



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Laurine HERMAN

ASUB

Course : DE

Distance : 3740m

Time : 0:28:39 (7'40"/km)

5/14

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Anna SERRALLONGA | 0:25:49 |
| 2. Greet OEYEN | 0:26:13 |
| 3. Ems DE SMUL | 0:27:22 |

1.	154	00:01:43	254m	6'46"/km
2.	151	00:00:42 00:02:25	139m	5'02"/km
3.	103	00:01:08 00:03:33	138m	8'13"/km
4.	136	00:00:22 00:03:55	63m	5'49"/km
5.	105	00:01:27 00:05:22	151m	9'36"/km
6.	106	00:00:32 00:05:54	92m	5'48"/km
7.	107	00:00:32 00:06:26	50m	10'40"/km
8.	157	00:01:13 00:07:39	167m	7'17"/km
9.	112	00:00:38 00:08:17	79m	8'01"/km
10.	109	00:00:44 00:09:01	104m	7'03"/km
11.	110	00:00:47 00:09:48	110m	7'07"/km
12.	111	00:00:51 00:10:39	124m	6'51"/km
13.	200	00:01:42 00:12:21	255m	6'40"/km
14.	137	00:00:44 00:13:05	122m	6'01"/km
15.	115	00:02:09 00:15:14	317m	6'47"/km
16.	116	00:00:34 00:15:48	101m	5'37"/km
17.	129	00:01:09 00:16:57	149m	7'43"/km
18.	133	00:01:33 00:18:30	169m	9'10"/km
19.	118	00:00:47 00:19:17	85m	9'13"/km
20.	132	00:00:26 00:19:43	49m	8'51"/km
21.	128	00:01:13 00:20:56	133m	9'09"/km
22.	127	00:01:27 00:22:23	213m	6'48"/km
23.	130	00:00:34 00:22:57	68m	8'20"/km
24.	121	00:00:33 00:23:30	71m	7'45"/km
25.	122	00:01:14 00:24:44	90m	13'42"/km
26.	123	00:00:52 00:25:36	95m	9'07"/km
27.	124	00:00:51 00:26:27	67m	12'41"/km
28.	125	00:01:04 00:27:31	94m	11'21"/km
29.	120	00:00:23 00:27:54	47m	8'09"/km
30.	220	00:00:36 00:28:30	91m	6'36"/km
31.	999	00:00:09 00:28:39	56m	2'41"/km