



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Kristof WOLLES

hamok

Course : H40

Distance : 3740m

Time : 0:31:58 (8'33"/km)

9/18

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	00:01:59		254m	7'49"/km
2.	151	00:00:49	00:02:48	139m	5'53"/km
3.	103	00:01:11	00:03:59	138m	8'34"/km
4.	136	00:00:29	00:04:28	63m	7'40"/km
5.	105	00:01:33	00:06:01	151m	10'16"/km
6.	106	00:01:16	00:07:17	92m	13'46"/km
7.	107	00:00:26	00:07:43	50m	8'40"/km
8.	157	00:01:06	00:08:49	167m	6'35"/km
9.	112	00:00:49	00:09:38	79m	10'20"/km
10.	109	00:00:46	00:10:24	104m	7'22"/km
11.	110	00:00:40	00:11:04	110m	6'04"/km
12.	111	00:00:54	00:11:58	124m	7'15"/km
13.	200	00:01:35	00:13:33	255m	6'13"/km
14.	137	00:00:42	00:14:15	122m	5'44"/km
15.	115	00:02:05	00:16:20	317m	6'34"/km
16.	116	00:00:34	00:16:54	101m	5'37"/km
17.	129	00:01:16	00:18:10	149m	8'30"/km
18.	133	00:01:31	00:19:41	169m	8'58"/km
19.	118	00:00:50	00:20:31	85m	9'48"/km
20.	132	00:00:26	00:20:57	49m	8'51"/km
21.	128	00:01:03	00:22:00	133m	7'54"/km
22.	127	00:01:49	00:23:49	213m	8'32"/km
23.	130	00:00:43	00:24:32	68m	10'32"/km
24.	121	00:00:40	00:25:12	71m	9'23"/km
25.	122	00:01:05	00:26:17	90m	12'02"/km
26.	123	00:00:54	00:27:11	95m	9'28"/km
27.	124	00:02:45	00:29:56	67m	41'03"/km
28.	125	00:00:49	00:30:45	94m	8'41"/km
29.	120	00:00:21	00:31:06	47m	7'27"/km
30.	220	00:00:38	00:31:44	91m	6'58"/km
31.	999	00:00:14	00:31:58	56m	4'10"/km