



Mandagstrening SMCK

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,274 km

18.05.2020 19:00

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

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			18:02:12.661
2	1:01.243	+1.250	18:03:13.904
3	1:00.838	+0.845	18:04:14.742
4	1:02.821	+2.828	18:05:17.563
5	1:00.869	+0.876	18:06:18.432
6	1:00.652	+0.659	18:07:19.084
7	1:00.421	+0.428	18:08:19.505
8	1:00.249	+0.256	18:09:19.754
9	1:14.815	+14.822	18:10:34.569
10	1:05.857	+5.864	18:11:40.426
11	1:00.313	+0.320	18:12:40.739
12	1:02.653	+2.660	18:13:43.392
13	1:01.271	+1.278	18:14:44.663
14	1:00.464	+0.471	18:15:45.127
15	1:00.049	+0.056	18:16:45.176
16	59.993		18:17:45.169
p17	1:06.942	+6.949	18:18:52.111

Lap	Lap Tm	Diff	Time of Day
(17) Helge Spjeldnes			
1			18:06:26.054
2	1:03.527	+2.302	18:07:29.581
3	1:04.222	+2.997	18:08:33.803
4	1:03.623	+2.398	18:09:37.426
5	1:01.805	+0.580	18:10:39.231
6	1:03.042	+1.817	18:11:42.273
7	1:01.225		18:12:43.498
8	1:01.836	+0.611	18:13:45.334
9	1:01.885	+0.660	18:14:47.219
p10	1:07.132	+5.907	18:15:54.351

Lap	Lap Tm	Diff	Time of Day
(91) Edwin Kronstad			
1			18:05:19.203
2	1:06.050	+2.693	18:06:25.253
3	1:04.123	+0.766	18:07:29.376
4	1:04.329	+0.972	18:08:33.705
5	1:06.190	+2.833	18:09:39.895
6	1:04.468	+1.111	18:10:44.363
7	1:04.160	+0.803	18:11:48.523
8	1:04.159	+0.802	18:12:52.682
9	1:03.753	+0.396	18:13:56.435
10	1:03.357		18:14:59.792
11	1:04.698	+1.341	18:16:04.490
12	1:04.730	+1.373	18:17:09.220
13	1:04.630	+1.273	18:18:13.850
p14	1:15.638	+12.281	18:19:29.488

Lap	Lap Tm	Diff	Time of Day
(60) Morten Storsveen			
1			18:03:33.626
2	1:06.374	+1.171	18:04:40.000
3	1:06.183	+0.980	18:05:46.183
4	1:08.767	+3.564	18:06:54.950
5	1:06.243	+1.040	18:08:01.193
6	1:05.319	+0.116	18:09:06.512
7	1:06.388	+1.185	18:10:12.900
8	1:09.987	+4.784	18:11:22.887
9	1:09.476	+4.273	18:12:32.363
10	1:06.694	+1.491	18:13:39.057
11	1:05.203		18:14:44.260
p12	1:13.383	+8.180	18:15:57.643

Lap	Lap Tm	Diff	Time of Day
(65) Peter Rustad			
1			18:03:45.633
2	1:05.571	+0.226	18:04:51.204
3	1:07.094	+1.749	18:05:58.298

Lap	Lap Tm	Diff	Time of Day
4	1:06.050	+0.705	18:07:04.348
5	1:05.345		18:08:09.693
6	1:05.844	+0.499	18:09:15.537
7	1:05.550	+0.205	18:10:21.087
8	1:07.492	+2.147	18:11:28.579
9	1:06.839	+1.494	18:12:35.418
10	1:07.797	+2.452	18:13:43.215
11	1:08.547	+3.202	18:14:51.762
12	1:07.502	+2.157	18:15:59.264
13	1:06.568	+1.223	18:17:05.832
14	1:07.413	+2.068	18:18:13.245
p15	1:18.085	+12.740	18:19:31.330

Lap	Lap Tm	Diff	Time of Day
(14) Paul Aastad			
1			18:03:53.845
2	1:06.543	+1.137	18:05:00.388
p3	2:01.898	+56.492	18:07:02.286
4	1:24.617	+19.211	18:08:26.903
5	1:06.153	+0.747	18:09:33.056
6	1:05.659	+0.253	18:10:38.715
7	1:05.406		18:11:44.121
8	1:05.469	+0.063	18:12:49.590
9	1:05.685	+0.279	18:13:55.275
p10	1:13.634	+8.228	18:15:08.909

