



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Thomas ENGELBEEN

K.O.L.

Course : H40

Distance : 3740m

Time : 0:43:02 (11'30"/km)

17/18

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	00:03:33		254m	13'59"/km
2.	151	00:01:06	00:04:39	139m	7'55"/km
3.	103	00:01:31	00:06:10	138m	10'59"/km
4.	136	00:00:32	00:06:42	63m	8'28"/km
5.	105	00:05:27	00:12:09	151m	36'06"/km
6.	106	00:00:44	00:12:53	92m	7'58"/km
7.	107	00:01:04	00:13:57	50m	21'20"/km
8.	157	00:01:20	00:15:17	167m	7'59"/km
9.	112	00:00:50	00:16:07	79m	10'33"/km
10.	109	00:00:58	00:17:05	104m	9'18"/km
11.	110	00:01:02	00:18:07	110m	9'24"/km
12.	111	00:01:00	00:19:07	124m	8'04"/km
13.	200	00:01:59	00:21:06	255m	7'47"/km
14.	137	00:00:51	00:21:57	122m	6'58"/km
15.	115	00:02:26	00:24:23	317m	7'41"/km
16.	116	00:00:41	00:25:04	101m	6'46"/km
17.	129	00:01:34	00:26:38	149m	10'31"/km
18.	133	00:02:12	00:28:50	169m	13'01"/km
19.	118	00:00:58	00:29:48	85m	11'22"/km
20.	132	00:00:31	00:30:19	49m	10'33"/km
21.	128	00:01:20	00:31:39	133m	10'02"/km
22.	127	00:02:38	00:34:17	213m	12'22"/km
23.	130	00:00:44	00:35:01	68m	10'47"/km
24.	121	00:01:34	00:36:35	71m	22'04"/km
25.	122	00:01:48	00:38:23	90m	20'00"/km
26.	123	00:01:20	00:39:43	95m	14'02"/km
27.	124	00:00:59	00:40:42	67m	14'41"/km
28.	125	00:01:00	00:41:42	94m	10'38"/km
29.	120	00:00:26	00:42:08	47m	9'13"/km
30.	220	00:00:40	00:42:48	91m	7'20"/km
31.	999	00:00:14	00:43:02	56m	4'10"/km