



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Nadejda VASILOI

7707IF OPA MONTIGNY

Course : Dames 40-45

Distance : 2000m (Climbing 30m)

Time : 0:19:13 (9'37"/km)

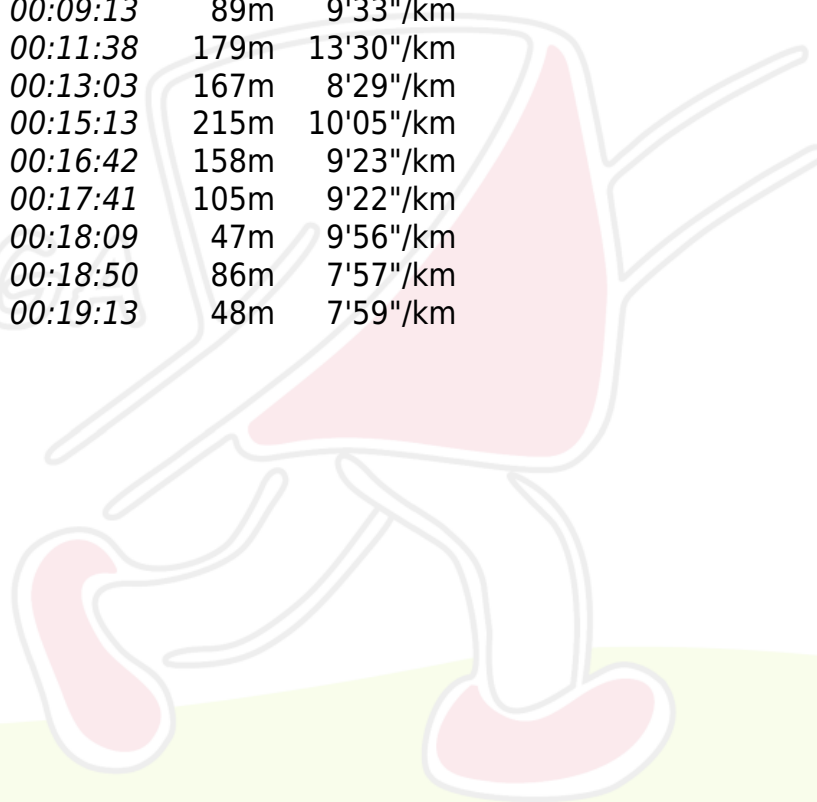
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O.K.

[Full result on Webres](#)

- | | |
|------------------------------|---------|
| 1. Hélène ARDOUIN | 0:15:56 |
| 2. Clarissa RICARD BORCHORST | 0:16:04 |
| 3. Sarah BRUNDU | 0:16:55 |

1.	50	00:01:50		227m	8'05"/km
2.	36	00:00:49	00:02:39	82m	9'58"/km
3.	44	00:01:43	00:04:22	129m	13'18"/km
4.	45	00:00:45	00:05:07	51m	14'42"/km
5.	46	00:00:53	00:06:00	102m	8'40"/km
6.	58	00:00:46	00:06:46	106m	7'14"/km
7.	49	00:01:36	00:08:22	174m	9'12"/km
8.	65	00:00:51	00:09:13	89m	9'33"/km
9.	32	00:02:25	00:11:38	179m	13'30"/km
10.	51	00:01:25	00:13:03	167m	8'29"/km
11.	47	00:02:10	00:15:13	215m	10'05"/km
12.	54	00:01:29	00:16:42	158m	9'23"/km
13.	74	00:00:59	00:17:41	105m	9'22"/km
14.	78	00:00:28	00:18:09	47m	9'56"/km
15.	99	00:00:41	00:18:50	86m	7'57"/km
16.	999	00:00:23	00:19:13	48m	7'59"/km



Orienteering Software