

Mandagstrening SMCK

Trening

FP 1

Vålerbanen 2,274 km

13.09.2021 16:00

Practice (1:00:00 Time) started at 16:00:00

Lap	Lap Tm	Diff	Time of Day
(34) Anders Lykkebø			
1			16:09:13.245
2	1:07.217	+2.795	16:10:20.462
3	1:05.430	+1.008	16:11:25.892
4	1:05.184	+0.762	16:12:31.076
5	1:05.080	+0.658	16:13:36.156
6	1:04.838	+0.416	16:14:40.994
7	1:05.082	+0.660	16:15:46.076
p8	1:13.696	+9.274	16:16:59.772
9	1:54.075	+49.653	16:18:53.847
10	1:04.422		16:19:58.269
p11	1:12.974	+8.552	16:21:11.243

Lap	Lap Tm	Diff	Time of Day
(40) Kim Rønningen			
1			16:03:59.163
2	1:08.736	+2.807	16:05:07.899
3	1:08.018	+2.089	16:06:15.917
4	1:08.246	+2.317	16:07:24.163
5	1:07.276	+1.347	16:08:31.439
6	1:07.283	+1.354	16:09:38.722
7	1:07.710	+1.781	16:10:46.432
8	1:06.638	+0.709	16:11:53.070
9	1:06.083	+0.154	16:12:59.153
10	1:05.929		16:14:05.082
11	1:06.267	+0.338	16:15:11.349
12	1:06.659	+0.730	16:16:18.008
13	1:07.839	+1.910	16:17:25.847
14	1:06.795	+0.866	16:18:32.642
15	1:10.483	+4.554	16:19:43.125
p16	1:35.942	+30.013	16:21:19.067

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			16:04:38.381
2	1:10.613	+3.424	16:05:48.994
3	1:09.659	+2.470	16:06:58.653
4	1:09.681	+2.492	16:08:08.334
5	1:09.540	+2.351	16:09:17.874
6	1:08.578	+1.389	16:10:26.452
7	1:07.888	+0.699	16:11:34.340
8	1:07.643	+0.454	16:12:41.983
9	1:07.606	+0.417	16:13:49.589
10	1:07.189		16:14:56.778
11	1:07.617	+0.428	16:16:04.395
p12	1:18.972	+11.783	16:17:23.367

Lap	Lap Tm	Diff	Time of Day
(5) Odin Høiaas			
1			16:05:56.491
2	1:10.218	+2.890	16:07:06.709
3	1:09.534	+2.206	16:08:16.243
4	1:09.518	+2.190	16:09:25.761
5	1:09.063	+1.735	16:10:34.824
6	1:08.591	+1.263	16:11:43.415
7	1:08.962	+1.634	16:12:52.377
8	1:09.141	+1.813	16:14:01.518
9	1:09.043	+1.715	16:15:10.561
10	1:07.328		16:16:17.889
p11	1:13.599	+6.271	16:17:31.488

Lap	Lap Tm	Diff	Time of Day
(13) Jan ivar Skilbrei			
1			16:43:25.714
2	1:10.415	+2.958	16:44:36.129
3	1:08.749	+1.292	16:45:44.878
4	1:11.310	+3.853	16:46:56.188
5	1:08.736	+1.279	16:48:04.924
6	1:08.758	+1.301	16:49:13.682

Lap	Lap Tm	Diff	Time of Day
7	1:08.181	+0.724	16:50:21.863
8	1:07.457		16:51:29.320
9	1:10.600	+3.143	16:52:39.920
10	1:08.286	+0.829	16:53:48.206
11	1:08.616	+1.159	16:54:56.822
12	1:07.664	+0.207	16:56:04.486
13	1:12.532	+5.075	16:57:17.018

Lap	Lap Tm	Diff	Time of Day
(30) Daniel Møller Warmedal			
1			16:06:50.805
2	1:11.422	+3.504	16:08:02.227
3	1:10.190	+2.272	16:09:12.417
4	1:09.405	+1.487	16:10:21.822
5	1:07.979	+0.061	16:11:29.801
6	1:08.243	+0.325	16:12:38.044
7	1:07.918		16:13:45.962
8	1:08.867	+0.949	16:14:54.829
9	1:08.224	+0.306	16:16:03.053
10	1:08.203	+0.285	16:17:11.256
p11	1:15.049	+7.131	16:18:26.305

