

# Heldagstrening SMCK

## Trening 3 heat

## Vålerbanen Racing Circuit 2,274 km

### Practice Heat 3 - Alle Klasser

18.05.2026 11:00

### Practice (1:00:00 Time) started at 11:00:00

Lap	Time of Day	Lap Tm	S1	S2	S3	Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(88) Petter Praner Lien</b>						<b>(96) Anders Valle</b>					
1	11:23:20.753			20.181	22.366	1	11:23:06.866			19.771	21.925
2	11:24:24.651	<b>1:03.898</b>	22.591	19.432	21.875	2	11:24:10.550	<b>1:03.684</b>	21.771	19.442	22.471
3	11:25:30.325	<b>1:05.674</b>	22.933	20.152	22.589	3	11:25:12.508	<b>1:01.958</b>	<b>21.359</b>	19.045	21.554
4	11:26:35.937	<b>1:05.612</b>	23.692	20.276	21.644	4	11:26:14.478	<b>1:01.970</b>	21.603	18.981	<b>21.386</b>
5	11:27:38.437	<b>1:02.500</b>	21.746	19.346	21.408	5	11:27:16.853	<b>1:02.375</b>	21.590	<b>18.946</b>	21.839
6	11:28:43.712	<b>1:05.275</b>	21.862	21.647	21.766	6	11:28:20.694	<b>1:03.841</b>	21.587	19.660	22.594
7	11:29:47.073	<b>1:03.361</b>	21.844	19.819	21.698	7	11:29:26.468	<b>1:05.774</b>	23.881	20.097	21.796
8	11:30:50.570	<b>1:03.497</b>	21.749	19.461	22.287	8	11:30:32.150	<b>1:05.682</b>	21.685	20.825	23.172
9	11:31:57.457	<b>1:06.887</b>	23.783	21.147	21.957	p9	11:31:35.211	<b>1:03.061</b>	23.002	21.567	
10	11:32:59.913	<b>1:02.456</b>	21.808	19.552	21.096	<b>(66) Jørgen Bjørklund</b>					
11	11:34:02.805	<b>1:02.892</b>	21.032	19.986	21.874	1	11:23:29.936			20.213	22.500
12	11:35:03.699	<b>1:00.894</b>	<b>20.746</b>	<b>18.738</b>	21.410	2	11:24:34.308	<b>1:04.372</b>	22.377	19.865	22.130
13	11:36:05.487	<b>1:01.788</b>	21.301	19.400	<b>21.087</b>	3	11:25:38.211	<b>1:03.903</b>	22.283	19.690	21.930
p14	11:37:09.125	<b>1:03.638</b>	21.499	23.053		4	11:26:41.146	<b>1:02.935</b>	21.991	<b>19.308</b>	<b>21.636</b>
<b>(71) Terje Teigum Valaker</b>						5	11:27:45.383	<b>1:04.237</b>	21.703	20.067	22.467
1	11:22:59.604			19.767	21.264	6	11:28:48.362	<b>1:02.979</b>	21.878	19.363	21.738
2	11:24:00.983	<b>1:01.379</b>	21.182	19.070	21.127	7	11:29:50.921	<b>1:02.559</b>	<b>21.253</b>	19.511	21.795
3	11:25:04.626	<b>1:03.643</b>	21.255	19.646	22.742	8	11:30:53.702	<b>1:02.781</b>	21.349	19.410	22.022
4	11:26:07.828	<b>1:03.202</b>	22.362	19.503	21.337	9	11:31:58.502	<b>1:04.800</b>	21.949	20.799	22.052
p5	11:27:13.566	<b>1:05.738</b>	21.907	19.517	21.337	10	11:33:03.797	<b>1:05.295</b>	22.316	21.111	21.868
6	11:28:46.411	<b>1:32.845</b>		19.503	21.319	p11	11:34:04.375	<b>1:00.578</b>	22.016	19.954	
7	11:29:49.141	<b>1:02.730</b>	21.096	19.298	22.336	<b>(2) Arne Johan Torvik</b>					
p8	11:30:48.978	<b>59.837</b>	21.455	19.878		1	11:27:57.327			20.643	22.668
9	11:33:13.181	<b>2:24.203</b>		20.819	21.564	2	11:29:02.798	<b>1:05.471</b>	22.437	20.373	22.661
10	11:34:14.414	<b>1:01.233</b>	<b>20.924</b>	19.028	21.281	3	11:30:07.423	<b>1:04.625</b>	22.080	20.385	22.160
11	11:35:15.464	<b>1:01.050</b>	21.016	<b>18.987</b>	<b>21.047</b>	4	11:31:11.493	<b>1:04.070</b>	21.802	20.029	22.239
12	11:36:20.045	<b>1:04.581</b>	22.057	20.468	22.056	5	11:32:15.367	<b>1:03.874</b>	21.878	19.926	22.070
p13	11:37:50.005	<b>1:29.960</b>	22.043	48.042		6	11:33:20.240	<b>1:04.873</b>	21.873	20.477	22.523
