



# Mandagstrening SMCK

## Trening

### Practice Heat 1 - Alle Klasser

Vålerbanen 2,274 km

16.08.2021 17:00

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

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			17:02:59.558
2	<b>1:02.029</b>	+3.503	17:04:01.587
3	<b>1:00.722</b>	+2.196	17:05:02.309
4	<b>59.953</b>	+1.427	17:06:02.262
5	<b>1:00.085</b>	+1.559	17:07:02.347
p6	<b>1:03.781</b>	+5.255	17:08:06.128
7	<b>2:07.469</b>	+1:08.943	17:10:13.597
8	<b>59.540</b>	+1.014	17:11:13.137
9	<b>58.579</b>	+0.053	17:12:11.716
10	<b>59.289</b>	+0.763	17:13:11.005
11	<b>59.081</b>	+0.555	17:14:10.086
12	<b>58.665</b>	+0.139	17:15:08.751
13	<b>58.526</b>		17:16:07.277
14	<b>1:05.233</b>	+6.707	17:17:12.510
p15	<b>1:06.107</b>	+7.581	17:18:18.617

Lap	Lap Tm	Diff	Time of Day
(66) Jonathan Nessjoen			
1			17:03:41.931
2	<b>1:05.583</b>	+3.732	17:04:47.514
3	<b>1:04.361</b>	+2.510	17:05:51.875
4	<b>1:03.114</b>	+1.263	17:06:54.989
5	<b>1:03.225</b>	+1.374	17:07:58.214
6	<b>1:02.043</b>	+0.192	17:09:00.257
7	<b>1:02.164</b>	+0.313	17:10:02.421
8	<b>1:01.851</b>		17:11:04.272
p9	<b>1:08.417</b>	+6.566	17:12:12.689

Lap	Lap Tm	Diff	Time of Day
(428) Simen Syvertsen			
1			17:03:17.892
2	<b>1:04.473</b>	+1.726	17:04:22.365
3	<b>1:03.625</b>	+0.878	17:05:25.990
4	<b>1:03.918</b>	+1.171	17:06:29.908
5	<b>1:03.690</b>	+0.943	17:07:33.598
6	<b>1:02.986</b>	+0.239	17:08:36.584
7	<b>1:02.813</b>	+0.066	17:09:39.397
8	<b>1:02.952</b>	+0.205	17:10:42.349
9	<b>1:03.231</b>	+0.484	17:11:45.580
10	<b>1:03.798</b>	+1.051	17:12:49.378
11	<b>1:03.292</b>	+0.545	17:13:52.670
12	<b>1:03.982</b>	+1.235	17:14:56.652
13	<b>1:02.747</b>		17:15:59.399
14	<b>1:03.271</b>	+0.524	17:17:02.670
15	<b>1:05.049</b>	+2.302	17:18:07.719
16	<b>1:05.142</b>	+2.395	17:19:12.861
p17	<b>1:52.386</b>	+49.639	17:21:05.247

Lap	Lap Tm	Diff	Time of Day
(73) Svein Rognmo			
1			17:03:35.922
2	<b>1:06.091</b>	+2.900	17:04:42.013
3	<b>1:04.873</b>	+1.682	17:05:46.886
4	<b>1:06.691</b>	+3.500	17:06:53.577
5	<b>1:06.255</b>	+3.064	17:07:59.832
p6	<b>1:09.397</b>	+6.206	17:09:09.229
7	<b>1:26.913</b>	+23.722	17:10:36.142
8	<b>1:05.493</b>	+2.302	17:11:41.635
9	<b>1:03.956</b>	+0.765	17:12:45.591
10	<b>1:03.450</b>	+0.259	17:13:49.041
11	<b>1:03.191</b>		17:14:52.232
12	<b>1:03.607</b>	+0.416	17:15:55.839
13	<b>1:03.978</b>	+0.787	17:16:59.817
14	<b>1:04.124</b>	+0.933	17:18:03.941
15	<b>1:04.844</b>	+1.653	17:19:08.785
p16	<b>1:07.087</b>	+3.896	17:20:15.872

Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			17:03:31.894
2	<b>1:06.853</b>	+3.230	17:04:38.747
3	<b>1:06.916</b>	+3.293	17:05:45.663
4	<b>1:07.485</b>	+3.862	17:06:53.148
5	<b>1:05.912</b>	+2.289	17:07:59.060
6	<b>1:05.094</b>	+1.471	17:09:04.154
7	<b>1:04.086</b>	+0.463	17:10:08.240
8	<b>1:04.080</b>	+0.457	17:11:12.320
9	<b>1:04.593</b>	+0.970	17:12:16.913
p10	<b>1:12.732</b>	+9.109	17:13:29.645
11	<b>1:19.732</b>	+16.109	17:14:49.377
12	<b>1:04.971</b>	+1.348	17:15:54.348
13	<b>1:05.198</b>	+1.575	17:16:59.546
14	<b>1:03.623</b>		17:18:03.169
15	<b>1:05.144</b>	+1.521	17:19:08.313
p16	<b>1:06.645</b>	+3.022	17:20:14.958

Lap	Lap Tm	Diff	Time of Day
(-??-) - 4391685 -			
1			17:04:16.150
2	<b>1:04.286</b>	+0.652	17:05:20.436
3	<b>1:04.867</b>	+1.233	17:06:25.303
4	<b>1:54.036</b>	+50.402	17:08:19.339
5	<b>1:04.076</b>	+0.442	17:09:23.415
6	<b>1:04.066</b>	+0.432	17:10:27.481
p7	<b>1:12.814</b>	+9.180	17:11:40.295
8	<b>3:01.426</b>	+1:57.792	17:14:41.721
9	<b>1:03.731</b>	+0.097	17:15:45.452
10	<b>1:45.747</b>	+42.113	17:17:31.199
11	<b>1:03.634</b>		17:18:34.833
p12	<b>1:16.943</b>	+13.309	17:19:51.776

Lap	Lap Tm	Diff	Time of Day
(71) Terje Valkaker			
1			17:03:36.848
2	<b>1:07.993</b>	+4.227	17:04:44.841
3	<b>1:05.707</b>	+1.941	17:05:50.548
4	<b>1:05.661</b>	+1.895	17:06:56.209
5	<b>1:07.129</b>	+3.363	17:08:03.338
p6	<b>1:09.646</b>	+5.880	17:09:12.984
7	<b>1:23.934</b>	+20.168	17:10:36.918
8	<b>1:05.935</b>	+2.169	17:11:42.853
9	<b>1:05.255</b>	+1.489	17:12:48.108
10	<b>1:04.281</b>	+0.515	17:13:52.389
11	<b>1:04.084</b>	+0.318	17:14:56.473
12	<b>1:05.011</b>	+1.245	17:16:01.484
13	<b>1:04.526</b>	+0.760	17:17:06.010
14	<b>1:04.773</b>	+1.007	17:18:10.783
15	<b>1:03.766</b>		17:19:14.549
p16	<b>1:10.153</b>	+6.387	17:20:24.702

Lap	Lap Tm	Diff	Time of Day
(113) Erik Myrberget			
1			17:04:02.672
2	<b>1:06.444</b>	+2.586	17:05:09.116
3	<b>1:05.729</b>	+1.871	17:06:14.845
4	<b>1:05.401</b>	+1.543	17:07:20.246
5	<b>1:03.858</b>		17:08:24.104
6	<b>1:04.030</b>	+0.172	17:09:28.134
7	<b>1:04.356</b>	+0.498	17:10:32.490
8	<b>1:04.548</b>	+0.690	17:11:37.038
p9	<b>1:08.102</b>	+4.244	17:12:45.140

Lap	Lap Tm	Diff	Time of Day
(61) Kenneth Birkeland			
1			17:06:55.581
2	<b>1:07.101</b>	+2.612	17:08:02.682
3	<b>1:06.380</b>	+1.891	17:09:09.062
4	<b>1:04.922</b>	+0.433	17:10:13.984

Lap	Lap Tm	Diff	Time of Day
5	<b>1:06.262</b>	+1.773	17:11:20.246
6	<b>1:04.489</b>		17:12:24.735
7	<b>1:05.381</b>	+0.892	17:13:30.116
8	<b>1:05.034</b>	+0.545	17:14:35.150
9	<b>1:05.019</b>	+0.530	17:15:40.169
p10	<b>1:11.276</b>	+6.787	17:16:51.445

