



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Hélène ARDOUIN

7707IF OPA MONTIGNY

Circuit : Dames 40-45

Distance : 2000m (Dénivelé 30m)

Temps : 0:15:56 (7'58"/km)

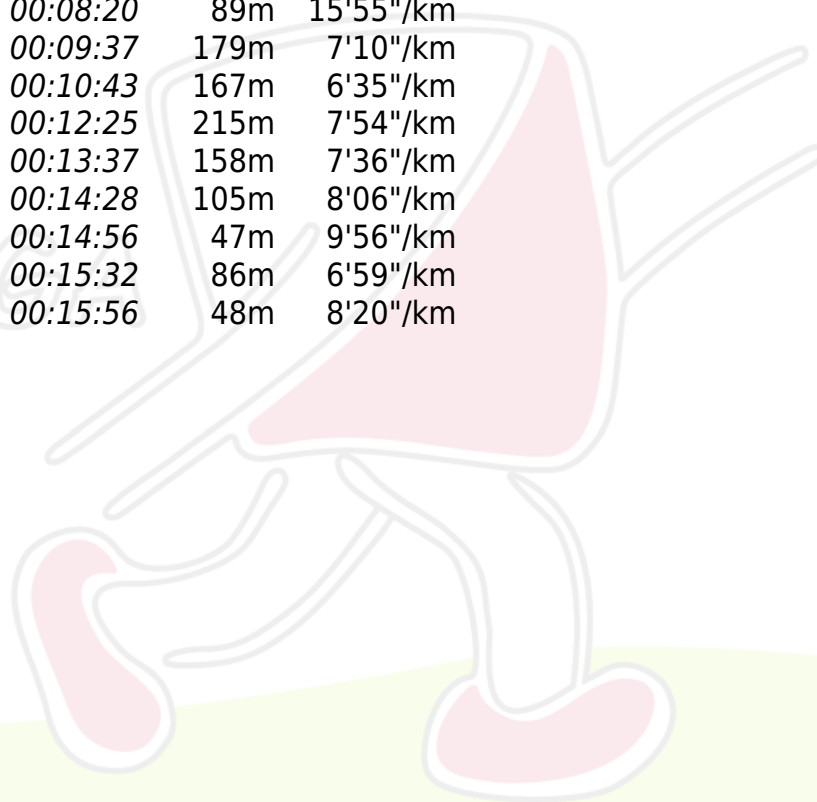
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O.K.

[Résultats complets sur Webres](#)

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|------------------------------|---------|
| 2. Clarissa RICARD BORCHORST | 0:16:04 |
| 3. Sarah BRUNDU | 0:16:55 |

1.	50	00:01:44		227m	7'38"/km
2.	36	00:00:45	00:02:29	82m	9'09"/km
3.	44	00:00:53	00:03:22	129m	6'51"/km
4.	45	00:00:46	00:04:08	51m	15'02"/km
5.	46	00:00:44	00:04:52	102m	7'11"/km
6.	58	00:00:41	00:05:33	106m	6'27"/km
7.	49	00:01:22	00:06:55	174m	7'51"/km
8.	65	00:01:25	00:08:20	89m	15'55"/km
9.	32	00:01:17	00:09:37	179m	7'10"/km
10.	51	00:01:06	00:10:43	167m	6'35"/km
11.	47	00:01:42	00:12:25	215m	7'54"/km
12.	54	00:01:12	00:13:37	158m	7'36"/km
13.	74	00:00:51	00:14:28	105m	8'06"/km
14.	78	00:00:28	00:14:56	47m	9'56"/km
15.	99	00:00:36	00:15:32	86m	6'59"/km
16.	999	00:00:24	00:15:56	48m	8'20"/km



Orienteering Software