

## Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

13.09.2021 19:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(060) Benjamin Storsveen</b>			
1			19:03:31.112
2	<b>1:07.012</b>	+3.459	19:04:38.124
3	<b>1:06.388</b>	+2.835	19:05:44.512
4	<b>1:04.264</b>	+0.711	19:06:48.776
5	<b>1:04.102</b>	+0.549	19:07:52.878
6	<b>1:03.874</b>	+0.321	19:08:56.752
7	<b>1:03.553</b>		19:10:00.305
8	<b>1:03.827</b>	+0.274	19:11:04.132
p9	<b>1:12.139</b>	+8.586	19:12:16.271
10	<b>1:25.536</b>	+21.983	19:13:41.807
11	<b>1:06.409</b>	+2.856	19:14:48.216
12	<b>1:07.820</b>	+4.267	19:15:56.036
13	<b>1:06.940</b>	+3.387	19:17:02.976
p14	<b>1:43.552</b>	+39.999	19:18:46.528

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			19:03:29.804
2	<b>1:08.067</b>	+1.429	19:04:37.871
3	<b>1:07.584</b>	+0.946	19:05:45.455
4	<b>1:06.638</b>		19:06:52.093
5	<b>1:07.429</b>	+0.791	19:07:59.522
6	<b>1:07.707</b>	+1.069	19:09:07.229
7	<b>1:08.751</b>	+2.113	19:10:15.980
8	<b>1:07.922</b>	+1.284	19:11:23.902
9	<b>1:08.188</b>	+1.550	19:12:32.090
10	<b>1:07.804</b>	+1.166	19:13:39.894
11	<b>1:07.725</b>	+1.087	19:14:47.619
12	<b>1:07.728</b>	+1.090	19:15:55.347
13	<b>1:07.498</b>	+0.860	19:17:02.845
p14	<b>1:41.612</b>	+34.974	19:18:44.457

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			19:03:30.132
2	<b>1:08.670</b>	+1.801	19:04:38.802
3	<b>1:07.732</b>	+0.863	19:05:46.534
4	<b>1:07.273</b>	+0.404	19:06:53.807
5	<b>1:06.869</b>		19:08:00.676
6	<b>1:07.161</b>	+0.292	19:09:07.837
7	<b>1:08.632</b>	+1.763	19:10:16.469
8	<b>1:07.748</b>	+0.879	19:11:24.217
9	<b>1:08.160</b>	+1.291	19:12:32.377
10	<b>1:08.040</b>	+1.171	19:13:40.417
11	<b>1:07.567</b>	+0.698	19:14:47.984
12	<b>1:07.896</b>	+1.027	19:15:55.880
p13	<b>1:20.736</b>	+13.867	19:17:16.616

Lap	Lap Tm	Diff	Time of Day
<b>(5) Odin Høiaas</b>			
1			19:04:11.517
2	<b>1:10.476</b>		19:05:21.993
3	<b>1:10.549</b>	+0.073	19:06:32.542
4	<b>1:11.182</b>	+0.706	19:07:43.724
p5	<b>1:16.749</b>	+6.273	19:09:00.473

Lap	Lap Tm	Diff	Time of Day
<b>(33) Tom Tronstad</b>			
p1			19:21:54.063
2	<b>1:41.652</b>	+29.833	19:23:35.715
3	<b>1:14.262</b>	+2.443	19:24:49.977
4	<b>1:15.982</b>	+4.163	19:26:05.959
5	<b>1:16.351</b>	+4.532	19:27:22.310
6	<b>1:15.607</b>	+3.788	19:28:37.917
7	<b>1:15.368</b>	+3.549	19:29:53.285
8	<b>1:11.819</b>		19:31:05.104
9	<b>1:12.220</b>	+0.401	19:32:17.324
p10	<b>1:17.630</b>	+5.811	19:33:34.954

Lap	Lap Tm	Diff	Time of Day
<b>(57) Hans Bergstrøm</b>			
1			19:42:55.824
2	<b>1:12.057</b>		19:44:07.881
3	<b>1:12.513</b>	+0.456	19:45:20.394
4	<b>1:13.212</b>	+1.155	19:46:33.606
p5	<b>1:27.001</b>	+14.944	19:48:00.607

