

Heldagstrening SMCK 4:5

Trening 3 heat

FP 6 - Alle Klasser

Practice (1:00:00 Time) started at 15:00:12

Vålerbanen Racing Circuit 2,274 km

10.08.2026 15:00

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(40) Tommy Ellertsen						
1	15:31:49.092				19.761	21.705
2	15:32:52.095	1:03.003		20.971	20.136	21.896
p3	15:33:58.206	1:06.111	+3.108	21.186	23.051	

(24) Marius Ravi Evensen						
1	15:31:57.443				20.993	23.068
2	15:33:00.539	1:03.096		22.048	19.278	21.770

(41-) Odd-Roar Sundet						
1	15:32:13.954				20.419	22.308
2	15:33:18.270	1:04.316		22.590	19.530	22.196
p3	15:34:35.133	1:16.863	+12.547	32.130	23.329	

(17) Vinjar Brynjarson Hallset						
1	15:19:44.977				23.465	25.082
2	15:20:52.020	1:07.043		23.364	20.826	22.853
3	15:21:57.557	1:05.537	-1.506	22.691	20.084	22.762
4	15:23:05.351	1:07.794	+2.257	22.691	21.261	23.842
5	15:24:10.364	1:05.013	-2.781	22.392	20.264	22.357
6	15:25:16.010	1:05.646	+0.633	22.825	20.219	22.602
7	15:26:20.831	1:04.821	-0.825	22.286	20.055	22.480
8	15:27:25.880	1:05.049	+0.228	22.635	20.049	22.365
p9	15:28:42.729	1:16.849	+11.800	27.425	26.089	

(99) Kent-Erik Løken Tøllefsen						
1	15:32:14.666				20.619	22.413
2	15:33:19.532	1:04.866		22.281	20.044	22.541
p3	15:34:43.180	1:23.648	+18.782	35.463	25.425	

(83) Didrik Helgesen						
1	15:18:36.243				21.023	23.022
2	15:19:43.048	1:06.805		23.568	20.494	22.743
3	15:20:48.051	1:05.003	-1.802	22.551	20.197	22.255
4	15:21:54.115	1:06.064	+1.061	23.242	20.451	22.371
5	15:22:59.540	1:05.425	-0.639	22.520	20.262	22.643
6	15:24:05.329	1:05.789	+0.364	22.631	20.616	22.542
7	15:25:10.506	1:05.177	-0.612	22.232	20.441	22.504
8	15:26:15.735	1:05.229	+0.052	22.551	20.389	22.289
9	15:27:21.738	1:06.003	+0.774	23.059	20.319	22.625
p10	15:28:28.657	1:06.919	+0.916	23.434	21.300	

(111) Tommy Lidal						
1	15:17:52.606				21.536	23.623
2	15:19:00.691	1:08.085		23.289	21.328	23.468
3	15:20:09.069	1:08.378	+0.293	23.830	21.277	23.271
4	15:21:16.944	1:07.875	-0.503	24.699	20.189	22.987
5	15:22:23.639	1:06.695	-1.180	22.676	21.089	22.930
6	15:23:29.144	1:05.505	-1.190	22.710	20.298	22.497
7	15:24:36.665	1:07.521	+2.016	23.646	20.307	23.568
8	15:25:45.340	1:08.675	+1.154	23.576	21.560	23.539
9	15:26:51.919	1:06.579	-2.096	23.915	20.091	22.573
p10	15:27:53.562	1:01.643	-4.936	22.356	20.320	

(25) Solve Andre Dale						
1	15:18:39.221				22.541	23.736
2	15:19:45.385	1:06.164		23.090	20.021	23.053
3	15:20:51.135	1:05.750	-0.414	23.282	20.022	22.446
4	15:21:56.648	1:05.513	-0.237	22.802	20.033	22.678
5	15:23:03.076	1:06.428	+0.915	23.168	20.630	22.630
6	15:24:08.724	1:05.648	-0.780	22.678	20.223	22.747
7	15:25:30.836	1:22.112	+16.464	22.660	35.288	24.164
8	15:26:36.899	1:06.063	-16.049	22.849	20.348	22.866
p9	15:27:43.185	1:06.286	+0.223	23.781	21.542	

