



Mandagstrening SMCK

Trening Vålerbanen 2,262 km

Practice Heat 4 - Alle Klasser 03.06.2019 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
(38) Håkon Kronstad			
1			20:04:15.442
2	1:03.699	+1.354	20:05:19.141
3	1:02.744	+0.399	20:06:21.885
4	1:02.527	+0.182	20:07:24.412
5	1:02.345		20:08:26.757
6	1:02.907	+0.562	20:09:29.664
7	1:03.172	+0.827	20:10:32.836
8	1:03.667	+1.322	20:11:36.503
9	1:05.191	+2.846	20:12:41.694
10	1:04.356	+2.011	20:13:46.050
11	1:02.806	+0.461	20:14:48.856
12	1:03.081	+0.736	20:15:51.937
p13	1:28.913	+26.568	20:17:20.850

Lap	Lap Tm	Diff	Time of Day
(59) Amund Granli			
1			20:04:57.862
2	1:07.052	+3.426	20:06:04.914
3	1:07.242	+3.616	20:07:12.156
4	1:06.468	+2.842	20:08:18.624
5	1:06.939	+3.313	20:09:25.563
6	1:04.408	+0.782	20:10:29.971
7	1:03.626		20:11:33.597
8	1:05.709	+2.083	20:12:39.306
9	1:03.933	+0.307	20:13:43.239
10	1:03.987	+0.361	20:14:47.226
11	1:03.886	+0.260	20:15:51.112
p12	1:36.861	+33.235	20:17:27.973

Lap	Lap Tm	Diff	Time of Day
(37/77) Terje Vestby			
1			20:04:57.273
2	1:07.461	+1.288	20:06:04.734
3	1:07.271	+1.098	20:07:12.005
4	1:06.299	+0.126	20:08:18.304
5	1:07.580	+1.407	20:09:25.884
6	1:06.173		20:10:32.057
7	1:06.550	+0.377	20:11:38.607
8	1:06.271	+0.098	20:12:44.878
9	1:06.638	+0.465	20:13:51.516
10	1:07.160	+0.987	20:14:58.676

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			20:03:39.765
2	1:09.701	+1.482	20:04:49.466
3	1:10.667	+2.448	20:06:00.133
4	1:11.483	+3.264	20:07:11.616
5	1:09.538	+1.319	20:08:21.154
6	1:08.479	+0.260	20:09:29.633
7	1:10.958	+2.739	20:10:40.591
8	1:08.479	+0.260	20:11:49.070
9	1:08.739	+0.520	20:12:57.809
10	1:08.525	+0.306	20:14:06.334
11	1:08.219		20:15:14.553
12	1:09.159	+0.940	20:16:23.712
p13	1:26.956	+18.737	20:17:50.668

Lap	Lap Tm	Diff	Time of Day
(47) Vidar Killi			
1			20:42:11.350
2	1:11.105	+1.815	20:43:22.455
3	1:12.009	+2.719	20:44:34.464
4	1:11.961	+2.671	20:45:46.425
5	1:09.861	+0.571	20:46:56.286
6	1:10.952	+1.662	20:48:07.238
7	1:12.549	+3.259	20:49:19.787
8	1:09.290		20:50:29.077

Lap	Lap Tm	Diff	Time of Day
9	1:11.266	+1.976	20:51:40.343
p10	1:18.571	+9.281	20:52:58.914
(23) Morten Midtlie			
1			20:04:25.496
2	1:12.906	+2.792	20:05:38.402
3	1:11.185	+1.071	20:06:49.587
4	1:10.235	+0.121	20:07:59.822
5	1:10.525	+0.411	20:09:10.347
6	1:10.759	+0.645	20:10:21.106
7	1:10.114		20:11:31.220
p8	1:20.764	+10.650	20:12:51.984

Lap	Lap Tm	Diff	Time of Day
(357) Jo Sætre			
1			20:42:16.258
2	1:14.866	+4.376	20:43:31.124
3	1:13.682	+3.192	20:44:44.806
4	1:16.130	+5.640	20:46:00.936
5	1:12.390	+1.900	20:47:13.326
6	1:11.736	+1.246	20:48:25.062
7	1:11.032	+0.542	20:49:36.094
8	1:11.735	+1.245	20:50:47.829
9	1:11.016	+0.526	20:51:58.845
10	1:10.676	+0.186	20:53:09.521
11	1:10.490		20:54:20.011
12	1:13.542	+3.052	20:55:33.553
p13	1:24.111	+13.621	20:56:57.664

