



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

05.06.2023 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
(29) Audun Gundersen			
1			20:24:00.112
2	1:04.959	+1.494	20:25:05.071
3	1:04.258	+0.793	20:26:09.329
4	1:05.067	+1.602	20:27:14.396
5	1:03.758	+0.293	20:28:18.154
6	1:03.533	+0.068	20:29:21.687
7	1:03.465		20:30:25.152
8	1:04.013	+0.548	20:31:29.165
9	1:04.234	+0.769	20:32:33.399
10	1:03.782	+0.317	20:33:37.181
11	1:04.156	+0.691	20:34:41.337
12	1:04.440	+0.975	20:35:45.777
13	1:04.238	+0.773	20:36:50.015
p14	1:37.139	+33.674	20:38:27.154

Lap	Lap Tm	Diff	Time of Day
(19) Bastian Sagen			
1			20:24:32.342
2	1:05.805	+1.898	20:25:38.147
3	1:05.109	+1.202	20:26:43.256
4	1:04.946	+1.039	20:27:48.202
5	1:04.983	+1.076	20:28:53.185
6	1:04.901	+0.994	20:29:58.086
7	1:04.602	+0.695	20:31:02.688
8	1:04.359	+0.452	20:32:07.047
9	1:03.907		20:33:10.954
10	1:04.525	+0.618	20:34:15.479
11	1:04.365	+0.458	20:35:19.844
p12	1:20.327	+16.420	20:36:40.171

Lap	Lap Tm	Diff	Time of Day
(198) Hannah Arnegard			
1			20:24:41.307
2	1:50.247	+44.898	20:26:31.554
3	1:05.538	+0.189	20:27:37.092
4	1:05.349		20:28:42.441
5	1:05.971	+0.622	20:29:48.412
6	1:05.393	+0.044	20:30:53.805
7	1:05.731	+0.382	20:31:59.536
8	1:05.672	+0.323	20:33:05.208
9	1:05.670	+0.321	20:34:10.878
10	1:05.746	+0.397	20:35:16.624
p11	1:12.527	+7.178	20:36:29.151

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			20:23:05.251
2	1:06.630	+0.389	20:24:11.881
3	1:06.241		20:25:18.122
4	1:06.373	+0.132	20:26:24.495
5	1:06.990	+0.749	20:27:31.485
6	1:07.724	+1.483	20:28:39.209
p7	1:15.258	+9.017	20:29:54.467
8	1:43.615	+37.374	20:31:38.082
9	1:08.507	+2.266	20:32:46.589
10	1:06.698	+0.457	20:33:53.287
11	1:06.781	+0.540	20:35:00.068
12	1:07.119	+0.878	20:36:07.187
13	1:06.671	+0.430	20:37:13.858
p14	1:23.969	+17.728	20:38:37.827

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtloe			
1			20:23:07.457
2	1:07.675	+1.261	20:24:15.132
3	1:06.520	+0.106	20:25:21.652
4	1:06.990	+0.576	20:26:28.642
5	1:06.727	+0.313	20:27:35.369

Lap	Lap Tm	Diff	Time of Day
6	1:06.414		20:28:41.783
7	1:06.948	+0.534	20:29:48.731
8	1:07.040	+0.626	20:30:55.771
9	1:06.986	+0.572	20:32:02.757
10	1:06.885	+0.471	20:33:09.642
p11	1:17.925	+11.511	20:34:27.567

Lap	Lap Tm	Diff	Time of Day
(141.) Benjamin Storsveen			
1			20:24:58.436
2	1:08.341	+0.640	20:26:06.777
3	1:07.947	+0.246	20:27:14.724
4	1:07.701		20:28:22.425
5	1:07.989	+0.288	20:29:30.414
p6	1:12.879	+5.178	20:30:43.293

Lap	Lap Tm	Diff	Time of Day
(5) Fredrik Storli			
p1			20:02:13.639
2	1:54.153	+44.591	20:04:07.792
3	1:12.970	+3.408	20:05:20.762
4	1:11.206	+1.644	20:06:31.968
5	1:10.385	+0.823	20:07:42.353
6	1:11.696	+2.134	20:08:54.049
7	1:11.619	+2.057	20:10:05.668
8	1:10.016	+0.454	20:11:15.684
9	1:09.976	+0.414	20:12:25.660
10	1:09.562		20:13:35.222
11	1:11.056	+1.494	20:14:46.278
12	2:04.670	+55.108	20:16:50.948
13	1:10.127	+0.565	20:18:01.075
p14	1:26.559	+16.997	20:19:27.634