<b>(42) Thomas Bergstrøm</b>						7	11:34:23.545	<b>1:03.305</b>	21.732	19.748	21.825
1	11:23:02.701			19.685	21.832	8	11:35:26.814	<b>1:03.269</b>	21.809	19.611	21.849
2	11:24:05.654	<b>1:02.953</b>	21.434	19.902	21.617	9	11:36:29.480	<b>1:02.666</b>	<b>21.396</b>	<b>19.499</b>	<b>21.771</b>
3	11:25:07.163	<b>1:01.509</b>	<b>20.943</b>	<b>19.162</b>	<b>21.404</b>	p10	11:37:48.463	<b>1:18.983</b>	21.630	30.920	
4	11:26:09.158	<b>1:01.995</b>	21.109	19.179	21.707	<b>(77-) Erik Myhre</b>					
5	11:27:11.062	<b>1:01.904</b>	21.048	19.361	21.495	1	11:23:02.558			20.029	22.211
6	11:28:13.639	<b>1:02.577</b>	21.361	19.438	21.778	2	11:24:06.138	<b>1:03.580</b>	22.154	19.528	21.898
p7	11:29:12.223	<b>58.584</b>	22.065	19.661		3	11:25:08.832	<b>1:02.694</b>	21.263	19.610	<b>21.821</b>
<b>(73) Svein Rognmo</b>						4	11:26:11.670	<b>1:02.838</b>	21.046	<b>19.334</b>	22.458
1	11:22:58.753			19.564	21.363	5	11:27:14.397	<b>1:02.727</b>	21.149	19.342	22.236
2	11:24:00.367	<b>1:01.614</b>	21.296	19.107	<b>21.211</b>	6	11:28:18.163	<b>1:03.766</b>	21.608	19.732	22.426
3	11:25:03.992	<b>1:03.625</b>	21.311	19.726	22.588	7	11:29:21.883	<b>1:03.720</b>	21.277	19.588	22.855
4	11:26:06.212	<b>1:02.220</b>	21.544	19.051	21.625	8	11:30:26.123	<b>1:04.240</b>	21.637	19.646	22.957
p5	11:27:12.431	<b>1:06.219</b>	21.301	19.266		9	11:31:29.622	<b>1:03.499</b>	21.466	19.602	22.431
6	11:28:46.002	<b>1:33.571</b>		19.565	21.525	10	11:32:35.261	<b>1:05.639</b>	21.720	20.861	23.058
7	11:29:48.660	<b>1:02.658</b>	21.159	19.201	22.298	11	11:33:39.166	<b>1:03.905</b>	21.764	19.875	22.266
8	11:30:51.139	<b>1:02.479</b>	21.485	19.132	21.862	12	11:34:41.898	<b>1:02.732</b>	21.206	19.454	22.072
9	11:31:56.179	<b>1:05.040</b>	23.131	20.188	21.721	13	11:35:45.074	<b>1:03.176</b>	<b>21.025</b>	19.588	22.563
10	11:32:57.767	<b>1:01.588</b>	<b>21.153</b>	19.010	21.425	p14	11:36:49.145	<b>1:04.071</b>	24.129	22.138	
11	11:34:01.245	<b>1:03.478</b>	22.527	19.429	21.522	<b>(41) Odd-Roar Sundet</b>					
12	11:35:03.264	<b>1:02.019</b>	21.226	19.107	21.686	1	11:24:49.395			19.957	22.350
p13	11:36:00.937	<b>57.673</b>	21.439	<b>18.895</b>		2	11:25:54.127	<b>1:04.732</b>	22.216	20.032	22.484
<b>(17-) Helge Spjeldnes</b>						3	11:26:56.842	<b>1:02.715</b>	21.569	<b>19.395</b>	21.751
1	11:24:30.105			21.144	23.244	4	11:27:59.826	<b>1:02.984</b>	21.937	19.407	<b>21.640</b>
2	11:25:36.535	<b>1:06.430</b>	22.378	21.740	22.312	5	11:29:03.685	<b>1:03.859</b>	<b>21.546</b>	19.747	22.566
3	11:26:38.963	<b>1:02.428</b>	21.704	19.251	21.473	6	11:30:07.645	<b>1:03.960</b>	21.730	20.108	22.122
4	11:27:42.214	<b>1:03.251</b>	22.814	<b>18.963</b>	21.474	p7	11:31:11.148	<b>1:03.503</b>	22.012	20.469	
5	11:28:43.833	<b>1:01.619</b>	21.206	19.054	<b>21.359</b>	p8	11:33:28.876	<b>2:17.728</b>		19.786	
6	11:29:48.461	<b>1:04.628</b>	21.917	20.286	22.425	<b>(636) Dan-Axel Nord Kristoffersen</b>					
7	11:30:51.949	<b>1:03.488</b>	<b>20.914</b>	20.531	22.043	1	11:23:02.147			20.376	22.100
p8	11:31:54.588	<b>1:02.639</b>	22.876	21.271		2	11:24:06.006	<b>1:03.859</b>	21.707	19.846	22.306
						3	11:25:10.007	<b>1:04.001</b>	22.093	19.873	22.035

