

Heldagstrening SMCK 4:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 7 - Alle Klasser

10.08.2026 16:00

Practice (1:00:00 Time) started at 16:00:11

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
3	16:36:06.420	1:05.793	-0.056	22.863	20.411	22.519
4	16:37:11.801	1:05.381	-0.412	22.723	20.021	22.637
5	16:38:16.813	1:05.012	-0.369	22.567	20.061	22.384
6	16:39:21.881	1:05.068	+0.056	22.515	20.008	22.545
p7	16:40:27.660	1:05.779	+0.711	22.604	20.460	

(83) Didrik Helgesen

1	16:20:49.929			20.896	23.060	
2	16:21:55.113	1:05.184		22.347	20.424	22.413
3	16:23:00.837	1:05.724	+0.540	22.752	20.284	22.688
4	16:24:06.485	1:05.648	-0.076	23.071	20.185	22.392
5	16:25:11.796	1:05.311	-0.337	22.625	20.202	22.484

(69) Oskar Corwin Bohlin

1	16:22:22.111			21.199	23.339	
2	16:23:29.193	1:07.082		22.638	20.849	23.595
3	16:24:34.866	1:05.673	-1.409	21.893	20.601	23.179
4	17:01:40.724	36:01.548	34:55.875	21.089	23.192	
5	17:02:48.047	1:07.323	34:54.225	23.238	20.926	23.159
6	17:03:56.879	1:08.832	+1.509	23.209	20.935	24.688
7	17:05:04.820	1:07.941	-0.891	23.419	20.778	23.744
8	17:06:12.088	1:07.268	-0.673	22.788	20.817	23.663
9	17:07:18.192	1:06.104	-1.164	22.797	20.612	22.695
10	17:08:25.833	1:07.641	+1.537	22.753	21.133	23.755
11	17:09:32.610	1:06.777	-0.864	22.639	20.743	23.395
12	17:10:38.952	1:06.342	-0.435	22.571	21.126	22.645
13	17:11:46.003	1:07.051	+0.709	22.412	20.560	24.079
14	17:12:55.089	1:09.086	+2.035	25.000	20.732	23.354
15	17:14:01.104	1:06.015	-3.071	22.471	20.602	22.942
16	17:15:09.466	1:08.362	+2.347	23.474	20.482	24.406

(27) Sofie Harboe

1	16:21:53.388			21.566	23.417	
2	16:23:00.504	1:07.116		22.992	20.816	23.308
3	16:24:07.492	1:06.988	-0.128	23.006	20.970	23.012
4	16:25:13.987	1:06.495	-0.493	22.733	20.720	23.042
5	17:03:54.244	37:16.172	36:09.677	7:53.128	21.303	25.826
6	17:05:04.025	1:09.781	36:06.391	23.274	21.284	25.223
7	17:06:11.869	1:07.844	-1.937	23.318	20.769	23.757
8	17:07:17.853	1:05.984	-1.860	22.759	20.515	22.710
9	17:08:26.334	1:08.481	+2.497	24.425	21.329	22.727
10	17:09:33.136	1:06.802	-1.679	22.588	20.592	23.622
11	17:10:39.372	1:06.236	-0.566	22.668	20.878	22.690
12	17:11:45.678	1:06.306	+0.070	22.372	20.317	23.617
13	17:12:52.305	1:06.627	+0.321	22.785	20.556	23.286
14	17:13:58.575	1:06.270	-0.357	23.056	20.427	22.787
15	17:15:05.899	1:07.324	+1.054	23.235	20.654	23.435
p16	17:16:12.238	1:06.339	-0.985	23.432	20.851	

(67) Jonas Prestkværn

1	16:22:16.728			20.773	23.619	
2	16:23:24.856	1:08.128		23.896	21.265	22.967
3	16:24:30.961	1:06.105	-2.023	23.170	19.987	22.948

