



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Jose RORA

7716IF BALISE 77

Circuit : Hommes 60-65

Distance : 1800m (Dénivelé 20m)

Temps : 0:13:20 (7'24"/km)

1/13

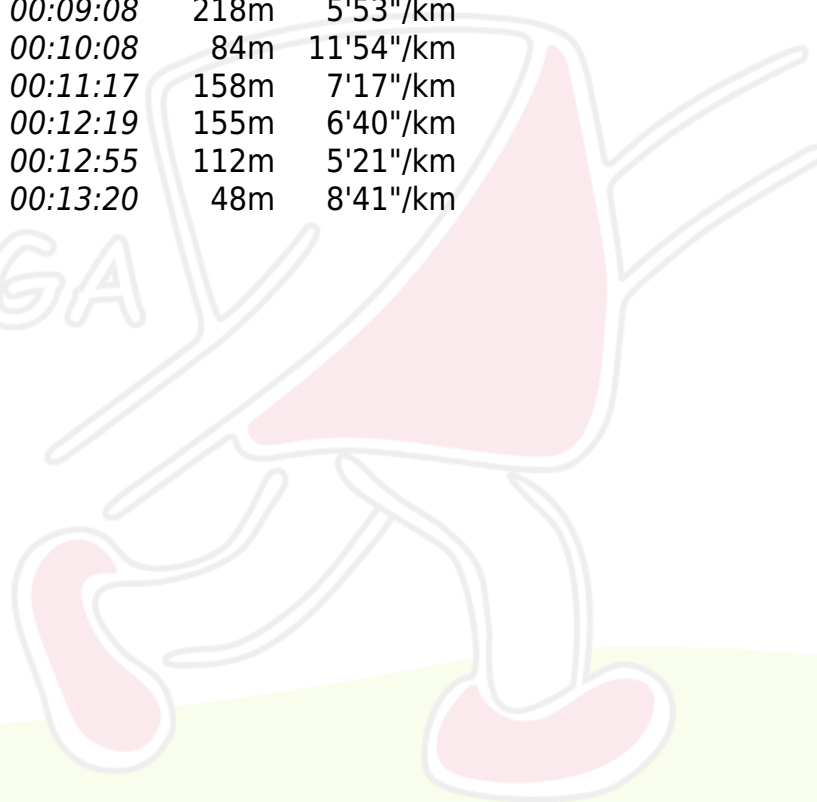
O.K.

[Résultats complets sur Webres](#)

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|----------------------|---------|
| 1. Gilbert LECONTE | 0:13:20 |
| 3. Jean Marc TOMASSI | 0:14:42 |

1.	32	00:01:06		244m	4'30"/km
2.	52	00:00:26	00:01:32	61m	7'06"/km
3.	63	00:01:25	00:02:57	194m	7'18"/km
4.	67	00:01:14	00:04:11	143m	8'37"/km
5.	43	00:01:14	00:05:25	157m	7'51"/km
6.	36	00:01:44	00:07:09	177m	9'48"/km
7.	50	00:00:42	00:07:51	82m	8'32"/km
8.	39	00:01:17	00:09:08	218m	5'53"/km
9.	47	00:01:00	00:10:08	84m	11'54"/km
10.	54	00:01:09	00:11:17	158m	7'17"/km
11.	55	00:01:02	00:12:19	155m	6'40"/km
12.	99	00:00:36	00:12:55	112m	5'21"/km
13.	999	00:00:25	00:13:20	48m	8'41"/km

HELGA



Orienteering Software