



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Lucie DELCOURT

VALMO

Course : LD

Distance : 3980m

Time : 0:40:07 (10'05"/km)

10/20

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:25:23
2. Tille DE SMUL	0:26:04
3. Sebastien DE POORTER	0:31:53

1.	154	00:02:34	254m	10'06"/km
2.	151	00:00:59 00:03:33	139m	7'04"/km
3.	103	00:01:36 00:05:09	138m	11'36"/km
4.	200	00:00:44 00:05:53	87m	8'26"/km
5.	105	00:01:16 00:07:09	178m	7'07"/km
6.	106	00:00:55 00:08:04	92m	9'58"/km
7.	107	00:02:08 00:10:12	50m	42'40"/km
8.	108	00:01:30 00:11:42	201m	7'28"/km
9.	111	00:00:55 00:12:37	111m	8'15"/km
10.	109	00:01:29 00:14:06	75m	19'47"/km
11.	110	00:00:50 00:14:56	110m	7'35"/km
12.	112	00:01:48 00:16:44	207m	8'42"/km
13.	200	00:01:54 00:18:38	214m	8'53"/km
14.	137	00:00:52 00:19:30	122m	7'06"/km
15.	159	00:00:42 00:20:12	57m	12'17"/km
16.	115	00:01:57 00:22:09	264m	7'23"/km
17.	116	00:00:41 00:22:50	101m	6'46"/km
18.	129	00:01:14 00:24:04	149m	8'17"/km
19.	119	00:02:08 00:26:12	212m	10'04"/km
20.	117	00:02:08 00:28:20	206m	10'21"/km
21.	128	00:01:29 00:29:49	140m	10'36"/km
22.	130	00:01:29 00:31:18	234m	6'20"/km
23.	161	00:00:45 00:32:03	90m	8'20"/km
24.	122	00:01:16 00:33:19	65m	19'29"/km
25.	123	00:01:00 00:34:19	95m	10'32"/km
26.	124	00:00:59 00:35:18	67m	14'41"/km
27.	126	00:03:01 00:38:19	173m	17'26"/km
28.	146	00:01:08 00:39:27	40m	28'20"/km
29.	220	00:00:26 00:39:53	54m	8'01"/km
30.	999	00:00:14 00:40:07	56m	4'10"/km