



Mandagstrening SMCK

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

28.08.2017 19:00

Practice (1:00:00 Time) started at 19:00:00

Lap	Lap Tm	Diff	Time of Day
(6) Espen Sandbakken			
1			19:03:55.364
2	1:03.047	+1.623	19:04:58.411
3	1:02.148	+0.724	19:06:00.559
4	1:03.156	+1.732	19:07:03.715
5	1:02.596	+1.172	19:08:06.311
6	1:03.645	+2.221	19:09:09.956
7	1:01.741	+0.317	19:10:11.697
8	1:01.682	+0.258	19:11:13.379
9	1:01.653	+0.229	19:12:15.032
10	1:01.583	+0.159	19:13:16.615
11	1:01.424		19:14:18.039
12	1:02.422	+0.998	19:15:20.461
13	1:01.655	+0.231	19:16:22.116
14	1:01.585	+0.161	19:17:23.701
15	1:01.465	+0.041	19:18:25.166

Lap	Lap Tm	Diff	Time of Day
(146) Øystein Svae Johansen			
1			19:02:18.883
2	1:04.398	+1.194	19:03:23.281
3	1:04.098	+0.894	19:04:27.379
4	1:04.973	+1.769	19:05:32.352
5	1:05.443	+2.239	19:06:37.795
6	1:03.634	+0.430	19:07:41.429
7	6:48.495	+5:45.291	19:14:29.924
8	1:03.204		19:15:33.128
9	1:03.436	+0.232	19:16:36.564
10	1:03.363	+0.159	19:17:39.927
11	1:03.363	+0.159	19:18:43.290

Lap	Lap Tm	Diff	Time of Day
(9) Audun Gundersen			
1			19:03:55.925
2	1:05.556	+2.016	19:05:01.481
3	1:05.002	+1.462	19:06:06.483
4	1:04.633	+1.093	19:07:11.116
5	1:05.503	+1.963	19:08:16.619
6	1:04.836	+1.296	19:09:21.455
7	1:04.329	+0.789	19:10:25.784
8	1:04.296	+0.756	19:11:30.080
9	1:04.146	+0.606	19:12:34.226
10	1:03.815	+0.275	19:13:38.041
11	1:03.738	+0.198	19:14:41.779
12	1:04.213	+0.673	19:15:45.992
13	1:03.647	+0.107	19:16:49.639
14	1:03.540		19:17:53.179

Lap	Lap Tm	Diff	Time of Day
(213) Marius Sjøengen			
1			19:02:16.539
2	1:06.942	+3.288	19:03:23.481
3	1:04.139	+0.485	19:04:27.620
4	1:06.022	+2.368	19:05:33.642
5	1:04.819	+1.165	19:06:38.461
6	1:04.819	+1.165	19:07:43.280
7	1:04.848	+1.194	19:08:48.128
8	1:03.930	+0.276	19:09:52.058
9	1:03.937	+0.283	19:10:55.995
10	1:04.298	+0.644	19:12:00.293
11	1:04.109	+0.455	19:13:04.402
12	1:03.654		19:14:08.056
13	1:04.570	+0.916	19:15:12.626
14	1:04.147	+0.493	19:16:16.773
15	1:04.388	+0.734	19:17:21.161
16	1:04.843	+1.189	19:18:26.004

Lap	Lap Tm	Diff	Time of Day
(30) Jon-Terje Ødegaard			
1			19:04:12.814
2	1:07.153	+1.991	19:05:19.967
3	1:07.070	+1.908	19:06:27.037
4	1:06.575	+1.413	19:07:33.612
5	1:06.874	+1.712	19:08:40.486
6	1:06.719	+1.557	19:09:47.205
7	1:06.973	+1.811	19:10:54.178
8	1:05.654	+0.492	19:11:59.832
9	1:06.075	+0.913	19:13:05.907
10	1:05.647	+0.485	19:14:11.554
11	1:07.053	+1.891	19:15:18.607
12	1:05.773	+0.611	19:16:24.380
13	1:05.162		19:17:29.542
14	1:05.423	+0.261	19:18:34.965

Lap	Lap Tm	Diff	Time of Day
(6.) Rune Vangen			
1			19:04:11.625
2	1:07.820	+2.417	19:05:19.445
3	1:06.726	+1.323	19:06:26.171

Lap	Lap Tm	Diff	Time of Day
1			19:03:18.083
2	1:06.679	+2.589	19:04:24.762
3	1:07.184	+3.094	19:05:31.946
4	1:06.313	+2.223	19:06:38.259
5	1:05.570	+1.480	19:07:43.829
6	1:04.850	+0.760	19:08:48.679
7	1:04.309	+0.219	19:09:52.988
8	1:04.188	+0.098	19:10:57.176
9	1:04.090		19:12:01.266
10	1:05.194	+1.104	19:13:06.460
11	1:05.473	+1.383	19:14:11.933
12	1:05.618	+1.528	19:15:17.551
13	1:05.006	+0.916	19:16:22.557

