

# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 3

13.09.2021 18:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(060) Benjamin Storsveen</b>			
1			18:02:07.641
2	<b>1:05.996</b>	+3.379	18:03:13.637
3	<b>1:04.897</b>	+2.280	18:04:18.534
4	<b>1:03.528</b>	+0.911	18:05:22.062
5	<b>1:03.403</b>	+0.786	18:06:25.465
6	<b>1:03.126</b>	+0.509	18:07:28.591
7	<b>1:02.927</b>	+0.310	18:08:31.518
8	<b>1:02.617</b>		18:09:34.135
9	<b>1:03.796</b>	+1.179	18:10:37.931
p10	<b>1:14.927</b>	+12.310	18:11:52.858

Lap	Lap Tm	Diff	Time of Day
<b>(14) Kristoffer Hatterud</b>			
1			18:03:32.904
2	<b>1:06.806</b>	+2.226	18:04:39.710
3	<b>1:05.272</b>	+0.692	18:05:44.982
4	<b>1:04.741</b>	+0.161	18:06:49.723
5	<b>1:04.609</b>	+0.029	18:07:54.332
6	<b>1:04.885</b>	+0.305	18:08:59.217
7	<b>1:07.287</b>	+2.707	18:10:06.504
8	<b>1:04.849</b>	+0.269	18:11:11.353
9	<b>1:04.580</b>		18:12:15.933
p10	<b>1:13.744</b>	+9.164	18:13:29.677

Lap	Lap Tm	Diff	Time of Day
<b>(34) Anders Lykkebø</b>			
1			18:03:24.787
2	<b>1:05.637</b>	+0.287	18:04:30.424
3	<b>1:05.788</b>	+0.438	18:05:36.212
4	<b>1:05.702</b>	+0.352	18:06:41.914
5	<b>1:07.471</b>	+2.121	18:07:49.385
6	<b>1:05.799</b>	+0.449	18:08:55.184
7	<b>1:05.619</b>	+0.269	18:10:00.803
8	<b>1:05.350</b>		18:11:06.153
9	<b>1:05.749</b>	+0.399	18:12:11.902
p10	<b>1:42.435</b>	+37.085	18:13:54.337

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			18:01:24.848
2	<b>1:07.011</b>	+1.556	18:02:31.859
3	<b>1:07.022</b>	+1.567	18:03:38.881
4	<b>1:06.693</b>	+1.238	18:04:45.574
5	<b>1:06.605</b>	+1.150	18:05:52.179
6	<b>1:06.726</b>	+1.271	18:06:58.905
7	<b>1:06.764</b>	+1.309	18:08:05.669
8	<b>1:05.954</b>	+0.499	18:09:11.623
9	<b>1:06.554</b>	+1.099	18:10:18.177
10	<b>1:05.817</b>	+0.362	18:11:23.994
11	<b>1:05.455</b>		18:12:29.449
p12	<b>1:17.454</b>	+11.999	18:13:46.903

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			18:01:23.362
2	<b>1:06.287</b>	+0.620	18:02:29.649
3	<b>1:06.549</b>	+0.882	18:03:36.198
4	<b>1:05.726</b>	+0.059	18:04:41.924
5	<b>1:05.727</b>	+0.060	18:05:47.651
6	<b>1:05.667</b>		18:06:53.318
7	<b>1:07.356</b>	+1.689	18:08:00.674
8	<b>1:07.134</b>	+1.467	18:09:07.808
9	<b>1:06.342</b>	+0.675	18:10:14.150
10	<b>1:06.776</b>	+1.109	18:11:20.926
11	<b>1:06.347</b>	+0.680	18:12:27.273
12	<b>1:06.190</b>	+0.523	18:13:33.463
13	<b>1:07.964</b>	+2.297	18:14:41.427
14	<b>1:07.178</b>	+1.511	18:15:48.605

Lap	Lap Tm	Diff	Time of Day
15	<b>1:06.580</b>	+0.913	18:16:55.185
16	<b>1:06.889</b>	+1.222	18:18:02.074
p17	<b>1:39.425</b>	+33.758	18:19:41.499
<b>(5) Odin Høiaas</b>			
p1			18:01:33.574
2	<b>2:11.770</b>	+1:05.134	18:03:45.344
3	<b>1:08.289</b>	+1.653	18:04:53.633
4	<b>1:07.541</b>	+0.905	18:06:01.174
5	<b>1:07.820</b>	+1.184	18:07:08.994
6	<b>1:07.715</b>	+1.079	18:08:16.709
7	<b>1:08.064</b>	+1.428	18:09:24.773
8	<b>1:07.138</b>	+0.502	18:10:31.911
9	<b>1:06.636</b>		18:11:38.547
p10	<b>1:13.423</b>	+6.787	18:12:51.970

