

# Heldagstrening SMCK 3:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 8 - Alle Klasser

29.06.2026 18:00

Practice (1:00:00 Time) started at 18:00:18

| Lap                            | Time of Day  | Lap Tm   | S1     | S2     | S3     | Lap                    | Time of Day  | Lap Tm   | S1     | S2     | S3     |
|--------------------------------|--------------|----------|--------|--------|--------|------------------------|--------------|----------|--------|--------|--------|
| (91) Thomas Aleksander Gåserød |              |          |        |        |        | (74) Tor Olav Salvesen |              |          |        |        |        |
| 1                              | 18:25:52.754 |          |        | 19.973 | 22.561 | 1                      | 18:25:51.190 |          |        | 20.373 | 23.147 |
| 2                              | 18:26:58.219 | 1:05.465 | 22.819 | 19.727 | 22.919 | 2                      | 18:26:57.942 | 1:06.752 | 23.380 | 20.346 | 23.026 |
| 3                              | 18:28:03.093 | 1:04.874 | 23.450 | 19.593 | 21.831 | 3                      | 18:28:05.575 | 1:07.633 | 23.859 | 20.505 | 23.269 |
| 4                              | 18:29:05.384 | 1:02.291 | 21.963 | 18.813 | 21.515 | 4                      | 18:29:11.354 | 1:05.779 | 22.938 | 19.940 | 22.901 |
| 5                              | 18:30:07.756 | 1:02.372 | 21.843 | 19.005 | 21.524 | 5                      | 18:30:18.580 | 1:07.226 | 23.791 | 20.499 | 22.936 |
| 6                              | 18:31:13.642 | 1:05.886 | 23.108 | 20.480 | 22.298 | 6                      | 18:32:21.775 | 2:03.195 | 23.636 | 19.829 | 22.969 |
| 7                              | 18:32:20.043 | 1:06.401 | 22.350 | 20.414 | 23.637 | 7                      | 18:33:29.503 | 1:07.728 | 24.244 | 20.791 | 22.693 |
| 8                              | 18:33:23.509 | 1:03.466 | 22.657 | 19.149 | 21.660 | 8                      | 18:34:35.272 | 1:05.769 | 23.229 | 19.899 | 22.641 |
| 9                              | 18:34:25.648 | 1:02.139 | 21.669 | 19.001 | 21.469 | 9                      | 18:35:40.996 | 1:05.724 | 23.096 | 19.917 | 22.711 |
| 10                             | 18:35:27.807 | 1:02.159 | 21.412 | 18.842 | 21.905 | 10                     | 18:36:47.412 | 1:06.416 | 23.326 | 20.162 | 22.928 |
| 11                             | 18:36:29.769 | 1:01.962 | 21.838 | 18.721 | 21.403 | 11                     | 18:37:52.849 | 1:05.437 | 22.984 | 19.943 | 22.510 |
| 12                             | 18:37:32.225 | 1:02.456 | 22.072 | 18.892 | 21.492 | p12                    | 18:38:56.880 | 1:04.031 | 23.305 | 20.035 |        |
| 13                             | 18:38:35.402 | 1:03.177 | 21.685 | 19.335 | 22.157 | (105) Linus Jenssveen  |              |          |        |        |        |
| 14                             | 18:39:37.047 | 1:01.645 | 21.502 | 18.650 | 21.493 | 1                      | 18:24:48.830 |          |        | 22.542 | 25.859 |
| 15                             | 18:40:42.683 | 1:05.636 | 23.031 | 20.189 | 22.416 | 2                      | 18:25:59.222 | 1:10.392 | 24.838 | 21.321 | 24.233 |
| 16                             | 18:41:44.336 | 1:01.653 | 21.412 | 18.692 | 21.549 | 3                      | 18:27:09.038 | 1:09.816 | 24.328 | 21.330 | 24.158 |
| 17                             | 18:42:47.309 | 1:02.973 | 21.598 | 18.893 | 22.482 | 4                      | 18:28:18.316 | 1:09.278 | 23.975 | 21.243 | 24.060 |
| 18                             | 18:43:48.685 | 1:01.376 | 21.449 | 18.733 | 21.194 | 5                      | 18:29:27.163 | 1:08.847 | 23.805 | 20.861 | 24.181 |
