

Heldagstrening SMCK 4:5

Trening 3 heat

FP 8 - Alle Klasser

Practice (1:00:00 Time) started at 18:00:12

Vålerbanen Racing Circuit 2,274 km

10.08.2026 18:00

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
(77) Erik Myhre						
1	18:32:32.105				20.158	22.370
2	18:33:37.016	1:04.911		22.441	19.679	22.791
3	18:34:42.030	1:05.014	+0.103	22.806	19.845	22.363
p4	18:35:44.862	1:02.832	-2.182	22.568	20.876	

(53) Ove Einar Reinton						
1	18:17:42.041				21.923	24.014
2	18:18:51.410	1:09.369		24.187	21.400	23.782
3	18:19:59.583	1:08.173	-1.196	24.508	20.693	22.972
4	18:21:06.119	1:06.536	-1.637	23.157	20.545	22.834
5	18:22:11.264	1:05.145	-1.391	22.579	20.171	22.395
6	18:23:16.615	1:05.351	+0.206	22.436	20.074	22.841
7	18:24:22.917	1:06.302	+0.951	23.200	20.495	22.607
8	18:25:28.376	1:05.459	-0.843	22.504	20.405	22.550
9	18:26:33.619	1:05.243	-0.216	22.414	20.211	22.618
p10	18:27:36.849	1:03.230	-2.013	22.808	20.301	

(17) Vinjar Brynjarson Hallset						
1	18:17:50.717				22.679	24.689
2	18:18:59.034	1:08.317		24.199	20.965	23.153
3	18:20:06.614	1:07.580	-0.737	23.340	20.698	23.542
4	18:21:13.340	1:06.726	-0.854	23.319	20.515	22.892
5	18:22:20.477	1:07.137	+0.411	23.044	20.665	23.428
6	18:23:27.070	1:06.593	-0.544	23.920	20.211	22.462
7	18:24:33.360	1:06.290	-0.303	22.905	20.324	23.061
8	18:25:39.160	1:05.800	-0.490	22.960	20.158	22.682
9	18:26:44.513	1:05.353	-0.447	22.877	19.860	22.616
p10	18:27:47.365	1:02.852	-2.501	24.198	20.930	

(83) Didrik Helgesen						
1	18:17:34.625				21.405	23.507
2	18:18:42.550	1:07.925		23.724	20.753	23.448
3	18:19:49.223	1:06.673	-1.252	23.494	20.226	22.953
4	18:20:56.281	1:07.058	+0.385	23.624	20.477	22.957
5	18:22:04.425	1:08.144	+1.086	23.671	20.801	23.672
6	18:23:12.201	1:07.776	-0.368	24.376	20.680	22.720
7	18:24:18.678	1:06.477	-1.299	22.920	20.644	22.913
8	18:25:25.547	1:06.869	+0.392	23.412	20.604	22.853
9	18:26:31.086	1:05.539	-1.330	22.844	20.167	22.528
10	18:27:36.851	1:05.765	+0.226	22.905	20.267	22.593
11	18:28:42.827	1:05.976	+0.211	22.935	20.359	22.682
p12	18:29:47.209	1:04.382	-1.594	22.922	21.147	

(73) Svein Rognmo						
1	18:02:05.616				20.709	23.074
2	18:03:11.215	1:05.599		22.416	20.434	22.749
3	18:04:19.456	1:08.241	+2.642	22.677	20.476	25.088
4	18:05:25.959	1:06.503	-1.738	22.775	20.754	22.974
5	18:06:33.509	1:07.550	+1.047	23.055	20.753	23.742
6	18:08:54.207	2:20.698	+1:13.148	23.172	26.011	34.232
p7	18:10:18.031	1:23.824	-56.874	30.531	27.003	
8	18:13:18.608	3:00.577	+1:36.753		29.955	33.236
p9	18:14:44.046	1:25.438	-1:35.139	31.370	26.551	