Lap	Lap Tm	Diff	Time of Day
<b>(30) Daniel Møller Warmedal</b>			
1			18:02:04.226
2	<b>1:09.141</b>	+1.816	18:03:13.367
3	<b>1:10.288</b>	+2.963	18:04:23.655
4	<b>1:08.871</b>	+1.546	18:05:32.526
5	<b>1:08.308</b>	+0.983	18:06:40.834
6	<b>1:08.056</b>	+0.731	18:07:48.890
7	<b>1:08.636</b>	+1.311	18:08:57.526
8	<b>1:08.235</b>	+0.910	18:10:05.761
9	<b>1:10.847</b>	+3.522	18:11:16.608
10	<b>1:08.148</b>	+0.823	18:12:24.756
11	<b>1:08.122</b>	+0.797	18:13:32.878
12	<b>1:07.792</b>	+0.467	18:14:40.670
13	<b>1:07.325</b>		18:15:47.995
14	<b>1:08.151</b>	+0.826	18:16:56.146
15	<b>1:07.738</b>	+0.413	18:18:03.884
p16	<b>1:16.377</b>	+9.052	18:19:20.261

Lap	Lap Tm	Diff	Time of Day
<b>(97) Helge Mosveen</b>			
1			18:22:28.749
2	<b>1:14.589</b>	+5.698	18:23:43.338
3	<b>1:10.676</b>	+1.785	18:24:54.014
4	<b>1:10.677</b>	+1.786	18:26:04.691
5	<b>1:12.951</b>	+4.060	18:27:17.642
6	<b>1:13.393</b>	+4.502	18:28:31.035
7	<b>1:09.791</b>	+0.900	18:29:40.826
8	<b>1:08.980</b>	+0.089	18:30:49.806
9	<b>1:13.694</b>	+4.803	18:32:03.500
10	<b>1:08.891</b>		18:33:12.391
11	<b>1:11.075</b>	+2.184	18:34:23.466
12	<b>1:10.623</b>	+1.732	18:35:34.089
13	<b>1:19.612</b>	+10.721	18:36:53.701
14	<b>1:12.031</b>	+3.140	18:38:05.732
p15	<b>1:24.030</b>	+15.139	18:39:29.762

Lap	Lap Tm	Diff	Time of Day
<b>(10) Kjetil Sjøflot</b>			
1			18:43:02.652
2	<b>1:13.027</b>	+3.599	18:44:15.679
3	<b>1:11.189</b>	+1.761	18:45:26.868
4	<b>1:09.428</b>		18:46:36.296
5	<b>1:10.016</b>	+0.588	18:47:46.312
6	<b>1:10.666</b>	+1.238	18:48:56.978
p7	<b>1:23.641</b>	+14.213	18:50:20.619
p8	<b>2:00.770</b>	+51.342	18:52:21.389

Lap	Lap Tm	Diff	Time of Day
<b>(52) Harald Meinicke</b>			
1			18:10:31.995
2	<b>1:12.611</b>	+2.583	18:11:44.606
3	<b>1:10.028</b>		18:12:54.634
4	<b>1:10.668</b>	+0.640	18:14:05.302

Lap	Lap Tm	Diff	Time of Day
5	<b>1:11.067</b>	+1.039	18:15:16.369
6	<b>1:10.450</b>	+0.422	18:16:26.819
7	<b>1:11.076</b>	+1.048	18:17:37.895
p8	<b>1:32.129</b>	+22.101	18:19:10.024
9	<b>4:40.640</b>	+3:30.612	18:23:50.664
10	<b>1:16.061</b>	+6.033	18:25:06.725
11	<b>1:17.852</b>	+7.824	18:26:24.577
12	<b>1:18.950</b>	+8.922	18:27:43.527
13	<b>1:18.399</b>	+8.371	18:29:01.926
14	<b>1:21.443</b>	+11.415	18:30:23.369
15	<b>1:16.912</b>	+6.884	18:31:40.281
p16	<b>1:27.210</b>	+17.182	18:33:07.491
17	<b>4:15.942</b>	+3:05.914	18:37:23.433
p18	<b>1:25.825</b>	+15.797	18:38:49.258

