



## Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 1 - Alle Klasser

28.06.2021 17:00

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

Lap	Lap Tm	Diff	Time of Day
5	1:13.439	+4.269	17:09:19.657
6	1:11.371	+2.201	17:10:31.028
7	1:11.448	+2.278	17:11:42.476
p8	1:17.505	+8.335	17:12:59.981
9	2:10.373	+1:01.203	17:15:10.354
10	1:11.114	+1.944	17:16:21.468
11	1:09.170		17:17:30.638
p12	1:31.393	+22.223	17:19:02.031
13	29:01.729	+27:52.559	17:48:03.760
14	1:26.359	+17.189	17:49:30.119
15	1:25.686	+16.516	17:50:55.805
p16	1:26.854	+17.684	17:52:22.659
17	2:45.109	+1:35.939	17:55:07.768
18	1:23.659	+14.489	17:56:31.427
19	1:20.384	+11.214	17:57:51.811
p20	1:31.792	+22.622	17:59:23.603

(-??-) - 14526214 -

1			17:50:20.874
2	1:19.499	+8.574	17:51:40.373
3	1:16.837	+5.912	17:52:57.210
4	1:17.982	+7.057	17:54:15.192
5	1:10.925		17:55:26.117
6	1:12.806	+1.881	17:56:38.923
7	1:14.915	+3.990	17:57:53.838
p8	1:37.518	+26.593	17:59:31.356

(51) Sverre Saxegaard

1			17:03:47.350
2	1:16.699	+3.713	17:05:04.049
3	1:14.696	+1.710	17:06:18.745
4	1:13.108	+0.122	17:07:31.853
5	1:13.102	+0.116	17:08:44.955
6	1:13.241	+0.255	17:09:58.196
7	1:12.986		17:11:11.182
8	1:13.197	+0.211	17:12:24.379
p9	1:20.304	+7.318	17:13:44.683

(86) Arild Nilsen Henriksen

1			17:45:56.402
2	1:24.823	+10.795	17:47:21.225
3	1:18.749	+4.721	17:48:39.974
4	1:16.723	+2.695	17:49:56.697
5	1:20.173	+6.145	17:51:16.870
6	1:16.046	+2.018	17:52:32.916
7	1:15.391	+1.363	17:53:48.307
8	1:17.018	+2.990	17:55:05.325
9	1:14.621	+0.593	17:56:19.946
10	1:14.028		17:57:33.974
p11	1:19.288	+5.260	17:58:53.262

(10) Kjetil Sjøfolt

1			17:46:07.857
2	1:22.607	+8.366	17:47:30.464
3	1:21.287	+7.046	17:48:51.751
4	1:20.419	+6.178	17:50:12.170
5	1:16.093	+1.852	17:51:28.263
6	1:14.241		17:52:42.504
7	1:14.935	+0.694	17:53:57.439
8	1:17.548	+3.307	17:55:14.987
9	1:20.194	+5.953	17:56:35.181
10	1:14.589	+0.348	17:57:49.770
p11	1:45.663	+31.422	17:59:35.433

(110) Vidar Kristian Slettjord

1			17:45:57.191
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Lap	Lap Tm	Diff	Time of Day
2	1:18.941	+2.564	17:47:16.132
3	1:17.800	+1.423	17:48:33.932
4	1:18.156	+1.779	17:49:52.088
5	1:19.775	+3.398	17:51:11.863
6	1:16.377		17:52:28.240
p7	1:23.757	+7.380	17:53:51.997

(96) Oddgeir Mikkelrud

p1			17:03:47.733
2	2:20.798	+1:04.232	17:06:08.531
3	1:20.020	+3.454	17:07:28.551
4	1:16.566		17:08:45.117
p5	1:22.051	+5.485	17:10:07.168

(158) Nikolai Bratvold

1			17:46:08.536
2	1:25.196	+7.434	17:47:33.732
3	1:20.357	+2.595	17:48:54.089
4	1:19.813	+2.051	17:50:13.902
5	1:21.810	+4.048	17:51:35.712
6	1:21.363	+3.601	17:52:57.075
7	1:22.317	+4.555	17:54:19.392
8	1:20.868	+3.106	17:55:40.260
9	1:19.802	+2.040	17:57:00.062
10	1:17.762		17:58:17.824
p11	1:32.703	+14.941	17:59:50.527

(153) Lars Qvale

1			17:49:07.869
2	1:25.341	+7.497	17:50:33.210
3	1:23.213	+5.369	17:51:56.423
4	1:20.585	+2.741	17:53:17.008
5	1:21.278	+3.434	17:54:38.286
6	1:19.394	+1.550	17:55:57.680
7	1:17.344		17:57:15.524
8	1:18.738	+0.894	17:58:34.262
p9	1:29.052	+11.208	18:00:03.314

(28) Frank Rygge

1			17:45:44.681
2	1:19.589	+1.739	17:47:04.270
3	1:17.850		17:48:22.120
4	1:17.878	+0.028	17:49:39.998
5	1:18.953	+1.103	17:50:58.951
6	1:20.713	+2.863	17:52:19.664
7	1:21.971	+4.121	17:53:41.635
p8	1:30.403	+12.553	17:55:12.038