| 19                             | 18:44:49.850 | 1:01.165 | 21.360 | 18.680 | 21.125 | 6                      | 18:30:36.423 | 1:09.260 | 24.248 | 21.133 | 23.879 |
| 20                             | 18:45:51.453 | 1:01.603 | 21.482 | 18.812 | 21.309 | p7                     | 18:31:45.039 | 1:08.616 | 23.938 | 21.326 |        |
| p21                            | 18:46:58.588 | 1:07.135 | 25.139 | 21.237 |        | 8                      | 18:33:57.079 | 2:12.040 |        | 21.963 | 24.123 |
| (8-) Tommy Martinsen           |              |          |        |        |        | 9                      | 18:35:08.198 | 1:11.119 | 24.628 | 22.225 | 24.266 |
| 1                              | 18:31:07.111 |          |        | 20.876 | 22.643 | 10                     | 18:36:17.666 | 1:09.468 | 24.110 | 21.185 | 24.173 |
| 2                              | 18:32:19.737 | 1:12.626 | 24.226 | 23.079 | 25.321 | 11                     | 18:37:26.816 | 1:09.150 | 23.606 | 21.235 | 24.309 |
| 3                              | 18:33:33.644 | 1:13.907 | 26.130 | 21.820 | 25.957 | p12                    | 18:38:35.914 | 1:09.098 | 24.526 | 21.513 |        |
| 4                              | 18:34:44.701 | 1:11.057 | 24.964 | 21.718 | 24.375 | 13                     | 18:41:12.554 | 2:36.640 |        | 21.425 | 23.820 |
| 5                              | 18:35:56.848 | 1:12.147 | 24.515 | 23.882 | 23.750 | 14                     | 18:42:20.458 | 1:07.904 | 23.747 | 20.609 | 23.548 |
| 6                              | 18:37:08.972 | 1:12.124 | 24.324 | 22.643 | 25.157 | 15                     | 18:43:27.885 | 1:07.427 | 23.439 | 20.549 | 23.439 |
| 7                              | 18:38:22.640 | 1:13.668 | 28.116 | 21.742 | 23.810 | 16                     | 18:44:38.060 | 1:10.175 | 23.753 | 21.528 | 24.894 |
| 8                              | 18:39:32.597 | 1:09.957 | 25.841 | 21.241 | 22.875 | 17                     | 18:45:47.505 | 1:09.445 | 24.636 | 21.163 | 23.646 |
| 9                              | 18:40:43.470 | 1:10.873 | 24.687 | 22.232 | 23.954 | 18                     | 18:46:54.903 | 1:07.398 | 23.270 | 20.723 | 23.405 |
| 10                             | 18:41:54.238 | 1:10.768 | 24.649 | 22.286 | 23.833 | 19                     | 18:48:02.501 | 1:07.598 | 23.059 | 20.946 | 23.593 |
| 11                             | 18:43:05.744 | 1:11.506 | 25.249 | 22.376 | 23.881 | 20                     | 18:49:11.163 | 1:08.662 | 23.692 | 20.939 | 24.031 |
| 12                             | 18:44:15.400 | 1:09.656 | 24.442 | 21.535 | 23.679 | 21                     | 18:50:17.534 | 1:06.371 | 23.068 | 20.137 | 23.166 |
| 13                             | 18:45:24.583 | 1:09.183 | 23.030 | 21.501 | 24.652 | 22                     | 18:51:24.393 | 1:06.859 | 23.205 | 20.569 | 23.085 |
| 14                             | 18:46:36.438 | 1:11.855 | 25.558 | 21.818 | 24.479 | 23                     | 18:52:31.322 | 1:06.929 | 23.236 | 20.617 | 23.076 |
| 15                             | 18:47:47.258 | 1:10.820 | 25.677 | 21.503 | 23.640 | 24                     | 18:53:40.933 | 1:09.611 | 23.321 | 21.029 | 25.261 |
| p16                            | 18:48:54.637 | 1:07.379 | 24.526 | 21.884 |        | p25                    | 18:54:47.890 | 1:06.957 | 24.116 | 21.009 |        |
| 17                             | 18:50:36.166 | 1:41.529 |        | 22.544 | 25.346 | (94) Viljar Pålhaugen  |              |          |        |        |        |
| 18                             | 18:51:49.916 | 1:13.750 | 26.314 | 22.500 | 24.936 | 1                      | 18:04:14.549 |          |        | 34.431 | 39.226 |
| 19                             | 18:53:01.185 | 1:11.269 | 25.001 | 21.801 | 24.467 | 2                      | 18:06:08.459 | 1:53.910 | 38.711 | 35.114 | 40.085 |
