



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Tristan HERTZOG

7808IF ASMB-CO

Omloop : Hommes 50-55

Afstand : 2300m (Hoogteverschil 30m)

Tijd : 0:21:23 (9'18"/km)

14/21

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	00:01:33		210m	7'23"/km
2.	52	00:01:22	00:02:55	176m	7'46"/km
3.	79	00:00:46	00:03:41	86m	8'55"/km
4.	67	00:01:36	00:05:17	187m	8'33"/km
5.	61	00:00:29	00:05:46	64m	7'33"/km
6.	58	00:01:31	00:07:17	171m	8'52"/km
7.	71	00:01:23	00:08:40	109m	12'41"/km
8.	65	00:00:48	00:09:28	53m	15'06"/km
9.	49	00:00:51	00:10:19	89m	9'33"/km
10.	57	00:00:11	00:10:30		
11.	63	00:00:41	00:11:11		
12.	32	00:01:58	00:13:09	228m	8'38"/km
13.	51	00:01:16	00:14:25	167m	7'35"/km
14.	47	00:03:15	00:17:40	215m	15'07"/km
15.	54	00:01:16	00:18:56	158m	8'01"/km
16.	55	00:01:15	00:20:11	155m	8'04"/km
17.	99	00:00:44	00:20:55	112m	6'33"/km
18.	999	00:00:28	00:21:23	48m	9'43"/km

Orienteering Software