(53) Ove Einar Reinton

1	16:21:18.543			21.389	23.369	
2	16:22:25.472	1:06.929		23.145	20.761	23.023
3	16:23:31.872	1:06.400	-0.529	23.010	20.605	22.785
4	16:24:38.791	1:06.919	+0.519	22.817	21.372	22.730

(98) Svenna Estensmo

1	16:22:08.916			21.849	23.861	
2	16:23:16.615	1:07.699		23.990	20.805	22.904
3	16:24:23.123	1:06.508	-1.191	23.151	20.417	22.940

(17) Vinjar Brynjarsen Hallset

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
1	16:23:49.202				22.879	24.390
2	16:24:55.719	1:06.517		22.979	20.762	22.776

(73) Svein Rognmo

1	17:03:03.797				20.911	22.981
2	17:04:10.611	1:06.814		23.278	20.319	23.217
3	17:06:06.630	1:56.019	+49.205	23.185	21.405	23.007
4	17:07:15.497	1:08.867	-47.152	23.755	21.688	23.424
5	17:08:23.029	1:07.532	-1.335	22.758	20.980	23.794
6	17:09:29.771	1:06.742	-0.790	22.974	20.590	23.178
7	17:10:37.785	1:08.014	+1.272	24.224	20.875	22.915
8	17:11:44.884	1:07.099	-0.915	22.908	20.563	23.628
9	17:12:52.179	1:07.295	+0.196	23.249	20.715	23.331
10	17:14:00.173	1:07.994	+0.699	23.093	21.082	23.819
11	17:15:09.018	1:08.845	+0.851	23.138	20.539	25.168
p12	17:16:13.006	1:03.988	-4.857	23.163	20.573	

(74) Tor Olav Salvesen

1	16:22:00.109			21.085	23.310	
2	16:23:07.584	1:07.475		23.855	20.501	23.119
3	16:24:15.562	1:07.978	+0.503	23.679	21.049	23.250
p4	16:25:18.488	1:02.926	-5.052	23.840	20.715	

(112) Svein Olaf Bennæs

1	16:23:55.388				21.465	23.882
2	16:25:02.941	1:07.553		23.327	21.046	23.180

(23-) Jon Helge Økland

1	16:21:31.123				22.576	24.624
2	16:22:42.199	1:11.076		24.985	21.558	24.533
3	16:23:51.323	1:09.124	-1.952	24.777	20.870	23.477
4	16:24:58.879	1:07.556	-1.568	23.756	20.854	22.946

(111) Tommy Lidal

1	16:23:56.532				21.383	24.051
2	16:25:04.280	1:07.748		23.109	21.154	23.485

(58) Emma Marie Birkelund

1	16:21:59.725				22.039	23.711
2	16:23:08.742	1:09.017		23.618	21.568	23.831
3	16:24:17.759	1:09.017		23.602	21.615	23.800
p4	16:25:21.680	1:03.921	-5.096	23.490	21.395	
5	17:02:56.456	37:34.776	36:30.855		21.580	23.866
6	17:04:05.698	1:09.242	36:25.534	23.842	21.322	24.078
7	17:05:17.246	1:11.548	+2.306	24.469	23.720	23.359
8	17:06:26.484	1:09.238	-2.310	24.025	21.228	23.985
9	17:07:34.833	1:08.349	-0.889	23.501	21.265	23.583
10	17:08:42.846	1:08.013	-0.336	23.185	21.190	23.638
11	17:09:51.321	1:08.475	+0.462	23.791	21.031	23.653
12	17:11:00.848	1:09.527	+1.052	23.268	21.051	25.208
13	17:12:12.349	1:11.501	+1.974	24.177	23.318	24.006
14	17:13:21.391	1:09.042	-2.459	23.474	21.819	23.749
15	17:14:30.051	1:08.660	-0.382	23.588	21.289	23.783
p16	17:15:39.192	1:09.141	+0.481	25.758	21.317	