| 20                             | 18:54:09.218 | 1:08.033 | 23.896 | 21.660 | 22.477 | 3                      | 18:08:02.558 | 1:54.099 | 41.414 | 34.008 | 38.677 |
| 21                             | 18:55:12.816 | 1:03.598 | 22.317 | 19.615 | 21.666 | 4                      | 18:09:45.269 | 1:42.711 | 36.443 | 31.294 | 34.974 |
| 22                             | 18:56:15.772 | 1:02.956 | 22.017 | 19.544 | 21.395 | 5                      | 18:11:27.717 | 1:42.448 | 35.127 | 31.716 | 35.605 |
| 23                             | 18:57:18.904 | 1:03.132 | 21.817 | 19.645 | 21.670 | 6                      | 18:13:10.215 | 1:42.498 | 35.522 | 32.128 | 34.848 |
| 24                             | 18:58:21.381 | 1:02.477 | 21.630 | 19.351 | 21.496 | 7                      | 18:14:48.256 | 1:38.041 | 34.710 | 29.560 | 33.771 |
| (28) Roger Kristensen          |              |          |        |        |        | 8                      | 18:16:30.556 | 1:42.300 | 35.212 | 31.371 | 35.717 |
| 1                              | 18:24:41.664 |          |        | 20.914 | 23.029 | 9                      | 18:18:14.160 | 1:43.604 | 38.810 | 31.262 | 33.532 |
| 2                              | 18:25:49.652 | 1:07.988 | 23.942 | 20.963 | 23.083 | 10                     | 18:19:50.643 | 1:36.483 | 32.613 | 29.687 | 34.183 |
| 3                              | 18:26:57.300 | 1:07.648 | 24.180 | 20.635 | 22.833 | p11                    | 18:21:48.105 | 1:57.462 | 37.071 | 49.070 |        |
| p4                             | 18:28:01.090 | 1:03.790 | 24.068 | 20.548 |        | 12                     | 18:26:21.720 | 4:33.615 |        | 22.799 | 26.528 |
| 5                              | 18:29:28.221 | 1:27.131 |        | 20.246 | 22.318 | 13                     | 18:27:35.494 | 1:13.774 | 26.309 | 22.295 | 25.170 |
| 6                              | 18:30:32.962 | 1:04.741 | 22.714 | 19.949 | 22.078 | 14                     | 18:28:49.935 | 1:14.441 | 26.826 | 23.037 | 24.578 |
| 7                              | 18:31:36.791 | 1:03.829 | 22.286 | 19.718 | 21.825 | 15                     | 18:30:01.245 | 1:11.310 | 24.974 | 21.771 | 24.565 |
| 8                              | 18:32:40.564 | 1:03.773 | 22.175 | 19.703 | 21.895 | 16                     | 18:31:10.202 | 1:08.957 | 24.184 | 21.051 | 23.722 |
| 9                              | 18:33:46.054 | 1:05.490 | 22.755 | 20.619 | 22.116 | 17                     | 18:32:20.264 | 1:10.062 | 23.998 | 21.769 | 24.295 |
| 10                             | 18:34:50.497 | 1:04.443 | 22.354 | 20.106 | 21.983 | 18                     | 18:33:29.474 | 1:09.210 | 25.112 | 20.820 | 23.278 |
| 11                             | 18:35:57.843 | 1:07.346 | 23.090 | 20.466 | 23.790 | p19                    | 18:34:31.261 | 1:01.787 | 22.784 | 20.642 |        |
| 12                             | 18:37:04.565 | 1:06.722 | 23.752 | 20.616 | 22.354 | 20                     | 18:37:43.137 | 3:11.876 |        | 21.819 | 24.342 |
| 13                             | 18:38:08.949 | 1:04.384 | 22.357 | 19.789 | 22.238 | 21                     | 18:38:51.382 | 1:08.245 | 24.155 | 20.649 | 23.441 |
| p14                            | 18:39:11.861 | 1:02.912 | 22.662 | 20.247 |        | 22                     | 18:40:00.578 | 1:09.196 | 23.917 | 21.422 | 23.857 |
|                                |              |          |        |        |        | 23                     | 18:41:11.585 | 1:11.007 | 24.339 | 22.771 | 23.897 |
|                                |              |          |        |        |        | 24                     | 18:42:19.619 | 1:08.034 | 23.938 | 20.675 | 23.421 |

