

# Mandagstrening SMCK

## Trening

### Practice Heat 2 - Alle Klasser

Vålerbanen 2,262 km

07.09.2015 18:00

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

Lap	Lap Tm	Diff	Time of Day
(86) Henning S. Flathaug			
1			17:02:24.026
2	<b>1:02.357</b>	+0.733	17:03:26.383
3	<b>1:02.578</b>	+0.954	17:04:28.961
4	<b>1:01.624</b>		17:05:30.585
5	<b>1:01.739</b>	+0.115	17:06:32.324
6	<b>1:01.667</b>	+0.043	17:07:33.991
p7	<b>1:08.618</b>	+6.994	17:08:42.609
8	<b>2:54.614</b>	+1:52.990	17:11:37.223
9	<b>1:01.682</b>	+0.058	17:12:38.905
10	<b>1:02.765</b>	+1.141	17:13:41.670
p11	<b>1:12.466</b>	+10.842	17:14:54.136

Lap	Lap Tm	Diff	Time of Day
(100) Vidar Moe			
1			17:05:13.769
2	<b>1:03.658</b>	+0.895	17:06:17.427
3	<b>1:05.800</b>	+3.037	17:07:23.227
4	<b>1:02.912</b>	+0.149	17:08:26.139
p5	<b>1:08.519</b>	+5.756	17:09:34.658
6	<b>1:51.890</b>	+49.127	17:11:26.548
7	<b>1:04.587</b>	+1.824	17:12:31.135
8	<b>1:03.367</b>	+0.604	17:13:34.502
9	<b>1:03.332</b>	+0.569	17:14:37.834
10	<b>1:03.183</b>	+0.420	17:15:41.017
11	<b>1:02.763</b>		17:16:43.780
12	<b>1:03.668</b>	+0.905	17:17:47.448
13	<b>1:04.257</b>	+1.494	17:18:51.705
p14	<b>1:09.056</b>	+6.293	17:20:00.761

Lap	Lap Tm	Diff	Time of Day
(9) Audun Gundersen			
1			17:03:25.860
2	<b>1:04.976</b>	+1.866	17:04:30.836
3	<b>1:04.939</b>	+1.829	17:05:35.775
4	<b>1:05.197</b>	+2.087	17:06:40.972
5	<b>1:04.875</b>	+1.765	17:07:45.847
6	<b>1:04.624</b>	+1.514	17:08:50.471
7	<b>1:04.307</b>	+1.197	17:09:54.778
8	<b>1:04.306</b>	+1.196	17:10:59.084
9	<b>1:04.657</b>	+1.547	17:12:03.741
10	<b>1:04.428</b>	+1.318	17:13:08.169
11	<b>1:03.524</b>	+0.414	17:14:11.693
12	<b>1:03.438</b>	+0.328	17:15:15.131
13	<b>1:03.523</b>	+0.413	17:16:18.654
14	<b>1:03.772</b>	+0.662	17:17:22.426
15	<b>1:03.110</b>		17:18:25.536
p16	<b>1:18.879</b>	+15.769	17:19:44.415

Lap	Lap Tm	Diff	Time of Day
(173) Marius Lystad			
1			17:06:50.168
2	<b>1:08.952</b>	+4.460	17:07:59.120
3	<b>1:09.375</b>	+4.883	17:09:08.495
4	<b>1:08.467</b>	+3.975	17:10:16.962
5	<b>1:06.771</b>	+2.279	17:11:23.733
6	<b>1:05.607</b>	+1.115	17:12:29.340
7	<b>1:04.492</b>		17:13:33.832
8	<b>1:05.505</b>	+1.013	17:14:39.337
9	<b>1:05.320</b>	+0.828	17:15:44.657
10	<b>1:05.575</b>	+1.083	17:16:50.232
11	<b>1:05.386</b>	+0.894	17:17:55.618
p12	<b>1:19.059</b>	+14.567	17:19:14.677

Lap	Lap Tm	Diff	Time of Day
(622) Marcia Kowalce			
1			17:41:38.314
2	<b>1:10.034</b>	+5.115	17:42:48.348
3	<b>1:08.612</b>	+3.693	17:43:56.960

Lap	Lap Tm	Diff	Time of Day
4	<b>1:07.189</b>	+2.270	17:45:04.149
5	<b>1:05.756</b>	+0.837	17:46:09.905
6	<b>1:07.292</b>	+2.373	17:47:17.197
7	<b>1:07.337</b>	+2.418	17:48:24.534
8	<b>1:07.226</b>	+2.307	17:49:31.760
9	<b>1:07.920</b>	+3.001	17:50:39.680
10	<b>1:05.546</b>	+0.627	17:51:45.226
11	<b>1:05.614</b>	+0.695	17:52:50.840
12	<b>1:05.334</b>	+0.415	17:53:56.174
13	<b>1:05.231</b>	+0.312	17:55:01.405
14	<b>1:04.919</b>		17:56:06.324
15	<b>1:05.084</b>	+0.165	17:57:11.408
p16	<b>1:18.717</b>	+13.798	17:58:30.125