(23) Eline Fjellhei Grav

1	16:22:41.731				22.834	24.974
2	16:23:52.452	1:10.721		24.770	21.656	24.295
3	16:25:01.310	1:08.858	-1.863	24.002	21.094	23.762
4	17:02:24.774	36:04.642	34:55.784		22.911	26.418
5	17:03:38.161	1:13.387	34:51.255	25.615	23.295	24.477
6	17:04:51.751	1:13.590	+0.203	27.421	21.895	24.274
7	17:06:03.710	1:11.959	-1.631	26.559	21.362	24.038
8	17:07:13.517	1:09.807	-2.152	24.573	21.312	23.922
9	17:08:24.237	1:10.720	+0.913	24.270	21.765	24.685
10	17:09:35.438	1:11.201	+0.481	24.380	21.375	25.446

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Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
11	17:10:45.131	1:09.693	-1.508	24.492	21.355	23.846
12	17:11:55.239	1:10.108	+0.415	24.908	21.328	23.872
13	17:13:04.462	1:09.223	-0.885	24.385	21.183	23.655
14	17:14:13.028	1:08.566	-0.657	23.846	21.140	23.580
p15	17:15:28.446	1:15.418	+6.852	26.269	25.337	

(2) Magnus Valen-Senstad

1	16:47:29.150				24.392	27.738
2	16:48:41.266	1:12.116		26.500	21.610	24.006
3	16:49:50.491	1:09.225	-2.891	24.348	21.225	23.652
4	16:51:00.179	1:09.688	+0.463	24.413	21.352	23.923
5	16:52:10.419	1:10.240	+0.552	24.875	21.203	24.162
6	16:53:21.609	1:11.190	+0.950	24.739	21.707	24.744
7	16:54:32.525	1:10.916	-0.274	25.223	21.585	24.108
8	16:55:41.670	1:09.145	-1.771	24.402	20.808	23.935
9	16:56:52.986	1:11.316	+2.171	25.121	21.741	24.454
10	16:58:03.348	1:10.362	-0.954	24.630	21.658	24.074
p11	16:59:14.868	1:11.520	+1.158	24.656	22.059	

(39) Benjamin Storsveen

1	16:24:19.419				22.826	25.811
2	16:48:50.318	23:21.041			22.400	25.231
3	16:50:00.659	1:10.341	22:10.700	24.757	21.427	24.157
4	16:51:12.156	1:11.497	+1.156	24.884	21.568	25.045
5	16:52:23.491	1:11.335	-0.162	25.965	21.438	23.932
6	16:53:32.765	1:09.274	-2.061	24.067	21.119	24.088
7	16:54:42.024	1:09.259	-0.015	23.903	21.389	23.967
8	16:55:55.195	1:13.171	+3.912	25.042	22.690	25.439
9	16:57:05.384	1:10.189	-2.982	24.934	21.248	24.007
10	16:58:14.852	1:09.468	-0.721	24.041	21.312	24.115
p11	16:59:24.775	1:09.923	+0.455	25.143	22.246	
p12	17:04:00.338	4:35.563	+3:25.640		48.712	

(93/94) Geir Pålhaugen

1	16:48:18.056				23.488	26.941
2	16:49:31.222	1:13.166		26.398	21.984	24.784
3	16:50:41.867	1:10.645	-2.521	24.522	21.824	24.299
4	16:51:52.202	1:10.335	-0.310	24.347	21.672	24.316
5	16:53:02.228	1:10.026	-0.309	24.117	21.514	24.395
6	16:54:12.283	1:10.055	+0.029	23.936	21.905	24.214
7	16:55:21.993	1:09.710	-0.345	23.911	21.671	24.128
8	16:56:31.536	1:09.543	-0.167	24.017	21.346	24.180
9	16:57:41.913	1:10.377	+0.834	24.380	21.618	24.379
p10	16:58:59.375	1:17.462	+7.085	24.428	28.070	

