



Mandagstrening SMCK

Trening Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser 08.06.2020 18:00

Practice (1:00:00 Time) started at 18:03:08

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			18:09:46.121
2	1:43.655	+44.770	18:11:29.776
3	59.662	+0.777	18:12:29.438
4	1:01.115	+2.230	18:13:30.553
5	1:00.297	+1.412	18:14:30.850
6	58.885		18:15:29.735
p7	1:02.322	+3.437	18:16:32.057
8	2:19.106	+1:20.221	18:18:51.163
9	1:00.329	+1.444	18:19:51.492
p10	1:02.660	+3.775	18:20:54.152

Lap	Lap Tm	Diff	Time of Day
(35) Jonathan Lykke Nessjoen			
1			18:04:24.259
2	1:00.268	+0.771	18:05:24.527
3	1:39.827	+40.330	18:07:04.354
4	1:00.686	+1.189	18:08:05.040
5	59.570	+0.073	18:09:04.610
6	59.573	+0.076	18:10:04.183
7	1:00.559	+1.062	18:11:04.742
8	59.509	+0.012	18:12:04.251
9	1:00.754	+1.257	18:13:05.005
10	59.508	+0.011	18:14:04.513
11	59.972	+0.475	18:15:04.485
12	59.558	+0.061	18:16:04.043
13	59.625	+0.128	18:17:03.668
14	59.497		18:18:03.165
p15	1:04.223	+4.726	18:19:07.388

Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			18:04:47.765
2	1:03.555	+1.054	18:05:51.320
3	1:03.615	+1.114	18:06:54.935
4	1:03.247	+0.746	18:07:58.182
5	1:03.141	+0.640	18:09:01.323
6	1:02.767	+0.266	18:10:04.090
7	1:03.441	+0.940	18:11:07.531
8	1:02.980	+0.479	18:12:10.511
9	1:03.180	+0.679	18:13:13.691
10	1:02.957	+0.456	18:14:16.648
11	1:02.965	+0.464	18:15:19.613
12	1:02.501		18:16:22.114
13	1:02.610	+0.109	18:17:24.724
p14	1:09.087	+6.586	18:18:33.811

Lap	Lap Tm	Diff	Time of Day
(60') Morten Storsveen			
1			18:07:04.356
2	1:05.300	+1.688	18:08:09.656
3	1:04.185	+0.573	18:09:13.841
4	1:04.096	+0.484	18:10:17.937
5	1:03.612		18:11:21.549
6	1:04.592	+0.980	18:12:26.141
7	1:04.036	+0.424	18:13:30.177
8	1:03.676	+0.064	18:14:33.853
9	1:04.321	+0.709	18:15:38.174
10	1:04.448	+0.836	18:16:42.622
11	1:04.402	+0.790	18:17:47.024
12	1:04.033	+0.421	18:18:51.057
13	1:07.458	+3.846	18:19:58.515
p14	1:21.921	+18.309	18:21:20.436

Lap	Lap Tm	Diff	Time of Day
(59) Amund Granli			
1			18:05:58.086
2	1:06.483	+2.762	18:07:04.569
3	1:05.635	+1.914	18:08:10.204

Lap	Lap Tm	Diff	Time of Day
4	1:04.287	+0.566	18:09:14.491
5	1:04.364	+0.643	18:10:18.855
6	1:04.059	+0.338	18:11:22.914
7	1:03.976	+0.255	18:12:26.890
8	1:03.721		18:13:30.611
9	1:04.127	+0.406	18:14:34.738
10	1:04.104	+0.383	18:15:38.842
11	1:04.188	+0.467	18:16:43.030
12	1:04.281	+0.560	18:17:47.311
13	1:04.765	+1.044	18:18:52.076
14	1:05.809	+2.088	18:19:57.885
p15	1:25.904	+22.183	18:21:23.789

Lap	Lap Tm	Diff	Time of Day
(23) Marius Gudmundsrud			
1			18:06:19.715
2	1:06.806	+1.981	18:07:26.521
3	1:06.900	+2.075	18:08:33.421
4	1:05.386	+0.561	18:09:38.807
5	1:05.627	+0.802	18:10:44.434
6	1:05.275	+0.450	18:11:49.709
7	1:04.900	+0.075	18:12:54.609
8	1:04.870	+0.045	18:13:59.479
9	1:05.631	+0.806	18:15:05.110
10	1:04.825		18:16:09.935
11	1:05.614	+0.789	18:17:15.549
p12	1:19.091	+14.266	18:18:34.640