(25) Solve Andre Dale						
1	18:17:31.843				21.610	24.235
2	18:18:40.113	1:08.270		24.292	20.587	23.391
3	18:19:48.220	1:08.107	-0.163	24.238	20.228	23.641
4	18:20:56.019	1:07.799	-0.308	24.023	20.471	23.305
5	18:22:03.787	1:07.768	-0.031	23.667	20.748	23.353
6	18:23:11.044	1:07.257	-0.511	23.610	20.460	23.187
7	18:24:18.224	1:07.180	-0.077	23.624	20.392	23.164
8	18:25:25.430	1:07.206	+0.026	23.521	20.491	23.194
9	18:26:32.606	1:07.176	-0.030	23.722	20.347	23.107

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
10	18:27:39.143	1:06.537	-0.639	23.320	19.955	23.262
11	18:28:46.441	1:07.298	+0.761	23.202	20.443	23.653
p12	18:29:53.413	1:06.972	-0.326	23.522	20.823	

(54-) Oddvar Gravelsæter-Gravdal						
1	18:04:54.010				22.414	24.997
2	18:06:04.619	1:10.609		24.279	21.524	24.806
3	18:07:21.776	1:17.157	+6.548	24.110	23.381	29.666
4	18:08:30.220	1:08.444	-8.713	23.708	20.903	23.833
5	18:09:38.558	1:08.338	-0.106	23.490	21.107	23.741
6	18:10:48.140	1:09.582	+1.244	24.232	21.390	23.960
7	18:11:55.554	1:07.414	-2.168	23.168	20.670	23.576
8	18:13:05.096	1:09.542	+2.128	23.576	22.326	23.640
p9	18:14:09.062	1:03.966	-5.576	23.266	21.270	

(40) Tommy Ellertsen						
1	18:32:04.162				21.204	23.535
2	18:33:11.788	1:07.626		24.325	20.353	22.948
p3	18:34:13.863	1:02.075	-5.551	22.881	20.073	

(112) Svein Olaf Bønnæs						
1	18:17:41.649				22.207	24.247
2	18:18:51.107	1:09.458		24.086	21.531	23.841
3	18:20:01.063	1:09.956	+0.498	24.554	21.671	23.731
4	18:21:11.003	1:09.940	-0.016	24.487	21.514	23.939
5	18:22:20.261	1:09.258	-0.682	24.251	21.498	23.509
6	18:23:31.369	1:11.108	+1.850	25.160	21.983	23.965
7	18:24:39.070	1:07.701	-3.407	23.687	20.817	23.197
8	18:25:46.895	1:07.825	+0.124	23.779	20.944	23.102
9	18:26:55.018	1:08.123	+0.298	23.818	21.149	23.156
10	18:28:03.305	1:08.287	+0.164	23.563	21.182	23.542
p11	18:29:09.589	1:06.284	-2.003	24.544	22.226	

(111) Tommy Lidal						
1	18:17:40.612				22.010	23.789
2	18:18:50.517	1:09.905		24.700	21.313	23.892
3	18:19:58.695	1:08.178	-1.727	23.975	20.497	23.706
4	18:21:08.350	1:09.655	+1.477	24.619	21.095	23.941
p5	18:22:20.014	1:11.664	+2.009	25.588	23.880	

(58) Emma Marie Birkelund						
1	18:17:53.617				21.472	23.705
2	18:19:02.945	1:09.328		24.819	20.929	23.580
3	18:20:11.377	1:08.432	-0.896	23.832	20.880	23.720
4	18:22:06.687	1:55.310	+46.878	24.119	21.017	23.639
5	18:23:15.200	1:08.513	-46.797	23.880	21.040	23.593
6	18:24:25.321	1:10.121	+1.608	24.287	21.637	24.197
7	18:25:35.923	1:10.602	+0.481	23.724	21.331	25.547
8	18:26:44.234	1:08.311	-2.291	24.138	20.719	23.454
9	18:27:52.825	1:08.591	+0.280	24.014	20.924	23.653
p10	18:29:01.341	1:08.516	-0.075	24.274	21.264	

