

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 11:40

Practice started at 12:09:07

Lap	Lap Tm	Diff	Time of Day
(35) Stig Flemming Jensen			
1			12:17:14.394
2	1:01.575	+1.806	12:18:15.969
3	1:02.181	+2.412	12:19:18.150
4	1:00.538	+0.769	12:20:18.688
5	1:02.204	+2.435	12:21:20.892
6	1:00.881	+1.112	12:22:21.773
7	1:01.064	+1.295	12:23:22.837
8	1:03.196	+3.427	12:24:26.033
9	1:00.247	+0.478	12:25:26.280
10	1:02.520	+2.751	12:26:28.800
11	1:02.096	+2.327	12:27:30.896
12	1:01.221	+1.452	12:28:32.117
13	1:00.713	+0.944	12:29:32.830
14	59.769		12:30:32.599
p15	1:09.791	+10.022	12:31:42.390

Lap	Lap Tm	Diff	Time of Day
(44) Caroline Olsen			
1			12:16:07.918
2	1:02.667	+2.749	12:17:10.585
3	1:02.355	+2.437	12:18:12.940
4	1:01.328	+1.410	12:19:14.268
5	1:01.331	+1.413	12:20:15.599
6	1:01.283	+1.365	12:21:16.882
7	1:00.893	+0.975	12:22:17.775
8	1:01.026	+1.108	12:23:18.801
9	1:00.176	+0.258	12:24:18.977
10	1:00.647	+0.729	12:25:19.624
11	1:00.316	+0.398	12:26:19.940
12	59.918		12:27:19.858
p13	1:08.358	+8.440	12:28:28.216

Lap	Lap Tm	Diff	Time of Day
(86) Henning S. Flathaug			
1			12:21:27.863
2	1:01.361	+1.074	12:22:29.224
3	1:00.876	+0.589	12:23:30.100
4	1:00.643	+0.356	12:24:30.743
5	1:00.520	+0.233	12:25:31.263
6	1:00.287		12:26:31.550
7	1:00.650	+0.363	12:27:32.200
8	1:44.186	+43.899	12:29:16.386
p9	1:05.702	+5.415	12:30:22.088
p10	2:07.675	+1:07.388	12:32:29.763

Lap	Lap Tm	Diff	Time of Day
(17) Helge Spjeldnes			
1			12:17:37.848
2	1:02.831	+2.300	12:18:40.679
3	1:01.594	+1.063	12:19:42.273
4	1:01.724	+1.193	12:20:43.997
5	1:01.594	+1.063	12:21:45.591
6	1:02.349	+1.818	12:22:47.940
7	1:00.681	+0.150	12:23:48.621
8	1:04.021	+3.490	12:24:52.642
9	1:01.075	+0.544	12:25:53.717
10	1:00.937	+0.406	12:26:54.654
11	1:00.531		12:27:55.185
12	1:00.998	+0.467	12:28:56.183
13	1:01.227	+0.696	12:29:57.410
14	1:02.407	+1.876	12:30:59.817
p15	1:05.708	+5.177	12:32:05.525

Lap	Lap Tm	Diff	Time of Day
(80) Jonathan C. Kjøsterud			
1			12:19:20.630
2	1:01.234	+0.576	12:20:21.864
3	1:01.718	+1.060	12:21:23.582

Lap	Lap Tm	Diff	Time of Day
4	1:02.361	+1.703	12:22:25.943
5	1:01.481	+0.823	12:23:27.424
6	1:01.215	+0.557	12:24:28.639
7	1:01.851	+1.193	12:25:30.490
8	1:00.658		12:26:31.148
9	1:00.674	+0.016	12:27:31.822
10	1:01.554	+0.896	12:28:33.376
11	1:01.669	+1.011	12:29:35.045
p12	1:08.325	+7.667	12:30:43.370

Lap	Lap Tm	Diff	Time of Day
(10) Runar Hammer			
1			12:16:42.945
2	1:01.152	+0.408	12:17:44.097
3	1:00.744		12:18:44.841
4	1:01.895	+1.151	12:19:46.736
5	1:00.875	+0.131	12:20:47.611
6	1:00.923	+0.179	12:21:48.534
7	1:01.082	+0.338	12:22:49.616
8	1:01.004	+0.260	12:23:50.620
9	1:01.580	+0.836	12:24:52.200
p10	1:08.496	+7.752	12:26:00.696

Lap	Lap Tm	Diff	Time of Day
(48) Truls Andre Hjortnæs			
1			12:18:13.301
2	1:01.888	+0.477	12:19:15.189
3	1:02.361	+0.950	12:20:17.550
4	1:02.896	+1.485	12:21:20.446
5	1:02.279	+0.868	12:22:22.725
6	1:02.152	+0.741	12:23:24.877
7	1:03.450	+2.039	12:24:28.327
8	1:03.093	+1.682	12:25:31.420
9	1:01.411		12:26:32.831
10	1:02.294	+0.883	12:27:35.125
11	1:02.007	+0.596	12:28:37.132
12	1:02.390	+0.979	12:29:39.522
13	1:01.778	+0.367	12:30:41.300
14	1:01.938	+0.527	12:31:43.238
p15	1:07.408	+5.997	12:32:50.646
16	30:23.101	+29:21.690	13:03:13.747
17	1:17.332	+15.921	13:04:31.079
18	1:15.254	+13.843	13:05:46.333
19	1:16.170	+14.759	13:07:02.503
20	1:15.406	+13.995	13:08:17.909
21	1:15.909	+14.498	13:09:33.818
22	1:15.898	+14.487	13:10:49.716
23	1:10.846	+9.435	13:12:00.562
24	1:12.839	+11.428	13:13:13.401
p25	1:16.405	+14.994	13:14:29.806

