



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 1

05.06.2023 17:00

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

Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			17:23:10.438
2	1:05.429	+2.277	17:24:15.867
3	1:03.632	+0.480	17:25:19.499
4	1:03.555	+0.403	17:26:23.054
5	1:06.063	+2.911	17:27:29.117
6	1:04.098	+0.946	17:28:33.215
7	1:03.152		17:29:36.367
p8	1:07.486	+4.334	17:30:43.853

Lap	Lap Tm	Diff	Time of Day
(19) Bastian Sagen			
1			17:23:11.019
2	1:08.398	+4.093	17:24:19.417
3	1:07.627	+3.322	17:25:27.044
4	1:06.999	+2.694	17:26:34.043
5	1:06.764	+2.459	17:27:40.807
6	1:06.275	+1.970	17:28:47.082
7	1:05.499	+1.194	17:29:52.581
8	1:05.511	+1.206	17:30:58.092
9	1:05.287	+0.982	17:32:03.379
10	1:05.041	+0.736	17:33:08.420
11	1:04.842	+0.537	17:34:13.262
12	1:05.538	+1.233	17:35:18.800
13	1:04.305		17:36:23.105
14	1:04.621	+0.316	17:37:27.726
p15	1:24.086	+19.781	17:38:51.812

Lap	Lap Tm	Diff	Time of Day
(124) Kim andre Smeby			
1			17:23:15.348
2	1:05.371		17:24:20.719
3	1:06.824	+1.453	17:25:27.543
p4	12:15.534	+11:10.163	17:37:43.077

Lap	Lap Tm	Diff	Time of Day
(141) Morten Storsveen			
1			17:24:36.992
2	1:08.090	+2.159	17:25:45.082
3	1:07.601	+1.670	17:26:52.683
4	1:06.053	+0.122	17:27:58.736
5	1:05.931		17:29:04.667
6	1:06.175	+0.244	17:30:10.842
p7	1:15.163	+9.232	17:31:26.005

Lap	Lap Tm	Diff	Time of Day
(68) Dagfinn Mosveen			
1			17:23:49.934
2	1:09.118	+3.091	17:24:59.052
3	1:08.263	+2.236	17:26:07.315
4	1:09.570	+3.543	17:27:16.885
5	1:07.694	+1.667	17:28:24.579
6	1:07.751	+1.724	17:29:32.330
7	1:06.852	+0.825	17:30:39.182
8	1:08.640	+2.613	17:31:47.822
9	1:07.866	+1.839	17:32:55.688
10	1:08.601	+2.574	17:34:04.289
11	1:07.015	+0.988	17:35:11.304
12	1:06.027		17:36:17.331
13	1:07.525	+1.498	17:37:24.856
p14	1:24.322	+18.295	17:38:49.178

Lap	Lap Tm	Diff	Time of Day
(34) Anders Lykkebø			
1			17:23:24.791
2	1:08.454	+1.845	17:24:33.245
3	1:06.967	+0.358	17:25:40.212
4	1:07.578	+0.969	17:26:47.790
5	1:06.971	+0.362	17:27:54.761
6	1:06.609		17:29:01.370

Lap	Lap Tm	Diff	Time of Day
7	1:06.976	+0.367	17:30:08.346
p8	1:16.997	+10.388	17:31:25.343
(40) Kim Rønningen			
1			17:22:13.109
2	1:08.946	+2.099	17:23:22.055
3	1:07.492	+0.645	17:24:29.547
4	1:07.624	+0.777	17:25:37.171
5	1:08.194	+1.347	17:26:45.365
6	1:07.356	+0.509	17:27:52.721
7	1:06.847		17:28:59.568
p8	1:13.180	+6.333	17:30:12.748

Lap	Lap Tm	Diff	Time of Day
(171) Jørgen Bjørklund			
1			17:23:07.489
2	1:10.764	+3.306	17:24:18.253
3	1:56.589	+49.131	17:26:14.842
4	1:17.034	+9.576	17:27:31.876
5	1:08.333	+0.875	17:28:40.209
6	1:07.744	+0.286	17:29:47.953
7	1:07.458		17:30:55.411
8	1:09.717	+2.259	17:32:05.128
p9	1:22.804	+15.346	17:33:27.932

