



# North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

**Pascal MYLLE**

hamok

Percurso : H45

Distancia : 6840m

Tempo : 1:30:45 (13'16"/km)

23/39

O.K.

[Resultados completos em Webres](#)

|                       |         |
|-----------------------|---------|
| 1. Nicolas GUILBERT   | 0:57:51 |
| 2. Nicolas SILLIEN    | 1:03:28 |
| 3. Christophe BARBIER | 1:04:47 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 132 | 00:04:43 |          | 315m | 14'58"/km |
| 2.  | 129 | 00:01:57 | 00:06:40 | 99m  | 19'42"/km |
| 3.  | 126 | 00:04:17 | 00:10:57 | 383m | 11'11"/km |
| 4.  | 108 | 00:04:24 | 00:15:21 | 378m | 11'38"/km |
| 5.  | 104 | 00:02:39 | 00:18:00 | 232m | 11'25"/km |
| 6.  | 118 | 00:04:21 | 00:22:21 | 478m | 9'06"/km  |
| 7.  | 139 | 00:11:19 | 00:33:40 | 346m | 32'42"/km |
| 8.  | 142 | 00:03:01 | 00:36:41 | 103m | 29'17"/km |
| 9.  | 159 | 00:04:00 | 00:40:41 | 382m | 10'28"/km |
| 10. | 146 | 00:02:25 | 00:43:06 | 300m | 8'03"/km  |
| 11. | 151 | 00:02:09 | 00:45:15 | 174m | 12'21"/km |
| 12. | 150 | 00:00:20 | 00:45:35 |      |           |
| 13. | 153 | 00:01:13 | 00:46:48 | 84m  | 14'29"/km |
| 14. | 165 | 00:03:06 | 00:49:54 | 494m | 6'17"/km  |
| 15. | 166 | 00:00:00 | 00:49:54 | 32m  | 0'00"/km  |
| 16. | 167 | 00:01:13 | 00:51:07 | 129m | 9'26"/km  |
| 17. | 171 | 00:03:13 | 00:54:20 | 160m | 20'06"/km |
| 18. | 182 | 00:02:49 | 00:57:09 | 268m | 10'31"/km |
| 19. | 196 | 00:04:01 | 01:01:10 | 259m | 15'31"/km |
| 20. | 187 | 00:02:57 | 01:04:07 | 179m | 16'29"/km |
| 21. | 189 | 00:01:38 | 01:05:45 | 141m | 11'35"/km |
| 22. | 191 | 00:04:05 | 01:09:50 | 258m | 15'50"/km |
| 23. | 193 | 00:03:18 | 01:13:08 | 300m | 11'00"/km |
| 24. | 195 | 00:02:02 | 01:15:10 | 165m | 12'19"/km |
| 25. | 178 | 00:06:48 | 01:21:58 | 449m | 15'09"/km |
| 26. | 186 | 00:01:51 | 01:23:49 | 127m | 14'34"/km |
| 27. | 174 | 00:02:33 | 01:26:22 | 142m | 17'57"/km |
| 28. | 198 | 00:01:11 | 01:27:33 | 108m | 10'57"/km |
| 29. | 199 | 00:00:54 | 01:28:27 | 88m  | 10'14"/km |
| 30. | 200 | 00:01:44 | 01:30:11 | 111m | 15'37"/km |
| 31. | 999 | 00:00:34 | 01:30:45 | 72m  | 7'52"/km  |