



NORTH SEA TROPHY 2022 - DAY 1

HET LIEFOORD 11.11.2022

K.O.L.

Dirk GORIS

K.O.L.

Course : LD

Distance : 3980m

Time : 0:39:20 (9'53"/km)

9/20

O.K.

[Full result on Webres](#)

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

1.	154	00:03:07		254m	12'16"/km
2.	151	00:01:01	00:04:08	139m	7'19"/km
3.	103	00:01:45	00:05:53	138m	12'41"/km
4.	200	00:00:49	00:06:42	87m	9'23"/km
5.	105	00:03:04	00:09:46	178m	17'14"/km
6.	106	00:00:41	00:10:27	92m	7'26"/km
7.	107	00:00:31	00:10:58	50m	10'20"/km
8.	108	00:01:36	00:12:34	201m	7'58"/km
9.	111	00:00:43	00:13:17	111m	6'27"/km
10.	109	00:00:43	00:14:00	75m	9'33"/km
11.	110	00:00:47	00:14:47	110m	7'07"/km
12.	112	00:01:35	00:16:22	207m	7'39"/km
13.	200	00:01:16	00:17:38	214m	5'55"/km
14.	137	00:00:42	00:18:20	122m	5'44"/km
15.	159	00:00:41	00:19:01	57m	11'59"/km
16.	115	00:03:23	00:22:24	264m	12'49"/km
17.	116	00:00:49	00:23:13	101m	8'05"/km
18.	129	00:01:09	00:24:22	149m	7'43"/km
19.	119	00:02:39	00:27:01	212m	12'30"/km
20.	117	00:01:35	00:28:36	206m	7'41"/km
21.	128	00:01:20	00:29:56	140m	9'31"/km
22.	130	00:01:18	00:31:14	234m	5'33"/km
23.	161	00:00:36	00:31:50	90m	6'40"/km
24.	122	00:01:29	00:33:19	65m	22'49"/km
25.	123	00:00:50	00:34:09	95m	8'46"/km
26.	124	00:01:02	00:35:11	67m	15'25"/km
27.	120	00:01:22	00:36:33		
28.	126	00:01:41	00:38:14		
29.	146	00:00:30	00:38:44	40m	12'30"/km
30.	220	00:00:24	00:39:08	54m	7'24"/km
31.	999	00:00:12	00:39:20	56m	3'34"/km