



# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 2

05.06.2023 18:00

Practice (1:00:00 Time) started at 18:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(69) Bobbo Enger</b>			
1			18:22:39.254
2	<b>1:04.795</b>	+2.148	18:23:44.049
3	<b>1:04.634</b>	+1.987	18:24:48.683
4	<b>1:02.891</b>	+0.244	18:25:51.574
5	<b>1:07.993</b>	+5.346	18:26:59.567
6	<b>1:08.608</b>	+5.961	18:28:08.175
7	<b>1:10.219</b>	+7.572	18:29:18.394
8	<b>1:04.870</b>	+2.223	18:30:23.264
9	<b>1:03.030</b>	+0.383	18:31:26.294
10	<b>1:02.647</b>		18:32:28.941
p11	<b>1:07.830</b>	+5.183	18:33:36.771

Lap	Lap Tm	Diff	Time of Day
<b>(29) Audun Gundersen</b>			
1			18:22:09.473
2	<b>1:05.480</b>	+1.914	18:23:14.953
3	<b>1:06.049</b>	+2.483	18:24:21.002
4	<b>1:04.349</b>	+0.783	18:25:25.351
5	<b>1:04.047</b>	+0.481	18:26:29.398
6	<b>1:06.670</b>	+3.104	18:27:36.068
7	<b>1:06.754</b>	+3.188	18:28:42.822
8	<b>1:07.112</b>	+3.546	18:29:49.934
9	<b>1:04.687</b>	+1.121	18:30:54.621
10	<b>1:03.638</b>	+0.072	18:31:58.259
11	<b>1:03.566</b>		18:33:01.825
12	<b>1:03.993</b>	+0.427	18:34:05.818
p13	<b>1:17.010</b>	+13.444	18:35:22.828

Lap	Lap Tm	Diff	Time of Day
<b>(141) Morten Storsveen</b>			
1			18:23:31.540
2	<b>1:05.215</b>	+1.250	18:24:36.755
3	<b>1:03.965</b>		18:25:40.720
4	<b>1:04.260</b>	+0.295	18:26:44.980
5	<b>1:06.336</b>	+2.371	18:27:51.316
6	<b>1:05.719</b>	+1.754	18:28:57.035
7	<b>1:06.223</b>	+2.258	18:30:03.258
p8	<b>1:11.020</b>	+7.055	18:31:14.278
9	<b>16:36.668</b>	+15:32.703	18:47:50.946
10	<b>1:13.033</b>	+9.068	18:49:03.979
11	<b>1:13.242</b>	+9.277	18:50:17.221
12	<b>1:10.638</b>	+6.673	18:51:27.859
13	<b>1:09.400</b>	+5.435	18:52:37.259
14	<b>1:10.443</b>	+6.478	18:53:47.702
p15	<b>1:15.434</b>	+11.469	18:55:03.136

Lap	Lap Tm	Diff	Time of Day
<b>(68) Dagfinn Mosveen</b>			
1			18:25:36.131
2	<b>1:07.870</b>	+3.419	18:26:44.001
3	<b>1:06.986</b>	+2.535	18:27:50.987
4	<b>1:05.563</b>	+1.112	18:28:56.550
5	<b>1:05.969</b>	+1.518	18:30:02.519
6	<b>1:07.224</b>	+2.773	18:31:09.743
7	<b>1:05.431</b>	+0.980	18:32:15.174
8	<b>1:06.117</b>	+1.666	18:33:21.291
9	<b>1:06.008</b>	+1.557	18:34:27.299
10	<b>1:05.140</b>	+0.689	18:35:32.439
11	<b>1:04.911</b>	+0.460	18:36:37.350
12	<b>1:04.451</b>		18:37:41.801
p13	<b>6:08.453</b>	+5:04.002	18:43:50.254

Lap	Lap Tm	Diff	Time of Day
<b>(19) Bastian Sagen</b>			
1			18:22:09.031
2	<b>1:05.390</b>	+0.777	18:23:14.421
3	<b>2:07.796</b>	+1:03.183	18:25:22.217
4	<b>1:06.979</b>	+2.366	18:26:29.196

Lap	Lap Tm	Diff	Time of Day
5	<b>1:06.787</b>	+2.174	18:27:35.983
6	<b>1:06.572</b>	+1.959	18:28:42.555
7	<b>1:07.199</b>	+2.586	18:29:49.754
8	<b>1:05.653</b>	+1.040	18:30:55.407
9	<b>1:05.036</b>	+0.423	18:32:00.443
10	<b>1:04.613</b>		18:33:05.056
11	<b>1:04.751</b>	+0.138	18:34:09.807
12	<b>1:06.145</b>	+1.532	18:35:15.952
13	<b>1:05.626</b>	+1.013	18:36:21.578
14	<b>1:04.791</b>	+0.178	18:37:26.369
p15	<b>1:16.945</b>	+12.332	18:38:43.314