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## Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

### Practice Heat 3 - Alle Klasser

18.05.2026 11:00

Practice (1:00:00 Time) started at 11:00:00

Lap	Time of Day	Lap Tm	S1	S2	S3	Lap	Time of Day	Lap Tm	S1	S2	S3
4	11:26:13.307	1:03.300	21.503	20.003	21.794	5	11:29:25.220	1:04.827	22.394	19.858	22.575
5	11:27:16.299	1:02.992	21.445	19.739	21.808	6	11:30:31.525	1:06.305	22.657	20.746	22.902
6	11:28:20.184	1:03.885	21.364	19.907	22.614	7	11:31:38.929	1:07.404	22.896	21.431	23.077
7	11:29:23.885	1:03.701	21.508	20.157	22.036	8	11:32:44.353	1:05.424	22.838	20.235	22.351
8	11:30:27.636	1:03.751	21.588	20.324	21.839	p9	11:33:48.785	1:04.432	22.233	20.104	
9	11:31:30.442	1:02.806	21.439	19.785	21.582						
10	11:32:35.299	1:04.857	21.382	20.758	22.717						
11	11:33:40.229	1:04.930	22.314	20.473	22.143						
p12	11:34:39.909	59.680	21.971	20.126							
13	11:36:11.054	1:31.145		20.008	21.635						
p14	11:37:18.043	1:06.989	21.813	24.557							
<b>(58) Odd Joar Berg</b>						<b>(30) Jon Terje Ødegaard</b>					
1	11:23:41.297			20.842	23.216	1	11:23:42.619			20.942	23.091
2	11:24:48.177	1:06.880	23.386	20.301	23.193	2	11:24:48.858	1:06.239	22.992	20.367	22.880
3	11:25:53.170	1:04.993	22.372	20.390	22.231	3	11:25:55.445	1:06.587	22.539	20.582	23.466
4	11:26:56.650	1:03.480	22.119	19.369	21.992	4	11:27:00.814	1:05.369	22.529	20.351	22.489
5	11:28:00.552	1:03.902	21.822	20.077	22.003	5	11:28:05.880	1:05.066	22.259	20.428	22.379
6	11:29:05.251	1:04.699	21.896	20.416	22.387	6	11:29:11.754	1:05.874	22.192	20.769	22.913
7	11:30:09.384	1:04.133	22.079	20.021	22.033	p7	11:30:15.858	1:04.104	22.699	21.007	
8	11:31:14.173	1:04.789	22.209	19.765	22.815						
p9	11:32:15.950	1:01.777	22.144	20.101							
10	11:33:58.017	1:42.067		20.307	23.825						
p11	11:35:00.941	1:02.924	21.967	19.944							
<b>(99) Kent-Erik Løken Tøllefsen</b>						<b>(52) Glenn Christensen</b>					
1	11:24:51.946			21.032	22.910	1	11:23:50.849			20.938	23.004
2	11:25:57.271	1:05.325	22.234	20.654	22.437	2	11:24:57.036	1:06.187	23.167	20.402	22.618
3	11:27:01.931	1:04.660	22.078	20.395	22.187	3	11:26:02.201	1:05.165	22.390	20.408	22.367
4	11:28:06.081	1:04.150	21.797	20.189	22.164	4	11:27:10.802	1:08.601	23.310	21.003	24.288
5	11:29:10.461	1:04.380	22.417	19.980	21.983	5	11:28:18.439	1:07.637	24.142	20.374	23.121
6	11:30:15.045	1:04.584	21.598	20.871	22.115	6	11:29:24.676	1:06.237	22.405	20.676	23.156
7	11:31:19.909	1:04.864	21.873	20.763	22.228	7	11:30:31.195	1:06.519	22.760	20.781	22.978
8	11:32:23.626	1:03.717	21.603	19.999	22.115	8	11:31:39.367	1:08.172	22.986	21.985	23.201
p9	11:33:27.877	1:04.251	22.476	20.545		9	11:32:45.601	1:06.234	22.937	20.795	22.502
						p10	11:33:51.204	1:05.603	23.635	20.375	
<b>(53) Ove Einar Reinton</b>						<b>(54) Stian Lehne</b>					
1	11:24:10.825			21.131	23.392	1	11:24:52.300			20.736	22.974
2	11:25:16.389	1:05.564	22.948	20.155	22.461	2	11:25:57.690	1:05.390	22.418	20.437	22.535
3	11:26:21.062	1:04.673	22.414	19.884	22.375	3	11:27:04.841	1:07.151	23.737	20.109	23.305
4	11:27:25.012	1:03.950	21.900	19.944	22.106	4	11:28:58.064	1:53.223	23.074	21.321	23.240
5	11:28:29.331	1:04.319	21.634	20.206	22.479	p5	11:29:59.877	1:01.813	22.476	20.597	
6	11:29:33.526	1:04.195	21.773	20.058	22.364	6	11:31:50.447	1:50.570	22.885	20.885	22.536
7	11:30:41.159	1:07.633	22.245	21.702	23.686	7	11:32:56.958	1:06.511	22.470	20.614	23.427
8	11:31:45.364	1:04.205	21.833	20.057	22.315	p8	11:33:58.240	1:01.282	23.021	20.440	
9	11:32:50.113	1:04.749	22.138	20.165	22.446						
p10	11:33:53.306	1:03.193	21.950	20.218							
<b>(12) Raste Skoglund</b>						<b>(76) Khanh Quoc Dang</b>					
1	11:24:53.811			20.957	22.947	1	11:23:49.721			20.551	23.329
2	11:25:59.485	1:05.674	22.726	20.128	22.820	2	11:24:55.227	1:05.506	22.614	20.230	22.662
3	11:27:05.015	1:05.530	22.311	20.173	23.046	3	11:26:01.006	1:05.779	22.857	20.254	22.668
4	11:28:11.997	1:06.982	23.304	21.066	22.612	4	11:27:07.577	1:06.571	23.434	20.618	22.519
5	11:29:16.924	1:04.927	22.345	20.329	22.253	5	11:28:13.454	1:05.877	22.710	20.358	22.809
6	11:30:22.625	1:05.701	22.152	20.837	22.712	6	11:29:22.417	1:08.963	23.572	21.428	23.963
7	11:31:28.373	1:05.748	22.361	20.430	22.957	7	11:30:30.445	1:08.028	23.208	21.356	23.464
8	11:32:34.592	1:06.219	22.691	20.903	22.625	8	11:31:37.334	1:06.889	23.397	20.925	22.567
9	11:33:40.098	1:05.506	22.478	20.617	22.411	9	11:32:42.974	1:05.640	22.746	20.348	22.546
10	11:34:44.072	1:03.974	21.849	20.103	22.022	p10	11:33:47.768	1:04.794	22.348	20.829	
p11	11:35:45.908	1:01.836	22.582	20.615							
<b>(28) Roger Kristensen</b>						<b>(188) Martin Ludwig Præner Lien</b>					
1	11:25:04.364			21.473	23.143	1	11:23:17.799			20.609	23.083
2	11:26:09.503	1:05.139	22.344	20.240	22.555	2	11:24:24.149	1:06.350	23.453	20.295	22.602
3	11:27:14.551	1:05.048	22.485	19.829	22.734	3	11:25:29.951	1:05.802	23.127	19.907	22.768
4	11:28:20.393	1:05.842	22.628	20.014	23.200	4	11:26:38.477	1:08.526	23.666	21.339	23.521
						5	11:27:46.178	1:07.701	23.633	21.165	22.903
						6	11:28:53.903	1:07.725	23.533	21.110	23.082
						7	11:29:59.607	1:05.704	22.795	20.200	22.709
						8	11:31:06.167	1:06.560	23.133	20.425	23.002
						9	11:32:12.722	1:06.555	23.259	20.370	22.926
						p10	11:33:16.376	1:03.654	23.453	20.781	
<b>(93) Aleksander Offerdal</b>											
1	11:25:04.364			21.473	23.143	1	11:23:26.038				
2	11:26:09.503	1:05.139	22.344	20.240	22.555	2	11:24:34.192	1:08.154		1:29.612	23.670
3	11:27:14.551	1:05.048	22.485	19.829	22.734	3	11:25:40.733	1:06.541	23.598	20.329	22.614
4	11:28:20.393	1:05.842	22.628	20.014	23.200	4	11:26:48.600	1:07.867	24.061	20.307	23.499