(44-) Jonas Lindblad Andersen						
1	15:32:11.890				21.226	23.196
2	15:33:17.716	1:05.826		22.328	19.165	24.333
p3	15:34:34.361	1:16.645	+10.819	30.628	24.414	

(53) Ove Einar Reinton						
1	15:17:54.609				21.925	24.010
2	15:19:03.102	1:08.493		23.492	21.468	23.533
3	15:20:11.440	1:08.338	-0.155	23.501	21.580	23.257
4	15:21:20.542	1:09.102	+0.764	23.788	21.430	23.884
5	15:22:31.706	1:11.164	+2.062	24.697	22.429	24.038
6	15:23:39.758	1:08.052	-3.112	23.739	20.676	23.637
7	15:24:45.746	1:05.988	-2.064	22.671	20.579	22.738
8	15:25:51.728	1:05.982	-0.006	22.664	20.886	22.432
9	15:26:57.990	1:06.262	+0.280	22.478	20.903	22.881
10	15:28:05.874	1:07.884	+1.622	23.611	21.256	23.017
p11	15:29:36.150	1:30.276	+22.392	25.875	43.980	

(27) Sofie Harboe						
1	15:18:38.655				21.267	23.777
2	15:19:46.087	1:07.432		23.016	21.064	23.352
3	15:20:53.233	1:07.146	-0.286	23.002	21.079	23.065
4	15:21:59.319	1:06.086	-1.060	22.726	20.554	22.806
5	15:23:06.264	1:06.945	+0.859	22.649	20.850	23.446
6	15:24:15.144	1:08.880	+1.935	23.662	21.485	23.733
7	15:25:22.349	1:07.205	-1.675	23.336	21.113	22.756
8	15:26:28.497	1:06.148	-1.057	22.529	20.801	22.818
9	15:27:34.869	1:06.372	+0.224	22.670	20.864	22.838
p10	15:28:44.581	1:09.712	+3.340	23.694	23.460	

(73) Svein Rognmo						
1	15:03:48.298				20.756	23.146
2	15:04:55.326	1:07.028		22.729	20.786	23.513
3	15:06:02.023	1:06.697	-0.331	22.847	21.089	22.761
4	15:07:09.199	1:07.176	+0.479	22.832	20.648	23.696
5	15:08:16.913	1:07.714	+0.538	23.569	21.458	22.687
6	15:09:23.051	1:06.138	-1.576	22.838	20.297	23.003
7	15:10:32.010	1:08.959	+2.821	23.854	22.010	23.095
8	15:11:40.025	1:08.015	-0.944	22.925	21.536	23.554
9	15:12:48.671	1:08.646	+0.631	23.801	20.697	24.148
10	15:13:59.058	1:10.387	+1.741	24.268	20.646	25.473
p11	15:15:05.892	1:06.834	-3.553	23.470	21.628	

(67) Jonas Prestikvern						
1	15:18:41.781				21.076	23.587
2	15:19:49.548	1:07.767		24.115	20.456	23.196
3	15:20:55.777	1:06.229	-1.538	23.034	20.252	22.943
4	15:22:55.231	1:59.454	+53.225	22.907	21.660	23.181
5	15:24:02.423	1:07.192	-52.262	23.971	20.379	22.842
6	15:25:08.829	1:06.406	-0.786	23.111	20.535	22.760
7	15:26:15.122	1:06.293	-0.113	23.092	20.143	23.058
8	15:27:21.446	1:06.324	+0.031	23.038	20.203	23.083
p9	15:28:27.832	1:06.386	+0.062	23.204	21.146	

(98) Svenna Estensmo						
1	15:18:40.390				21.875	23.569
2	15:19:48.323	1:07.933		24.695	20.284	22.954
3	15:20:54.991	1:06.668	-1.265	23.450	20.444	22.774
4	15:22:01.851	1:06.860	+0.192	23.007	20.696	23.157
5	15:23:10.207	1:08.356	+1.496	23.462	21.046	23.848
p6	15:24:13.363	1:03.156	-5.200	23.349	20.940	

