

Heldagstrening SMCK

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

Practice Heat 1 - Alle Klasser

18.05.2026 09:00

Practice (1:00:00 Time) started at 9:01:25

Lap	Time of Day	Lap Tm	S1	S2	S3	Lap	Time of Day	Lap Tm	S1	S2	S3						
(73) Svein Rognmo																	
1	9:25:34.359			20.268	22.646	6	9:47:31.903	1:09.644	23.750	21.531	24.363						
2	9:26:38.951	1:04.592	22.332	19.839	22.421	7	9:48:39.714	1:07.811	23.642	20.980	23.189						
3	9:27:42.460	1:03.509	21.938	19.455	22.116	p8	9:49:47.954	1:08.240	24.602	21.245							
4	9:28:45.158	1:02.698	21.712	19.172	21.814	(28) Roger Kristensen											
p5	9:29:45.069	59.911	22.563	19.496		1	9:25:16.531			22.883	24.679						
(66) Jørgen Bjørklund																	
1	9:25:10.293			22.177	23.609	2	9:26:26.174	1:09.643	24.233	21.500	23.910						
2	9:26:17.819	1:07.526	24.091	20.601	22.834	3	9:27:34.816	1:08.642	24.080	20.985	23.577						
3	9:27:24.324	1:06.505	23.218	20.609	22.678	4	9:28:43.541	1:08.725	23.695	21.268	23.762						
4	9:28:30.733	1:06.409	22.795	20.270	23.344	5	9:29:52.902	1:09.361	23.799	21.770	23.792						
5	9:29:37.613	1:06.880	23.773	20.411	22.696	p6	9:30:58.224	1:05.322	23.793	21.406							
6	9:30:42.377	1:04.764	22.562	19.801	22.401	(52) Glenn Christensen											
7	9:31:46.560	1:04.183	22.491	19.829	21.863	1	9:26:49.298			22.601	24.428						
p8	9:32:48.265	1:01.705	22.465	20.150		2	9:28:00.525	1:11.227	24.753	22.078	24.396						
(88) Petter Praner Lien																	
1	9:24:31.201			22.059	24.593	3	9:29:09.821	1:09.296	24.397	21.296	23.603						
2	9:25:42.022	1:10.821	23.951	22.663	24.207	4	9:30:19.979	1:10.158	24.777	21.515	23.866						
3	9:26:50.063	1:08.041	23.183	21.758	23.100	5	9:31:28.972	1:08.993	23.935	21.329	23.729						
4	9:28:00.506	1:10.443	24.331	22.410	23.702	6	9:32:38.904	1:09.932	23.865	22.105	23.962						
5	9:29:06.171	1:05.665	22.827	20.206	22.632	7	9:33:47.781	1:08.877	23.812	21.199	23.866						
6	9:30:15.110	1:08.939	22.641	20.853	25.445	p8	9:34:52.876	1:05.095	23.844	20.917							
7	9:31:24.260	1:09.150	23.954	21.588	23.608	(77) Frank Egil Rånes											
8	9:32:29.575	1:05.315	22.358	19.810	23.147	1	9:42:40.640			24.451	26.142						
9	9:33:34.688	1:05.113	22.754	20.137	22.222	2	9:43:54.377	1:13.737	25.393	22.564	25.780						
10	9:34:38.887	1:04.199	22.208	19.800	22.191	3	9:45:06.875	1:12.498	26.942	21.387	24.169						
p11	9:35:46.891	1:08.004	22.152	21.729		4	9:46:18.208	1:11.333	24.524	22.274	24.535						
(636) Dan-Axel Nord Kristoffersen																	
1	9:26:43.808			21.159	23.019	5	9:47:28.069	1:09.861	24.486	21.576	23.799						
2	9:27:50.237	1:06.429	23.254	20.806	22.369	6	9:48:37.024	1:08.955	24.509	21.066	23.380						
3	9:28:55.194	1:04.957	22.364	20.251	22.342	7	9:49:48.886	1:11.862	24.246	21.596	26.020						
