



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 1

08.05.2023 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
(86) Henning Sandem Flathaug			
1			17:25:29.824
2	1:05.033	+2.948	17:26:34.857
p3	1:11.287	+9.202	17:27:46.144
4	1:36.741	+34.656	17:29:22.885
5	1:02.811	+0.726	17:30:25.696
6	1:03.005	+0.920	17:31:28.701
7	1:04.461	+2.376	17:32:33.162
8	1:02.085		17:33:35.247
9	1:06.188	+4.103	17:34:41.435
10	1:04.240	+2.155	17:35:45.675
p11	1:09.649	+7.564	17:36:55.324

Lap	Lap Tm	Diff	Time of Day
(42) Thomas Bergström			
1			17:26:04.537
2	1:09.992	+5.142	17:27:14.529
3	1:07.736	+2.886	17:28:22.265
4	1:06.363	+1.513	17:29:28.628
5	1:07.171	+2.321	17:30:35.799
6	1:05.446	+0.596	17:31:41.245
7	1:05.815	+0.965	17:32:47.060
p8	1:18.541	+13.691	17:34:05.601
9	1:35.927	+31.077	17:35:41.528
10	1:05.402	+0.552	17:36:46.930
11	1:04.850		17:37:51.780
12	1:07.083	+2.233	17:38:58.863
p13	1:14.639	+9.789	17:40:13.502

Lap	Lap Tm	Diff	Time of Day
(71) Terje Valkaker			
1			17:26:26.479
p2	1:17.648	+11.911	17:27:44.127
3	1:27.397	+21.660	17:29:11.524
4	1:08.119	+2.382	17:30:19.643
5	1:06.729	+0.992	17:31:26.372
p6	1:16.224	+10.487	17:32:42.596
7	1:27.006	+21.269	17:34:09.602
8	1:08.142	+2.405	17:35:17.744
9	1:07.602	+1.865	17:36:25.346
10	1:05.940	+0.203	17:37:31.286
11	1:05.737		17:38:37.023
12	1:08.678	+2.941	17:39:45.701
13	1:07.397	+1.660	17:40:53.098
p14	1:34.149	+28.412	17:42:27.247

Lap	Lap Tm	Diff	Time of Day
(73) Svein Rognmo			
1			17:26:26.997
p2	1:17.739	+11.900	17:27:44.736
3	1:28.161	+22.322	17:29:12.897
4	1:08.245	+2.406	17:30:21.142
5	1:09.016	+3.177	17:31:30.158
p6	1:13.431	+7.592	17:32:43.589
7	1:29.155	+23.316	17:34:12.744
8	1:07.368	+1.529	17:35:20.112
9	1:09.220	+3.381	17:36:29.332
10	1:07.209	+1.370	17:37:36.541
11	1:06.629	+0.790	17:38:43.170
12	1:05.979	+0.140	17:39:49.149
13	1:05.839		17:40:54.988
p14	1:34.028	+28.189	17:42:29.016

Lap	Lap Tm	Diff	Time of Day
(19) Bastian N. Sagen			
1			17:26:00.304
2	1:10.856	+4.926	17:27:11.160
3	1:09.558	+3.628	17:28:20.718
4	1:07.458	+1.528	17:29:28.176

Lap	Lap Tm	Diff	Time of Day
5	1:08.054	+2.124	17:30:36.230
6	1:06.843	+0.913	17:31:43.073
7	1:07.237	+1.307	17:32:50.310
8	1:07.010	+1.080	17:33:57.320
9	1:06.825	+0.895	17:35:04.145
10	1:06.462	+0.532	17:36:10.607
11	1:06.318	+0.388	17:37:16.925
12	1:05.930		17:38:22.855
13	1:06.718	+0.788	17:39:29.573
14	1:06.454	+0.524	17:40:36.027
p15	1:25.222	+19.292	17:42:01.249

Lap	Lap Tm	Diff	Time of Day
(78) Kenneth Skyttermoen			
1			17:26:28.804
2	1:12.944	+6.615	17:27:41.748
3	1:11.617	+5.288	17:28:53.365
4	1:09.067	+2.738	17:30:02.432
5	1:10.238	+3.909	17:31:12.670
6	1:10.391	+4.062	17:32:23.061
7	1:09.167	+2.838	17:33:32.228
8	1:08.529	+2.200	17:34:40.757
9	1:07.039	+0.710	17:35:47.796
10	1:06.329		17:36:54.125
11	1:07.265	+0.936	17:38:01.390
12	1:07.588	+1.259	17:39:08.978
13	1:06.709	+0.380	17:40:15.687
p14	1:20.297	+13.968	17:41:35.984

