



Mandagstrening SMCK

Trening

Practice Heat 1 - Alle Klasser

Vålerbanen 2,262 km

19.08.2019 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
(52) Øyvind B. Tørnblad			
1			17:15:38.133
2	1:05.273	+3.244	17:16:43.406
3	1:02.899	+0.870	17:17:46.305
4	1:02.029		17:18:48.334
p5	1:05.942	+3.913	17:19:54.276

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			17:14:30.565
2	1:07.166	+4.555	17:15:37.731
3	1:03.506	+0.895	17:16:41.237
4	1:02.994	+0.383	17:17:44.231
5	1:02.611		17:18:46.842
p6	1:05.592	+2.981	17:19:52.434

Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			17:12:04.760
2	1:13.662	+9.507	17:13:18.422
3	1:12.396	+8.241	17:14:30.818
4	1:10.032	+5.877	17:15:40.850
5	1:06.380	+2.225	17:16:47.230
6	1:04.155		17:17:51.385
p7	1:28.556	+24.401	17:19:19.941

Lap	Lap Tm	Diff	Time of Day
(165) Pål Bekkelund			
1			17:15:01.383
2	1:12.268	+3.600	17:16:13.651
3	1:09.208	+0.540	17:17:22.859
4	1:08.668		17:18:31.527
p5	1:17.272	+8.604	17:19:48.799

Lap	Lap Tm	Diff	Time of Day
(8) Martin Holtet Hemmestad			
1			17:25:33.321
2	1:13.163	+3.771	17:26:46.484
3	1:12.282	+2.890	17:27:58.766
4	1:11.348	+1.956	17:29:10.114
5	1:11.339	+1.947	17:30:21.453
p6	1:18.073	+8.681	17:31:39.526
7	1:44.613	+35.221	17:33:24.139
8	1:09.544	+0.152	17:34:33.683
9	1:09.510	+0.118	17:35:43.193
10	1:10.186	+0.794	17:36:53.379
11	1:09.392		17:38:02.771
p12	1:13.955	+4.563	17:39:16.726

Lap	Lap Tm	Diff	Time of Day
(126) Øystein Nettum			
1			17:44:40.923
2	1:10.764	+1.213	17:45:51.687
3	1:09.986	+0.435	17:47:01.673
4	1:09.551		17:48:11.224
5	1:11.620	+2.069	17:49:22.844
6	1:12.437	+2.886	17:50:35.281
p7	1:18.763	+9.212	17:51:54.044

Lap	Lap Tm	Diff	Time of Day
(23) Morten Midtlie			
1			17:43:18.310
2	1:13.779	+2.161	17:44:32.089
3	1:12.026	+0.408	17:45:44.115
4	1:12.490	+0.872	17:46:56.605
5	1:12.854	+1.236	17:48:09.459
6	1:13.874	+2.256	17:49:23.333
7	1:13.570	+1.952	17:50:36.903
8	1:11.814	+0.196	17:51:48.717
9	1:11.618		17:53:00.335
p10	1:20.800	+9.182	17:54:21.135

Lap	Lap Tm	Diff	Time of Day
(32) Stig-Rune Skansgård			
1			17:44:05.764
2	1:17.838	+5.793	17:45:23.602
3	1:16.497	+4.452	17:46:40.099
4	1:14.363	+2.318	17:47:54.462
5	1:14.610	+2.565	17:49:09.072
6	1:13.067	+1.022	17:50:22.139
7	1:13.189	+1.144	17:51:35.328
8	1:13.522	+1.477	17:52:48.850
9	1:12.887	+0.842	17:54:01.737
10	1:12.045		17:55:13.782
p11	1:21.738	+9.693	17:56:35.520

Lap	Lap Tm	Diff	Time of Day
(59.) Arild Johan Johannesen			
1			17:43:18.306
2	1:14.283	+2.051	17:44:32.589
3	1:12.717	+0.485	17:45:45.306
4	1:12.232		17:46:57.538
5	1:12.303	+0.071	17:48:09.841
6	1:13.865	+1.633	17:49:23.706
7	1:13.967	+1.735	17:50:37.673
8	1:13.863	+1.631	17:51:51.536
9	1:13.547	+1.315	17:53:05.083
p10	1:29.548	+17.316	17:54:34.631