4	9:30:00.388	1:05.194	22.323	20.305	22.566	8	9:50:58.340	1:09.454	25.641	20.805	23.008						
5	9:31:05.619	1:05.231	22.183	20.335	22.713	9	9:52:07.751	1:09.411	23.658	21.738	24.015						
p6	9:32:08.784	1:03.165	22.449	20.238		p10	9:53:15.701	1:07.950	24.406	22.280							
(188) Martin Ludwig Praner Lien																	
1	9:24:33.887			22.753	24.914	(53) Ove Einar Reinton											
2	9:25:43.460	1:09.573	24.489	21.347	23.737	1	9:24:56.650			24.635	26.584						
3	9:26:51.633	1:08.173	23.899	21.016	23.258	2	9:26:09.195	1:12.545	24.899	22.580	25.066						
4	9:28:01.550	1:09.917	23.849	21.786	24.282	3	9:27:20.701	1:11.506	24.941	21.812	24.753						
5	9:29:10.155	1:08.605	23.687	21.450	23.468	4	9:28:30.501	1:09.800	24.207	21.695	23.898						
6	9:30:18.037	1:07.882	24.141	20.631	23.110	5	9:29:39.999	1:09.498	24.221	21.406	23.871						
7	9:31:25.191	1:07.154	23.492	20.609	23.053	6	9:30:50.301	1:10.302	24.280	21.764	24.258						
8	9:32:31.675	1:06.484	23.272	20.286	22.926	7	9:32:00.652	1:10.351	24.512	21.654	24.185						
9	9:33:38.333	1:06.658	23.353	20.458	22.847	8	9:33:10.195	1:09.543	24.264	21.603	23.676						
10	9:34:44.827	1:06.494	23.130	20.232	23.132	p9	9:34:15.490	1:05.295	23.246	20.528							
p11	9:35:48.369	1:03.542	23.157	20.308		(20) Vidar Andre Jensen											
(76) Khanh Quoc Dang																	
1	9:26:46.854			21.904	24.211	1	9:41:37.002			25.881	27.352						
2	9:27:55.591	1:08.737	23.588	21.361	23.788	2	9:42:50.327	1:13.325	25.314	22.847	25.164						
3	9:29:03.420	1:07.829	23.711	20.962	23.156	3	9:44:03.613	1:13.286	24.714	23.772	24.800						
4	9:30:11.130	1:07.710	23.295	20.647	23.768	4	9:45:20.811	1:17.198	28.078	24.580	24.540						
5	9:31:19.091	1:07.961	23.161	21.046	23.754	5	9:46:33.420	1:12.609	24.251	22.228	26.130						
p6	9:32:24.015	1:04.924	23.237	20.801		6	9:47:44.546	1:11.126	24.140	21.979	25.007						
(13-) Jan Ivar Skilbrei																	
1	9:41:34.662			25.204	26.359	7	9:48:55.260	1:10.714	24.314	21.911	24.489						
2	9:42:45.663	1:11.001	24.834	22.029	24.138	8	9:50:05.591	1:10.331	24.147	21.690	24.494						
3	9:44:01.397	1:15.734	28.150	22.523	25.061	9	9:51:15.716	1:10.125	24.123	21.908	24.094						
4	9:45:12.700	1:11.303	25.094	21.030	25.179	10	9:52:26.780	1:11.064	24.713	22.114	24.237						
5	9:46:22.259	1:09.559	23.735	21.176	24.648	11	9:53:37.262	1:10.482	23.933	22.306	24.243						
(84) Andre Skjelbred																	
1	9:26:15.495			23.021	24.931	12	9:54:48.784	1:11.522	25.045	22.142	24.335						
2	9:27:26.960	1:11.465	25.225	21.973	24.267	13	9:55:58.415	1:09.631	23.683	21.820	24.128						
3	9:28:36.805	1:09.845	24.215	21.549	24.081	p14	9:57:06.519	1:08.104	24.593	22.009							
4	9:29:47.580	1:10.775	24.557	21.963	24.255												