Lap	Lap Tm	Diff	Time of Day
(33) Tom Tronstad			
1			16:42:30.506
2	1:20.218	+10.813	16:43:50.724
3	1:16.771	+7.366	16:45:07.495
4	1:12.837	+3.432	16:46:20.332
5	1:09.564	+0.159	16:47:29.896
6	1:11.713	+2.308	16:48:41.609
7	1:09.405		16:49:51.014
8	1:12.263	+2.858	16:51:03.277
9	1:09.974	+0.569	16:52:13.251

Lap	Lap Tm	Diff	Time of Day
(10) Kjetil Sjøflot			
1			16:42:05.021
2	1:14.923	+4.922	16:43:19.944
3	1:11.273	+1.272	16:44:31.217
4	1:10.957	+0.956	16:45:42.174
5	1:13.501	+3.500	16:46:55.675
6	1:11.741	+1.740	16:48:07.416
7	1:13.580	+3.579	16:49:20.996
8	1:12.047	+2.046	16:50:33.043
9	1:10.001		16:51:43.044
10	1:10.629	+0.628	16:52:53.673
11	1:15.926	+5.925	16:54:09.599
p12	1:22.562	+12.561	16:55:32.161

Lap	Lap Tm	Diff	Time of Day
(660) Terje Hoelseth			
1			16:44:29.303
2	1:10.313		16:45:39.616

Lap	Lap Tm	Diff	Time of Day
(11) Arnt Sølvsberg			
1			16:42:49.803
2	1:15.374	+4.897	16:44:05.177
3	1:10.551	+0.074	16:45:15.728
4	1:11.754	+1.277	16:46:27.482
5	1:11.305	+0.828	16:47:38.787
6	1:13.302	+2.825	16:48:52.089
7	1:10.978	+0.501	16:50:03.067
8	1:10.477		16:51:13.544
p9	1:25.303	+14.826	16:52:38.847

Lap	Lap Tm	Diff	Time of Day
(97) Helge Mosveen			
1			16:23:05.128
2	1:13.001	+1.676	16:24:18.129
3	1:11.384	+0.059	16:25:29.513
4	1:15.876	+4.551	16:26:45.389

Lap	Lap Tm	Diff	Time of Day
5	1:14.025	+2.700	16:27:59.414
6	1:18.542	+7.217	16:29:17.956
7	1:11.325		16:30:29.281
8	1:11.402	+0.077	16:31:40.683
9	1:13.277	+1.952	16:32:53.960
10	1:11.443	+0.118	16:34:05.403
11	1:12.403	+1.078	16:35:17.806
12	1:14.998	+3.673	16:36:32.804
13	1:15.642	+4.317	16:37:48.446
p14	1:28.213	+16.888	16:39:16.659

Lap	Lap Tm	Diff	Time of Day
(57) Hans Bergstrøm			
1			16:42:59.145
2	1:17.638	+5.496	16:44:16.783
3	1:16.511	+4.369	16:45:33.294
4	1:14.636	+2.494	16:46:47.930
5	1:14.207	+2.065	16:48:02.137
6	1:13.191	+1.049	16:49:15.328
7	1:13.378	+1.236	16:50:28.706
8	1:12.293	+0.151	16:51:40.999
9	1:12.142		16:52:53.141
10	1:16.116	+3.974	16:54:09.257
11	1:14.410	+2.268	16:55:23.667
12	1:12.749	+0.607	16:56:36.416

Lap	Lap Tm	Diff	Time of Day
(110) Vidar Kristian Slettjord			
1			16:42:42.389
2	1:14.359	+1.739	16:43:56.748
3	1:13.358	+0.738	16:45:10.106
4	1:12.620		16:46:22.726
5	1:21.231	+8.611	16:47:43.957
p6	1:14.402	+1.782	16:48:58.359
7	1:34.461	+21.841	16:50:32.820
p8	1:24.435	+11.815	16:51:57.255

Lap	Lap Tm	Diff	Time of Day
(78) Kenneth Skyttermoen			
1			16:42:45.805
2	1:16.334	+3.409	16:44:02.139
3	1:13.326	+0.401	16:45:15.465
4	1:13.628	+0.703	16:46:29.093
5	1:13.299	+0.314	16:47:42.332
6	1:13.293	+0.368	16:48:55.625
7	1:13.291	+0.366	16:50:08.916
8	1:14.385	+1.460	16:51:23.301
9	1:13.575	+0.650	16:52:36.876
10	1:14.848	+1.923	16:53:51.724
11	1:14.102	+1.177	16:55:05.826
12	1:12.925		16:56:18.751
13	1:14.533	+1.608	16:57:33.284

