



# Mandagstrening SMCK

**Trening** **Vålerbanen Racing Circuit 2,274 km**

**FP 4** **19.06.2023 20:00**

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

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(17) Helge Spjeldnes</b>					
1	20:21:59.265				
2	20:23:02.032	<b>1:02.767</b>			
3	20:24:03.820	<b>1:01.788</b>			
4	20:25:06.634	<b>1:02.814</b>			
5	20:26:07.806	<b>1:01.172</b>			
6	20:27:09.001	<b>1:01.195</b>			
7	20:28:09.405	<b>1:00.404</b>			
p8	20:29:20.936	<b>1:11.531</b>			

<b>(12) Kevin Jensen</b>					
1	20:22:00.029				
2	20:23:04.062	<b>1:04.033</b>			
3	20:24:06.961	<b>1:02.899</b>			
4	20:25:10.189	<b>1:03.228</b>			
5	20:26:12.455	<b>1:02.266</b>			
6	20:27:15.097	<b>1:02.642</b>			
7	20:28:17.855	<b>1:02.758</b>			
p8	20:29:29.547	<b>1:11.692</b>			

<b>(911) Erik Halvorsen</b>					
1	20:22:09.522				
2	20:23:15.497	<b>1:05.975</b>			
3	20:24:20.458	<b>1:04.961</b>			
4	20:25:25.887	<b>1:05.429</b>			
5	20:26:31.025	<b>1:05.138</b>			
6	20:27:35.754	<b>1:04.729</b>			
7	20:28:40.429	<b>1:04.675</b>			
8	20:29:44.231	<b>1:03.802</b>			
9	20:30:47.567	<b>1:03.336</b>			
10	20:31:53.306	<b>1:05.739</b>			
p11	20:33:08.479	<b>1:15.173</b>			

<b>(113) Erik Myrberget</b>					
1	20:22:09.941				
2	20:23:15.882	<b>1:05.941</b>			
3	20:24:20.955	<b>1:05.073</b>			
4	20:25:26.230	<b>1:05.275</b>			
5	20:26:31.692	<b>1:05.462</b>			
6	20:27:35.986	<b>1:04.294</b>			
7	20:28:39.679	<b>1:03.693</b>			
8	20:29:43.593	<b>1:03.914</b>			
9	20:30:47.278	<b>1:03.685</b>			
10	20:31:51.276	<b>1:03.998</b>			
p11	20:33:01.884	<b>1:10.608</b>			

<b>(40) Kim Rønningen</b>					
1	20:23:29.116				
2	20:24:35.282	<b>1:06.166</b>			
3	20:25:41.308	<b>1:06.026</b>			
4	20:26:46.384	<b>1:05.076</b>			
5	20:27:51.263	<b>1:04.879</b>			
6	20:28:55.965	<b>1:04.702</b>			
7	20:30:00.537	<b>1:04.572</b>			
8	20:31:05.435	<b>1:04.898</b>			
9	20:32:09.714	<b>1:04.279</b>			
10	20:33:15.197	<b>1:05.483</b>			
11	20:34:21.139	<b>1:05.942</b>			
12	20:35:27.566	<b>1:06.427</b>			
13	20:36:33.926	<b>1:06.360</b>			
14	20:37:40.830	<b>1:06.904</b>			
p15	20:39:18.264	<b>1:37.434</b>			

<b>(356) Andreas Hansen</b>					
1	20:23:21.586				

Lap	Time of Day	Lap Tm	S1	S1	S2
2	20:24:27.340	<b>1:05.754</b>			
3	20:25:33.121	<b>1:05.781</b>			
4	20:26:40.040	<b>1:06.919</b>			
5	20:27:46.130	<b>1:06.090</b>			
6	20:28:51.376	<b>1:05.246</b>			
7	20:29:55.740	<b>1:04.364</b>			
8	20:31:00.895	<b>1:05.155</b>			
9	20:32:05.972	<b>1:05.077</b>			
p10	20:33:21.158	<b>1:15.186</b>			

<b>(3.) Tor Arne Nebben</b>					
1	20:23:18.892				
2	20:24:25.652	<b>1:06.760</b>			
3	20:25:32.621	<b>1:06.969</b>			
4	20:26:39.409	<b>1:06.788</b>			
5	20:27:45.641	<b>1:06.232</b>			
6	20:28:51.684	<b>1:06.043</b>			
7	20:29:56.148	<b>1:04.464</b>			
8	20:31:01.210	<b>1:05.062</b>			
9	20:32:06.893	<b>1:05.683</b>			
p10	20:33:22.507	<b>1:15.614</b>			

<b>(99) Kent-Erik Tøllefsen</b>					
1	20:22:13.638				
2	20:23:21.958	<b>1:08.320</b>			
3	20:24:29.308	<b>1:07.350</b>			
4	20:25:34.739	<b>1:05.431</b>			
5	20:26:40.680	<b>1:05.941</b>			
6	20:27:47.092	<b>1:06.412</b>			
7	20:28:52.463	<b>1:05.371</b>			
8	20:29:57.607	<b>1:05.144</b>			
9	20:31:02.887	<b>1:05.280</b>			
10	20:32:08.643	<b>1:05.756</b>			
11	20:33:14.529	<b>1:05.886</b>			
p12	20:34:31.820	<b>1:17.291</b>			