Lap	Lap Tm	Diff	Time of Day
(100) Vidar Moe			
1			12:17:20.772
2	1:04.679	+3.246	12:18:25.451
3	1:03.166	+1.733	12:19:28.617
4	1:02.310	+0.877	12:20:30.927
5	1:02.483	+1.050	12:21:33.410
6	1:02.658	+1.225	12:22:36.068
7	1:03.651	+2.218	12:23:39.719
8	1:04.493	+3.060	12:24:44.212
9	1:01.997	+0.564	12:25:46.209
10	1:03.421	+1.988	12:26:49.630
11	1:02.719	+1.286	12:27:52.349
12	1:02.287	+0.854	12:28:54.636
13	1:03.185	+1.752	12:29:57.821
14	1:03.528	+2.095	12:31:01.349
15	1:01.433		12:32:02.782
16	1:01.609	+0.176	12:33:04.391

Lap	Lap Tm	Diff	Time of Day
17	1:01.659	+0.226	12:34:06.050
p18	1:19.669	+18.236	12:35:25.719

Lap	Lap Tm	Diff	Time of Day
(53) Oddgeir Estenstad			
1			12:16:43.778
2	1:02.087	+0.253	12:17:45.865
3	1:02.444	+0.610	12:18:48.309
4	1:02.539	+0.705	12:19:50.848
5	1:01.991	+0.157	12:20:52.839
6	1:02.390	+0.556	12:21:55.229
7	1:02.299	+0.465	12:22:57.528
8	1:02.303	+0.469	12:23:59.831
9	1:03.290	+1.456	12:25:03.121
10	1:03.723	+1.889	12:26:06.844
11	1:03.298	+1.464	12:27:10.142
12	1:02.725	+0.891	12:28:12.867
13	1:02.465	+0.631	12:29:15.332
14	1:01.834		12:30:17.166
p15	1:13.946	+12.112	12:31:31.112

Lap	Lap Tm	Diff	Time of Day
(46) Tor Eskil Lian			
1			12:16:23.978
2	1:03.500	+1.600	12:17:27.478
3	1:02.862	+0.962	12:18:30.340
4	1:02.887	+0.987	12:19:33.227
5	1:02.440	+0.540	12:20:35.667
6	1:02.178	+0.278	12:21:37.845
7	1:03.171	+1.271	12:22:41.016
8	1:01.966	+0.066	12:23:42.982
9	1:02.195	+0.295	12:24:45.177
10	1:01.900		12:25:47.077
11	1:03.183	+1.283	12:26:50.260
12	1:02.293	+0.393	12:27:52.553
p13	1:13.247	+11.347	12:29:05.800

Lap	Lap Tm	Diff	Time of Day
(91) Ole Christian Stene			
1			12:16:33.412
2	1:02.770	+0.815	12:17:36.182
3	1:02.584	+0.629	12:18:38.766
4	1:02.414	+0.459	12:19:41.180
5	1:02.369	+0.414	12:20:43.549
6	1:03.265	+1.310	12:21:46.814
7	1:02.493	+0.538	12:22:49.307
8	1:01.955		12:23:51.262
9	1:02.532	+0.577	12:24:53.794
p10	1:08.404	+6.449	12:26:02.198

Lap	Lap Tm	Diff	Time of Day
(55) Kent Frode Skjønberg			
1			12:20:13.112
2	1:03.236	+1.258	12:21:16.348
3	1:02.534	+0.556	12:22:18.882
4	1:01.978		12:23:20.860
5	1:02.135	+0.157	12:24:22.995
6	1:02.377	+0.399	12:25:25.372
7	1:02.743	+0.765	12:26:28.115
8	1:02.489	+0.511	12:27:30.604
9	1:02.595	+0.617	12:28:33.199
10	1:02.502	+0.524	12:29:35.701
11	1:02.110	+0.132	12:30:37.811
p12	1:10.708	+8.730	12:31:48.519

Lap	Lap Tm	Diff	Time of Day
(70) Tore Stene			
1			12:16:08.867
2	1:07.694	+5.201	

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 11:40

Practice started at 12:09:07

Lap	Lap Tm	Diff	Time of Day
5	1:03.063	+0.570	12:20:26.931
6	1:03.562	+1.069	12:21:30.493
7	1:04.160	+1.667	12:22:34.653
8	1:03.426	+0.933	12:23:38.079
9	1:02.493		12:24:40.572
10	1:03.726	+1.233	12:25:44.298
11	1:03.108	+0.615	12:26:47.406
p12	1:10.491	+7.998	12:27:57.897

(8) Jesper Jeppesen

1			12:17:06.465
2	1:04.212	+1.693	12:18:10.677
3	1:03.478	+0.959	12:19:14.155
4	1:04.077	+1.558	12:20:18.232
5	1:03.687	+1.168	12:21:21.919
6	1:03.905	+1.386	12:22:25.824
7	1:02.519		12:23:28.343

(18) Finn Kjellbakken Kristiansen

1			12:16:53.785
2	1:06.255	+3.351	12:18:00.040
3	1:04.547	+1.643	12:19:04.587
4	1:04.293	+1.389	12:20:08.880
5	1:04.559	+1.655	12:21:13.439
6	1:42.453	+39.549	12:22:55.892
7	1:03.745	+0.841	12:23:59.637
8	1:03.423	+0.519	12:25:03.060
9	1:03.755	+0.851	12:26:06.815
10	1:05.823	+2.919	12:27:12.638
11	1:03.443	+0.539	12:28:16.081
12	1:06.744	+3.840	12:29:22.825
13	1:03.084	+0.180	12:30:25.909
14	1:03.203	+0.299	12:31:29.112
15	1:03.533	+0.629	12:32:32.645
16	1:02.941	+0.037	12:33:35.586
17	1:07.015	+4.111	12:34:42.601
18	1:02.904		12:35:45.505
p19	1:32.932	+30.028	12:37:18.437

(305) Bjørn Erik Ljosland

1			12:38:57.183
2	1:04.851	+1.880	12:40:02.034
3	1:03.468	+0.497	12:41:05.502
4	1:03.904	+0.933	12:42:09.406
5	1:03.870	+0.899	12:43:13.276
6	1:03.222	+0.251	12:44:16.498
7	1:04.448	+1.477	12:45:20.946
8	1:05.126	+2.155	12:46:26.072
9	1:05.293	+2.322	12:47:31.365
10	1:03.093	+0.122	12:48:34.458
11	1:02.971		12:49:37.429
12	1:03.604	+0.633	12:50:41.033
p13	1:09.505	+6.534	12:51:50.538