(2) Magnus Valen-Senstad						
1	18:47:56.145				24.907	26.846
2	18:49:08.888	1:12.743		25.553	22.447	24.743
3	18:50:19.664	1:10.776	-1.967	24.600	21.855	24.321
4	18:51:28.308	1:08.644	-2.132	23.807	20.979	23.858
5	18:52:37.994	1:09.686	+1.042	24.281	21.184	24.221
6	18:53:47.633	1:09.639	-0.047	24.068	21.134	24.437
7	18:54:57.639	1:10.006	+0.367	24.297	21.436	24.273
8	18:56:07.644	1:10.005	-0.001	24.241	21.358	24.406
9	18:57:18.261	1:10.617	+0.612	24.244	21.385	24.988
10	18:58:28.223	1:09.962	-0.655	24.740	21.129	24.093
p11	18:59:39.282	1:11.059	+1.097	24.764	21.959	

(13) Jan Ivar Skilbrei						
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Vålerbanen Racing Circuit 2,274 km

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10.08.2026 18:00

Practice (1:00:00 Time) started at 18:00:12

Lap	Time of Day	Lap Tm	Gap	S1	S2	S3
1	18:18:31.561				22.571	25.202
2	18:19:43.961	1:12.400		25.655	21.955	24.790
3	18:20:54.597	1:10.636	-1.764	24.845	21.338	24.453
4	18:22:04.258	1:09.661	-0.975	24.137	21.334	24.190
5	18:23:14.246	1:09.988	+0.327	24.351	21.293	24.344
6	18:24:24.428	1:10.182	+0.194	24.807	21.522	23.853
p7	18:25:30.575	1:06.147	-4.035	23.957	21.230	

(23) Eline Fjellhøi Grav

1	18:17:52.968				22.677	24.700
2	18:19:03.710	1:10.742		25.097	21.566	24.079
3	18:20:15.325	1:11.615	+0.873	25.108	22.283	24.224
4	18:21:25.130	1:09.805	-1.810	24.666	21.206	23.933
5	18:22:35.189	1:10.059	+0.254	24.718	21.487	23.854
6	18:23:45.049	1:09.860	-0.199	24.484	21.363	24.013
7	18:24:54.967	1:09.918	+0.058	24.737	21.127	24.054
8	18:26:04.896	1:09.929	+0.011	24.434	21.410	24.085
9	18:27:15.039	1:10.143	+0.214	24.154	22.111	23.878
10	18:28:24.744	1:09.705	-0.438	24.332	21.547	23.826
p11	18:29:35.180	1:10.436	+0.731	25.340	22.482	

(44) William Eid Falk

1	18:17:53.142				22.697	24.609
2	18:19:04.166	1:11.024		25.496	21.704	23.824
3	18:20:14.712	1:10.546	-0.478	24.556	21.945	24.045
4	18:21:24.878	1:10.166	-0.380	24.442	21.628	24.096
5	18:22:34.978	1:10.100	-0.066	24.397	21.400	24.303
6	18:23:44.880	1:09.902	-0.198	23.987	21.725	24.190
7	18:24:54.677	1:09.797	-0.105	24.008	21.685	24.104
8	18:26:04.666	1:09.989	+0.192	24.291	21.591	24.107
9	18:27:14.723	1:10.057	+0.068	24.057	21.843	24.157
p10	18:28:23.536	1:08.813	-1.244	24.256	22.267	

(23-) Jon Helge Økland

1	18:17:26.805				23.226	26.963
2	18:18:42.835	1:16.030		27.451	23.288	25.291
3	18:19:55.429	1:12.594	-3.436	26.057	21.650	24.887
4	18:21:07.704	1:12.275	-0.319	25.873	21.620	24.782
5	18:22:19.837	1:12.133	-0.142	25.362	22.100	24.671
6	18:23:31.426	1:11.589	-0.544	25.187	21.959	24.443
7	18:24:43.002	1:11.576	-0.013	25.457	21.864	24.255
8	18:25:53.839	1:10.837	-0.739	25.120	21.488	24.229
9	18:27:04.040	1:10.201	-0.636	24.871	21.301	24.029
10	18:28:14.523	1:10.483	+0.282	24.408	21.570	24.505
p11	18:29:20.766	1:06.243	-4.240	24.774	21.593	