Lap	Lap Tm	Diff	Time of Day
(78) Tommy Antonsen			
1			17:44:05.131
2	1:19.068	+6.787	17:45:24.199
3	1:16.811	+4.530	17:46:41.010
4	1:15.419	+3.138	17:47:56.429
5	1:13.443	+1.162	17:49:09.872
6	1:14.483	+2.202	17:50:24.355
7	1:12.629	+0.348	17:51:36.984
8	1:14.912	+2.631	17:52:51.896
9	1:15.970	+3.689	17:54:07.866
10	1:17.422	+5.141	17:55:25.288
11	1:13.035	+0.754	17:56:38.323
12	1:12.281		17:57:50.604
13	1:12.557	+0.276	17:59:03.161

Lap	Lap Tm	Diff	Time of Day
(40) Kim Rønningen			
1			17:43:00.752
2	1:14.334	+1.731	17:44:15.086
3	1:13.115	+0.512	17:45:28.201
4	1:13.072	+0.469	17:46:41.273
5	1:13.738	+1.135	17:47:55.011
6	1:12.706	+0.103	17:49:07.717
7	1:12.625	+0.022	17:50:20.342
8	1:12.603		17:51:32.945
9	1:12.847	+0.244	17:52:45.792
10	1:13.471	+0.868	17:53:59.263
11	1:14.138	+1.535	17:55:13.401
12	1:13.432	+0.829	17:56:26.833
13	1:13.699	+1.096	17:57:40.532
14	1:13.913	+1.310	17:58:54.445

Lap	Lap Tm	Diff	Time of Day
(12) Kevin H. Jensen			
1			17:14:39.221
2	1:14.025	+0.939	17:15:53.246
3	1:13.121	+0.035	17:17:06.367
4	1:13.086		17:18:19.453
p5	1:21.074	+7.988	17:19:40.527

Lap	Lap Tm	Diff	Time of Day
(44) Kristian Aleksander Østbye Sæby			
1			17:31:50.696

Lap	Lap Tm	Diff	Time of Day
2	1:17.745	+4.399	17:33:08.441
3	1:16.168	+2.822	17:34:24.609
4	1:17.193	+3.847	17:35:41.802
5	1:14.620	+1.274	17:36:56.422
6	1:13.346		17:38:09.768
7	1:14.484	+1.138	17:39:24.252
p8	1:24.404	+11.058	17:40:48.656

Lap	Lap Tm	Diff	Time of Day
(64) Martin Skjerven			
1			17:44:02.769
2	1:17.683	+4.318	17:45:20.452
3	1:16.400	+3.035	17:46:36.852
4	1:15.674	+2.309	17:47:52.526
5	1:14.462	+1.097	17:49:06.988
6	1:14.392	+1.027	17:50:21.380
7	1:13.532	+0.167	17:51:34.912
8	1:16.497	+3.132	17:52:51.409
9	1:16.011	+2.646	17:54:07.420
10	1:14.344	+0.979	17:55:21.764
11	1:13.365		17:56:35.129
12	1:13.524	+0.159	17:57:48.653
13	1:14.091	+0.726	17:59:02.744
p14	1:24.403	+11.038	18:00:27.147

Lap	Lap Tm	Diff	Time of Day
(3.) Kim André Nebben			
1			17:43:06.411
2	1:15.707	+2.177	17:44:22.118
3	1:15.373	+1.843	17:45:37.491
4	1:15.561	+2.031	17:46:53.052
5	1:14.675	+1.145	17:48:07.727
6	1:14.521	+0.991	17:49:22.248
7	1:14.555	+1.025	17:50:36.803
8	1:14.315	+0.785	17:51:51.118
9	1:13.530		17:53:04.648
p10	1:28.003	+14.473	17:54:32.651

Lap	Lap Tm	Diff	Time of Day
(22) Desirée Sterner			
1			17:25:25.056
2	1:19.090	+5.357	17:26:44.146
3	1:16.236	+2.503	17:28:00.382
4	1:16.271	+2.538	17:29:16.653
5	1:15.643	+1.910	17:30:32.296
6	1:14.202	+0.469	17:31:46.498
7	1:15.906	+2.173	17:33:02.404
8	1:14.565	+0.832	17:34:16.969
9	1:14.432	+0.699	17:35:31.401
10	1:13.733		17:36:45.134
11	1:14.242	+0.509	17:37:59.376
12	1:13.968	+0.235	17:39:13.344
p13	1:24.355	+10.622	17:40:37.699