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Orbits

Race Director: Benjamin Holger Storsveen

Sport Rescue Team.

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# Heldagstrening SMCK 3:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 8 - Alle Klasser

29.06.2026 18:00

Practice (1:00:00 Time) started at 18:00:18

| Lap                             | Time of Day  | Lap Tm   | S1     | S2     | S3     | Lap                      | Time of Day  | Lap Tm   | S1     | S2     | S3     |
|---------------------------------|--------------|----------|--------|--------|--------|--------------------------|--------------|----------|--------|--------|--------|
| 25                              | 18:43:27.161 | 1:07.542 | 23.767 | 20.456 | 23.319 | 14                       | 18:44:28.669 | 1:44.657 |        | 22.256 | 24.558 |
| 26                              | 18:44:36.237 | 1:09.076 | 23.748 | 20.622 | 24.706 | 15                       | 18:45:39.153 | 1:10.484 | 24.565 | 21.780 | 24.139 |
| 27                              | 18:45:46.524 | 1:10.287 | 24.995 | 21.561 | 23.731 | 16                       | 18:46:49.579 | 1:10.426 | 24.501 | 21.606 | 24.319 |
| 28                              | 18:46:53.791 | 1:07.267 | 23.214 | 20.451 | 23.602 | 17                       | 18:47:59.344 | 1:09.765 | 24.247 | 21.645 | 23.873 |
| 29                              | 18:48:01.974 | 1:08.183 | 23.127 | 20.855 | 24.201 | p18                      | 18:49:07.777 | 1:08.433 | 25.087 | 21.798 |        |
| 30                              | 18:49:11.578 | 1:09.604 | 23.363 | 22.442 | 23.799 | (50-) Mads Valen-Senstad |              |          |        |        |        |
| 31                              | 18:50:18.027 | 1:06.449 | 23.332 | 20.217 | 22.900 | 1                        | 18:32:21.542 |          | 24.458 | 26.108 |        |
| 32                              | 18:51:24.683 | 1:06.656 | 23.081 | 20.671 | 22.904 | 2                        | 18:33:34.768 | 1:13.226 | 26.535 | 21.802 | 24.889 |
| 33                              | 18:52:32.090 | 1:07.407 | 23.314 | 20.736 | 23.357 | 3                        | 18:34:46.356 | 1:11.588 | 25.395 | 21.788 | 24.405 |
| 34                              | 18:53:40.291 | 1:08.201 | 22.779 | 21.176 | 24.246 | 4                        | 18:35:58.825 | 1:12.469 | 24.938 | 22.207 | 25.324 |
| p35                             | 18:54:46.683 | 1:06.392 | 24.014 | 21.111 |        | 5                        | 18:37:09.855 | 1:11.030 | 24.961 | 21.653 | 24.416 |
| (69-) Stein Ove Salvessen       |              |          |        |        |        | 6                        | 18:38:22.390 | 1:12.535 | 27.036 | 21.395 | 24.104 |
| 1                               | 18:25:49.443 |          |        | 20.746 | 23.521 | 7                        | 18:39:33.529 | 1:11.139 | 25.536 | 21.521 | 24.082 |
| 2                               | 18:26:57.143 | 1:07.700 | 23.972 | 20.571 | 23.157 | 8                        | 18:40:44.201 | 1:10.672 | 24.603 | 21.834 | 24.235 |
| 3                               | 18:28:04.458 | 1:07.315 | 23.897 | 20.629 | 22.789 | 9                        | 18:41:54.919 | 1:10.718 | 24.568 | 22.079 | 24.071 |
| 4                               | 18:29:11.173 | 1:06.715 | 23.297 | 20.150 | 23.268 | 10                       | 18:43:05.427 | 1:10.508 | 25.013 | 21.465 | 24.030 |
| 5                               | 18:30:18.331 | 1:07.158 | 23.607 | 20.481 | 23.070 | 11                       | 18:44:15.576 | 1:10.149 | 24.462 | 21.311 | 24.376 |
| 6                               | 18:31:26.299 | 1:07.968 | 23.507 | 20.719 | 23.742 | 12                       | 18:45:25.827 | 1:10.251 | 24.357 | 21.497 | 24.397 |
| 7                               | 18:32:35.438 | 1:09.139 | 23.885 | 20.318 | 24.936 | 13                       | 18:46:36.844 | 1:11.017 | 25.239 | 21.496 | 24.282 |
| 8                               | 18:33:42.769 | 1:07.331 | 23.566 | 20.385 | 23.380 | 14                       | 18:47:46.956 | 1:10.112 | 24.990 | 21.257 | 23.865 |
| 9                               | 18:34:49.467 | 1:06.698 | 23.325 | 20.315 | 23.058 | p15                      | 18:48:53.692 | 1:06.736 | 24.672 | 21.754 |        |
| 10                              | 18:35:58.601 | 1:09.134 | 23.818 | 21.124 | 24.192 | 16                       | 18:50:06.662 | 1:44.970 |        | 21.725 | 24.339 |
| 11                              | 18:37:06.503 | 1:07.902 | 23.682 | 20.759 | 23.461 | 17                       | 18:51:15.075 | 1:11.413 | 24.837 | 21.922 | 24.654 |
| p12                             | 18:38:52.802 | 1:46.299 | 23.755 | 20.783 |        | 18                       | 18:53:01.045 | 1:10.970 | 24.556 | 21.821 | 24.593 |
| (95) Kristoffer Valle Mellingen |              |          |        |        |        | 19                       | 18:54:11.405 | 1:10.360 | 24.286 | 21.881 | 24.193 |
| 1                               | 18:50:35.705 |          |        | 24.417 | 26.065 | p20                      | 18:55:15.897 | 1:04.492 | 24.381 | 21.095 |        |
| 2                               | 18:51:49.257 | 1:13.552 | 26.051 | 22.639 | 24.862 | (95-) Oscar Skumlien     |              |          |        |        |        |
| 3                               | 18:53:00.749 | 1:11.492 | 24.625 | 22.322 | 24.545 | 1                        | 18:02:22.685 |          | 22.247 | 24.507 |        |
| 4                               | 18:54:11.328 | 1:10.579 | 23.937 | 21.953 | 24.689 | 2                        | 18:03:34.499 | 1:11.814 | 25.143 | 22.174 | 24.497 |
