



Mandagstrening SMCK

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,274 km

08.06.2020 19:00

Practice (1:00:00 Time) started at 19:01:32

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			19:03:21.575
2	1:01.136	+2.286	19:04:22.711
3	59.369	+0.519	19:05:22.080
4	59.003	+0.153	19:06:21.083
5	1:00.107	+1.257	19:07:21.190
6	58.881	+0.031	19:08:20.071
7	58.850		19:09:18.921
8	58.897	+0.047	19:10:17.818
9	59.133	+0.283	19:11:16.951
10	59.263	+0.413	19:12:16.214
p11	1:05.759	+6.909	19:13:21.973

Lap	Lap Tm	Diff	Time of Day
(35) Jonathan Lykke Nessjoen			
1			19:02:33.530
2	59.381	+0.472	19:03:32.911
3	59.009	+0.100	19:04:31.920
4	59.061	+0.152	19:05:30.981
5	59.991	+1.082	19:06:30.972
6	59.268	+0.359	19:07:30.240
7	59.164	+0.255	19:08:29.404
8	59.174	+0.265	19:09:28.578
9	59.760	+0.851	19:10:28.338
10	59.093	+0.184	19:11:27.431
11	58.909		19:12:26.340
12	59.102	+0.193	19:13:25.442
p13	1:02.522	+3.613	19:14:27.964

Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			19:03:11.554
2	1:02.820	+0.401	19:04:14.374
3	1:02.572	+0.153	19:05:16.946
4	1:02.769	+0.350	19:06:19.715
5	1:02.801	+0.382	19:07:22.516
6	1:02.967	+0.548	19:08:25.483
7	1:02.419		19:09:27.902
8	1:03.001	+0.582	19:10:30.903
p9	1:08.290	+5.871	19:11:39.193
p10	7:25.558	+6:23.139	19:19:04.751

Lap	Lap Tm	Diff	Time of Day
(60) Morten Storsveen			
1			19:04:26.281
2	1:04.327	+0.591	19:05:30.608
3	1:03.753	+0.017	19:06:34.361
4	1:03.736		19:07:38.097
5	1:03.851	+0.115	19:08:41.948
6	1:03.885	+0.149	19:09:45.833
7	1:04.195	+0.459	19:10:50.028
8	1:05.462	+1.726	19:11:55.490
9	1:06.389	+2.653	19:13:01.879
10	1:05.525	+1.789	19:14:07.404
11	1:05.162	+1.426	19:15:12.566
12	1:05.467	+1.731	19:16:18.033
13	1:04.426	+0.690	19:17:22.459
p14	1:16.101	+12.365	19:18:38.560

Lap	Lap Tm	Diff	Time of Day
(23) Marius Gudmundsrud			
1			19:04:05.484
2	1:06.332	+2.480	19:05:11.816
3	1:05.383	+1.531	19:06:17.199
4	1:04.693	+0.841	19:07:21.892
5	1:04.022	+0.170	19:08:25.914
6	1:04.120	+0.268	19:09:30.034
7	1:03.852		19:10:33.886
8	1:04.545	+0.693	19:11:38.431

Lap	Lap Tm	Diff	Time of Day
9	1:04.097	+0.245	19:12:42.528
p10	1:10.449	+6.597	19:13:52.977
11	8:52.719	+7:48.867	19:22:45.696
12	1:17.195	+13.343	19:24:02.891
13	1:16.360	+12.508	19:25:19.251
14	1:18.094	+14.242	19:26:37.345
15	1:16.387	+12.535	19:27:53.732
16	1:17.256	+13.404	19:29:10.988
17	1:20.076	+16.224	19:30:31.064
18	1:18.030	+14.178	19:31:49.094
19	1:17.086	+13.234	19:33:06.180
20	1:17.917	+14.065	19:34:24.097
21	1:15.567	+11.715	19:35:39.664
22	1:17.481	+13.629	19:36:57.145
p23	1:32.255	+28.403	19:38:29.400

Lap	Lap Tm	Diff	Time of Day
(12) Dagfinn Mosveen			
1			19:44:48.535
2	1:11.503	+6.242	19:46:00.038
3	1:07.612	+2.351	19:47:07.650
4	1:08.182	+2.921	19:48:15.832
5	1:08.458	+3.197	19:49:24.290
6	1:08.129	+2.868	19:50:32.419
7	1:07.146	+1.885	19:51:39.565
8	1:07.451	+2.190	19:52:47.016
9	1:05.261		19:53:52.277
10	1:07.187	+1.926	19:54:59.464