(8) Kristin Rusten Heiberg

1			17:24:37.734
2	1:30.056	+12.188	17:26:07.790
3	1:25.924	+8.056	17:27:33.714
4	1:21.676	+3.808	17:28:55.390
5	1:22.932	+5.064	17:30:18.322
6	1:38.002	+20.134	17:31:56.324
7	1:20.830	+2.962	17:33:17.154
8	1:20.195	+2.327	17:34:37.349
9	1:18.719	+0.851	17:35:56.068
10	1:17.368		17:37:13.936
11	1:22.595	+4.727	17:38:36.531
p12	1:34.478	+16.610	17:40:11.009

(78) Tommy Antonsen

1			17:45:52.096
2	1:22.583	+4.503	17:47:14.679
3	1:21.553	+3.473	17:48:36.232

Lap	Lap Tm	Diff	Time of Day
4	1:19.826	+1.746	17:49:56.058
5	1:20.171	+2.091	17:51:16.229
6	1:20.227	+2.147	17:52:36.456
7	1:19.457	+1.377	17:53:55.913
8	1:18.080		17:55:13.993
9	1:20.156	+2.076	17:56:34.149
10	1:19.399	+1.319	17:57:53.548
p11	1:35.527	+17.447	17:59:29.075

(27) Tom Roger Syversen

1			17:47:36.362
2	1:21.051	+2.310	17:48:57.413
3	1:20.177	+1.436	17:50:17.590
4	1:18.741		17:51:36.331
p5	1:28.747	+10.006	17:53:05.078
6	1:37.404	+18.663	17:54:42.482
p7	1:23.404	+4.663	17:56:05.886

(616) Arne Berg

1			17:47:29.016
2	1:22.002	+2.622	17:48:51.018
3	1:20.966	+1.586	17:50:11.984
4	1:19.858	+0.478	17:51:31.842
5	1:19.380		17:52:51.222
p6	1:40.445	+21.065	17:54:31.667
p7	2:18.388	+59.008	17:56:50.055

(5) Ronny Hagen

1			17:46:05.541
2	1:24.308	+4.838	17:47:29.849
3	1:22.772	+3.302	17:48:52.621
4	1:20.723	+1.253	17:50:13.344
5	1:21.297	+1.827	17:51:34.641
6	1:21.849	+2.379	17:52:56.490
7	1:22.612	+3.142	17:54:19.102
8	1:20.942	+1.472	17:55:40.044
9	1:19.470		17:56:59.514
10	1:19.545	+0.075	17:58:19.059
p11	1:32.212	+12.742	17:59:51.271

(7) Stian Nordby

1			17:46:07.206
2	1:25.774	+6.274	17:47:32.980
3	1:23.924	+4.424	17:48:56.904
4	1:22.867	+3.367	17:50:19.771
5	1:20.093	+0.593	17:51:39.864
6	1:20.639	+1.139	17:53:00.503
7	1:20.293	+0.793	17:54:20.796
8	1:19.991	+0.491	17:55:40.787
9	1:19.728	+0.228	17:57:00.515
10	1:19.500		17:58:20.015
p11	1:32.336	+12.836	17:59:52.351

(82) Sigurd Nordsveen

1			17:46:34.564
2	1:31.341	+10.932	17:48:05.905
3	1:25.325	+4.916	17:49:31.230
4	1:24.283	+3.874	17:50:55.513
p5	1:29.259	+8.850	17:52:24.772
6	2:42.563	+1:22.154	17:55:07.335
7	1:23.719	+3.310	17:56:31.054
8	1:20.409		17:57:51.463
p9	1:38.846	+18.437	17:59:30.309

(50) Ragnar Eriksen

1			17:23:17.834
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## Mandagstrening SMCK

Trening Vålerbanen 2,274 km

Practice Heat 1 - Alle Klasser 28.06.2021 17:00

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

Lap	Lap Tm	Diff	Time of Day
2	1:30.908	+1.181	17:24:48.742
3	1:34.967	+5.240	17:26:23.709
4	1:33.612	+3.885	17:27:57.321
5	1:30.032	+0.305	17:29:27.353
6	1:30.065	+0.338	17:30:57.418
7	1:30.874	+1.147	17:32:28.292
8	1:29.922	+0.195	17:33:58.214
9	1:29.727		17:35:27.941
10	1:31.922	+2.195	17:36:59.863
11	1:31.299	+1.572	17:38:31.162
p12	1:41.020	+11.293	17:40:12.182

(70) Linda Jørgung

Lap	Lap Tm	Diff	Time of Day
1			17:24:39.841
2	2:02.950	+25.667	17:26:42.791
3	1:50.167	+12.884	17:28:32.958
4	1:44.239	+6.956	17:30:17.197
5	1:42.036	+4.753	17:31:59.233
6	1:42.857	+5.574	17:33:42.090
7	1:39.675	+2.392	17:35:21.765
8	1:37.283		17:36:59.048
9	1:37.815	+0.532	17:38:36.863
p10	1:55.979	+18.696	17:40:32.842

(76) Knut Gulbrandsen

Lap	Lap Tm	Diff	Time of Day
1			17:24:37.670
p2	2:01.497	+24.184	17:26:39.167
3	3:37.164	+1:59.851	17:30:16.331
4	1:41.755	+4.442	17:31:58.086
5	1:42.681	+5.368	17:33:40.767
6	1:40.157	+2.844	17:35:20.924
7	1:37.313		17:36:58.237
8	1:37.685	+0.372	17:38:35.922
p9	1:50.318	+13.005	17:40:26.240