

Heldagstrening SMCK 4:5

Trening 3 heat

FP 5 - Alle Klasser

Practice (1:00:00 Time) started at 14:00:11

Vålerbanen Racing Circuit 2,274 km

10.08.2026 14:00

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(32-) Trond Askvik Tøsdal						
1	14:33:04.044				20.901	22.002
p2	14:34:02.588	58.544		22.075	19.414	
3	14:36:14.431	2:11.843	+1:13.299		21.138	21.421
4	14:37:16.635	1:02.204	-1:09.639	21.211	19.383	21.610
5	14:38:19.015	1:02.380	+0.176	21.574	19.431	21.375
6	14:39:20.948	1:01.933	-0.447	21.165	19.301	21.467
7	14:40:23.465	1:02.517	+0.584	21.709	19.276	21.532
8	14:41:25.774	1:02.309	-0.208	21.781	19.233	21.295
9	14:42:27.350	1:01.576	-0.733	21.357	19.111	21.108
10	14:43:28.491	1:01.141	-0.435	21.050	19.108	20.983
p11	14:44:27.513	59.022	-2.119	22.210	19.694	

(44-) Jonas Lindblad Andersen						
1	14:33:34.923			19.722	21.852	
2	14:34:37.077	1:02.154		21.243	19.046	21.865
3	14:35:38.888	1:01.811	-0.343	21.398	19.088	21.325
4	14:36:41.348	1:02.460	+0.649	21.584	19.142	21.734
5	14:37:42.969	1:01.621	-0.839	21.171	18.935	21.515
6	14:38:44.811	1:01.842	+0.221	21.228	19.074	21.540
7	14:39:46.563	1:01.752	-0.090	21.187	19.109	21.456
8	14:40:48.504	1:01.941	+0.189	21.439	19.076	21.426
9	14:41:49.933	1:01.429	-0.512	21.269	18.893	21.267
10	14:42:52.839	1:02.906	+1.477	21.409	19.022	22.475
p11	14:43:55.578	1:02.739	-0.167	22.652	19.817	

(71) Terje Teigum Valaker						
1	14:32:22.887			20.057	21.686	
2	14:33:25.075	1:02.188		21.232	19.358	21.598
3	14:34:27.314	1:02.239	+0.051	21.488	19.269	21.482
4	14:35:29.234	1:01.920	-0.319	21.306	19.100	21.514
5	14:36:31.961	1:02.727	+0.807	21.298	19.578	21.851
6	14:37:34.225	1:02.264	-0.463	21.669	19.184	21.411
7	14:38:35.846	1:01.621	-0.643	21.128	19.021	21.472
8	14:39:37.470	1:01.624	+0.003	21.215	19.131	21.278
p9	14:40:37.547	1:00.077	-1.547	22.135	20.124	

(13-) Gard Arstein Nedrebo						
1	14:33:29.869			19.690	22.116	
2	14:34:32.867	1:02.998		21.998	19.272	21.728
3	14:35:35.103	1:02.236	-0.762	21.686	19.119	21.431
4	14:36:36.818	1:01.715	-0.521	21.274	19.024	21.417
5	14:37:39.509	1:02.691	+0.976	21.556	19.434	21.701
6	14:38:41.171	1:01.662	-1.029	21.276	18.991	21.395
7	14:39:43.516	1:02.345	+0.683	21.531	19.440	21.374
8	14:40:46.219	1:02.703	+0.358	21.461	19.398	21.844
9	14:41:48.398	1:02.179	-0.524	21.850	19.132	21.197
p10	14:42:47.618	59.220	-2.959	21.203	19.314	

(40) Tommy Ellertsen						
1	14:32:05.252			20.047	21.910	
2	14:33:07.805	1:02.553		21.606	19.643	21.304
3	14:34:09.816	1:02.011	-0.542	21.392	19.424	21.195
4	14:35:11.749	1:01.933	-0.078	21.212	19.159	21.562
5	14:36:13.921	1:02.172	+0.239	21.207	19.561	21.404
6	14:37:16.337	1:02.416	+0.244	21.434	19.361	21.621
7	14:38:18.284	1:01.947	-0.469	21.283	19.363	21.301
8	14:39:20.545	1:02.261	+0.314	21.065	19.614	21.582
9	14:40:22.849	1:02.304	+0.043	21.454	19.358	21.492
10	14:41:25.001	1:02.152	-0.152	21.677	19.351	21.124
p11	14:42:22.070	57.069	-5.083	21.077	19.032	

(77) Erik Myhre						
1	14:32:23.526			19.800	22.054	
2	14:33:25.936	1:02.410		21.338	19.102	21.970

3	14:34:28.189	1:02.253	-0.157	21.438	19.006	21.809
4	14:35:30.872	1:02.683	+0.430	21.407	19.234	22.042
5	14:36:33.654	1:02.782	+0.099	21.473	19.328	21.981
6	14:37:36.792	1:03.138	+0.356	21.762	19.499	21.877
7	14:38:39.361	1:02.569	-0.569	21.424	19.354	21.791
8	14:39:42.501	1:03.140	+0.571	21.493	19.698	21.949
9	14:40:45.945	1:03.444	+0.304	21.595	19.840	22.009
10	14:41:49.288	1:03.343	-0.101	21.677	19.855	21.811
p11	14:42:49.439	1:00.151	-3.192	21.695	19.685	