(69) Oskar Corwin Bohlin						
1	15:18:02.501				21.152	23.514
2	15:19:09.835	1:07.334		23.065	20.924	23.345
3	15:20:17.034	1:07.199	-0.135	22.980	21.141	23.078

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Vålerbanen Racing Circuit 2,274 km

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10.08.2026 15:00

Practice (1:00:00 Time) started at 15:00:12

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
4	15:21:23.791	1:06.757	-0.442	22.826	20.630	23.301
p5	15:22:29.278	1:05.487	-1.270	23.133	22.028	
6	15:24:06.857	1:37.579	+32.092		21.494	24.674
7	15:25:14.264	1:07.407	-30.172	22.730	20.904	23.773
8	15:26:24.559	1:10.295	+2.888	22.766	23.371	24.158
p9	15:28:56.833	2:32.274	+1:21.979	22.653	1:07.506	

(58) Emma Marie Birkelund

1	15:18:52.511				22.351	24.297
2	15:20:01.622	1:09.111		24.031	21.412	23.668
3	15:21:10.586	1:08.964	-0.147	23.740	21.516	23.708
4	15:22:19.409	1:08.823	-0.141	23.393	21.597	23.833
5	15:23:28.529	1:09.120	+0.297	23.943	21.327	23.850
6	15:24:37.641	1:09.112	-0.008	23.559	21.718	23.835
7	15:25:47.243	1:09.602	+0.490	23.426	21.738	24.438
8	15:26:57.436	1:10.193	+0.591	23.632	22.141	24.420
9	15:28:04.851	1:07.415	-2.778	22.789	21.242	23.384
p10	15:29:14.266	1:09.415	+2.000	24.924	21.259	

(112) Svein Olaf Bennæs

1	15:17:54.158				22.075	24.046
2	15:19:02.624	1:08.466		23.412	21.591	23.463
3	15:20:11.055	1:08.431	-0.035	23.539	21.537	23.355
4	15:21:19.996	1:08.941	+0.510	23.907	21.425	23.609
5	15:22:30.970	1:10.974	+2.033	24.875	21.828	24.271
p6	15:23:36.996	1:06.026	-4.948	23.063		
7	15:25:26.909	1:49.913	+43.887		22.319	24.130
8	15:26:35.568	1:08.659	-41.254	23.657	21.537	23.465
9	15:27:43.353	1:07.785	-0.874	23.151	21.481	23.153
p10	15:28:51.203	1:07.850	+0.065	24.275	22.120	

(35) Lucia Linnea Nessjøen

1	15:02:55.561				22.450	24.826
2	15:04:05.874	1:10.313		24.231	21.964	24.118
3	15:05:15.030	1:09.156	-1.157	23.922	21.297	23.937
4	15:06:23.525	1:08.495	-0.661	23.703	21.039	23.753
5	15:07:33.767	1:10.242	+1.747	24.901	21.441	23.900
6	15:08:42.297	1:08.530	-1.712	23.600	20.997	23.933
7	15:09:51.952	1:09.655	+1.125	24.441	20.999	24.215
8	15:11:01.663	1:09.711	+0.056	23.551	21.642	24.518
9	15:12:13.663	1:12.000	+2.289	25.660	21.452	24.888
10	15:13:22.466	1:08.803	-3.197	23.827	21.209	23.767
p11	15:14:30.355	1:07.889	-0.914	25.326	21.847	

(23-) Jon Helge Økland

1	15:18:26.590				22.679	25.207
2	15:19:37.144	1:10.554		24.808	21.746	24.000
3	15:20:46.920	1:09.776	-0.778	24.546	21.557	23.673
4	15:21:55.746	1:08.826	-0.950	24.234	21.228	23.364
5	15:23:05.848	1:10.102	+1.276	23.923	21.616	24.563
6	15:24:14.399	1:08.551	-1.551	23.937	21.279	23.335
7	15:25:24.181	1:09.782	+1.231	23.931	22.318	23.533
8	15:26:33.480	1:09.299	-0.483	23.729	21.937	23.633
9	15:27:42.850	1:09.370	+0.071	24.025	21.829	23.516
p10	15:28:50.475	1:07.625	-1.745	24.217	22.239	

