



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Andreas GROTE

OLC SKOG Fribourg

Course : HE

Distance : 4160m

Time : 0:31:53 (7'40"/km)

20/30

O.K.

[Full result on Webres](#)

- | | |
|-------------------|---------|
| 1. Wouter HUS | 0:21:39 |
| 2. Liam THIELS | 0:22:46 |
| 3. Rune DE CLERCQ | 0:23:54 |

1.	131	00:01:49		301m	6'02"/km
2.	138	00:00:46	00:02:35	147m	5'13"/km
3.	103	00:01:46	00:04:21	209m	8'27"/km
4.	136	00:00:26	00:04:47	63m	6'53"/km
5.	105	00:01:42	00:06:29	151m	11'15"/km
6.	106	00:00:32	00:07:01	92m	5'48"/km
7.	107	00:01:38	00:08:39	50m	32'40"/km
8.	108	00:01:27	00:10:06	201m	7'13"/km
9.	109	00:01:12	00:11:18	159m	7'33"/km
10.	110	00:00:42	00:12:00	110m	6'22"/km
11.	111	00:00:56	00:12:56	124m	7'32"/km
12.	112	00:00:51	00:13:47	104m	8'10"/km
13.	200	00:01:13	00:15:00	214m	5'41"/km
14.	113	00:00:53	00:15:53	155m	5'42"/km
15.	115	00:02:16	00:18:09	353m	6'25"/km
16.	116	00:00:34	00:18:43	101m	5'37"/km
17.	129	00:01:01	00:19:44	149m	6'49"/km
18.	119	00:01:40	00:21:24	212m	7'52"/km
19.	118	00:00:58	00:22:22	98m	9'52"/km
20.	117	00:00:40	00:23:02	109m	6'07"/km
21.	128	00:01:01	00:24:03	140m	7'16"/km
22.	127	00:01:21	00:25:24	213m	6'20"/km
23.	130	00:00:29	00:25:53	68m	7'06"/km
24.	121	00:00:34	00:26:27	71m	7'59"/km
25.	122	00:01:02	00:27:29	90m	11'29"/km
26.	123	00:00:49	00:28:18	95m	8'36"/km
27.	124	00:00:49	00:29:07	67m	12'11"/km
28.	125	00:01:00	00:30:07	94m	10'38"/km
29.	126	00:00:52	00:30:59	83m	10'27"/km
30.	220	00:00:42	00:31:41	77m	9'05"/km
31.	999	00:00:12	00:31:53	56m	3'34"/km