(41) Dennis Tobias Bjune						
1	14:32:39.646			21.599	22.940	
2	14:33:44.891	1:05.245		23.148	19.710	22.387
3	14:34:49.446	1:04.555	-0.690	22.588	19.920	22.047
4	14:35:52.961	1:03.515	-1.040	22.018	19.751	21.746
5	14:36:56.794	1:03.833	+0.318	22.098	19.907	21.828
6	14:38:01.011	1:04.217	+0.384	22.185	19.806	22.226
p7	14:39:02.547	1:01.536	-2.681	22.102	19.944	
8	14:41:00.948	1:58.401	+56.865	20.517	22.448	
9	14:42:05.139	1:04.191	-54.210	21.955	19.947	22.289
p10	14:43:08.711	1:03.572	-0.619	22.451	20.696	

(41-) Odd-Roar Sundet						
1	14:32:12.562			20.599	23.098	
2	14:33:16.532	1:03.970		22.225	19.732	22.013
3	14:34:20.852	1:04.320	+0.350	22.329	19.590	22.401
4	14:35:24.840	1:03.988	-0.332	22.300	19.631	22.057
5	14:36:28.856	1:04.016	+0.028	22.220	19.748	22.048
6	14:37:32.673	1:03.817	-0.199	22.349	19.528	21.940
p7	14:38:50.753	1:18.080	+14.263	36.500	21.122	

(26) Lars Martin Granshagen						
1	14:34:48.379			20.282	22.246	
2	14:35:52.235	1:03.856		22.272	19.675	21.909
3	14:36:56.358	1:04.123	+0.267	22.442	19.576	22.105
4	14:38:00.522	1:04.164	+0.041	22.217	19.711	22.236
5	14:39:04.788	1:04.266	+0.102	22.259	19.793	22.214
6	14:40:09.331	1:04.543	+0.277	22.525	19.866	22.152
p7	14:41:11.365	1:02.034	-2.509	22.593	20.215	

(141) Morten Storsveen						
1	14:32:27.350			20.631	22.923	
2	14:33:32.555	1:05.205		22.814	19.867	22.524
3	14:34:36.966	1:04.411	-0.794	22.760	19.535	22.116
4	14:35:42.257	1:05.291	+0.880	22.908	19.990	22.393
5	14:36:46.898	1:04.641	-0.650	22.810	19.741	22.090
6	14:37:51.830	1:04.932	+0.291	22.751	19.831	22.350
7	14:38:57.112	1:05.282	+0.350	22.850	19.980	22.452
8	14:40:01.816	1:04.704	-0.578	22.612	20.150	21.942
9	14:41:06.474	1:04.658	-0.046	22.797	19.886	21.975
10	14:42:10.559	1:04.085	-0.573	22.533	19.518	22.034
11	14:43:15.419	1:04.860	+0.775	22.945	19.833	22.082
p12	14:44:19.356	1:03.937	-0.923	23.348	21.390	

(84) Andre Skjelbred						
1	14:33:52.753			21.301	23.263	
2	14:34:58.976	1:06.223		23.097	20.606	22.520
3	14:36:04.650	1:05.674	-0.549	22.720	20.579	22.375
4	14:37:09.616	1:04.966	-0.708	22.455	20.042	22.469
5	14:38:13.837	1:04.221	-0.745	22.026	19.992	22.203
6	14:39:18.390	1:04.553	+0.332	22.230	20.321	22.002
7	14:40:22.492	1:04.102	-0.451	21.863	20.202	22.037
8	14:41:26.892	1:04.400	+0.298	22.082	20.560	21.758
9	14:42:31.050	1:04.158	-0.242	21.971	20.044	22.143
10	14:43:35.403	1:04.353	+0.195	22.073	20.256	22.024
p11	14:44:37.554	1:02.151	-2.202	22.842	20.366	

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Practice (1:00:00 Time) started at 14:00:11

Vålerbanen Racing Circuit 2,274 km

10.08.2026 14:00

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(99) Kent-Erik Løken Tøllefsen						
1	14:32:12.975				20.796	22.891
2	14:33:17.510	1:04.535		22.307	20.051	22.177
3	14:34:22.315	1:04.805	+0.270	22.166	20.097	22.542
4	14:35:26.897	1:04.582	-0.223	22.269	19.964	22.349
5	14:36:31.338	1:04.441	-0.141	22.103	20.003	22.335
p6	14:37:33.615	1:02.277	-2.164	23.781	20.093	
7	14:39:26.243	1:52.628	+50.351		20.514	22.552
8	14:40:31.232	1:04.989	-47.639	22.504	20.328	22.157
9	14:41:35.705	1:04.473	-0.516	22.262	20.055	22.156
10	14:42:40.344	1:04.639	+0.166	22.226	20.244	22.169
p11	14:44:14.388	1:34.044	+29.405	24.845	46.999	

