



North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

Piet DEFERME

Indiv.

Course : HE

Distance : 8970m

Time : 1:23:35 (9'19"/km)

28/46

O.K.

[Full result on Webres](#)

1. Evert LEEUWS	0:57:25
2. Nico CEUNEN	0:59:34
3. Rune DE CLERCQ	1:00:41

1.	133	00:03:45		314m	11'57"/km
2.	159	00:05:31	00:09:16	594m	9'17"/km
3.	164	00:01:23	00:10:39	215m	6'26"/km
4.	149	00:01:30	00:12:09	187m	8'01"/km
5.	156	00:06:08	00:18:17	269m	22'48"/km
6.	129	00:04:43	00:23:00	504m	9'22"/km
7.	126	00:03:00	00:26:00	383m	7'50"/km
8.	108	00:02:37	00:28:37	378m	6'55"/km
9.	105	00:01:58	00:30:35	228m	8'38"/km
10.	101	00:01:21	00:31:56	159m	8'29"/km
11.	109	00:02:25	00:34:21	313m	7'43"/km
12.	122	00:04:14	00:38:35	474m	8'56"/km
13.	117	00:01:34	00:40:09	158m	9'55"/km
14.	132	00:01:56	00:42:05	201m	9'37"/km
15.	158	00:04:21	00:46:26	531m	8'12"/km
16.	147	00:02:51	00:49:17	428m	6'40"/km
17.	165	00:02:21	00:51:38	364m	6'27"/km
18.	166	00:00:00	00:51:38	32m	0'00"/km
19.	167	00:01:01	00:52:39	129m	7'53"/km
20.	174	00:02:26	00:55:05	172m	14'09"/km
21.	196	00:05:11	01:00:16	537m	9'39"/km
22.	192	00:02:49	01:03:05	266m	10'35"/km
23.	188	00:02:16	01:05:21	270m	8'24"/km
24.	191	00:02:59	01:08:20	345m	8'39"/km
25.	195	00:04:16	01:12:36	388m	11'00"/km
26.	178	00:05:29	01:18:05	449m	12'13"/km
27.	185	00:01:19	01:19:24	104m	12'40"/km
28.	197	00:02:45	01:22:09	306m	8'59"/km
29.	200	00:01:07	01:23:16	134m	8'20"/km
30.	999	00:00:19	01:23:35	72m	4'24"/km