Lap	Lap Tm	Diff	Time of Day
(126) Øystein Nettum			
1			17:04:01.975
2	<b>1:06.752</b>	+1.326	17:05:08.727
3	<b>1:05.902</b>	+0.476	17:06:14.629
4	<b>1:06.374</b>	+0.948	17:07:21.003
p5	<b>1:16.242</b>	+10.816	17:08:37.245
6	<b>3:27.285</b>	+2:21.859	17:12:04.530
7	<b>1:05.426</b>		17:13:09.956
8	<b>1:05.656</b>	+0.230	17:14:15.612
p9	<b>1:18.613</b>	+13.187	17:15:34.225

Lap	Lap Tm	Diff	Time of Day
(26) Lars Martim Granshagen			
1			17:04:36.786
2	<b>1:08.208</b>	+2.068	17:05:44.994
3	<b>1:07.597</b>	+1.457	17:06:52.591
4	<b>1:06.140</b>		17:07:58.731
5	<b>1:06.958</b>	+0.818	17:09:05.689
6	<b>1:07.110</b>	+0.970	17:10:12.799
p7	<b>1:15.638</b>	+9.498	17:11:28.437

Lap	Lap Tm	Diff	Time of Day
(34) Anders Lykkebo			
1			17:47:49.861
2	<b>1:10.824</b>	+4.473	17:49:00.685
3	<b>1:07.813</b>	+1.462	17:50:08.498
4	<b>1:11.237</b>	+4.886	17:51:19.735
5	<b>1:06.351</b>		17:52:26.086
6	<b>1:08.690</b>	+2.339	17:53:34.776
7	<b>1:07.280</b>	+0.929	17:54:42.056
8	<b>1:07.366</b>	+1.015	17:55:49.422
9	<b>1:07.110</b>	+0.759	17:56:56.532
10	<b>1:06.356</b>	+0.005	17:58:02.888
11	<b>1:06.856</b>	+0.505	17:59:09.744
p12	<b>1:22.333</b>	+15.982	18:00:32.077

Lap	Lap Tm	Diff	Time of Day
(40) Kim Rønningen			
1			17:42:45.387
2	<b>1:08.945</b>	+2.197	17:43:54.332
3	<b>1:08.760</b>	+2.012	17:45:03.092
4	<b>1:09.150</b>	+2.402	17:46:12.242
5	<b>1:08.564</b>	+1.816	17:47:20.806
6	<b>1:08.293</b>	+1.545	17:48:29.099
7	<b>1:06.748</b>		17:49:35.847
8	<b>1:07.428</b>	+0.680	17:50:43.275
9	<b>1:07.878</b>	+1.130	17:51:51.153
10	<b>1:07.383</b>	+0.635	17:52:58.536
11	<b>1:07.179</b>	+0.431	17:54:05.715
12	<b>1:08.272</b>	+1.524	17:55:13.987
13	<b>1:07.957</b>	+1.209	17:56:21.944
14	<b>1:07.158</b>	+0.410	17:57:29.102
15	<b>1:08.811</b>	+2.063	17:58:37.913
p16	<b>1:40.062</b>	+33.314	18:00:17.975

Lap	Lap Tm	Diff	Time of Day
(55) Mads Sandbakken			
1			17:15:15.807
2	<b>1:07.818</b>	+1.058	17:16:23.625
3	<b>1:07.074</b>	+0.314	17:17:30.699
4	<b>1:06.760</b>		17:18:37.459
5	<b>1:07.559</b>	+0.799	17:19:45.018
p6	<b>1:15.027</b>	+8.267	17:21:00.045



# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 1 - Alle Klasser

16.08.2021 17:00

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

Lap	Lap Tm	Diff	Time of Day
7	3:46.074	+2:39.314	17:24:46.119
8	1:35.150	+28.390	17:26:21.269
9	1:30.018	+23.258	17:27:51.287
10	1:32.498	+25.738	17:29:23.785
11	1:43.067	+36.307	17:31:06.852
12	1:31.759	+24.999	17:32:38.611
p13	1:43.766	+37.006	17:34:22.377

(356) Andreas Hansen

1			17:42:50.256
2	1:08.803	+2.029	17:43:59.059
3	1:07.669	+0.895	17:45:06.728
4	1:09.223	+2.449	17:46:15.951
5	1:10.064	+3.290	17:47:26.015
6	1:09.406	+2.632	17:48:35.421
7	1:07.501	+0.727	17:49:42.922
8	1:09.530	+2.756	17:50:52.452
9	1:10.025	+3.251	17:52:02.477
10	1:06.774		17:53:09.251
11	1:07.700	+0.926	17:54:16.951
p12	1:21.774	+15.000	17:55:38.725