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## Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

### Practice Heat 3 - Alle Klasser

18.05.2026 11:00

### Practice (1:00:00 Time) started at 11:00:00

Lap	Time of Day	Lap Tm	S1	S2	S3
5	11:27:55.497	1:06.897	23.490	20.362	23.045
6	11:29:04.235	1:08.738	23.271		
7	11:30:13.218	1:08.983	23.582	21.551	23.850
p8	11:31:21.212	1:07.994	23.395	20.817	

Lap	Time of Day	Lap Tm	S1	S2	S3
5	11:29:21.860	1:08.748	23.671	21.125	23.952
6	11:30:30.016	1:08.156	23.235	21.486	23.435
7	11:31:38.733	1:08.717	23.535	21.605	23.577
8	11:32:46.742	1:08.009	23.239	21.324	23.446
p9	11:33:52.541	1:05.799	23.275	20.968	

(94) Viljar Pålhaugen

1	11:09:23.409			42.125	42.491
2	11:11:25.095	2:01.686	41.858	38.027	41.801
3	11:13:17.980	1:52.885	38.679	35.325	38.881
4	11:15:27.793	2:09.813	41.125	42.071	46.617
5	11:17:42.362	2:14.569	54.142	39.688	40.739
p6	11:19:36.500	1:54.138	38.044	41.939	
7	11:42:07.854	22:31.354		22.041	23.847
8	11:43:16.333	1:08.479	22.968	21.341	24.170
9	11:44:23.032	1:06.699	23.071	20.575	23.053
10	11:45:38.190	1:15.158	25.367	26.377	23.414
11	11:46:45.540	1:07.350	22.656	20.227	24.467
12	11:47:52.618	1:07.078	23.974	19.805	23.299
13	11:49:03.465	1:10.847	26.206	20.652	23.989
p14	11:50:06.825	1:03.360	22.789	20.187	