Lap	Lap Tm	Diff	Time of Day
(99) Kent Tøllefsen			
1			17:26:25.265
2	1:12.890	+6.046	17:27:38.155
3	1:10.638	+3.794	17:28:48.793
4	1:08.306	+1.462	17:29:57.099
5	1:07.056	+0.212	17:31:04.155
6	1:07.123	+0.279	17:32:11.278
7	1:07.557	+0.713	17:33:18.835
8	1:06.344		17:34:25.679
9	1:07.064	+0.220	17:35:32.743
p10	1:16.435	+9.591	17:36:49.178

Lap	Lap Tm	Diff	Time of Day
(30) Jon Terje Ødegaard			
1			17:31:23.272
2	1:11.064	+3.690	17:32:34.336
3	1:09.089	+1.715	17:33:43.425
4	1:09.065	+1.691	17:34:52.490
5	1:08.497	+1.123	17:36:00.987
6	1:08.381	+1.007	17:37:09.368
7	1:10.238	+2.864	17:38:19.606
8	1:07.374		17:39:26.980
p9	1:16.185	+8.811	17:40:43.165

Lap	Lap Tm	Diff	Time of Day
(34) Anders Lykkebo			
1			17:29:03.947
2	1:11.291	+3.611	17:30:15.238
3	1:09.748	+2.068	17:31:24.986
4	1:09.841	+2.161	17:32:34.827
p5	1:20.918	+13.238	17:33:55.745
6	2:57.262	+149.582	17:36:53.007
7	1:09.657	+1.977	17:38:02.664
8	1:08.012	+0.332	17:39:10.676
9	1:07.680		17:40:18.356
p10	1:19.027	+11.347	17:41:37.383

Lap	Lap Tm	Diff	Time of Day
(65) Mikkel Storsveen			
1			17:26:26.231
2	1:12.597	+4.715	17:27:38.828

Lap	Lap Tm	Diff	Time of Day
3	1:11.221	+3.339	17:28:50.049
4	1:11.083	+3.201	17:30:01.132
5	1:11.177	+3.295	17:31:12.309
6	1:09.159	+1.277	17:32:21.468
7	1:09.949	+2.067	17:33:31.417
8	1:10.141	+2.259	17:34:41.558
9	1:09.401	+1.519	17:35:50.959
10	1:07.882		17:36:58.841
p11	1:14.718	+6.836	17:38:13.559

Lap	Lap Tm	Diff	Time of Day
(29) Audun Gundersen			
1			17:25:54.155
2	1:13.002	+5.061	17:27:07.157
3	1:10.589	+2.648	17:28:17.746
4	1:10.123	+2.182	17:29:27.869
5	1:09.518	+1.577	17:30:37.387
6	1:08.354	+0.413	17:31:45.741
7	1:08.225	+0.284	17:32:53.966
8	1:09.015	+1.074	17:34:02.981
9	1:07.941		17:35:10.922
10	1:08.161	+0.220	17:36:19.083
11	1:08.558	+0.617	17:37:27.641
12	1:08.472	+0.531	17:38:36.113
13	1:08.186	+0.245	17:39:44.299
14	1:08.295	+0.354	17:40:52.594
p15	1:25.787	+17.846	17:42:18.381

Lap	Lap Tm	Diff	Time of Day
(68) Dagfinn Mosveen			
1			17:27:17.205
2	1:11.371	+3.309	17:28:28.576
3	1:10.722	+2.660	17:29:39.298
4	1:10.740	+2.678	17:30:50.038
5	1:09.143	+1.081	17:31:59.181
6	1:09.458	+1.396	17:33:08.639
7	1:09.085	+1.023	17:34:17.724
8	1:08.190	+0.128	17:35:25.914
9	1:08.062		17:36:33.976
10	1:08.732	+0.670	17:37:42.708
11	1:11.135	+3.073	17:38:53.843
12	1:12.549	+4.487	17:40:06.392
p13	1:25.535	+17.473	17:41:31.927

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtlie			
1			17:46:59.976
2	1:13.677	+5.348	17:48:13.653
3	1:11.681	+3.352	17:49:25.334
4	1:12.379	+4.050	17:50:37.713
5	1:13.340	+5.011	17:51:51.053
6	1:09.496	+1.167	17:53:00.549
7	1:09.430	+1.101	17:54:09.979
8	1:10.963	+2.634	17:55:20.942
9	1:10.694	+2.365	17:56:31.636
10	1:08.329		17:57:39.965
p11	1:23.206	+14.877	17:59:03.171

