

# Heldagstrening SMCK 2:5

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

FP 8 - Alle Klasser

08.06.2026 18:00

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

Lap	Time of Day	Lap Tm	S1	S2	S3	Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(8-) Tommy Martinsen</b>						<b>(52) Glenn Christensen</b>					
1	18:23:22.839			22.196	24.735	1	18:24:26.190			21.270	23.488
2	18:24:32.047	<b>1:09.208</b>	23.910	21.514	23.784	2	18:25:34.674	<b>1:08.484</b>	23.396	21.010	24.078
3	18:25:41.312	<b>1:09.265</b>	23.520	21.821	23.924	3	18:26:43.473	<b>1:08.799</b>	24.460	20.985	23.354
4	18:26:45.883	<b>1:04.571</b>	22.587	19.880	22.104	4	18:27:51.082	<b>1:07.609</b>	23.271	20.794	23.544
5	18:27:53.520	<b>1:07.637</b>	22.639	21.524	23.474	5	18:28:58.468	<b>1:07.386</b>	23.411	20.772	23.203
6	18:29:01.941	<b>1:08.421</b>	23.564	21.838	23.019	6	18:30:06.250	<b>1:07.782</b>	23.252	20.649	23.881
7	18:30:06.197	<b>1:04.256</b>	22.007	19.786	22.463	7	18:31:12.878	<b>1:06.628</b>	23.327	<b>20.498</b>	<b>22.803</b>
8	18:31:09.742	<b>1:03.545</b>	22.116	19.809	21.620	8	18:32:20.186	<b>1:07.308</b>	<b>23.074</b>	20.927	23.307
9	18:32:17.768	<b>1:08.026</b>	22.178	21.610	24.238	9	18:33:30.050	<b>1:09.864</b>	23.412	21.215	25.237
10	18:33:24.642	<b>1:06.874</b>	23.029	21.446	22.399	10	18:34:39.115	<b>1:09.065</b>	24.336	21.360	23.369
11	18:34:27.460	<b>1:02.818</b>	21.695	<b>19.463</b>	21.660	11	18:35:46.814	<b>1:07.699</b>	23.437	20.579	23.683
12	18:35:31.252	<b>1:03.792</b>	21.871	19.999	21.922	p12	18:36:50.918	<b>1:04.104</b>	23.497	20.965	
13	18:36:34.621	<b>1:03.369</b>	21.923	19.702	21.744						
14	18:37:37.309	<b>1:02.688</b>	<b>21.395</b>	19.677	<b>21.616</b>						
p15	18:38:43.469	<b>1:06.160</b>	24.768	22.566							
<b>(66) Jørgen Bjørklund</b>						<b>(90) Trygve Strand</b>					
1	18:24:02.707			20.889	23.122	1	18:23:22.255			22.519	24.501
2	18:25:08.786	<b>1:06.079</b>	23.230	20.165	22.684	2	18:24:32.157	<b>1:09.902</b>	24.178	21.438	24.286
3	18:26:15.830	<b>1:07.044</b>	23.523	20.396	23.125	3	18:25:43.191	<b>1:11.034</b>	24.032	21.795	25.207
4	18:27:21.089	<b>1:05.259</b>	22.526	20.135	22.598	4	18:26:51.425	<b>1:08.234</b>	23.521	<b>21.156</b>	23.557
p5	18:28:24.592	<b>1:03.503</b>	22.601	20.644		5	18:28:00.061	<b>1:08.636</b>	23.974	21.169	<b>23.493</b>
6	18:30:24.462	<b>1:59.870</b>		20.162	22.806	6	18:29:08.613	<b>1:08.552</b>	<b>23.315</b>	21.532	23.705
7	18:31:28.547	<b>1:04.085</b>	<b>22.218</b>	20.750	<b>22.117</b>	p7	18:30:22.588	<b>1:13.975</b>	28.176	22.779	
p8	18:32:31.255	<b>1:02.708</b>	22.557	20.240							
<b>(76) Khanh Quoc Dang</b>						<b>(96-) Fredrik Brunell</b>					
1	18:23:40.891			21.343	23.500	1	18:22:52.562			22.005	24.014
2	18:24:46.828	<b>1:05.937</b>	22.806	20.339	22.792	2	18:24:02.419	<b>1:09.857</b>	24.358	21.554	23.945
3	18:25:52.136	<b>1:05.308</b>	22.763	<b>20.124</b>	<b>22.421</b>	3	18:25:12.607	<b>1:10.188</b>	24.615	21.660	23.913