(34) Stina Ringnes

1	11:03:26.710			22.709	24.299
2	11:04:34.996	1:08.286	23.049	21.410	23.827
3	11:05:43.705	1:08.709	24.255	21.010	23.444
4	11:06:51.931	1:08.226	23.190	21.101	23.935
5	11:08:04.339	1:12.408	24.434	22.923	25.051
6	11:09:16.002	1:11.663	24.185	21.207	26.271
7	11:10:25.237	1:09.235	23.997	21.449	23.789
8	11:11:35.868	1:10.631	23.615	21.424	25.592
9	11:12:47.246	1:11.378	24.545	23.131	23.702
10	11:13:55.572	1:08.326	23.651	21.254	23.421
11	11:15:06.717	1:11.145	23.556	22.643	24.946
12	11:16:16.799	1:10.082	23.371	22.241	24.470
13	11:17:26.274	1:09.475	23.536	21.539	24.400
14	11:18:37.844	1:11.570	25.110	21.992	24.468
p15	11:19:49.009	1:11.165	23.495	21.756	

(149) Ove Magne Berge

1	11:23:13.291			21.172	24.099
2	11:24:21.524	1:08.233	23.853	21.021	23.359
3	11:25:29.269	1:07.745	23.281	20.883	23.581
4	11:26:38.426	1:09.157	23.874	21.448	23.835
5	11:27:45.333	1:06.907	23.139	20.671	23.097
p6	11:28:50.339	1:05.006	23.996	20.532	
7	11:30:50.162	1:59.823		21.553	23.968
8	11:31:57.834	1:07.672	23.898	20.885	22.889
9	11:33:05.427	1:07.593	22.839	21.300	23.454
p10	11:34:08.653	1:03.226	23.006	20.641	

(6) Bjørnar Sand

1	11:43:04.668			21.759	24.629
2	11:44:13.328	1:08.660	23.868	20.993	23.799
3	11:45:29.598	1:16.270	24.651	25.932	25.687
4	11:46:40.847	1:11.249	24.103	21.815	25.331
5	11:47:52.064	1:11.217	23.583	21.463	26.171
6	11:49:04.072	1:12.008	24.004	22.151	25.853
7	11:50:13.601	1:09.529	23.862	20.257	25.410

(70) Tore Stene

1	11:41:52.436			22.116	23.567
2	11:43:01.597	1:09.161	24.555	21.035	23.571
3	11:44:09.755	1:08.158	23.945	20.841	23.372
4	11:45:18.870	1:09.115	23.966	21.594	23.555
5	11:46:29.433	1:10.563	26.178	20.747	23.638
6	11:47:37.812	1:08.379	23.176	22.090	23.113
7	11:48:45.885	1:08.073	24.590	20.745	22.738
8	11:49:53.168	1:07.283	22.316	21.086	23.881

(811) Finn Kristiansen

1	11:44:22.628			22.190	24.343
2	11:45:40.895	1:18.267	26.142	27.901	24.224
3	11:46:54.491	1:13.596	27.543	22.018	24.035
4	11:48:03.253	1:08.762	23.999	20.907	23.856
5	11:49:13.739	1:10.486	24.557	21.867	24.062
6	11:50:29.931	1:16.192	24.661	24.850	26.681

(100) Vidar Moe

1	11:46:40.988			24.239	25.969
2	11:47:52.485	1:11.497	24.397	21.776	25.324
3	11:49:06.024	1:13.539	25.816	21.865	25.858
4	11:50:17.666	1:11.642	25.135	21.600	24.907
5	11:55:41.506	4:04.721	4:38.070	21.763	24.007
6	11:56:50.021	1:08.515	23.457	21.341	23.717
7	11:57:57.702	1:07.681	23.303	21.081	23.297
p8	11:59:01.411	1:03.709	23.141	21.039	

(83) Didrik Helgesen

1	11:24:49.526			23.208	24.785
2	11:25:59.771	1:10.245	24.024	21.967	24.254
3	11:27:10.670	1:10.899	24.275	22.056	24.568
4	11:28:20.297	1:09.627	23.919	21.863	23.845
5	11:29:30.120	1:09.823	23.995	21.535	24.293
6	11:30:41.193	1:11.073	23.865	23.188	24.020
7	11:31:52.420	1:11.227	24.350	22.874	24.003
8	11:33:05.241	1:32.821	23.743	43.908	25.170
9	11:34:16.000	1:10.759	24.293	22.617	23.849
p10	11:35:27.411	1:07.411	23.748	22.613	

(10) Kim Helge Haga Ovnan

1	11:43:26.838			23.609	25.265
2	11:44:37.414	1:10.576	24.856	21.613	24.107
3	11:45:50.072	1:12.658	25.117	21.128	26.413
4	11:46:59.893	1:09.821	23.826	21.991	24.004
5	11:48:07.722	1:07.829	23.601	20.650	23.578
6	11:49:17.526	1:09.804	23.537	20.948	25.319

