



North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

Jean-Yves RASSEL

CO Liège

Course : H45

Distance : 6840m

Time : 1:50:47 (16'12"/km)

31/39

O.K.

[Full result on Webres](#)

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

1.	132	00:05:13		315m	16'34"/km
2.	129	00:01:47	00:07:00	99m	18'01"/km
3.	126	00:04:20	00:11:20	383m	11'19"/km
4.	108	00:04:39	00:15:59	378m	12'18"/km
5.	104	00:03:50	00:19:49	232m	16'31"/km
6.	118	00:09:42	00:29:31	478m	20'18"/km
7.	139	00:03:53	00:33:24	346m	11'13"/km
8.	142	00:12:53	00:46:17	103m	125'05"/km
9.	159	00:04:43	00:51:00	382m	12'21"/km
10.	146	00:03:15	00:54:15	300m	10'50"/km
11.	150	00:03:06	00:57:21	192m	16'09"/km
12.	153	00:01:04	00:58:25	84m	12'42"/km
13.	165	00:03:33	01:01:58	494m	7'11"/km
14.	166	00:00:00	01:01:58	32m	0'00"/km
15.	167	00:01:17	01:03:15	129m	9'57"/km
16.	171	00:02:27	01:05:42	160m	15'19"/km
17.	182	00:03:39	01:09:21	268m	13'37"/km
18.	196	00:04:01	01:13:22	259m	15'31"/km
19.	187	00:03:30	01:16:52	179m	19'33"/km
20.	189	00:01:30	01:18:22	141m	10'38"/km
21.	191	00:07:01	01:25:23	258m	27'12"/km
22.	193	00:03:41	01:29:04	300m	12'17"/km
23.	195	00:03:07	01:32:11	165m	18'53"/km
24.	178	00:07:07	01:39:18	449m	15'51"/km
25.	186	00:04:53	01:44:11	127m	38'27"/km
26.	174	00:02:38	01:46:49	142m	18'33"/km
27.	198	00:01:05	01:47:54	108m	10'02"/km
28.	199	00:01:03	01:48:57	88m	11'56"/km
29.	200	00:01:12	01:50:09	111m	10'49"/km
30.	999	00:00:38	01:50:47	72m	8'48"/km