

# Mandagstrening SMCK

## Trening

### Practice Heat 3 - Alle Klasser

Vålerbanen 2,262 km

07.09.2015 19:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(86) Henning S. Flathaug</b>			
1			18:00:33.830
2	<b>1:01.734</b>	+0.872	18:01:35.564
3	<b>1:01.614</b>	+0.752	18:02:37.178
4	<b>1:01.540</b>	+0.678	18:03:38.718
5	<b>3:27.280</b>	+2:26.418	18:07:05.998
6	<b>1:02.218</b>	+1.356	18:08:08.216
7	<b>1:01.489</b>	+0.627	18:09:09.705
8	<b>1:00.862</b>		18:10:10.567
p9	<b>1:07.367</b>	+6.505	18:11:17.934
10	<b>3:07.435</b>	+2:06.573	18:14:25.369
11	<b>1:03.362</b>	+2.500	18:15:28.731
p12	<b>1:13.893</b>	+13.031	18:16:42.624

Lap	Lap Tm	Diff	Time of Day
<b>(9) Audun Gundersen</b>			
1			18:02:21.941
2	<b>1:04.162</b>	+2.416	18:03:26.103
3	<b>1:52.681</b>	+50.935	18:05:18.784
4	<b>1:03.868</b>	+2.122	18:06:22.652
5	<b>1:03.480</b>	+1.734	18:07:26.132
6	<b>1:03.291</b>	+1.545	18:08:29.423
7	<b>1:03.273</b>	+1.527	18:09:32.696
8	<b>1:02.883</b>	+1.137	18:10:35.579
9	<b>1:02.783</b>	+1.037	18:11:38.362
10	<b>1:02.236</b>	+0.490	18:12:40.598
11	<b>1:02.302</b>	+0.556	18:13:42.900
12	<b>1:01.839</b>	+0.093	18:14:44.739
13	<b>1:02.332</b>	+0.586	18:15:47.071
14	<b>1:02.164</b>	+0.418	18:16:49.235
15	<b>1:01.746</b>		18:17:50.981
p16	<b>1:27.838</b>	+26.092	18:19:18.819

Lap	Lap Tm	Diff	Time of Day
<b>(100) Vidar Moe</b>			
1			18:02:43.743
2	<b>1:52.715</b>	+49.778	18:04:36.458
3	<b>1:03.325</b>	+0.388	18:05:39.783
4	<b>1:04.194</b>	+1.257	18:06:43.977
5	<b>1:03.950</b>	+1.013	18:07:47.927
6	<b>1:03.892</b>	+0.955	18:08:51.819
7	<b>1:03.784</b>	+0.847	18:09:55.603
8	<b>1:04.463</b>	+1.526	18:11:00.066
9	<b>1:04.540</b>	+1.603	18:12:04.606
10	<b>1:03.286</b>	+0.349	18:13:07.892
11	<b>1:03.291</b>	+0.354	18:14:11.183
12	<b>1:02.937</b>		18:15:14.120
13	<b>1:03.463</b>	+0.526	18:16:17.583
14	<b>1:03.187</b>	+0.250	18:17:20.770
p15	<b>1:48.074</b>	+45.137	18:19:08.844

Lap	Lap Tm	Diff	Time of Day
<b>(622) Marcia Kowalce</b>			
1			18:44:07.438
2	<b>1:09.615</b>	+5.549	18:45:17.053
3	<b>1:07.253</b>	+3.187	18:46:24.306
4	<b>1:04.377</b>	+0.311	18:47:28.683
5	<b>1:04.202</b>	+0.136	18:48:32.885
6	<b>1:06.481</b>	+2.415	18:49:39.366
7	<b>1:04.830</b>	+0.764	18:50:44.196
8	<b>1:04.180</b>	+0.114	18:51:48.376
9	<b>1:19.000</b>	+14.934	18:53:07.376
10	<b>1:07.252</b>	+3.186	18:54:14.628
11	<b>1:07.160</b>	+3.094	18:55:21.788
12	<b>1:05.601</b>	+1.535	18:56:27.389
13	<b>1:04.066</b>		18:57:31.455
p14	<b>1:28.382</b>	+24.316	18:58:59.837

Lap	Lap Tm	Diff	Time of Day
<b>(200) Bastian Nordhagen Sagen</b>			
1			18:02:23.379
2	<b>1:06.842</b>	+2.622	18:03:30.221
3	<b>1:55.956</b>	+51.736	18:05:26.177
4	<b>1:05.029</b>	+0.809	18:06:31.206
5	<b>1:05.168</b>	+0.948	18:07:36.374
6	<b>1:04.407</b>	+0.187	18:08:40.781
7	<b>1:04.619</b>	+0.399	18:09:45.400
8	<b>1:04.438</b>	+0.218	18:10:49.838
9	<b>1:04.234</b>	+0.014	18:11:54.072
10	<b>1:04.706</b>	+0.486	18:12:58.778
11	<b>1:04.220</b>		18:14:02.998
12	<b>1:05.024</b>	+0.804	18:15:08.022
13	<b>1:05.071</b>	+0.851	18:16:13.093
14	<b>1:04.916</b>	+0.696	18:17:18.009
p15	<b>1:15.676</b>	+11.456	18:18:33.685