(54-) Oddvar Gravelseter-Gravdal

1	15:18:59.609				22.017	25.042
2	15:20:08.759	1:09.150		23.616	21.452	24.082
3	15:21:20.008	1:11.249	+2.099	24.421	22.204	24.624
4	15:22:31.743	1:11.735	+0.486	24.096	22.860	24.779
5	15:23:43.373	1:11.630	-0.105	24.552	22.099	24.979
6	15:24:54.317	1:10.944	-0.686	24.680	22.119	24.145
7	15:26:04.103	1:09.786	-1.158	24.041	21.750	23.995
8	15:27:13.604	1:09.501	-0.285	23.861	21.758	23.882
p9	15:28:22.139	1:08.535	-0.966	25.561	22.139	

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(57) Odd Gunnar Netland						
1	15:18:43.643				22.057	24.312
2	15:19:53.040	1:09.397		24.242	21.022	24.133
3	15:21:02.726	1:09.686	+0.289	24.186	21.714	23.786
4	15:22:12.958	1:10.232	+0.546	24.106	21.993	24.133
5	15:23:23.573	1:10.615	+0.383	24.547	21.822	24.246
6	15:24:35.403	1:11.830	+1.215	24.358	22.313	25.159
7	15:25:46.516	1:11.113	-0.717	24.464	22.433	24.216
8	15:26:57.737	1:11.221	+0.108	23.854	22.347	25.020
9	15:28:08.457	1:10.720	-0.501	24.856	21.764	24.100
p10	15:29:18.849	1:10.392	-0.328	24.517	23.842	

(14) Jenny Hagen Jensen

1	15:18:56.162				22.807	25.953
2	15:20:08.285	1:12.123		25.367	22.089	24.667
3	15:21:19.587	1:11.302	-0.821	24.749	22.046	24.507
4	15:22:31.056	1:11.469	+0.167	24.352	22.363	24.754
5	15:23:43.121	1:12.065	+0.596	24.876	22.100	25.089
6	15:24:53.952	1:10.831	-1.234	24.813	21.844	24.174
7	15:26:03.885	1:09.933	-0.898	24.186	21.647	24.100
8	15:27:13.371	1:09.486	-0.447	23.805	21.713	23.968
p9	15:28:24.088	1:10.717	+1.231	26.321	22.790	

(23) Eline Fjellhei Grav

1	15:18:39.742				23.017	25.320
2	15:19:51.312	1:11.570		25.026	21.867	24.677
3	15:21:01.577	1:10.265	-1.305	24.614	21.671	23.980
4	15:22:12.313	1:10.736	+0.471	24.723	21.670	24.343
5	15:23:22.586	1:10.273	-0.463	24.471	21.654	24.148
6	15:24:34.474	1:11.888	+1.615	24.402	22.003	25.483
7	15:25:44.769	1:10.295	-1.593	24.471	21.627	24.197
8	15:26:54.336	1:09.567	-0.728	24.039	21.498	24.030
9	15:28:04.607	1:10.271	+0.704	24.194	21.908	24.169
p10	15:29:16.257	1:11.650	+1.379	26.225	22.598	

(44) William Eid Falk

1	15:18:40.225				23.464	25.046
2	15:19:51.941	1:11.716		25.126	21.896	24.694
3	15:21:01.752	1:09.811	-1.905	24.294	21.785	23.732
4	15:22:11.628	1:09.876	+0.065	23.953	21.707	24.216
5	15:23:21.249	1:09.621	-0.255	23.829	21.614	24.178
6	15:24:33.674	1:12.425	+2.804	24.157	23.097	25.171
7	15:25:43.440	1:09.766	-2.659	23.787	21.838	24.141
8	15:26:54.048	1:10.608	+0.842	24.169	22.053	24.386
9	15:28:03.662	1:09.614	-0.994	24.160	21.614	23.840
p10	15:29:14.921	1:11.259	+1.645	26.727	22.179	

