



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Pierre POUGHEON

9502IF ACBeauchamp

Circuit : Hommes 50-55

Distance : 2300m (Dénivelé 30m)

Temps : 0:21:45 (9'27"/km)

17/21

O.K.

[Résultats complets sur Webres](#)

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

1.	77	00:01:24		210m	6'40"/km
2.	52	00:01:11	00:02:35	176m	6'43"/km
3.	79	00:00:52	00:03:27	86m	10'05"/km
4.	67	00:01:30	00:04:57	187m	8'01"/km
5.	61	00:00:33	00:05:30	64m	8'36"/km
6.	58	00:01:10	00:06:40	171m	6'49"/km
7.	71	00:01:31	00:08:11	109m	13'55"/km
8.	65	00:00:40	00:08:51	53m	12'35"/km
9.	49	00:00:44	00:09:35	89m	8'14"/km
10.	63	00:00:49	00:10:24	77m	10'36"/km
11.	32	00:02:04	00:12:28	228m	9'04"/km
12.	51	00:01:23	00:13:51	167m	8'17"/km
13.	47	00:02:56	00:16:47	215m	13'39"/km
14.	54	00:01:56	00:18:43	158m	12'14"/km
15.	55	00:01:43	00:20:26	155m	11'05"/km
16.	99	00:00:52	00:21:18	112m	7'44"/km
17.	999	00:00:27	00:21:45	48m	9'23"/km

Orienteering Software