(13) Mathias Skilbrei Finden

1	11:04:02.061			24.291	26.602
2	11:05:15.357	1:13.296	25.441	22.659	25.196
3	11:06:29.022	1:13.665	24.819	23.670	25.176
4	11:07:45.815	1:16.793	27.991	24.147	24.655
5	11:08:57.326	1:11.511	24.699	22.654	24.158
6	11:10:07.757	1:10.431	24.638	21.932	23.861
7	11:11:21.730	1:13.973	26.557	22.749	24.667
8	11:12:33.764	1:12.034	24.203	22.388	25.443
9	11:13:46.185	1:12.421	24.093	22.633	25.695
10	11:14:58.771	1:12.586	25.538	22.358	24.690
11	11:16:12.177	1:13.406	25.763	23.436	24.207
12	11:17:25.868	1:13.691	24.352	24.127	25.212
13	11:18:38.073	1:12.205	25.167	21.948	25.090

(84) Andre Skjelbred

1	11:24:45.515			22.212	24.256
2	11:25:55.288	1:09.773	24.194	21.681	23.898
3	11:27:04.563	1:09.275	24.165	21.516	23.594
4	11:28:13.112	1:08.549	23.624	21.370	23.555

## Heldagstrening SMCK

### Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

### Practice Heat 3 - Alle Klasser

18.05.2026 11:00

Practice (1:00:00 Time) started at 11:00:00

Lap	Time of Day	Lap Tm	S1	S2	S3
p14	11:19:54.516	1:16.443	26.952	26.316	
<b>(57) Hans Bergström</b>					
1	11:42:46.147			22.787	25.286
2	11:44:03.190	1:17.043	27.538	23.802	25.703
3	11:45:18.421	1:15.231	26.774	23.081	25.376
4	11:46:29.429	1:11.008	24.894	21.877	24.237
5	11:47:42.142	1:12.713	24.860	22.382	25.471
6	11:48:52.623	1:10.481	24.563	21.871	24.047
7	11:50:03.896	1:11.273	24.723	21.700	24.850

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(-71) Alf Erling Johansen</b>					
1	11:42:45.492			23.015	25.309
2	11:44:03.026	1:17.534	27.811	23.429	26.294
3	11:45:15.316	1:12.290	26.232	21.915	24.143
4	11:46:25.884	1:10.568	24.796	21.420	24.352
5	11:47:36.848	1:10.964	25.465	21.696	23.803
6	11:48:48.432	1:11.584	25.712	21.911	23.961
7	11:49:59.920	1:11.488	24.366	21.277	25.845

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(52-) Stein Arne Jenssen</b>					
1	11:42:44.679			22.873	25.476
2	11:44:04.092	1:19.413	28.327	24.157	26.929
3	11:45:19.786	1:15.694	28.654	22.212	24.828
4	11:46:33.230	1:13.444	26.160	22.651	24.633
5	11:47:44.558	1:11.328	24.272	22.430	24.626
6	11:48:55.528	1:10.970	24.541	22.303	24.126
7	11:50:12.958	1:17.430	24.534	22.043	30.853
8	11:56:16.825	4:43.173	5:16.130	22.836	24.901
9	11:57:29.480	1:12.655	25.909	22.231	24.515
10	11:58:41.598	1:12.118	25.947	22.108	24.063
p11	11:59:52.595	1:10.997	24.686	22.183	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(51) Børre Skumlien</b>					
1	11:43:00.881			23.906	27.133
2	11:44:12.197	1:11.316	26.383	21.425	23.508
3	11:45:30.139	1:17.942	25.238	27.046	25.658
4	11:46:46.315	1:16.176	25.587	23.896	26.693
5	11:48:01.440	1:15.125	26.086	23.032	26.007

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(75) Pål Laukli</b>					
1	11:43:07.243			22.963	25.434
2	11:44:20.657	1:13.414	25.539	22.326	25.549
3	11:45:40.507	1:19.850	27.468	27.450	24.932
4	11:46:56.836	1:16.329	27.438	23.003	25.888
5	11:48:09.936	1:13.100	25.566	22.355	25.179
p6	11:49:19.258	1:09.322	25.481	22.247	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(50) Tor Christensen</b>					
1	11:44:09.806			24.029	26.108
2	11:45:29.502	1:19.696	27.036	26.518	26.142
3	11:46:45.330	1:15.828	25.913	23.670	26.245
4	11:48:00.958	1:15.628	26.594	23.001	26.033
5	11:49:16.809	1:15.851	26.020	23.505	26.326
6	11:56:03.527	5:26.601		23.887	25.504
7	11:57:16.664	1:13.137	25.525	22.483	25.129
8	11:58:29.894	1:13.230	25.752	22.831	24.647
p9	11:59:41.336	1:11.442	25.810	23.096	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(11) Danny Dang</b>					
1	11:03:01.600			23.945	25.913
2	11:04:16.747	1:15.147	25.667	22.708	26.772
3	11:05:33.849	1:17.102	27.257	23.776	26.069
4	11:06:49.758	1:15.909	26.121	22.471	27.317
5	11:08:05.187	1:15.429	26.310	22.942	26.177
6	11:09:20.698	1:15.511	26.075	23.281	26.155