(44) William Eid Falk

1	16:24:04.237				22.340	24.710
2	16:25:14.436	1:10.199		24.092	21.820	24.287
3	17:02:01.143	35:21.894	34:11.695	6:01.045	21.477	24.185
4	17:03:14.040	1:12.897	34:08.997	26.736	21.928	24.233
5	17:04:24.330	1:10.290	-2.607	24.399	21.218	24.673
6	17:05:33.960	1:09.630	-0.660	24.031	21.369	24.230
7	17:06:47.721	1:13.761	+4.131	26.302	22.115	25.344
8	17:07:58.362	1:10.641	-3.120	23.897	22.174	24.570
9	17:09:08.386	1:10.024	-0.617	23.986	21.823	24.215
10	17:10:20.073	1:11.687	+1.663	25.359	21.978	24.350
11	17:11:29.738	1:09.665	-2.022	23.949	21.514	24.202
12	17:12:39.667	1:09.929	+0.264	24.045	21.738	24.146
13	17:13:49.614	1:09.947	+0.018	24.348	21.551	24.048
14	17:15:00.006	1:10.392	+0.445	23.745	22.393	24.254
p15	17:16:11.212	1:11.206	+0.814	24.993	24.055	

(35) Lucia Linnea Nessjøen

1	17:02:01.860				22.444	24.478
2	17:03:13.987	1:12.127		26.195	21.482	24.450
3	17:04:24.335	1:10.348	-1.779	24.103	21.255	24.990

4	17:05:37.710	1:13.375	+3.027	27.242	21.805	24.328
5	17:06:50.546	1:12.836	-0.539	25.988	21.837	25.011
6	17:08:00.895	1:10.349	-2.487	24.092	21.594	24.663
7	17:09:11.032	1:10.137	-0.212	23.866	21.389	24.882
8	17:10:23.631	1:12.599	+2.462	24.069	23.424	25.106
9	17:11:36.636	1:13.005	+0.406	25.807	22.550	24.648
p10	17:12:45.089	1:08.453	-4.552	24.899	22.916	

(14) Jenny Hagen Jensen

1	16:22:58.607				22.785	25.507
2	16:24:09.358	1:10.751		24.705	21.814	24.232
3	17:04:03.380	37:06.123	35:55.372		24.377	26.992
4	17:05:19.686	1:16.306	35:49.817	27.295	24.191	24.820
5	17:06:33.401	1:13.715	-2.591	25.293	22.698	25.724
6	17:07:47.323	1:13.922	+0.207	25.037	22.750	26.135
7	17:08:59.775	1:12.452	-1.470	25.223	22.463	24.766
8	17:10:12.425	1:12.650	+0.198	24.668	22.258	25.724
9	17:11:28.104	1:15.679	+3.029	25.156	23.145	27.378
10	17:12:40.876	1:12.772	-2.907	25.933	22.362	24.477
11	17:13:53.874	1:12.998	+0.226	25.970	22.349	24.679
12	17:15:09.151	1:15.277	+2.279	24.979	23.702	26.596
p13	17:16:19.980	1:10.829	-4.448	25.453	22.839	

(57) Odd Gunnar Netland

1	16:21:04.265				22.331	24.875
2	16:22:15.142	1:10.877		24.987	21.677	24.213
3	16:23:28.518	1:13.376	+2.499	24.883	22.620	25.873
4	16:24:40.247	1:11.729	-1.647	25.195	21.937	24.597

(13--) Mathias Skilbrei Finden

1	17:02:25.924				23.495	26.303
2	17:03:40.559	1:14.635		25.613	23.773	25.249
3	17:04:53.246	1:12.687	-1.948	25.577	22.278	24.832
4	17:06:05.584	1:12.338	-0.349	25.554	22.057	24.727
5	17:07:17.447	1:11.863	-0.475	24.418	22.731	24.714
p6	17:08:28.542	1:11.095	-0.768	24.632	23.292	
p7	17:12:23.082	3:54.540	+2:43.445		23.302	