4	18:26:58.321	<b>1:06.185</b>	22.160	20.999	23.026	4	18:26:21.684	<b>1:09.077</b>	24.183	21.324	23.570
5	18:28:02.996	<b>1:04.675</b>	<b>21.768</b>	20.319	22.588	5	18:27:32.291	<b>1:10.607</b>	24.231	21.693	24.683
6	18:29:09.062	<b>1:06.066</b>	22.533	20.224	23.309	6	18:28:41.184	<b>1:08.893</b>	24.311	21.277	23.305
7	18:30:14.980	<b>1:05.918</b>	23.219	20.257	22.442	7	18:29:50.152	<b>1:08.968</b>	24.013	21.337	23.618
p8	18:31:18.584	<b>1:03.604</b>	23.294	21.132		8	18:30:59.483	<b>1:09.331</b>	24.108	21.569	23.654
<b>(58) Odd Joar Berg</b>						<b>(64) Jarle Ueland</b>					
1	18:23:32.539			20.726	23.221	p1	18:23:47.803			23.601	
2	18:24:38.417	<b>1:05.878</b>	23.002	20.603	22.273	2	18:25:34.370	<b>1:46.567</b>		22.077	24.549
3	18:25:43.970	<b>1:05.553</b>	22.844	20.074	22.635	3	18:26:44.429	<b>1:10.059</b>	24.569	21.695	23.795
4	18:26:51.802	<b>1:07.832</b>	23.354	20.954	23.524	4	18:27:53.683	<b>1:09.254</b>	<b>23.808</b>	21.529	23.917
5	18:27:57.954	<b>1:06.152</b>	23.146	20.933	22.073	5	18:29:02.883	<b>1:09.200</b>	24.224	21.696	<b>23.280</b>
6	18:29:03.169	<b>1:05.215</b>	22.120	<b>19.858</b>	23.237	6	18:30:11.661	<b>1:08.778</b>	23.909	21.379	23.490
7	18:30:08.688	<b>1:05.519</b>	23.298	20.157	<b>22.064</b>	7	18:31:22.946	<b>1:11.285</b>	25.123	22.042	24.120
8	18:31:13.659	<b>1:04.971</b>	<b>22.019</b>	20.198	22.754	8	18:32:32.356	<b>1:09.410</b>	24.194	<b>21.115</b>	24.101
9	18:32:20.355	<b>1:06.696</b>	23.154	20.431	23.111	9	18:33:42.093	<b>1:09.737</b>	24.427	21.312	23.998
p10	18:33:25.533	<b>1:05.178</b>	23.939	21.080		10	18:34:51.937	<b>1:09.844</b>	24.361	21.500	23.983
<b>(16) Stein Arild Øye</b>						<b>(61) Kenneth Birkeland</b>					
1	18:23:31.940			21.723	23.246	1	18:22:57.470			21.796	25.157
2	18:24:38.092	<b>1:06.152</b>	22.986	20.513	22.653	2	18:24:08.909	<b>1:11.439</b>	25.286	21.699	24.454
3	18:25:45.270	<b>1:07.178</b>	22.837	21.017	23.324	3	18:25:19.319	<b>1:10.410</b>	24.215	21.832	24.363
4	18:26:53.514	<b>1:08.244</b>	24.432	20.837	22.975	4	18:26:28.692	<b>1:09.373</b>	24.279	<b>21.092</b>	24.002
5	18:28:00.686	<b>1:07.172</b>	23.055	20.909	23.208	5	18:27:38.336	<b>1:09.644</b>	24.167	21.112	24.365
6	18:29:07.247	<b>1:06.561</b>	23.127	20.612	22.822	6	18:28:48.302	<b>1:09.966</b>	24.133	21.519	24.314
7	18:30:13.695	<b>1:06.448</b>	22.668	20.886	22.894	7	18:29:57.939	<b>1:09.637</b>	24.307	21.372	23.958
8	18:31:20.332	<b>1:06.637</b>	22.932	20.620	23.085	8	18:31:07.476	<b>1:09.537</b>	24.120	21.282	24.135
9	18:32:26.549	<b>1:06.217</b>	22.773	20.639	22.805	9	18:32:16.716	<b>1:09.240</b>	23.927	21.218	24.095
10	18:33:32.620	<b>1:06.071</b>	22.579	20.599	22.893						
11	18:34:40.798	<b>1:08.178</b>	23.352	21.505	23.321						
12	18:35:46.707	<b>1:05.909</b>	22.588	20.537	22.784						
13	18:36:52.775	<b>1:06.068</b>	22.906	20.789	<b>22.373</b>						
14	18:37:58.107	<b>1:05.332</b>	<b>22.386</b>	<b>20.395</b>	22.551						
p15	18:39:00.775	<b>1:02.668</b>	22.669	20.428							