Lap	Lap Tm	Diff	Time of Day
(186) Arild Henriksen			
1			20:42:17.479
2	1:12.958	+3.171	20:43:30.437
3	1:11.222	+1.435	20:44:41.659
4	1:09.787		20:45:51.446
5	1:09.992	+0.205	20:47:01.438
6	1:12.713	+2.926	20:48:14.151
7	1:10.113	+0.326	20:49:24.264
8	1:11.528	+1.741	20:50:35.792
9	1:10.081	+0.294	20:51:45.873
p10	1:17.525	+7.738	20:53:03.398

Lap	Lap Tm	Diff	Time of Day
(88) Fredrik Fredriksen			
1			20:42:02.344
2	1:19.052	+8.649	20:43:21.396
3	1:14.720	+4.317	20:44:36.116
4	1:12.226	+1.823	20:45:48.342
5	1:12.366	+1.963	20:47:00.708
6	1:13.166	+2.763	20:48:13.874
7	1:11.656	+1.253	20:49:25.530
8	1:12.034	+1.631	20:50:37.564
9	1:11.215	+0.812	20:51:48.779
10	1:11.866	+1.463	20:53:00.645
11	1:10.652	+0.249	20:54:11.297
12	1:10.403		20:55:21.700
p13	1:19.594	+9.191	20:56:41.294

Lap	Lap Tm	Diff	Time of Day
(52) Stein Arne Jenssen			
1			20:43:48.344
2	1:22.985	+12.404	20:45:11.329
3	1:13.075	+2.494	20:46:24.404
4	1:13.517	+2.936	20:47:37.921
5	1:10.581		20:48:48.502
6	1:10.721	+0.140	20:49:59.223
7	1:10.767	+0.186	20:51:09.990

Lap	Lap Tm	Diff	Time of Day
8	1:12.092	+1.511	20:52:22.082
9	1:12.322	+1.741	20:53:34.404
p10	1:29.380	+18.799	20:55:03.784

Lap	Lap Tm	Diff	Time of Day
(126) Oliver Bjørnerud			
1			20:02:15.109
2	1:13.427	+2.756	20:03:28.536
3	1:14.764	+4.093	20:04:43.300
4	1:14.007	+3.336	20:05:57.307
5	1:13.621	+2.950	20:07:10.928
p6	1:18.760	+8.089	20:08:29.688
7	2:12.056	+1:01.385	20:10:41.744
8	1:10.825	+0.154	20:11:52.569
9	1:11.774	+1.103	20:13:04.343
10	1:11.665	+0.994	20:14:16.008
p11	1:19.829	+9.158	20:15:35.837
12	1:44.966	+34.295	20:17:20.803
13	1:10.671		20:18:31.474
p14	1:41.266	+30.595	20:20:12.740

Lap	Lap Tm	Diff	Time of Day
(28) Tom Roger Syversen			
1			20:42:18.959
2	1:13.471	+1.379	20:43:32.430
3	1:13.653	+1.561	20:44:46.083
4	1:12.092		20:45:58.175
p5	1:17.896	+5.804	20:47:16.071

Lap	Lap Tm	Diff	Time of Day
(82-3) Utleiesykel 3 SMCK			
1			20:02:39.552
2	1:31.114	+18.594	20:04:10.666
3	1:36.474	+23.954	20:05:47.140
4	1:30.767	+18.247	20:07:17.907
5	1:29.611	+17.091	20:08:47.518
6	1:28.685	+16.165	20:10:16.203
7	1:29.609	+17.089	20:11:45.812
8	1:27.969	+15.449	20:13:13.781
9	1:31.245	+18.725	20:14:45.026
10	1:33.277	+20.757	20:16:18.303
11	1:36.104	+23.584	20:17:54.407
12	1:38.362	+25.842	20:19:32.769
p13	1:42.043	+29.523	20:21:14.812
14	20:13.207	+19:00.687	20:41:28.019
15	1:15.298	+2.778	20:42:43.317
16	1:16.900	+4.380	20:44:00.217
17	1:22.283	+9.763	20:45:22.500
18	1:14.417	+1.897	20:46:36.917
19	1:13.990	+1.470	20:47:50.907
20	1:14.110	+1.590	20:49:05.017
21	1:13.506	+0.986	20:50:18.523
22	1:12.812	+0.292	20:51:31.335
23	1:12.802	+0.282	20:52:44.137
24	1:13.287	+0.767	20:53:57.424
25	1:13.828	+1.308	20:55:11.252
26	1:12.520		20:56:23.772
p27	1:19.207	+6.687	20:57:42.979