(38-) Rune Olsen Bjune						
1	14:18:38.474				21.383	23.995
2	14:19:46.148	1:07.674		24.110	20.461	23.103
3	14:20:51.602	1:05.454	-2.220	22.838	19.974	22.642
4	14:21:56.992	1:05.390	-0.064	22.961	20.005	22.424
5	14:23:02.355	1:05.363	-0.027	23.123	19.772	22.468
6	14:24:09.561	1:07.206	+1.843	22.844	20.720	23.642
7	14:25:19.759	1:10.198	+2.992	24.548	22.159	23.491
8	14:26:24.916	1:05.157	-5.041	22.702	19.961	22.494
9	14:27:29.905	1:04.989	-0.168	22.742	19.818	22.429
p10	14:28:41.717	1:11.812	+6.823	25.763	23.661	

(67) Jonas Prestikvern						
1	14:19:07.090				21.365	23.832
2	14:20:14.643	1:07.553		23.623	20.452	23.478
3	14:21:21.808	1:07.165	-0.388	23.030	20.628	23.507
4	14:22:28.897	1:07.089	-0.076	23.864	20.302	22.923
5	14:23:34.262	1:05.365	-1.724	22.940	19.990	22.435
6	14:24:39.663	1:05.401	+0.036	22.769	20.148	22.484
7	14:25:45.891	1:06.228	+0.827	23.132	20.042	23.054
8	14:26:51.877	1:05.986	-0.242	23.006	20.072	22.908
9	14:27:57.901	1:06.024	+0.038	23.482	19.665	22.877
p10	14:29:10.265	1:12.364	+6.340	26.996	22.288	

(83) Didrik Helgesen						
1	14:19:11.614				21.719	23.065
2	14:20:17.553	1:05.939		22.851	20.578	22.510
3	14:21:24.005	1:06.452	+0.513	23.097	20.703	22.652
4	14:22:30.064	1:06.059	-0.393	22.917	20.366	22.776
5	14:23:36.080	1:06.016	-0.043	22.665	20.577	22.774
6	14:24:41.830	1:05.750	-0.266	22.661	20.544	22.545
7	14:25:47.966	1:06.136	+0.386	23.031	20.481	22.624
8	14:26:53.731	1:05.765	-0.371	22.759	20.349	22.657
9	14:27:59.207	1:05.476	-0.289	22.730	20.353	22.393
p10	14:29:05.545	1:06.338	+0.862	22.916	20.666	

(17) Vinjar Brynjarson Hallset						
1	14:18:28.307				23.082	25.505
2	14:19:39.004	1:10.697		25.036	21.991	23.670
3	14:20:47.694	1:08.690	-2.007	24.092	21.371	23.227
4	14:21:54.716	1:07.022	-1.668	22.976	21.134	22.912
5	14:23:01.734	1:07.018	-0.004	23.227	20.893	22.898
6	14:24:08.428	1:06.694	-0.324	23.180	20.832	22.682
7	14:25:14.472	1:06.044	-0.650	22.672	20.552	22.820
8	14:26:20.362	1:05.890	-0.154	23.130	20.256	22.504
9	14:27:25.968	1:05.606	-0.284	22.775	20.544	22.287
10	14:28:32.034	1:06.066	+0.460	22.910	20.539	22.617
p11	14:29:41.474	1:09.440	+3.374	24.458	21.547	

(74) Tor Olav Salvesen						
1	14:19:00.609				20.906	23.670
2	14:20:07.858	1:07.249		23.933	20.421	22.895

3	14:21:14.143	1:06.285	-0.964	23.229	20.095	22.961
4	14:22:20.486	1:06.343	+0.058	23.183	20.203	22.957
5	14:23:26.539	1:06.053	-0.290	22.788	20.397	22.868
6	14:24:32.895	1:06.356	+0.303	22.980	20.599	22.777
7	14:25:39.934	1:07.039	+0.683	23.025	20.386	23.628
8	14:26:46.634	1:06.700	-0.339	23.130	20.398	23.172
9	14:27:52.718	1:06.084	-0.616	22.853	20.157	23.074
p10	14:28:57.055	1:04.337	-1.747	23.154	20.933	

(27) Sofie Harboe						
1	14:18:57.939				21.558	23.808
2	14:20:05.870	1:07.931		23.394	21.137	23.400
3	14:21:13.039	1:07.169	-0.762	23.268	20.822	23.079
4	14:22:19.613	1:06.574	-0.595	22.871	20.706	22.997
5	14:23:26.111	1:06.498	-0.076	22.814	20.773	22.911
6	14:24:32.338	1:06.227	-0.271	22.712	20.631	22.884
7	14:25:39.502	1:07.164	+0.937	22.671	20.734	23.759
8	14:26:47.611	1:08.109	+0.945	22.899	21.264	23.946
9	14:27:54.150	1:06.539	-1.570	23.287	20.401	22.851
p10	14:28:59.248	1:05.098	-1.441	23.182	20.948	

(25) Solve Andre Dale						
1	14:18:45.976				22.051	24.952
2	14:19:55.212	1:09.236		24.403	21.092	23.741
3	14:21:03.535	1:08.323	-0.913	24.077	20.523	23.723
4	14:22:11.187	1:07.652	-0.671	23.660	20.405	23.587
5	14:23:17.499	1:06.312	-1.340	23.057	20.503	22.752
6	14:24:24.242	1:06.743	+0.431	23.381	20.325	23.037
7	14:25:30.951	1:06.709	-0.034	23.106	20.545	23.058
8	14:26:37.442	1:06.491	-0.218	23.150	20.213	23.128
9	14:27:43.704	1:06.262	-0.229	23.292	20.184	22.786
p10	14:28:51.381	1:07.677	+1.415	23.165	20.644	