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08.06.2026 18:00

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

Lap	Time of Day	Lap Tm	S1	S2	S3
10	18:33:25.925	1:09.209	23.729	21.543	23.937
11	18:34:35.977	1:10.052	24.146	21.703	24.203
12	18:35:45.407	1:09.430	23.816	21.390	24.224
13	18:36:54.534	1:09.127	23.777	21.585	23.765
p14	18:38:01.931	1:07.397	24.348	22.126	

Lap	Time of Day	Lap Tm	S1	S2	S3
12	18:16:04.887	1:12.400	25.277	22.121	25.002
13	18:17:18.173	1:13.286	25.699	22.241	25.346
14	18:18:30.069	1:11.896	25.395	22.026	24.475
p15	18:19:40.539	1:10.470	25.055	22.573	

(87) Erling Johan Stormo

1	18:43:29.608			22.407	25.176
2	18:44:42.147	1:12.539	25.020	22.651	24.868
3	18:45:54.135	1:11.988	25.001	22.192	24.795
4	18:47:05.949	1:11.814	25.093	22.201	24.520
5	18:48:19.894	1:13.945	25.035	22.643	26.267
6	18:49:32.909	1:13.015	25.986	22.531	24.498
7	18:50:44.554	1:11.645	24.978	21.874	24.793
8	18:51:56.455	1:11.901	24.819	22.369	24.713
9	18:53:08.300	1:11.845	24.405	22.539	24.901
10	18:54:19.235	1:10.935	24.401	21.969	24.565
11	18:55:29.617	1:10.382	24.212	21.880	24.290
12	18:56:39.954	1:10.337	24.182	21.680	24.475
13	18:57:49.811	1:09.857	24.076	21.533	24.248
p14	18:58:59.492	1:09.681	24.411	21.763	

(11) Danny Dang

1	18:42:43.498			23.724	26.018
2	18:43:58.496	1:14.998	26.331	23.219	25.448
3	18:45:13.386	1:14.890	26.256	22.768	25.866
4	18:46:28.732	1:15.346	26.241	23.269	25.836
5	18:47:44.079	1:15.347	25.873	23.478	25.996
6	18:48:58.251	1:14.172	25.597	22.866	25.709
7	18:50:12.642	1:14.391	25.888	23.136	25.367
8	18:51:25.846	1:13.204	25.631	22.823	24.750
p9	18:52:38.201	1:12.355	25.734	23.071	

(3) Per Inge Stykket

1	18:23:55.860			24.102	26.110
2	18:25:08.090	1:12.230	25.146	22.239	24.845
3	18:26:20.334	1:12.244	24.980	22.398	24.866
4	18:27:31.957	1:11.623	24.683	22.176	24.764
5	18:28:44.017	1:12.060	24.713	22.442	24.905
6	18:29:56.243	1:12.226	25.026	22.267	24.933
7	18:31:06.848	1:10.605	24.482	21.869	24.254
8	18:32:17.819	1:10.971	24.331	21.989	24.651
9	18:33:29.375	1:11.556	24.124	22.186	25.246
10	18:34:40.826	1:11.451	24.623	22.257	24.571
11	18:35:51.580	1:10.754	24.676	21.577	24.501
12	18:37:03.148	1:11.568	24.926	21.954	24.688
13	18:38:13.447	1:10.299	24.406	21.609	24.284
p14	18:39:20.089	1:06.642	24.880	21.709	

