



# NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

**Jan VAN DER ELST**

Omega

Course : H60

Distance : 3240m

Time : 0:36:32 (11'17"/km)

**21/45**

O.K.

[Full result on Webres](#)

- |                       |         |
|-----------------------|---------|
| 1. Christian STOFFELS | 0:23:54 |
| 2. Luc MELIS          | 0:25:20 |
| 3. Patrick MOSSOUX    | 0:27:07 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 156 | 00:00:49 |          | 85m  | 9'36"/km  |
| 2.  | 114 | 00:00:50 | 00:01:39 | 85m  | 9'48"/km  |
| 3.  | 103 | 00:00:54 | 00:02:33 | 78m  | 11'32"/km |
| 4.  | 200 | 00:00:56 | 00:03:29 | 87m  | 10'44"/km |
| 5.  | 108 | 00:01:17 | 00:04:46 | 146m | 8'47"/km  |
| 6.  | 112 | 00:01:18 | 00:06:04 | 84m  | 15'29"/km |
| 7.  | 109 | 00:00:57 | 00:07:01 | 104m | 9'08"/km  |
| 8.  | 110 | 00:00:42 | 00:07:43 | 110m | 6'22"/km  |
| 9.  | 111 | 00:01:04 | 00:08:47 | 124m | 8'36"/km  |
| 10. | 150 | 00:01:14 | 00:10:01 | 154m | 8'01"/km  |
| 11. | 106 | 00:02:09 | 00:12:10 | 115m | 18'42"/km |
| 12. | 107 | 00:00:38 | 00:12:48 | 50m  | 12'40"/km |
| 13. | 155 | 00:01:37 | 00:14:25 | 101m | 16'00"/km |
| 14. | 200 | 00:00:59 | 00:15:24 | 117m | 8'24"/km  |
| 15. | 143 | 00:02:13 | 00:17:37 | 139m | 15'57"/km |
| 16. | 102 | 00:00:37 | 00:18:14 | 91m  | 6'47"/km  |
| 17. | 138 | 00:00:12 | 00:18:26 | 34m  | 5'53"/km  |
| 18. | 162 | 00:01:45 | 00:20:11 | 226m | 7'45"/km  |
| 19. | 116 | 00:01:14 | 00:21:25 | 187m | 6'36"/km  |
| 20. | 161 | 00:03:42 | 00:25:07 | 68m  | 54'25"/km |
| 21. | 152 | 00:02:19 | 00:27:26 | 206m | 11'15"/km |
| 22. | 118 | 00:00:40 | 00:28:06 | 77m  | 8'39"/km  |
| 23. | 119 | 00:01:28 | 00:29:34 | 98m  | 14'58"/km |
| 24. | 122 | 00:02:09 | 00:31:43 | 208m | 10'20"/km |
| 25. | 124 | 00:01:03 | 00:32:46 | 102m | 10'18"/km |
| 26. | 139 | 00:00:50 | 00:33:36 | 66m  | 12'38"/km |
| 27. | 140 | 00:01:12 | 00:34:48 | 62m  | 19'21"/km |
| 28. | 141 | 00:01:02 | 00:35:50 | 120m | 8'37"/km  |
| 29. | 220 | 00:00:29 | 00:36:19 | 66m  | 7'19"/km  |
| 30. | 999 | 00:00:13 | 00:36:32 | 56m  | 3'52"/km  |