



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Sylvain MAINGUY

9211IF DSA

Course : Hommes 40-45

Distance : 2300m (Climbing 30m)

Time : 0:18:20 (7'58"/km)

16/23

O.K.

[Full result on Webres](#)

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

1.	77	00:01:40		210m	7'56"/km
2.	52	00:01:11	00:02:51	176m	6'43"/km
3.	79	00:00:39	00:03:30	86m	7'33"/km
4.	67	00:01:27	00:04:57	187m	7'45"/km
5.	61	00:00:23	00:05:20	64m	5'59"/km
6.	58	00:01:22	00:06:42	171m	8'00"/km
7.	71	00:01:09	00:07:51	109m	10'33"/km
8.	65	00:00:46	00:08:37	53m	14'28"/km
9.	49	00:00:46	00:09:23	89m	8'37"/km
10.	63	00:00:33	00:09:56	77m	7'09"/km
11.	32	00:01:39	00:11:35	228m	7'14"/km
12.	51	00:01:07	00:12:42	167m	6'41"/km
13.	47	00:02:15	00:14:57	215m	10'28"/km
14.	54	00:01:11	00:16:08	158m	7'29"/km
15.	55	00:01:09	00:17:17	155m	7'25"/km
16.	99	00:00:37	00:17:54	112m	5'30"/km
17.	999	00:00:26	00:18:20	48m	9'02"/km

Orienteering Software