| 5                               | 18:55:21.887 | 1:10.559 | 24.880 | 21.507 | 24.172 | 3                        | 18:04:46.465 | 1:11.966 | 24.978 | 22.779 | 24.209 |
| 6                               | 18:56:30.882 | 1:08.995 | 23.670 | 21.635 | 23.690 | 4                        | 18:06:06.982 | 1:20.517 | 26.227 | 22.369 | 31.921 |
| 7                               | 18:57:39.548 | 1:08.666 | 23.604 | 21.350 | 23.712 | 5                        | 18:07:18.117 | 1:11.135 | 24.574 | 21.917 | 24.644 |
| (3) Per Inge Stykket            |              |          |        |        |        | 6                        | 18:08:28.903 | 1:10.786 | 24.215 | 22.231 | 24.340 |
| 1                               | 18:32:21.199 |          |        | 24.631 | 26.118 | 7                        | 18:09:41.789 | 1:12.886 | 24.732 | 23.212 | 24.942 |
| 2                               | 18:33:34.080 | 1:12.881 | 26.299 | 21.777 | 24.805 | 8                        | 18:10:53.321 | 1:11.532 | 24.582 | 22.539 | 24.411 |
| 3                               | 18:34:45.149 | 1:11.069 | 24.998 | 21.917 | 24.154 | p9                       | 18:12:01.825 | 1:08.504 | 24.456 | 22.312 |        |
| 4                               | 18:35:56.535 | 1:11.386 | 24.841 | 22.290 | 24.255 | 10                       | 18:14:01.084 | 1:59.259 |        | 22.639 | 24.867 |
| 5                               | 18:37:07.235 | 1:10.700 | 24.236 | 21.889 | 24.575 | p11                      | 18:15:11.078 | 1:09.994 | 24.706 | 23.376 |        |
| 6                               | 18:38:16.905 | 1:09.670 | 24.164 | 21.586 | 23.920 | (51) Børre Skumlien      |              |          |        |        |        |
| 7                               | 18:39:27.025 | 1:10.120 | 24.107 | 22.112 | 23.901 | 1                        | 18:28:25.837 |          | 22.580 | 25.445 |        |
| p8                              | 18:40:31.720 | 1:04.695 | 24.118 | 21.458 |        | 2                        | 18:29:38.786 | 1:12.949 | 25.393 | 22.534 | 25.022 |
| 9                               | 18:42:48.447 | 2:16.727 |        | 22.415 | 24.976 | p3                       | 18:30:52.199 | 1:13.413 | 25.600 | 23.232 |        |
| p10                             | 18:43:54.426 | 1:05.979 | 24.809 | 21.904 |        | 4                        | 18:33:04.731 | 2:12.532 |        | 22.362 | 26.057 |
| 11                              | 18:50:35.996 | 6:41.570 |        | 22.444 | 25.497 | 5                        | 18:34:17.388 | 1:12.657 | 25.735 | 22.087 | 24.835 |
| 12                              | 18:51:49.795 | 1:13.799 | 26.161 | 22.522 | 25.116 | 6                        | 18:35:29.732 | 1:12.344 | 25.246 | 22.054 | 25.044 |
| 13                              | 18:53:01.855 | 1:12.060 | 25.425 | 21.894 | 24.741 | p7                       | 18:36:36.491 | 1:06.759 | 25.022 | 22.100 |        |
| 14                              | 18:54:12.192 | 1:10.337 | 24.563 | 21.374 | 24.400 | (11) Sander Greni        |              |          |        |        |        |
| p15                             | 18:55:23.045 | 1:10.853 | 24.554 | 22.450 |        | 1                        | 18:02:11.737 |          | 33.652 | 27.538 |        |
| (14-) Jenny Hagen Jensen        |              |          |        |        |        | 2                        | 18:03:28.456 | 1:16.719 | 26.995 | 23.824 | 25.900 |
| 1                               | 18:26:10.745 |          |        | 22.928 | 24.902 | 3                        | 18:04:45.049 | 1:16.593 | 27.161 | 23.718 | 25.714 |
| 2                               | 18:27:22.670 | 1:11.925 | 24.967 | 22.409 | 24.549 | 4                        | 18:06:06.567 | 1:21.518 | 27.080 | 24.434 | 30.004 |
| 3                               | 18:28:33.807 | 1:11.137 | 24.601 | 21.987 | 24.549 | 5                        | 18:07:22.608 | 1:16.041 | 26.735 | 23.672 | 25.634 |
| 4                               | 18:29:44.808 | 1:11.001 | 25.060 | 21.727 | 24.214 | 6                        | 18:08:39.327 | 1:16.719 | 26.628 | 23.760 | 26.331 |
| 5                               | 18:30:56.212 | 1:11.404 | 24.716 | 21.669 | 25.019 | 7                        | 18:09:56.261 | 1:16.934 | 26.722 | 23.627 | 26.585 |
| 6                               | 18:32:06.807 | 1:10.595 | 24.431 | 21.800 | 24.364 | 8                        | 18:11:14.278 | 1:18.017 | 27.508 | 24.695 | 25.814 |
| 7                               | 18:33:17.329 | 1:10.522 | 24.288 | 22.109 | 24.125 | 9                        | 18:12:31.326 | 1:17.048 | 26.463 | 23.820 | 26.765 |
| 8                               | 18:34:28.218 | 1:10.889 | 24.527 | 21.840 | 24.522 | 10                       | 18:13:49.114 | 1:17.788 | 26.854 | 23.690 | 27.244 |
| p9                              | 18:35:35.113 | 1:06.895 | 24.597 | 22.109 |        | 11                       | 18:15:05.368 | 1:16.254 | 26.573 | 23.617 | 26.064 |
| 10                              | 18:39:15.616 | 3:40.503 |        | 22.471 | 24.592 | 12                       | 18:16:23.554 | 1:18.186 | 26.774 | 24.851 | 26.561 |
| 11                              | 18:40:26.158 | 1:10.542 | 24.735 | 21.614 | 24.193 | 13                       | 18:17:40.079 | 1:16.525 | 27.251 | 23.412 | 25.862 |
| 12                              | 18:41:36.354 | 1:10.196 | 24.318 | 21.691 | 24.187 | 14                       | 18:18:55.680 | 1:15.601 | 25.671 | 23.229 | 26.701 |
| p13                             | 18:42:44.012 | 1:07.658 | 25.187 | 22.670 |        | p15                      | 18:20:09.834 | 1:14.154 | 27.376 | 23.495 |        |