Lap	Lap Tm	Diff	Time of Day
<b>(57) Hans Bergstrøm</b>			
1			18:44:23.703
2	<b>1:10.384</b>		18:45:34.087
3	<b>1:11.166</b>	+0.782	18:46:45.253
4	<b>1:11.063</b>	+0.679	18:47:56.316
5	<b>1:10.686</b>	+0.302	18:49:07.002
6	<b>1:11.127</b>	+0.743	18:50:18.129
7	<b>1:11.499</b>	+1.115	18:51:29.628
8	<b>1:12.191</b>	+1.807	18:52:41.819
9	<b>1:13.352</b>	+2.968	18:53:55.171
10	<b>1:12.674</b>	+2.290	18:55:07.845
11	<b>1:12.325</b>	+1.941	18:56:20.170
p12	<b>1:25.688</b>	+15.304	18:57:45.858

Lap	Lap Tm	Diff	Time of Day
<b>(86) Arild Nilsen Henriksen</b>			
1			18:22:50.397
2	<b>1:17.334</b>	+6.948	18:24:07.731
3	<b>1:14.818</b>	+4.432	18:25:22.549
4	<b>1:14.110</b>	+3.724	18:26:36.659
5	<b>1:13.092</b>	+2.706	18:27:49.751
6	<b>1:14.598</b>	+4.212	18:29:04.349
7	<b>1:17.922</b>	+7.536	18:30:22.271
8	<b>1:11.345</b>	+0.959	18:31:33.616
9	<b>1:11.357</b>	+0.971	18:32:44.973
10	<b>1:10.785</b>	+0.399	18:33:55.758
11	<b>1:10.386</b>		18:35:06.144
12	<b>1:13.872</b>	+3.486	18:36:20.016
13	<b>1:13.062</b>	+2.676	18:37:33.078
p14	<b>1:24.329</b>	+13.943	18:38:57.407

Lap	Lap Tm	Diff	Time of Day
<b>(8) Kristin Heiberg</b>			
1			18:43:13.840
2	<b>1:11.980</b>	+1.193	18:44:25.820
3	<b>1:12.489</b>	+1.702	18:45:38.309
4	<b>1:12.973</b>	+2.186	18:46:51.282
5	<b>1:11.725</b>	+0.938	18:48:03.007
6	<b>1:12.215</b>	+1.428	18:49:15.222
7	<b>1:11.441</b>	+0.654	18:50:26.663
8	<b>1:11.705</b>	+0.918	18:51:38.368
9	<b>1:11.430</b>	+0.643	18:52:49.798
10	<b>1:10.787</b>		18:54:00.585
11	<b>1:12.456</b>	+1.669	18:55:13.041
12	<b>1:13.444</b>	+2.657	18:56:26.485
p13	<b>1:20.853</b>	+10.066	18:57:47.338

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			18:43:11.721
2	<b>1:13.268</b>	+1.544	18:44:24.989
3	<b>1:12.534</b>	+0.810	18:45:37.523
4	<b>1:12.715</b>	+0.991	18:46:50.238
5	<b>1:12.266</b>		

## Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 3

13.09.2021 18:00

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

Lap	Lap Tm	Diff	Time of Day
6	1:12.208	+0.484	18:49:14.712
7	<b>1:11.724</b>		18:50:26.436
8	1:11.801	+0.077	18:51:38.237
p9	1:26.442	+14.718	18:53:04.679
p10	1:58.236	+46.512	18:55:02.915
p11	1:54.610	+42.886	18:56:57.525

(137) Kari Andersen

1			18:23:50.908
2	1:17.874	+5.424	18:25:08.782
3	1:14.853	+2.403	18:26:23.635
4	1:14.027	+1.577	18:27:37.662
5	1:15.124	+2.674	18:28:52.786
6	1:14.121	+1.671	18:30:06.907
7	1:13.915	+1.465	18:31:20.822
8	1:14.424	+1.974	18:32:35.246
9	1:15.943	+3.493	18:33:51.189
10	1:13.850	+1.400	18:35:05.039
11	1:14.252	+1.802	18:36:19.291
12	1:12.584	+0.134	18:37:31.875
p13	1:21.478	+9.028	18:38:53.353
14	5:01.672	+3:49.222	18:43:55.025
15	1:18.906	+6.456	18:45:13.931
16	1:16.300	+3.850	18:46:30.231
17	1:14.896	+2.446	18:47:45.127
18	1:14.853	+2.403	18:48:59.980
19	1:14.873	+2.423	18:50:14.853
20	1:13.455	+1.005	18:51:28.308
21	1:13.223	+0.773	18:52:41.531
22	1:13.338	+0.888	18:53:54.869
23	<b>1:12.450</b>		18:55:07.319
24	1:12.486	+0.036	18:56:19.805
p25	1:24.289	+11.839	18:57:44.094

