



Championnat Régional IDF de CO Sprint 2024

Cergy-Pontoise 16.6.2024

CD CO 95 Val d'Oise

Daniel COFFE

9502IF ACBeauchamp

Omloop : Hommes 60-65

Afstand : 1800m (Hoogteverschil 20m)

Tijd : 0:20:56 (11'38"/km)

9/13

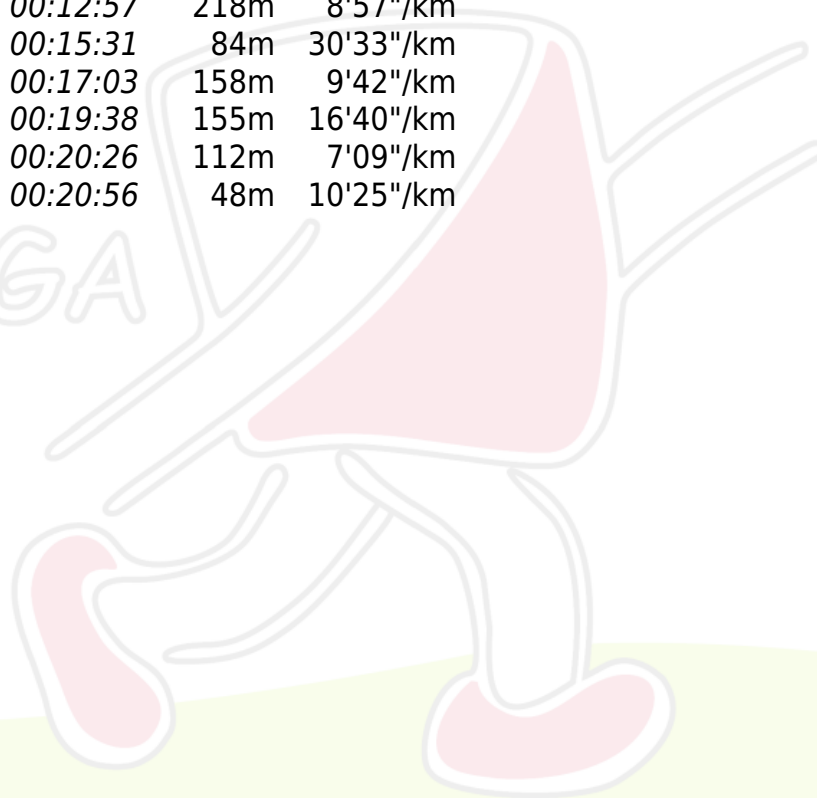
O.K.

[Volledige uitslagen op Webres](#)

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

1.	32	00:01:45		244m	7'10"/km
2.	52	00:01:00	00:02:45	61m	16'24"/km
3.	63	00:01:39	00:04:24	194m	8'30"/km
4.	67	00:01:33	00:05:57	143m	10'50"/km
5.	43	00:01:33	00:07:30	157m	9'52"/km
6.	36	00:02:27	00:09:57	177m	13'51"/km
7.	50	00:01:03	00:11:00	82m	12'48"/km
8.	39	00:01:57	00:12:57	218m	8'57"/km
9.	47	00:02:34	00:15:31	84m	30'33"/km
10.	54	00:01:32	00:17:03	158m	9'42"/km
11.	55	00:02:35	00:19:38	155m	16'40"/km
12.	99	00:00:48	00:20:26	112m	7'09"/km
13.	999	00:00:30	00:20:56	48m	10'25"/km

HELGA



Orienteering Software