Lap	Lap Tm	Diff	Time of Day
(12) Dagfinn Mosveen			
1			18:42:14.311
2	1:08.096	+2.680	18:43:22.407
3	1:08.763	+3.347	18:44:31.170
4	1:08.363	+2.947	18:45:39.533
5	1:06.998	+1.582	18:46:46.531
6	1:07.697	+2.281	18:47:54.228
7	1:07.074	+1.658	18:49:01.302
8	1:07.898	+2.482	18:50:09.200
9	1:07.696	+2.280	18:51:16.896
10	1:06.171	+0.755	18:52:23.067
11	1:06.980	+1.564	18:53:30.047
12	1:06.236	+0.820	18:54:36.283
13	1:07.507	+2.091	18:55:43.790
14	1:06.829	+1.413	18:56:50.619
15	1:05.902	+0.486	18:57:56.521
16	1:05.416		18:59:01.937
p17	1:19.214	+13.798	19:00:21.151

Lap	Lap Tm	Diff	Time of Day
(14) Paul Aastad			
1			18:43:33.503
2	1:08.266	+2.586	18:44:41.769
3	1:09.120	+3.440	18:45:50.889
4	1:08.791	+3.111	18:46:59.680
5	1:06.200	+0.520	18:48:05.880
6	1:05.680		18:49:11.560
7	1:18.635	+12.955	18:50:30.195
8	1:08.699	+3.019	18:51:38.894
9	1:08.178	+2.498	18:52:47.072
10	1:10.118	+4.438	18:53:57.190
11	1:14.246	+8.566	18:55:11.436
12	1:12.689	+7.009	18:56:24.125

Lap	Lap Tm	Diff	Time of Day
(37') Maja & Bjørn-Erik Engebakken			
1			18:24:43.983
2	1:29.973	+24.215	18:26:13.956
3	1:29.265	+23.507	18:27:43.221
4	1:30.464	+24.706	18:29:13.685
5	1:26.432	+20.674	18:30:40.117

Lap	Lap Tm	Diff	Time of Day
6	1:27.846	+22.088	18:32:07.963
p7	1:36.280	+30.522	18:33:44.243
p8	3:28.466	+2:22.708	18:37:12.709
9	6:32.394	+5:26.636	18:43:45.103
10	1:08.261	+2.503	18:44:53.364
11	1:07.869	+2.111	18:46:01.233
12	1:06.893	+1.135	18:47:08.126
13	1:06.723	+0.965	18:48:14.849
14	1:08.801	+3.043	18:49:23.650
15	1:08.038	+2.280	18:50:31.688
16	1:07.723	+1.965	18:51:39.411
17	1:08.642	+2.884	18:52:48.053
18	1:07.919	+2.161	18:53:55.972
19	1:08.612	+2.854	18:55:04.584
20	1:07.124	+1.366	18:56:11.708
21	1:05.758		18:57:17.466
22	1:06.018	+0.260	18:58:23.484
p23	1:14.717	+8.959	18:59:38.201

Lap	Lap Tm	Diff	Time of Day
(660) Terje Hoelseth			
1			18:42:44.552
2	1:09.231	+3.134	18:43:53.783
3	1:08.830	+2.733	18:45:02.613
4	1:10.491	+4.394	18:46:13.104
5	1:08.896	+2.799	18:47:22.000
6	1:09.256	+3.159	18:48:31.256
7	1:09.937	+3.840	18:49:41.193
8	1:07.516	+1.419	18:50:48.709
9	1:07.354	+1.257	18:51:56.063
10	1:07.955	+1.858	18:53:04.018
11	1:06.097		18:54:10.115
12	1:07.434	+1.337	18:55:17.549
13	1:06.891	+0.794	18:56:24.440
p14	1:17.549	+11.452	18:57:41.989

