



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Tom MARIEN

K.O.L.

Course : H40

Distance : 3740m

Time : 0:27:26 (7'20"/km)

4/18

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Serguei SMIRNOV | 0:23:50 |
| 2. Jo LINTEN | 0:25:46 |
| 3. Gregory PRINS | 0:26:21 |

1.	154	00:01:40		254m	6'34"/km
2.	151	00:00:43	00:02:23	139m	5'09"/km
3.	103	00:01:19	00:03:42	138m	9'32"/km
4.	136	00:00:21	00:04:03	63m	5'33"/km
5.	105	00:02:15	00:06:18	151m	14'54"/km
6.	106	00:00:27	00:06:45	92m	4'53"/km
7.	107	00:00:25	00:07:10	50m	8'20"/km
8.	157	00:00:59	00:08:09	167m	5'53"/km
9.	112	00:00:39	00:08:48	79m	8'14"/km
10.	109	00:01:00	00:09:48	104m	9'37"/km
11.	110	00:00:36	00:10:24	110m	5'27"/km
12.	111	00:00:48	00:11:12	124m	6'27"/km
13.	200	00:01:23	00:12:35	255m	5'25"/km
14.	137	00:00:39	00:13:14	122m	5'20"/km
15.	115	00:01:51	00:15:05	317m	5'50"/km
16.	116	00:00:38	00:15:43	101m	6'16"/km
17.	129	00:01:03	00:16:46	149m	7'03"/km
18.	133	00:01:49	00:18:35	169m	10'45"/km
19.	118	00:00:41	00:19:16	85m	8'02"/km
20.	132	00:00:23	00:19:39	49m	7'49"/km
21.	128	00:01:06	00:20:45	133m	8'16"/km
22.	127	00:01:10	00:21:55	213m	5'29"/km
23.	130	00:00:35	00:22:30	68m	8'35"/km
24.	121	00:00:33	00:23:03	71m	7'45"/km
25.	122	00:01:07	00:24:10	90m	12'24"/km
26.	123	00:00:44	00:24:54	95m	7'43"/km
27.	124	00:00:39	00:25:33	67m	9'42"/km
28.	125	00:00:43	00:26:16	94m	7'37"/km
29.	120	00:00:22	00:26:38	47m	7'48"/km
30.	220	00:00:37	00:27:15	91m	6'47"/km
31.	999	00:00:11	00:27:26	56m	3'16"/km