(57) Audun Wichmann

1			12:17:53.840
2	1:04.944	+1.275	12:18:58.784
3	1:03.925	+0.256	12:20:02.709
4	1:04.010	+0.341	12:21:06.719
5	1:03.691	+0.022	12:22:10.410
6	1:03.952	+0.283	12:23:14.362
7	1:03.669		12:24:18.031
8	1:04.501	+0.832	12:25:22.532
p9	1:20.407	+16.738	12:26:42.939

(36) Kenneth S. Laget

Lap	Lap Tm	Diff	Time of Day
1			12:17:38.493
2	1:04.765	+1.087	12:18:43.258
3	1:05.083	+1.405	12:19:48.341
4	1:03.970	+0.292	12:20:52.311
5	1:04.484	+0.806	12:21:56.795
6	1:04.435	+0.757	12:23:01.230
7	1:04.441	+0.763	12:24:05.671
8	1:04.327	+0.649	12:25:09.998
9	1:04.519	+0.841	12:26:14.517
10	1:03.678		12:27:18.195
p11	1:07.610	+3.932	12:28:25.805
12	1:31.276	+27.598	12:29:57.081
13	1:05.213	+1.535	12:31:02.294
14	1:04.442	+0.764	12:32:06.736
p15	1:10.102	+6.424	12:33:16.838

(146) Kenneth Friberg

1			12:39:41.070
2	1:05.147	+1.243	12:40:46.217
3	1:07.146	+3.242	12:41:53.363
p4	1:07.397	+3.493	12:43:00.760
5	1:32.861	+28.957	12:44:33.621
6	1:05.981	+2.077	12:45:39.602
7	1:04.986	+1.082	12:46:44.588
8	1:04.020	+0.116	12:47:48.608
9	1:04.648	+0.744	12:48:53.256
10	1:04.265	+0.361	12:49:57.521
11	1:03.904		12:51:01.425
12	1:12.994	+9.090	12:52:14.419
13	1:08.841	+4.937	12:53:23.260
14	1:04.289	+0.385	12:54:27.549
p15	1:22.003	+18.099	12:55:49.552

(24) Magnus Bjørnerød

1			12:39:44.509
2	1:06.176	+2.229	12:40:50.685
3	1:06.330	+2.383	12:41:57.015
4	1:07.060	+3.113	12:43:04.075
5	1:05.978	+2.031	12:44:10.053
6	1:06.039	+2.092	12:45:16.092
7	1:08.932	+4.985	12:46:25.024
8	1:05.700	+1.753	12:47:30.724
9	1:04.524	+0.577	12:48:35.248
10	1:04.142	+0.195	12:49:39.390
11	1:03.982	+0.035	12:50:43.372
12	1:04.257	+0.310	12:51:47.629
13	1:05.319	+1.372	12:52:52.948
14	1:04.296	+0.349	12:53:57.244
15	1:03.947		12:55:01.191
p16	1:17.914	+13.967	12:56:19.105

(72) Jan Nordhagen

1			12:19:20.553
2	1:04.897	+0.703	12:20:25.450
3	1:04.194		12:21:29.644
4	1:04.667	+0.473	12:22:34.311
5	1:04.797	+0.603	12:23:39.108
p6	1:10.990	+6.796	12:24:50.098

(2) Torgeir Jahren

1			12:39:42.409
2	1:05.848	+1.645	12:40:48.257
3	1:07.695	+3.492	12:41:55.952
4	1:07.588	+3.385	12:43:03.540
5	1:06.121	+1.918	12:44:09.661
6	1:05.981	+1.778	12:45:15.642

Lap	Lap Tm	Diff	Time of Day
7	1:08.267	+4.064	12:46:23.909
8	1:06.041	+1.838	12:47:29.950
9	1:04.203		12:48:34.153
10	1:04.741	+0.538	12:49:38.894
p11	1:15.520	+11.317	12:50:54.414

(141) Krister Louis G. Langeland

1			12:41:05.535
2	1:07.970	+3.477	12:42:13.505
3	1:05.529	+1.036	12:43:19.034
4	1:07.075	+2.582	12:44:26.109
5	1:05.626	+1.133	12:45:31.735
6	1:07.044	+2.551	12:46:38.779
7	1:07.460	+2.967	12:47:46.239
8	1:07.424	+2.931	12:48:53.663
9	1:05.997	+1.504	12:49:59.660
10	1:04.493		12:51:04.153
11	1:08.175	+3.682	12:52:12.328
12	1:05.506	+1.013	12:53:17.834
13	1:04.944	+0.451	12:54:22.778
p14	1:20.510	+16.017	12:55:43.288

(96) Anders Valle

1			12:38:57.736
2	1:06.581	+1.965	12:40:04.317
3	1:05.042	+0.426	12:41:09.359
4	1:06.338	+1.722	12:42:15.697
5	1:06.554	+1.938	12:43:22.251
6	1:05.740	+1.124	12:44:27.991
7	1:07.565	+2.949	12:45:35.556
8	1:04.616		12:46:40.172
9	1:06.702	+2.086	12:47:46.874
10	1:08.551	+3.935	12:48:55.425
11	1:04.900	+0.284	12:50:00.325
12	1:05.769	+1.153	12:51:06.094
13	1:07.762	+3.146	12:52:13.856
14	1:11.048	+6.432	12:53:24.904
15	1:05.606	+0.990	12:54:30.510
p16	1:14.204	+9.588	12:55:44.714