(73) Svein Rognmo						
1	14:03:41.083				21.318	25.840
2	14:04:49.731	1:08.648		24.146	20.797	23.705
3	14:05:59.893	1:10.162	+1.514	23.398	21.350	25.414
4	14:07:07.440	1:07.547	-2.615	23.795	20.456	23.296
5	14:08:14.121	1:06.681	-0.866	22.738	20.575	23.368
6	14:09:22.135	1:08.014	+1.333	24.291	20.934	22.789
7	14:10:31.818	1:09.683	+1.669	23.092	21.525	25.066
8	14:11:42.691	1:10.873	+1.190	24.035	22.300	24.538
9	14:12:49.921	1:07.230	-3.643	23.766	20.530	22.934
10	14:13:56.326	1:06.405	-0.825	23.172	20.468	22.765
p11	14:14:57.690	1:01.364	-5.041	22.799	20.802	

(98) Svenna Estensmo						
1	14:19:06.315				21.353	23.504
2	14:20:13.149	1:06.834		23.755	20.351	22.728
3	14:23:07.172	2:54.023	+1:47.189	23.672	21.204	22.662
4	14:24:16.565	1:09.393	-1:44.630	24.430	21.405	23.558
5	14:25:24.843	1:08.278	-1.115	24.535	20.665	23.078
6	14:26:32.528	1:07.685	-0.593	24.143	20.512	23.030
7	14:27:39.104	1:06.576	-1.109	23.477	20.272	22.827
p8	14:28:49.054	1:09.950	+3.374	23.623	21.013	

(711) Arve Enersen						
1	14:19:12.713				21.364	23.605
2	14:20:20.236	1:07.523		23.494	20.907	23.122
3	14:21:28.426	1:08.190	+0.667	23.682	20.936	23.572
4	14:22:36.034	1:07.608	-0.582	23.691	20.769	23.148
5	14:23:43.059	1:07.025	-0.583	23.201	20.610	23.214
6	14:24:49.734	1:06.675	-0.350	23.256	20.562	22.857
7	14:25:56.769	1:07.035	+0.360	23.303	20.427	23.305
8	14:27:03.511	1:06.742	-0.293	23.196	20.537	23.009
9	14:28:10.248	1:06.737	-0.005	23.024	20.557	23.156

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Vålerbanen Racing Circuit 2,274 km

FP 5 - Alle Klasser

10.08.2026 14:00

Practice (1:00:00 Time) started at 14:00:11

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
p10	14:29:17.226	1:06.978	+0.241	23.863	21.317	
(69) Oskar Corwin Bohlin						
1	14:01:57.662				21.261	24.394
2	14:03:05.550	1:07.888		23.339	21.107	23.442
3	14:04:15.726	1:10.176	+2.288	24.407	21.289	24.480
4	14:05:22.925	1:07.199	-2.977	23.066	21.079	23.054
5	14:06:31.801	1:08.876	+1.677	23.754	21.426	23.696
6	14:07:39.120	1:07.319	-1.557	22.661	20.975	23.683
7	14:08:51.949	1:12.829	+5.510	26.266	23.195	23.368
8	14:10:00.098	1:08.149	-4.680	22.909	21.067	24.173
9	14:11:07.020	1:06.922	-1.227	23.056	20.878	22.988
10	14:12:13.696	1:06.676	-0.246	22.722	20.716	23.238
11	14:13:21.719	1:08.023	+1.347	23.899	20.827	23.297
12	14:14:32.702	1:10.983	+2.960	25.984	21.463	23.536
p13	14:16:09.326	1:36.624	+25.641	23.205	54.651	

(111) Tommy Lidal						
1	14:18:52.806				21.353	23.680
2	14:20:00.769	1:07.963		23.660	21.289	23.014
3	14:21:07.891	1:07.122	-0.841	23.774	20.561	22.787
4	14:22:14.937	1:07.046	-0.076	23.037	20.910	23.099
5	14:23:21.712	1:06.775	-0.271	23.316	20.670	22.789
6	14:24:29.675	1:07.963	+1.188	23.372	21.135	23.456
p7	14:25:34.085	1:04.410	-3.553	23.512	21.214	
p8	14:27:46.245	2:12.160	+1:07.750		22.182	

(53) Ove Einar Reinton						
1	14:18:53.379				21.183	23.423
2	14:20:01.333	1:07.954		23.475	21.407	23.072
3	14:21:08.385	1:07.052	-0.902	23.631	20.701	22.720
4	14:22:15.332	1:06.947	-0.105	22.954	20.903	23.090
5	14:23:23.150	1:07.818	+0.871	23.357	20.968	23.493
6	14:24:30.145	1:06.995	-0.823	22.855	20.941	23.199
p7	14:25:35.784	1:05.639	-1.356	23.486	21.448	

