



Mandagstrening SMCK

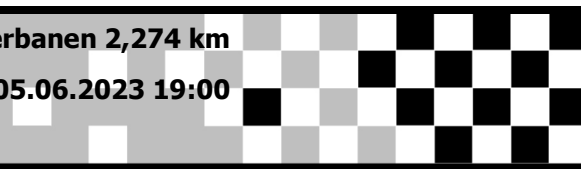
Trening

Vålerbanen 2,274 km

FP 3

05.06.2023 19:00

Practice (1:00:00 Time) started at 19:00:18



Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			19:23:38.790
2	1:03.381	+0.804	19:24:42.171
3	1:03.153	+0.576	19:25:45.324
4	1:03.257	+0.680	19:26:48.581
5	1:02.957	+0.380	19:27:51.538
6	1:03.010	+0.433	19:28:54.548
7	1:03.551	+0.974	19:29:58.099
8	1:02.577		19:31:00.676
9	1:03.308	+0.731	19:32:03.984
p10	1:06.103	+3.526	19:33:10.087

Lap	Lap Tm	Diff	Time of Day
(141) Morten Storsveen			
1			19:25:15.385
2	1:04.197	+0.756	19:26:19.582
3	1:04.313	+0.872	19:27:23.895
4	1:04.108	+0.667	19:28:28.003
5	1:04.039	+0.598	19:29:32.042
6	1:03.441		19:30:35.483
p7	1:10.391	+6.950	19:31:45.874
8	14:17.314	+13:13.873	19:46:03.188
9	1:11.301	+7.860	19:47:14.489
10	1:11.484	+8.043	19:48:25.973
p11	1:18.525	+15.084	19:49:44.498

Lap	Lap Tm	Diff	Time of Day
(29) Audun Gundersen			
1			19:23:15.640
2	1:04.623	+1.051	19:24:20.263
3	1:04.168	+0.596	19:25:24.431
4	1:04.130	+0.558	19:26:28.561
5	1:04.040	+0.468	19:27:32.601
6	1:03.572		19:28:36.173
7	1:04.004	+0.432	19:29:40.177
8	1:03.919	+0.347	19:30:44.096
9	1:03.679	+0.107	19:31:47.775
10	1:04.015	+0.443	19:32:51.790
11	1:05.015	+1.443	19:33:56.805
12	1:04.871	+1.299	19:35:01.676
13	1:05.511	+1.939	19:36:07.187
14	1:05.246	+1.674	19:37:12.433
15	1:05.707	+2.135	19:38:18.140
p16	1:26.947	+23.375	19:39:45.087

Lap	Lap Tm	Diff	Time of Day
(19) Bastian Sagen			
1			19:23:17.477
2	1:04.901	+0.834	19:24:22.378
3	1:06.010	+1.943	19:25:28.388
4	1:05.432	+1.365	19:26:33.820
5	1:05.381	+1.314	19:27:39.201
6	1:06.824	+2.757	19:28:46.025
7	1:05.047	+0.980	19:29:51.072
8	1:04.828	+0.761	19:30:55.900
9	1:04.067		19:31:59.967
10	1:04.382	+0.315	19:33:04.349
11	1:04.615	+0.548	19:34:08.964
12	1:04.586	+0.519	19:35:13.550
13	1:04.847	+0.780	19:36:18.397
14	1:04.531	+0.464	19:37:22.928
15	1:04.344	+0.277	19:38:27.272
p16	1:19.099	+15.032	19:39:46.371

Lap	Lap Tm	Diff	Time of Day
(34) Anders Lykkebø			
1			19:24:20.539
2	1:07.463	+2.162	19:25:28.002
3	1:06.916	+1.615	19:26:34.918

Lap	Lap Tm	Diff	Time of Day
4	1:05.301		19:27:40.219
5	1:06.576	+1.275	19:28:46.795
6	1:05.753	+0.452	19:29:52.548
7	1:06.748	+1.447	19:30:59.296
p8	1:16.321	+11.020	19:32:15.617