Lap	Lap Tm	Diff	Time of Day
<b>(34) Anders Lykkebo</b>			
1			18:23:01.306
2	<b>1:07.687</b>	+1.541	18:24:08.993
3	<b>1:07.843</b>	+1.697	18:25:16.836
4	<b>1:07.358</b>	+1.212	18:26:24.194
5	<b>1:06.354</b>	+0.208	18:27:30.548
6	<b>1:06.146</b>		18:28:36.694
7	<b>1:06.269</b>	+0.123	18:29:42.963
8	<b>1:06.565</b>	+0.419	18:30:49.528
p9	<b>1:17.106</b>	+10.960	18:32:06.634
10	<b>2:25.201</b>	+1:19.055	18:34:31.835
p11	<b>1:15.751</b>	+9.605	18:35:47.586

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			18:22:38.816
2	<b>1:09.499</b>	+3.244	18:23:48.315
3	<b>1:07.600</b>	+1.345	18:24:55.915
4	<b>1:08.307</b>	+2.052	18:26:04.222
5	<b>1:07.756</b>	+1.501	18:27:11.978
6	<b>1:06.391</b>	+0.136	18:28:18.369
7	<b>1:07.064</b>	+0.809	18:29:25.433
8	<b>1:07.020</b>	+0.765	18:30:32.453
9	<b>1:06.548</b>	+0.293	18:31:39.001
10	<b>1:06.601</b>	+0.346	18:32:45.602
11	<b>1:06.255</b>		18:33:51.857
12	<b>1:06.334</b>	+0.079	18:34:58.191
p13	<b>1:16.455</b>	+10.200	18:36:14.646

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			18:23:00.522
2	<b>1:07.790</b>	+1.023	18:24:08.312
3	<b>1:08.080</b>	+1.313	18:25:16.392
4	<b>1:07.154</b>	+0.387	18:26:23.546
5	<b>1:07.701</b>	+0.934	18:27:31.247
6	<b>1:07.023</b>	+0.256	18:28:38.270
7	<b>1:06.767</b>		18:29:45.037
8	<b>1:06.952</b>	+0.185	18:30:51.989
9	<b>1:07.057</b>	+0.290	18:31:59.046
p10	<b>1:17.488</b>	+10.721	18:33:16.534

Lap	Lap Tm	Diff	Time of Day
<b>(12) rune aleksandersen</b>			
1			18:46:18.438
2	<b>1:20.787</b>	+12.992	18:47:39.225
3	<b>1:12.895</b>	+5.100	18:48:52.120
4	<b>1:10.019</b>	+2.224	18:50:02.139
5	<b>1:09.298</b>	+1.503	18:51:11.437
6	<b>1:56.276</b>	+48.481	18:53:07.713
7	<b>1:07.795</b>		18:54:15.508
8	<b>1:08.476</b>	+0.681	18:55:23.984
9	<b>1:08.446</b>	+0.651	18:56:32.430
p10	<b>1:44.603</b>	+36.808	18:58:17.033

Lap	Lap Tm	Diff	Time of Day
<b>(96) Oddgeir Mikkelerud</b>			
1			18:44:46.521

Lap	Lap Tm	Diff	Time of Day
2	<b>1:11.232</b>	+2.826	18:45:57.753
3	<b>1:13.831</b>	+5.425	18:47:11.584
4	<b>1:14.216</b>	+5.810	18:48:25.800
5	<b>1:12.086</b>	+3.680	18:49:37.886
6	<b>1:09.412</b>	+1.006	18:50:47.298
7	<b>1:12.054</b>	+3.648	18:51:59.352
8	<b>1:12.235</b>	+3.829	18:53:11.587
9	<b>1:08.406</b>		18:54:19.993
10	<b>1:09.710</b>	+1.304	18:55:29.703
11	<b>1:09.844</b>	+1.438	18:56:39.547
p12	<b>1:30.339</b>	+21.933	18:58:09.886

Lap	Lap Tm	Diff	Time of Day
<b>(186) Arild Henriksen</b>			
1			18:45:49.243
2	<b>1:19.406</b>	+10.942	18:47:08.649
3	<b>1:14.775</b>	+6.311	18:48:23.424
4	<b>1:10.486</b>	+2.022	18:49:33.910
5	<b>1:08.591</b>	+0.127	18:50:42.501
6	<b>1:13.548</b>	+5.084	18:51:56.049
7	<b>1:10.564</b>	+2.100	18:53:06.613
8	<b>1:08.464</b>		18:54:15.077
9	<b>1:12.057</b>	+3.593	18:55:27.134
10	<b>1:10.330</b>	+1.866	18:56:37.464
p11	<b>1:22.330</b>	+13.866	18:57:59.794