(112) Svein Olaf Bennæs						
1	14:19:03.125				22.244	24.569
2	14:20:12.742	1:09.617		24.248	21.783	23.586
3	14:21:21.578	1:08.836	-0.781	23.687	21.371	23.778
4	14:22:31.335	1:09.757	+0.921	24.122	21.988	23.647
5	14:23:40.770	1:09.435	-0.322	24.038	21.514	23.883
6	14:24:49.042	1:08.272	-1.163	23.522	21.259	23.491
7	14:25:57.758	1:08.716	+0.444	23.436	21.555	23.725
8	14:27:06.055	1:08.297	-0.419	23.595	21.242	23.460
9	14:28:13.967	1:07.912	-0.385	23.363	21.141	23.408
p10	14:29:20.014	1:06.047	-1.865	23.984	21.749	

(58) Emma Marie Birkelund						
1	14:02:58.354				22.346	25.420
2	14:04:11.393	1:13.039		26.886	21.856	24.297
3	14:05:21.101	1:09.708	-3.331	24.135	21.566	24.007
4	14:06:32.943	1:11.842	+2.134	25.299	21.967	24.576
5	14:07:42.461	1:09.518	-2.324	24.046	21.451	24.021
6	14:08:52.585	1:10.124	+0.606	24.213	22.280	23.631
7	14:10:00.976	1:08.391	-1.733	23.059	21.147	24.185
8	14:11:09.584	1:08.608	+0.217	23.895	21.135	23.578
9	14:12:17.507	1:07.923	-0.685	23.280	21.202	23.441
10	14:13:30.757	1:13.250	+5.327	23.829	25.514	23.907
p11	14:14:38.662	1:07.905	-5.345	24.147	22.464	

(23-) Jon Helge Økland						
1	14:18:05.114				23.502	25.335
2	14:19:18.547	1:13.433		26.063	22.505	24.865
3	14:20:29.636	1:11.089	-2.344	24.913	21.862	24.314
4	14:21:38.841	1:09.205	-1.884	24.589	21.195	23.421

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
5	14:22:47.447	1:08.606	-0.599	24.059	21.251	23.296
6	14:23:56.029	1:08.582	-0.024	24.066	21.106	23.410
7	14:25:04.190	1:08.161	-0.421	23.703	21.002	23.456
8	14:26:12.689	1:08.499	+0.338	23.496	21.226	23.777
9	14:27:21.847	1:09.158	+0.659	23.596	21.446	24.116
10	14:28:30.920	1:09.073	-0.085	23.722	21.712	23.639
p11	14:29:42.516	1:11.596	+2.523	25.011	22.807	

(2) Magnus Valen-Senstad						
1	14:47:33.950				23.351	26.255
2	14:48:46.970	1:13.020		26.455	21.879	24.686
3	14:49:56.920	1:09.950	-3.070	24.316	21.344	24.290
4	14:51:06.637	1:09.717	-0.233	24.283	21.146	24.288
5	14:52:16.639	1:10.002	+0.285	24.955	21.394	23.653
6	14:53:26.313	1:09.674	-0.328	24.012	21.364	24.298
7	14:54:35.919	1:09.606	-0.068	23.881	21.554	24.171
8	14:55:46.936	1:11.017	+1.411	25.430	21.296	24.291
9	14:56:55.271	1:08.335	-2.682	23.932	21.061	23.342
10	14:58:03.806	1:08.535	+0.200	23.679	20.857	23.999
p11	14:59:12.254	1:08.448	-0.087	23.650	21.508	

(54-) Oddvar Gravelstøter-Gravdal						
1	14:18:39.721				22.650	25.777
2	14:19:51.806	1:12.085		24.627	22.637	24.821
3	14:21:01.857	1:10.051	-2.034	23.875	21.858	24.318
4	14:22:10.793	1:08.936	-1.115	23.610	21.029	24.297
5	14:23:20.124	1:09.331	+0.395	23.655	21.658	24.018
6	14:24:28.510	1:08.386	-0.945	23.289	21.252	23.845
7	14:25:37.431	1:08.921	+0.535	23.454	21.419	24.048
8	14:26:47.619	1:10.188	+1.267	24.116	21.481	24.591
9	14:27:56.925	1:09.306	-0.882	24.336	21.165	23.805
p10	14:29:06.260	1:09.335	+0.029	23.992	22.246	

(13) Jan Ivar Skilbrei						
1	14:19:50.986				22.262	24.757
2	14:21:00.523	1:09.537		24.499	21.218	23.820
3	14:22:09.370	1:08.847	-0.690	23.969	21.048	23.830
4	14:23:18.663	1:09.293	+0.446	23.876	21.194	24.223
5	14:24:27.687	1:09.024	-0.269	24.065	21.156	23.803
6	14:25:36.868	1:09.181	+0.157	23.938	21.239	24.004
7	14:26:46.729	1:09.861	+0.680	24.372	21.360	24.129
8	14:27:56.295	1:09.566	-0.295	24.309	21.423	23.834
p9	14:29:04.052	1:07.757	-1.809	24.249	21.909	