Lap	Lap Tm	Diff	Time of Day
(37) Maja & Bjørn-Erik Engebakken			
1			19:25:12.137
2	1:34.096	+28.004	19:26:46.233
3	1:29.549	+23.457	19:28:15.782
4	1:28.200	+22.108	19:29:43.982
5	1:27.203	+21.111	19:31:11.185
6	1:26.855	+20.763	19:32:38.040
7	1:28.085	+21.993	19:34:06.125
8	1:26.162	+20.070	19:35:32.287
9	1:25.454	+19.362	19:36:57.741
10	1:30.451	+24.359	19:38:28.192
p11	3:10.646	+2:04.554	19:41:38.838
12	6:27.220	+5:21.128	19:48:06.058
13	1:09.184	+3.092	19:49:15.242
14	1:08.593	+2.501	19:50:23.835
15	1:07.573	+1.481	19:51:31.408
16	1:06.382	+0.290	19:52:37.790
17	1:06.092		19:53:43.882
18	1:06.336	+0.244	19:54:50.218

Lap	Lap Tm	Diff	Time of Day
(29) Mia Rusthen			
1			19:22:46.953
2	1:16.686	+10.166	19:24:03.639
3	1:12.737	+6.217	19:25:16.376
4	1:09.222	+2.702	19:26:25.598
5	1:08.468	+1.948	19:27:34.066
6	1:07.709	+1.189	19:28:41.775
7	1:08.452	+1.932	19:29:50.227
8	1:08.916	+2.396	19:30:59.143
9	1:07.038	+0.518	19:32:06.181
10	1:06.776	+0.256	19:33:12.957
11	1:08.468	+1.948	19:34:21.425
12	1:08.319	+1.799	19:35:29.744
13	1:06.583	+0.063	19:36:36.327
14	1:06.520		19:37:42.847
p15	1:10.631	+4.111	19:38:53.478

Lap	Lap Tm	Diff	Time of Day
(43) Thomas Nornes			

Lap	Lap Tm	Diff	Time of Day
1			19:44:48.066
2	1:11.310	+4.777	19:45:59.376
3	1:09.555	+3.022	19:47:08.931
4	1:07.422	+0.889	19:48:16.353
5	1:11.857	+5.324	19:49:28.210
6	1:09.700	+3.167	19:50:37.910
7	1:07.747	+1.214	19:51:45.657
8	1:07.483	+0.950	19:52:53.140
9	1:07.438	+0.905	19:54:00.578
10	1:06.533		19:55:07.111

Lap	Lap Tm	Diff	Time of Day
(660) Terje Hoelseth			
1			19:46:12.215
2	1:09.886	+3.110	19:47:22.101
3	1:11.712	+4.936	19:48:33.813
4	1:08.037	+1.261	19:49:41.850
5	1:08.169	+1.393	19:50:50.019
6	1:06.776		19:51:56.795
7	1:06.838	+0.062	19:53:03.633
p8	1:22.199	+15.423	19:54:25.832

Lap	Lap Tm	Diff	Time of Day
(165) Pål Bekkelund			
1			19:03:44.177
2	1:08.481	+1.414	19:04:52.658
3	1:07.879	+0.812	19:06:00.537
4	1:07.428	+0.361	19:07:07.965
5	1:07.496	+0.429	19:08:15.461
6	1:07.783	+0.716	19:09:23.244
7	1:07.843	+0.776	19:10:31.087
8	1:07.326	+0.259	19:11:38.413
9	1:07.067		19:12:45.480
10	1:07.936	+0.869	19:13:53.416
11	1:09.192	+2.125	19:15:02.608
12	1:08.128	+1.061	19:16:10.736
13	1:07.351	+0.284	19:17:18.087
14	1:07.725	+0.658	19:18:25.812
15	1:07.727	+0.660	19:19:33.539
p16	1:32.462	+25.395	19:21:06.001

Lap	Lap Tm	Diff	Time of Day
(46) Per Kr Mausethagen			
1			19:46:05.285
2	1:09.834	+2.591	19:47:15.119
3	1:07.565	+0.322	19:48:22.684
4	1:07.243		19:49:29.927
p5	1:12.995	+5.752	19:50:42.922

Lap	Lap Tm	Diff	Time of Day
(69) Jørn Jøntvedt			
1			19:45:24.084
2	1:09.265	+2.011	19:46:33.349
3	1:08.609	+1.355	19:47:41.958
4	1:11.045	+3.791	19:48:53.003
5	1:07.484	+0.230	19:50:00.487
6	1:07.650	+0.396	19:51:08.137
7	1:07.704	+0.450	19:52:15.841
8	1:07.254		19:53:23.095
9	1:08.496	+1.242	19:54:31.591
p10	1:18.941	+11.687	19:55:50.532

