



# Heldagstrening SMCK

3 C - Classic - Junior

Vålerbanen 2,262 km

C - Classic - Junior Heat 10

09.05.2016 20:40

Practice (20:00 Time) started at 20:40:00

| Lap                   | Lap Tm   | Diff   | Time of Day  |
|-----------------------|----------|--------|--------------|
| (301) Andreas Flygind |          |        |              |
| 1                     |          |        | 20:41:11.742 |
| 2                     | 1:09.997 | +0.956 | 20:42:21.739 |
| 3                     | 1:10.136 | +1.095 | 20:43:31.875 |
| 4                     | 1:09.796 | +0.755 | 20:44:41.671 |
| 5                     | 1:09.041 |        | 20:45:50.712 |
| 6                     | 1:09.127 | +0.086 | 20:46:59.839 |

| Lap                   | Lap Tm   | Diff   | Time of Day  |
|-----------------------|----------|--------|--------------|
| (555) Alexander Araya |          |        |              |
| 1                     |          |        | 20:42:34.993 |
| 2                     | 1:13.044 | +3.578 | 20:43:48.037 |
| 3                     | 1:13.383 | +3.917 | 20:45:01.420 |
| 4                     | 1:11.272 | +1.806 | 20:46:12.692 |
| 5                     | 1:12.804 | +3.338 | 20:47:25.496 |
| 6                     | 1:11.790 | +2.324 | 20:48:37.286 |
| 7                     | 1:12.039 | +2.573 | 20:49:49.325 |
| 8                     | 1:10.455 | +0.989 | 20:50:59.780 |
| 9                     | 1:12.258 | +2.792 | 20:52:12.038 |
| 10                    | 1:09.609 | +0.143 | 20:53:21.647 |
| 11                    | 1:10.271 | +0.805 | 20:54:31.918 |
| 12                    | 1:10.757 | +1.291 | 20:55:42.675 |
| 13                    | 1:09.466 |        | 20:56:52.141 |
| 14                    | 1:10.468 | +1.002 | 20:58:02.609 |

| Lap                          | Lap Tm   | Diff   | Time of Day  |
|------------------------------|----------|--------|--------------|
| (35) Jonathan Lykke Nessjøen |          |        |              |
| 1                            |          |        | 20:41:03.650 |
| 2                            | 1:13.635 | +2.623 | 20:42:17.285 |
| 3                            | 1:12.853 | +1.841 | 20:43:30.138 |
| 4                            | 1:12.640 | +1.628 | 20:44:42.778 |
| 5                            | 1:13.900 | +2.888 | 20:45:56.678 |
| 6                            | 1:11.866 | +0.854 | 20:47:08.544 |
| 7                            | 1:11.711 | +0.699 | 20:48:20.255 |
| 8                            | 1:11.946 | +0.934 | 20:49:32.201 |
| 9                            | 1:11.483 | +0.471 | 20:50:43.684 |
| 10                           | 1:11.925 | +0.913 | 20:51:55.609 |
| 11                           | 1:11.376 | +0.364 | 20:53:06.985 |
| 12                           | 1:11.203 | +0.191 | 20:54:18.188 |
| 13                           | 1:11.836 | +0.824 | 20:55:30.024 |
| 14                           | 1:11.352 | +0.340 | 20:56:41.376 |
| 15                           | 1:11.012 |        | 20:57:52.388 |

| Lap                      | Lap Tm   | Diff   | Time of Day  |
|--------------------------|----------|--------|--------------|
| (47) André S. Gjerdingen |          |        |              |
| 1                        |          |        | 20:41:03.059 |
| 2                        | 1:14.239 |        | 20:42:17.298 |
| 3                        | 1:14.669 | +0.430 | 20:43:31.967 |
| 4                        | 1:14.275 | +0.036 | 20:44:46.242 |
| 5                        | 1:14.719 | +0.480 | 20:46:00.961 |
| 6                        | 1:15.183 | +0.944 | 20:47:16.144 |
| 7                        | 1:19.208 | +4.969 | 20:48:35.352 |
| 8                        | 1:17.741 | +3.502 | 20:49:53.093 |
| 9                        | 1:15.496 | +1.257 | 20:51:08.589 |
| 10                       | 1:21.820 | +7.581 | 20:52:30.409 |
| 11                       | 1:18.371 | +4.132 | 20:53:48.780 |
| 12                       | 1:15.819 | +1.580 | 20:55:04.599 |
| 13                       | 1:17.893 | +3.654 | 20:56:22.492 |
| 14                       | 1:15.335 | +1.096 | 20:57:37.827 |

| Lap                 | Lap Tm   | Diff   | Time of Day  |
|---------------------|----------|--------|--------------|
| (8) Svein Erik Riis |          |        |              |
| 1                   |          |        | 20:41:20.944 |
| 2                   | 1:27.447 | +3.401 | 20:42:48.391 |
| 3                   | 1:28.088 | +4.042 | 20:44:16.479 |
| 4                   | 1:25.204 | +1.158 | 20:45:41.683 |
| 5                   | 1:26.610 | +2.564 | 20:47:08.293 |
| 6                   | 1:25.892 | +1.846 | 20:48:34.185 |
| 7                   | 1:24.046 |        | 20:49:58.231 |

Chief of Timing & Scoring: Timekeeping.no

Orbits

Race Director: Roy Øwre / Terje Granheim  
Sport Rescue Team.

Timing and results are not official.

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