



# NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

**Diego BOMBAERTS**

LOST

Course : H-16

Distance : 3240m

Time : 0:32:10 (9'56"/km)

**10/18**

O.K.

[Full result on Webres](#)

- |                          |         |
|--------------------------|---------|
| 1. Nathan MOTHERON       | 0:23:42 |
| 2. Torben AERDEN         | 0:24:36 |
| 3. Regis VANSCHUYTBROECK | 0:24:53 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 156 | 00:00:53 |          | 85m  | 10'24"/km |
| 2.  | 114 | 00:01:26 | 00:02:19 | 85m  | 16'52"/km |
| 3.  | 103 | 00:02:16 | 00:04:35 | 78m  | 29'04"/km |
| 4.  | 200 | 00:00:41 | 00:05:16 | 87m  | 7'51"/km  |
| 5.  | 108 | 00:01:07 | 00:06:23 | 146m | 7'39"/km  |
| 6.  | 112 | 00:00:42 | 00:07:05 | 84m  | 8'20"/km  |
| 7.  | 109 | 00:00:46 | 00:07:51 | 104m | 7'22"/km  |
| 8.  | 110 | 00:00:39 | 00:08:30 | 110m | 5'55"/km  |
| 9.  | 111 | 00:00:52 | 00:09:22 | 124m | 6'59"/km  |
| 10. | 150 | 00:02:09 | 00:11:31 | 154m | 13'58"/km |
| 11. | 106 | 00:00:37 | 00:12:08 | 115m | 5'22"/km  |
| 12. | 107 | 00:00:38 | 00:12:46 | 50m  | 12'40"/km |
| 13. | 155 | 00:01:25 | 00:14:11 | 101m | 14'02"/km |
| 14. | 200 | 00:00:46 | 00:14:57 | 117m | 6'33"/km  |
| 15. | 143 | 00:01:20 | 00:16:17 | 139m | 9'36"/km  |
| 16. | 102 | 00:01:17 | 00:17:34 | 91m  | 14'06"/km |
| 17. | 138 | 00:00:24 | 00:17:58 | 34m  | 11'46"/km |
| 18. | 162 | 00:01:34 | 00:19:32 | 226m | 6'56"/km  |
| 19. | 116 | 00:01:14 | 00:20:46 | 187m | 6'36"/km  |
| 20. | 161 | 00:00:29 | 00:21:15 | 68m  | 7'06"/km  |
| 21. | 152 | 00:02:16 | 00:23:31 | 206m | 11'00"/km |
| 22. | 118 | 00:00:42 | 00:24:13 | 77m  | 9'05"/km  |
| 23. | 119 | 00:01:25 | 00:25:38 | 98m  | 14'27"/km |
| 24. | 122 | 00:01:44 | 00:27:22 | 208m | 8'20"/km  |
| 25. | 124 | 00:00:59 | 00:28:21 | 102m | 9'38"/km  |
| 26. | 139 | 00:01:12 | 00:29:33 | 66m  | 18'11"/km |
| 27. | 140 | 00:00:42 | 00:30:15 | 62m  | 11'17"/km |
| 28. | 141 | 00:01:07 | 00:31:22 | 120m | 9'18"/km  |
| 29. | 220 | 00:00:39 | 00:32:01 | 66m  | 9'51"/km  |
| 30. | 999 | 00:00:09 | 00:32:10 | 56m  | 2'41"/km  |