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtlie			
1			17:22:40.245
2	1:09.999	+2.318	17:23:50.244
3	1:09.785	+2.104	17:25:00.029
4	1:08.397	+0.716	17:26:08.426
5	1:09.604	+1.923	17:27:18.030
6	1:07.824	+0.143	17:28:25.854
7	1:07.681		17:29:33.535
8	1:07.732	+0.051	17:30:41.267
9	1:07.976	+0.295	17:31:49.243
10	1:08.792	+1.111	17:32:58.035
11	1:07.879	+0.198	17:34:05.914
p12	1:19.079	+11.398	17:35:24.993

Lap	Lap Tm	Diff	Time of Day
(23) Alan Gorman			
1			17:42:15.534
2	1:12.904	+5.125	17:43:28.438
3	1:09.862	+2.083	17:44:38.300
4	1:13.348	+5.569	17:45:51.648
5	1:12.135	+4.356	17:47:03.783
6	1:09.697	+1.918	17:48:13.480
7	1:09.193	+1.414	17:49:22.673
p8	1:19.429	+11.650	17:50:42.102
9	1:31.487	+23.708	17:52:13.589
10	1:10.028	+2.249	17:53:23.617
11	1:09.133	+1.354	17:54:32.750
12	1:07.779		17:55:40.529
13	1:08.611	+0.832	17:56:49.140
14	1:11.464	+3.685	17:58:00.604

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			17:22:32.053
2	1:08.415	+0.389	17:23:40.468
3	1:08.047	+0.021	17:24:48.515
4	1:08.225	+0.199	17:25:56.740
5	1:10.074	+2.048	17:27:06.814
6	1:08.355	+0.329	17:28:15.169
7	1:08.026		17:29:23.195
8	1:08.273	+0.247	17:30:31.468
9	1:08.207	+0.181	17:31:39.675
p10	1:17.803	+9.777	17:32:57.478

Lap	Lap Tm	Diff	Time of Day
(12) rune aleksandersen			
1			17:42:52.847
2	1:14.140	+4.515	17:44:06.987
3	1:13.166	+3.541	17:45:20.153
4	1:11.031	+1.406	17:46:31.184
5	1:10.347	+0.722	17:47:41.531
6	1:14.113	+4.488	17:48:55.644
7	1:09.701	+0.076	17:50:05.345
8	1:12.376	+2.751	17:51:17.721
9	1:11.126	+1.501	17:52:28.847
10	1:09.625		17:53:38.472
11	1:09.932	+0.307	17:54:48.404
12	1:10.122	+0.497	17:55:58.526
13	1:11.280	+1.655	17:57:09.806
p14	1:15.153	+5.528	17:58:24.959

Lap	Lap Tm	Diff	Time of Day
(186) Arild Henriksen			
1			17:43:17.996
2	1:15.710	+5.759	17:44:33.706
3	1:13.609	+3.658	17:45:47.315
4	1:10.506	+0.555	17:46:57.821
5	1:10.793	+0.842	17:48:08.614
6	1:09.951		17:49:18.565
7	1:10.947	+0.996	17:50:29.512
p8	1:14.418	+4.467	17:51:43.930

Lap	Lap Tm	Diff	Time of Day
(28) Tom Roger Syversen			
1			17:43:59.227
2	1:12.811	+1.862	17:45:12.038
3	1:12.905	+1.956	17:46:24.943
4	1:10.949		17:47:35.892
p5	1:21.632	+10.683	17:48:57.524

Lap	Lap Tm	Diff	Time of Day
(38) Rune Vangen			
1			17:42:27.303
2	1:16.677	+5.677	17:43:43.980
3	1:15.333	+4.333	17:44:59.313
4	1:12.596	+1.596	17:46:11.909
5	1:13.526	+2.526	17:47:25.435
6	1:16.339	+5.339	17:48:41.774
7	1:13.629	+2.629	17:49:55.403
8	1:11.434	+0.434	17:51:06.837
9	1:11.693	+0.693	17:52:18.530
10	1:11.000		17:53:29.530
11	1:12.485	+1.485	17:54:42.015
p12	1:25.881	+14.881	17:56:07.896

Lap	Lap Tm	Diff	Time of Day
(118) Finn Kristiansen			
1			17:42:59.160
2	1:15.547	+4.510	17:44:14.707
3	1:13.819	+2.782	17:45:28.526
4	1:16.429	+5.392	17:46:44.955
5	1:39.637	+28.600	17:48:24.592
6	1:12.825	+1.788	17:49:37.417
7	1:12.361	+1.324	17:50:49.778
8	1:12.767	+1.730	17:52:02.545
9	1:12.777	+1.740	17:53:15.322
10	1:11.323	+0.286	17:54:26.645
11	1:11.037		17:55:37.682
p12	1:19.872	+8.835	17:56:57.554