(75) Pål Laukli

1	16:48:59.397				24.175	27.205
2	16:50:16.096	1:16.699		27.432	23.234	26.033
3	16:51:32.027	1:15.931	-0.768	27.438	22.834	25.659
4	16:52:47.280	1:15.253	-0.678	26.918	22.966	25.369
5	16:54:01.706	1:14.426	-0.827	26.100	22.637	25.689
6	16:55:15.274	1:13.568	-0.858	26.151	22.191	25.226
p7	16:56:23.836	1:08.562	-5.006	26.262	22.361	

(50) Mads Valen-Sendstad

1	16:47:29.495				24.207	27.621
2	16:48:43.574	1:14.079		26.928	22.460	24.691
3	16:49:57.309	1:13.735	-0.344	26.087	22.460	25.188
4	16:51:11.843	1:14.534	+0.799	26.537	22.856	25.141
5	16:52:25.733	1:13.890	-0.644	26.783	22.211	24.896
6	16:53:40.389	1:14.656	+0.766	26.636	22.672	25.348
7	16:54:54.015	1:13.626	-1.030	26.328	22.372	24.926
8	16:56:08.700	1:14.685	+1.059	27.034	22.459	25.192
9	16:57:23.649	1:14.949	+0.264	26.862	22.478	25.609
10	16:58:37.937	1:14.288	-0.661	26.549	22.534	25.205
p11	16:59:48.916	1:10.979	-3.309	27.387	22.725	

(95) Oscar Skumlien

1	17:03:56.955				34.901	34.336
2	17:05:33.505	1:36.550		30.817	30.527	35.206
3	17:06:57.944	1:24.439	-12.111	32.386	25.425	26.628
4	17:08:13.888	1:15.944	-8.495	26.504	23.032	26.408
5	17:09:28.444	1:14.556	-1.388	26.307	22.674	25.575

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6	17:10:44.157	1:15.713	+1.157	25.959	23.641	26.113
p7	17:12:21.960	1:37.803	+22.090	40.337	32.936	
p8	17:15:10.795	2:48.835	+1:11.032		24.005	

(50-) Tor Christensen

1	16:48:17.290				23.872	26.577
2	16:49:34.456	1:17.166		27.906	23.083	26.177
3	16:50:51.479	1:17.023	-0.143	27.533	23.256	26.234
4	16:52:07.861	1:16.382	-0.641	27.263	23.105	26.014
5	16:53:24.142	1:16.281	-0.101	27.555	23.135	25.591
6	16:54:40.247	1:16.105	-0.176	27.505	22.996	25.604
7	16:55:54.962	1:14.715	-1.390	26.527	22.840	25.348
8	16:57:09.913	1:14.951	+0.236	26.819	22.880	25.252
9	16:58:26.301	1:16.388	+1.437	27.140	23.212	26.036
p10	16:59:42.429	1:16.128	-0.260	27.338	23.883	

(41--) Adrian Sundet

1	17:04:37.438			23.586	26.386	
2	17:05:52.923	1:15.485		26.001	23.127	26.357
3	17:07:08.878	1:15.955	+0.470	26.392	23.452	26.111
4	17:08:26.553	1:17.675	+1.720	26.883	23.201	27.591
5	17:09:42.575	1:16.022	-1.653	26.711	23.401	25.910
6	17:10:58.594	1:16.019	-0.003	26.117	24.021	25.881
p7	17:12:19.207	1:20.613	+4.594	26.849	25.746	

(46) Maksymilian Alex Czaplala

1	17:02:22.238			27.934	29.777	
2	17:03:45.878	1:23.640		28.863	26.238	28.539
3	17:05:06.928	1:21.050	-2.590	27.881	25.185	27.984
4	17:06:28.312	1:21.384	+0.334	28.565	25.145	27.674
5	17:07:47.566	1:19.254	-2.130	26.766	24.525	27.963
6	17:09:07.333	1:19.767	+0.513	27.224	24.687	27.856
7	17:10:26.007	1:18.674	-1.093	26.879	24.787	27.008
p8	17:11:42.394	1:16.387	-2.287	27.182	24.850	

