



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

James GOSSELET

ASUB

Course : HE

Distance : 4160m

Time : 0:53:03 (12'45"/km)

25/30

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	00:03:33	301m	11'48"/km
2.	138	00:01:23 00:04:56	147m	9'25"/km
3.	103	00:02:44 00:07:40	209m	13'05"/km
4.	136	00:00:33 00:08:13	63m	8'44"/km
5.	105	00:02:37 00:10:50	151m	17'20"/km
6.	106	00:00:59 00:11:49	92m	10'41"/km
7.	107	00:00:46 00:12:35	50m	15'20"/km
8.	108	00:02:26 00:15:01	201m	12'06"/km
9.	109	00:01:56 00:16:57	159m	12'10"/km
10.	110	00:01:19 00:18:16	110m	11'58"/km
11.	111	00:01:27 00:19:43	124m	11'42"/km
12.	112	00:01:17 00:21:00	104m	12'20"/km
13.	200	00:02:25 00:23:25	214m	11'18"/km
14.	113	00:01:50 00:25:15	155m	11'50"/km
15.	115	00:04:00 00:29:15	353m	11'20"/km
16.	116	00:01:15 00:30:30	101m	12'23"/km
17.	129	00:01:43 00:32:13	149m	11'31"/km
18.	119	00:03:13 00:35:26	212m	15'10"/km
19.	118	00:01:33 00:36:59	98m	15'49"/km
20.	117	00:01:12 00:38:11	109m	11'01"/km
21.	128	00:01:54 00:40:05	140m	13'34"/km
22.	127	00:02:52 00:42:57	213m	13'28"/km
23.	130	00:01:03 00:44:00	68m	15'26"/km
24.	121	00:01:05 00:45:05	71m	15'15"/km
25.	122	00:01:43 00:46:48	90m	19'04"/km
26.	123	00:01:08 00:47:56	95m	11'56"/km
27.	124	00:00:58 00:48:54	67m	14'26"/km
28.	125	00:01:17 00:50:11	94m	13'39"/km
29.	126	00:01:28 00:51:39	83m	17'40"/km
30.	220	00:01:02 00:52:41	77m	13'25"/km
31.	999	00:00:22 00:53:03	56m	6'33"/km