Lap	Lap Tm	Diff	Time of Day
(664) Jan Erik Høiby			
1			19:46:52.988
2	1:13.753	+6.272	19:48:06.741
3	1:09.503	+2.022	19:49:16.244
4	1:09.401	+1.920	19:50:25.645
5	1:07.923	+0.442	19:51:33.568
6	1:07.481		19:52:41.049
7	1:08.580	+1.099	19:53:49.629



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 3 - Alle Klasser

08.06.2020 19:00

Practice (1:00:00 Time) started at 19:01:32

Lap	Lap Tm	Diff	Time of Day
8	1:08.487	+1.006	19:54:58.116

(34) Anders Lykkebø

1			19:44:29.676
2	1:12.740	+4.796	19:45:42.416
3	1:11.830	+3.886	19:46:54.246
4	1:13.244	+5.300	19:48:07.490
5	1:09.063	+1.119	19:49:16.553
6	1:10.715	+2.771	19:50:27.268
7	1:08.545	+0.601	19:51:35.813
8	1:08.155	+0.211	19:52:43.968
9	1:07.944		19:53:51.912
10	1:08.724	+0.780	19:55:00.636

(357) Jo Sætre

1			19:46:10.793
2	1:10.639	+2.476	19:47:21.432
3	1:13.050	+4.887	19:48:34.482
4	1:09.203	+1.040	19:49:43.685
5	1:09.800	+1.637	19:50:53.485
6	1:10.997	+2.834	19:52:04.482
7	1:09.469	+1.306	19:53:13.951
8	1:08.163		19:54:22.114
9	1:10.691	+2.528	19:55:32.805

(40) Kim Rønningen

1			19:44:15.408
2	1:10.968	+2.432	19:45:26.376
3	1:10.535	+1.999	19:46:36.911
4	1:09.411	+0.875	19:47:46.322
5	1:09.284	+0.748	19:48:55.606
6	1:10.813	+2.277	19:50:06.419
7	1:09.752	+1.216	19:51:16.171
8	1:09.371	+0.835	19:52:25.542
9	1:09.447	+0.911	19:53:34.989
10	1:08.536		19:54:43.525

(149) Steinar Andersen

1			19:45:57.377
2	1:08.891	+0.308	19:47:06.268
3	1:09.451	+0.868	19:48:15.719
4	1:13.030	+4.447	19:49:28.749
5	1:10.423	+1.840	19:50:39.172
6	1:08.665	+0.082	19:51:47.837
7	1:09.144	+0.561	19:52:56.981
8	1:09.736	+1.153	19:54:06.717
9	1:08.583		19:55:15.300

(76) Knut Bråstad

1			19:45:26.175
2	1:13.167	+4.034	19:46:39.342
3	1:09.976	+0.843	19:47:49.318
4	1:09.198	+0.065	19:48:58.516
5	1:10.126	+0.993	19:50:08.642
6	1:09.133		19:51:17.775
7	1:09.201	+0.068	19:52:26.976
8	1:11.066	+1.933	19:53:38.042
9	1:09.953	+0.820	19:54:47.995

(2) Rolf Holmlund

1			19:46:10.295
2	1:10.652	+1.282	19:47:20.947
3	1:12.136	+2.766	19:48:33.083
4	1:10.201	+0.831	19:49:43.284
5	1:09.540	+0.170	19:50:52.824
6	1:10.003	+0.633	19:52:02.827

Lap	Lap Tm	Diff	Time of Day
7	1:09.370		19:53:12.197
8	1:09.456	+0.086	19:54:21.653
9	1:10.933	+1.563	19:55:32.586

(115) Terje Vestby

1			19:45:59.871
2	1:12.563	+3.166	19:47:12.434
3	1:09.640	+0.243	19:48:22.074
4	1:09.397		19:49:31.471
5	1:10.483	+1.086	19:50:41.954
p6	1:15.767	+6.370	19:51:57.721
p7	1:26.254	+16.857	19:53:23.975

(30) Susanne Ødegaard

1			19:24:16.811
2	1:14.057	+3.734	19:25:30.868
3	1:12.704	+2.381	19:26:43.572
4	1:11.558	+1.235	19:27:55.130
5	1:14.894	+4.571	19:29:10.024
6	1:11.996	+1.673	19:30:22.020
7	1:10.787	+0.464	19:31:32.807
8	1:10.323		19:32:43.130
9	1:10.345	+0.022	19:33:53.475
10	1:12.525	+2.202	19:35:06.000
11	1:11.232	+0.909	19:36:17.232
p12	1:24.480	+14.157	19:37:41.712