Lap	Lap Tm	Diff	Time of Day
<b>(282) Jon Andreas Nøkleholm</b>			
1			19:20:30.556
2	<b>1:31.451</b>	+19.350	19:22:02.007
3	<b>1:15.834</b>	+3.733	19:23:17.841
4	<b>1:15.706</b>	+3.605	19:24:33.547
5	<b>1:14.752</b>	+2.651	19:25:48.299
6	<b>1:14.963</b>	+2.862	19:27:03.262
7	<b>1:14.353</b>	+2.252	19:28:17.615
8	<b>1:13.253</b>	+1.152	19:29:30.868
9	<b>1:12.869</b>	+0.768	19:30:43.737
10	<b>1:13.459</b>	+1.358	19:31:57.196
11	<b>1:13.269</b>	+1.168	19:33:10.465
12	<b>1:13.127</b>	+1.026	19:34:23.592
13	<b>1:12.101</b>		19:35:35.693
14	<b>1:12.473</b>	+0.372	19:36:48.166
15	<b>1:14.037</b>	+1.936	19:38:02.203
p16	<b>1:23.370</b>	+11.269	19:39:25.573

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			19:42:19.437
2	<b>1:14.757</b>	+2.297	19:43:34.194
3	<b>1:14.245</b>	+1.785	19:44:48.439
4	<b>1:13.398</b>	+0.938	19:46:01.837
5	<b>1:12.822</b>	+0.362	19:47:14.659
6	<b>1:13.209</b>	+0.749	19:48:27.868
7	<b>1:12.460</b>		19:49:40.328
8	<b>1:12.725</b>	+0.265	19:50:53.053
p9	<b>1:21.498</b>	+9.038	19:52:14.551

Lap	Lap Tm	Diff	Time of Day
<b>(97) Helge Mosveen</b>			
1			19:21:15.162
2	<b>1:14.470</b>	+1.653	19:22:29.632
3	<b>1:17.556</b>	+4.739	19:23:47.188
4	<b>1:13.435</b>	+0.618	19:25:00.623
5	<b>1:13.689</b>	+0.872	19:26:14.312
6	<b>1:13.603</b>	+0.786	19:27:27.915
7	<b>1:12.817</b>		19:28:40.732
8	<b>1:13.196</b>	+0.379	19:29:53.928
9	<b>1:14.011</b>	+1.194	19:31:07.939
10	<b>1:16.697</b>	+3.880	19:32:24.636
p11	<b>1:30.319</b>	+17.502	19:33:54.955

Lap	Lap Tm	Diff	Time of Day
<b>(8) Kristin Heiberg</b>			
1			19:43:08.164
2	<b>1:13.354</b>	+0.207	19:44:21.518
3	<b>1:14.729</b>	+1.582	19:45:36.247
4	<b>1:14.140</b>	+0.993	19:46:50.387
5	<b>1:13.404</b>	+0.257	19:48:03.791
6	<b>1:14.129</b>	+0.982	19:49:17.920
7	<b>1:13.472</b>	+0.325	19:50:31.392
8	<b>1:13.147</b>		19:51:44.539
9	<b>1:14.509</b>	+1.362	19:52:59.048
p10	<b>1:25.970</b>	+12.823	19:54:25.018

Lap	Lap Tm	Diff	Time of Day
<b>(137) Kari Andersen</b>			
1			19:22:15.426
2	<b>1:18.088</b>	+4.764	19:23:33.514
3	<b>1:15.902</b>	+2.578	19:24:49.416

Lap	Lap Tm	Diff	Time of Day
4	<b>1:14.222</b>	+0.898	19:26:03.638
5	<b>1:15.490</b>	+2.166	19:27:19.128
6	<b>1:14.753</b>	+1.429	19:28:33.881
7	<b>1:13.324</b>		19:29:47.205
8	<b>1:14.524</b>	+1.200	19:31:01.729
9	<b>1:13.859</b>	+0.535	19:32:15.588
10	<b>1:13.342</b>	+0.018	19:33:28.930
11	<b>1:13.709</b>	+0.385	19:34:42.639
12	<b>1:13.750</b>	+0.426	19:35:56.389
13	<b>1:14.006</b>	+0.682	19:37:10.395
p14	<b>1:23.987</b>	+10.663	19:38:34.382
15	<b>4:34.035</b>	+3:20.711	19:43:08.417
16	<b>1:18.062</b>	+4.738	19:44:26.479
17	<b>1:16.687</b>	+3.363	19:45:43.166
18	<b>1:15.915</b>	+2.591	19:46:59.081
19	<b>1:15.716</b>	+2.392	19:48:14.797
20	<b>1:14.958</b>	+1.634	19:49:29.755
21	<b>1:14.487</b>	+1.163	19:50:44.242
22	<b>1:15.412</b>	+2.088	19:51:59.654
23	<b>1:13.444</b>	+0.120	19:53:13.098
24	<b>1:13.831</b>	+0.507	19:54:26.929
25	<b>1:14.624</b>	+1.300	19:55:41.553
p26	<b>1:31.306</b>	+17.982	19:57:12.859

