



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Florence LAGRANGE

7716IF BALISE 77

Circuit : Dames 40-45

Distance : 2000m (Dénivelé 30m)

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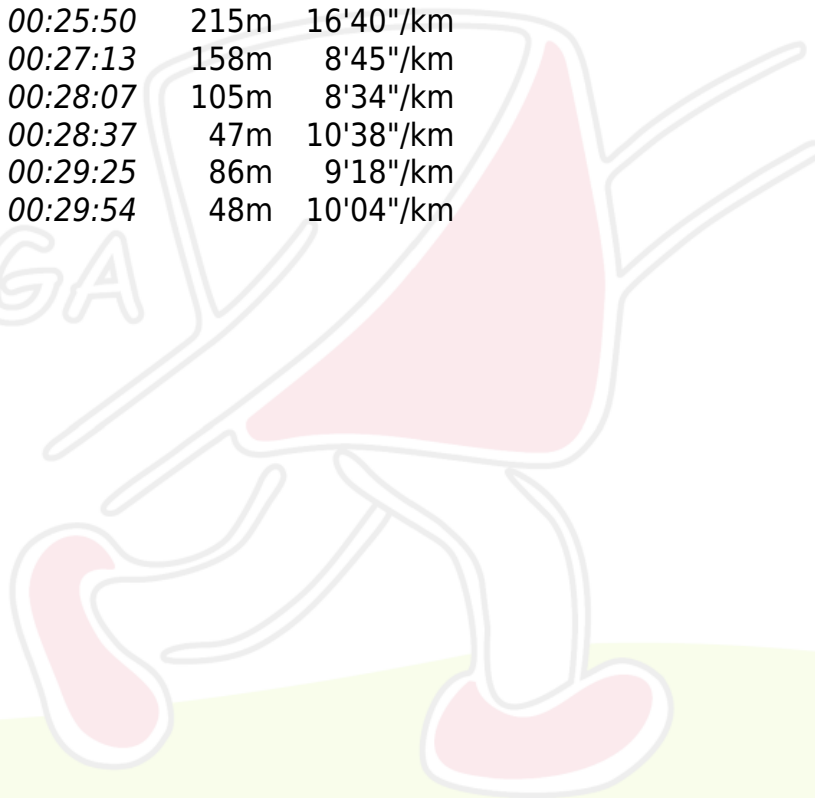
non classé

[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	00:08:56		227m	39'21"/km
2.	44	00:03:56	00:12:52		
3.	45	00:01:42	00:14:34	51m	33'20"/km
4.	46	00:01:02	00:15:36	102m	10'08"/km
5.	58	00:00:49	00:16:25	106m	7'42"/km
6.	49	00:01:43	00:18:08	174m	9'52"/km
7.	65	00:00:48	00:18:56	89m	8'59"/km
8.	32	00:01:54	00:20:50	179m	10'37"/km
9.	51	00:01:25	00:22:15	167m	8'29"/km
10.	47	00:03:35	00:25:50	215m	16'40"/km
11.	54	00:01:23	00:27:13	158m	8'45"/km
12.	74	00:00:54	00:28:07	105m	8'34"/km
13.	78	00:00:30	00:28:37	47m	10'38"/km
14.	99	00:00:48	00:29:25	86m	9'18"/km
15.	999	00:00:29	00:29:54	48m	10'04"/km

HELGA



Orienteering Software