Lap	Lap Tm	Diff	Time of Day
(2) Mads Valen-Senstad			
1			16:42:35.232
2	1:20.789	+7.678	16:43:56.021
3	1:15.008	+1.897	16:45:11.029
4	1:14.235	+1.124	16:46:25.264
5	1:13.111		16:47:38.375
6	1:14.445	+1.334	16:48:52.820
7	1:14.995	+1.884	16:50:07.815
8	1:13.915	+0.804	16:51:21.730
9	1:14.341	+1.230	16:52:36.071
10	1:17.834	+4.723	16:53:53.905
11	1:19.031	+5.920	16:55:12.936
12	1:17.794	+4.683	16:56:30.730

Lap	Lap Tm	Diff	Time of Day
(282) Jon Andreas Nøkleholm			

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FP 1

13.09.2021 16:00

Practice (1:00:00 Time) started at 16:00:00

Lap	Lap Tm	Diff	Time of Day
2	1:17.438	+4.109	16:24:24.978
3	1:17.598	+4.269	16:25:42.576
4	1:16.698	+3.369	16:26:59.274
5	1:15.225	+1.896	16:28:14.499
6	1:14.011	+0.682	16:29:28.510
7	1:16.423	+3.094	16:30:44.933
8	1:15.915	+2.586	16:32:00.848
9	1:13.782	+0.453	16:33:14.630
10	1:13.411	+0.082	16:34:28.041
11	1:13.329		16:35:41.370
12	1:13.441	+0.112	16:36:54.811
13	1:13.682	+0.353	16:38:08.493
p14	1:25.795	+12.466	16:39:34.288

(0282) Aleksander Gundersen Tofte

1			16:43:55.052
2	1:17.888	+4.351	16:45:12.940
3	1:14.979	+1.442	16:46:27.919
4	1:13.992	+0.455	16:47:41.911
5	1:13.537		16:48:55.448
6	1:14.437	+0.900	16:50:09.885
7	1:16.696	+3.159	16:51:26.581
8	1:18.878	+5.341	16:52:45.459
9	1:23.170	+9.633	16:54:08.629
10	1:14.762	+1.225	16:55:23.391
11	1:15.310	+1.773	16:56:38.701

(86) Arild Nilsen Henriksen

1			16:26:45.691
2	1:19.511	+5.722	16:28:05.202
3	1:17.064	+3.275	16:29:22.266
4	1:21.213	+7.424	16:30:43.479
5	1:16.567	+2.778	16:32:00.046
6	1:14.942	+1.153	16:33:14.988
7	1:14.608	+0.819	16:34:29.596
8	1:14.712	+0.923	16:35:44.308
9	1:13.789		16:36:58.097
10	1:14.601	+0.812	16:38:12.698
p11	1:23.690	+9.901	16:39:36.388

(137) Kari Andersen

1			16:23:05.379
2	1:18.877	+4.919	16:24:24.256
3	1:17.419	+3.461	16:25:41.675
4	1:16.815	+2.857	16:26:58.490
5	1:15.281	+1.323	16:28:13.771
6	1:13.958		16:29:27.729
7	1:17.046	+3.088	16:30:44.775
8	1:20.952	+6.994	16:32:05.727
9	1:20.957	+6.999	16:33:26.684
10	1:22.431	+8.473	16:34:49.115
11	1:22.139	+8.181	16:36:11.254
12	1:20.994	+7.036	16:37:32.248
p13	1:35.163	+21.205	16:39:07.411

(0138) Karen & Albert Andersen & Straume

1			16:42:30.225
2	1:20.058	+5.600	16:43:50.283
3	1:16.927	+2.469	16:45:07.210
4	1:15.445	+0.987	16:46:22.655
5	1:15.144	+0.686	16:47:37.799
6	1:14.458		16:48:52.257
7	1:15.659	+1.201	16:50:07.916
8	1:18.009	+3.551	16:51:25.925
9	1:16.344	+1.886	16:52:42.269
10	1:15.150	+0.692	16:53:57.419

Lap	Lap Tm	Diff	Time of Day
11	1:16.347	+1.889	16:55:13.766
12	1:17.716	+3.258	16:56:31.482

(20) Alan Gorman

1			16:42:29.385
2	1:37.127	+22.640	16:44:06.512
3	1:21.480	+6.993	16:45:27.992
4	1:18.727	+4.240	16:46:46.719
5	1:17.454	+2.967	16:48:04.173
6	1:16.358	+1.871	16:49:20.531
7	1:16.913	+2.426	16:50:37.444
8	1:14.487		16:51:51.931
9	1:14.690	+0.203	16:53:06.621
10	1:24.721	+10.234	16:54:31.342
11	1:25.121	+10.634	16:55:56.463
12	1:22.380	+7.893	16:57:18.843

