



North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

Nico VAN UYTSEL

Indiv.

Percurso : H50

Distancia : 6450m

Tempo : 1:24:52 (13'09"/km)

15/34

O.K.

[Resultados completos em Webres](#)

1. Gunther DEFERME	0:55:46
2. Alain MAZY	0:59:40
3. Guido LENGES	1:03:27

1.	134	00:09:53		284m	34'48"/km
2.	144	00:03:26	00:13:19	226m	15'12"/km
3.	142	00:00:55	00:14:14	98m	9'21"/km
4.	132	00:02:43	00:16:57		
5.	131	00:00:26	00:17:23		
6.	114	00:02:42	00:20:05	207m	13'03"/km
7.	103	00:02:23	00:22:28	400m	5'57"/km
8.	106	00:01:02	00:23:30	143m	7'14"/km
9.	109	00:01:43	00:25:13	244m	7'02"/km
10.	124	00:02:49	00:28:02	411m	6'51"/km
11.	119	00:01:22	00:29:24	200m	6'50"/km
12.	138	00:04:33	00:33:57	280m	16'15"/km
13.	156	00:10:57	00:44:54	211m	51'54"/km
14.	150	00:02:18	00:47:12		
15.	149	00:00:27	00:47:39		
16.	160	00:02:26	00:50:05	244m	9'58"/km
17.	165	00:01:34	00:51:39	285m	5'30"/km
18.	166	00:00:00	00:51:39	32m	0'00"/km
19.	167	00:01:02	00:52:41	129m	8'01"/km
20.	168	00:00:35	00:53:16	71m	8'13"/km
21.	176	00:04:37	00:57:53	180m	25'39"/km
22.	183	00:02:58	01:00:51	234m	12'41"/km
23.	196	00:03:05	01:03:56	286m	10'47"/km
24.	192	00:03:49	01:07:45	266m	14'21"/km
25.	191	00:04:33	01:12:18	202m	22'31"/km
26.	190	00:01:11	01:13:29	105m	11'16"/km
27.	195	00:02:58	01:16:27	319m	9'18"/km
28.	181	00:03:22	01:19:49	317m	10'37"/km
29.	186	00:01:36	01:21:25	193m	8'17"/km
30.	200	00:02:40	01:24:05	200m	13'20"/km
31.	999	00:00:47	01:24:52	72m	10'53"/km