Lap	Lap Tm	Diff	Time of Day
<b>(198) Hannah Arnegard</b>			
1			18:23:11.357
2	<b>2:05.633</b>	+56.952	18:25:16.990
p3	<b>1:15.251</b>	+6.570	18:26:32.241
4	<b>2:10.114</b>	+1:01.433	18:28:42.355
5	<b>1:11.370</b>	+2.689	18:29:53.725
6	<b>1:10.694</b>	+2.013	18:31:04.419
7	<b>1:11.169</b>	+2.488	18:32:15.588
p8	<b>1:16.828</b>	+8.147	18:33:32.416
9	<b>2:29.540</b>	+1:20.859	18:36:01.956
10	<b>1:08.681</b>		18:37:10.637
11	<b>1:08.979</b>	+0.298	18:38:19.616
p12	<b>1:20.970</b>	+12.289	18:39:40.586

Lap	Lap Tm	Diff	Time of Day
<b>(65) Mikkel Storsveen</b>			
1			18:23:43.159
2	<b>1:10.407</b>	+1.555	18:24:53.566
3	<b>1:10.424</b>	+1.572	18:26:03.990
4	<b>1:09.299</b>	+0.447	18:27:13.289
5	<b>1:09.366</b>	+0.514	18:28:22.655
6	<b>1:09.222</b>	+0.370	18:29:31.877
7	<b>1:09.686</b>	+0.834	18:30:41.563
8	<b>1:08.852</b>		18:31:50.415
p9	<b>1:15.131</b>	+6.279	18:33:05.546

Lap	Lap Tm	Diff	Time of Day
<b>(52) Stein Arne Jenssen</b>			
1			18:44:57.252
2	<b>1:18.897</b>	+10.041	18:46:16.149
3	<b>1:23.702</b>	+14.846	18:47:39.851
4	<b>1:19.955</b>	+11.099	18:48:59.806
5	<b>1:11.723</b>	+2.867	18:50:11.529
6	<b>1:10.557</b>	+1.701	18:51:22.086
7	<b>1:08.856</b>		18:52:30.942
8	<b>1:10.507</b>	+1.651	18:53:41.449
9	<b>1:10.480</b>	+1.624	18:54:51.929
10	<b>1:10.961</b>	+2.105	18:56:02.890
11	<b>1:10.543</b>	+1.687	18:57:13.433
p12	<b>1:39.252</b>	+30.396	18:58:52.685

Lap	Lap Tm	Diff	Time of Day
<b>(171) Jørgen Bjørklund</b>			
1			18:27:02.136

# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 2

05.06.2023 18:00

Practice (1:00:00 Time) started at 18:00:00

Lap	Lap Tm	Diff	Time of Day
2	1:09.198	+0.266	18:28:11.334
3	1:08.932		18:29:20.266
p4	1:25.905	+16.973	18:30:46.171

(141.) Benjamin Storsveen

1			18:48:01.715
2	1:13.883	+4.196	18:49:15.598
3	1:11.175	+1.488	18:50:26.773
4	1:10.525	+0.838	18:51:37.298
5	1:09.971	+0.284	18:52:47.269
6	1:09.687		18:53:56.956
p7	1:18.854	+9.167	18:55:15.810

(38) Rune Vangen

1			18:45:50.942
2	1:17.310	+7.238	18:47:08.252
3	1:14.723	+4.651	18:48:22.975
4	1:12.019	+1.947	18:49:34.994
5	1:10.293	+0.221	18:50:45.287
6	1:12.794	+2.722	18:51:58.081
7	1:10.627	+0.555	18:53:08.708
8	1:10.202	+0.130	18:54:18.910
9	1:10.319	+0.247	18:55:29.229
10	1:10.072		18:56:39.301
p11	1:29.961	+19.889	18:58:09.262

(88) Fredrik Fredriksen

1			18:45:38.692
2	1:26.504	+15.605	18:47:05.196
3	1:18.164	+7.265	18:48:23.360
4	1:14.830	+3.931	18:49:38.190
5	1:12.658	+1.759	18:50:50.848
6	1:11.558	+0.659	18:52:02.406
7	1:13.491	+2.592	18:53:15.897
8	1:14.959	+4.060	18:54:30.856
9	1:10.942	+0.043	18:55:41.798
10	1:10.899		18:56:52.697
p11	1:19.467	+8.568	18:58:12.164