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18.05.2026 09:00

Practice (1:00:00 Time) started at 9:01:25

Lap	Time of Day	Lap Tm	S1	S2	S3
5	9:30:57.765	1:10.185	24.708	21.691	23.786
p6	9:32:05.783	1:08.018	24.455	21.826	

(34) Stina Ringnes

1	9:05:07.081			22.880	25.605
2	9:06:19.651	1:12.570	25.524	22.222	24.824
3	9:07:32.683	1:13.032	25.073	23.247	24.712
4	9:08:43.075	1:10.392	24.151	21.354	24.887
5	9:09:55.618	1:12.543	24.702	23.031	24.810
6	9:11:08.851	1:13.233	25.081	23.227	24.925
7	9:12:23.706	1:14.855	25.380	24.507	24.968
8	9:13:34.594	1:10.888	24.241	21.697	24.950
9	9:14:45.906	1:11.312	24.381	21.657	25.274
10	9:15:59.645	1:13.739	27.363	21.632	24.744
11	9:17:10.051	1:10.406	24.042	21.412	24.952
12	9:18:19.937	1:09.886	23.648	21.478	24.760
p13	9:19:31.854	1:11.917	24.485	22.717	

(99) Kent-Erik Løken Tøllefsen

1	9:23:42.081			24.202	25.627
2	9:24:55.438	1:13.357	25.200	23.245	24.912
3	9:26:06.953	1:11.515	24.598	22.256	24.661
4	9:27:17.231	1:10.278	23.660	22.115	24.503
5	9:28:28.591	1:11.360	24.450	22.166	24.744
6	9:29:39.299	1:10.708	24.168	21.990	24.550
7	9:30:50.156	1:10.857	24.446	21.514	24.897
8	9:32:00.056	1:09.900	24.167	21.577	24.156
p9	9:33:09.236	1:09.180	24.289	21.788	

(10) Kim Helge Haga Ovnan

1	9:42:04.634			25.891	27.089
2	9:43:21.799	1:17.165	26.712	23.802	26.651
3	9:44:40.356	1:18.557	26.437	24.412	27.708
4	9:45:57.839	1:17.483	27.908	23.744	25.831
5	9:47:12.659	1:14.820	26.131	23.176	25.513
6	9:48:29.619	1:16.960	25.922	25.031	26.007
7	9:49:50.399	1:20.780	26.034	23.632	31.114
8	9:51:07.006	1:16.607	28.369	23.213	25.025
9	9:52:21.742	1:14.736	26.189	23.103	25.444
10	9:53:35.910	1:14.168	25.819	22.703	25.646
11	9:54:54.154	1:18.244	26.621	24.375	27.248
12	9:56:05.198	1:11.044	24.898	21.785	24.361
p13	9:57:11.337	1:06.139	24.539	21.217	

(70) Tore Stene

1	9:42:37.570			25.322	25.742
2	9:43:53.575	1:16.005	25.174	24.808	26.023
3	9:45:08.006	1:14.431	27.238	22.378	24.815
4	9:46:20.823	1:12.817	24.853	22.581	25.383
5	9:47:31.944	1:11.121	24.179	22.138	24.804
p6	9:48:43.888	1:11.944	25.395	23.602	

(13) Mathias Skilbrei Finden

1	9:05:29.438			26.098	27.589
2	9:06:46.837	1:17.399	27.833	22.897	26.669
3	9:07:59.218	1:12.381	24.807	22.830	24.744
4	9:09:15.933	1:16.715	26.430	23.235	27.050
5	9:10:28.556	1:12.623	25.074	22.559	24.990
6	9:11:40.114	1:11.558	24.857	22.086	24.615
7	9:12:52.871	1:12.757	24.910	23.332	24.515
p8	9:14:01.585	1:08.714	23.970	23.277	

(111) Tommy Lidal

p1	9:23:44.222			23.943	
2	9:41:29.452	17:45.230		23.533	26.362
3	9:42:44.371	1:14.919	26.091	22.949	25.879