(95) Oscar Skumlien

1	18:05:05.767				22.599	25.517
2	18:06:17.970	1:12.203		25.267	22.114	24.822
3	18:07:29.025	1:11.055	-1.148	24.300	22.062	24.693
4	18:08:41.598	1:12.573	+1.518	25.121	22.655	24.797
5	18:09:53.250	1:11.652	-0.921	24.618	21.954	25.080
6	18:11:04.183	1:10.933	-0.719	24.501	21.843	24.589
7	18:12:14.668	1:10.485	-0.448	24.191	21.800	24.494
8	18:13:24.985	1:10.317	-0.168	24.316	21.834	24.167
p9	18:14:49.339	1:24.354	+14.037	27.043	27.372	

(13--) Mathias Skilbrei Finden

1	18:02:45.619				24.092	26.946
2	18:03:58.274	1:12.655		25.316	22.430	24.909
3	18:05:10.688	1:12.414	-0.241	24.830	22.330	25.254
4	18:06:22.615	1:11.927	-0.487	24.646	22.315	24.966
5	18:07:33.802	1:11.187	-0.740	24.563	22.286	24.338
6	18:08:46.127	1:12.325	+1.138	24.687	22.573	25.065
7	18:09:57.848	1:11.721	-0.604	25.095	22.085	24.541
8	18:11:08.779	1:10.931	-0.790	25.037	21.987	23.907

9	18:12:19.267	1:10.488	-0.443	24.134	22.439	23.915
10	18:13:29.814	1:10.547	+0.059	24.648	21.994	23.905
p11	18:14:53.699	1:23.885	+13.338	28.069	27.877	

(14) Jenny Hagen Jensen

1	18:02:55.759					23.095	25.144
2	18:04:10.687	1:14.928			25.323	24.388	25.217
3	18:05:22.129	1:11.442	-3.486	24.470	22.356	24.616	
4	18:06:33.481	1:11.352	-0.090	24.563	22.151	24.638	
5	18:07:44.489	1:11.008	-0.344	24.614	21.788	24.606	
6	18:08:56.370	1:11.881	+0.873	24.716	22.328	24.837	
7	18:10:11.849	1:15.479	+3.598	27.505	22.316	25.658	
8	18:11:24.055	1:12.206	-3.273	24.920	22.026	25.260	
9	18:12:34.840	1:10.785	-1.421	24.404	21.801	24.580	
10	18:13:46.105	1:11.265	+0.480	24.742	21.873	24.650	
p11	18:14:59.233	1:13.128	+1.863	26.489	22.705		

(93/94) Geir Pålhaugen

1	18:49:42.871					27.096	26.722
2	18:50:56.329	1:13.458			25.691	22.615	25.152
3	18:52:08.347	1:12.018	-1.440	24.804	22.375	24.839	
4	18:53:19.712	1:11.365	-0.653	24.458	22.080	24.827	
5	18:54:30.686	1:10.974	-0.391	24.377	21.852	24.745	
6	18:55:42.003	1:11.317	+0.343	24.093	22.264	24.960	
7	18:56:53.138	1:11.135	-0.182	23.858	22.371	24.906	
8	18:58:04.611	1:11.473	+0.338	24.043	22.404	25.026	
p9	18:59:19.332	1:14.721	+3.248	27.500	24.447		

(50) Mads Valen-Sendstad

1	18:47:56.536					24.964	26.721
2	18:49:11.149	1:14.613			26.466	22.888	25.259
3	18:50:23.889	1:12.740	-1.873	25.454	22.464	24.822	
4	18:51:36.724	1:12.835	+0.095	25.357	22.281	25.197	
5	18:52:50.901	1:14.177	+1.342	26.381	22.148	25.648	
6	18:54:04.224	1:13.323	-0.854	25.676	22.513	25.134	
7	18:55:17.755	1:13.531	+0.208	25.926	22.613	24.992	
8	18:56:31.665	1:13.910	+0.379	26.103	22.463	25.344	
9	18:57:46.692	1:15.027	+1.117	26.964	22.733	25.330	
p10	18:58:58.917	1:12.225	-2.802	27.041	23.418		