Lap	Lap Tm	Diff	Time of Day
<b>(52) Harald Meinicke</b>			
1			19:22:14.215
2	<b>1:17.338</b>	+3.571	19:23:31.553
3	<b>1:16.361</b>	+2.594	19:24:47.914
4	<b>1:16.859</b>	+3.092	19:26:04.773
5	<b>1:16.447</b>	+2.680	19:27:21.220
6	<b>1:14.582</b>	+0.815	19:28:35.802
7	<b>1:15.214</b>	+1.447	19:29:51.016
8	<b>1:13.767</b>		19:31:04.783
9	<b>1:17.389</b>	+3.622	19:32:22.172
10	<b>1:18.600</b>	+4.833	19:33:40.772
11	<b>1:16.039</b>	+2.272	19:34:56.811
12	<b>1:19.698</b>	+5.931	19:36:16.509
13	<b>1:19.681</b>	+5.914	19:37:36.190
p14	<b>1:34.414</b>	+20.647	19:39:10.604

Lap	Lap Tm	Diff	Time of Day
<b>(0138) Karen &amp; Albert Andersen &amp; Straume</b>			
1			19:22:15.081
2	<b>1:17.709</b>	+3.187	19:23:32.790
3	<b>1:16.063</b>	+1.541	19:24:48.853
4	<b>1:16.646</b>	+2.124	19:26:05.499
5	<b>1:16.471</b>	+1.949	19:27:21.970
6	<b>1:15.553</b>	+1.031	19:28:37.523
7	<b>1:15.433</b>	+0.911	19:29:52.956
8	<b>1:14.522</b>		19:31:07.478
9	<b>1:16.762</b>	+2.240	19:32:24.240
10	<b>1:17.333</b>	+2.811	19:33:41.573
11	<b>1:17.259</b>	+2.737	19:34:58.832
12	<b>1:19.643</b>	+5.121	19:36:18.475
p13	<b>1:28.432</b>	+13.910	19:37:46.907

Lap	Lap Tm	Diff	Time of Day
<b>(91) Sondre Skyttermoen</b>			
1			19:22:21.600
2	<b>1:18.555</b>	+2.404	19:23:40.155
3	<b>1:16.703</b>	+0.552	19:24:56.858
4	<b>1:17.105</b>	+0.954	19:26:13.963
5	<b>1:17.772</b>	+1.621	19:27:31.735
6	<b>1:16.997</b>	+0.846	19:28:48.732
7	<b>1:16.878</b>	+0.727	19:30:05.610
8	<b>1:17.365</b>	+1.214	19:31:22.975
9	<b>2:12.840</b>	+56.689	19:33:35.815
10	<b>1:17.798</b>	+1.647	19:34:53.613

# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

13.09.2021 19:00

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

Lap	Lap Tm	Diff	Time of Day
11	<b>1:16.151</b>		19:36:09.764
12	1:16.726	+0.575	19:37:26.490
p13	1:24.192	+8.041	19:38:50.682
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(011) Oddbjørn Hatterud			
1			19:22:29.137
2	1:18.824	+2.428	19:23:47.961
3	1:17.493	+1.097	19:25:05.454
4	1:18.348	+1.952	19:26:23.802
5	1:18.058	+1.662	19:27:41.860
6	1:18.102	+1.706	19:28:59.962
7	1:18.261	+1.865	19:30:18.223
8	1:18.332	+1.936	19:31:36.555
9	1:17.061	+0.665	19:32:53.616
10	1:17.813	+1.417	19:34:11.429
11	1:16.741	+0.345	19:35:28.170
12	<b>1:16.396</b>		19:36:44.566
13	1:16.829	+0.433	19:38:01.395
p14	1:29.723	+13.327	19:39:31.118

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