(35) Lucia Linnea Nessjøen						
1	14:01:35.380				22.281	24.720
2	14:02:47.791	1:12.411		24.235	22.738	25.438
3	14:04:00.308	1:12.517	+0.106	26.487	21.728	24.302
p4	14:05:07.343	1:07.035	-5.482	24.287	21.527	
5	14:07:00.867	1:53.524	+46.489		21.973	24.602
6	14:08:14.175	1:13.308	-40.216	24.607	23.532	25.169
7	14:09:26.481	1:12.306	-1.002	24.667	22.862	24.777
8	14:10:36.731	1:10.250	-2.056	23.696	21.416	25.138
9	14:11:47.674	1:10.943	+0.693	23.633	21.673	25.637
10	14:12:59.188	1:11.514	+0.571	25.096	22.136	24.282
11	14:14:08.047	1:08.859	-2.655	23.632	21.285	23.942
p12	14:15:13.412	1:05.365	-3.494	23.944	21.207	

(57) Odd Gunnar Netland						
1	14:19:14.805				21.755	24.180
2	14:20:23.912	1:09.107		23.461	21.487	24.159
3	14:21:33.772	1:09.860	+0.753	24.034	21.422	24.404
4	14:22:44.413	1:10.641	+0.781	25.138	21.464	24.039
5	14:23:53.944	1:09.531	-1.110	24.472	21.299	23.760
6	14:25:02.847	1:08.903	-0.628	24.307	20.904	23.692
7	14:26:12.036	1:09.189	+0.286	24.258	21.288	23.643

Heldagstrening SMCK 4:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 5 - Alle Klasser

10.08.2026 14:00

Practice (1:00:00 Time) started at 14:00:11

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
8	14:27:21.039	1:09.003	-0.186	23.816	21.356	23.831
9	14:28:30.362	1:09.323	+0.320	24.147	21.454	23.722
p10	14:29:40.854	1:10.492	+1.169	25.118	22.188	

(23) Eline Fjellhøi Grav

1	14:19:23.657				22.823	25.188
2	14:20:34.262	1:10.605		24.871	21.556	24.178
3	14:21:44.357	1:10.095	-0.510	24.507	21.520	24.068
4	14:22:54.333	1:09.976	-0.119	24.704	21.254	24.018
5	14:24:03.872	1:09.539	-0.437	24.204	21.175	24.160
6	14:25:12.985	1:09.113	-0.426	24.019	21.132	23.962
7	14:26:22.948	1:09.963	+0.850	24.221	21.549	24.193
8	14:27:32.460	1:09.512	-0.451	24.114	21.366	24.032
p9	14:28:47.961	1:15.501	+5.989	25.968	24.304	

(82-4) Irl / Emira Pålhaugen

1	14:02:57.822				33.272	35.691
2	14:04:38.480	1:40.658		33.937	31.976	34.745
p3	14:06:14.239	1:35.759	-4.899	36.691	30.890	
4	14:49:28.992	43:14.753	41:38.994		25.617	26.668
5	14:50:42.524	1:13.532	42:01.221	25.639	22.783	25.110
6	14:51:54.840	1:12.316	-1.216	24.528	22.747	25.041
7	14:53:05.361	1:10.521	-1.795	24.032	21.976	24.513
8	14:54:15.296	1:09.935	-0.586	23.889	21.658	24.388
9	14:55:24.467	1:09.171	-0.764	23.599	21.318	24.254
10	14:56:34.298	1:09.831	+0.660	23.965	21.648	24.218
11	14:57:43.980	1:09.682	-0.149	23.740	21.362	24.580
12	14:58:55.818	1:11.838	+2.156	24.493	22.128	25.217

(38) Bjørn Helge Thowsen

1	14:18:17.162				24.505	26.795
2	14:19:31.290	1:14.128		26.632	22.411	25.085
3	14:20:44.321	1:13.031	-1.097	26.356	22.146	24.529
4	14:21:56.036	1:11.715	-1.316	25.371	21.795	24.549
5	14:23:06.476	1:10.440	-1.275	25.189	21.256	23.995
6	14:24:16.139	1:09.663	-0.777	24.486	21.237	23.940
7	14:25:26.464	1:10.325	+0.662	24.542	21.661	24.122
8	14:26:35.988	1:09.524	-0.801	24.424	21.234	23.866
9	14:27:45.823	1:09.835	+0.311	24.372	21.282	24.181
p10	14:28:55.386	1:09.563	-0.272	25.438	22.391	

(14) Jenny Hagen Jensen

1	14:19:01.978				23.174	25.735
2	14:20:15.185	1:13.207		25.072	22.727	25.408
3	14:21:27.302	1:12.117	-1.090	25.160	22.138	24.819
4	14:22:38.333	1:11.031	-1.086	24.591	22.131	24.309
5	14:23:49.463	1:11.130	+0.099	24.403	22.129	24.598
6	14:24:59.561	1:10.098	-1.032	24.137	21.784	24.177
7	14:26:09.678	1:10.117	+0.019	24.137	21.740	24.240
8	14:27:20.202	1:10.524	+0.407	24.158	22.224	24.142
9	14:28:29.906	1:09.704	-0.820	24.049	21.791	23.864
p10	14:29:39.877	1:09.971	+0.267	25.008	22.271	

