



North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

Stephen GILMORE

Lagan Valley Orienteers

Course : H60

Distance : 5910m

Time : 1:25:01 (14'23"/km)

29/49

O.K.

[Full result on Webres](#)

- | | |
|---------------------------|---------|
| 1. Dirk GOOSSENS | 0:52:46 |
| 2. Vidar BENJAMINSEN | 0:53:02 |
| 3. Jean-Manuel VERPOORTEN | 0:53:38 |

1.	118	00:03:37		296m	12'13"/km
2.	130	00:01:52	00:05:29	101m	18'29"/km
3.	142	00:03:01	00:08:30	275m	10'58"/km
4.	154	00:11:43	00:20:13	260m	45'04"/km
5.	152	00:01:49	00:22:02	106m	17'08"/km
6.	136	00:03:15	00:25:17	276m	11'47"/km
7.	121	00:03:12	00:28:29	220m	14'33"/km
8.	126	00:03:19	00:31:48	246m	13'29"/km
9.	110	00:02:43	00:34:31	315m	8'37"/km
10.	102	00:01:58	00:36:29	158m	12'27"/km
11.	128	00:02:26	00:38:55	221m	11'01"/km
12.	140	00:03:42	00:42:37	336m	11'01"/km
13.	157	00:02:53	00:45:30	241m	11'58"/km
14.	148	00:02:27	00:47:57	270m	9'04"/km
15.	165	00:03:12	00:51:09	420m	7'37"/km
16.	166	00:00:00	00:51:09	32m	0'00"/km
17.	167	00:01:15	00:52:24	129m	9'41"/km
18.	171	00:02:23	00:54:47	160m	14'54"/km
19.	183	00:04:22	00:59:09		
20.	179	00:05:05	01:04:14		
21.	188	00:09:10	01:13:24	584m	15'42"/km
22.	194	00:02:21	01:15:45	205m	11'28"/km
23.	182	00:04:01	01:19:46	381m	10'33"/km
24.	173	00:03:10	01:22:56	239m	13'15"/km
25.	200	00:01:27	01:24:23	109m	13'18"/km
26.	999	00:00:38	01:25:01	72m	8'48"/km

Orienteering Software