



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Alban GIRAUD

7512IF RO'Paris

Course : Hommes 40-45

Distance : 2300m (Climbing 30m)

Time : 0:18:06 (7'52"/km)

15/23

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Benjamin MAURIES | 0:13:49 |
| 2. Fabrice VANNIER | 0:14:38 |
| 3. Benoît SOL | 0:14:45 |

1.	77	00:01:12		210m	5'43"/km
2.	52	00:01:00	00:02:12	176m	5'41"/km
3.	79	00:00:34	00:02:46	86m	6'35"/km
4.	67	00:01:30	00:04:16	187m	8'01"/km
5.	61	00:00:22	00:04:38	64m	5'44"/km
6.	58	00:01:16	00:05:54	171m	7'24"/km
7.	71	00:01:17	00:07:11	109m	11'46"/km
8.	65	00:00:24	00:07:35	53m	7'33"/km
9.	49	00:00:48	00:08:23	89m	8'59"/km
10.	63	00:00:32	00:08:55	77m	6'56"/km
11.	32	00:01:27	00:10:22	228m	6'22"/km
12.	51	00:01:00	00:11:22	167m	5'59"/km
13.	47	00:02:53	00:14:15	215m	13'25"/km
14.	54	00:01:17	00:15:32	158m	8'07"/km
15.	55	00:01:33	00:17:05	155m	10'00"/km
16.	99	00:00:38	00:17:43	112m	5'39"/km
17.	999	00:00:23	00:18:06	48m	7'59"/km

Orienteering Software