(95) Oscar Skumlien

1	14:01:34.621				22.433	24.898
2	14:02:47.708	1:13.087		24.382	23.020	25.685
3	14:03:59.081	1:11.373	-1.714	24.729	22.217	24.427
4	14:05:12.520	1:13.439	+2.066	24.528	22.271	26.640
5	14:06:23.404	1:10.884	-2.555	24.105	22.157	24.622
6	14:07:35.870	1:12.466	+1.582	24.497	22.312	25.657
7	14:08:48.924	1:13.054	+0.588	26.207	22.280	24.567
8	14:10:00.718	1:11.794	-1.260	24.811	22.345	24.638
9	14:11:10.726	1:10.008	-1.786	24.254	21.661	24.093
10	14:12:21.398	1:10.672	+0.664	23.734	21.920	25.018
p11	14:13:34.711	1:13.313	+2.641	27.111	24.656	

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(75) Pål Laukli						
1	14:47:55.817				23.885	27.164
2	14:49:09.863	1:14.046		25.699	22.736	25.611
3	14:50:23.790	1:13.927	-0.119	25.808	23.024	25.095
4	14:51:38.559	1:14.769	+0.842	27.104	22.532	25.133
5	14:52:51.222	1:12.663	-2.106	25.221	22.050	25.392
6	14:54:03.239	1:12.017	-0.646	25.433	21.959	24.625
7	14:55:15.419	1:12.180	+0.163	24.820	21.938	25.422
8	14:56:26.472	1:11.053	-1.127	25.069	21.818	24.166
p9	14:57:37.874	1:11.402	+0.349	25.113	22.073	

(50) Mads Valen-Sendstad

1	14:47:34.732				23.436	25.951
2	14:48:49.858	1:15.126		26.922	22.920	25.284
3	14:50:03.415	1:13.557	-1.569	25.429	22.579	25.549
4	14:51:16.272	1:12.857	-0.700	25.884	22.333	24.640
5	14:52:29.753	1:13.481	+0.624	25.538	22.580	25.363
6	14:53:42.586	1:12.833	-0.648	25.548	22.468	24.817
7	14:54:56.250	1:13.664	+0.831	25.587	22.921	25.156
8	14:56:08.598	1:12.348	-1.316	25.450	22.171	24.727
9	14:57:20.467	1:11.869	-0.479	25.203	22.132	24.534
10	14:58:33.267	1:12.800	+0.931	25.374	22.074	25.352
p11	14:59:43.278	1:10.011	-2.789	26.443	22.328	

(205) Erik Wetten

1	14:48:49.959				23.009	26.286
2	14:50:05.047	1:15.088		25.981	22.961	26.146
3	14:51:19.868	1:14.821	-0.267	26.376	22.743	25.702
4	14:52:43.872	1:24.004	+9.183	33.112	23.921	26.971
5	14:54:00.244	1:16.372	-7.632	26.295	23.312	26.765
6	14:55:15.300	1:15.056	-1.316	26.351	22.928	25.777
7	14:56:28.371	1:13.071	-1.985	25.940	21.819	25.312
8	14:57:43.215	1:14.844	+1.773	25.848	22.346	26.650
9	14:58:55.438	1:12.223	-2.621	25.076	22.087	25.060

(13--) Mathias Skilbrei Finden

1	14:03:08.469				24.997	27.068
2	14:04:29.372	1:20.903		27.402	26.546	26.955
3	14:05:46.999	1:17.627	-3.276	28.168	23.570	25.889
4	14:07:00.285	1:13.286	-4.341	25.350	22.793	25.143
5	14:08:13.556	1:13.271	-0.015	24.837	23.263	25.171
6	14:09:26.692	1:13.136	-0.135	24.968	23.023	25.145
7	14:10:40.526	1:13.834	+0.698	25.316	22.998	25.520
8	14:11:59.436	1:18.910	+5.076	28.457	24.975	25.478
9	14:13:14.457	1:15.021	-3.889	24.951	22.804	27.266
10	14:14:27.895	1:13.438	-1.583	25.334	22.796	25.308
p11	14:15:45.797	1:17.902	+4.464	26.928	26.990	

(50-) Tor Christensen

1	14:48:20.326				23.305	26.087
2	14:49:35.661	1:15.335		26.010	23.368	25.957
3	14:50:51.077	1:15.416	+0.081	26.684	23.165	25.567
4	14:52:05.914	1:14.837	-0.579	26.530	22.987	25.320
5	14:53:19.745	1:13.831	-1.006	25.986	22.715	25.130
6	14:54:33.676	1:13.931	+0.100	25.976	22.677	25.278
7	14:55:52.686	1:19.010	+5.079	28.689	23.615	26.706
8	14:57:06.301	1:13.615	-5.395	26.183	22.356	25.076
9	14:58:20.568	1:14.267	+0.652	26.174	22.686	25.407
p10	14:59:36.661	1:16.093	+1.826	26.960	23.957	

(41--) Adrian Sundet

1	14:02:37.703				24.676	26.633
2	14:03:53.930	1:16.227		26.050	23.847	26.330
3	14:05:15.779	1:21.849	+5.622	26.635	24.273	30.941
4	14:06:32.999	1:17.220	-4.629	27.003	23.573	26.644
5	14:07:48.414	1:15.415	-1.805	26.452	23.265	25.698

