



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Frank AERDEN

K.O.L.

Course : H50

Distance : 3550m

Time : 0:41:34 (11'43"/km)

36/41

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Jérôme DANIEL | 0:25:08 |
| 2. Olivier DE SMUL | 0:25:26 |
| 3. Jason INMAN | 0:25:46 |

1.	114	00:01:33		156m	9'56"/km
2.	134	00:00:48	00:02:21	41m	19'31"/km
3.	102	00:01:17	00:03:38	115m	11'10"/km
4.	115	00:00:58	00:04:36	134m	7'13"/km
5.	116	00:00:50	00:05:26	101m	8'15"/km
6.	129	00:01:31	00:06:57	149m	10'11"/km
7.	160	00:01:05	00:08:02	86m	12'36"/km
8.	156	00:00:52	00:08:54	88m	9'51"/km
9.	136	00:01:36	00:10:30	158m	10'08"/km
10.	155	00:02:13	00:12:43	85m	26'05"/km
11.	106	00:01:15	00:13:58	112m	11'10"/km
12.	112	00:01:36	00:15:34	144m	11'07"/km
13.	153	00:01:18	00:16:52	137m	9'29"/km
14.	109	00:00:45	00:17:37	76m	9'52"/km
15.	108	00:01:30	00:19:07	159m	9'26"/km
16.	200	00:01:32	00:20:39	146m	10'30"/km
17.	103	00:01:27	00:22:06	87m	16'40"/km
18.	143	00:01:58	00:24:04	97m	20'16"/km
19.	138	00:00:58	00:25:02	119m	8'07"/km
20.	131	00:01:06	00:26:08	147m	7'29"/km
21.	152	00:02:34	00:28:42	205m	12'31"/km
22.	117	00:01:04	00:29:46	95m	11'14"/km
23.	119	00:03:08	00:32:54	206m	15'13"/km
24.	130	00:01:22	00:34:16	130m	10'31"/km
25.	121	00:00:47	00:35:03	71m	11'02"/km
26.	122	00:01:46	00:36:49	90m	19'38"/km
27.	139	00:01:56	00:38:45	135m	14'19"/km
28.	125	00:01:26	00:40:11	92m	15'35"/km
29.	220	00:01:05	00:41:16	134m	8'05"/km
30.	999	00:00:18	00:41:34	56m	5'21"/km