(63) Kent Tollefsen

1			17:44:26.573
2	1:11.099	+3.118	17:45:37.672
3	1:09.478	+1.497	17:46:47.150
4	1:10.116	+2.135	17:47:57.266
5	1:09.244	+1.263	17:49:06.510
6	1:08.447	+0.466	17:50:14.957
7	1:08.857	+0.876	17:51:23.814
8	1:10.265	+2.284	17:52:34.079
9	1:07.981		17:53:42.060
10	1:09.650	+1.669	17:54:51.710
11	1:09.036	+1.055	17:56:00.746
12	1:08.136	+0.155	17:57:08.882
13	1:07.982	+0.001	17:58:16.864
p14	1:19.683	+11.702	17:59:36.547

(357) Jo Sætre

1			17:42:51.519
2	1:08.858	+0.791	17:44:00.377
3	1:08.558	+0.491	17:45:08.935
4	1:08.819	+0.752	17:46:17.754
5	1:10.773	+2.706	17:47:28.527
6	1:08.260	+0.193	17:48:36.787
7	1:08.333	+0.266	17:49:45.120
8	1:08.144	+0.077	17:50:53.264
9	1:09.487	+1.420	17:52:02.751
10	1:08.067		17:53:10.818
p11	1:24.637	+16.570	17:54:35.455

(14) Kristoffer Hatterud

1			17:13:22.757
2	1:11.366	+2.677	17:14:34.123
3	1:10.526	+1.837	17:15:44.649
4	1:09.558	+0.869	17:16:54.207
5	1:08.689		17:18:02.896
p6	1:15.445	+6.756	17:19:18.341

(165) Pål Bekkelund

1			17:04:45.688
2	1:09.974	+1.205	17:05:55.662
3	1:08.769		17:07:04.431
4	1:08.956	+0.187	17:08:13.387
5	1:09.222	+0.453	17:09:22.609
6	1:09.864	+1.095	17:10:32.473

Lap	Lap Tm	Diff	Time of Day
7	1:09.102	+0.333	17:11:41.575
8	1:08.815	+0.046	17:12:50.390
9	1:08.788	+0.019	17:13:59.178
p10	1:13.577	+4.808	17:15:12.755
11	3:09.088	+2:00.319	17:18:21.843
12	1:09.017	+0.248	17:19:30.860
p13	1:15.537	+6.768	17:20:46.397

(5) Benjamin Storsveen

1			17:46:07.976
2	1:12.622	+2.957	17:47:20.598
3	1:09.665		17:48:30.263
p4	1:12.770	+3.105	17:49:43.033

(23) Morten Midtlie

1			17:42:56.676
2	1:11.863	+0.905	17:44:08.539
3	1:11.451	+0.493	17:45:19.990
4	1:10.958		17:46:30.948
5	1:12.678	+1.720	17:47:43.626
6	1:11.945	+0.987	17:48:55.571
7	1:12.739	+1.781	17:50:08.310
8	1:15.030	+4.072	17:51:23.340
p9	1:20.071	+9.113	17:52:43.411

(158) Nikolai Bratvold

1			17:44:56.462
2	1:19.209	+5.834	17:46:15.671
3	1:17.459	+4.084	17:47:33.130
4	1:16.422	+3.047	17:48:49.552
5	1:18.278	+4.903	17:50:07.830
6	1:17.754	+4.379	17:51:25.584
7	1:16.006	+2.631	17:52:41.590
8	1:16.185	+2.810	17:53:57.775
9	1:13.782	+0.407	17:55:11.557
10	1:13.648	+0.273	17:56:25.205
11	1:13.375		17:57:38.580
12	1:13.758	+0.383	17:58:52.338
p13	1:22.503	+9.128	18:00:14.841

(5) Fredrik Ansgar Storli

1			17:24:32.273
2	1:15.812	+1.894	17:25:48.085
3	1:14.787	+0.869	17:27:02.872
4	1:14.118	+0.200	17:28:16.990
5	1:15.097	+1.179	17:29:32.087
6	1:16.334	+2.416	17:30:48.421
7	1:13.918		17:32:02.339
p8	5:49.945	+4:36.027	17:37:52.284