Lap	Lap Tm	Diff	Time of Day
(94) Helge Mosveen			
1			17:26:24.869
2	1:12.496	+3.898	17:27:37.365
3	1:11.742	+3.144	17:28:49.107
4	1:10.457	+1.859	17:29:59.564
5	1:10.694	+2.096	17:31:10.258
6	1:10.397	+1.799	17:32:20.655
7	1:10.335	+1.737	17:33:30.990
8	1:10.027	+1.429	17:34:41.017
9	1:08.898	+0.300	17:35:49.915
10	1:08.598		17:36:58.513

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Vålerbanen 2,274 km

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08.05.2023 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
p11	1:19.967	+11.369	17:38:18.480
(146) Kevin Eidså			
1			17:44:54.225
2	1:21.246	+12.459	17:46:15.471
3	1:16.860	+8.073	17:47:32.331
4	1:14.259	+5.472	17:48:46.590
5	1:13.794	+5.007	17:50:00.384
6	1:11.744	+2.957	17:51:12.128
7	1:12.116	+3.329	17:52:24.244
8	1:11.690	+2.903	17:53:35.934
9	1:11.127	+2.340	17:54:47.061
10	1:08.787		17:55:55.848
11	1:09.964	+1.177	17:57:05.812
12	1:09.991	+1.204	17:58:15.803
13	1:09.530	+0.743	17:59:25.333

Lap	Lap Tm	Diff	Time of Day
(124) Kim andre Smeby			
1			17:45:37.452
2	1:16.481	+7.140	17:46:53.933
3	1:14.439	+5.098	17:48:08.372
4	1:13.382	+4.041	17:49:21.754
5	1:13.708	+4.367	17:50:35.462
6	1:15.501	+6.160	17:51:50.963
7	1:11.795	+2.454	17:53:02.758
8	1:11.077	+1.736	17:54:13.835
9	1:10.951	+1.610	17:55:24.786
10	1:11.621	+2.280	17:56:36.407
11	1:11.359	+2.018	17:57:47.766
12	1:09.341		17:58:57.107
13	1:10.664	+1.323	18:00:07.771

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			17:26:23.474
2	1:13.494	+4.009	17:27:36.968
3	1:11.572	+2.087	17:28:48.540
4	1:12.280	+2.795	17:30:00.820
5	1:11.142	+1.657	17:31:11.962
6	1:12.084	+2.599	17:32:24.046
7	1:10.844	+1.359	17:33:34.890
8	1:11.889	+2.404	17:34:46.779
9	1:09.485		17:35:56.264
p10	1:20.921	+11.436	17:37:17.185

Lap	Lap Tm	Diff	Time of Day
(3) Tor Arne Nebben			
1			17:46:13.303
2	1:14.662	+4.995	17:47:27.965
3	1:14.808	+5.141	17:48:42.773
4	1:13.176	+3.509	17:49:55.949
5	1:12.012	+2.345	17:51:07.961
6	1:13.772	+4.105	17:52:21.733
7	1:13.608	+3.941	17:53:35.341
8	1:10.593	+0.926	17:54:45.934
9	1:10.664	+0.997	17:55:56.598
10	1:11.579	+1.912	17:57:08.177
11	1:09.951	+0.284	17:58:18.128
12	1:09.667		17:59:27.795

Lap	Lap Tm	Diff	Time of Day
(99/199) Svein Kragtorp			
1			17:31:04.402
2	1:14.932	+4.617	17:32:19.334
3	1:14.181	+3.866	17:33:33.515
4	1:11.828	+1.513	17:34:45.343
5	1:12.289	+1.974	17:35:57.632
6	1:11.330	+1.015	17:37:08.962
7	1:11.344	+1.029	17:38:20.306

Lap	Lap Tm	Diff	Time of Day
8	1:10.889	+0.574	17:39:31.195
9	1:10.315		17:40:41.510
p10	1:21.772	+11.457	17:42:03.282
(57) Hans Bergström			
1			17:45:39.325
2	1:14.917	+3.548	17:46:54.242
3	1:14.694	+3.325	17:48:08.936
4	1:17.094	+5.725	17:49:26.030
5	1:16.855	+5.486	17:50:42.885
p6	1:21.936	+10.567	17:52:04.821
7	1:41.538	+30.169	17:53:46.359
8	1:15.442	+4.073	17:55:01.801
9	1:14.337	+2.968	17:56:16.138
10	1:12.085	+0.716	17:57:28.223
11	1:11.369		17:58:39.592
12	1:14.030	+2.661	17:59:53.622