Lap	Lap Tm	Diff	Time of Day
(186) Christian Jørgensen			
1			17:02:21.689
2	<b>1:08.848</b>	+3.823	17:03:30.537
3	<b>1:07.692</b>	+2.667	17:04:38.229
4	<b>1:07.174</b>	+2.149	17:05:45.403
5	<b>1:07.029</b>	+2.004	17:06:52.432
6	<b>1:06.710</b>	+1.685	17:07:59.142
7	<b>1:06.374</b>	+1.349	17:09:05.516
8	<b>1:05.282</b>	+0.257	17:10:10.798
9	<b>1:05.737</b>	+0.712	17:11:16.535
10	<b>1:05.335</b>	+0.310	17:12:21.870
p11	<b>1:12.550</b>	+7.525	17:13:34.420
12	<b>1:23.872</b>	+18.847	17:14:58.292
13	<b>1:06.225</b>	+1.200	17:16:04.517
14	<b>1:05.642</b>	+0.617	17:17:10.159
15	<b>1:05.025</b>		17:18:15.184
p16	<b>1:32.647</b>	+27.622	17:19:47.831

Lap	Lap Tm	Diff	Time of Day
(161) Per Harry Nordhagen			
1			17:05:06.166
2	<b>1:10.033</b>	+4.963	17:06:16.199
3	<b>1:07.466</b>	+2.396	17:07:23.665
4	<b>1:06.507</b>	+1.437	17:08:30.172
5	<b>1:08.670</b>	+3.600	17:09:38.842
6	<b>1:06.271</b>	+1.201	17:10:45.113
7	<b>1:05.980</b>	+0.910	17:11:51.093
8	<b>1:05.596</b>	+0.526	17:12:56.689
9	<b>1:05.070</b>		17:14:01.759
10	<b>1:05.653</b>	+0.583	17:15:07.412
p11	<b>1:19.982</b>	+14.912	17:16:27.394
12	<b>6:35.988</b>	+5:30.918	17:23:03.382
13	<b>1:58.016</b>	+52.946	17:25:01.398
14	<b>1:49.909</b>	+44.839	17:26:51.307
15	<b>1:48.594</b>	+43.524	17:28:39.901
16	<b>1:46.745</b>	+41.675	17:30:26.646
17	<b>1:47.113</b>	+42.043	17:32:13.759
18	<b>1:44.157</b>	+39.087	17:33:57.916
19	<b>1:45.962</b>	+40.892	17:35:43.878
20	<b>1:44.543</b>	+39.473	17:37:28.421
p21	<b>1:58.666</b>	+53.596	17:39:27.087

Lap	Lap Tm	Diff	Time of Day
(200) Bastian Nordhagen Sagen			
1			17:05:09.738
2	<b>1:07.096</b>	+1.486	17:06:16.834
3	<b>1:07.244</b>	+1.634	17:07:24.078
4	<b>1:06.277</b>	+0.667	17:08:30.355
5	<b>1:06.646</b>	+1.036	17:09:37.001
6	<b>1:05.858</b>	+0.248	17:10:42.859
7	<b>1:05.610</b>		17:11:48.469
8	<b>1:06.037</b>	+0.427	17:12:54.506
9	<b>1:05.699</b>	+0.089	17:14:00.205
10	<b>1:05.644</b>	+0.034	17:15:05.849

Lap	Lap Tm	Diff	Time of Day
11	<b>1:06.096</b>	+0.486	17:16:11.945
12	<b>1:06.821</b>	+1.211	17:17:18.766
13	<b>1:05.750</b>	+0.140	17:18:24.516
p14	<b>1:18.484</b>	+12.874	17:19:43.000

Lap	Lap Tm	Diff	Time of Day
(46) Atle G. Syversen			
1			17:06:49.548
2	<b>1:09.214</b>	+2.465	17:07:58.762
3	<b>1:09.389</b>	+2.640	17:09:08.151
4	<b>1:08.536</b>	+1.787	17:10:16.687
5	<b>1:06.749</b>		17:11:23.436
6	<b>1:07.685</b>	+0.936	17:12:31.121
7	<b>1:10.236</b>	+3.487	17:13:41.357
8	<b>1:11.946</b>	+5.197	17:14:53.303
9	<b>1:07.664</b>	+0.915	17:16:00.967
10	<b>1:07.993</b>	+1.244	17:17:08.960
11	<b>1:08.345</b>	+1.596	17:18:17.305
p12	<b>1:40.933</b>	+34.184	17:19:58.238