(30) Gard Ingvaldsen

1	17:02:37.717			26.236	28.619	
2	17:04:00.600	1:22.883		30.184	24.725	27.974
3	17:05:26.950	1:26.350	+3.467	29.291	26.582	30.477
p4	17:06:50.802	1:23.852	-2.498	29.204	26.018	
5	17:09:53.398	3:02.596	+1:38.744		25.264	28.448
6	17:11:13.605	1:20.207	-1:42.389	28.117	24.514	27.576
7	17:12:36.114	1:22.509	+2.302	28.294	24.952	29.263
8	17:13:57.015	1:20.901	-1.608	28.814	25.140	26.947
9	17:15:18.544	1:21.529	+0.628	28.636	24.959	27.934

(93) Tancred Valen-Sendstad

1	17:01:58.228			28.100	30.839	
2	17:03:26.194	1:27.966		31.641	26.747	29.578
3	17:04:51.698	1:25.504	-2.462	29.358	26.681	29.465
4	17:06:17.078	1:25.380	-0.124	29.213	26.444	29.723
p5	17:07:41.148	1:24.070	-1.310	29.686	26.349	

(801) Emil Thomassen Bøler

1	17:02:26.751			28.391	31.928	
2	17:03:57.496	1:30.745		30.262	28.361	32.122
3	17:05:26.208	1:28.712	-2.033	31.716	26.780	30.216
4	17:06:52.746	1:26.538	-2.174	29.205	26.331	31.002
p5	17:08:21.678	1:28.932	+2.394	29.813	27.777	
6	17:11:31.525	3:09.847	+1:40.915		28.116	31.214
7	17:12:59.609	1:28.084	-1:41.763	29.399	27.714	30.971
8	17:14:27.902	1:28.293	+0.209	29.735	27.065	31.493
p9	17:15:51.278	1:23.376	-4.917	29.536	27.558	

(82-3) Mathias Skamfer

1	17:02:00.819			29.104	33.751	
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Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
2	17:03:36.310	1:35.491		32.735	30.063	32.693
3	17:05:05.230	1:28.920	-6.571	30.550	27.657	30.713
4	17:06:35.226	1:29.996	+1.076	30.560	28.465	30.971
5	17:08:04.964	1:29.738	-0.258	30.092	28.383	31.263
6	17:09:35.943	1:30.979	+1.241	30.387	29.403	31.189
7	17:11:06.793	1:30.850	-0.129	30.448	28.225	32.177
8	17:12:37.239	1:30.446	-0.404	30.671	27.785	31.990
9	17:14:06.623	1:29.384	-1.062	30.564	28.244	30.576
p10	17:15:34.865	1:28.242	-1.142	31.191	28.186	

(82-4) Irlil / Emira Pålhaugen

1	17:03:56.599				34.449	34.764
2	17:05:32.942	1:36.343		32.017	30.577	33.749
3	17:07:07.204	1:34.262	-2.081	32.473	29.019	32.770
4	17:08:42.611	1:35.407	+1.145	32.683	29.654	33.070
5	17:10:19.360	1:36.749	+1.342	33.204	29.877	33.668
6	17:11:54.685	1:35.325	-1.424	32.250	29.148	33.927
7	17:13:32.407	1:37.722	+2.397	33.484	30.702	33.536
p8	17:15:10.169	1:37.762	+0.040	32.505	30.740	

(54-) Oddvar Gravelseter-Gravdal

1	16:24:50.187				22.485	25.343
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(41-) Odd-Roar Sundet

1	16:33:50.409				19.972	22.082
p2	16:36:31.431	2:41.022		22.263	29.855	

(82-2) Erik Storsveen

p1	17:04:02.981				49.615	
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