Lap	Lap Tm	Diff	Time of Day
(59) Amund Granli			
1			18:03:28.838
2	1:06.676	+1.100	18:04:35.514
3	1:06.693	+1.117	18:05:42.207
4	1:06.966	+1.390	18:06:49.173
5	1:06.322	+0.746	18:07:55.495
6	1:05.758	+0.182	18:09:01.253
7	1:07.984	+2.408	18:10:09.237
8	1:05.926	+0.350	18:11:15.163
9	1:05.576		18:12:20.739
p10	1:14.472	+8.896	18:13:35.211

Lap	Lap Tm	Diff	Time of Day
(5) Benjamin Storsveen			
1			18:03:31.870
2	1:06.203	+0.595	18:04:38.073
3	1:07.718	+2.110	18:05:45.791
4	1:07.467	+1.859	18:06:53.258
5	1:05.608		18:07:58.866
6	1:07.038	+1.430	18:09:05.904
p7	1:12.182	+6.574	18:10:18.086
8	3:43.826	+2:38.218	18:14:01.912
9	1:06.640	+1.032	18:15:08.552
p10	1:14.510	+8.902	18:16:23.062

Lap	Lap Tm	Diff	Time of Day
(105) Mattis Karlsen			
1			18:03:25.782
2	1:07.714	+1.924	18:04:33.496
3	1:06.718	+0.928	18:05:40.214
4	1:08.000	+2.210	18:06:48.214
5	1:07.254	+1.464	18:07:55.468
6	1:08.053	+2.263	18:09:03.521
7	1:08.056	+2.266	18:10:11.577
8	1:10.876	+5.086	18:11:22.453
9	1:10.288	+4.498	18:12:32.741
10	1:07.687	+1.897	18:13:40.428
11	1:05.790		18:14:46.218
12	1:06.369	+0.579	18:15:52.587
p13	1:13.907	+8.117	18:17:06.494

Lap	Lap Tm	Diff	Time of Day
(11) Jan Kristiansen			
1			18:03:25.386

Lap	Lap Tm	Diff	Time of Day
2	1:08.861	+1.943	18:04:34.247
3	1:07.889	+0.971	18:05:42.136
4	1:08.335	+1.417	18:06:50.471
5	1:07.914	+0.996	18:07:58.385
6	1:06.984	+0.066	18:09:05.369
7	1:06.918		18:10:12.287
p8	1:18.394	+11.476	18:11:30.681

Lap	Lap Tm	Diff	Time of Day
(42) Thomas Bergström			
1			18:42:50.868
2	1:09.064	+1.794	18:43:59.932
3	1:09.184	+1.914	18:45:09.116
4	1:08.010	+0.740	18:46:17.126
5	1:09.557	+2.287	18:47:26.683
6	1:08.896	+1.626	18:48:35.579
7	1:11.540	+4.270	18:49:47.119
8	1:09.764	+2.494	18:50:56.883
9	1:10.583	+3.313	18:52:07.466
10	1:10.124	+2.854	18:53:17.590
11	1:07.270		18:54:24.860
12	1:07.478	+0.208	18:55:32.338
13	1:08.872	+1.602	18:56:41.210
14	1:12.496	+5.226	18:57:53.706
p15	1:13.605	+6.335	18:59:07.311

Lap	Lap Tm	Diff	Time of Day
(60) Anders Helgerud			
1			18:43:35.994
2	1:11.413	+3.737	18:44:47.407
3	1:10.771	+3.095	18:45:58.178
4	1:09.217	+1.541	18:47:07.395
5	1:09.801	+2.125	18:48:17.196
6	1:11.708	+4.032	18:49:28.904
7	1:09.182	+1.506	18:50:38.086
8	1:58.224	+50.548	18:52:36.310
9	1:07.794	+0.118	18:53:44.104
10	1:07.676		18:54:51.780
11	1:08.355	+0.679	18:56:00.135
12	1:08.932	+1.256	18:57:09.067
13	1:08.644	+0.968	18:58:17.711
p14	1:17.686	+10.010	18:59:35.397

Lap	Lap Tm	Diff	Time of Day
(15) Glenn Sommerfelt			
1			18:42:52.359
2	1:58.894	+51.064	18:44:51.253
3	1:13.431	+5.601	18:46:04.684
4	1:08.500	+0.670	18:47:13.184
5	1:08.349	+0.519	18:48:21.533
6	1:08.310	+0.480	18:49:29.843
7	1:08.799	+0.969	18:50:38.642
8	1:08.853	+1.023	18:51:47.495
9	1:08.806	+0.976	18:52:56.301
10	1:59.333	+51.503	18:54:55.634
11	1:07.830		18:56:03.464
12	1:08.615	+0.785	18:57:12.079
13	1:09.225	+1.395	18:58:21.304
p14	1:22.284	+14.454	18:59:43.588