Lap	Lap Tm	Diff	Time of Day
(69') Jørn Jøntvedt			
1			18:43:26.208
2	1:10.132	+3.536	18:44:36.340
3	1:07.391	+0.795	18:45:43.731
4	1:08.131	+1.535	18:46:51.862
5	1:07.853	+1.257	18:47:59.715
6	1:08.872	+2.276	18:49:08.587
7	1:07.813	+1.217	18:50:16.400
8	1:07.578	+0.982	18:51:23.978
9	1:07.070	+0.474	18:52:31.048
10	1:09.041	+2.445	18:53:40.089
11	1:08.860	+2.264	18:54:48.949
12	1:07.323	+0.727	18:55:56.272
13	1:06.596		18:57:02.868
14	1:08.914	+2.318	18:58:11.782
p15	1:16.374	+9.778	18:59:28.156

Lap	Lap Tm	Diff	Time of Day
(29) Mia Rusthen			
1			18:23:33.178
2	1:10.952	+4.255	18:24:44.130
3	1:14.014	+7.317	18:25:58.144
4	1:09.380	+2.683	18:27:07.524
5	1:07.384	+0.687	18:28:14.908
6	1:07.202	+0.505	18:29:22.110
7	1:08.879	+2.182	18:30:30.989
8	1:07.642	+0.945	18:31:38.631
9	1:08.434	+1.737	18:32:47.065
10	1:08.977	+2.280	18:33:56.042
11	1:09.139	+2.442	18:35:05.181
12	1:08.793	+2.096	18:36:13.974
13	1:06.697		18:37:20.671



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser

08.06.2020 18:00

Practice (1:00:00 Time) started at 18:03:08

Lap	Lap Tm	Diff	Time of Day
14	1:06.814	+0.117	18:38:27.485
p15	1:13.728	+7.031	18:39:41.213

(165) Pål Bekkelund

1			18:06:17.175
2	1:08.376	+1.162	18:07:25.551
3	1:09.103	+1.889	18:08:34.654
4	1:08.584	+1.370	18:09:43.238
5	1:07.991	+0.777	18:10:51.229
6	1:07.993	+0.779	18:11:59.222
7	1:07.979	+0.765	18:13:07.201
8	1:08.390	+1.176	18:14:15.591
9	1:08.310	+1.096	18:15:23.901
10	1:08.214	+1.000	18:16:32.115
11	1:10.626	+3.412	18:17:42.741
12	1:07.802	+0.588	18:18:50.543
13	1:07.214		18:19:57.757
p14	1:20.084	+12.870	18:21:17.841

(64) Jan Erik Høiby

1			18:42:33.560
2	1:09.530	+2.210	18:43:43.090
3	1:09.798	+2.478	18:44:52.888
4	1:10.507	+3.187	18:46:03.395
5	1:07.397	+0.077	18:47:10.792
6	1:08.251	+0.931	18:48:19.043
7	1:07.320		18:49:26.363
8	1:08.937	+1.617	18:50:35.300
p9	1:20.108	+12.788	18:51:55.408

(115) Terje Vestby

1			18:43:12.127
2	1:09.527	+2.131	18:44:21.654
3	1:08.486	+1.090	18:45:30.140
4	1:08.189	+0.793	18:46:38.329
5	1:08.473	+1.077	18:47:46.802
6	1:09.367	+1.971	18:48:56.169
7	1:08.789	+1.393	18:50:04.958
8	1:12.031	+4.635	18:51:16.989
9	1:10.471	+3.075	18:52:27.460
10	1:09.075	+1.679	18:53:36.535
11	1:08.000	+0.604	18:54:44.535
12	1:07.926	+0.530	18:55:52.461
13	1:07.396		18:56:59.857
14	1:07.633	+0.237	18:58:07.490
15	1:07.823	+0.427	18:59:15.313
p16	1:34.872	+27.476	19:00:50.185

(40) Kim Rønningen

1			18:42:10.061
2	1:10.635	+2.882	18:43:20.696
3	1:10.324	+2.571	18:44:31.020
4	1:09.828	+2.075	18:45:40.848
5	1:09.421	+1.668	18:46:50.269
6	1:08.965	+1.212	18:47:59.234
7	1:09.694	+1.941	18:49:08.928
8	1:09.596	+1.843	18:50:18.524
9	1:09.853	+2.100	18:51:28.377
10	1:09.248	+1.495	18:52:37.625
11	1:08.316	+0.563	18:53:45.941
12	1:09.635	+1.882	18:54:55.576
13	1:08.276	+0.523	18:56:03.852
14	1:07.753		18:57:11.605
15	1:08.295	+0.542	18:58:19.900
p16	2:21.370	+1:13.617	19:00:41.270

