



NORTH SEA TROPHY 2022 - DAY 2

KOKSIJDE DE STER 12.11.2022

K.O.L.

Lionel JACQUES

CO Liège

Course : H21

Distance : 7340m

Time : 1:01:53 (8'26"/km)

7/16

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Cédric AMERIJCKX | 0:43:03 |
| 2. Tom GEYPEN | 0:49:00 |
| 3. Winand BERNAERS | 0:54:00 |

1.	229	00:01:19		130m	10'08"/km
2.	233	00:03:17	00:04:36	326m	10'04"/km
3.	217	00:02:31	00:07:07	387m	6'30"/km
4.	236	00:01:36	00:08:43	254m	6'18"/km
5.	63	00:02:40	00:11:23	382m	6'59"/km
6.	230	00:02:55	00:14:18	396m	7'22"/km
7.	237	00:00:44	00:15:02	89m	8'14"/km
8.	240	00:02:43	00:17:45	327m	8'18"/km
9.	235	00:00:52	00:18:37	165m	5'15"/km
10.	214	00:02:07	00:20:44	334m	6'20"/km
11.	173	00:03:21	00:24:05	500m	6'42"/km
12.	221	00:00:41	00:24:46	68m	10'03"/km
13.	176	00:02:35	00:27:21	221m	11'41"/km
14.	212	00:03:55	00:31:16	410m	9'33"/km
15.	222	00:01:51	00:33:07	195m	9'29"/km
16.	196	00:04:10	00:37:17	458m	9'06"/km
17.	182	00:03:27	00:40:44	316m	10'55"/km
18.	181	00:01:28	00:42:12	142m	10'20"/km
19.	225	00:01:03	00:43:15	106m	9'54"/km
20.	184	00:04:00	00:47:15	467m	8'34"/km
21.	200	00:02:28	00:49:43	264m	9'21"/km
22.	186	00:01:05	00:50:48	164m	6'36"/km
23.	227	00:03:19	00:54:07	342m	9'42"/km
24.	215	00:01:13	00:55:20	124m	9'49"/km
25.	226	00:01:31	00:56:51	161m	9'25"/km
26.	228	00:00:53	00:57:44	82m	10'46"/km
27.	59	00:02:16	01:00:00	173m	13'06"/km
28.	60	00:00:36	01:00:36	105m	5'43"/km
29.	220	00:01:01	01:01:37	180m	5'39"/km
30.	999	00:00:16	01:01:53	92m	2'54"/km