(39) Benjamin Storsveen

1	18:03:07.718					23.156	25.833
2	18:04:21.064	1:13.346		24.263	21.863	27.220	
3	18:05:52.165	1:31.101	+17.755	31.389	28.198	31.514	
4	18:07:23.025	1:30.860	-0.241	31.241	27.807	31.812	
5	18:08:54.367	1:31.342	+0.482	32.193	27.284	31.865	
p6	18:10:21.318	1:26.951	-4.391	30.736	27.005		
7	18:13:19.518	2:58.200	+1:31.249		29.946	32.977	
p8	18:14:44.974	1:25.456	-1:32.744	30.930	26.877		

(41--) Adrian Sundet

1	18:03:33.572					23.375	25.992
2	18:04:48.573	1:15.001		25.894	23.044	26.063	
3	18:06:04.643	1:16.070	+1.069	25.973	23.693	26.404	
p4	18:07:18.985	1:14.342	-1.728	26.882	23.517		
5	18:09:03.937	1:44.952	+30.610		23.143	26.048	
6	18:10:25.061	1:21.124	-23.828	26.650	24.066	30.408	
p7	18:11:46.882	1:21.821	+0.697	26.844	25.905		

(46) Maksymilian Alex Czapl

1	18:03:11.416					26.843	29.947
2	18:04:34.452	1:23.036			28.198	25.862	28.976
3	18:05:57.243	1:22.791	-0.245	27.814	25.815	29.162	
4	18:07:22.688	1:25.445	+2.654	28.620	26.062	30.763	
5	18:08:45.584	1:22.896	-2.549	29.836	25.126	27.934	
6	18:10:05.416	1:19.832	-3.064	27.123	24.470	28.239	

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7	18:11:25.147	1:19.731	-0.101	27.320	24.878	27.533
p8	18:12:43.184	1:18.037	-1.694	27.100	24.897	

(30) Gard Ingvaldsen

1	18:02:48.419				25.461	27.689
2	18:04:12.102	1:23.683		30.994	24.947	27.742
3	18:05:32.397	1:20.295	-3.388	28.259	25.048	26.988
4	18:06:53.114	1:20.717	+0.422	28.697	24.752	27.268
5	18:08:13.541	1:20.427	-0.290	28.575	24.522	27.330
6	18:09:33.762	1:20.221	-0.206	28.603	24.476	27.142
p7	18:10:53.612	1:19.850	-0.371	28.733	24.326	

(82-2) Erik Storsveen

1	18:02:48.127				30.339	32.781
2	18:04:20.629	1:32.502		32.352	28.065	32.085
3	18:05:51.638	1:31.009	-1.493	31.519	28.006	31.484
4	18:07:22.413	1:30.775	-0.234	31.415	27.819	31.541
5	18:08:53.847	1:31.434	+0.659	32.380	27.434	31.620
p6	18:10:20.868	1:27.021	-4.413	30.613	27.019	
7	18:13:19.121	2:58.253	+1:31.232		29.944	32.839
p8	18:14:48.311	1:29.190	-1:29.063	32.425	27.555	

(13-) Gard Arstein Nedrebø

1	18:33:51.032				19.828	23.247
p2	18:35:40.363	1:49.331		23.334	21.372	

(32) Trond Askvik Tøsdal

p1	18:32:53.989				22.774	
2	18:35:46.030	2:52.041			22.491	25.731
p3	18:36:53.337	1:07.307	-1:44.734	24.612	21.758	

(41-) Odd-Roar Sundet

p1	18:33:04.694				29.713	
p2	18:35:52.787	2:48.093			22.355	

(99) Kent-Erik Løken Tøllefsen

p1	18:33:08.964				30.221	
p2	18:36:04.702	2:55.738			25.052	