



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Nathalie MOREAU

9502IF ACBeauchamp

Circuit : Dames 40-45

Distance : 2000m (Dénivelé 30m)

Temps : 0:19:39 (9'49"/km)

7/18

O.K.

[Résultats complets sur Webres](#)

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

1.	50	00:01:56		227m	8'31"/km
2.	36	00:00:48	00:02:44	82m	9'45"/km
3.	44	00:01:00	00:03:44	129m	7'45"/km
4.	45	00:00:47	00:04:31	51m	15'22"/km
5.	46	00:00:54	00:05:25	102m	8'49"/km
6.	58	00:00:42	00:06:07	106m	6'36"/km
7.	49	00:01:55	00:08:02	174m	11'01"/km
8.	65	00:00:54	00:08:56	89m	10'07"/km
9.	32	00:01:45	00:10:41	179m	9'47"/km
10.	51	00:01:38	00:12:19	167m	9'47"/km
11.	47	00:02:59	00:15:18	215m	13'53"/km
12.	54	00:01:32	00:16:50	158m	9'42"/km
13.	74	00:01:03	00:17:53	105m	10'00"/km
14.	78	00:00:31	00:18:24	47m	11'00"/km
15.	99	00:00:47	00:19:11	86m	9'07"/km
16.	999	00:00:28	00:19:39	48m	9'43"/km

Orienteering Software