<b>(124) Kim andre Smeby</b>					
1	20:41:57.020				
2	20:43:03.701	<b>1:06.681</b>			
3	20:44:10.332	<b>1:06.631</b>			
4	20:45:16.048	<b>1:05.716</b>			
5	20:46:23.540	<b>1:07.492</b>			
6	20:47:28.715	<b>1:05.175</b>			
7	20:48:36.100	<b>1:07.385</b>			
8	20:49:45.001	<b>1:08.901</b>			
9	20:50:51.063	<b>1:06.062</b>			
10	20:51:56.600	<b>1:05.537</b>			
11	20:53:01.929	<b>1:05.329</b>			
12	20:54:07.509	<b>1:05.580</b>			
p13	20:55:18.149	<b>1:10.640</b>			

<b>(68) Dagfinn Mosveen</b>					
1	20:24:31.359				
p2	20:25:46.825	<b>1:15.466</b>			
3	20:27:09.161	<b>1:22.336</b>			
4	20:28:16.365	<b>1:07.204</b>			
5	20:29:24.025	<b>1:07.660</b>			
6	20:30:31.402	<b>1:07.377</b>			
7	20:31:39.164	<b>1:07.762</b>			
8	20:32:46.474	<b>1:07.310</b>			
9	20:33:54.610	<b>1:08.136</b>			
10	20:35:02.695	<b>1:08.085</b>			
11	20:36:09.867	<b>1:07.172</b>			
12	20:37:16.369	<b>1:06.502</b>			
p13	20:38:34.215	<b>1:17.846</b>			

Chief of Timing & Scoring: [www.Timekeeping.no](http://www.Timekeeping.no) Orbits

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**Trening** **Vålerbanen Racing Circuit 2,274 km**

**FP 4** **19.06.2023 20:00**

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

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(23) Alan Gorman</b>						2	20:42:48.716	1:13.663			
1	20:42:04.890					3	20:44:00.655	1:11.939			
2	20:43:15.075	1:10.185				4	20:45:14.094	1:13.439			
3	20:44:23.727	1:08.652				5	20:46:27.355	1:13.261			
4	20:45:33.260	1:09.533				6	20:47:43.426	1:16.071			
5	20:46:42.283	1:09.023				7	20:48:58.687	1:15.261			
6	20:47:50.980	1:08.697				8	20:50:13.129	1:14.442			
7	20:48:59.162	1:08.182				9	20:51:29.073	1:15.944			
8	20:50:07.979	1:08.817				10	20:52:46.949	1:17.876			
9	20:51:19.984	1:12.005				11	20:54:04.232	1:17.283			
10	20:52:28.890	1:08.906				12	20:55:18.910	1:14.678			
11	20:53:38.792	1:09.902				13	20:56:32.917	1:14.007			
12	20:54:47.851	1:09.059				14	20:57:46.500	1:13.583			
13	20:55:56.782	1:08.931				15	20:58:59.008	1:12.508			
14	20:57:05.514	1:08.732				p16	21:00:21.641	1:22.633			
15	20:58:14.222	1:08.708				<b>(9) Joacim Myhre</b>					
16	20:59:23.376	1:09.154				1	20:42:43.228				
p17	21:00:38.233	1:14.857				2	20:43:58.292	1:15.064			
<b>(88) Fredrik fredriksen</b>						3	20:45:12.351	1:14.059			
1	20:42:06.268					4	20:46:25.640	1:13.289			
2	20:43:17.612	1:11.344				5	20:47:38.943	1:13.303			
3	20:44:28.850	1:11.238				6	20:48:51.801	1:12.858			
4	20:45:39.636	1:10.786				7	20:50:03.878	1:12.077			
5	20:46:49.104	1:09.468				p8	20:51:35.063	1:31.185			
6	20:47:58.526	1:09.422				<b>(88.) Morten Lommerud Amundsen</b>					
7	20:49:09.029	1:10.503				1	20:24:02.862				
8	20:50:18.678	1:09.649				2	20:25:18.688	1:15.826			
p9	20:51:56.401	1:37.723				3	20:26:33.890	1:15.202			
<b>(63) Roy Aron Hansen</b>						4	20:27:47.019	1:13.129			
1	20:43:45.491					5	20:28:59.930	1:12.911			
2	20:44:56.937	1:11.446				6	20:30:13.310	1:13.380			
3	20:46:11.176	1:14.239				7	20:31:27.039	1:13.729			
4	20:47:23.370	1:12.194				8	20:32:40.468	1:13.429			
5	20:48:34.460	1:11.090				9	20:33:54.288	1:13.820			
6	20:49:46.984	1:12.524				10	20:35:06.740	1:12.452			
7	20:50:58.924	1:11.940				11	20:36:19.425	1:12.685			
8	20:52:11.838	1:12.914				12	20:37:31.656	1:12.231			
9	20:53:23.950	1:12.112				p13	20:39:04.963	1:33.307			
10	20:54:34.527	1:10.577				<b>(20) Vidar Jensen</b>					
11	20:55:45.332	1:10.805				1	20:41:06.235				
12	20:56:54.829	1:09.497				2	20:42:20.928	1:14.693			
p13	20:58:15.320	1:20.491				3	20:43:35.690	1:14.762			
<b>(87) Erling Stormo</b>						4	20:44:48.978	1:13.288			
1	20:41:15.248					5	20:46:02.581	1:13.603			
2	20:42:28.211	1:12.963				6	20:47:15.752	1:13.171			
3	20:43:40.426	1:12.215				7	20:48:29.003	1:13.251			
4	20:44:53.898	1:13.472				8	20:49:42.088	1:13.085			
5	20:46:07.297	1:13.399				9	20:50:54.929	1:12.841			
6	20:47:20.499	1:13.202				10	20:52:08.292	1:13.363			
7	20:48:33.213	1:12.714				11	20:53:20.956	1:12.664			
8	20:49:46.683	1:13.470				12	20:54:34.186	1:13.230			
9	20:50:58.710	1:12.027				13	20:55:46.876	1:12.690			
10	20:52:11.276	1:12.566				14	20:56:59.635	1:12.759			
11	20:53:23.871	1:12.595				15	20:58:12.194	1:12.559			
12	20:54:36.304	1:12.433				16	20:59:25.162	1:12.968			
13	20:55:47.641	1:11.337				p17	21:00:45.009	1:19.847			
14	20:56:58.534	1:10.893				<b>(3..) Martin Praner Lien</b>					
15	20:58:10.401	1:11.867				1	20:42:43.909				
16	20:59:23.581	1:13.180				2	20:43:58.754	1:14.845			
p17	21:00:44.454	1:20.873				3	20:45:12.856	1:14.102			
<b>(20.) Peter Kulcsar</b>						4	20:46:26.431	1:13.575			
1	20:41:35.053					5	20:47:39.417	1:12.986			



