



North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

Raf MAES

hamok

Course : H45

Distance : 6840m

Time : 1:45:35 (15'26"/km)

29/39

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	00:04:10		315m	13'14"/km
2.	129	00:01:29	00:05:39	99m	14'59"/km
3.	126	00:03:29	00:09:08	383m	9'06"/km
4.	108	00:03:13	00:12:21	378m	8'31"/km
5.	104	00:04:55	00:17:16	232m	21'12"/km
6.	118	00:04:10	00:21:26	478m	8'43"/km
7.	139	00:04:03	00:25:29	346m	11'42"/km
8.	142	00:08:07	00:33:36	103m	78'48"/km
9.	159	00:10:08	00:43:44	382m	26'32"/km
10.	146	00:02:40	00:46:24	300m	8'53"/km
11.	150	00:02:11	00:48:35	192m	11'22"/km
12.	153	00:01:33	00:50:08	84m	18'27"/km
13.	165	00:03:06	00:53:14	494m	6'17"/km
14.	166	00:00:00	00:53:14	32m	0'00"/km
15.	167	00:01:01	00:54:15	129m	7'53"/km
16.	171	00:03:37	00:57:52	160m	22'36"/km
17.	182	00:05:43	01:03:35	268m	21'20"/km
18.	196	00:03:27	01:07:02	259m	13'19"/km
19.	187	00:01:44	01:08:46	179m	9'41"/km
20.	189	00:08:01	01:16:47	141m	56'51"/km
21.	191	00:03:20	01:20:07	258m	12'55"/km
22.	193	00:05:59	01:26:06	300m	19'57"/km
23.	195	00:02:22	01:28:28	165m	14'21"/km
24.	178	00:07:25	01:35:53	449m	16'31"/km
25.	186	00:03:22	01:39:15	127m	26'31"/km
26.	174	00:02:09	01:41:24	142m	15'08"/km
27.	198	00:01:01	01:42:25	108m	9'25"/km
28.	199	00:00:50	01:43:15	88m	9'28"/km
29.	200	00:01:52	01:45:07	111m	16'49"/km
30.	999	00:00:28	01:45:35	72m	6'29"/km