Lap	Lap Tm	Diff	Time of Day
(711) Erik Myrberget			
1			19:02:34.741
2	1:07.621	+3.159	19:03:42.362
3	1:06.909	+2.447	19:04:49.271
4	1:05.477	+1.015	19:05:54.748
5	1:05.509	+1.047	19:07:00.257
6	1:05.252	+0.790	19:08:05.509
7	1:04.670	+0.208	19:09:10.179
8	1:04.462		19:10:14.641
9	1:04.851	+0.389	19:11:19.492
10	1:05.518	+1.056	19:12:25.010
11	1:06.030	+1.568	19:13:31.040
12	1:49.718	+45.256	19:15:20.758
13	1:04.984	+0.522	19:16:25.742

Lap	Lap Tm	Diff	Time of Day
(4) Vidar Grønland			
1			19:02:34.540
2	1:07.523	+2.585	19:03:42.063
3	1:06.463	+1.525	19:04:48.526
4	1:05.510	+0.572	19:05:54.036
5	1:05.853	+0.915	19:06:59.889
6	1:06.853	+1.915	19:08:06.742
7	1:05.713	+0.775	19:09:12.455
8	1:04.938		19:10:17.393
9	1:05.502	+0.564	19:11:22.895
10	1:05.520	+0.582	19:12:28.415
11	1:05.438	+0.500	19:13:33.853
12	1:06.602	+1.664	19:14:40.455
13	1:08.104	+3.166	19:15:48.559
14	1:06.961	+2.023	19:16:55.520
15	1:06.896	+1.958	19:18:02.416

Lap	Lap Tm	Diff	Time of Day
(8) Per Harry Nordhagen			
1			19:04:12.814
2	1:07.153	+1.991	19:05:19.967
3	1:07.070	+1.908	19:06:27.037
4	1:06.575	+1.413	19:07:33.612
5	1:06.874	+1.712	19:08:40.486
6	1:06.719	+1.557	19:09:47.205
7	1:06.973	+1.811	19:10:54.178
8	1:05.654	+0.492	19:11:59.832
9	1:06.075	+0.913	19:13:05.907
10	1:05.647	+0.485	19:14:11.554
11	1:07.053	+1.891	19:15:18.607
12	1:05.773	+0.611	19:16:24.380
13	1:05.162		19:17:29.542
14	1:05.423	+0.261	19:18:34.965

Lap	Lap Tm	Diff	Time of Day
(6.) Rune Vangen			
1			19:04:11.625
2	1:07.820	+2.417	19:05:19.445
3	1:06.726	+1.323	19:06:26.171

Lap	Lap Tm	Diff	Time of Day
4	1:06.724	+1.321	19:07:32.895
5	1:06.810	+1.407	19:08:39.705
6	1:07.202	+1.799	19:09:46.907
7	1:06.551	+1.148	19:10:53.458
8	1:06.162	+0.759	19:11:59.620
9	1:05.801	+0.398	19:13:05.421
10	1:05.963	+0.560	19:14:11.384
11	1:06.531	+1.128	19:15:17.915
12	1:05.794	+0.391	19:16:23.709
13	1:05.403		19:17:29.112
14	1:05.425	+0.022	19:18:34.537
15	8:32.566	+7:27.163	19:27:07.103
16	1:39.653	+34.250	19:28:46.756
17	1:32.626	+27.223	19:30:19.382
18	1:29.601	+24.198	19:31:48.983

Lap	Lap Tm	Diff	Time of Day
(90) Terje Olsen			
1			19:02:43.460
2	1:10.641	+4.053	19:03:54.101
3	1:09.023	+2.435	19:05:03.124
4	1:08.502	+1.914	19:06:11.626
5	1:08.602	+2.014	19:07:20.228
6	1:09.756	+3.168	19:08:29.984
7	1:08.208	+1.620	19:09:38.192
8	1:07.757	+1.169	19:10:45.949
9	1:07.033	+0.445	19:11:52.982
10	1:07.052	+0.464	19:13:00.034
11	1:07.294	+0.706	19:14:07.328
12	1:20.714	+14.126	19:15:28.042
13	1:07.372	+0.784	19:16:35.414
14	1:06.588		19:17:42.002
15	1:07.574	+0.986	19:18:49.576

Lap	Lap Tm	Diff	Time of Day
(40) Bastian N. Sagen			
1			19:04:20.858
2	9:11.128	+8:03.977	19:13:31.986
3	1:08.103	+0.952	19:14:40.089
4	1:07.379	+0.228	19:15:47.468
5	1:07.459	+0.308	19:16:54.927
6	1:07.151		19:18:02.078