Lap	Lap Tm	Diff	Time of Day
(40) Kim Rønningen			
1			17:24:44.074
2	1:13.906	+2.519	17:25:57.980
3	1:13.049	+1.662	17:27:11.029
4	1:11.387		17:28:22.416
p5	1:14.964	+3.577	17:29:37.380

Lap	Lap Tm	Diff	Time of Day
(151) Terje Vestby			
1			17:29:03.999
2	1:16.583	+4.409	17:30:20.582
3	1:15.238	+3.064	17:31:35.820
4	1:14.888	+2.714	17:32:50.708
5	1:13.938	+1.764	17:34:04.646
6	1:12.199	+0.025	17:35:16.845
7	1:12.552	+0.378	17:36:29.397
8	1:12.174		17:37:41.571
p9	1:20.573	+8.399	17:39:02.144

Lap	Lap Tm	Diff	Time of Day
(46) Per Kristian Mausethagen			
1			17:46:28.930
2	1:16.649	+4.309	17:47:45.579
3	1:12.340		17:48:57.919
p4	1:20.821	+8.481	17:50:18.740

Lap	Lap Tm	Diff	Time of Day
(5) Rune Åbø			
1			17:44:53.494
2	1:27.649	+14.910	17:46:21.143
3	1:22.286	+9.547	17:47:43.429
4	1:17.990	+5.251	17:49:01.419
5	1:16.583	+3.844	17:50:18.002
6	1:16.358	+3.619	17:51:34.360
7	1:16.329	+3.590	17:52:50.689
8	1:16.163	+3.424	17:54:06.852
9	1:14.423	+1.684	17:55:21.275
10	1:14.788	+2.049	17:56:36.063
11	1:13.746	+1.007	17:57:49.809
12	1:12.739		17:59:02.548

Lap	Lap Tm	Diff	Time of Day
(186) Arild Nilsen Henriksen			
1			17:45:49.618
2	1:22.890	+10.048	17:47:12.508
3	1:17.428	+4.586	17:48:29.936
4	1:17.516	+4.674	17:49:47.452
5	1:17.722	+4.880	17:51:05.174
6	1:16.548	+3.706	17:52:21.722
7	1:16.568	+3.726	17:53:38.290
8	1:17.147	+4.305	17:54:55.437
9	1:14.212	+1.370	17:56:09.649

Lap	Lap Tm	Diff	Time of Day
10	1:14.307	+1.465	17:57:23.956
11	1:13.820	+0.978	17:58:37.776
12	1:12.842		17:59:50.618

Lap	Lap Tm	Diff	Time of Day
(59) Atle Nordvik			
1			17:26:27.444
2	1:13.923		17:27:41.367
p3	1:26.936	+13.013	17:29:08.303

Lap	Lap Tm	Diff	Time of Day
(52.) Stein Arne Jenssen			
1			17:44:53.898
2	1:22.064	+6.915	17:46:15.962
3	1:16.912	+1.763	17:47:32.874
4	1:15.251	+0.102	17:48:48.125
p5	1:27.097	+11.948	17:50:15.222
6	2:32.289	+1:17.140	17:52:47.511
7	1:15.149		17:54:02.660
p8	1:21.564	+6.415	17:55:24.224

Lap	Lap Tm	Diff	Time of Day
(6) Magne Lien			
1			17:45:48.317
2	1:25.825	+10.050	17:47:14.142
3	1:18.188	+2.413	17:48:32.330
4	1:16.598	+0.823	17:49:48.928
5	1:18.225	+2.450	17:51:07.153
6	1:16.010	+0.235	17:52:23.163
7	1:15.775		17:53:38.938
8	1:17.040	+1.265	17:54:55.978
p9	1:26.054	+10.279	17:56:22.032

Lap	Lap Tm	Diff	Time of Day
(44) Pål Døhlen			
1			17:44:12.253
2	1:19.960	+3.801	17:45:32.213
3	1:18.312	+2.153	17:46:50.525
4	1:17.329	+1.170	17:48:07.854
5	1:17.394	+1.235	17:49:25.248
6	1:16.698	+0.539	17:50:41.946
7	1:16.159		17:51:58.105
p8	1:24.322	+8.163	17:53:22.427

