



# NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

**Dries HEUNINCKX**

K.O.L.

Course : H40

Distance : 3740m

Time : 0:33:13 (8'53"/km)

**11/18**

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 | 00:01:51 |          | 254m | 7'17"/km  |
| 2.  | 151 | 00:00:52 | 00:02:43 | 139m | 6'14"/km  |
| 3.  | 103 | 00:01:37 | 00:04:20 | 138m | 11'43"/km |
| 4.  | 136 | 00:00:27 | 00:04:47 | 63m  | 7'09"/km  |
| 5.  | 105 | 00:01:51 | 00:06:38 | 151m | 12'15"/km |
| 6.  | 106 | 00:00:36 | 00:07:14 | 92m  | 6'31"/km  |
| 7.  | 107 | 00:00:28 | 00:07:42 | 50m  | 9'20"/km  |
| 8.  | 157 | 00:01:24 | 00:09:06 | 167m | 8'23"/km  |
| 9.  | 112 | 00:00:38 | 00:09:44 | 79m  | 8'01"/km  |
| 10. | 109 | 00:00:49 | 00:10:33 | 104m | 7'51"/km  |
| 11. | 110 | 00:00:46 | 00:11:19 | 110m | 6'58"/km  |
| 12. | 153 | 00:00:36 | 00:11:55 | 89m  | 6'44"/km  |
| 13. | 111 | 00:00:26 | 00:12:21 |      |           |
| 14. | 200 | 00:01:49 | 00:14:10 | 255m | 7'07"/km  |
| 15. | 137 | 00:00:51 | 00:15:01 | 122m | 6'58"/km  |
| 16. | 115 | 00:02:36 | 00:17:37 | 317m | 8'12"/km  |
| 17. | 116 | 00:00:42 | 00:18:19 | 101m | 6'56"/km  |
| 18. | 129 | 00:01:20 | 00:19:39 | 149m | 8'57"/km  |
| 19. | 133 | 00:01:43 | 00:21:22 | 169m | 10'09"/km |
| 20. | 118 | 00:01:06 | 00:22:28 | 85m  | 12'56"/km |
| 21. | 132 | 00:00:25 | 00:22:53 | 49m  | 8'30"/km  |
| 22. | 128 | 00:01:27 | 00:24:20 | 133m | 10'54"/km |
| 23. | 127 | 00:01:35 | 00:25:55 | 213m | 7'26"/km  |
| 24. | 130 | 00:00:40 | 00:26:35 | 68m  | 9'48"/km  |
| 25. | 121 | 00:00:42 | 00:27:17 | 71m  | 9'52"/km  |
| 26. | 122 | 00:01:24 | 00:28:41 | 90m  | 15'33"/km |
| 27. | 123 | 00:00:52 | 00:29:33 | 95m  | 9'07"/km  |
| 28. | 124 | 00:01:06 | 00:30:39 | 67m  | 16'25"/km |
| 29. | 125 | 00:01:12 | 00:31:51 | 94m  | 12'46"/km |
| 30. | 120 | 00:00:27 | 00:32:18 | 47m  | 9'34"/km  |
| 31. | 220 | 00:00:42 | 00:33:00 | 91m  | 7'42"/km  |
| 32. | 999 | 00:00:13 | 00:33:13 | 56m  | 3'52"/km  |