(77) Samuel Recebov

1	18:24:22.662			25.753	29.152
2	18:25:43.344	1:20.682	27.476	25.052	28.154
3	18:27:02.257	1:18.913	27.025	24.701	27.187
4	18:28:21.464	1:19.207	26.625	25.217	27.365
5	18:29:38.474	1:17.010	26.181	24.369	26.460
6	18:30:56.057	1:17.583	26.323	25.070	26.190
7	18:32:13.809	1:17.752	26.078	25.202	26.472
8	18:33:29.723	1:15.914	25.861	23.952	26.101
9	18:34:46.031	1:16.308	25.948	23.815	26.545
10	18:36:02.031	1:16.000	25.500	24.640	25.860
11	18:37:18.350	1:16.319	25.782	24.738	25.799
12	18:38:33.560	1:15.210	25.890	23.646	25.674
p13	18:39:44.182	1:10.622	25.998	23.507	

(8) Linus Jenssveen

1	18:42:24.411			24.650	28.225
2	18:43:39.972	1:15.561	26.072	23.402	26.087
3	18:44:52.574	1:12.602	25.122	22.341	25.139
4	18:46:05.445	1:12.871	25.444	22.678	24.749
5	18:47:16.669	1:11.224	24.447	22.144	24.633
6	18:48:28.344	1:11.675	24.345	22.450	24.880
p7	18:49:41.158	1:12.814	24.760	22.158	
8	18:52:32.226	2:51.068		22.956	25.626
9	18:53:43.094	1:10.868	24.454	21.878	24.536
10	18:54:54.774	1:11.680	24.578	22.228	24.874
11	18:56:05.640	1:10.866	24.170	21.942	24.754
12	18:57:17.142	1:11.502	24.169	22.529	24.804
13	18:58:27.900	1:10.758	24.119	21.818	24.821
p14	18:59:39.502	1:11.602	24.398	22.419	

(67) Frode Alland Garberg

1	18:42:17.927			25.020	26.748
2	18:43:35.556	1:17.629	27.074	24.162	26.393
3	18:44:51.307	1:15.751	25.977	23.967	25.807
4	18:46:06.554	1:15.247	25.960	23.933	25.354
p5	18:47:17.497	1:10.943	25.831	23.340	

(7) Henning Lehn

1	18:02:15.086			24.277	27.676
2	18:03:33.401	1:18.315	26.984	23.107	28.224
3	18:04:49.156	1:15.755	26.725	22.961	26.069
4	18:06:07.351	1:18.195	25.895	23.809	28.491
5	18:07:23.437	1:16.086	26.364	23.063	26.659
6	18:08:39.750	1:16.313	26.131	23.800	26.382
7	18:09:54.811	1:15.061	26.250	22.928	25.883
8	18:11:10.521	1:15.710	26.563	23.015	26.132
9	18:12:24.282	1:13.761	25.478	23.158	25.125
10	18:13:37.943	1:13.661	26.143	22.444	25.074
11	18:14:52.487	1:14.544	25.307	24.212	25.025

(58') Kai Jarre

1	18:41:53.744			27.954	30.443
2	18:43:12.164	1:18.420	25.804	24.806	27.810
3	18:44:30.396	1:18.232	26.689	24.447	27.096
4	18:45:47.175	1:16.779	26.431	23.577	26.771
5	18:47:03.343	1:16.168	25.770	23.914	26.484
6	18:48:19.565	1:16.222	25.911	23.867	26.444
7	18:49:35.693	1:16.128	25.671	23.931	26.526
8	18:50:52.380	1:16.687	26.257	24.172	26.258
9	18:52:10.119	1:17.739	26.844	23.419	27.476
10	18:53:28.810	1:18.691	25.522	24.120	29.049
p11	18:54:47.614	1:18.804	29.153	24.777	

(81) Hoai Bao Nguyen

1	18:04:11.837			26.546	31.896
2	18:05:36.397	1:24.560	30.373	25.182	29.005
3	18:07:02.841	1:26.444	29.691	26.687	30.066
4	18:08:28.432	1:25.591	30.064	26.333	29.194
5	18:09:55.805	1:27.373	29.919	26.787	30.667
6	18:11:20.298	1:24.493	30.011	25.864	28.618
7	18:12:43.435	1:23.137	29.047	25.625	28.465
8	18:14:06.012	1:22.577	29.280	25.476	27.821
9	18:15:28.931	1:22.919	29.496	24.978	28.445
10	18:16:50.782	1:21.851	28.522	25.043	28.286
11	18:18:13.080	1:22.298	28.629	25.104	28.565
p12	18:19:35.357	1:22.277	27.791	25.933	