Lap	Time of Day	Lap Tm	S1	S2	S3
7	11:10:35.233	1:14.535	25.448	22.817	26.270
8	11:11:49.910	1:14.677	26.203	22.606	25.868
9	11:13:06.348	1:16.438	26.259	23.585	26.594
p10	11:14:22.939	1:16.591	27.145	23.580	
<b>(95) Emre Gjelsvik-Bakke</b>					
1	11:04:16.547			25.231	27.626
2	11:05:33.220	1:16.673	26.836	23.571	26.266
3	11:06:50.433	1:17.213	26.250	23.290	27.673
4	11:08:05.936	1:15.503	26.257	23.208	26.038
5	11:09:21.241	1:15.305	25.582	23.542	26.181
6	11:10:35.940	1:14.699	25.410	23.053	26.236
p7	11:12:41.144	2:05.204	25.787	1:10.131	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(85) Linn T.</b>					
1	11:04:34.486			24.211	27.238
2	11:05:52.420	1:17.934	27.762	23.640	26.532
3	11:07:11.374	1:18.954	27.999	23.887	27.068
4	11:08:28.805	1:17.431	27.154	23.787	26.490
5	11:09:45.550	1:16.745	26.745	23.300	26.700
6	11:11:02.114	1:16.564	26.164	23.761	26.639
7	11:12:20.098	1:17.984	27.437	24.101	26.446
8	11:13:35.519	1:15.421	26.125	23.077	26.219
9	11:14:53.409	1:17.890	26.438	23.753	27.699
p10	11:16:05.145	1:11.736	26.204	23.662	
11	11:44:02.733	27:57.588		23.611	26.396
12	11:45:18.388	1:15.655	26.850	23.005	25.800
13	11:46:35.952	1:17.564	27.245	24.249	26.070
14	11:47:51.921	1:15.969	26.482	23.153	26.334
15	11:49:08.597	1:16.676	26.698	23.514	26.464
16	11:50:29.963	1:21.366	28.913	25.198	27.255
17	11:55:49.040	4:00.118	4:28.597	24.247	26.233
p18	11:57:02.910	1:13.870	26.813	25.266	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(14) Jenny Hagen Jensen</b>					
1	11:03:46.782			25.130	28.481
2	11:05:09.311	1:22.529	28.893	25.955	27.681
3	11:06:28.630	1:19.319	27.573	24.244	27.502
4	11:07:48.810	1:20.180	28.198	24.748	27.234
5	11:09:10.908	1:22.098	27.308	25.854	28.936
6	11:10:29.419	1:18.511	27.195	24.161	27.155
7	11:11:47.628	1:18.209	26.885	24.182	27.142
8	11:13:08.374	1:20.746	27.480	25.365	27.901
9	11:14:27.393	1:19.019	27.493	24.339	27.187
10	11:15:45.030	1:17.637	26.933	24.295	26.409
11	11:17:04.957	1:19.927	29.273	23.987	26.667
12	11:18:21.885	1:16.928	26.714	23.774	26.440
p13	11:19:47.135	1:25.250	26.316	24.615	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(96-) Andre Mathias Østli</b>					
1	11:42:00.112			24.602	28.375
2	11:43:19.329	1:19.217	27.109	24.098	28.010
3	11:44:37.076	1:17.747	27.172	23.910	26.665
4	11:45:55.661	1:18.585	27.099	23.425	28.061
5	11:47:14.442	1:18.781	27.622	24.132	27.027
6	11:48:33.792	1:19.350	26.450	23.299	29.601
7	11:49:53.304	1:19.512	27.443	22.955	29.114

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(669) Ina Stylo</b>					
1	11:43:33.053			27.019	30.377
2	11:44:58.339	1:25.286	29.880	26.164	29.242
3	11:46:23.455	1:25.116	30.025	25.617	29.474
4	11:47:44.516	1:21.061	28.542	24.305	28.214
5	11:49:06.482	1:21.966	28.132	25.199	28.635
p6	11:50:26.304	1:19.822	30.135	24.422	

# Heldagstrening SMCK

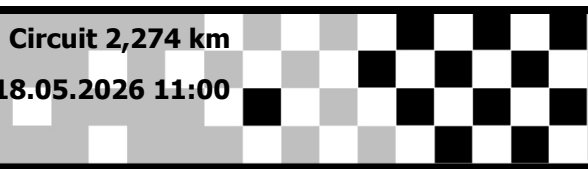
Trening 3 heat

Vålerbanen Racing Circuit 2,274 km

Practice Heat 3 - Alle Klasser

18.05.2026 11:00

Practice (1:00:00 Time) started at 11:00:00



Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(41-) Adrian Sundet</b>					
1	11:04:34.791			27.341	29.079
2	11:05:58.107	<b>1:23.316</b>	29.163	25.935	28.218
3	11:07:20.148	<b>1:22.041</b>	28.044	26.189	<b>27.808</b>
4	11:08:43.024	<b>1:22.876</b>	29.010	26.036	27.830
5	11:10:05.401	<b>1:22.377</b>	27.668	26.777	27.932
6	11:11:26.464	<b>1:21.063</b>	<b>27.442</b>	25.806	27.815
p7	11:12:55.772	<b>1:29.308</b>	33.654	<b>25.136</b>	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(77) Frank Egil Rånes</b>					
p1	11:42:41.648				35.405