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Orbits

Race Director: Benjamin Holger Storsveen

Sport Rescue Team.

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# Heldagstrening SMCK 3:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 8 - Alle Klasser

29.06.2026 18:00

Practice (1:00:00 Time) started at 18:00:18

| Lap | Time of Day  | Lap Tm    | S1     | S2     | S3     |
|-----|--------------|-----------|--------|--------|--------|
| 16  | 18:39:36.611 | 19:26.777 |        | 22.834 | 25.730 |
| 17  | 18:40:51.155 | 1:14.544  | 26.537 | 23.231 | 24.776 |
| 18  | 18:42:07.477 | 1:16.322  | 26.813 | 23.342 | 26.167 |
| 19  | 18:43:23.296 | 1:15.819  | 26.064 | 23.816 | 25.939 |
| 20  | 18:44:37.409 | 1:14.113  | 26.535 | 22.994 | 24.584 |
| 21  | 18:45:50.213 | 1:12.804  | 25.338 | 22.355 | 25.111 |
| 22  | 18:47:05.203 | 1:14.990  | 25.750 | 22.887 | 26.353 |
| 23  | 18:48:20.131 | 1:14.928  | 26.085 | 23.422 | 25.421 |
| 24  | 18:49:34.378 | 1:14.247  | 26.580 | 22.486 | 25.181 |
| 25  | 18:50:49.848 | 1:15.470  | 26.513 | 23.568 | 25.389 |
| 26  | 18:52:04.369 | 1:14.521  | 26.290 | 23.170 | 25.061 |
| 27  | 18:53:18.635 | 1:14.266  | 25.569 | 23.432 | 25.265 |
| 28  | 18:54:32.256 | 1:13.621  | 25.961 | 22.899 | 24.761 |
| p29 | 18:55:46.576 | 1:14.320  | 26.264 | 26.053 |        |

(61) Kenneth Birkeland

|    |              |          |        |        |        |
|----|--------------|----------|--------|--------|--------|
| 1  | 18:28:46.241 |          |        | 24.001 | 26.654 |
| 2  | 18:30:03.505 | 1:17.264 | 27.711 | 23.492 | 26.061 |
| 3  | 18:31:18.996 | 1:15.491 | 26.962 | 22.969 | 25.560 |
| 4  | 18:32:36.014 | 1:17.018 | 27.181 | 23.041 | 26.796 |
| 5  | 18:33:54.098 | 1:18.084 | 27.870 | 24.166 | 26.048 |
| 6  | 18:35:10.531 | 1:16.433 | 27.146 | 23.809 | 25.478 |
| p7 | 18:36:23.297 | 1:12.766 | 25.284 | 26.259 |        |

(32) Frida Birkeland

|    |              |          |        |        |        |
|----|--------------|----------|--------|--------|--------|
| 1  | 18:28:46.067 |          |        | 24.062 | 26.807 |
| 2  | 18:30:03.310 | 1:17.243 | 27.534 | 23.560 | 26.149 |
| 3  | 18:31:18.875 | 1:15.565 | 26.785 | 23.189 | 25.591 |
| 4  | 18:32:35.810 | 1:16.935 | 26.949 | 23.196 | 26.790 |
| 5  | 18:33:53.824 | 1:18.014 | 27.767 | 24.222 | 26.025 |
| p6 | 18:35:10.089 | 1:16.265 | 27.152 | 23.827 |        |

(-93-) Tancred Valen-Senstad

|     |              |          |        |        |        |
|-----|--------------|----------|--------|--------|--------|
| 1   | 18:03:01.177 |          |        | 26.204 | 29.063 |
| 2   | 18:04:24.468 | 1:23.291 | 29.175 | 25.476 | 28.640 |
| 3   | 18:05:51.825 | 1:27.357 | 30.088 | 28.941 | 28.328 |
| 4   | 18:07:13.365 | 1:21.540 | 28.822 | 25.214 | 27.504 |
| 5   | 18:08:33.058 | 1:19.693 | 27.948 | 25.078 | 26.667 |
| 6   | 18:09:53.765 | 1:20.707 | 27.484 | 24.469 | 28.754 |
| 7   | 18:11:15.983 | 1:22.218 | 28.112 | 27.386 | 26.720 |
| 8   | 18:12:36.177 | 1:20.194 | 27.035 | 24.299 | 28.860 |
| 9   | 18:13:55.291 | 1:19.114 | 27.379 | 24.518 | 27.217 |
| 10  | 18:15:14.555 | 1:19.264 | 27.625 | 24.598 | 27.041 |
| 11  | 18:16:35.144 | 1:20.589 | 27.854 | 24.823 | 27.912 |
| 12  | 18:17:58.681 | 1:23.537 | 28.025 | 25.110 | 30.402 |
| 13  | 18:19:18.933 | 1:20.252 | 27.771 | 24.451 | 28.030 |
| p14 | 18:20:37.673 | 1:18.740 | 27.610 | 24.304 |        |