Lap	Lap Tm	Diff	Time of Day
(43) Thomas Nornes			
1			18:43:34.385
2	1:12.784	+4.875	18:44:47.169
3	1:09.024	+1.115	18:45:56.193
4	1:09.199	+1.290	18:47:05.392
5	1:08.945	+1.036	18:48:14.337
6	1:08.977	+1.068	18:49:23.314
7	1:08.960	+1.051	18:50:32.274
8	1:08.574	+0.665	18:51:40.848
9	1:09.115	+1.206	18:52:49.963
10	1:08.786	+0.877	18:53:58.749
11	1:09.235	+1.326	18:55:07.984
12	1:07.909		18:56:15.893
13	1:08.754	+0.845	18:57:24.647
p14	1:18.707	+10.798	18:58:43.354

(46) Per Kr Mausethagen			
1			18:45:02.206
2	1:10.336	+2.225	18:46:12.542
3	1:08.498	+0.387	18:47:21.040
4	1:08.470	+0.359	18:48:29.510
5	1:08.694	+0.583	18:49:38.204
6	1:08.111		18:50:46.315
p7	1:15.892	+7.781	18:52:02.207

(357) Jo Sætre

1			18:43:30.835
2	1:10.193	+1.979	18:44:41.028
3	1:09.434	+1.220	18:45:50.462
4	1:10.794	+2.580	18:47:01.256
5	1:11.950	+3.736	18:48:13.206
6	1:08.897	+0.683	18:49:22.103
7	1:08.434	+0.220	18:50:30.537
8	1:09.604	+1.390	18:51:40.141
p9	1:18.981	+10.767	18:52:59.122
10	2:24.535	+1:16.321	18:55:23.657
11	1:08.354	+0.140	18:56:32.011
12	1:08.993	+0.779	18:57:41.004
13	1:08.214		18:58:49.218
p14	1:50.488	+42.274	19:00:39.706

(34) Anders Lykkebo

1			18:43:00.956
2	1:10.731	+2.452	18:44:11.687
3	1:11.275	+2.996	18:45:22.962
4	1:09.349	+1.070	18:46:32.311
5	1:08.826	+0.547	18:47:41.137
6	1:11.222	+2.943	18:48:52.359
7	1:11.498	+3.219	18:50:03.857
8	1:09.687	+1.408	18:51:13.544
9	1:08.795	+0.516	18:52:22.339
10	1:08.986	+0.707	18:53:31.325
11	1:08.844	+0.565	18:54:40.169
12	1:09.035	+0.756	18:55:49.204
13	1:08.662	+0.383	18:56:57.866
14	1:08.657	+0.378	18:58:06.523
15	1:08.279		18:59:14.802
p16	1:31.497	+23.218	19:00:46.299

(2) Rolf Holmlund

1			18:44:44.114
2	1:10.778	+2.198	18:45:54.892
3	1:09.586	+1.006	18:47:04.478
4	1:09.422	+0.842	18:48:13.900
5	1:08.707	+0.127	18:49:22.607
6	1:08.724	+0.144	18:50:31.331

7	1:09.088	+0.508	18:51:40.419
8	1:08.580		18:52:48.999
9	1:09.243	+0.663	18:53:58.242
p10	1:16.504	+7.924	18:55:14.746

(149) Steinar Andersen

1			18:42:46.581
2	1:10.253	+1.577	18:43:56.834
3	1:10.059	+1.383	18:45:06.893
4	1:09.417	+0.741	18:46:16.310
5	1:08.770	+0.094	18:47:25.080
6	1:08.676		18:48:33.756
7	1:09.877	+1.201	18:49:43.633
8	1:10.497	+1.821	18:50:54.130
9	1:11.358	+2.682	18:52:05.488
10	1:09.957	+1.281	18:53:15.445
p11	1:19.479	+10.803	18:54:34.924