Lap	Lap Tm	Diff	Time of Day
(198) Hannah Arnegard			
1			19:24:07.480
2	1:52.786	+47.364	19:26:00.266
3	1:06.637	+1.215	19:27:06.903
4	1:06.138	+0.716	19:28:13.041
5	1:06.297	+0.875	19:29:19.338
6	1:06.196	+0.774	19:30:25.534
7	1:05.957	+0.535	19:31:31.491
8	1:05.670	+0.248	19:32:37.161
9	1:07.779	+2.357	19:33:44.940
10	1:05.808	+0.386	19:34:50.748
11	1:05.694	+0.272	19:35:56.442
12	1:05.422		19:37:01.864
p13	1:09.898	+4.476	19:38:11.762

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			19:23:09.956
2	1:08.916	+2.795	19:24:18.872
3	1:07.170	+1.049	19:25:26.042
4	1:06.121		19:26:32.163
5	1:06.678	+0.557	19:27:38.841
6	1:06.735	+0.614	19:28:45.576
7	1:06.637	+0.516	19:29:52.213
8	1:06.227	+0.106	19:30:58.440
9	1:06.329	+0.208	19:32:04.769
10	1:06.459	+0.338	19:33:11.228
p11	1:17.116	+10.995	19:34:28.344

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtjie			
1			19:23:13.159
2	1:08.818	+1.874	19:24:21.977
3	1:07.960	+1.016	19:25:29.937
4	1:07.405	+0.461	19:26:37.342
5	1:07.848	+0.904	19:27:45.190
6	1:06.972	+0.028	19:28:52.162
7	1:07.121	+0.177	19:29:59.283
8	1:06.944		19:31:06.227
9	1:07.117	+0.173	19:32:13.344
p10	1:18.903	+11.959	19:33:32.247

Lap	Lap Tm	Diff	Time of Day
(23) Alan Gorman			
1			19:42:26.310
2	1:10.791	+3.780	19:43:37.101
3	1:08.854	+1.843	19:44:45.955
4	1:10.121	+3.110	19:45:56.076
5	1:11.236	+4.225	19:47:07.312
6	1:08.024	+1.013	19:48:15.336
7	1:10.237	+3.226	19:49:25.573
8	1:07.830	+0.819	19:50:33.403
9	1:11.360	+4.349	19:51:44.763
10	1:07.011		19:52:51.774
11	1:08.222	+1.211	19:53:59.996
12	1:08.632	+1.621	19:55:08.628
13	1:08.843	+1.832	19:56:17.471
14	1:07.862	+0.851	19:57:25.333
p15	1:38.974	+31.963	19:59:04.307

Lap	Lap Tm	Diff	Time of Day
(186) Arild Henriksen			
1			19:42:24.108
2	1:09.788	+2.098	19:43:33.896

Lap	Lap Tm	Diff	Time of Day
3	1:11.404	+3.714	19:44:45.300
4	1:09.652	+1.962	19:45:54.952
5	1:11.801	+4.111	19:47:06.753
6	1:08.307	+0.617	19:48:15.060
7	1:10.275	+2.585	19:49:25.335
8	1:07.690		19:50:33.025
9	1:12.021	+4.331	19:51:45.046
10	1:08.160	+0.470	19:52:53.206
p11	1:18.429	+10.739	19:54:11.635

Lap	Lap Tm	Diff	Time of Day
(65) Mikkel Storsveen			
1			19:25:57.616
2	1:09.818	+1.953	19:27:07.434
3	1:07.865		19:28:15.299
4	1:08.210	+0.345	19:29:23.509
5	1:08.698	+0.833	19:30:32.207
6	1:08.933	+1.068	19:31:41.140
7	1:08.988	+1.123	19:32:50.128
p8	1:17.780	+9.915	19:34:07.908