Lap	Time of Day	Lap Tm	S1	S2	S3
4	9:44:01.474	1:17.103	29.159	22.388	25.556
5	9:45:18.845	1:17.371	29.859	22.683	24.829
6	9:46:34.433	1:15.588	25.072	22.655	27.861
7	9:47:48.397	1:13.964	27.056	21.551	25.357
8	9:49:02.002	1:13.605	25.745	22.414	25.446
p9	9:50:10.819	1:08.817	25.176	21.901	

(52-) Stein Arne Jenssen

1	9:42:02.041			27.176	27.494
2	9:43:19.506	1:17.465	27.050	24.060	26.355
3	9:44:39.804	1:20.298	27.380	24.999	27.919
4	9:45:57.156	1:17.352	27.233	24.024	26.095
5	9:47:11.788	1:14.632	26.068	23.106	25.458
6	9:48:28.582	1:16.794	26.180	25.004	25.610
7	9:49:49.566	1:20.984	26.307	23.701	30.976
8	9:51:06.328	1:16.762	28.095	23.023	25.644
9	9:52:21.178	1:14.850	26.265	23.007	25.578
10	9:53:35.168	1:13.990	25.732	22.570	25.688
p11	9:54:51.438	1:16.270	26.649	24.308	
12	9:58:04.955	3:13.517		23.728	26.008
p13	9:59:19.462	1:14.507	27.614	22.879	

(50) Tor Christensen

1	9:42:03.746			26.207	27.220
2	9:43:20.855	1:17.109	27.009	23.807	26.293
3	9:44:38.590	1:17.735	26.757	23.844	27.134
4	9:45:55.115	1:16.525	27.090	23.528	25.907
5	9:47:10.781	1:15.666	26.375	23.415	25.876
6	9:48:27.450	1:16.669	26.704	23.737	26.228
7	9:49:48.473	1:21.023	26.430	24.013	30.580
8	9:51:04.463	1:15.990	26.934	23.352	25.704
9	9:52:19.629	1:15.166	26.259	23.226	25.681
10	9:53:34.446	1:14.817	25.929	23.217	25.671
p11	9:54:48.580	1:14.134	26.983	23.773	
12	9:57:36.493	2:47.913		23.779	25.722
p13	9:58:54.696	1:18.203	27.522	24.045	

(75) Pål Laukli

1	9:42:57.039			23.772	26.609
2	9:44:12.938	1:15.899	26.823	22.600	26.476
3	9:45:31.890	1:18.952	26.561	23.387	29.004
4	9:46:50.942	1:19.052	28.801	24.302	25.949
5	9:48:07.186	1:16.244	26.674	23.394	26.176
6	9:49:22.993	1:15.807	26.167	23.265	26.375
p7	9:50:38.896	1:15.903	27.036	23.275	

(95) Emre Gjelsvik-Bakke

1	9:05:18.422			27.000	28.879
2	9:06:39.526	1:21.104	27.906	24.909	28.289
3	9:07:58.280	1:18.754	27.011	24.839	26.904
4	9:09:16.873	1:18.593	26.640	24.347	27.606
5	9:10:34.915	1:18.042	26.599	24.315	27.128
6	9:11:52.704	1:17.789	26.761	24.471	26.557
7	9:13:10.083	1:17.379	26.273	24.031	27.075
8	9:14:30.666	1:20.583	29.221	24.418	26.944
9	9:15:47.398	1:16.732	26.130	23.962	26.640
10	9:17:05.311	1:17.913	26.225	25.266	26.422
11	9:18:23.084	1:17.773	26.046	24.312	27.415
p12	9:19:39.960	1:16.876	25.972	24.441	

(96-) Andre Mathias Østli

1	9:46:22.941			26.125	29.546
2	9:47:45.590	1:22.649	28.744	25.287	28.618
3	9:49:06.810	1:21.220	29.215	23.894	28.111
4	9:50:25.890	1:19.080	27.881	23.536	27.663
5	9:51:44.647	1:18.757	27.422	23.644	27.691

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18.05.2026 09:00

Practice (1:00:00 Time) started at 9:01:25

Lap	Time of Day	Lap Tm	S1	S2	S3
6	9:53:03.441	1:18.794	27.251	24.060	27.483
7	9:54:21.619	1:18.178	26.524	23.673	27.981
8	9:55:39.376	1:17.757	26.762	23.389	27.606
p9	9:56:55.159	1:15.783	26.230	24.940	

(85) Linn T.