(20) Alan Gorman

1			18:43:19.096
2	1:18.399	+5.896	18:44:37.495
3	1:14.712	+2.209	18:45:52.207
4	1:14.534	+2.031	18:47:06.741
5	1:13.114	+0.611	18:48:19.855
6	1:12.541	+0.038	18:49:32.396
7	1:13.300	+0.797	18:50:45.696
8	1:12.556	+0.053	18:51:58.252
9	1:12.959	+0.456	18:53:11.211
10	1:13.534	+1.031	18:54:24.745
11	<b>1:12.503</b>		18:55:37.248
12	1:16.217	+3.714	18:56:53.465
p13	1:21.529	+9.026	18:58:14.994

(2) Mads Valen-Senstad

1			18:43:19.557
2	1:16.093	+2.680	18:44:35.650
3	<b>1:13.413</b>		18:45:49.063
4	1:13.525	+0.112	18:47:02.588
5	1:14.268	+0.855	18:48:16.856
6	1:14.871	+1.458	18:49:31.727
7	1:14.333	+0.920	18:50:46.060
8	1:16.098	+2.685	18:52:02.158
9	1:16.029	+2.616	18:53:18.187
10	1:15.897	+2.484	18:54:34.084
11	1:16.790	+3.377	18:55:50.874
12	1:18.858	+5.445	18:57:09.732

(28) Tom Roger Syversen

1			18:44:15.498
2	1:15.297	+1.799	18:45:30.795

Lap	Lap Tm	Diff	Time of Day
3	1:14.528	+1.030	18:46:45.323
4	1:15.589	+2.091	18:48:00.912
5	<b>1:13.498</b>		18:49:14.410
6	1:14.169	+0.671	18:50:28.579
7	1:13.861	+0.363	18:51:42.440
p8	1:28.766	+15.268	18:53:11.206

(011) Oddbjørn Hatterud

1			18:22:30.089
2	1:21.770	+6.856	18:23:51.859
3	1:18.880	+3.966	18:25:10.739
4	1:18.106	+3.192	18:26:28.845
5	1:17.907	+2.993	18:27:46.752
6	1:17.136	+2.222	18:29:03.888
7	1:20.412	+5.498	18:30:24.300
8	1:19.500	+4.586	18:31:43.800
9	1:15.576	+0.662	18:32:59.376
10	<b>1:14.914</b>		18:34:14.290
11	1:18.271	+3.357	18:35:32.561
12	1:20.744	+5.830	18:36:53.305
13	1:16.469	+1.555	18:38:09.774
p14	1:25.359	+10.445	18:39:35.133

(91) Sondre Skyttermoen

1			18:22:10.332
2	1:16.751	+1.534	18:23:27.083
3	1:16.767	+1.550	18:24:43.850
4	1:16.359	+1.142	18:26:00.209
5	1:17.041	+1.824	18:27:17.250
6	1:16.011	+0.794	18:28:33.261
7	1:15.655	+0.438	18:29:48.916
8	1:17.241	+2.024	18:31:06.157
9	1:16.346	+1.129	18:32:22.503
10	1:17.419	+2.202	18:33:39.922
11	1:16.475	+1.258	18:34:56.397
12	1:15.684	+0.467	18:36:12.081
13	<b>1:15.217</b>		18:37:27.298
p14	1:24.966	+9.749	18:38:52.264

(0138) Karen & Albert Andersen & Straume

1			18:23:50.027
2	1:18.412	+2.629	18:25:08.439
3	1:17.653	+1.870	18:26:26.092
4	1:19.662	+3.879	18:27:45.754
5	1:17.056	+1.273	18:29:02.810
6	1:20.501	+4.718	18:30:23.311
7	<b>1:15.783</b>		18:31:39.094
p8	1:24.242	+8.459	18:33:03.336
9	4:19.350	+3:03.567	18:37:22.686
p10	1:28.025	+12.242	18:38:50.711

(41) Geir Svalastog

p1			18:21:50.650
2	8:32.891	+7:11.809	18:30:23.541
3	1:24.271	+3.189	18:31:47.812
4	1:22.340	+1.258	18:33:10.152
5	<b>1:21.082</b>		18:34:31.234
6	1:21.614	+0.532	18:35:52.848
7	1:21.656	+0.574	18:37:14.504
p8	1:25.253	+4.171	18:38:39.757

(282) Jon Andreas Nøkleholm

1			18:30:45.929
2	1:36.209	+2.155	18:32:22.138
3	1:34.740	+0.686	18:33:56.878
4	1:34.804	+0.750	18:35:31.682