



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Nicolas ROUSSEaux

7512IF RO'Paris

Course : Hommes 40-45

Distance : 2300m (Climbing 30m)

Time : 0:21:01 (9'08"/km)

20/23

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	00:01:13		210m	5'48"/km
2.	52	00:00:57	00:02:10	176m	5'24"/km
3.	79	00:00:43	00:02:53	86m	8'20"/km
4.	67	00:01:16	00:04:09	187m	6'46"/km
5.	61	00:00:27	00:04:36	64m	7'02"/km
6.	58	00:01:55	00:06:31	171m	11'13"/km
7.	71	00:01:27	00:07:58	109m	13'18"/km
8.	65	00:00:34	00:08:32	53m	10'42"/km
9.	49	00:00:55	00:09:27	89m	10'18"/km
10.	63	00:00:43	00:10:10	77m	9'18"/km
11.	32	00:02:19	00:12:29	228m	10'10"/km
12.	51	00:01:04	00:13:33	167m	6'23"/km
13.	47	00:02:36	00:16:09	215m	12'06"/km
14.	54	00:01:15	00:17:24	158m	7'55"/km
15.	55	00:02:38	00:20:02	155m	16'59"/km
16.	99	00:00:33	00:20:35	112m	4'55"/km
17.	999	00:00:26	00:21:01	48m	9'02"/km

Orienteering Software