Lap	Lap Tm	Diff	Time of Day
(88) Fredrik Fredriksen			
1			17:42:26.089
2	1:16.604	+5.512	17:43:42.693
3	1:17.455	+6.363	17:45:00.148
4	1:12.484	+1.392	17:46:12.632

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Vålerbanen 2,274 km

FP 1

05.06.2023 17:00

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

Lap	Lap Tm	Diff	Time of Day
5	1:14.380	+3.288	17:47:27.012
6	1:16.567	+5.475	17:48:43.579
7	1:18.086	+6.994	17:50:01.665
8	1:16.656	+5.564	17:51:18.321
9	1:15.092	+4.000	17:52:33.413
10	1:11.092		17:53:44.505
11	1:15.841	+4.749	17:55:00.346
12	1:15.141	+4.049	17:56:15.487
13	1:11.158	+0.066	17:57:26.645
p14	1:23.699	+12.607	17:58:50.344

(65) Mikkel Storsveen

1			17:32:58.019
2	1:13.777	+1.940	17:34:11.796
3	1:12.934	+1.097	17:35:24.730
4	1:12.321	+0.484	17:36:37.051
5	1:11.837		17:37:48.888
p6	1:18.795	+6.958	17:39:07.683

(29) Audun Gundersen

1			17:23:15.845
2	1:12.008		17:24:27.853
p3	1:14.195	+2.187	17:25:42.048
4	17:32.157	+16:20.149	17:43:14.205
p5	1:13.301	+1.293	17:44:27.506

(5..) Kristoffer Lie

1			17:43:14.637
2	1:20.730	+8.663	17:44:35.367
3	1:20.903	+8.836	17:45:56.270
4	1:23.313	+11.246	17:47:19.583
5	1:17.793	+5.726	17:48:37.376
6	1:18.452	+6.385	17:49:55.828
7	1:16.096	+4.029	17:51:11.924
8	1:17.058	+4.991	17:52:28.982
9	1:15.279	+3.212	17:53:44.261
10	1:18.234	+6.167	17:55:02.495
11	1:13.892	+1.825	17:56:16.387
12	1:12.067		17:57:28.454
p13	1:20.272	+8.205	17:58:48.726

(52) Stein Arne Jenssen

1			17:42:16.686
2	1:15.476	+3.284	17:43:32.162
3	1:12.192		17:44:44.354
4	1:13.488	+1.296	17:45:57.842
5	1:20.803	+8.611	17:47:18.645
6	1:12.870	+0.678	17:48:31.515
7	1:14.722	+2.530	17:49:46.237
8	1:13.017	+0.825	17:50:59.254
9	1:13.689	+1.497	17:52:12.943
10	1:13.351	+1.159	17:53:26.294
11	1:18.147	+5.955	17:54:44.441
12	1:12.801	+0.609	17:55:57.242
p13	1:26.215	+14.023	17:57:23.457

(96) Oddgeir Mikkelerud

1			17:42:44.326
2	1:16.219	+3.711	17:44:00.545
3	1:14.132	+1.624	17:45:14.677
4	1:13.896	+1.388	17:46:28.573
5	1:12.662	+0.154	17:47:41.235
6	1:15.490	+2.982	17:48:56.725
7	1:12.508		17:50:09.233
8	1:15.035	+2.527	17:51:24.268
9	1:12.516	+0.008	17:52:36.784

Lap	Lap Tm	Diff	Time of Day
p10	1:17.896	+5.388	17:53:54.680
(63) Roy Aron Hansen			
1			17:43:17.461
2	1:16.923	+4.381	17:44:34.384
3	1:17.112	+4.570	17:45:51.496
4	2:02.075	+49.533	17:47:53.571
5	1:13.249	+0.707	17:49:06.820
6	1:13.540	+0.998	17:50:20.360
7	1:14.199	+1.657	17:51:34.559
8	1:12.542		17:52:47.101
9	1:15.220	+2.678	17:54:02.321
p10	1:23.498	+10.956	17:55:25.819