<b>(81) Hoai Bao Nguyen</b>					
1	11:03:57.811			28.255	31.925
2	11:05:22.725	<b>1:24.914</b>	30.294	25.628	28.992
3	11:06:47.147	<b>1:24.422</b>	30.082	25.781	28.559
4	11:08:11.199	<b>1:24.052</b>	30.010	25.189	28.853
5	11:09:33.382	<b>1:22.183</b>	28.959	<b>25.068</b>	28.156
6	11:10:57.878	<b>1:24.496</b>	29.863	25.488	29.145
7	11:12:20.863	<b>1:22.985</b>	29.448	25.731	<b>27.806</b>
8	11:13:44.925	<b>1:24.062</b>	29.525	25.779	28.758
9	11:15:07.880	<b>1:22.955</b>	<b>28.625</b>	25.832	28.498
10	11:16:32.604	<b>1:24.724</b>	29.991	26.062	28.671
p11	11:17:56.512	<b>1:23.908</b>	29.587	26.437	

<b>(82-3) Maksymilian Alex Czaplá</b>					
1	11:03:31.686			30.831	31.243
2	11:05:01.109	<b>1:29.423</b>	30.325	28.553	30.545
3	11:06:28.183	<b>1:27.074</b>	29.196	27.658	30.220
4	11:07:54.833	<b>1:26.650</b>	29.383	27.811	29.456
p5	11:09:21.134	<b>1:26.301</b>	29.259	27.773	
6	11:12:26.109	<b>3:04.975</b>		27.824	29.135
7	11:13:49.516	<b>1:23.407</b>	28.241	26.662	28.504
8	11:15:13.567	<b>1:24.051</b>	27.813	26.505	29.733
9	11:16:36.290	<b>1:22.723</b>	28.257	<b>26.255</b>	<b>28.211</b>
10	11:18:00.370	<b>1:24.080</b>	<b>27.783</b>	26.790	29.507
p11	11:19:44.684	<b>1:44.314</b>	31.980	34.586	

<b>(33) Bjørn Hasli</b>					
1	11:45:38.573			30.320	32.138
2	11:47:05.727	<b>1:27.154</b>	30.115	27.584	<b>29.455</b>
3	11:48:33.406	<b>1:27.679</b>	29.563	27.867	30.249
p4	11:49:55.282	<b>1:21.876</b>	<b>29.511</b>	<b>26.833</b>	

<b>(82-5) Eirik Viste Sotlien</b>					
1	11:45:55.814			31.850	36.380
2	11:47:31.852	<b>1:36.038</b>	34.015	29.190	<b>32.833</b>
3	11:49:05.031	<b>1:33.179</b>	<b>32.152</b>	<b>28.087</b>	32.940

<b>(82-2) Emil Thomassen Bøler</b>					
1	11:03:42.702			29.681	35.461
2	11:05:18.333	<b>1:35.631</b>	32.321	29.971	33.339
3	11:06:53.131	<b>1:34.798</b>	32.888	29.293	32.617
4	11:08:29.226	<b>1:36.095</b>	33.421	29.089	33.585
5	11:10:06.136	<b>1:36.910</b>	33.250	30.121	33.539
6	11:11:40.450	<b>1:34.314</b>	32.267	28.728	33.319
7	11:13:17.064	<b>1:36.614</b>	32.851	29.136	34.627
8	11:14:51.231	<b>1:34.167</b>	31.957	28.976	33.234
9	11:16:24.781	<b>1:33.550</b>	32.197	<b>28.571</b>	32.782
10	11:17:57.963	<b>1:33.182</b>	<b>31.767</b>	28.872	<b>32.543</b>
p11	11:19:43.324	<b>1:45.361</b>	33.554	34.564	

<b>(82-4) Emira Pålhaugen</b>					
1	11:09:22.034			41.882	42.446
2	11:11:23.443	<b>2:01.409</b>	41.655	37.849	41.905
3	11:13:17.282	<b>1:53.839</b>	<b>39.069</b>	<b>35.785</b>	<b>38.985</b>
4	11:15:28.707	<b>2:11.425</b>	42.622	41.846	46.957
5	11:17:40.569	<b>2:11.862</b>	52.238	39.060	40.564
p6	11:19:38.347	<b>1:57.778</b>	40.712	39.822	

Chief of Timing & Scoring: [www.Timekeeping.no](http://www.Timekeeping.no)

Orbits

Race Director: Benjamin Holger Storseen  
Sport Rescue Team.

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