



# North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

**Arne DYBDAHL**

Lillomarka O-lag

Percorso : H55

Distancia : 6070m

Tempo : 0:55:10 (9'05"/km)

2/50

O.K.

[Resultados completos em Webres](#)

1. Robert THEISS 0:52:53  
3. Iwan VIS 0:55:44

|     |     |                   |      |           |
|-----|-----|-------------------|------|-----------|
| 1.  | 144 | 00:02:28          | 203m | 12'09"/km |
| 2.  | 155 | 00:01:21 00:03:49 | 138m | 9'47"/km  |
| 3.  | 152 | 00:01:16 00:05:05 | 122m | 10'23"/km |
| 4.  | 136 | 00:01:57 00:07:02 | 276m | 7'04"/km  |
| 5.  | 122 | 00:02:28 00:09:30 | 278m | 8'52"/km  |
| 6.  | 114 | 00:01:51 00:11:21 | 140m | 13'13"/km |
| 7.  | 101 | 00:02:01 00:13:22 | 301m | 6'42"/km  |
| 8.  | 106 | 00:01:24 00:14:46 | 186m | 7'32"/km  |
| 9.  | 108 | 00:01:18 00:16:04 | 155m | 8'23"/km  |
| 10. | 124 | 00:03:22 00:19:26 | 385m | 8'45"/km  |
| 11. | 119 | 00:03:04 00:22:30 | 200m | 15'20"/km |
| 12. | 138 | 00:02:48 00:25:18 | 280m | 10'00"/km |
| 13. | 153 | 00:02:54 00:28:12 | 251m | 11'33"/km |
| 14. | 150 | 00:00:36 00:28:48 | 84m  | 7'09"/km  |
| 15. | 147 | 00:01:55 00:30:43 | 126m | 15'13"/km |
| 16. | 164 | 00:00:46 00:31:29 |      |           |
| 17. | 160 | 00:00:40 00:32:09 | 100m | 6'40"/km  |
| 18. | 165 | 00:01:17 00:33:26 | 285m | 4'30"/km  |
| 19. | 166 | 00:00:00 00:33:26 | 32m  | 0'00"/km  |
| 20. | 167 | 00:01:05 00:34:31 | 129m | 8'24"/km  |
| 21. | 169 | 00:01:11 00:35:42 | 128m | 9'15"/km  |
| 22. | 174 | 00:01:16 00:36:58 | 96m  | 13'12"/km |
| 23. | 184 | 00:01:30 00:38:28 | 188m | 7'59"/km  |
| 24. | 185 | 00:00:18 00:38:46 |      |           |
| 25. | 188 | 00:04:41 00:43:27 | 607m | 7'43"/km  |
| 26. | 190 | 00:02:03 00:45:30 | 247m | 8'18"/km  |
| 27. | 192 | 00:01:47 00:47:17 | 190m | 9'23"/km  |
| 28. | 193 | 00:01:02 00:48:19 | 99m  | 10'26"/km |
| 29. | 181 | 00:02:29 00:50:48 | 284m | 8'45"/km  |
| 30. | 177 | 00:02:11 00:52:59 | 203m | 10'45"/km |
| 31. | 200 | 00:01:43 00:54:42 | 182m | 9'26"/km  |
| 32. | 999 | 00:00:28 00:55:10 | 72m  | 6'29"/km  |