Lap	Lap Tm	Diff	Time of Day
(20) Vidar Jensen			
1			17:45:06.477
2	1:27.628	+11.414	17:46:34.105
p3	1:28.175	+11.961	17:48:02.280
4	3:04.784	+1:48.570	17:51:07.064
5	1:19.002	+2.788	17:52:26.066
6	1:18.487	+2.273	17:53:44.553
7	1:17.658	+1.444	17:55:02.211
8	1:17.700	+1.486	17:56:19.911
9	1:16.790	+0.576	17:57:36.701
10	1:18.676	+2.462	17:58:55.377
11	1:16.214		18:00:11.591

Lap	Lap Tm	Diff	Time of Day
(113) Jo-Anders Johnsen			
1			17:44:11.790
2	1:24.300	+7.221	17:45:36.090
3	1:21.716	+4.637	17:46:57.806
4	1:20.481	+3.402	17:48:18.287
5	1:20.126	+3.047	17:49:38.413
6	1:20.415	+3.336	17:50:58.828
7	1:20.467	+3.388	17:52:19.295
8	1:18.474	+1.395	17:53:37.769
9	1:21.573	+4.494	17:54:59.342
10	1:19.835	+2.756	17:56:19.177
11	1:17.357	+0.278	17:57:36.534
12	1:17.079		17:58:53.613



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 1

08.05.2023 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
13	1:17.502	+0.423	18:00:11.115
(50) Tor Christensen			
1			17:45:00.366
2	1:22.199	+3.860	17:46:22.565
3	1:25.980	+7.641	17:47:48.545
4	1:20.930	+2.591	17:49:09.475
5	1:20.118	+1.779	17:50:29.593
6	1:20.141	+1.802	17:51:49.734
7	1:19.832	+1.493	17:53:09.566
8	1:18.765	+0.426	17:54:28.331
9	1:18.339		17:55:46.670
p10	1:35.057	+16.718	17:57:21.727
11	2:17.693	+59.354	17:59:39.420

(82) Jon Andreas Nøkleholm			
1			17:08:10.888
2	1:23.760	+4.511	17:09:34.648
3	1:21.649	+2.400	17:10:56.297
4	1:19.753	+0.504	17:12:16.050
5	1:19.707	+0.458	17:13:35.757
6	1:19.699	+0.450	17:14:55.456
7	1:20.148	+0.899	17:16:15.604
8	1:20.101	+0.852	17:17:35.705
9	1:20.150	+0.901	17:18:55.855
10	1:19.405	+0.156	17:20:15.260
11	1:19.249		17:21:34.509
p12	1:37.912	+18.663	17:23:12.421

(45) Øyvind Hansen			
1			17:44:48.116
2	1:32.357	+5.193	17:46:20.473
3	1:29.569	+2.405	17:47:50.042
4	1:28.627	+1.463	17:49:18.669
5	1:27.722	+0.558	17:50:46.391
6	1:57.949	+30.785	17:52:44.340
7	1:28.180	+1.016	17:54:12.520
8	1:27.189	+0.025	17:55:39.709
9	1:29.453	+2.289	17:57:09.162
10	1:28.500	+1.336	17:58:37.662
11	1:27.164		18:00:04.826

(171) Jørgen Bjørklund			
1			17:15:32.641
2	1:40.172	+6.530	17:17:12.813
3	1:38.588	+4.946	17:18:51.401
4	1:33.642		17:20:25.043
5	1:34.239	+0.597	17:21:59.282
p6	1:59.112	+25.470	17:23:58.394

(52) Jenny Hagen Jensen			
1			17:08:54.770
2	2:08.055	+11.960	17:11:02.825
3	2:02.824	+6.729	17:13:05.649
4	2:00.767	+4.672	17:15:06.416
5	1:59.239	+3.144	17:17:05.655
6	1:56.500	+0.405	17:19:02.155
7	1:56.095		17:20:58.250
p8	2:11.772	+15.677	17:23:10.022

(5) Fredrik Storli			
p1			17:08:20.305

(20.) Tron Mørch			
p1			17:45:18.443
2	9:59.816	3:50:54.959	17:55:18.259

Lap	Lap Tm	Diff	Time of Day
p3	2:14.305	3:58:40.470	17:57:32.564
(118) Finn Kristiansen			
p1			17:45:43.009

Lap	Lap Tm	Diff	Time of Day
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