



# NORTH SEA TROPHY 2022 - DAY 1

## HET LIEFOORD 11.11.2022

### K.O.L.

**Jo LINTEN**

K.O.L.

Course : H40

Distance : 3740m

Time : 0:25:46 (6'53"/km)

**2/18**

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Serguei SMIRNOV | 0:23:50 |
| 3. Gregory PRINS   | 0:26:21 |

1.	154	00:01:35		254m	6'14"/km
2.	151	00:00:41	00:02:16	139m	4'55"/km
3.	103	00:01:03	00:03:19	138m	7'37"/km
4.	136	00:00:23	00:03:42	63m	6'05"/km
5.	105	00:01:26	00:05:08	151m	9'30"/km
6.	106	00:00:27	00:05:35	92m	4'53"/km
7.	107	00:00:28	00:06:03	50m	9'20"/km
8.	157	00:00:56	00:06:59	167m	5'35"/km
9.	112	00:00:36	00:07:35	79m	7'36"/km
10.	109	00:00:43	00:08:18	104m	6'53"/km
11.	110	00:00:45	00:09:03	110m	6'49"/km
12.	111	00:00:42	00:09:45	124m	5'39"/km
13.	200	00:01:29	00:11:14	255m	5'49"/km
14.	137	00:00:38	00:11:52	122m	5'11"/km
15.	115	00:01:46	00:13:38	317m	5'34"/km
16.	116	00:00:31	00:14:09	101m	5'07"/km
17.	129	00:01:08	00:15:17	149m	7'36"/km
18.	133	00:01:23	00:16:40	169m	8'11"/km
19.	118	00:00:44	00:17:24	85m	8'38"/km
20.	132	00:00:22	00:17:46	49m	7'29"/km
21.	128	00:01:07	00:18:53	133m	8'24"/km
22.	127	00:01:13	00:20:06	213m	5'43"/km
23.	130	00:00:33	00:20:39	68m	8'05"/km
24.	121	00:00:36	00:21:15	71m	8'27"/km
25.	122	00:00:57	00:22:12	90m	10'33"/km
26.	123	00:00:52	00:23:04	95m	9'07"/km
27.	124	00:00:42	00:23:46	67m	10'27"/km
28.	125	00:00:53	00:24:39	94m	9'24"/km
29.	120	00:00:24	00:25:03	47m	8'31"/km
30.	220	00:00:33	00:25:36	91m	6'03"/km
31.	999	00:00:10	00:25:46	56m	2'59"/km