Lap	Lap Tm	Diff	Time of Day
(65.) Pål Bekkelund			
1			19:43:10.825
2	1:13.017	+4.481	19:44:23.842
3	1:09.634	+1.098	19:45:33.476
4	1:09.748	+1.212	19:46:43.224
5	1:09.028	+0.492	19:47:52.252
6	1:12.437	+3.901	19:49:04.689
7	1:09.038	+0.502	19:50:13.727
8	1:09.723	+1.187	19:51:23.450
9	1:09.126	+0.590	19:52:32.576
10	1:08.536		19:53:41.112
11	1:09.342	+0.806	19:54:50.454
12	1:09.426	+0.890	19:55:59.880
13	1:08.848	+0.312	19:57:08.728
14	1:10.199	+1.663	19:58:18.927

Lap	Lap Tm	Diff	Time of Day
(616) Arne Berg			
1			19:44:16.572
2	1:09.302		19:45:25.874
3	1:09.417	+0.115	19:46:35.291
4	1:09.427	+0.125	19:47:44.718
5	1:11.911	+2.609	19:48:56.629
6	1:10.488	+1.186	19:50:07.117
7	1:10.643	+1.341	19:51:17.760
8	7:25.427	+6:16.125	19:58:43.187



Mandagstrening SMCK

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

28.08.2017 19:00

Practice (1:00:00 Time) started at 19:00:00

Lap	Lap Tm	Diff	Time of Day
(23) Morten Midtlie			
1			19:42:52.925
2	1:13.799	+4.420	19:44:06.724
3	1:11.463	+2.084	19:45:18.187
4	1:11.838	+2.459	19:46:30.025
5	1:14.217	+4.838	19:47:44.242
6	1:13.431	+4.052	19:48:57.673
7	1:12.351	+2.972	19:50:10.024
8	1:13.147	+3.768	19:51:23.171
9	1:10.936	+1.557	19:52:34.107
10	1:09.979	+0.600	19:53:44.086
11	1:09.379		19:54:53.465
12	1:13.305	+3.926	19:56:06.770
13	1:10.103	+0.724	19:57:16.873
14	1:11.319	+1.940	19:58:28.192

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			19:42:52.370
2	1:13.132	+3.353	19:44:05.502
3	1:11.765	+1.986	19:45:17.267
4	1:11.573	+1.794	19:46:28.840
5	1:14.363	+4.584	19:47:43.203
6	1:12.230	+2.451	19:48:55.433
7	1:11.846	+2.067	19:50:07.279
8	1:14.266	+4.487	19:51:21.545
9	1:11.057	+1.278	19:52:32.602
10	1:09.779		19:53:42.381
11	1:10.165	+0.386	19:54:52.546
12	1:12.528	+2.749	19:56:05.074
13	1:09.958	+0.179	19:57:15.032
14	1:12.542	+2.763	19:58:27.574

Lap	Lap Tm	Diff	Time of Day
(143) Aleksander N. Johnsen			
1			19:42:03.805
2	1:13.102	+2.569	19:43:16.907
3	1:12.116	+1.583	19:44:29.023
4	1:14.556	+4.023	19:45:43.579
5	1:19.453	+8.920	19:47:03.032
6	1:12.036	+1.503	19:48:15.068
7	1:11.678	+1.145	19:49:26.746
8	1:11.458	+0.925	19:50:38.204
9	1:11.806	+1.273	19:51:50.010
10	1:11.764	+1.231	19:53:01.774
11	1:15.230	+4.697	19:54:17.004
12	1:12.174	+1.641	19:55:29.178
13	1:12.023	+1.490	19:56:41.201
14	1:10.533		19:57:51.734

Lap	Lap Tm	Diff	Time of Day
(164) Martin Skjervén			
1			19:42:44.613
2	1:12.723	+2.124	19:43:57.336
3	1:11.303	+0.704	19:45:08.639
4	1:15.267	+4.668	19:46:23.906
5	1:12.485	+1.886	19:47:36.391
6	1:11.714	+1.115	19:48:48.105
7	1:12.734	+2.135	19:50:00.839
8	1:10.599		19:51:11.438
9	1:10.963	+0.364	19:52:22.401
10	1:12.674	+2.075	19:53:35.075
11	1:11.646	+1.047	19:54:46.721
12	1:11.528	+0.929	19:55:58.249
13	1:11.988	+1.389	19:57:10.237

