



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

Lydie JAULIN

1705NA CMO

Circuit : J

Distance : 5000m (Dénivelé 70m)

Temps : 1:02:45 (12'33"/km)

11/55

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	00:04:17		304m	14'05"/km
2.	36	00:02:55	00:07:12	309m	9'26"/km
3.	38	00:06:38	00:13:50	520m	12'45"/km
4.	42	00:06:00	00:19:50		
5.	58	00:00:38	00:20:28		
6.	49	00:01:19	00:21:47	77m	17'06"/km
7.	43	00:02:17	00:24:04	63m	36'15"/km
8.	112	00:19:23	00:43:27	1307m	14'50"/km
9.	48	00:02:20	00:45:47	232m	10'03"/km
10.	110	00:02:13	00:48:00	202m	10'58"/km
11.	54	00:03:04	00:51:04	259m	11'50"/km
12.	34	00:09:35	01:00:39	811m	11'49"/km
13.	255	00:01:31	01:02:10	233m	6'31"/km
14.	999	00:00:35	01:02:45	155m	3'46"/km

HELGA

Orienteering Software