Lap	Lap Tm	Diff	Time of Day
<b>(173) Marius Lystad</b>			
1			18:03:28.291
2	<b>1:55.536</b>	+51.172	18:05:23.827
3	<b>1:04.364</b>		18:06:28.191
4	<b>1:05.189</b>	+0.825	18:07:33.380
5	<b>1:04.641</b>	+0.277	18:08:38.021
6	<b>1:05.135</b>	+0.771	18:09:43.156
7	<b>1:04.717</b>	+0.353	18:10:47.873
8	<b>1:04.771</b>	+0.407	18:11:52.644
9	<b>1:05.299</b>	+0.935	18:12:57.943
10	<b>1:04.497</b>	+0.133	18:14:02.440
11	<b>1:06.510</b>	+2.146	18:15:08.950
12	<b>1:04.943</b>	+0.579	18:16:13.893
13	<b>1:04.528</b>	+0.164	18:17:18.421
p14	<b>1:16.983</b>	+12.619	18:18:35.404

Lap	Lap Tm	Diff	Time of Day
<b>(186) Christian Jørgensen</b>			
1			18:00:40.612
2	<b>1:06.839</b>	+1.797	18:01:47.451
3	<b>1:06.715</b>	+1.673	18:02:54.166
4	<b>1:58.130</b>	+53.088	18:04:52.296
5	<b>1:05.488</b>	+0.446	18:05:57.784
6	<b>1:05.170</b>	+0.128	18:07:02.954
7	<b>1:05.211</b>	+0.169	18:08:08.165
8	<b>1:05.042</b>		18:09:13.207
9	<b>1:05.471</b>	+0.429	18:10:18.678
10	<b>1:06.184</b>	+1.142	18:11:24.862
11	<b>1:05.744</b>	+0.702	18:12:30.606
12	<b>1:06.217</b>	+1.175	18:13:36.823
13	<b>1:05.572</b>	+0.530	18:14:42.395
14	<b>1:07.829</b>	+2.787	18:15:50.224
15	<b>1:07.545</b>	+2.503	18:16:57.769
p16	<b>1:19.305</b>	+14.263	18:18:17.074

Lap	Lap Tm	Diff	Time of Day
<b>(161) Per Harry Nordhagen</b>			
1			18:02:25.250
2	<b>1:06.497</b>	+1.452	18:03:31.747
3	<b>1:56.725</b>	+51.680	18:05:28.472
4	<b>1:05.373</b>	+0.328	18:06:33.845
5	<b>1:05.088</b>	+0.043	18:07:38.933
6	<b>1:05.126</b>	+0.081	18:08:44.059
7	<b>1:05.045</b>		18:09:49.104
p8	<b>1:21.820</b>	+16.775	18:11:10.924
9	<b>13:38.264</b>	+12:33.219	18:24:49.188
10	<b>1:48.075</b>	+43.030	18:26:37.263
11	<b>1:45.843</b>	+40.798	18:28:23.106
12	<b>1:42.382</b>	+37.337	18:30:05.488
13	<b>1:42.473</b>	+37.428	18:31:47.961
14	<b>1:42.613</b>	+37.568	18:33:30.574

Lap	Lap Tm	Diff	Time of Day
15	<b>1:45.425</b>	+40.380	18:35:15.999
16	<b>1:45.144</b>	+40.099	18:37:01.143
p17	<b>1:52.323</b>	+47.278	18:38:53.466
<b>(46) Atle G. Syversen</b>			
1			18:03:27.936
2	<b>1:59.085</b>	+53.524	18:05:27.021
3	<b>1:06.541</b>	+0.980	18:06:33.562
4	<b>1:07.438</b>	+1.877	18:07:41.000
5	<b>1:06.056</b>	+0.495	18:08:47.056
6	<b>1:05.957</b>	+0.396	18:09:53.013
7	<b>1:05.913</b>	+0.352	18:10:58.926
8	<b>1:05.694</b>	+0.133	18:12:04.620
9	<b>1:05.561</b>		18:13:10.181
10	<b>1:11.111</b>	+5.550	18:14:21.292
p11	<b>1:16.987</b>	+11.426	18:15:38.279
12	<b>1:26.302</b>	+20.741	18:17:04.581
p13	<b>1:16.679</b>	+11.118	18:18:21.260

Lap	Lap Tm	Diff	Time of Day
<b>(56) Lars Aas</b>			
1			18:02:52.413
2	<b>2:02.938</b>	+56.803	18:04:55.351
3	<b>1:08.050</b>	+1.915	18:06:03.401
4	<b>1:07.713</b>	+1.578	18:07:11.114
5	<b>1:07.803</b>	+1.668	18:08:18.917
6	<b>1:07.959</b>	+1.824	18:09:26.876
7	<b>1:07.924</b>	+1.789	18:10:34.800
8	<b>1:07.502</b>	+1.367	18:11:42.302
9	<b>1:06.135</b>		18:12:48.437
10	<b>1:08.572</b>	+2.437	18:13:57.009
p11	<b>1:27.484</b>	+21.349	18:15:24.493