Lap	Lap Tm	Diff	Time of Day
(50) Erik Myhre			
1			18:04:37.263
2	1:08.313		18:05:45.576
3	1:08.743	+0.430	18:06:54.319
4	1:08.701	+0.388	18:08:03.020
5	1:08.556	+0.243	18:09:11.576
6	1:09.155	+0.842	18:10:20.731
7	1:09.099	+0.786	18:11:29.830
8	1:09.094	+0.781	18:12:38.924



Mandagstrening SMCK

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,274 km

18.05.2020 19:00

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

Lap	Lap Tm	Diff	Time of Day
9	1:09.961	+1.648	18:13:48.885
10	1:09.667	+1.354	18:14:58.552
p11	1:15.072	+6.759	18:16:13.624

(69') Jørn Jøntvedt

1			18:44:08.713
2	1:13.205	+4.581	18:45:21.918
3	1:10.580	+1.956	18:46:32.498
4	1:10.383	+1.759	18:47:42.881
5	1:15.748	+7.124	18:48:58.629
6	1:10.943	+2.319	18:50:09.572
7	1:09.994	+1.370	18:51:19.566
8	1:09.574	+0.950	18:52:29.140
9	1:08.624		18:53:37.764
10	1:08.729	+0.105	18:54:46.493
11	1:10.197	+1.573	18:55:56.690
12	1:12.270	+3.646	18:57:08.960
13	1:11.406	+2.782	18:58:20.366
p14	1:18.768	+10.144	18:59:39.134

(8) Martin Holtet

1			18:27:44.381
2	1:10.188	+1.334	18:28:54.569
3	1:10.382	+1.528	18:30:04.951
4	1:09.058	+0.204	18:31:14.009
5	1:09.229	+0.375	18:32:23.238
6	1:09.002	+0.148	18:33:32.240
7	1:09.737	+0.883	18:34:41.977
8	1:08.854		18:35:50.831

(12) Kevin Jensen

1			18:05:22.603
2	1:12.277	+3.318	18:06:34.880
3	1:11.600	+2.641	18:07:46.480
4	1:11.684	+2.725	18:08:58.164
5	1:11.638	+2.679	18:10:09.802
6	1:12.374	+3.415	18:11:22.176
7	1:09.995	+1.036	18:12:32.171
8	1:10.126	+1.167	18:13:42.297
9	1:08.959		18:14:51.256
10	1:09.633	+0.674	18:16:00.889
p11	1:16.729	+7.770	18:17:17.618

(29) Mia Stenseth Rusthen

1			18:26:35.985
2	1:11.520	+1.880	18:27:47.505
3	1:10.332	+0.692	18:28:57.837
4	1:10.631	+0.991	18:30:08.468
5	1:10.574	+0.934	18:31:19.042
6	1:09.966	+0.326	18:32:29.008
7	1:09.827	+0.187	18:33:38.835
8	1:10.590	+0.950	18:34:49.425
9	1:09.744	+0.104	18:35:59.169
10	1:09.640		18:37:08.809
p11	1:20.424	+10.784	18:38:29.233

(115) Terje Vestby

1			18:43:58.480
2	1:13.116	+3.368	18:45:11.596
3	1:11.216	+1.468	18:46:22.812
4	1:13.185	+3.437	18:47:35.997
5	1:09.748		18:48:45.745
p6	1:20.843	+11.095	18:50:06.588

(22) Dessi Sterner

1			18:27:59.377
---	--	--	--------------

Lap	Lap Tm	Diff	Time of Day
2	1:13.859	+3.845	18:29:13.236
3	1:10.767	+0.753	18:30:24.003
4	1:10.798	+0.784	18:31:34.801
5	1:10.515	+0.501	18:32:45.316
6	1:10.989	+0.975	18:33:56.305
7	1:10.350	+0.336	18:35:06.655
8	1:10.014		18:36:16.669
p9	1:17.919	+7.905	18:37:34.588