(91) Dag Schanke

1			12:41:28.897
2	1:08.014	+3.126	12:42:36.911
3	1:06.150	+1.262	12:43:43.061
4	1:06.023	+1.135	12:44:49.084
5	1:05.790	+0.902	12:45:54.874
6	1:05.323	+0.435	12:47:00.197
7	1:04.888		12:48:05.085
8	1:05.286	+0.398	12:49:10.371
9	1:05.193	+0.305	12:50:15.564
10	1:06.767	+1.879	12:51:22.331
11	1:06.746	+1.858	12:52:29.077
12	1:05.503	+0.615	12:53:34.580
p13	1:18.326	+13.438	12:54:52.906

(50) Steffen Andersen

1			12:41:05.445
2	1:09.658	+4.651	12:42:15.103
3	1:06.501	+1.494	12:43:21.604
4	1:05.802	+0.795	12:44:27.406
5	1:06.056	+1.049	12:45:33.462
6	1:05.506	+0.499	12:46:38.968
7	1:06.983	+1.976	12:47:45.951
8	1:05.388	+0.381	12:48:51.339
9	1:05.007		12:49:56.346
p10	1:21.702	+16.695	12:51:18.048

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 11:40

Practice started at 12:09:07

Lap Lap Tm Diff Time of Day

(9) Bjørn G. Haraldsen

1			12:17:54.743
2	1:06.338	+1.209	12:19:01.081
3	1:05.570	+0.441	12:20:06.651
4	1:05.190	+0.061	12:21:11.841
5	1:05.129		12:22:16.970
6	1:05.615	+0.486	12:23:22.585
7	1:05.523	+0.394	12:24:28.108
p8	1:18.744	+13.615	12:25:46.852

(4') Vidar Grønland

1			12:42:03.899
2	1:07.542	+2.370	12:43:11.441
3	1:06.591	+1.419	12:44:18.032
4	1:05.647	+0.475	12:45:23.679
5	1:07.323	+2.151	12:46:31.002
6	1:06.314	+1.142	12:47:37.316
7	1:06.382	+1.210	12:48:43.698
8	1:05.511	+0.339	12:49:49.209
9	1:05.794	+0.622	12:50:55.003
10	1:05.172		12:52:00.175
11	1:06.320	+1.148	12:53:06.495
12	1:05.456	+0.284	12:54:11.951
p13	2:20.487	+1:15.315	12:56:32.438

(30) Jon-Terje Ødegaard

1			12:16:53.319
2	1:08.386	+2.990	12:18:01.705
3	1:06.870	+1.474	12:19:08.575
4	1:06.669	+1.273	12:20:15.244
5	1:05.675	+0.279	12:21:20.919
6	1:06.399	+1.003	12:22:27.318
7	1:05.396		12:23:32.714
8	1:06.884	+1.488	12:24:39.598
9	1:06.178	+0.782	12:25:45.776
p10	2:07.369	+1:01.973	12:27:53.145

(186) Christian Jørgensen

1			12:40:29.069
p2	1:34.963	+29.189	12:42:04.032
3	2:19.764	+1:13.990	12:44:23.796
4	1:07.637	+1.863	12:45:31.433
5	1:07.116	+1.342	12:46:38.549
6	1:07.264	+1.490	12:47:45.813
7	1:07.251	+1.477	12:48:53.064
8	1:06.109	+0.335	12:49:59.173
9	1:05.891	+0.117	12:51:05.064
10	1:07.947	+2.173	12:52:13.011
11	1:09.953	+4.179	12:53:22.964
12	1:05.774		12:54:28.738
p13	1:42.284	+36.510	12:56:11.022

(21) Jimmy Olaisen

1			12:40:41.895
2	1:07.706	+1.636	12:41:49.601
3	1:07.369	+1.299	12:42:56.970
4	1:09.550	+3.480	12:44:06.520
p5	1:14.455	+3.885	12:45:20.975
6	1:31.837	+25.767	12:46:52.812
7	1:06.700	+0.630	12:47:59.512
8	1:06.070		12:49:05.582
p9	1:12.308	+6.238	12:50:17.890

(76) Knut Gulbrandsen

1			12:40:45.931
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Lap Lap Tm Diff Time of Day

(16) Khanh Q. Dang

2	1:09.623	+3.519	12:41:55.554
3	1:07.704	+1.600	12:43:03.258
4	1:06.104		12:44:09.362
5	1:08.189	+2.085	12:45:17.551
6	1:10.399	+4.295	12:46:27.950
7	1:08.922	+2.818	12:47:36.872
8	1:07.286	+1.182	12:48:44.158
9	1:08.192	+2.088	12:49:52.350
10	1:07.798	+1.694	12:51:00.148
p11	1:19.942	+13.838	12:52:20.090
1			12:40:02.965
2	1:07.827	+1.437	12:41:10.792
3	1:06.753	+0.363	12:42:17.545
4	1:07.513	+1.123	12:43:25.058
5	1:08.121	+1.731	12:44:33.179
6	1:07.327	+0.937	12:45:40.506
7	1:06.390		12:46:46.896
8	1:06.748	+0.358	12:47:53.644
9	1:07.342	+0.952	12:49:00.986
10	1:08.056	+1.666	12:50:09.042
p11	1:22.055	+15.665	12:51:31.097

(120) Oscar Espinoza

1			12:40:56.889
2	1:09.733	+2.869	12:42:06.622
3	1:09.780	+2.916	12:43:16.402
4	1:10.257	+3.393	12:44:26.659
5	1:08.131	+1.267	12:45:34.790
6	1:07.378	+0.514	12:46:42.168
7	1:07.610	+0.746	12:47:49.778
8	1:07.637	+0.773	12:48:57.415
9	1:08.469	+1.605	12:50:05.884
10	1:07.312	+0.448	12:51:13.196
11	1:07.025	+0.161	12:52:20.221
12	1:06.864		12:53:27.085
13	1:08.645	+1.781	12:54:35.730
p14	1:30.960	+24.096	12:56:06.690