(382) Maksymilian Alex Czapla

|     |              |          |        |        |        |
|-----|--------------|----------|--------|--------|--------|
| 1   | 18:01:51.846 |          |        | 27.755 | 30.982 |
| 2   | 18:03:16.804 | 1:24.958 | 29.379 | 26.011 | 29.568 |
| 3   | 18:04:42.476 | 1:25.672 | 29.628 | 26.678 | 29.366 |
| 4   | 18:06:08.777 | 1:26.301 | 28.479 | 27.582 | 30.240 |
| 5   | 18:07:33.922 | 1:25.145 | 29.214 | 26.368 | 29.563 |
| 6   | 18:08:57.611 | 1:23.689 | 28.264 | 26.396 | 29.029 |
| 7   | 18:10:20.884 | 1:23.273 | 28.335 | 26.259 | 28.679 |
| 8   | 18:11:43.887 | 1:23.003 | 28.527 | 26.023 | 28.453 |
| p9  | 18:13:08.000 | 1:24.113 | 28.394 | 27.659 |        |
| p10 | 18:15:31.677 | 2:23.677 |        | 27.631 |        |
| p11 | 18:19:11.335 | 3:39.658 |        | 26.967 |        |

(582) Aleksander Isaksen

|   |              |          |        |        |        |
|---|--------------|----------|--------|--------|--------|
| 1 | 18:01:45.029 |          |        | 30.204 | 31.810 |
| 2 | 18:03:14.734 | 1:29.705 | 31.624 | 27.234 | 30.847 |
| 3 | 18:04:44.316 | 1:29.582 | 31.367 | 27.967 | 30.248 |
| 4 | 18:06:10.868 | 1:26.552 | 29.993 | 26.771 | 29.788 |

|     |              |          |        |        |        |
|-----|--------------|----------|--------|--------|--------|
| 5   | 18:07:41.633 | 1:30.765 | 32.974 | 27.465 | 30.326 |
| 6   | 18:09:11.638 | 1:30.005 | 29.880 | 27.448 | 32.677 |
| 7   | 18:10:39.360 | 1:27.722 | 30.613 | 27.155 | 29.954 |
| 8   | 18:12:06.114 | 1:26.754 | 29.986 | 26.357 | 30.411 |
| 9   | 18:13:33.651 | 1:27.537 | 30.576 | 26.615 | 30.346 |
| 10  | 18:15:02.183 | 1:28.532 | 30.780 | 27.330 | 30.422 |
| 11  | 18:16:30.995 | 1:28.812 | 31.193 | 26.445 | 31.174 |
| 12  | 18:17:58.360 | 1:27.365 | 29.972 | 26.730 | 30.663 |
| 13  | 18:19:26.875 | 1:28.515 | 30.261 | 26.581 | 31.673 |
| p14 | 18:20:58.745 | 1:31.870 | 31.366 | 26.714 |        |

(30) Gard Ingvaldsen

|    |              |          |        |        |        |
|----|--------------|----------|--------|--------|--------|
| 1  | 18:01:48.768 |          |        | 26.919 | 29.781 |
| 2  | 18:03:18.253 | 1:29.485 | 30.647 | 28.722 | 30.116 |
| 3  | 18:04:45.764 | 1:27.511 | 30.981 | 25.920 | 30.610 |
| 4  | 18:06:13.174 | 1:27.410 | 30.274 | 26.428 | 30.708 |
| 5  | 18:07:43.966 | 1:30.792 | 34.002 | 26.666 | 30.124 |
| 6  | 18:09:12.639 | 1:28.673 | 30.335 | 25.484 | 32.854 |
| 7  | 18:10:40.609 | 1:27.970 | 30.454 | 26.986 | 30.530 |
| 8  | 18:12:08.582 | 1:27.973 | 31.245 | 26.544 | 30.184 |
| p9 | 18:13:38.367 | 1:29.785 | 31.381 | 26.418 |        |

(801) Emil Thomassen Bøler

|    |              |          |        |          |        |
|----|--------------|----------|--------|----------|--------|
| 1  | 18:01:43.347 |          |        | 28.911   | 30.652 |
| 2  | 18:03:12.237 | 1:28.890 | 30.737 | 27.538   | 30.615 |
| 3  | 18:04:40.742 | 1:28.505 | 30.244 | 27.944   | 30.317 |
| 4  | 18:06:08.401 | 1:27.659 | 29.486 | 27.764   | 30.409 |
| 5  | 18:07:36.490 | 1:28.089 | 30.736 | 27.309   | 30.044 |
| p6 | 18:09:08.370 | 1:31.880 | 29.676 | 28.256   |        |
| p7 | 18:14:07.456 | 4:59.086 |        | 1:06.202 |        |

