



Mandagstrening SMCK

Trening

Vålerbanen 2,262 km

Practice Heat 4 - Alle Klasser

28.08.2017 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
(9) Audun Gundersen			
1			20:06:30.554
2	1:06.175	+3.316	20:07:36.729
3	1:06.322	+3.463	20:08:43.051
4	1:05.830	+2.971	20:09:48.881
5	1:05.981	+3.122	20:10:54.862
6	1:04.961	+2.102	20:11:59.823
7	1:02.859		20:13:02.682

Lap	Lap Tm	Diff	Time of Day
(146) Øystein Svae Johansen			
1			20:02:33.271
2	1:04.577	+0.545	20:03:37.848
3	1:04.032		20:04:41.880
4	1:04.124	+0.092	20:05:46.004
5	1:04.229	+0.197	20:06:50.233

Lap	Lap Tm	Diff	Time of Day
(30) Jon-Terje Ødegaard			
1			20:02:46.042
2	1:06.387	+1.646	20:03:52.429
3	1:05.215	+0.474	20:04:57.644
4	1:05.213	+0.472	20:06:02.857
5	1:06.791	+2.050	20:07:09.648
6	1:05.670	+0.929	20:08:15.318
7	1:04.770	+0.029	20:09:20.088
8	1:04.741		20:10:24.829
9	1:05.248	+0.507	20:11:30.077

Lap	Lap Tm	Diff	Time of Day
(711) Erik Myrberget			
1			20:02:44.725
2	1:05.441	+0.352	20:03:50.166
3	1:05.376	+0.287	20:04:55.542
4	1:06.577	+1.488	20:06:02.119
5	1:05.221	+0.132	20:07:07.340
6	1:05.187	+0.098	20:08:12.527
7	1:05.470	+0.381	20:09:17.997
8	1:05.171	+0.082	20:10:23.168
9	1:05.089		20:11:28.257
10	1:05.228	+0.139	20:12:33.485
11	1:06.564	+1.475	20:13:40.049

Lap	Lap Tm	Diff	Time of Day
(40) Bastian N. Sagen			
1			20:06:29.811
2	1:06.466	+0.643	20:07:36.277
3	1:05.823		20:08:42.100
4	1:06.132	+0.309	20:09:48.232
5	1:06.471	+0.648	20:10:54.703
6	1:06.031	+0.208	20:12:00.734
7	1:07.139	+1.316	20:13:07.873

Lap	Lap Tm	Diff	Time of Day
(8) Per Harry Nordhagen			
1			20:06:29.470
2	1:06.504	+0.655	20:07:35.974
3	1:06.952	+1.103	20:08:42.926
4	1:05.849		20:09:48.775
5	1:06.672	+0.823	20:10:55.447
6	1:05.867	+0.018	20:12:01.314
7	1:06.283	+0.434	20:13:07.597

Lap	Lap Tm	Diff	Time of Day
(6.) Rune Vangen			
1			20:06:30.394
2	1:06.321	+0.234	20:07:36.715
3	1:06.873	+0.786	20:08:43.588
4	1:06.087		20:09:49.675
5	1:06.266	+0.179	20:10:55.941
6	1:06.207	+0.120	20:12:02.148

Lap	Lap Tm	Diff	Time of Day
7	1:06.270	+0.183	20:13:08.418

Lap	Lap Tm	Diff	Time of Day
(4) Vidar Grønland			
1			20:02:39.639
2	1:07.924	+1.807	20:03:47.563
3	1:07.409	+1.292	20:04:54.972
4	1:07.474	+1.357	20:06:02.446
5	1:07.458	+1.341	20:07:09.904
6	1:07.144	+1.027	20:08:17.048
7	1:06.757	+0.640	20:09:23.805
8	1:07.679	+1.562	20:10:31.484
9	1:08.377	+2.260	20:11:39.861
10	1:06.117		20:12:45.978

Lap	Lap Tm	Diff	Time of Day
(90) Terje Olsen			
1			20:02:39.129
2	1:08.139	+0.946	20:03:47.268
3	1:07.312	+0.119	20:04:54.580
4	1:07.360	+0.167	20:06:01.940
5	1:07.612	+0.419	20:07:09.552
6	1:08.154	+0.961	20:08:17.706
7	1:07.242	+0.049	20:09:24.948
8	1:07.193		20:10:32.141
9	1:07.938	+0.745	20:11:40.079
10	1:07.508	+0.315	20:12:47.587