(28) Tom Roger Syversen

1			16:43:00.022
2	1:18.153	+2.950	16:44:18.175
3	1:17.425	+2.222	16:45:35.600
4	1:15.556	+0.353	16:46:51.156
5	1:15.945	+0.742	16:48:07.101
6	1:16.010	+0.807	16:49:23.111
7	1:15.203		16:50:38.314
p8	1:25.940	+10.737	16:52:04.254

(52) Harald Meinicke

1			16:23:25.858
2	1:37.838	+22.204	16:25:03.696
p3	1:37.802	+22.168	16:26:41.498
4	3:16.849	+2:01.215	16:29:58.347
5	1:22.184	+6.550	16:31:20.531
6	1:19.196	+3.562	16:32:39.727
7	1:20.360	+4.726	16:34:00.087
8	1:16.581	+0.947	16:35:16.668
9	1:15.634		16:36:32.302
10	1:15.759	+0.125	16:37:48.061
p11	1:27.635	+12.001	16:39:15.696

(8) Kristin Heiberg

1			16:42:53.608
2	1:22.511	+5.288	16:44:16.119
3	1:23.050	+5.827	16:45:39.169
4	1:20.287	+3.064	16:46:59.456
5	1:17.223		16:48:16.679
6	1:17.623	+0.400	16:49:34.302
7	1:17.614	+0.391	16:50:51.916
8	1:18.369	+1.146	16:52:10.285
9	1:24.257	+7.034	16:53:34.542
10	1:22.386	+5.163	16:54:56.928
11	1:18.340	+1.117	16:56:15.268
12	1:17.610	+0.387	16:57:32.878

(028) Frank Rygge

1			16:34:46.747
2	1:20.876	+2.931	16:36:07.623
3	1:17.945		16:37:25.568
p4	1:28.218	+10.273	16:38:53.786

(616) Arne Berg

1			16:43:27.502
2	1:21.323	+2.887	16:44:48.825
3	1:19.857	+1.421	16:46:08.682
4	1:19.087	+0.651	16:47:27.769
5	1:18.436		16:48:46.205

Lap	Lap Tm	Diff	Time of Day
6	1:19.139	+0.703	16:50:05.344
7	1:20.186	+1.750	16:51:25.530
8	1:18.965	+0.529	16:52:44.495
9	1:25.483	+7.047	16:54:09.978
p10	1:46.829	+28.393	16:55:56.807

(14) Kristoffer Hatterud

1			16:27:59.848
2	1:21.513	+1.725	16:29:21.361
3	1:20.687	+0.899	16:30:42.048
4	1:22.038	+2.250	16:32:04.086
5	1:19.788		16:33:23.874
6	1:23.801	+4.013	16:34:47.675
7	1:21.413	+1.625	16:36:09.088
8	1:21.745	+1.957	16:37:30.833
p9	1:23.867	+4.079	16:38:54.700

(011) Oddbjørn Hatterud

1			16:27:58.185
2	1:22.085	+1.735	16:29:20.270
3	1:22.888	+2.538	16:30:43.158
4	1:21.545	+1.195	16:32:04.703
5	1:20.350		16:33:25.053
6	1:23.153	+2.803	16:34:48.206
7	1:21.464	+1.114	16:36:09.670
8	1:20.493	+0.143	16:37:30.163
p9	1:26.853	+6.503	16:38:57.016

(60) Torbjørn Gundersen

1			16:44:07.107
2	1:31.227	+10.344	16:45:38.334
3	1:24.171	+3.288	16:47:02.505
4	1:21.639	+0.756	16:48:24.144
5	1:23.417	+2.534	16:49:47.561
6	1:22.408	+1.525	16:51:09.969
7	1:22.143	+1.260	16:52:32.112
8	1:23.797	+2.914	16:53:55.909
9	1:20.883		16:55:16.792
10	1:21.030	+0.147	16:56:37.822

(41) Geir Svalastog

p1			16:24:50.388
p2	2:53.730	+1:29.595	16:27:44.118
3	5:18.845	+3:54.710	16:33:02.963
4	1:24.375	+0.240	16:34:27.338
5	1:24.135		16:35:51.473
6	1:26.376	+2.241	16:37:17.849
p7	1:32.322	+8.187	16:38:50.171

(138) Alberth Straume

p1			16:39:18.622
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