(356) Andreas Hansen

1			19:46:12.145
2	1:12.451	+1.781	19:47:24.596
3	1:13.811	+3.141	19:48:38.407
4	1:15.185	+4.515	19:49:53.592
5	1:12.079	+1.409	19:51:05.671
6	1:11.952	+1.282	19:52:17.623
7	1:10.670		19:53:28.293
8	1:10.874	+0.204	19:54:39.167

(118) Petter Schou

1			19:44:17.877
2	1:10.726		19:45:28.603
3	1:11.083	+0.357	19:46:39.686

(99) Svein Kragtorp

1			19:46:05.397
2	1:10.838		19:47:16.235
3	1:13.584	+2.746	19:48:29.819
4	1:11.412	+0.574	19:49:41.231
5	1:11.288	+0.450	19:50:52.519
6	1:11.662	+0.824	19:52:04.181
p7	1:16.559	+5.721	19:53:20.740

(34) Stina Ringnes

1			19:23:04.533
2	1:15.242	+4.144	19:24:19.775
3	1:11.978	+0.880	19:25:31.753
4	1:12.228	+1.130	19:26:43.981
5	1:11.669	+0.571	19:27:55.650
6	1:16.828	+5.730	19:29:12.478
7	1:13.169	+2.071	19:30:25.647
8	1:11.098		19:31:36.745
p9	1:27.681	+16.583	19:33:04.426

(97) Geir Johnsen

1			19:45:41.617
2	1:13.763	+2.462	19:46:55.380
3	1:15.444	+4.143	19:48:10.824

Lap	Lap Tm	Diff	Time of Day
4	1:12.060	+0.759	19:49:22.884
5	1:12.151	+0.850	19:50:35.035
6	1:11.301		19:51:46.336
7	1:12.178	+0.877	19:52:58.514
8	1:14.223	+2.922	19:54:12.737
9	1:12.065	+0.764	19:55:24.802

(78) Tommy Antonsen

1			19:44:28.223
2	1:13.737	+2.111	19:45:41.960
3	1:14.018	+2.392	19:46:55.978
4	1:15.410	+3.784	19:48:11.388
5	1:13.184	+1.558	19:49:24.572
6	1:12.769	+1.143	19:50:37.341
7	1:12.192	+0.566	19:51:49.533
8	1:12.046	+0.420	19:53:01.579
9	1:12.310	+0.684	19:54:13.889
10	1:11.626		19:55:25.515

(16) Hans-Petter Lohaugen

1			19:45:36.375
2	1:13.878	+1.886	19:46:50.253
3	1:11.992		19:48:02.245
4	1:12.814	+0.822	19:49:15.059
5	1:12.229	+0.237	19:50:27.288
6	1:12.657	+0.665	19:51:39.945
7	1:14.608	+2.616	19:52:54.553
8	1:12.255	+0.263	19:54:06.808
9	1:13.213	+1.221	19:55:20.021

(76) Tobias Rundhaug Kristoffersen

1			19:24:24.931
2	1:23.300	+8.277	19:25:48.231
3	1:20.873	+5.850	19:27:09.104
4	1:17.741	+2.718	19:28:26.845
5	1:17.872	+2.849	19:29:44.717
6	1:19.006	+3.983	19:31:03.723
7	1:16.663	+1.640	19:32:20.386
8	1:15.666	+0.643	19:33:36.052
9	1:15.641	+0.618	19:34:51.693
10	1:15.381	+0.358	19:36:07.074
11	1:15.023		19:37:22.097
p12	1:23.385	+8.362	19:38:45.482

(94) Viljar Pålhaugen

1			19:23:30.181
2	1:24.810	+8.680	19:24:54.991
3	1:25.889	+9.759	19:26:20.880
4	1:24.350	+8.220	19:27:45.230
5	1:22.029	+5.899	19:29:07.259
6	1:20.706	+4.576	19:30:27.965
7	1:20.405	+4.275	19:31:48.370
8	1:19.030	+2.900	19:33:07.400
9	1:18.460	+2.330	19:34:25.860
10	1:17.866	+1.736	19:35:43.726
11	1:20.289	+4.159	19:37:04.015
12	1:21.807	+5.677	19:38:25.822
p13	3:09.405	+1:53.275	19:41:35.227
14	6:39.495	+5:23.365	19:48:14.722
15	1:16.726	+0.596	19:49:31.448
16	1:16.305	+0.175	19:50:47.753
17	1:16.130		19:52:03.883
18	1:16.296	+0.166	19:53:20.179
19	1:16.279	+0.149	19:54:36.458
p20	1:38.120	+21.990	19:56:14.578

Chief of Timing & Scoring: www.Timekeeping.no

Orbits

Race Director: Jostein Hansen

Sport Rescue Team.

Timing and results are not official.

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