(12') Dagfinn Mosveen

1			18:43:37.954
2	1:13.852	+3.675	18:44:51.806
3	1:14.687	+4.510	18:46:06.493
4	1:11.965	+1.788	18:47:18.458
5	1:11.511	+1.334	18:48:29.969
6	1:11.577	+1.400	18:49:41.546
7	1:12.652	+2.475	18:50:54.198
8	1:12.159	+1.982	18:52:06.357
9	1:11.041	+0.864	18:53:17.398
10	1:10.177		18:54:27.575
11	1:10.788	+0.611	18:55:38.363
12	1:10.885	+0.708	18:56:49.248
13	1:10.626	+0.449	18:57:59.874
p14	1:26.547	+16.370	18:59:26.421

(99) Svein Kragtorp

1			18:44:05.324
2	1:12.796	+1.191	18:45:18.120
3	1:12.380	+0.775	18:46:30.500
4	1:11.605		18:47:42.105
5	1:16.967	+5.362	18:48:59.072
6	1:15.121	+3.516	18:50:14.193
p7	1:18.781	+7.176	18:51:32.974

(40) Kim Rønningen

1			18:41:49.583
2	1:14.702	+3.075	18:43:04.285
3	1:14.518	+2.891	18:44:18.803
4	1:12.692	+1.065	18:45:31.495
5	1:13.897	+2.270	18:46:45.392
p6	1:25.313	+13.686	18:48:10.705
7	3:20.373	+2:08.746	18:51:31.078
8	1:13.469	+1.842	18:52:44.547
9	1:12.675	+1.048	18:53:57.222
10	1:11.627		18:55:08.849
11	1:31.827	+20.200	18:56:40.676
12	1:12.547	+0.920	18:57:53.223
p13	2:00.049	+48.422	18:59:53.272

(51) Sverre Saxegaard

1			18:44:03.676
2	1:13.988	+2.235	18:45:17.664
3	1:11.987	+0.234	18:46:29.651
4	1:11.753		18:47:41.404
5	1:16.893	+5.140	18:48:58.297
6	1:12.898	+1.145	18:50:11.195
p7	1:20.510	+8.757	18:51:31.705

(511) Pål Johansen

1			18:44:36.938
2	1:16.826	+4.418	18:45:53.764
3	1:15.530	+3.122	18:47:09.294
4	1:14.645	+2.237	18:48:23.939
5	1:14.906	+2.498	18:49:38.845
6	1:15.108	+2.700	18:50:53.953
7	1:14.062	+1.654	18:52:08.015

Lap	Lap Tm	Diff	Time of Day
8	1:15.143	+2.735	18:53:23.158
9	1:15.068	+2.660	18:54:38.226
10	1:15.667	+3.259	18:55:53.893
11	1:14.501	+2.093	18:57:08.394
12	1:12.408		18:58:20.802
p13	1:20.501	+8.093	18:59:41.303

(44) Kristian Østbye Dæbye

1			18:27:51.580
2	1:19.688	+7.257	18:29:11.268
3	1:15.338	+2.907	18:30:26.606
4	1:15.362	+2.931	18:31:41.968
5	1:13.538	+1.107	18:32:55.506
6	1:13.240	+0.809	18:34:08.746
7	1:12.521	+0.090	18:35:21.267
8	1:12.431		18:36:33.698
9	1:13.206	+0.775	18:37:46.904
p10	1:34.212	+21.781	18:39:21.116

(201) Gunnar Netland

1			18:04:04.373
2	1:13.211	+0.698	18:05:17.584
3	1:13.191	+0.678	18:06:30.775
4	1:13.172	+0.659	18:07:43.947
5	1:12.537	+0.024	18:08:56.484
6	1:12.704	+0.191	18:10:09.188
7	1:12.513		18:11:21.701
8	1:13.268	+0.755	18:12:34.969
9	1:12.971	+0.458	18:13:47.940
p10	1:19.468	+6.955	18:15:07.408

(30) Susanne Ødegaard

1			18:27:55.479
2	1:14.860	+2.125	18:29:10.339
3	1:13.563	+0.828	18:30:23.902
4	1:14.202	+1.467	18:31:38.104
5	1:13.802	+1.067	18:32:51.906
6	1:13.603	+0.868	18:34:05.509
7	1:12.735		18:35:18.244
8	1:12.821	+0.086	18:36:31.065
9	1:13.452	+0.717	18:37:44.517
p10	1:27.723	+14.988	18:39:12.240

(57) Hans Bergstrøm

1			18:43:49.209
2	1:15.591	+2.816	18:45:04.800
3	1:16.205	+3.430	18:46:21.005
4	1:14.795	+2.020	18:47:35.800
5	1:12.932	+0.157	18:48:48.732
6	1:12.775		18:50:01.507
p7	1:26.026	+13.251	18:51:27.533