(82-1) Maksymilian Alex Czapl

1	18:04:11.837			26.546	31.896
2	18:05:36.397	1:24.560	30.373	25.182	29.005
3	18:07:02.841	1:26.444	29.691	26.687	30.066
4	18:08:28.432	1:25.591	30.064	26.333	29.194
5	18:09:55.805	1:27.373	29.919	26.787	30.667
6	18:11:20.298	1:24.493	30.011	25.864	28.618
7	18:12:43.435	1:23.137	29.047	25.625	28.465
8	18:14:06.012	1:22.577	29.280	25.476	27.821
9	18:15:28.931	1:22.919	29.496	24.978	28.445
10	18:16:50.782	1:21.851	28.522	25.043	28.286
11	18:18:13.080	1:22.298	28.629	25.104	28.565
p12	18:19:35.357	1:22.277	27.791	25.933	

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Lap	Time of Day	Lap Tm	S1	S2	S3
1	18:02:52.591			29.887	32.391
2	18:04:19.193	1:26.602	30.373	26.558	29.671
3	18:05:47.537	1:28.344	31.742	26.947	29.655
4	18:07:12.821	1:25.284	28.843	26.871	29.570
5	18:08:40.270	1:27.449	31.046	26.635	29.768
6	18:10:04.184	1:23.914	28.399	26.533	28.982
p7	18:11:29.088	1:24.904	28.466	27.894	
8	18:13:59.774	2:30.686		26.807	29.163
9	18:15:22.314	1:22.540	27.616	26.615	28.309
10	18:16:44.298	1:21.984	27.684	26.172	28.128
11	18:18:10.066	1:25.768	30.213	26.298	29.257
p12	18:19:33.685	1:23.619	29.243	26.682	

(801) Emil Bøler

1	18:03:03.751			31.392	40.117
2	18:04:38.055	1:34.304	31.319	29.402	33.583
3	18:06:11.376	1:33.321	32.516	28.899	31.906
4	18:07:44.796	1:33.420	32.954	28.351	32.115
5	18:09:17.394	1:32.598	30.479	29.649	32.470
6	18:10:50.526	1:33.132	32.489	28.672	31.971
p7	18:12:23.769	1:33.243	30.400	27.735	
8	18:15:05.339	2:41.570		31.775	32.886
9	18:16:42.408	1:37.069	32.163	29.566	35.340
10	18:18:18.892	1:36.484	32.979	30.057	33.448
p11	18:19:53.936	1:35.044	35.581	28.928	

(82-4) Emira Pålshaugen

1	18:04:04.150			32.587	35.606
2	18:05:47.778	1:43.628	34.979	31.680	36.969
3	18:07:32.918	1:45.140	34.544	33.567	37.029
4	18:09:15.091	1:42.173	34.233	31.907	36.033
5	18:10:57.388	1:42.297	34.104	31.837	36.356
6	18:12:38.358	1:40.970	33.702	31.510	35.758
7	18:14:20.404	1:42.046	35.102	31.929	35.015
8	18:16:02.584	1:42.180	33.855	32.320	36.005
p9	18:17:49.277	1:46.693	34.381	34.806	

(357) Jo Sætre

1	18:03:36.997			34.294	37.190
2	18:05:23.670	1:46.673	37.566	32.813	36.294
3	18:07:11.408	1:47.738	37.358	33.357	37.023
p4	18:08:50.492	1:39.084	36.978	32.195	
5	18:11:30.250	2:39.758		32.905	35.803
6	18:13:15.622	1:45.372	36.855	32.940	35.577
p7	18:21:20.152	8:04.530	39.306		

(303) Bas Quoc Nguyen

1	18:04:16.478			34.395	39.407
2	18:06:08.217	1:51.739	38.329	35.316	38.094
3	18:08:00.353	1:52.136	39.585	34.720	37.831
4	18:09:49.893	1:49.540	37.838	33.196	38.506
p5	18:11:41.834	1:51.941	40.221	37.050	