(211) Andreas Belgum

1			12:59:46.108
2	1:12.366	+5.477	13:00:58.474
3	1:08.935	+2.046	13:02:07.409
4	1:09.252	+2.363	13:03:16.661
5	1:12.846	+5.957	13:04:29.507
6	1:11.756	+4.867	13:05:41.263
7	1:08.041	+1.152	13:06:49.304
8	1:08.140	+1.251	13:07:57.444
9	1:06.889		13:09:04.333
10	1:10.317	+3.428	13:10:14.650
11	1:08.120	+1.231	13:11:22.770
12	1:08.724	+1.835	13:12:31.494
13	1:11.784	+4.895	13:13:43.278
14	1:08.090	+1.201	13:14:51.368
15	1:07.147	+0.258	13:15:58.515
16	1:08.640	+1.751	13:17:07.155
p17	1:26.605	+19.716	13:18:33.760

(48') Knut Nygård

1			13:01:32.384
2	1:08.282	+1.174	13:02:40.666
3	1:07.154	+0.046	13:03:47.820
4	1:07.108		13:04:54.928
5	1:07.327	+0.219	13:06:02.255
p6	1:17.390	+10.282	13:07:19.645

Lap Lap Tm Diff Time of Day

7	6:39.699	+5:32.591	13:13:59.344
8	1:12.581	+5.473	13:15:11.925
9	1:10.869	+3.761	13:16:22.794
10	1:07.814	+0.706	13:17:30.608
p11	1:42.697	+35.589	13:19:13.305
12	6:52.055	+5:44.947	13:26:05.360
13	1:25.620	+18.512	13:27:30.980
14	1:13.588	+6.480	13:28:44.568
15	1:13.479	+6.371	13:29:58.047
16	1:12.372	+5.264	13:31:10.419
17	1:07.821	+0.713	13:32:18.240
18	1:12.613	+5.505	13:33:30.853
p19	1:18.408	+11.300	13:34:49.261

(108) Roy Kenneth Vinje

1			12:41:00.519
2	1:09.936	+2.803	12:42:10.455
3	1:07.789	+0.656	12:43:18.244
4	1:08.769	+1.636	12:44:27.013
5	1:10.406	+3.273	12:45:37.419
6	1:07.674	+0.541	12:46:45.093
7	1:08.044	+0.911	12:47:53.137
8	1:09.019	+1.886	12:49:02.156
9	1:07.133		12:50:09.289

(168) Bendik Fjerdingstad

1			12:40:33.231
2	1:12.891	+5.536	12:41:46.122
3	1:09.297	+1.942	12:42:55.419
4	1:09.879	+2.524	12:44:05.298
5	1:09.303	+1.948	12:45:14.601
6	1:09.313	+1.958	12:46:23.914
7	1:09.591	+2.236	12:47:33.505
8	1:07.787	+0.432	12:48:41.292
9	1:07.595	+0.240	12:49:48.887
10	1:07.608	+0.253	12:50:56.495
11	1:07.355		12:52:03.850
12	1:07.366	+0.011	12:53:11.216
13	1:07.647	+0.292	12:54:18.863
p14	1:50.417	+43.062	12:56:09.280

(10') Stig Christian Bjørndal-Riis

1			12:59:15.632
2	1:13.273	+5.675	13:00:28.905
3	1:07.598		13:01:36.503
4	1:09.332	+1.734	13:02:45.835
5	1:09.945	+2.347	13:03:55.780
6	1:08.459	+0.861	13:05:04.239
7	1:08.930	+1.332	13:06:13.169
8	1:08.159	+0.561	13:07:21.328
9	1:11.760	+4.162	13:08:33.088
10	1:10.099	+2.501	13:09:43.187
p11	1:23.014	+15.416	13:11:06.201

(7') Kjetil Gabrielsen

1			12:41:05.227
2	1:09.641	+1.867	12:42:14.868
3	1:08.988	+1.214	12:43:23.856
4	1:08.911	+1.137	12:44:32.767
5	1:09.655	+1.881	12:45:42.422
6	1:09.992	+2.218	12:46:52.414
7	1:09.068	+1.294	12:48:01.482
8	1:07.962	+0.188	12:49:09.444
9	1:07.882	+0.108	12:50:17.326
10	1:09.620	+1.846	12:51:26.946
11	1:12.662	+4.888	12:52:39.608

PlasticMC+SMCK heldagstrening

Trening

Vålerbanen 2,262 km

Practice Heat 3 - Alle Klasser

03.08.2015 11:40

Practice started at 12:09:07

Lap	Lap Tm	Diff	Time of Day
12	1:07.774		12:53:47.382
13	1:07.914	+0.140	12:54:55.296
p14	1:20.547	+12.773	12:56:15.843

(157) John Erik Halvorsen

1			12:40:45.308
2	1:09.925	+1.948	12:41:55.233
3	1:10.446	+2.469	12:43:05.679
4	1:09.257	+1.280	12:44:14.936
5	1:07.977		12:45:22.913
p6	1:19.263	+11.286	12:46:42.176

(200) Bastian Nordhagen Sagen

1			12:39:18.991
2	1:10.938	+2.938	12:40:29.929
3	1:16.783	+8.783	12:41:46.712
4	1:09.434	+1.434	12:42:56.146
5	1:09.957	+1.957	12:44:06.103
6	1:08.991	+0.991	12:45:15.094
7	1:09.772	+1.772	12:46:24.866
8	1:09.683	+1.683	12:47:34.549
9	1:08.620	+0.620	12:48:43.169
10	1:08.478	+0.478	12:49:51.647
11	1:08.000		12:50:59.647
12	1:13.274	+5.274	12:52:12.921
13	1:12.145	+4.145	12:53:25.066
14	1:10.225	+2.225	12:54:35.291
p15	1:29.632	+21.632	12:56:04.923

(51) Stian Senderud

1			12:39:19.949
2	1:10.502	+2.284	12:40:30.451
3	1:14.585	+6.367	12:41:45.036
4	1:10.013	+1.795	12:42:55.049
5	1:09.899	+1.681	12:44:04.948
6	1:09.078	+0.860	12:45:14.026
7	1:09.372	+1.154	12:46:23.398
8	1:09.583	+1.365	12:47:32.981
9	1:09.267	+1.049	12:48:42.248
10	1:08.218		12:49:50.466
11	1:08.531	+0.313	12:50:58.997
12	1:13.537	+5.319	12:52:12.534
13	1:11.673	+3.455	12:53:24.207
14	1:10.846	+2.628	12:54:35.053
p15	1:28.822	+20.604	12:56:03.875