Lap	Lap Tm	Diff	Time of Day
(12) rune aleksandersen			
1			19:42:12.363
2	1:10.400	+1.782	19:43:22.763
3	1:09.676	+1.058	19:44:32.439
4	1:10.977	+2.359	19:45:43.416
5	1:10.472	+1.854	19:46:53.888
6	1:11.319	+2.701	19:48:05.207
7	1:11.104	+2.486	19:49:16.311
8	1:11.302	+2.684	19:50:27.613
9	1:11.102	+2.484	19:51:38.715
10	1:10.739	+2.121	19:52:49.454
11	1:11.079	+2.461	19:54:00.533
12	1:08.618		19:55:09.151
13	1:12.153	+3.535	19:56:21.304
14	1:08.736	+0.118	19:57:30.040
p15	1:35.841	+27.223	19:59:05.881

Lap	Lap Tm	Diff	Time of Day
(141.) Benjamin Storsveen			
1			19:46:03.839
2	1:11.762	+2.873	19:47:15.601
3	1:10.664	+1.775	19:48:26.265
4	1:13.496	+4.607	19:49:39.761
5	1:08.889		19:50:48.650
p6	1:17.247	+8.358	19:52:05.897
7	1:30.665	+21.776	19:53:36.562
p8	1:21.183	+12.294	19:54:57.745

Lap	Lap Tm	Diff	Time of Day
(52) Stein Arne Jenssen			
1			19:43:19.549
2	1:10.945	+1.401	19:44:30.494
3	1:12.424	+2.880	19:45:42.918
4	1:10.474	+0.930	19:46:53.392
5	1:11.906	+2.362	19:48:05.298
6	1:16.630	+7.086	19:49:21.928
7	1:10.317	+0.773	19:50:32.245
8	1:14.710	+5.166	19:51:46.955
9	1:09.544		19:52:56.499
p10	1:26.034	+16.490	19:54:22.533

Lap	Lap Tm	Diff	Time of Day
(88) Fredrik Fredriksen			
1			19:42:21.097
2	1:10.268	+0.428	19:43:31.365
3	1:13.679	+3.839	19:44:45.044
4	1:15.484	+5.644	19:46:00.528
5	1:12.284	+2.444	19:47:12.812
6	1:12.468	+2.628	19:48:25.280



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 3

05.06.2023 19:00

Practice (1:00:00 Time) started at 19:00:18

Lap	Lap Tm	Diff	Time of Day
7	1:11.067	+1.227	19:49:36.347
8	1:11.540	+1.700	19:50:47.887
9	1:18.253	+8.413	19:52:06.140
10	1:13.130	+3.290	19:53:19.270
11	1:09.840		19:54:29.110
12	1:10.693	+0.853	19:55:39.803
13	1:10.967	+1.127	19:56:50.770
14	1:13.906	+4.066	19:58:04.676

(38) Rune Vangen

1			19:43:58.887
2	1:13.611	+3.396	19:45:12.498
3	1:10.875	+0.660	19:46:23.373
4	1:10.528	+0.313	19:47:33.901
5	1:11.312	+1.097	19:48:45.213
6	1:10.596	+0.381	19:49:55.809
7	1:12.367	+2.152	19:51:08.176
8	1:13.396	+3.181	19:52:21.572
9	1:10.336	+0.121	19:53:31.908
10	1:11.657	+1.442	19:54:43.565
11	1:10.215		19:55:53.780
12	1:10.529	+0.314	19:57:04.309
p13	1:23.540	+13.325	19:58:27.849

(63) Roy Aron Hansen

1			19:42:09.606
2	1:11.481	+0.991	19:43:21.087
3	1:10.490		19:44:31.577
4	1:10.652	+0.162	19:45:42.229
5	1:10.622	+0.132	19:46:52.851
6	1:11.707	+1.217	19:48:04.558
7	1:10.940	+0.450	19:49:15.498
8	1:11.658	+1.168	19:50:27.156
9	1:11.185	+0.695	19:51:38.341
10	1:10.751	+0.261	19:52:49.092
p11	1:19.609	+9.119	19:54:08.701