Lap	Lap Tm	Diff	Time of Day
(555) Ove Hjortland Hundhammer			
1			17:14:28.848
2	1:15.605	+1.729	17:15:44.453
3	1:13.876		17:16:58.329
4	1:14.123	+0.247	17:18:12.452
p5	1:20.100	+6.224	17:19:32.552

Lap	Lap Tm	Diff	Time of Day
(7.) Frank Hansen			
1			17:43:29.936
2	1:20.341	+6.283	17:44:50.277
3	1:17.643	+3.585	17:46:07.920
4	1:15.678	+1.620	17:47:23.598
5	1:17.486	+3.428	17:48:41.084
6	1:16.683	+2.625	17:49:57.767
7	1:16.613	+2.555	17:51:14.380



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Trening **Vålerbanen 2,262 km**

Practice Heat 1 - Alle Klasser **19.08.2019 17:00**

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
8	1:15.463	+1.405	17:52:29.843
9	1:15.606	+1.548	17:53:45.449
10	1:14.631	+0.573	17:55:00.080
11	1:14.053		17:56:14.138
12	1:14.246	+0.188	17:57:28.384
13	1:16.014	+1.956	17:58:44.398
p14	1:39.076	+25.018	18:00:23.474
(14) Kristoffer Hatterud			
1			17:48:48.579
2	1:25.156	+9.163	17:50:13.735
3	1:18.588	+2.595	17:51:32.323
4	1:18.559	+2.566	17:52:50.882
5	1:15.993		17:54:06.875
6	1:18.020	+2.027	17:55:24.895
p7	1:27.068	+11.075	17:56:51.963
(269) Oliver Øyhus			
1			17:24:51.275
2	1:25.599	+8.800	17:26:16.874
3	1:21.915	+5.116	17:27:38.789
4	1:21.630	+4.831	17:29:00.419
5	1:20.418	+3.619	17:30:20.837
6	1:20.442	+3.643	17:31:41.279
7	1:21.318	+4.519	17:33:02.597
8	1:18.741	+1.942	17:34:21.338
9	1:19.046	+2.247	17:35:40.384
10	1:17.767	+0.968	17:36:58.151
11	1:17.343	+0.544	17:38:15.494
12	1:16.799		17:39:32.293
p13	1:28.169	+11.370	17:41:00.462
(78.) Linda Kristoffersen			
1			17:24:42.978
2	1:23.595	+5.847	17:26:06.573
3	1:21.623	+3.875	17:27:28.196
4	1:21.926	+4.178	17:28:50.122
5	1:17.987	+0.239	17:30:08.109
6	1:19.032	+1.284	17:31:27.141
7	1:17.975	+0.227	17:32:45.116
8	1:20.106	+2.358	17:34:05.222
9	1:18.442	+0.694	17:35:23.664
10	1:18.235	+0.487	17:36:41.899
11	1:18.459	+0.711	17:38:00.358
12	1:17.748		17:39:18.106
p13	1:28.314	+10.566	17:40:46.420
(6) Trym Berg Hesthagen			
1			17:25:21.930
2	1:49.947	+31.220	17:27:11.877
3	1:44.429	+25.702	17:28:56.306
4	1:42.134	+23.407	17:30:38.440
5	1:40.087	+21.360	17:32:18.527
6	1:41.971	+23.244	17:34:00.498
p7	1:44.970	+26.243	17:35:45.468
8	7:32.373	+6:13.646	17:43:17.841
9	1:23.107	+4.380	17:44:40.948
10	1:20.494	+1.767	17:46:01.442
11	1:20.594	+1.867	17:47:22.036
12	1:22.807	+4.080	17:48:44.843
13	1:18.961	+0.234	17:50:03.804
14	1:20.225	+1.498	17:51:24.029
15	1:18.727		17:52:42.756
p16	1:26.802	+8.075	17:54:09.558
(-113) Jo-Anders Johnsen			

Lap	Lap Tm	Diff	Time of Day
1			17:43:18.509
2	1:27.680	+7.288	17:44:46.189
3	1:26.096	+5.704	17:46:12.285
4	1:25.084	+4.692	17:47:37.369
5	1:24.323	+3.931	17:49:01.692
6	1:23.452	+3.060	17:50:25.144
7	1:22.744	+2.352	17:51:47.888
8	1:20.392		17:53:08.280
9	1:21.069	+0.677	17:54:29.349
10	1:21.884	+1.492	17:55:51.233
p11	1:28.321	+7.929	17:57:19.554
(63) Harald Roise			
p1			17:11:18.347

Lap	Lap Tm	Diff	Time of Day
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