(54) Lars Dobloug

1			13:05:02.838
2	1:09.003	+0.633	13:06:11.841
3	1:09.111	+0.741	13:07:20.952
4	1:08.664	+0.294	13:08:29.616
5	1:09.402	+1.032	13:09:39.018
6	1:10.083	+1.713	13:10:49.101
7	1:11.764	+3.394	13:12:00.865
p8	1:19.282	+10.912	13:13:20.147
9	1:29.166	+20.796	13:14:49.313
10	1:08.370		13:15:57.683
11	1:08.551	+0.181	13:17:06.234
p12	1:25.584	+17.214	13:18:31.818

(75) Geir Olav Smedsrud

1			12:42:06.039
2	1:09.904	+1.465	12:43:15.943
3	1:09.910	+1.471	12:44:25.853
4	1:09.746	+1.307	12:45:35.599
5	1:08.884	+0.445	12:46:44.483

Lap	Lap Tm	Diff	Time of Day
6	1:08.439		12:47:52.922
7	1:08.893	+0.454	12:49:01.815
8	1:08.500	+0.061	12:50:10.315
9	1:12.526	+4.087	12:51:22.841
10	1:11.419	+2.980	12:52:34.260
p11	1:16.387	+7.948	12:53:50.647

(132) Hans Hagen

1			13:01:13.386
2	1:11.831	+3.304	13:02:25.217
3	1:09.888	+1.361	13:03:35.105
4	1:12.800	+4.273	13:04:47.905
5	1:10.561	+2.034	13:05:58.466
6	1:09.384	+0.857	13:07:07.850
7	1:10.938	+2.411	13:08:18.788
8	1:16.168	+7.641	13:09:34.956
9	1:10.077	+1.550	13:10:45.033
10	1:08.527		13:11:53.560
11	1:10.326	+1.799	13:13:03.886
12	1:08.867	+0.340	13:14:12.753
13	1:08.845	+0.318	13:15:21.598
14	1:09.568	+1.041	13:16:31.166
15	1:09.801	+1.274	13:17:40.967
p16	1:18.600	+10.073	13:18:59.567

(7) Jo Sætre

1			12:40:05.007
2	1:13.108	+3.924	12:41:18.115
3	1:10.289	+1.105	12:42:28.404
4	1:10.367	+1.183	12:43:38.771
5	1:09.693	+0.509	12:44:48.464
6	1:09.283	+0.099	12:45:57.747
7	1:09.184		12:47:06.931
8	1:09.421	+0.237	12:48:16.352
9	1:09.276	+0.092	12:49:25.628
10	1:10.075	+0.891	12:50:35.703
p11	1:19.190	+10.006	12:51:54.893
12	1:58.741	+49.557	12:53:53.634
13	1:11.862	+2.678	12:55:05.496
p14	1:25.044	+15.860	12:56:30.540

(33) Morten Haugan

1			13:00:11.357
2	1:16.202	+6.899	13:01:27.559
3	1:14.297	+4.994	13:02:41.856
4	1:14.086	+4.783	13:03:55.942
5	1:12.204	+2.901	13:05:08.146
6	1:11.652	+2.349	13:06:19.798
7	1:11.130	+1.827	13:07:30.928
p8	1:26.640	+17.337	13:08:57.568
9	2:07.106	+57.803	13:11:04.674
10	1:10.882	+1.579	13:12:15.556
11	1:11.551	+2.248	13:13:27.107
12	1:13.907	+4.604	13:14:41.014
13	1:09.303		13:15:50.317
14	1:12.476	+3.173	13:17:02.793
p15	1:26.917	+17.614	13:18:29.710

(13) Henning Wium

1			12:59:24.751
2	1:16.933	+6.593	13:00:41.684
3	1:14.210	+3.870	13:01:55.894
4	1:15.962	+5.622	13:03:11.856
5	1:16.704	+6.364	13:04:28.560
6	1:14.851	+4.511	13:05:43.411
7	1:12.424	+2.084	13:06:55.835

Lap	Lap Tm	Diff	Time of Day
8	1:12.630	+2.290	13:08:08.465
9	1:12.825	+2.485	13:09:21.290
10	1:11.766	+1.426	13:10:33.056
11	1:11.471	+1.131	13:11:44.527
12	1:11.538	+1.198	13:12:56.065
13	1:11.643	+1.303	13:14:07.708
14	1:11.831	+1.491	13:15:19.539
15	1:10.340		13:16:29.879
16	1:11.003	+0.663	13:17:40.882
p17	1:26.260	+15.920	13:19:07.142

(24) Frank Rygge

1			12:59:13.707
2	1:15.479	+4.506	13:00:29.186
3	1:12.822	+1.849	13:01:42.008
4	1:14.965	+3.992	13:02:56.973
5	1:12.094	+1.121	13:04:09.067
6	1:10.973		13:05:20.040
7	1:11.841	+0.868	13:06:31.881
8	1:11.231	+0.258	13:07:43.112
9	1:11.636	+0.663	13:08:54.748
10	1:11.439	+0.466	13:10:06.187
11	1:12.345	+1.372	13:11:18.532
12	1:12.378	+1.405	13:12:30.910
13	1:11.866	+0.893	13:13:42.776
14	1:12.200	+1.227	13:14:54.976
15	1:12.599	+1.626	13:16:07.575
16	1:12.986	+2.013	13:17:20.561
p17	1:21.461	+10.488	13:18:42.022

