



North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

Bob DE CLERCQ

TROL

Percorso : H50

Distancia : 6450m

Tempo : 1:15:58 (11'47"/km)

12/34

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	00:03:34		284m	12'34"/km
2.	144	00:02:58	00:06:32	226m	13'08"/km
3.	142	00:01:21	00:07:53	98m	13'47"/km
4.	131	00:03:29	00:11:22	277m	12'35"/km
5.	114	00:02:21	00:13:43	207m	11'21"/km
6.	103	00:02:48	00:16:31	400m	7'00"/km
7.	106	00:01:02	00:17:33	143m	7'14"/km
8.	109	00:01:45	00:19:18	244m	7'10"/km
9.	124	00:02:57	00:22:15	411m	7'11"/km
10.	120	00:02:13	00:24:28		
11.	119	00:02:50	00:27:18		
12.	138	00:02:37	00:29:55	280m	9'21"/km
13.	156	00:02:49	00:32:44	211m	13'21"/km
14.	149	00:03:35	00:36:19	269m	13'19"/km
15.	160	00:02:31	00:38:50	244m	10'19"/km
16.	165	00:01:42	00:40:32	285m	5'58"/km
17.	166	00:00:00	00:40:32	32m	0'00"/km
18.	167	00:01:07	00:41:39	129m	8'39"/km
19.	168	00:00:41	00:42:20	71m	9'37"/km
20.	171	00:01:12	00:43:32	113m	10'37"/km
21.	176	00:01:03	00:44:35		
22.	183	00:02:52	00:47:27	234m	12'15"/km
23.	196	00:03:24	00:50:51	286m	11'53"/km
24.	192	00:11:49	01:02:40	266m	44'25"/km
25.	191	00:01:45	01:04:25	202m	8'40"/km
26.	190	00:01:07	01:05:32	105m	10'38"/km
27.	195	00:03:06	01:08:38	319m	9'43"/km
28.	181	00:02:58	01:11:36	317m	9'22"/km
29.	186	00:01:45	01:13:21	193m	9'04"/km
30.	200	00:02:09	01:15:30	200m	10'45"/km
31.	999	00:00:28	01:15:58	72m	6'29"/km