



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Ronald SOMERS

K.O.L.

Course : H40

Distance : 3740m

Time : 0:32:10 (8'36"/km)

10/18

O.K.

[Full result on Webres](#)

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

1.	154	00:01:34		254m	6'10"/km
2.	151	00:00:59	00:02:33	139m	7'04"/km
3.	103	00:01:06	00:03:39	138m	7'58"/km
4.	136	00:00:26	00:04:05	63m	6'53"/km
5.	105	00:01:50	00:05:55	151m	12'08"/km
6.	106	00:00:36	00:06:31	92m	6'31"/km
7.	107	00:00:30	00:07:01	50m	10'00"/km
8.	157	00:01:26	00:08:27	167m	8'35"/km
9.	112	00:00:46	00:09:13	79m	9'42"/km
10.	109	00:00:55	00:10:08	104m	8'49"/km
11.	110	00:00:43	00:10:51	110m	6'31"/km
12.	111	00:01:00	00:11:51	124m	8'04"/km
13.	200	00:01:41	00:13:32	255m	6'36"/km
14.	137	00:00:47	00:14:19	122m	6'25"/km
15.	115	00:02:11	00:16:30	317m	6'53"/km
16.	116	00:00:36	00:17:06	101m	5'56"/km
17.	129	00:01:09	00:18:15	149m	7'43"/km
18.	133	00:01:39	00:19:54	169m	9'46"/km
19.	118	00:01:03	00:20:57	85m	12'21"/km
20.	132	00:00:26	00:21:23	49m	8'51"/km
21.	128	00:01:45	00:23:08	133m	13'09"/km
22.	127	00:01:28	00:24:36	213m	6'53"/km
23.	130	00:00:36	00:25:12	68m	8'49"/km
24.	121	00:00:53	00:26:05	71m	12'26"/km
25.	122	00:01:16	00:27:21	90m	14'04"/km
26.	123	00:01:38	00:28:59	95m	17'12"/km
27.	124	00:01:11	00:30:10	67m	17'40"/km
28.	125	00:00:49	00:30:59	94m	8'41"/km
29.	120	00:00:28	00:31:27	47m	9'56"/km
30.	220	00:00:33	00:32:00	91m	6'03"/km
31.	999	00:00:10	00:32:10	56m	2'59"/km