Lap	Lap Tm	Diff	Time of Day
<b>(40) Tor Henning Molstad</b>			
1			18:45:36.661
2	<b>1:08.044</b>	+0.965	18:46:44.705
3	<b>1:09.374</b>	+2.295	18:47:54.079
4	<b>1:09.118</b>	+2.039	18:49:03.197
5	<b>1:07.822</b>	+0.743	18:50:11.019
6	<b>1:07.079</b>		18:51:18.098
7	<b>1:07.270</b>	+0.191	18:52:25.368
p8	<b>1:15.898</b>	+8.819	18:53:41.266
9	<b>2:07.960</b>	+1:00.881	18:55:49.226
10	<b>1:07.659</b>	+0.580	18:56:56.885
p11	<b>1:16.335</b>	+9.256	18:58:13.220

Lap	Lap Tm	Diff	Time of Day
<b>(284) Tom E. Havik</b>			
1			18:45:24.508
2	<b>1:13.799</b>	+4.483	18:46:38.307
3	<b>1:11.101</b>	+1.785	18:47:49.408
4	<b>1:10.002</b>	+0.686	18:48:59.410
5	<b>1:09.316</b>		18:50:08.726
6	<b>1:09.637</b>	+0.321	18:51:18.363
7	<b>1:09.338</b>	+0.022	18:52:27.701
p8	<b>1:22.292</b>	+12.976	18:53:49.993
p9	<b>1:42.092</b>	+32.776	18:55:32.085

Lap	Lap Tm	Diff	Time of Day
<b>(34) Rune Vangen</b>			
1			18:45:41.430
2	<b>1:14.685</b>	+4.164	18:46:56.115
3	<b>1:10.942</b>	+0.421	18:48:07.057
4	<b>1:11.539</b>	+1.018	18:49:18.596
5	<b>1:11.610</b>	+1.089	18:50:30.206
6	<b>1:10.953</b>	+0.432	18:51:41.159
7	<b>1:10.521</b>		18:52:51.680
8	<b>1:10.693</b>	+0.172	18:54:02.373
p9	<b>1:28.376</b>	+17.855	18:55:30.749

# Mandagstrening SMCK

Trening

Vålerbanen 2,262 km

Practice Heat 3 - Alle Klasser

07.09.2015 19:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(15') Ingar Olsen</b>			
1			18:45:48.031
2	<b>1:14.379</b>	+1.415	18:47:02.410
3	<b>1:14.814</b>	+1.850	18:48:17.224
4	<b>1:15.169</b>	+2.205	18:49:32.393
5	<b>1:12.964</b>		18:50:45.357
6	<b>1:13.757</b>	+0.793	18:51:59.114
7	<b>1:13.966</b>	+1.002	18:53:13.080
p8	<b>1:25.658</b>	+12.694	18:54:38.738

Lap	Lap Tm	Diff	Time of Day
<b>(299) Stig Christian Bjørndal-Riis</b>			
1			18:44:07.846
2	<b>1:19.029</b>	+5.604	18:45:26.875
3	<b>1:14.639</b>	+1.214	18:46:41.514
4	<b>1:13.425</b>		18:47:54.939
5	<b>1:15.968</b>	+2.543	18:49:10.907
6	<b>1:17.248</b>	+3.823	18:50:28.155
7	<b>1:17.569</b>	+4.144	18:51:45.724
p8	<b>1:26.205</b>	+12.780	18:53:11.929
p9	<b>4:19.007</b>	+3:05.582	18:57:30.936

Lap	Lap Tm	Diff	Time of Day
<b>(98) Torbjørn Gundersen</b>			
1			18:45:49.560
2	<b>1:20.946</b>	+1.419	18:47:10.506
3	<b>1:19.832</b>	+0.305	18:48:30.338
4	<b>1:19.557</b>	+0.030	18:49:49.895
5	<b>1:19.527</b>		18:51:09.422
6	<b>1:19.991</b>	+0.464	18:52:29.413
7	<b>1:20.663</b>	+1.136	18:53:50.076
8	<b>1:20.702</b>	+1.175	18:55:10.778
9	<b>1:20.765</b>	+1.238	18:56:31.543
10	<b>1:20.087</b>	+0.560	18:57:51.630
p11	<b>1:43.994</b>	+24.467	18:59:35.624

Lap	Lap Tm	Diff	Time of Day
<b>(76) Janne Nordhagen</b>			
1			18:26:37.262
2	<b>1:45.843</b>	+3.461	18:28:23.105
3	<b>1:42.382</b>		18:30:05.487
4	<b>1:42.473</b>	+0.091	18:31:47.960
5	<b>1:42.613</b>	+0.231	18:33:30.573
6	<b>1:45.425</b>	+3.043	18:35:15.998
7	<b>1:45.144</b>	+2.762	18:37:01.142
p8	<b>1:52.323</b>	+9.941	18:38:53.465

Lap	Lap Tm	Diff	Time of Day
<b>(65) Mikkel Storsveen</b>			
p1			18:48:27.641