(10) Kjetil Sjøflot

1			17:43:42.052
2	1:15.926	+0.768	17:44:57.978
3	1:17.844	+2.686	17:46:15.822
4	1:15.158		17:47:30.980
p5	1:19.135	+3.977	17:48:50.115

(110) Vidar Kristian Slettjord

1			17:43:08.455
2	1:20.320	+5.092	17:44:28.775
3	1:23.420	+8.192	17:45:52.195
4	1:19.806	+4.578	17:47:12.001
5	1:18.563	+3.335	17:48:30.564
6	1:17.303	+2.075	17:49:47.867
7	1:17.608	+2.380	17:51:05.475
8	1:17.233	+2.005	17:52:22.708

Lap	Lap Tm	Diff	Time of Day
9	1:17.051	+1.823	17:53:39.759
10	1:15.768	+0.540	17:54:55.527
11	1:15.412	+0.184	17:56:10.939
12	1:15.228		17:57:26.167
13	1:15.931	+0.703	17:58:42.098
p14	1:29.070	+13.842	18:00:11.168

(78) Kenneth Skyttermoen

1			17:46:07.151
2	1:21.566	+5.952	17:47:28.717
3	1:19.413	+3.799	17:48:48.130
4	1:19.108	+3.494	17:50:07.238
5	1:17.602	+1.988	17:51:24.840
6	1:16.185	+0.571	17:52:41.025
7	1:18.154	+2.540	17:53:59.179
8	1:17.162	+1.548	17:55:16.341
9	1:18.017	+2.403	17:56:34.358
10	1:15.614		17:57:49.972
p11	1:22.281	+6.667	17:59:12.253

(28) Tom Roger Syversen

1			17:46:48.731
2	1:18.947	+2.423	17:48:07.678
3	1:17.520	+0.996	17:49:25.198
4	1:16.524		17:50:41.722
p5	1:22.824	+6.300	17:52:04.546

(98) Frida Birkeland

1			17:25:08.548
2	1:19.328	+1.406	17:26:27.876
3	1:18.783	+0.861	17:27:46.659
4	1:17.922		17:29:04.581
5	1:19.116	+1.194	17:30:23.697
6	1:17.931	+0.009	17:31:41.628
7	1:17.923	+0.001	17:32:59.551
p8	1:29.762	+11.840	17:34:29.313

(8) Kristin Heiberg

1			17:46:46.955
2	1:22.354	+4.246	17:48:09.309
3	1:21.053	+2.945	17:49:30.362
4	1:18.725	+0.617	17:50:49.087
5	1:18.108		17:52:07.195
6	1:19.495	+1.387	17:53:26.690
7	1:18.769	+0.661	17:54:45.459
8	1:20.070	+1.962	17:56:05.529
9	1:18.202	+0.094	17:57:23.731
10	1:19.760	+1.652	17:58:43.491
p11	1:29.366	+11.258	18:00:12.857

(91) Sondre Skyttermoen

1			17:29:29.073
2	1:24.378	+3.983	17:30:53.451
3	1:20.395		17:32:13.846
p4	1:32.779	+12.384	17:33:46.625

(23) Pål Laukli

1			17:44:23.628
p2	1:33.618	+9.767	17:45:57.246
3	1:47.435	+23.584	17:47:44.681
p4	1:35.159	+11.308	17:49:19.840
5	1:55.030	+31.179	17:51:14.870
6	1:23.851		17:52:38.721
p7	1:31.953	+8.102	17:54:10.674

(282) Emma Bjåen

Chief of Timing & Scoring: Timekeeping.no

Orbits

Race Director: Jostein Hansen

Sport Rescue Team.

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Page 2/3



# Mandagstrening SMCK

Trening Vålerbanen 2,274 km

Practice Heat 1 - Alle Klasser 16.08.2021 17:00

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

Lap	Lap Tm	Diff	Time of Day
1			17:28:12.960
2	1:31.556	+4.567	17:29:44.516
3	1:27.812	+0.823	17:31:12.328
4	1:26.989		17:32:39.317
p5	1:47.292	+20.303	17:34:26.609

(204) Thelma Louise Jensen

Lap	Lap Tm	Diff	Time of Day
1			17:24:34.778
2	1:30.488		17:26:05.266
p3	1:42.786	+12.298	17:27:48.052

Lap	Lap Tm	Diff	Time of Day
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Lap	Lap Tm	Diff	Time of Day
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