

# Mandagstrening SMCK

## Trening

### Practice Heat 1 - Alle Klasser

Vålerbanen 2,262 km

07.09.2015 17:00

Practice (1:00:00 Time) started at 16:00:00

Lap	Lap Tm	Diff	Time of Day
(86) Henning S. Flathaug			
1			16:05:22.648
2	<b>1:04.233</b>	+2.131	16:06:26.881
3	<b>1:02.808</b>	+0.706	16:07:29.689
4	<b>1:02.432</b>	+0.330	16:08:32.121
p5	<b>1:09.398</b>	+7.296	16:09:41.519
6	<b>3:11.906</b>	+2:09.804	16:12:53.425
7	<b>1:02.817</b>	+0.715	16:13:56.242
8	<b>1:02.102</b>		16:14:58.344
9	<b>1:03.480</b>	+1.378	16:16:01.824
10	<b>1:02.182</b>	+0.080	16:17:04.006
p11	<b>1:13.014</b>	+10.912	16:18:17.020

Lap	Lap Tm	Diff	Time of Day
(100) Vidar Moe			
1			16:48:21.529
2	<b>1:05.720</b>	+2.213	16:49:27.249
3	<b>1:06.169</b>	+2.662	16:50:33.418
4	<b>1:04.394</b>	+0.887	16:51:37.812
5	<b>1:03.507</b>		16:52:41.319

Lap	Lap Tm	Diff	Time of Day
(9) Audun Gundersen			
1			16:01:55.049
2	<b>1:12.512</b>	+6.921	16:03:07.561
3	<b>1:10.643</b>	+5.052	16:04:18.204
4	<b>1:10.341</b>	+4.750	16:05:28.545
5	<b>1:09.234</b>	+3.643	16:06:37.779
6	<b>1:07.506</b>	+1.915	16:07:45.285
7	<b>1:07.298</b>	+1.707	16:08:52.583
8	<b>1:07.855</b>	+2.264	16:10:00.438
9	<b>1:06.918</b>	+1.327	16:11:07.356
10	<b>1:07.041</b>	+1.450	16:12:14.397
11	<b>1:06.585</b>	+0.994	16:13:20.982
12	<b>1:06.233</b>	+0.642	16:14:27.215
13	<b>1:05.657</b>	+0.066	16:15:32.872
14	<b>1:05.591</b>		16:16:38.463
15	<b>1:05.832</b>	+0.241	16:17:44.295
p16	<b>1:25.515</b>	+19.924	16:19:09.810

Lap	Lap Tm	Diff	Time of Day
(200) Bastian Nordhagen Sagen			
1			16:04:15.919
2	<b>1:12.116</b>	+5.477	16:05:28.035
3	<b>1:10.336</b>	+3.697	16:06:38.371
4	<b>1:08.717</b>	+2.078	16:07:47.088
5	<b>1:07.592</b>	+0.953	16:08:54.680
6	<b>1:07.824</b>	+1.185	16:10:02.504
7	<b>1:07.920</b>	+1.281	16:11:10.424
8	<b>1:07.490</b>	+0.851	16:12:17.914
9	<b>1:07.176</b>	+0.537	16:13:25.090
10	<b>1:06.639</b>		16:14:31.729
11	<b>1:07.815</b>	+1.176	16:15:39.544
12	<b>1:07.835</b>	+1.196	16:16:47.379
13	<b>1:07.829</b>	+1.190	16:17:55.208
p14	<b>1:18.621</b>	+11.982	16:19:13.829

Lap	Lap Tm	Diff	Time of Day
(161) Per Harry Nordhagen			
1			16:04:16.645
2	<b>1:12.683</b>	+5.958	16:05:29.328
3	<b>1:10.115</b>	+3.390	16:06:39.443
4	<b>1:08.535</b>	+1.810	16:07:47.978
5	<b>1:08.349</b>	+1.624	16:08:56.327
6	<b>1:07.850</b>	+1.125	16:10:04.177
7	<b>1:07.321</b>	+0.596	16:11:11.498
8	<b>1:06.732</b>	+0.007	16:12:18.230
9	<b>1:07.505</b>	+0.780	16:13:25.735
10	<b>1:06.725</b>		16:14:32.460

Lap	Lap Tm	Diff	Time of Day
p11	<b>1:19.799</b>	+13.074	16:15:52.259
12	<b>7:44.809</b>	+6:38.084	16:23:37.068
13	<b>2:00.088</b>	+53.363	16:25:37.156
14	<b>2:00.710</b>	+53.985	16:27:37.866
15	<b>2:03.762</b>	+57.037	16:29:41.628
16	<b>1:53.340</b>	+46.615	16:31:34.968
17	<b>1:51.815</b>	+45.090	16:33:26.783
18	<b>1:51.398</b>	+44.673	16:35:18.181
19	<b>1:51.346</b>	+44.621	16:37:09.527
20	<b>2:05.078</b>	+58.353	16:39:14.605
p21	<b>1:53.648</b>	+46.923	16:41:08.253