(5) Fredrik Storli

1			19:03:57.769
2	1:12.159	+1.576	19:05:09.928
3	1:12.813	+2.230	19:06:22.741
4	1:13.402	+2.819	19:07:36.143
5	1:10.971	+0.388	19:08:47.114
6	1:11.578	+0.995	19:09:58.692
7	1:13.962	+3.379	19:11:12.654
8	1:12.073	+1.490	19:12:24.727
9	1:11.372	+0.789	19:13:36.099
10	1:10.639	+0.056	19:14:46.738
11	1:10.583		19:15:57.321
12	1:13.082	+2.499	19:17:10.403
13	1:11.029	+0.446	19:18:21.432
p14	1:25.354	+14.771	19:19:46.786

(28) Tom Roger Syversen

1			19:48:24.946
2	1:11.107	+0.321	19:49:36.053
3	1:10.786		19:50:46.839
p4	1:20.220	+9.434	19:52:07.059
5	1:29.136	+18.350	19:53:36.195
p6	1:20.363	+9.577	19:54:56.558

(5..) Kristoffer Lie

1			19:42:18.899
2	1:11.863	+0.861	19:43:30.762
3	1:13.557	+2.555	19:44:44.319
4	1:11.410	+0.408	19:45:55.729

Lap	Lap Tm	Diff	Time of Day
5	1:15.485	+4.483	19:47:11.214
6	1:11.244	+0.242	19:48:22.458
7	1:11.791	+0.789	19:49:34.249
8	1:11.907	+0.905	19:50:46.156
9	1:15.399	+4.397	19:52:01.555
10	1:15.072	+4.070	19:53:16.627
11	1:11.453	+0.451	19:54:28.080
12	1:11.339	+0.337	19:55:39.419
13	1:11.002		19:56:50.421
14	1:12.625	+1.623	19:58:03.046

(118) Finn Kristiansen

1			19:06:01.197
2	1:38.690	+26.684	19:07:39.887
p3	1:48.326	+36.320	19:09:28.213
4	3:13.900	+2:01.894	19:12:42.113
5	1:31.899	+19.893	19:14:14.012
p6	1:40.868	+28.862	19:15:54.880
7	27:53.995	+26:41.989	19:43:48.875
8	1:14.622	+2.616	19:45:03.497
9	1:13.545	+1.539	19:46:17.042
p10	1:22.578	+10.572	19:47:39.620
11	2:11.378	+59.372	19:49:50.998
12	1:12.234	+0.228	19:51:03.232
13	1:12.006		19:52:15.238
p14	1:23.100	+11.094	19:53:38.338

(82-3) Utleiesykkkel 3 SMCK

1			19:03:32.033
2	1:30.552	+17.893	19:05:02.585
3	1:30.273	+17.614	19:06:32.858
4	1:30.437	+17.778	19:08:03.295
5	1:29.125	+16.466	19:09:32.420
6	1:30.019	+17.360	19:11:02.439
7	1:30.800	+18.141	19:12:33.239
8	1:30.125	+17.466	19:14:03.364
9	1:31.415	+18.756	19:15:34.779
10	1:28.721	+16.062	19:17:03.500
11	1:31.872	+19.213	19:18:35.372
p12	1:35.776	+23.117	19:20:11.148
13	22:06.492	+20:53.833	19:42:17.640
14	1:13.996	+1.337	19:43:31.636
15	1:15.138	+2.479	19:44:46.774
16	1:15.562	+2.903	19:46:02.336
17	1:13.603	+0.944	19:47:15.939
18	1:14.006	+1.347	19:48:29.945
19	1:13.023	+0.364	19:49:42.968
20	1:13.285	+0.626	19:50:56.253
21	1:12.659		19:52:08.912
22	1:17.196	+4.537	19:53:26.108
23	1:19.714	+7.055	19:54:45.822
24	1:16.483	+3.824	19:56:02.305
25	1:13.174	+0.515	19:57:15.479
p26	1:18.492	+5.833	19:58:33.971