(282) Julian Birkeland

|     |              |          |        |        |        |
|-----|--------------|----------|--------|--------|--------|
| 1   | 18:02:12.281 |          |        | 30.632 | 34.318 |
| 2   | 18:03:46.178 | 1:33.897 | 33.110 | 29.177 | 31.610 |
| 3   | 18:05:18.089 | 1:31.911 | 31.909 | 28.199 | 31.803 |
| 4   | 18:06:49.829 | 1:31.740 | 31.776 | 28.527 | 31.437 |
| 5   | 18:08:22.063 | 1:32.234 | 32.191 | 28.137 | 31.906 |
| 6   | 18:09:53.861 | 1:31.798 | 31.332 | 29.317 | 31.149 |
| 7   | 18:11:27.743 | 1:33.882 | 31.065 | 28.783 | 34.034 |
| 8   | 18:12:57.332 | 1:29.589 | 30.816 | 27.642 | 31.131 |
| 9   | 18:14:27.730 | 1:30.398 | 31.114 | 27.711 | 31.573 |
| 10  | 18:15:57.832 | 1:30.102 | 31.402 | 27.383 | 31.317 |
| 11  | 18:17:27.658 | 1:29.826 | 31.298 | 27.301 | 31.227 |
| 12  | 18:18:56.624 | 1:28.966 | 30.962 | 27.636 | 30.368 |
| p13 | 18:20:21.180 | 1:24.556 | 30.213 | 27.621 |        |

(682) Peder Olai Sagen

|     |              |          |        |        |        |
|-----|--------------|----------|--------|--------|--------|
| 1   | 18:01:46.376 |          |        | 31.658 | 32.567 |
| 2   | 18:03:20.848 | 1:34.472 | 32.468 | 29.977 | 32.027 |
| 3   | 18:04:55.525 | 1:34.677 | 31.995 | 29.823 | 32.859 |
| 4   | 18:06:27.470 | 1:31.945 | 32.546 | 28.251 | 31.148 |
| 5   | 18:08:01.497 | 1:34.027 | 31.173 | 28.579 | 34.275 |
| 6   | 18:09:32.709 | 1:31.212 | 31.016 | 28.190 | 32.006 |
| 7   | 18:11:04.595 | 1:31.886 | 31.407 | 29.039 | 31.440 |
| 8   | 18:12:36.122 | 1:31.527 | 31.114 | 28.458 | 31.955 |
| 9   | 18:14:10.385 | 1:34.263 | 31.305 | 28.598 | 34.360 |
| 10  | 18:15:42.006 | 1:31.621 | 31.694 | 28.413 | 31.514 |
| p11 | 18:17:08.801 | 1:26.795 | 31.131 | 28.488 |        |

(482) Iril / Emira Pålhaugen

|   |              |          |        |        |        |
|---|--------------|----------|--------|--------|--------|
| 1 | 18:04:15.124 |          |        | 34.764 | 38.518 |
| 2 | 18:06:09.014 | 1:53.890 | 38.875 | 35.325 | 39.690 |
| 3 | 18:08:02.987 | 1:53.973 | 41.745 | 33.821 | 38.407 |
| 4 | 18:09:46.017 | 1:43.030 | 36.971 | 31.345 | 34.714 |
| 5 | 18:11:28.293 | 1:42.276 | 35.198 | 31.647 | 35.431 |
| 6 | 18:13:11.293 | 1:43.000 | 36.005 | 32.335 | 34.660 |

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

Orbits

Race Director: Benjamin Holger Storsveen

Sport Rescue Team.

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## Heldagstrening SMCK 3:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 8 - Alle Klasser

29.06.2026 18:00

Practice (1:00:00 Time) started at 18:00:18

| Lap                     | Time of Day  | Lap Tm   | S1     | S2     | S3     | Lap | Time of Day | Lap Tm | S1 | S2 | S3 |
|-------------------------|--------------|----------|--------|--------|--------|-----|-------------|--------|----|----|----|
| 7                       | 18:14:49.669 | 1:38.376 | 34.767 | 29.832 | 33.777 |     |             |        |    |    |    |
| 8                       | 18:16:31.525 | 1:41.856 | 35.196 | 31.270 | 35.390 |     |             |        |    |    |    |
| 9                       | 18:18:13.115 | 1:41.590 | 37.453 | 30.269 | 33.868 |     |             |        |    |    |    |
| 10                      | 18:19:51.698 | 1:38.583 | 34.312 | 30.613 | 33.658 |     |             |        |    |    |    |
| p11                     | 18:21:50.398 | 1:58.700 | 37.025 | 49.645 |        |     |             |        |    |    |    |
| (14) Vidar Andre Jensen |              |          |        |        |        |     |             |        |    |    |    |
| 1                       | 18:26:08.150 |          |        | 23.458 | 24.912 |     |             |        |    |    |    |
| p2                      | 18:27:20.601 | 1:12.451 | 25.548 | 23.586 |        |     |             |        |    |    |    |