



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Sébastien CARTON

Vervins Orientation

Course : H40

Distance : 3740m

Time : 0:37:27 (10'01"/km)

16/18

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	00:01:57		254m	7'41"/km
2.	151	00:01:03	00:03:00	139m	7'33"/km
3.	103	00:01:27	00:04:27	138m	10'30"/km
4.	136	00:00:29	00:04:56	63m	7'40"/km
5.	105	00:02:04	00:07:00	151m	13'41"/km
6.	106	00:00:36	00:07:36	92m	6'31"/km
7.	107	00:00:29	00:08:05	50m	9'40"/km
8.	157	00:02:49	00:10:54	167m	16'52"/km
9.	112	00:00:59	00:11:53	79m	12'27"/km
10.	109	00:00:51	00:12:44	104m	8'10"/km
11.	110	00:00:42	00:13:26	110m	6'22"/km
12.	111	00:00:57	00:14:23	124m	7'40"/km
13.	200	00:01:44	00:16:07	255m	6'48"/km
14.	137	00:00:59	00:17:06	122m	8'04"/km
15.	115	00:02:33	00:19:39	317m	8'03"/km
16.	116	00:00:36	00:20:15	101m	5'56"/km
17.	129	00:01:15	00:21:30	149m	8'23"/km
18.	133	00:03:04	00:24:34	169m	18'09"/km
19.	118	00:00:52	00:25:26	85m	10'12"/km
20.	132	00:00:32	00:25:58	49m	10'53"/km
21.	128	00:01:35	00:27:33	133m	11'54"/km
22.	127	00:02:16	00:29:49	213m	10'38"/km
23.	130	00:00:36	00:30:25	68m	8'49"/km
24.	121	00:00:58	00:31:23	71m	13'37"/km
25.	122	00:01:16	00:32:39	90m	14'04"/km
26.	123	00:00:59	00:33:38	95m	10'21"/km
27.	124	00:01:25	00:35:03	67m	21'09"/km
28.	125	00:01:03	00:36:06	94m	11'10"/km
29.	120	00:00:31	00:36:37	47m	11'00"/km
30.	220	00:00:38	00:37:15	91m	6'58"/km
31.	999	00:00:12	00:37:27	56m	3'34"/km