



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Stephane WILLEMSSENS

Hermathenae

Course : H40

Distance : 3740m

Time : 0:34:11 (9'08"/km)

12/18

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	00:01:59		254m	7'49"/km
2.	151	00:01:01	00:03:00	139m	7'19"/km
3.	103	00:01:31	00:04:31	138m	10'59"/km
4.	136	00:00:28	00:04:59	63m	7'24"/km
5.	105	00:02:29	00:07:28	151m	16'27"/km
6.	106	00:00:34	00:08:02	92m	6'10"/km
7.	107	00:00:46	00:08:48	50m	15'20"/km
8.	157	00:01:20	00:10:08	167m	7'59"/km
9.	112	00:00:55	00:11:03	79m	11'36"/km
10.	109	00:00:45	00:11:48	104m	7'13"/km
11.	110	00:00:42	00:12:30	110m	6'22"/km
12.	111	00:01:03	00:13:33	124m	8'28"/km
13.	200	00:01:43	00:15:16	255m	6'44"/km
14.	137	00:00:48	00:16:04	122m	6'33"/km
15.	115	00:02:35	00:18:39	317m	8'09"/km
16.	116	00:00:40	00:19:19	101m	6'36"/km
17.	129	00:01:12	00:20:31	149m	8'03"/km
18.	133	00:01:51	00:22:22	169m	10'57"/km
19.	118	00:01:05	00:23:27	85m	12'45"/km
20.	132	00:00:34	00:24:01	49m	11'34"/km
21.	128	00:01:21	00:25:22	133m	10'09"/km
22.	127	00:01:48	00:27:10	213m	8'27"/km
23.	130	00:00:40	00:27:50	68m	9'48"/km
24.	121	00:00:46	00:28:36	71m	10'48"/km
25.	122	00:01:13	00:29:49	90m	13'31"/km
26.	123	00:00:55	00:30:44	95m	9'39"/km
27.	124	00:01:00	00:31:44	67m	14'56"/km
28.	125	00:01:05	00:32:49	94m	11'31"/km
29.	120	00:00:27	00:33:16	47m	9'34"/km
30.	220	00:00:42	00:33:58	91m	7'42"/km
31.	999	00:00:13	00:34:11	56m	3'52"/km