(11) Eirik Skrinde

1			19:43:25.767
2	1:19.090	+6.164	19:44:44.857
3	1:17.406	+4.480	19:46:02.263
4	1:19.777	+6.851	19:47:22.040
5	1:17.213	+4.287	19:48:39.253
6	1:14.912	+1.986	19:49:54.165
7	1:13.672	+0.746	19:51:07.837
8	1:14.761	+1.835	19:52:22.598
9	1:12.926		19:53:35.524
10	1:14.114	+1.188	19:54:49.638

Lap	Lap Tm	Diff	Time of Day
11	1:13.528	+0.602	19:56:03.166
12	1:13.117	+0.191	19:57:16.283
p13	1:16.592	+3.666	19:58:32.875

(126) Oliver Bjørnerud

1			19:06:40.231
2	1:16.647	+2.992	19:07:56.878
3	1:15.129	+1.474	19:09:12.007
4	1:14.920	+1.265	19:10:26.927
5	1:14.552	+0.897	19:11:41.479
6	1:15.259	+1.604	19:12:56.738
7	1:16.519	+2.864	19:14:13.257
8	1:13.746	+0.091	19:15:27.003
9	1:13.676	+0.021	19:16:40.679
10	1:13.655		19:17:54.334
p11	1:23.118	+9.463	19:19:17.452

(96) Oddgeir Mikkelrud

1			19:46:40.334
2	1:23.632	+8.224	19:48:03.966
3	1:22.160	+6.752	19:49:26.126
4	1:22.122	+6.714	19:50:48.248
5	1:20.212	+4.804	19:52:08.460
6	1:21.234	+5.826	19:53:29.694
7	1:18.533	+3.125	19:54:48.227
8	1:17.480	+2.072	19:56:05.707
9	1:15.408		19:57:21.115
p10	1:23.870	+8.462	19:58:44.985

(50) Tor Christensen

1			19:45:23.230
2	1:18.866	+1.269	19:46:42.096
3	1:22.568	+4.971	19:48:04.664
4	1:22.118	+4.521	19:49:26.782
5	1:19.126	+1.529	19:50:45.908
6	1:19.636	+2.039	19:52:05.544
7	1:19.873	+2.276	19:53:25.417
8	1:19.859	+2.262	19:54:45.276
9	1:17.597		19:56:02.873
10	1:17.691	+0.094	19:57:20.564
p11	1:34.630	+17.033	19:58:55.194

(5) Sindre Fjeldberg

1			19:05:24.442
2	1:22.122	+1.890	19:06:46.564
3	1:22.767	+2.535	19:08:09.331
4	1:21.494	+1.262	19:09:30.825
p5	1:29.173	+8.941	19:10:59.998
6	2:12.096	+51.864	19:13:12.094
7	1:21.882	+1.650	19:14:33.976
8	1:22.426	+2.194	19:15:56.402
9	1:20.232		19:17:16.634
10	1:24.013	+3.781	19:18:40.647
p11	1:32.734	+12.502	19:20:13.381

(64.) Hans Bernhard Falk

1			19:03:42.349
2	1:25.577	+2.352	19:05:07.926
3	1:25.471	+2.246	19:06:33.397
4	1:24.198	+0.973	19:07:57.595
5	1:25.959	+2.734	19:09:23.554
6	1:25.631	+2.406	19:10:49.185
7	1:23.912	+0.687	19:12:13.097
8	1:23.225		19:13:36.322
9	1:23.290	+0.065	19:14:59.612
10	1:24.147	+0.922	19:16:23.759