1	9:05:28.085		27.808	30.199	
2	9:06:52.465	1:24.380	29.686	25.741	28.953
3	9:08:16.075	1:23.610	30.177	25.178	28.255
4	9:09:39.904	1:23.829	28.837	25.151	29.841
5	9:11:03.958	1:24.054	28.623	25.368	30.063
6	9:12:28.391	1:24.433	29.415	25.352	29.666
p7	9:13:47.630	1:19.239	29.266	25.617	
8	9:42:30.285	28:42.655		27.588	30.902
9	9:43:53.045	1:22.760	28.381	26.262	28.117
10	9:45:14.307	1:21.262	28.530	24.242	28.490
11	9:46:33.924	1:19.617	27.675	24.017	27.925
12	9:47:53.886	1:19.962	28.107	24.067	27.788
13	9:49:12.817	1:18.931	27.784	23.789	27.358
p14	9:50:26.215	1:13.398	27.537	23.699	

(14) Jenny Hagen Jensen

1	9:05:04.184		27.144	30.623	
2	9:06:27.726	1:23.542	28.999	25.567	28.976
3	9:07:54.091	1:26.365	28.522	26.593	31.250
4	9:09:17.465	1:23.374	28.721	25.391	29.262
5	9:10:38.429	1:20.964	27.875	24.700	28.389
6	9:11:59.290	1:20.861	27.537	25.069	28.255
7	9:13:22.232	1:22.942	29.150	25.148	28.644
8	9:14:45.707	1:23.475	28.696	25.361	29.418
9	9:16:07.461	1:21.754	28.506	24.753	28.495
10	9:17:27.889	1:20.428	27.846	24.350	28.232
11	9:18:48.528	1:20.639	27.541	24.738	28.360
p12	9:20:13.194	1:24.666	27.802	26.537	

(60) Torbjørn Gundersen

1	9:41:43.073		29.164	32.561	
2	9:43:13.418	1:30.345	31.537	28.516	30.292
3	9:44:38.955	1:25.537	29.970	26.763	28.804
4	9:46:02.432	1:23.477	28.702	25.753	29.022
5	9:47:25.465	1:23.033	28.545	25.910	28.578
6	9:48:48.881	1:23.416	28.469	26.255	28.692
7	9:50:10.610	1:21.729	28.721	25.060	27.948
8	9:51:31.611	1:21.001	28.051	25.207	27.743
9	9:52:53.204	1:21.593	27.919	25.452	28.222
10	9:54:13.726	1:20.522	27.393	25.305	27.824
11	9:55:34.671	1:20.945	27.767	25.329	27.849
12	9:56:55.485	1:20.814	27.795	25.279	27.740
13	9:58:16.563	1:21.078	27.702	25.364	28.012
p14	9:59:45.422	1:28.859	31.665	27.070	

(36) Odd Iver Rånes

1	9:42:43.944		28.082	30.056	
2	9:44:09.520	1:25.576	30.510	25.975	29.091
3	9:45:33.342	1:23.822	28.870	25.803	29.149
4	9:46:57.869	1:24.527	30.847	25.203	28.477
5	9:48:19.395	1:21.526	27.942	25.339	28.245
6	9:49:48.477	1:29.082	30.986	26.625	31.471
7	9:51:12.133	1:23.656	29.738	24.958	28.960
8	9:52:34.755	1:22.622	28.733	25.267	28.622
9	9:53:55.873	1:21.118	28.031	24.714	28.373
10	9:55:20.533	1:24.660	28.171	25.505	30.984
11	9:56:41.615	1:21.082	28.083	25.301	27.698
12	9:58:06.735	1:25.120	27.557	24.901	32.662
p13	9:59:39.116	1:32.381	32.024	30.783	