Heldagstrening SMCK 4:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 5 - Alle Klasser

10.08.2026 14:00

Practice (1:00:00 Time) started at 14:00:11

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
6	14:09:07.543	1:19.129	+3.714	25.770	23.573	29.786
7	14:10:28.053	1:20.510	+1.381	28.362	24.400	27.748
p8	14:11:40.125	1:12.072	-8.438	26.215	23.606	
(46) Maksymilian Alex Czaplak						
1	14:04:55.236				28.217	30.499
2	14:06:20.816	1:25.580		28.647	26.404	30.529
3	14:07:42.799	1:21.983	-3.597	27.869	25.516	28.598
4	14:09:06.246	1:23.447	+1.464	27.954	25.892	29.601
5	14:10:28.083	1:21.837	-1.610	28.206	25.275	28.356
p6	14:11:48.154	1:20.071	-1.766	27.454	26.090	

(93) Tancred Valen-Sendstad						
1	14:02:11.803				26.904	30.131
2	14:03:38.999	1:27.196		29.662	26.822	30.712
3	14:05:05.167	1:26.168	-1.028	29.910	26.370	29.888
4	14:06:29.100	1:23.933	-2.235	29.160	25.710	29.063
5	14:07:52.155	1:23.055	-0.878	29.015	25.266	28.774
6	14:09:16.010	1:23.855	+0.800	28.897	25.539	29.419
7	14:10:38.006	1:21.996	-1.859	28.598	25.443	27.955
8	14:12:03.416	1:25.410	+3.414	30.071	26.344	28.995
9	14:13:25.315	1:21.899	-3.511	28.740	25.028	28.131
10	14:14:47.853	1:22.538	+0.639	28.027	25.716	28.795
p11	14:16:06.852	1:18.999	-3.539	28.800	25.381	

(30) Gard Ingvaldsen						
1	14:02:57.907				27.596	32.636
2	14:04:31.512	1:33.605		34.594	28.724	30.287
3	14:06:00.767	1:29.255	-4.350	30.009	27.385	31.861
4	14:07:33.554	1:32.787	+3.532	32.440	28.719	31.628
5	14:08:59.842	1:26.288	-6.499	31.216	25.723	29.349
6	14:10:24.638	1:24.796	-1.492	29.434	25.756	29.606
7	14:11:49.224	1:24.586	-0.210	29.681	26.449	28.456
8	14:13:17.017	1:27.793	+3.207	28.462	27.702	31.629
9	14:14:39.997	1:22.980	-4.813	28.968	26.033	27.979
p10	14:16:01.938	1:21.941	-1.039	30.356	26.114	

(801) Emil Thomassen Bøler						
1	14:04:38.982				29.972	34.162
2	14:06:08.690	1:29.708		31.656	26.968	31.084
3	14:07:36.284	1:27.594	-2.114	29.603	27.715	30.276
4	14:09:07.439	1:31.155	+3.561	31.519	28.251	31.385
5	14:10:34.123	1:26.684	-4.471	30.484	26.528	29.672
p6	14:12:01.846	1:27.723	+1.039	31.571	27.051	

(82-2) Erik Storsveen						
1	14:04:24.619				31.759	34.178
2	14:06:00.261	1:35.642		34.790	28.709	32.143
3	14:07:33.290	1:33.029	-2.613	32.389	28.884	31.756
4	14:09:05.545	1:32.255	-0.774	33.015	27.930	31.310
5	14:10:37.068	1:31.523	-0.732	32.003	28.387	31.133
6	14:12:09.671	1:32.603	+1.080	31.530	28.522	32.551
7	14:13:41.403	1:31.732	-0.871	31.146	28.693	31.893
p8	14:15:12.033	1:30.630	-1.102	33.288	28.914	

(82-3) Mathias Skamfer						
1	14:02:05.477				31.439	33.539
2	14:03:41.908	1:36.431		32.975	29.407	34.049
3	14:05:15.661	1:33.753	-2.678	31.463	29.366	32.924
4	14:06:51.410	1:35.749	+1.996	32.590	29.707	33.452
5	14:08:25.445	1:34.035	-1.714	32.260	29.125	32.650
6	14:10:01.971	1:36.526	+2.491	31.965	30.331	34.230
7	14:11:42.790	1:40.819	+4.293	34.320	31.107	35.392
8	14:13:19.107	1:36.317	-4.502	31.973	30.452	33.892
9	14:14:55.393	1:36.286	-0.031	32.485	29.867	33.934
p10	14:16:43.645	1:48.252	+11.966	37.512	36.027	

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(93/94) Geir Pålhaugen						
1	14:02:57.005				34.081	35.903
2	14:04:37.738	1:40.733		34.264	31.970	34.499
p3	14:06:18.535	1:40.797	+0.064	36.932	33.051	
4	14:10:00.333	3:41.798	+2:01.001		32.172	34.693
5	14:11:40.030	1:39.697	-2:02.101	34.482	30.946	34.269
6	14:13:17.058	1:37.028	-2.669	32.373	30.386	34.269
7	14:14:54.202	1:37.144	+0.116	32.845	29.948	34.351
p8	14:16:40.796	1:46.594	+9.450	37.462	35.829	