(28) Tom Roger Syversen

1			18:47:47.817
2	1:14.307	+3.394	18:49:02.124
3	1:15.745	+4.832	18:50:17.869
4	1:14.048	+3.135	18:51:31.917
5	1:10.913		18:52:42.830
6	1:11.250	+0.337	18:53:54.080
p7	1:20.627	+9.714	18:55:14.707

(63) Roy Aron Hansen

1			18:46:21.834
2	1:17.832	+6.622	18:47:39.666
3	1:16.203	+4.993	18:48:55.869
4	1:14.280	+3.070	18:50:10.149
5	1:12.465	+1.255	18:51:22.614
6	1:11.790	+0.580	18:52:34.404
7	1:11.482	+0.272	18:53:45.886
8	1:11.210		18:54:57.096
9	1:15.047	+3.837	18:56:12.143
10	1:11.756	+0.546	18:57:23.899
p11	1:31.012	+19.802	18:58:54.911

(5) Fredrik Storli

1			18:06:21.657
2	1:17.375	+5.718	18:07:39.032
3	1:14.026	+2.369	18:08:53.058
4	1:13.176	+1.519	18:10:06.234

Lap	Lap Tm	Diff	Time of Day
5	1:12.312	+0.655	18:11:18.546
p6	1:22.798	+11.141	18:12:41.344
7	2:20.092	+1:08.435	18:15:01.436
8	1:11.657		18:16:13.093
p9	1:23.445	+11.788	18:17:36.538

(118) Finn Kristiansen

1			18:45:48.281
2	1:18.603	+6.092	18:47:06.884
p3	1:26.041	+13.530	18:48:32.925
4	2:35.070	+1:22.559	18:51:07.995
5	1:13.029	+0.518	18:52:21.024
6	1:15.172	+2.661	18:53:36.196
7	1:12.511		18:54:48.707
p8	1:19.827	+7.316	18:56:08.534

(11) Eirik Skrinde

1			18:44:58.773
2	1:18.828	+5.559	18:46:17.601
3	1:23.308	+10.039	18:47:40.909
p4	1:25.218	+11.949	18:49:06.127
5	1:34.938	+21.669	18:50:41.065
6	1:16.843	+3.574	18:51:57.908
7	1:16.127	+2.858	18:53:14.035
8	1:19.641	+6.372	18:54:33.676
9	1:16.245	+2.976	18:55:49.921
10	1:13.269		18:57:03.190
p11	1:22.504	+9.235	18:58:25.694

(5..) Kristoffer Lie

1			18:45:35.260
2	1:33.310	+19.875	18:47:08.570
3	1:22.955	+9.520	18:48:31.525
4	1:15.014	+1.579	18:49:46.539
5	1:14.945	+1.510	18:51:01.484
6	1:14.168	+0.733	18:52:15.652
7	1:13.435		18:53:29.087
8	1:14.578	+1.143	18:54:43.665
9	1:13.465	+0.030	18:55:57.130
10	1:47.811	+34.376	18:57:44.941
p11	1:29.907	+16.472	18:59:14.848

(82-3) Utleiesykkel 3 SMCK

1			18:06:14.625
2	1:33.903	+19.936	18:07:48.528
3	1:33.886	+19.919	18:09:22.414
4	1:30.079	+16.112	18:10:52.493
5	1:28.140	+14.173	18:12:20.633
6	1:29.288	+15.321	18:13:49.921
7	1:27.405	+13.438	18:15:17.326
8	1:30.885	+16.918	18:16:48.211
p9	1:33.027	+19.060	18:18:21.238
10	26:27.722	+25:13.755	18:44:48.960
11	1:28.188	+14.221	18:46:17.144
12	1:22.626	+8.659	18:47:39.778
13	1:18.922	+4.955	18:48:58.696
14	1:16.281	+2.314	18:50:14.977
15	1:15.012	+1.045	18:51:29.989
16	1:14.557	+0.590	18:52:44.546
17	1:14.239	+0.272	18:53:58.785
18	1:14.538	+0.571	18:55:13.323
19	1:13.967		18:56:27.290
p20	1:21.186	+7.219	18:57:48.476

(50) Tor Christensen

1			18:46:15.202
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Lap	Lap Tm	Diff	Time of Day
2	1:23.068	+6.407	18:47:38.270
3	1:20.797	+4.136	18:48:59.067
4	1:18.135	+1.474	18:50:17.202
5	1:20.161	+3.500	18:51:37.363
6	1:18.025	+1.364	18:52:55.388
7	1:17.812	+1.151	18:54:13.200
8	1:16.661		18:55:29.861
9	1:18.536	+1.875	18:56:48.397

