



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Jean-Yves RASSEL

CO Liège

Course : H40

Distance : 3740m

Time : 0:43:20 (11'35"/km)

18/18

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	00:02:54	254m	11'25"/km
2.	151	00:00:56 00:03:50	139m	6'43"/km
3.	103	00:01:45 00:05:35	138m	12'41"/km
4.	136	00:01:16 00:06:51	63m	20'06"/km
5.	105	00:01:58 00:08:49	151m	13'01"/km
6.	106	00:00:43 00:09:32	92m	7'47"/km
7.	107	00:02:19 00:11:51	50m	46'20"/km
8.	157	00:01:28 00:13:19	167m	8'47"/km
9.	112	00:00:59 00:14:18	79m	12'27"/km
10.	109	00:00:56 00:15:14	104m	8'58"/km
11.	110	00:00:45 00:15:59	110m	6'49"/km
12.	111	00:00:58 00:16:57	124m	7'48"/km
13.	200	00:01:54 00:18:51	255m	7'27"/km
14.	137	00:01:04 00:19:55	122m	8'45"/km
15.	115	00:02:45 00:22:40	317m	8'41"/km
16.	116	00:00:45 00:23:25	101m	7'26"/km
17.	129	00:01:59 00:25:24	149m	13'19"/km
18.	133	00:02:32 00:27:56	169m	14'59"/km
19.	118	00:01:07 00:29:03	85m	13'08"/km
20.	132	00:00:30 00:29:33	49m	10'12"/km
21.	128	00:01:34 00:31:07	133m	11'47"/km
22.	127	00:03:49 00:34:56	213m	17'55"/km
23.	130	00:00:44 00:35:40	68m	10'47"/km
24.	121	00:00:52 00:36:32	71m	12'12"/km
25.	122	00:01:21 00:37:53	90m	15'00"/km
26.	123	00:01:16 00:39:09	95m	13'20"/km
27.	124	00:01:15 00:40:24	67m	18'39"/km
28.	125	00:01:15 00:41:39	94m	13'18"/km
29.	120	00:00:32 00:42:11	47m	11'21"/km
30.	220	00:00:55 00:43:06	91m	10'04"/km
31.	999	00:00:14 00:43:20	56m	4'10"/km