(65) Mats Holtet

1			13:03:13.490
2	1:18.201	+6.773	13:04:31.691
3	1:15.402	+3.974	13:05:47.093
4	1:16.038	+4.610	13:07:03.131
5	1:15.343	+3.915	13:08:18.474
6	1:16.089	+4.661	13:09:34.563
7	1:14.056	+2.628	13:10:48.619
8	1:11.428		13:12:00.047
9	1:13.037	+1.609	13:13:13.084
p10	1:19.725	+8.297	13:14:32.809

(6) Tom Andre Grøndal

1			12:59:03.308
2	1:13.559	+1.858	13:00:16.867
3	1:12.885	+1.184	13:01:29.752
4	1:13.389	+1.688	13:02:43.141
5	1:13.622	+1.921	13:03:56.763
6	1:12.945	+1.244	13:05:09.708
7	1:12.081	+0.380	13:06:21.789
8	1:12.319	+0.618	13:07:34.108
9	1:11.701		13:08:45.809
10	1:12.368	+0.667	13:09:58.177
11	1:13.075	+1.374	13:11:11.252
12	1:12.913	+1.212	13:12:24.165
13	1:12.769	+1.068	13:13:36.934
14	1:13.019	+1.318	13:14:49.953
15	1:12.899	+1.198	13:16:02.852
16	1:12.719	+1.018	13:17:15.571
p17	1:24.046	+12.345	13:18:39.617

(149) Steinar Andersen

1			12:40:28.303
p2	1:34.399	+22.621	12:42:02.702
3	1:58.010	+46.232	12:44:00.712
4	1:11.778		12:45:12.490

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 11:40

Practice started at 12:09:07

Lap	Lap Tm	Diff	Time of Day
5	1:15.208	+3.430	12:46:27.698
6	1:14.079	+2.301	12:47:41.777
7	1:13.664	+1.886	12:48:55.441
8	1:13.141	+1.363	12:50:08.582
9	1:12.962	+1.184	12:51:21.544
p10	1:25.267	+13.489	12:52:46.811

(555) Alexander Araya

Lap	Lap Tm	Diff	Time of Day
1			12:59:43.572
2	1:16.670	+4.349	13:01:00.242
3	1:15.586	+3.265	13:02:15.828
4	1:14.761	+2.440	13:03:30.589
5	1:15.556	+3.235	13:04:46.145
6	1:14.379	+2.058	13:06:00.524
7	1:14.393	+2.072	13:07:14.917
8	1:13.744	+1.423	13:08:28.661
9	1:13.931	+1.610	13:09:42.592
10	1:13.466	+1.145	13:10:56.058
11	1:14.983	+2.662	13:12:11.041
12	1:13.783	+1.462	13:13:24.824
13	1:12.321		13:14:37.145
14	1:12.579	+0.258	13:15:49.724
15	1:12.680	+0.359	13:17:02.404
p16	1:26.156	+13.835	13:18:28.560

(8'') Daniel Kjøsterud

Lap	Lap Tm	Diff	Time of Day
1			12:59:18.407
2	1:20.363	+7.326	13:00:38.770
3	1:17.494	+4.457	13:01:56.264
4	1:16.553	+3.516	13:03:12.817
5	1:16.271	+3.234	13:04:29.088
6	1:15.875	+2.838	13:05:44.963
7	1:15.023	+1.986	13:06:59.986
8	1:13.037		13:08:13.023
9	1:13.254	+0.217	13:09:26.277
10	1:16.737	+3.700	13:10:43.014
11	1:15.452	+2.415	13:11:58.466
12	1:17.034	+3.997	13:13:15.500
13	1:16.312	+3.275	13:14:31.812
14	1:15.741	+2.704	13:15:47.553
15	1:13.859	+0.822	13:17:01.412
p16	1:24.460	+11.423	13:18:25.872
17	5:26.993	+4:13.956	13:23:52.865
p18	1:37.086	+24.049	13:25:29.951
19	2:19.537	+1:06.500	13:27:49.488
20	1:27.267	+14.230	13:29:16.755
21	1:26.256	+13.219	13:30:43.011
22	1:27.261	+14.224	13:32:10.272
23	1:27.678	+14.641	13:33:37.950
24	1:26.130	+13.093	13:35:04.080
25	1:24.480	+11.443	13:36:28.560
26	1:25.521	+12.484	13:37:54.081
p27	1:48.564	+35.527	13:39:42.645

(4'') Randi Finnvik Solli

Lap	Lap Tm	Diff	Time of Day
1			12:59:49.319
2	1:22.814	+9.020	13:01:12.133
3	1:17.116	+3.322	13:02:29.249
4	1:14.918	+1.124	13:03:44.167
5	1:14.729	+0.935	13:04:58.896
6	1:14.582	+0.788	13:06:13.478
7	1:14.629	+0.835	13:07:28.107
8	1:15.513	+1.719	13:08:43.620
9	1:13.794		13:09:57.414
p10	1:27.206	+13.412	13:11:24.620
p11	1:54.126	+40.332	13:13:18.746

(74) Christian Solberg Hansen

Lap	Lap Tm	Diff	Time of Day
1			13:00:48.865
2	1:16.610	+2.628	13:02:05.475
3	1:15.794	+1.812	13:03:21.269
4	1:15.881	+1.899	13:04:37.150
5	1:15.194	+1.212	13:05:52.344
6	1:14.603	+0.621	13:07:06.947
7	1:15.121	+1.139	13:08:22.068
8	1:14.899	+0.917	13:09:36.967
9	1:14.353	+0.371	13:10:51.320
10	1:13.982		13:12:05.302
11	1:15.491	+1.509	13:13:20.793
12	1:14.539	+0.557	13:14:35.332
p13	1:24.239	+10.257	13:15:59.571