(120) Roy Erik Bjørndalen

1			18:44:20.543
2	1:15.631	+2.725	18:45:36.174
3	1:13.521	+0.615	18:46:49.695
4	1:12.906		18:48:02.601
p5	1:15.508	+2.602	18:49:18.109

(646) Terje Hoelseth

1			18:45:47.238
2	1:13.835	+0.506	18:47:01.073
3	1:13.329		18:48:14.402
p4	1:27.972	+14.643	18:49:42.374

(118) Petter Schou

Chief of Timing & Scoring: www.Timekeeping.no

Race Director: Jostein Hansen

Sport Rescue Team.

Timing and results are not official.

Printed: 18.05.2020 19:08:24

Orbits

www.mylaps.com

Licensed to: Timekeeping.no



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 3 - Alle Klasser

18.05.2020 19:00

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

Lap	Lap Tm	Diff	Time of Day
1			18:44:20.276
2	1:15.241	+1.691	18:45:35.517
3	1:15.424	+1.874	18:46:50.941
4	1:15.997	+2.447	18:48:06.938
5	1:14.227	+0.677	18:49:21.165
6	1:13.550		18:50:34.715
7	1:15.258	+1.708	18:51:49.973
8	1:15.508	+1.958	18:53:05.481
9	1:14.328	+0.778	18:54:19.809
10	1:13.622	+0.072	18:55:33.431
11	1:14.537	+0.987	18:56:47.968
12	1:13.703	+0.153	18:58:01.671
p13	1:28.085	+14.535	18:59:29.756

(18) Espen Bekkhus

1			18:43:23.442
2	1:13.865		18:44:37.307
p3	1:24.845	+10.980	18:46:02.152

(26) Paal Solberg

1			18:43:30.639
2	1:17.340	+3.214	18:44:47.979
3	1:18.638	+4.512	18:46:06.617
4	1:14.126		18:47:20.743
5	1:14.418	+0.292	18:48:35.161
6	1:14.333	+0.207	18:49:49.494
p7	1:28.324	+14.198	18:51:17.818

(58) Kai Jarre

1			18:43:50.065
2	1:16.021	+0.772	18:45:06.086
3	1:16.574	+1.325	18:46:22.660
4	1:17.108	+1.859	18:47:39.768
5	1:18.675	+3.426	18:48:58.443
6	1:15.249		18:50:13.692
7	1:16.296	+1.047	18:51:29.988
8	1:16.881	+1.632	18:52:46.869
9	1:15.416	+0.167	18:54:02.285
p10	1:25.741	+10.492	18:55:28.026
p11	2:10.623	+55.374	18:57:38.649

(77) Ørjan Stokmann

1			18:43:48.482
2	1:16.050		18:45:04.532
3	1:16.256	+0.206	18:46:20.788
4	1:18.680	+2.630	18:47:39.468
5	1:21.913	+5.863	18:49:01.381
6	1:20.452	+4.402	18:50:21.833
7	1:16.992	+0.942	18:51:38.825
8	1:17.228	+1.178	18:52:56.053
p9	1:25.883	+9.833	18:54:21.936

(5) Svein-Ingar Helland

1			18:43:57.249
2	1:25.916	+8.237	18:45:23.165
3	1:23.410	+5.731	18:46:46.575
4	1:19.983	+2.304	18:48:06.558
5	1:21.036	+3.357	18:49:27.594
6	1:18.995	+1.316	18:50:46.589
7	1:20.030	+2.351	18:52:06.619
8	1:18.061	+0.382	18:53:24.680
9	1:18.286	+0.607	18:54:42.966
10	1:17.896	+0.217	18:56:00.862
11	1:17.679		18:57:18.541
12	1:21.839	+4.160	18:58:40.380
p13	1:46.834	+29.155	19:00:27.214

Lap	Lap Tm	Diff	Time of Day
(6) Kristin Bjergo			
1			18:44:38.391
2	1:27.578	+8.800	18:46:05.969
3	1:18.778		18:47:24.747
p4	1:24.303	+5.525	18:48:49.050

(46) Monica Hofton

1			18:43:06.587
2	1:30.900	+0.206	18:44:37.487
3	1:30.694		18:46:08.181
p4	1:38.324	+7.630	18:47:46.505

(39) Mikkel Storsveen

1			18:44:53.731
---	--	--	--------------

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