



# North Sea Trophy 2024 - DAY 3

Plaatsduinen 11.11.2024

K.O.L.

**Karl VERVOORT**

TROL

Percurso : H60

Distancia : 5910m

Tempo : 1:12:26 (12'15"/km)

20/49

O.K.

[Resultados completos em Webres](#)

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

1.	118	00:03:15		296m	10'59"/km
2.	130	00:01:25	00:04:40	101m	14'02"/km
3.	140	00:03:34	00:08:14		
4.	142	00:01:22	00:09:36		
5.	154	00:05:51	00:15:27	260m	22'30"/km
6.	150	00:01:36	00:17:03	130m	12'18"/km
7.	153	00:02:55	00:19:58	84m	34'43"/km
8.	152	00:01:58	00:21:56	81m	24'17"/km
9.	136	00:03:00	00:24:56	276m	10'52"/km
10.	121	00:02:36	00:27:32	220m	11'49"/km
11.	126	00:02:36	00:30:08	246m	10'34"/km
12.	110	00:03:02	00:33:10	315m	9'38"/km
13.	102	00:04:40	00:37:50	158m	29'32"/km
14.	128	00:02:27	00:40:17	221m	11'05"/km
15.	140	00:02:47	00:43:04	336m	8'17"/km
16.	157	00:04:26	00:47:30	241m	18'24"/km
17.	148	00:02:02	00:49:32	270m	7'32"/km
18.	164	00:01:00	00:50:32		
19.	165	00:01:33	00:52:05	288m	5'23"/km
20.	166	00:00:00	00:52:05	32m	0'00"/km
21.	167	00:01:19	00:53:24	129m	10'12"/km
22.	171	00:01:43	00:55:07	160m	10'44"/km
23.	179	00:01:51	00:56:58	193m	9'35"/km
24.	188	00:05:26	01:02:24	584m	9'18"/km
25.	194	00:01:55	01:04:19	205m	9'21"/km
26.	182	00:03:10	01:07:29	381m	8'19"/km
27.	173	00:02:57	01:10:26	239m	12'21"/km
28.	174	00:00:43	01:11:09		
29.	200	00:00:47	01:11:56		
30.	999	00:00:30	01:12:26	72m	6'57"/km