



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Patrick WALLAERT

Omega

Course : H65

Distance : 3300m

Time : 0:34:45 (10'32"/km)

9/36

O.K.

[Full result on Webres](#)

1. Guido RHYN	0:26:22
2. Paul ALLE	0:26:30
3. Adrie VAN OPSTAL	0:29:33

1.	148	00:01:09		150m	7'40"/km
2.	134	00:00:58	00:02:07	60m	16'07"/km
3.	103	00:01:08	00:03:15	67m	16'55"/km
4.	136	00:00:48	00:04:03	63m	12'42"/km
5.	200	00:00:29	00:04:32	35m	13'49"/km
6.	150	00:01:13	00:05:45	155m	7'51"/km
7.	109	00:01:16	00:07:01	171m	7'24"/km
8.	111	00:00:49	00:07:50	75m	10'53"/km
9.	109	00:00:37	00:08:27	75m	8'13"/km
10.	149	00:02:15	00:10:42		
11.	111	00:01:40	00:12:22	228m	7'19"/km
12.	109	00:00:45	00:13:07	75m	10'00"/km
13.	150	00:01:19	00:14:26	171m	7'42"/km
14.	200	00:01:04	00:15:30	155m	6'53"/km
15.	101	00:01:49	00:17:19	212m	8'34"/km
16.	115	00:01:00	00:18:19	148m	6'45"/km
17.	138	00:00:43	00:19:02	109m	6'34"/km
18.	151	00:00:33	00:19:35	78m	7'03"/km
19.	121	00:02:16	00:21:51	317m	7'09"/km
20.	122	00:01:20	00:23:11	90m	14'49"/km
21.	123	00:00:54	00:24:05	95m	9'28"/km
22.	118	00:02:39	00:26:44	263m	10'05"/km
23.	152	00:00:33	00:27:17	77m	7'09"/km
24.	124	00:03:26	00:30:43	335m	10'15"/km
25.	139	00:00:49	00:31:32	66m	12'22"/km
26.	125	00:01:25	00:32:57	92m	15'24"/km
27.	120	00:00:28	00:33:25	47m	9'56"/km
28.	141	00:00:32	00:33:57	62m	8'36"/km
29.	220	00:00:32	00:34:29	66m	8'05"/km
30.	999	00:00:16	00:34:45	56m	4'46"/km