(11) Danny Dang

1	9:08:26.883		26.029	30.377	
2	9:09:52.285	1:25.402	29.733	25.615	30.054
3	9:11:19.297	1:27.012	29.146	29.325	28.541
4	9:12:42.041	1:22.744	28.624	25.134	28.986
5	9:14:05.253	1:23.212	30.525	25.399	27.288
6	9:15:26.385	1:21.132	28.360	24.772	28.000
7	9:16:48.350	1:21.965	27.870	25.342	28.753
8	9:18:09.506	1:21.156	28.457	24.731	27.968
p9	9:19:29.836	1:20.330	29.330	25.799	

(669) Ina Stylo

1	9:42:30.262		28.587	31.307	
2	9:44:00.881	1:30.619	31.479	27.955	31.185
3	9:45:30.289	1:29.408	31.383	27.685	30.340
4	9:46:54.579	1:24.290	30.054	25.593	28.643
5	9:48:18.979	1:24.400	28.726	26.165	29.509
p6	9:49:42.237	1:23.258	30.683	26.340	

(82-3) Maksymilian Alex Czaplá

1	9:04:01.052		32.336	33.462	
2	9:05:35.262	1:34.210	32.678	29.684	31.848
3	9:07:06.583	1:31.321	31.119	29.329	30.873
4	9:08:35.916	1:29.333	30.016	28.342	30.975
5	9:10:05.869	1:29.953	30.659	28.864	30.430
6	9:11:34.240	1:28.371	30.346	27.870	30.155
7	9:13:08.197	1:33.957	29.904	29.309	34.744
8	9:14:36.426	1:28.229	30.168	28.227	29.834
9	9:16:03.448	1:27.022	29.506	27.813	29.703
10	9:17:30.705	1:27.257	29.399	28.120	29.738
11	9:18:58.535	1:27.830	29.305	28.678	29.847
p12	9:20:25.767	1:27.232	30.442	28.861	

(81) Hoai Bao Nguyen

1	9:07:53.140		32.946	37.198	
2	9:09:31.269	1:38.129	35.010	30.046	33.073
3	9:11:06.422	1:35.153	33.454	28.800	32.899
4	9:12:40.951	1:34.529	33.701	29.060	31.768
5	9:14:13.101	1:32.150	31.005	29.301	31.844
6	9:15:42.675	1:29.574	31.363	27.498	30.713
7	9:17:10.029	1:27.354	30.558	27.395	29.401
8	9:18:39.732	1:29.703	29.822	28.124	31.757
p9	9:20:09.586	1:29.854	33.101	28.737	

(33) Bjørn Hasli

1	9:42:19.446		35.619	37.146	
2	9:43:58.791	1:39.345	35.841	30.368	33.136
3	9:45:32.237	1:33.446	32.169	28.664	32.613
4	9:47:03.156	1:30.919	31.288	27.886	31.745
p5	9:48:31.203	1:28.047	31.380	28.219	

(82-2) Emil Thomassen Bøler

1	9:04:18.297		35.729	41.751	
2	9:06:08.782	1:50.485	38.000	33.741	38.744
3	9:07:58.893	1:50.111	37.908	33.066	39.137
4	9:09:43.329	1:44.436	35.352	31.552	37.532
5	9:11:25.975	1:42.646	35.608	31.225	35.813
6	9:13:08.429	1:42.454	35.344	31.176	35.934
7	9:14:45.945	1:37.516	33.467	29.691	34.358
p8	9:16:24.861	1:38.916	33.025	30.684	
p9	9:19:39.320	3:14.459		31.873	

(74) Tor Olav Salvesen

1	9:24:38.210		26.229	29.845	
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(71) Terje Teigum Valaker

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Heldagstrening SMCK

Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

Practice Heat 1 - Alle Klasser

18.05.2026 09:00

Practice (1:00:00 Time) started at 9:01:25

Lap	Time of Day	Lap Tm	S1	S2	S3	Lap	Time of Day	Lap Tm	S1	S2	S3
1	9:32:39.259			21.049	23.251						
p2	9:33:45.161	1:05.902	23.819	21.125							
(51) Børre Skumlien											
1	9:43:31.225			26.174	27.225						
p2	9:44:46.023	1:14.798	27.931	23.983							