(118) Petter Schou

1			18:43:28.341
2	1:10.431	+1.277	18:44:38.772
3	1:11.226	+2.072	18:45:49.998
4	1:10.868	+1.714	18:47:00.866
5	1:10.081	+0.927	18:48:10.947
6	1:09.185	+0.031	18:49:20.132
7	1:09.154		18:50:29.286
8	1:09.295	+0.141	18:51:38.581
9	1:10.831	+1.677	18:52:49.412
10	1:12.341	+3.187	18:54:01.753
11	1:10.262	+1.108	18:55:12.015
12	1:11.595	+2.441	18:56:23.610
13	1:11.331	+2.177	18:57:34.941
14	1:09.497	+0.343	18:58:44.438
p15	1:21.989	+12.835	19:00:06.427

(30) Susanne Ødegaard

1			18:24:18.488
2	1:14.972	+5.011	18:25:33.460
3	1:16.147	+6.186	18:26:49.607
4	1:11.069	+1.108	18:28:00.676
5	1:12.596	+2.635	18:29:13.272
6	1:12.762	+2.801	18:30:26.034
7	1:10.493	+0.532	18:31:36.527
8	1:10.536	+0.575	18:32:47.063
9	1:09.961		18:33:57.024
10	1:12.127	+2.166	18:35:09.151
11	1:11.611	+1.650	18:36:20.762
p12	1:22.018	+12.057	18:37:42.780

(99) Svein Kragtorp

1			18:43:12.508
2	1:10.943	+0.972	18:44:23.451
3	1:10.747	+0.776	18:45:34.198
4	1:11.198	+1.227	18:46:45.396
5	1:10.810	+0.839	18:47:56.206
6	1:11.135	+1.164	18:49:07.341
7	1:10.668	+0.697	18:50:18.009
8	1:11.697	+1.726	18:51:29.706
9	1:12.799	+2.828	18:52:42.505
10	1:12.094	+2.123	18:53:54.599
11	1:09.971		18:55:04.570
p12	1:17.350	+7.379	18:56:21.920

(356) Andreas Hansen

1			18:43:33.538
2	1:13.583	+3.319	18:44:47.121

Chief of Timing & Scoring: www.Timekeeping.no

Orbits

Race Director: Jostein Hansen

Sport Rescue Team.

Timing and results are not official.

www.mylaps.com

Licensed to: Timekeeping.no

Printed: 14.06.2020 10:10:36

Page 2/3



Mandagstrening SMCK

Trening Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser 08.06.2020 18:00

Practice (1:00:00 Time) started at 18:03:08

Lap	Lap Tm	Diff	Time of Day
3	1:11.648	+1.384	18:45:58.769
4	1:11.732	+1.468	18:47:10.501
5	1:11.220	+0.956	18:48:21.721
6	1:11.572	+1.308	18:49:33.293
7	1:11.042	+0.778	18:50:44.335
8	1:11.230	+0.966	18:51:55.565
9	1:10.264		18:53:05.829
10	1:10.842	+0.578	18:54:16.671
11	1:10.602	+0.338	18:55:27.273
12	1:11.773	+1.509	18:56:39.046
13	1:10.525	+0.261	18:57:49.571
14	1:10.709	+0.445	18:59:00.280
p15	1:42.039	+31.775	19:00:42.319

(78) Tommy Antonsen

1			18:42:29.805
2	1:11.971	+1.554	18:43:41.776
3	1:16.099	+5.682	18:44:57.875
4	1:11.053	+0.636	18:46:08.928
5	1:12.874	+2.457	18:47:21.802
6	1:11.289	+0.872	18:48:33.091
7	1:10.417		18:49:43.508
8	1:12.415	+1.998	18:50:55.923
9	1:10.955	+0.538	18:52:06.878
10	1:11.307	+0.890	18:53:18.185
11	1:11.647	+1.230	18:54:29.832
12	1:13.593	+3.176	18:55:43.425
13	1:10.601	+0.184	18:56:54.026
14	1:20.689	+10.272	18:58:14.715
p15	1:19.978	+9.561	18:59:34.693

