



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Christophe RAUTURIER

7807IF GO78

Omloop : Hommes 50-55

Afstand : 2300m (Hoogteverschil 30m)

Tijd : 0:17:44 (7'43"/km)

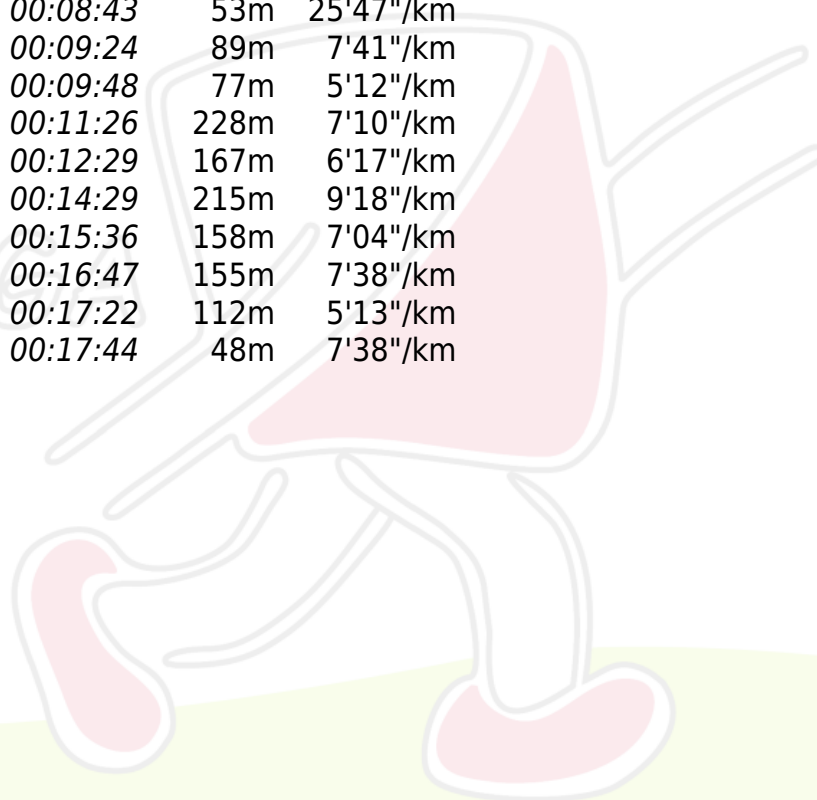
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O.K.

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|-------------------|---------|
| 1. Pascal PANNIER | 0:15:03 |
| 2. Thierry BESTEL | 0:15:53 |
| 3. Laurent GASNOT | 0:17:23 |

1.	77	00:01:04		210m	5'05"/km
2.	52	00:01:08	00:02:12	176m	6'26"/km
3.	79	00:00:31	00:02:43	86m	6'00"/km
4.	67	00:01:02	00:03:45	187m	5'32"/km
5.	61	00:00:25	00:04:10	64m	6'31"/km
6.	58	00:01:23	00:05:33	171m	8'05"/km
7.	71	00:01:48	00:07:21	109m	16'31"/km
8.	65	00:01:22	00:08:43	53m	25'47"/km
9.	49	00:00:41	00:09:24	89m	7'41"/km
10.	63	00:00:24	00:09:48	77m	5'12"/km
11.	32	00:01:38	00:11:26	228m	7'10"/km
12.	51	00:01:03	00:12:29	167m	6'17"/km
13.	47	00:02:00	00:14:29	215m	9'18"/km
14.	54	00:01:07	00:15:36	158m	7'04"/km
15.	55	00:01:11	00:16:47	155m	7'38"/km
16.	99	00:00:35	00:17:22	112m	5'13"/km
17.	999	00:00:22	00:17:44	48m	7'38"/km



Orienteering Software