Lap	Lap Tm	Diff	Time of Day
(284) Tom E. Havik			
1			17:41:37.949
2	<b>1:12.763</b>	+5.291	17:42:50.712
3	<b>1:12.978</b>	+5.506	17:44:03.690
4	<b>1:11.617</b>	+4.145	17:45:15.307
5	<b>1:10.353</b>	+2.881	17:46:25.660
6	<b>1:10.378</b>	+2.906	17:47:36.038
7	<b>1:10.125</b>	+2.653	17:48:46.163
8	<b>1:11.689</b>	+4.217	17:49:57.852
9	<b>1:11.646</b>	+4.174	17:51:09.498
10	<b>1:14.158</b>	+6.686	17:52:23.656
11	<b>1:07.472</b>		17:53:31.128
12	<b>1:08.418</b>	+0.946	17:54:39.546
13	<b>1:09.467</b>	+1.995	17:55:49.013
14	<b>1:09.297</b>	+1.825	17:56:58.310
p15	<b>1:19.857</b>	+12.385	17:58:18.167

Lap	Lap Tm	Diff	Time of Day
(56) Lars Aas			
1			17:04:45.022
2	<b>1:09.251</b>	+1.760	17:05:54.273
3	<b>1:07.816</b>	+0.325	17:07:02.089
4	<b>1:08.585</b>	+1.094	17:08:10.674
5	<b>1:09.101</b>	+1.610	17:09:19.775
6	<b>1:08.146</b>	+0.655	17:10:27.921
7	<b>1:10.154</b>	+2.663	17:11:38.075
8	<b>1:07.521</b>	+0.030	17:12:45.596
9	<b>1:09.369</b>	+1.878	17:13:54.965
10	<b>1:07.491</b>		17:15:02.456
11	<b>1:09.268</b>	+1.777	17:16:11.724
p12	<b>1:25.365</b>	+17.874	17:17:37.089

Lap	Lap Tm	Diff	Time of Day
(34) Rune Vangen			
1			17:47:05.760
2	<b>1:16.619</b>	+6.018	17:48:22.379
3	<b>1:13.356</b>	+2.755	17:49:35.735
4	<b>1:11.791</b>	+1.190	17:50:47.526
5	<b>1:10.973</b>	+0.372	17:51:58.499
6	<b>1:10.816</b>	+0.215	17:53:09.315
7	<b>1:10.882</b>	+0.281	17:54:20.197
8	<b>1:13.522</b>	+2.921	17:55:33.719
9	<b>1:10.601</b>		17:56:44.320
p10	<b>1:21.488</b>	+10.887	17:58:05.808

Lap	Lap Tm	Diff	Time of Day
(65) Mikkel Storsveen			
1			17:43:38.883

# Mandagstrening SMCK

Trening

Vålerbanen 2,262 km

Practice Heat 2 - Alle Klasser

07.09.2015 18:00

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

Lap	Lap Tm	Diff	Time of Day
4	1:12.999	+2.308	17:47:33.835
5	1:11.816	+1.125	17:48:45.651
6	1:11.923	+1.232	17:49:57.574
7	1:11.624	+0.933	17:51:09.198
8	1:14.177	+3.486	17:52:23.375
9	1:12.167	+1.476	17:53:35.542
10	1:13.071	+2.380	17:54:48.613
11	<b>1:10.691</b>		17:55:59.304
p12	1:22.212	+11.521	17:57:21.516

Lap	Lap Tm	Diff	Time of Day
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Lap	Lap Tm	Diff	Time of Day
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(299) Stig Christian Bjørndal-Riis

1			17:42:47.748
2	1:16.595	+2.065	17:44:04.343
3	1:14.997	+0.467	17:45:19.340
4	1:21.615	+7.085	17:46:40.955
5	1:17.490	+2.960	17:47:58.445
6	1:17.831	+3.301	17:49:16.276
7	1:15.355	+0.825	17:50:31.631
8	1:17.466	+2.936	17:51:49.097
9	1:15.938	+1.408	17:53:05.035
10	<b>1:14.530</b>		17:54:19.565
p11	1:26.672	+12.142	17:55:46.237

(15) Ingar Olsen

1			17:43:11.167
2	1:15.608	+0.326	17:44:26.775
3	1:15.595	+0.313	17:45:42.370
4	1:16.646	+1.364	17:46:59.016
5	<b>1:15.282</b>		17:48:14.298
6	1:16.773	+1.491	17:49:31.071
p7	1:24.199	+8.917	17:50:55.270

(98) Torbjørn Gundersen

1			17:42:05.443
2	1:32.353	+4.918	17:43:37.796
3	1:31.388	+3.953	17:45:09.184
4	1:31.101	+3.666	17:46:40.285
5	1:28.988	+1.553	17:48:09.273
6	1:28.017	+0.582	17:49:37.290
7	1:29.500	+2.065	17:51:06.790
8	1:30.443	+3.008	17:52:37.233
9	1:28.875	+1.440	17:54:06.108
10	1:27.736	+0.301	17:55:33.844
11	<b>1:27.435</b>		17:57:01.279

(76) Janne Nordhagen

1			17:27:07.987
2	3:34.506	+1:50.077	17:30:42.493
3	1:46.801	+2.372	17:32:29.294
4	<b>1:44.429</b>		17:34:13.723
5	1:46.387	+1.958	17:36:00.110
6	1:46.586	+2.157	17:37:46.696