(5.) Sindre Fjeldberg

p1			18:07:23.733
2	2:06.536	+44.652	18:09:30.269
3	1:24.701	+2.817	18:10:54.970
4	1:23.289	+1.405	18:12:18.259
5	1:22.969	+1.085	18:13:41.228
6	1:21.884		18:15:03.112
p7	1:33.577	+11.693	18:16:36.689

(126) Oliver Bjørnerud

1			18:06:15.476
2	1:22.430		18:07:37.906
p3	1:23.260	+0.830	18:09:01.166
4	2:12.233	+49.803	18:11:13.399
p5	1:35.663	+13.233	18:12:49.062
6	3:55.994	+2:33.564	18:16:45.056
p7	1:24.640	+2.210	18:18:09.696

(64.) Hans Bernhard Falk

1			18:06:13.755
2	1:33.574	+7.285	18:07:47.329
3	1:31.067	+4.778	18:09:18.396
4	1:29.952	+3.663	18:10:48.348
5	1:30.950	+4.661	18:12:19.298
6	1:27.762	+1.473	18:13:47.060
7	1:26.289		18:15:13.349
p8	1:34.922	+8.633	18:16:48.271

(49) William Eid Falk

1			18:06:18.164
2	1:32.139	+5.485	18:07:50.303
3	1:30.369	+3.715	18:09:20.672
4	1:28.283	+1.629	18:10:48.955
5	1:28.796	+2.142	18:12:17.751
6	1:26.654		18:13:44.405
7	1:28.478	+1.824	18:15:12.883
p8	1:39.389	+12.735	18:16:52.272

(50.) Stig Patrick Rognstad

p1			18:00:02.292
2	46:57.992	+45:28.182	18:47:00.284
3	1:40.813	+11.003	18:48:41.097
4	1:34.506	+4.696	18:50:15.603
5	1:30.917	+1.107	18:51:46.520
6	1:30.723	+0.913	18:53:17.243
7	1:30.202	+0.392	18:54:47.445
8	1:29.810		18:56:17.255
9	1:32.563	+2.753	18:57:49.818
p10	1:41.779	+11.969	18:59:31.597

(2) Kine Engebakken

p1			18:00:01.038
2	45:39.920	+44:08.630	18:45:40.958
3	1:43.406	+12.116	18:47:24.364
4	1:38.825	+7.535	18:49:03.189
5	1:36.217	+4.927	18:50:39.406
6	1:34.736	+3.446	18:52:14.142



# Mandagstrening SMCK

Trening Vålerbanen 2,274 km  
 FP 2 05.06.2023 18:00  
 Practice (1:00:00 Time) started at 18:00:00

Lap	Lap Tm	Diff	Time of Day
7	1:32.318	+1.028	18:53:46.460
8	1:31.587	+0.297	18:55:18.047
9	1:31.290		18:56:49.337
p10	1:38.637	+7.347	18:58:27.974

(82-2) Utleiesykkkel 2 SMCK

Lap	Lap Tm	Diff	Time of Day
1			18:06:22.812
2	1:39.492	+5.328	18:08:02.304
3	1:37.270	+3.106	18:09:39.574
4	1:34.164		18:11:13.738
5	1:36.145	+1.981	18:12:49.883
p6	1:45.823	+11.659	18:14:35.706

(82-1) Utleiesykkkel 1 SMCK

Lap	Lap Tm	Diff	Time of Day
1			18:06:21.860
2	1:44.964	+0.262	18:08:06.824
3	1:48.467	+3.765	18:09:55.291
4	1:44.702		18:11:39.993
5	1:45.735	+1.033	18:13:25.728
6	1:46.683	+1.981	18:15:12.411
7	1:45.776	+1.074	18:16:58.187
p8	1:49.590	+4.888	18:18:47.777

(40) Kim Rønningen

Lap	Lap Tm	Diff	Time of Day
1			18:22:38.217
p2	17:53.844	3:43:00.931	18:40:32.061

(46) Per kristian Mausethagen

Lap	Lap Tm	Diff	Time of Day
1			18:47:51.155
p2	1:36.995	3:59:17.780	18:49:28.150

(23) Alan Gorman

Lap	Lap Tm	Diff	Time of Day
p1			18:00:04.006
2	45:01.265	3:15:53.510	18:45:05.271

Lap	Lap Tm	Diff	Time of Day
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Lap	Lap Tm	Diff	Time of Day
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