(76) Knut Bråstad

1			18:42:25.566
2	1:13.898	+2.879	18:43:39.464
3	1:11.019		18:44:50.483
4	1:12.168	+1.149	18:46:02.651
p5	1:23.453	+12.434	18:47:26.104

(34) Stina Ringnes

1			18:23:04.022
2	1:14.837	+3.460	18:24:18.859
3	1:15.190	+3.813	18:25:34.049
4	1:12.935	+1.558	18:26:46.984
5	1:12.162	+0.785	18:27:59.146
6	1:13.387	+2.010	18:29:12.533
7	1:14.455	+3.078	18:30:26.988
8	1:11.684	+0.307	18:31:38.672
9	1:11.706	+0.329	18:32:50.378
10	1:12.376	+0.999	18:34:02.754
11	1:11.377		18:35:14.131
p12	1:22.835	+11.458	18:36:36.966

(16) Hans-Petter Lohaugen

1			18:42:56.955
2	1:13.081	+1.381	18:44:10.036
3	1:11.803	+0.103	18:45:21.839
4	1:11.700		18:46:33.539
5	1:12.734	+1.034	18:47:46.273
6	1:12.849	+1.149	18:48:59.122
7	1:13.549	+1.849	18:50:12.671
8	1:16.499	+4.799	18:51:29.170
9	1:12.790	+1.090	18:52:41.960
10	1:13.321	+1.621	18:53:55.281
11	1:12.931	+1.231	18:55:08.212
p12	1:18.519	+6.819	18:56:26.731

Lap	Lap Tm	Diff	Time of Day
(97) Geir Johnsen			
1			18:43:58.043
2	1:13.110	+1.185	18:45:11.153
3	1:13.781	+1.856	18:46:24.934
4	1:13.105	+1.180	18:47:38.039
5	1:12.554	+0.629	18:48:50.593
6	1:12.879	+0.954	18:50:03.472
7	1:13.149	+1.224	18:51:16.621
8	1:13.572	+1.647	18:52:30.193
9	1:13.592	+1.667	18:53:43.785
10	1:13.946	+2.021	18:54:57.731
11	1:14.828	+2.903	18:56:12.559
12	1:11.925		18:57:24.484
13	1:11.986	+0.061	18:58:36.470
p14	1:23.225	+11.300	18:59:59.695

(94) Viljar Pålhaugen

1			18:24:40.480
2	1:27.459	+14.257	18:26:07.939
3	1:28.971	+15.769	18:27:36.910
p4	1:51.386	+38.184	18:29:28.296
5	3:12.387	+1:59.185	18:32:40.683
6	1:25.964	+12.762	18:34:06.647
p7	1:47.474	+34.272	18:35:54.121
8	9:13.670	+8:00.468	18:45:07.791
9	1:16.798	+3.596	18:46:24.589
10	1:15.890	+2.688	18:47:40.479
11	1:15.830	+2.628	18:48:56.309
12	1:15.804	+2.602	18:50:12.113
13	1:15.472	+2.270	18:51:27.585
14	1:13.202		18:52:40.787
15	1:13.302	+0.100	18:53:54.089
16	1:15.429	+2.227	18:55:09.518
p17	1:19.903	+6.701	18:56:29.421

(76) Tobias Rundhaug Kristoffersen

1			18:24:45.637
2	1:22.344	+6.578	18:26:07.981
3	1:19.804	+4.038	18:27:27.785
4	1:18.075	+2.309	18:28:45.860
5	1:17.094	+1.328	18:30:02.954
6	1:16.942	+1.176	18:31:19.896
7	1:20.483	+4.717	18:32:40.379
8	1:16.344	+0.578	18:33:56.723
9	1:15.766		18:35:12.489
10	1:18.183	+2.417	18:36:30.672
11	1:20.353	+4.587	18:37:51.025
12	1:18.630	+2.864	18:39:09.655
p13	1:50.912	+35.146	18:41:00.567

(33) Vidar Bjørndalen

1			18:23:13.736
2	1:25.630	+8.124	18:24:39.366
3	1:20.458	+2.952	18:25:59.824
4	1:18.226	+0.720	18:27:18.050
5	1:17.837	+0.331	18:28:35.887
6	1:17.506		18:29:53.393
p7	1:22.009	+4.503	18:31:15.402