(95) Oscar Skumlien

1	15:04:36.230				23.357	24.763
2	15:05:47.196	1:10.966		24.196	22.334	24.436
3	15:06:58.241	1:11.045	+0.079	24.219	22.022	24.804
4	15:08:09.037	1:10.796	-0.249	24.590	21.865	24.341
5	15:09:19.502	1:10.465	-0.331	24.054	21.718	24.693
6	15:10:29.143	1:09.641	-0.824	23.901	21.516	24.224
7	15:11:39.904	1:10.761	+1.120	24.244	22.034	24.483
8	15:12:50.722	1:10.818	+0.057	24.123	22.035	24.660
9	15:14:02.124	1:11.402	+0.584	25.190	21.767	24.445
p10	15:15:17.259	1:15.135	+3.733	25.786	24.658	

(13) Jan Ivar Skilbrei

1	15:19:47.695				22.553	24.578
2	15:20:57.747	1:10.052		24.323	21.595	24.134
3	15:22:08.058	1:10.311	+0.259	23.967	21.562	24.782
4	15:23:20.231	1:12.173	+1.862	24.586	22.573	25.014
p5	15:24:30.178	1:09.947	-2.226	24.789	23.218	

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Trening 3 heat

FP 6 - Alle Klasser

Practice (1:00:00 Time) started at 15:00:12

Vålerbanen Racing Circuit 2,274 km

10.08.2026 15:00

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(13--) Mathias Skilbrei Finden						
1	15:03:04.206				24.609	26.751
2	15:04:18.152	1:13.946		25.980	22.829	25.137
3	15:05:32.371	1:14.219	+0.273	26.485	22.630	25.104
4	15:06:47.262	1:14.891	+0.672	25.351	24.558	24.982
5	15:08:01.539	1:14.277	-0.614	25.653	22.859	25.765
6	15:09:16.592	1:15.053	+0.776	25.759	23.240	26.054
7	15:10:29.294	1:12.702	-2.351	25.095	22.176	25.431
8	15:11:41.412	1:12.118	-0.584	25.093	22.527	24.498
9	15:12:53.538	1:12.126	+0.008	24.319	22.378	25.429
10	15:14:08.710	1:15.172	+3.046	25.743	23.592	25.837
p11	15:15:19.458	1:10.748	-4.424	25.208	23.644	

(41--) Adrian Sundet						
1	15:05:28.560				25.023	26.910
2	15:06:46.347	1:17.787		27.199	24.477	26.111
3	15:08:04.402	1:18.055	+0.268	26.720	25.015	26.320
4	15:09:23.362	1:18.960	+0.905	27.196	24.056	27.708
5	15:11:26.856	2:03.494	+44.534	25.782	24.054	26.554
p6	15:12:49.044	1:22.188	-41.306	26.373	26.034	

(46) Maksymilian Alex Czaplak						
1	15:04:16.917				27.679	30.759
2	15:05:41.314	1:24.397		28.761	26.492	29.144
3	15:07:02.823	1:21.509	-2.888	27.967	25.347	28.195
4	15:08:24.245	1:21.422	-0.087	28.361	25.137	27.924
5	15:09:44.537	1:20.292	-1.130	27.216	25.046	28.030
6	15:11:05.239	1:20.702	+0.410	27.339	25.280	28.083
7	15:12:53.010	1:47.771	+27.069	27.045	50.611	30.115
8	15:14:13.797	1:20.787	-26.984	27.710	25.145	27.932
p9	15:15:36.190	1:22.393	+1.606	27.346	25.404	

(93) Tancred Valen-Sendstad						
1	15:01:46.855				25.674	28.568
2	15:03:09.840	1:22.985		28.068	25.695	29.222
3	15:04:30.938	1:21.098	-1.887	28.555	24.695	27.848
4	15:05:52.228	1:21.290	+0.192	28.188	24.872	28.230
5	15:09:41.298	3:49.070	+2:27.780	27.816	25.197	29.835
6	15:11:02.852	1:21.554	-2:27.516	28.252	24.746	28.556
7	15:12:26.098	1:23.246	+1.692	28.492	25.353	29.401
8	15:13:46.648	1:20.550	-2.696	27.485	24.549	28.516
p9	15:15:05.199	1:18.551	-1.999	27.476	25.019	