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**FP 4** **19.06.2023 20:00**

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

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
6	20:48:53.517	1:14.100				9	20:17:55.071	1:32.539			
7	20:50:06.727	1:13.210				p10	20:19:31.263	1:36.192			
8	20:51:20.966	1:14.239									
p9	20:52:45.495	1:24.529									

### (82-5.) Halvard Uthus

1	20:40:56.439	
2	20:42:11.960	1:15.521
3	20:43:25.607	1:13.647
4	20:44:38.629	1:13.022
5	20:45:52.215	1:13.586
6	20:47:06.524	1:14.309
7	20:48:21.533	1:15.009
p8	20:49:49.337	1:27.804

### (50) Tor Christensen

1	20:43:36.762	
2	20:44:53.200	1:16.438
3	20:46:10.917	1:17.717
4	20:47:28.266	1:17.349
5	20:48:45.453	1:17.187
6	20:50:02.750	1:17.297
7	20:51:18.958	1:16.208
8	20:52:35.369	1:16.411
9	20:53:51.891	1:16.522
10	20:55:08.635	1:16.744
11	20:56:25.700	1:17.065
12	20:57:41.915	1:16.215
13	20:58:58.254	1:16.339
p14	21:00:31.599	1:33.345

### (82-2) Ingvild Arneberg

1	20:02:09.307	
2	20:03:41.650	1:32.343
3	20:05:14.921	1:33.271
4	20:06:47.277	1:32.356
5	20:08:18.449	1:31.172
6	20:09:47.068	1:28.619
7	20:11:18.375	1:31.307
8	20:12:51.368	1:32.993
9	20:14:23.759	1:32.391
10	20:15:56.656	1:32.897
11	20:17:26.459	1:29.803
p12	20:19:02.513	1:36.054

### (52) Jenny Hagen Jensen

1	20:04:54.399	
2	20:06:31.623	1:37.224
3	20:08:07.561	1:35.938
4	20:09:42.292	1:34.731
5	20:11:17.230	1:34.938
6	20:12:50.256	1:33.026
7	20:14:22.312	1:32.056
8	20:15:55.754	1:33.442
9	20:17:29.887	1:34.133
p10	20:19:13.100	1:43.213

### (82-4) Kine Engebakken

1	20:05:20.132	
2	20:06:55.914	1:35.782
3	20:08:32.531	1:36.617
4	20:10:07.801	1:35.270
5	20:11:40.791	1:32.990
6	20:13:15.422	1:34.631
7	20:14:49.348	1:33.926
8	20:16:22.532	1:33.184

Chief of Timing & Scoring: [www.Timekeeping.no](http://www.Timekeeping.no)

Orbits

Race Director: Roy Øwre

Sport Rescue Team.

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