Lap	Lap Tm	Diff	Time of Day
(96) Oddgeir Mikkellrud			
1			20:41:43.521
2	1:17.112	+3.075	20:43:00.633
3	1:16.596	+2.559	20:44:17.229
4	1:16.275	+2.238	20:45:33.504
5	1:15.533	+1.496	20:46:49.037
6	1:15.393	+1.356	20:48:04.430
7	1:14.510	+0.473	20:49:18.940
8	1:14.037		20:50:32.977
p9	1:21.325	+7.288	20:51:54.302



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

05.06.2023 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
(5.) Sindre Fjeldberg			
1			20:03:21.610
2	1:23.400	+6.097	20:04:45.010
3	1:23.406	+6.103	20:06:08.416
4	1:23.552	+6.249	20:07:31.968
5	1:21.530	+4.227	20:08:53.498
6	1:20.650	+3.347	20:10:14.148
7	1:19.734	+2.431	20:11:33.882
8	1:19.482	+2.179	20:12:53.364
9	1:20.323	+3.020	20:14:13.687
10	1:19.762	+2.459	20:15:33.449
11	1:18.217	+0.914	20:16:51.666
12	1:17.303		20:18:08.969
p13	1:28.371	+11.068	20:19:37.340

(50) Tor Christensen			
1			20:43:55.267
2	1:28.044	+9.256	20:45:23.311
3	1:20.319	+1.531	20:46:43.630
4	1:18.788		20:48:02.418
5	1:19.894	+1.106	20:49:22.312
p6	1:32.668	+13.880	20:50:54.980

(11) Eirik Skrinde			
1			20:52:42.966
2	1:18.818		20:54:01.784
p3	1:21.821	+3.003	20:55:23.605
4	2:55.214	+1:36.396	20:58:18.819

(64.) Hans Bernhard Falk			
1			20:08:05.743
p2	1:36.814	+15.494	20:09:42.557
3	2:09.159	+47.839	20:11:51.716
4	1:24.168	+2.848	20:13:15.884
5	1:23.298	+1.978	20:14:39.182
6	1:22.394	+1.074	20:16:01.576
7	1:21.786	+0.466	20:17:23.362
8	1:21.320		20:18:44.682
p9	1:30.813	+9.493	20:20:15.495

(50.) Stig Patrick Rognstad			
1			20:47:46.510
2	1:29.866	+0.790	20:49:16.376
3	1:30.468	+1.392	20:50:46.844
4	1:30.250	+1.174	20:52:17.094
5	1:29.962	+0.886	20:53:47.056
6	1:29.076		20:55:16.132
7	1:29.098	+0.022	20:56:45.230
p8	1:37.746	+8.670	20:58:22.976

(82-1) Utleiesykkkel 1 SMCK			
1			20:03:36.550
2	1:38.979	+6.100	20:05:15.529
3	1:36.394	+3.515	20:06:51.923
4	1:38.352	+5.473	20:08:30.275
5	1:36.656	+3.777	20:10:06.931
6	1:35.482	+2.603	20:11:42.413
7	1:34.237	+1.358	20:13:16.650
8	1:33.156	+0.277	20:14:49.806
9	1:33.848	+0.969	20:16:23.654
10	1:33.527	+0.648	20:17:57.181
11	1:32.879		20:19:30.060
p12	1:37.320	+4.441	20:21:07.380

(82-2) Utleiesykkkel 2 SMCK

Lap	Lap Tm	Diff	Time of Day
1			20:03:24.473
2	2:36.747	+55.891	20:06:01.220
3	1:40.856		20:07:42.076
4	1:53.821	+12.965	20:09:35.897
p5	1:52.390	+11.534	20:11:28.287

(49) William Eid Falk			
p1			20:09:38.051

(5.) Kristoffer Lie			
1			20:41:50.465
p2	3:27.486	3:57:27.289	20:45:17.951

Lap	Lap Tm	Diff	Time of Day
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