Lap	Lap Tm	Diff	Time of Day
(616) Arne Berg			
1			20:34:58.227
2	1:12.384	+2.328	20:36:10.611
3	1:10.382	+0.326	20:37:20.993
4	1:10.056		20:38:31.049
5	1:11.821	+1.765	20:39:42.870
6	1:16.158	+6.102	20:40:59.028

Lap	Lap Tm	Diff	Time of Day
(143) Aleksander N. Johnsen			
1			20:32:20.208
2	1:17.412	+6.249	20:33:37.620
3	1:16.643	+5.480	20:34:54.263
4	1:13.570	+2.407	20:36:07.833
5	1:12.437	+1.274	20:37:20.270
6	1:12.520	+1.357	20:38:32.790
7	1:11.163		20:39:43.953
8	1:11.668	+0.505	20:40:55.621
9	1:13.873	+2.710	20:42:09.494

Lap	Lap Tm	Diff	Time of Day
(158) Didrik Hansen			
1			20:35:14.368
2	1:13.785	+2.493	20:36:28.153
3	1:13.179	+1.887	20:37:41.332
4	1:12.909	+1.617	20:38:54.241
5	1:12.575	+1.283	20:40:06.816
6	1:11.292		20:41:18.108

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			20:32:47.438
2	1:15.115	+3.228	20:34:02.553
3	1:13.753	+1.866	20:35:16.306
4	1:13.383	+1.496	20:36:29.689
5	1:12.785	+0.898	20:37:42.474
6	1:12.252	+0.365	20:38:54.726
7	1:13.310	+1.423	20:40:08.036
8	1:12.082	+0.195	20:41:20.118
9	1:11.887		20:42:32.005

Lap	Lap Tm	Diff	Time of Day
(47) André S. Gjerdingen			
1			20:22:14.615

Lap	Lap Tm	Diff	Time of Day
2	1:12.871	+0.227	20:23:27.486
3	1:13.339	+0.695	20:24:40.825
4	1:12.644		20:25:53.469
5	1:13.427	+0.783	20:27:06.896

Lap	Lap Tm	Diff	Time of Day
(52) Stein Arne Jensen			
1			20:34:41.304
2	1:15.357	+2.018	20:35:56.661
3	1:13.339		20:37:10.000
4	1:14.021	+0.682	20:38:24.021
5	1:14.258	+0.919	20:39:38.279
6	1:14.184	+0.845	20:40:52.463
7	1:14.668	+1.329	20:42:07.131

Lap	Lap Tm	Diff	Time of Day
(23) Morten Midtlie			
1			20:34:46.945
2	1:14.822	+0.585	20:36:01.767
3	1:15.512	+1.275	20:37:17.279
4	1:14.757	+0.520	20:38:32.036
5	1:14.237		20:39:46.273

Lap	Lap Tm	Diff	Time of Day
(34) Stina Ringnes			
1			20:25:57.568
2	1:14.894		20:27:12.462

Lap	Lap Tm	Diff	Time of Day
(65) Mats Hollet			
1			20:32:19.746
2	1:17.592	+2.625	20:33:37.338
3	1:18.755	+3.788	20:34:56.093
4	1:18.275	+3.308	20:36:14.368
5	1:18.916	+3.949	20:37:33.284
6	1:17.675	+2.708	20:38:50.959
7	1:16.595	+1.628	20:40:07.554
8	1:16.292	+1.325	20:41:23.846
9	1:14.967		20:42:38.813

Lap	Lap Tm	Diff	Time of Day
(30) Bjørn Rønning			
1			20:33:09.492
2	1:23.222		20:34:32.714
3	1:24.041	+0.819	20:35:56.755
4	1:24.900	+1.678	20:37:21.655
5	1:24.189	+0.967	20:38:45.844

Lap	Lap Tm	Diff	Time of Day
(60) Torbjørn Gundersen			
1			20:19:03.421
2	1:33.326	+6.421	20:20:36.747
3	1:32.273	+5.368	20:22:09.020
4	1:30.278	+3.373	20:23:39.298
5	1:30.557	+3.652	20:25:09.855
6	1:28.837	+1.932	20:26:38.692
7	1:26.905		20:28:05.597