(30) Gard Ingvaldsen						
1	15:03:10.172				26.235	33.387
2	15:04:34.142	1:23.970		30.875	25.295	27.800
3	15:05:56.821	1:22.679	-1.291	28.904	25.476	28.299
4	15:07:19.211	1:22.390	-0.289	28.887	25.758	27.745
5	15:08:41.478	1:22.267	-0.123	28.779	24.725	28.763
6	15:10:02.698	1:21.220	-1.047	28.524	25.183	27.513
7	15:11:23.775	1:21.077	-0.143	28.829	24.533	27.715
8	15:12:47.582	1:23.807	+2.730	28.535	25.856	29.416
9	15:14:08.352	1:20.770	-3.037	29.073	24.414	27.283
p10	15:15:33.381	1:25.029	+4.259	29.281	25.701	

(801) Emil Thomassen Bøler						
1	15:03:24.615				29.726	32.023
2	15:04:55.633	1:31.018		30.417	29.223	31.378
3	15:06:22.226	1:26.593	-4.425	29.070	27.135	30.388
4	15:07:50.746	1:28.520	+1.927	29.119	27.111	32.290
5	15:09:16.629	1:25.883	-2.637	30.204	26.329	29.350
6	15:10:48.206	1:31.577	+5.694	29.942	27.313	34.322
7	15:12:17.974	1:29.768	-1.809	30.363	28.668	30.737
8	15:13:48.811	1:30.837	+1.069	30.105	28.469	32.263
p9	15:15:16.510	1:27.699	-3.138	32.846	27.192	

(82-2) Erik Storsveen						
1	15:07:02.327					30.883
2	15:08:42.108	1:39.781		36.191	30.098	33.492
3	15:10:18.599	1:36.491	-3.290	35.306	29.360	31.825
4	15:11:48.670	1:30.071	-6.420	31.499	27.915	30.657
5	15:13:17.805	1:29.135	-0.936	30.945	26.762	31.428
6	15:14:46.022	1:28.217	-0.918	30.350	27.036	30.831
p7	15:16:20.308	1:34.286	+6.069	32.383	33.142	

(82-3) Mathias Skamfer						
1	15:03:09.587				29.598	33.535
2	15:04:44.022	1:34.435		32.514	29.252	32.669
3	15:06:17.860	1:33.838	-0.597	31.810	28.666	33.362
4	15:07:50.395	1:32.535	-1.303	31.786	28.252	32.497
5	15:09:23.834	1:33.439	+0.904	31.998	29.314	32.127
6	15:10:57.323	1:33.489	+0.050	31.750	29.508	32.231
7	15:12:28.702	1:31.379	-2.110	30.884	28.174	32.321
8	15:14:02.488	1:33.786	+2.407	32.122	28.965	32.699
p9	15:15:29.571	1:27.083	-6.703	30.936	28.959	

(82-4) Irl / Emira Pålhaugen						
p1	15:04:59.160				31.919	

(93/94) Geir Pålhaugen						
p1	15:04:59.909				31.945	

(71) Terje Teigum Valaker						
1	15:32:29.213				19.907	21.620
p2	15:33:26.639	57.426		21.263	19.165	

(77) Erik Myhre						
1	15:32:29.537				19.615	21.625
p2	15:33:27.896	58.359		21.429	18.890	

(41) Dennis Tobias Bjune						
1	15:32:44.218				20.634	22.941
p2	15:33:52.261	1:08.043		22.473	21.118	

(38-) Rune Olsen Bjune						
1	15:32:50.402				21.577	23.939
p2	15:34:04.189	1:13.787		22.681	25.040	

(84) Andre Skjelbred						
1	15:32:52.108				21.112	22.892
p2	15:34:06.068	1:13.960		22.521	24.723	

(32) Trond Askvik Tøsdal						
1	15:32:53.216				21.142	23.207
p2	15:34:04.997	1:11.781		21.982	25.151	