(82-3) Utleiesykket 3 SMCK

1			17:05:25.894
2	1:42.421	+28.358	17:07:08.315
3	1:40.150	+26.087	17:08:48.465
4	1:40.530	+26.467	17:10:28.995
5	1:39.281	+25.218	17:12:08.276
6	1:39.993	+25.930	17:13:48.269
7	1:37.290	+23.227	17:15:25.559
8	1:40.289	+26.226	17:17:05.848
9	1:37.340	+23.277	17:18:43.188
p10	1:40.238	+26.175	17:20:23.426
11	21:22.245	+20:08.182	17:41:45.671
12	1:18.399	+4.336	17:43:04.070
13	1:16.623	+2.560	17:44:20.693
14	1:19.680	+5.617	17:45:40.373
15	1:16.871	+2.808	17:46:57.244
16	1:15.711	+1.648	17:48:12.955
17	1:15.085	+1.022	17:49:28.040
18	1:14.655	+0.592	17:50:42.695
p19	1:29.384	+15.321	17:52:12.079
20	1:40.818	+26.755	17:53:52.897
21	1:17.453	+3.390	17:55:10.350
22	1:15.132	+1.069	17:56:25.482
23	1:14.063		17:57:39.545
p24	1:17.769	+3.706	17:58:57.314

(11) Eirik Skrinde

1			17:44:33.851
2	1:21.976	+7.377	17:45:55.827
3	1:28.430	+13.831	17:47:24.257
4	1:18.917	+4.318	17:48:43.174
5	1:17.832	+3.233	17:50:01.006
6	1:16.490	+1.891	17:51:17.496
7	1:17.474	+2.875	17:52:34.970
8	1:16.925	+2.326	17:53:51.895
9	1:19.005	+4.406	17:55:10.900
10	1:19.474	+4.875	17:56:30.374
11	1:14.599		17:57:44.973
p12	1:25.255	+10.656	17:59:10.228

(64) Martin Skjerven

1			17:43:47.886
2	1:16.968	+2.069	17:45:04.854
3	1:14.899		17:46:19.753

(41) Geir Svalastog

1			17:42:16.117
2	1:23.507	+6.312	17:43:39.624
3	1:24.425	+7.230	17:45:04.049
p4	1:25.730	+8.535	17:46:29.779
5	1:56.341	+39.146	17:48:26.120
6	1:19.579	+2.384	17:49:45.699

Lap	Lap Tm	Diff	Time of Day
7	1:18.784	+1.589	17:51:04.483
8	1:17.195		17:52:21.678
9	1:17.489	+0.294	17:53:39.167
10	1:19.161	+1.966	17:54:58.328
p11	1:37.152	+19.957	17:56:35.480

(50) Tor Christensen

1			17:42:41.025
2	1:22.902	+4.286	17:44:03.927
3	1:20.570	+1.954	17:45:24.497
4	1:19.690	+1.074	17:46:44.187
5	1:20.118	+1.502	17:48:04.305
6	1:18.616		17:49:22.921
7	1:18.672	+0.056	17:50:41.593
p8	1:28.883	+10.267	17:52:10.476

(50.) Stig Patrick Rognstad

1			17:44:17.605
2	1:35.034	+4.059	17:45:52.639
3	1:35.920	+4.945	17:47:28.559
4	1:33.703	+2.728	17:49:02.262
5	1:32.279	+1.304	17:50:34.541
6	1:33.495	+2.520	17:52:08.036
7	1:30.975		17:53:39.011
8	1:31.633	+0.658	17:55:10.644
9	1:31.907	+0.932	17:56:42.551
10	1:32.302	+1.327	17:58:14.853

(2) Kine Engebakken

1			17:43:33.131
2	1:38.846	+4.264	17:45:11.977
3	1:36.853	+2.271	17:46:48.830
4	1:37.499	+2.917	17:48:26.329
5	1:38.512	+3.930	17:50:04.841
6	1:37.257	+2.675	17:51:42.098
7	1:37.316	+2.734	17:53:19.414
8	1:37.523	+2.941	17:54:56.937
9	1:34.582		17:56:31.519
10	1:37.390	+2.808	17:58:08.909

(82-2) Utleiesykket 2 SMCK

1			17:05:12.058
2	1:41.654	+1.810	17:06:53.712
3	1:39.844		17:08:33.556
4	1:40.821	+0.977	17:10:14.377
5	1:43.147	+3.303	17:11:57.524
6	1:43.885	+4.041	17:13:41.409
7	1:43.273	+3.429	17:15:24.682
8	1:40.626	+0.782	17:17:05.308
9	1:42.704	+2.860	17:18:48.012
p10	1:50.648	+10.804	17:20:38.660