Lap	Lap Tm	Diff	Time of Day
(56) Lars Aas			
1			16:08:00.407
2	<b>1:10.185</b>	+2.837	16:09:10.592
3	<b>1:09.194</b>	+1.846	16:10:19.786
4	<b>1:08.586</b>	+1.238	16:11:28.372
5	<b>1:10.784</b>	+3.436	16:12:39.156
6	<b>1:07.348</b>		16:13:46.504
7	<b>1:08.830</b>	+1.482	16:14:55.334
8	<b>1:09.003</b>	+1.655	16:16:04.337
p9	<b>1:20.396</b>	+13.048	16:17:24.733

Lap	Lap Tm	Diff	Time of Day
(622) Marcia Kowalce			
1			16:43:09.678
2	<b>1:15.775</b>	+7.453	16:44:25.453
3	<b>1:10.524</b>	+2.202	16:45:35.977
4	<b>1:09.549</b>	+1.227	16:46:45.526
5	<b>1:09.530</b>	+1.208	16:47:55.056
6	<b>1:10.169</b>	+1.847	16:49:05.225
7	<b>1:08.322</b>		16:50:13.547
8	<b>1:10.354</b>	+2.032	16:51:23.901
9	<b>1:10.314</b>	+1.992	16:52:34.215

Lap	Lap Tm	Diff	Time of Day
(34) Rune Vangen			
1			16:43:15.987
2	<b>1:16.792</b>	+5.510	16:44:32.779
3	<b>1:14.761</b>	+3.479	16:45:47.540
4	<b>1:11.894</b>	+0.612	16:46:59.434
5	<b>1:11.282</b>		16:48:10.716
6	<b>1:11.469</b>	+0.187	16:49:22.185
7	<b>1:11.607</b>	+0.325	16:50:33.792
8	<b>1:12.834</b>	+1.552	16:51:46.626

Lap	Lap Tm	Diff	Time of Day
(284) Tom E. Havik			
1			16:43:49.135
2	<b>1:18.790</b>	+6.834	16:45:07.925
3	<b>1:13.164</b>	+1.208	16:46:21.089
4	<b>1:12.753</b>	+0.797	16:47:33.842
5	<b>1:12.292</b>	+0.336	16:48:46.134
6	<b>1:12.250</b>	+0.294	16:49:58.384
7	<b>1:12.045</b>	+0.089	16:51:10.429
8	<b>1:11.956</b>		16:52:22.385

Lap	Lap Tm	Diff	Time of Day
(186) Christian Jørgensen			
1			16:11:26.170
p2	<b>1:21.148</b>	+9.126	16:12:47.318
3	<b>1:53.183</b>	+41.161	16:14:40.501
p4	<b>1:21.376</b>	+9.354	16:16:01.877
5	<b>1:29.654</b>	+17.632	16:17:31.531
6	<b>1:12.022</b>		16:18:43.553
p7	<b>1:21.081</b>	+9.059	16:20:04.634

Lap	Lap Tm	Diff	Time of Day
(65) Mikkel Storsveen			
1			16:43:46.955
2	<b>1:20.713</b>	+8.577	16:45:07.668

Lap	Lap Tm	Diff	Time of Day
3	<b>1:15.211</b>	+3.075	16:46:22.879
4	<b>1:14.275</b>	+2.139	16:47:37.154
5	<b>1:12.425</b>	+0.289	16:48:49.579
6	<b>1:12.136</b>		16:50:01.715
7	<b>1:12.956</b>	+0.820	16:51:14.671
8	<b>1:12.586</b>	+0.450	16:52:27.257

Lap	Lap Tm	Diff	Time of Day
(15') Ingar Olsen			
1			16:43:08.923
2	<b>1:20.460</b>	+4.140	16:44:29.383
3	<b>1:18.453</b>	+2.133	16:45:47.836
4	<b>1:16.320</b>		16:47:04.156
p5	<b>1:25.735</b>	+9.415	16:48:29.891
6	<b>2:54.469</b>	+1:38.149	16:51:24.360

Lap	Lap Tm	Diff	Time of Day
(299) Stig Christian Bjørndal-Riis			
1			16:43:37.925
2	<b>1:20.490</b>	+2.941	16:44:58.415
3	<b>1:18.896</b>	+1.347	16:46:17.311
4	<b>1:20.262</b>	+2.713	16:47:37.573
5	<b>1:17.549</b>		16:48:55.122
p6	<b>1:30.779</b>	+13.230	16:50:25.901