	58	00:06:26	00:25:17	469m	13'43"/km
5.	49	00:01:43	00:27:00	77m	22'18"/km
6.	43	00:02:34	00:29:34	63m	40'44"/km
7.	112	00:27:38	00:57:12	1307m	21'09"/km
8.	48	00:04:00	01:01:12	232m	17'14"/km
9.	110	00:04:41	01:05:53	202m	23'11"/km
10.	54	00:03:40	01:09:33	259m	14'09"/km
11.	34	00:16:57	01:26:30	811m	20'54"/km
12.	255	00:02:18	01:28:48	233m	9'52"/km
13.	999	00:00:52	01:29:40	155m	5'35"/km

HELGA

Orienteering Software