Lap	Lap Tm	Diff	Time of Day
(158) Didrik Hansen			
1			19:45:53.672

Lap	Lap Tm	Diff	Time of Day
2	1:15.573	+4.387	19:47:09.245
3	1:12.075	+0.889	19:48:21.320
4	1:11.241	+0.055	19:49:32.561
5	1:12.111	+0.925	19:50:44.672
6	1:11.186		19:51:55.858
7	3:46.744	+2:35.558	19:55:42.602
8	1:14.695	+3.509	19:56:57.297
9	1:12.148	+0.962	19:58:09.445

Lap	Lap Tm	Diff	Time of Day
(20) Morten Amundsen			
1			19:42:51.913
2	1:12.788	+0.972	19:44:04.701
3	1:11.816		19:45:16.517

Lap	Lap Tm	Diff	Time of Day
(34) Stina Ringnes			
1			19:27:18.866
2	1:17.134	+5.210	19:28:36.000
3	1:14.823	+2.899	19:29:50.823
4	1:14.100	+2.176	19:31:04.923
5	1:14.004	+2.080	19:32:18.927
6	1:13.674	+1.750	19:33:32.601
7	1:13.904	+1.980	19:34:46.505
8	1:11.924		19:35:58.429
9	1:12.762	+0.838	19:37:11.191

Lap	Lap Tm	Diff	Time of Day
(47) André S. Gjerdingen			
1			19:23:21.838
2	1:13.387	+0.866	19:24:35.225
3	1:12.521		19:25:47.746
4	3:29.293	+2:16.772	19:29:17.039
5	1:19.731	+7.210	19:30:36.770
6	1:22.239	+9.718	19:31:59.009
7	1:17.740	+5.219	19:33:16.749
8	3:50.930	+2:38.409	19:37:07.679

Lap	Lap Tm	Diff	Time of Day
(52) Stein Arne Jensen			
1			19:43:28.292
2	1:14.298	+1.299	19:44:42.590
3	1:16.251	+3.252	19:45:58.841
4	1:15.822	+2.823	19:47:14.663
5	1:17.209	+4.210	19:48:31.872
6	1:14.225	+1.226	19:49:46.097
7	1:14.709	+1.710	19:51:00.806
8	1:15.644	+2.645	19:52:16.450
9	1:16.103	+3.104	19:53:32.553
10	1:13.213	+0.214	19:54:45.766
11	1:14.052	+1.053	19:55:59.818
12	1:12.999		19:57:12.817
13	1:14.799	+1.800	19:58:27.616

Lap	Lap Tm	Diff	Time of Day
(65) Mats Holtet			
1			19:43:51.629
2	1:16.584	+2.761	19:45:08.213
3	1:17.374	+3.551	19:46:25.587
4	1:19.197	+5.374	19:47:44.784
5	1:21.039	+7.216	19:49:05.823
6	1:19.897	+6.074	19:50:25.720
7	1:16.812	+2.989	19:51:42.532
8	1:15.336	+1.513	19:52:57.868
9	1:20.974	+7.151	19:54:18.842
10	1:21.796	+7.973	19:55:40.638
11	1:14.549	+0.726	19:56:55.187
12	1:13.823		19:58:09.010

Lap	Lap Tm	Diff	Time of Day
(1) Susanne Ødegaard			
1			19:23:57.141

Lap	Lap Tm	Diff	Time of Day
2	1:20.718	+1.045	19:25:17.859
3	1:19.673		19:26:37.532
4	1:19.680	+0.007	19:27:57.212
5	1:20.136	+0.463	19:29:17.348
6	1:20.187	+0.514	19:30:37.535
7	1:21.087	+1.414	19:31:58.622
8	1:19.679	+0.006	19:33:18.301
9	4:04.194	+2:44.521	19:37:22.495

Lap	Lap Tm	Diff	Time of Day
(30) Bjørn Rønning			
1			19:42:38.159
2	3:21.041	+1:59.084	19:45:59.200
3	1:23.387	+1.430	19:47:22.587
4	1:21.957		19:48:44.544
5	1:23.471	+1.514	19:50:08.015
6	1:23.462	+1.505	19:51:31.477
7	1:23.440	+1.483	19:52:54.917
8	1:23.387	+1.430	19:54:18.304
9	1:23.775	+1.818	19:55:42.079
10	1:22.796	+0.839	19:57:04.875
11	1:22.907	+0.950	19:58:27.782

Lap	Lap Tm	Diff	Time of Day
(60) Torbjørn Gundersen			
1			19:23:44.565
2	1:41.918	+14.486	19:25:26.483
3	1:42.016	+14.584	19:27:08.499
4	1:38.940	+11.508	19:28:47.439
5	1:31.668	+4.236	19:30:19.107
6	1:29.974	+2.542	19:31:49.081
7	1:27.432		19:33:16.513
8	1:28.313	+0.881	19:34:44.826
9	1:29.536	+2.104	19:36:14.362
10	1:28.448	+1.016	19:37:42.810