(6'') Fredrik Vangen

Lap	Lap Tm	Diff	Time of Day
1			12:59:55.454
2	1:17.114	+3.089	13:01:12.568
3	1:17.234	+3.209	13:02:29.802
4	1:15.733	+1.708	13:03:45.535
5	1:15.187	+1.162	13:05:00.722
6	1:15.420	+1.395	13:06:16.142
7	1:14.701	+0.676	13:07:30.843
8	1:14.025		13:08:44.868
9	1:14.433	+0.408	13:09:59.301
10	1:16.301	+2.276	13:11:15.602
11	1:14.347	+0.322	13:12:29.949
12	1:14.783	+0.758	13:13:44.732
13	1:14.283	+0.258	13:14:59.015
14	1:15.085	+1.060	13:16:14.100
15	1:14.273	+0.248	13:17:28.373
p16	1:28.081	+14.056	13:18:56.454

(155) Jeanette Larsen

Lap	Lap Tm	Diff	Time of Day
1			12:59:48.756
2	1:15.337	+1.264	13:01:04.093
3	1:14.073		13:02:18.166
4	1:14.756	+0.683	13:03:32.922
5	1:15.132	+1.059	13:04:48.054
6	1:15.597	+1.524	13:06:03.651
7	1:14.758	+0.685	13:07:18.409
8	1:16.530	+2.457	13:08:34.939
p9	1:29.039	+14.966	13:10:03.978
10	2:06.916	+52.843	13:12:10.894
11	1:15.382	+1.309	13:13:26.276
12	1:14.404	+0.331	13:14:40.680
p13	1:24.352	+10.279	13:16:05.032
14	6:47.377	+5:33.304	13:22:52.409
15	1:29.291	+15.218	13:24:21.700
16	1:27.259	+13.186	13:25:48.959
17	1:26.176	+12.103	13:27:15.135
18	1:26.990	+12.917	13:28:42.125
19	1:28.763	+14.690	13:30:10.888
20	1:27.532	+13.459	13:31:38.420
21	1:27.378	+13.305	13:33:05.798
22	1:27.437	+13.364	13:34:33.235
23	1:26.360	+12.287	13:35:59.595
24	1:26.951	+12.878	13:37:26.546
p25	1:33.676	+19.603	13:39:00.222

(1) Elias Eeg-Henriksen

Lap	Lap Tm	Diff	Time of Day
1			12:59:13.493
2	1:16.464	+2.246	13:00:29.957
3	1:14.218		13:01:44.175
4	1:14.480	+0.262	13:02:58.655

Lap	Lap Tm	Diff	Time of Day
5	1:18.649	+4.431	13:04:17.304
6	1:16.026	+1.808	13:05:33.330
7	1:14.415	+0.197	13:06:47.745
8	1:15.040	+0.822	13:08:02.785
9	1:15.543	+1.325	13:09:18.328
10	1:15.010	+0.792	13:10:33.338
11	1:14.952	+0.734	13:11:48.290
12	1:15.874	+1.656	13:13:04.164
13	1:15.049	+0.831	13:14:19.213
14	1:14.578	+0.360	13:15:33.791
15	1:14.562	+0.344	13:16:48.353
16	1:14.737	+0.519	13:18:03.090
p17	1:23.450	+9.232	13:19:26.540

(15'') Ingar Olsen

Lap	Lap Tm	Diff	Time of Day
1			12:59:15.727
2	1:15.505	+0.821	13:00:31.232
3	1:14.684		13:01:45.916
4	1:15.214	+0.530	13:03:01.130
5	1:16.558	+1.874	13:04:17.688
p6	1:27.456	+12.772	13:05:45.144

(268) Tone Grasdal

Lap	Lap Tm	Diff	Time of Day
1			13:00:38.000
2	1:17.110	+1.990	13:01:55.110
3	1:16.309	+1.189	13:03:11.419
4	1:16.953	+1.833	13:04:28.372
5	1:16.266	+1.146	13:05:44.638
6	1:16.865	+1.745	13:07:01.503
7	1:15.760	+0.640	13:08:17.263
8	1:15.686	+0.566	13:09:32.949
9	1:15.120		13:10:48.069
10	1:15.710	+0.590	13:12:03.779
p11	1:21.198	+6.078	13:13:24.977

(39) André S. Gjerdengen

Lap	Lap Tm	Diff	Time of Day
1			13:25:25.930
2	1:18.047	+1.319	13:26:43.977
3	1:17.731	+1.003	13:28:01.708
4	1:16.905	+0.177	13:29:18.613
5	1:18.867	+2.139	13:30:37.480
6	1:17.324	+0.596	13:31:54.804
7	1:16.821	+0.093	13:33:11.625
8	1:18.382	+1.654	13:34:30.007
9	1:16.728		13:35:46.735
10	1:16.933	+0.205	13:37:03.668
p11	1:30.223	+13.495	13:38:33.891

(129) Hai-Kim Tran

Lap	Lap Tm	Diff	Time of Day
1			13:23:08.349
2	1:28.064	+2.104	13:24:36.413
3	1:30.618	+4.658	13:26:07.031
4	1:27.641	+1.681	13:27:34.672
5	1:26.050	+0.090	13:29:00.722
6	1:27.056	+1.096	13:30:27.778
7	1:33.628	+7.668	13:32:01.406
8	1:25.960		13:33:27.366
9	1:26.592	+0.632	13:34:53.958
10	1:29.479	+3.519	13:36:23.437
11	1:30.209	+4.249	13:37:53.646
p12	1:45.487	+19.527	13:39:39.133

(5) Øyvind Linstad

Lap	Lap Tm	Diff	Time of Day
1			13:23:13.922
2	1:39.667	+5.800	13:24:53.589
3	1:38.833	+4.966	13:26:32.422

PlasticMC+SMCK heldagstrening

Trening

Vålerbanen 2,262 km

Practice Heat 3 - Alle Klasser

03.08.2015 11:40

Practice started at 12:09:07

Lap	Lap Tm	Diff	Time of Day
4	1:38.671	+4.804	13:28:11.093
5	1:37.416	+3.549	13:29:48.509
6	1:35.910	+2.043	13:31:24.419
7	1:37.602	+3.735	13:33:02.021
8	1:37.175	+3.308	13:34:39.196
9	1:33.867		13:36:13.063
10	1:36.183	+2.316	13:37:49.246
p11	1:51.750	+17.883	13:39:40.996

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