Lap	Lap Tm	Diff	Time of Day
(138) Jan Fredrik Holseter			
1			20:41:27.079
2	1:14.287	+1.631	20:42:41.366
3	1:13.134	+0.478	20:43:54.500
4	1:14.685	+2.029	20:45:09.185
5	1:12.656		20:46:21.841
6	1:14.435	+1.779	20:47:36.276
7	1:14.193	+1.537	20:48:50.469
8	1:14.238	+1.582	20:50:04.707
9	1:13.443	+0.787	20:51:18.150
10	1:14.489	+1.833	20:52:32.639
11	1:14.153	+1.497	20:53:46.792
12	1:15.845	+3.189	20:55:02.637
13	1:15.372	+2.716	20:56:18.009
14	1:14.175	+1.519	20:57:32.184

Lap	Lap Tm	Diff	Time of Day
(11) Dag Brenden			
1			20:42:10.365
2	1:18.366	+1.097	20:43:28.731
3	1:20.197	+2.928	20:44:48.928
4	1:18.073	+0.804	20:46:07.001
5	1:17.269		20:47:24.270
p6	1:34.375	+17.106	20:48:58.645

Lap	Lap Tm	Diff	Time of Day
(78) Tommy Antonsen			
1			20:41:34.983
2	1:18.903	+1.553	20:42:53.886
3	1:22.766	+5.416	20:44:16.652
4	1:19.983	+2.633	20:45:36.635
5	1:19.013	+1.663	20:46:55.648
6	1:17.350		20:48:12.998
7	1:20.702	+3.352	20:49:33.700
8	1:18.993	+1.643	20:50:52.693
9	1:18.952	+1.602	20:52:11.645
10	1:18.562	+1.212	20:53:30.207
11	1:18.343	+0.993	20:54:48.550
12	1:17.626	+0.276	20:56:06.176
13	1:17.457	+0.107	20:57:23.633

Lap	Lap Tm	Diff	Time of Day
(76) Tobias Rundhaug Kristoffersen			
1			20:24:00.345
2	1:21.465	+2.540	20:25:21.810
3	1:21.676	+2.751	20:26:43.486
4	1:22.463	+3.538	20:28:05.949
5	1:20.881	+1.956	20:29:26.830
6	1:20.031	+1.106	20:30:46.861
7	1:20.918	+1.993	20:32:07.779
8	1:19.922	+0.997	20:33:27.701
9	1:19.481	+0.556	20:34:47.182
10	1:19.333	+0.408	20:36:06.515
11	1:18.925		20:37:25.440
p12	1:53.283	+34.358	20:39:18.723

Lap	Lap Tm	Diff	Time of Day
(98) Torbjørn Gundersen			
1			20:23:39.070
2	1:32.487	+12.702	20:25:11.557
3	1:24.505	+4.720	20:26:36.062
4	1:22.912	+3.127	20:27:58.974
5	1:21.362	+1.577	20:29:20.336
6	1:20.718	+0.933	20:30:41.054
7	1:22.226	+2.441	20:32:03.280
8	1:20.340	+0.555	20:33:23.620
9	1:19.785		20:34:43.405
10	1:20.179	+0.394	20:36:03.584
11	1:20.099	+0.314	20:37:23.683
p12	1:53.711	+33.926	20:39:17.394

Lap	Lap Tm	Diff	Time of Day
(78.) Linda Kristoffersen			
1			20:24:57.110
2	1:25.739	+3.490	20:26:22.849
3	1:23.865	+1.616	20:27:46.714
4	1:22.585	+0.336	20:29:09.299
5	1:23.638	+1.389	20:30:32.937
p6	1:35.095	+12.846	20:32:08.032
7	2:54.474	+1:32.225	20:35:02.506
8	1:22.491	+0.242	20:36:24.997
9	1:22.249		20:37:47.246
p10	1:34.108	+11.859	20:39:21.354

Lap	Lap Tm	Diff	Time of Day
(29) Audun Gundersen			
p1			20:03:01.800
p2	2:54.595	3:38:00.180	20:25:56.395
p3	2:10.814	3:58:43.961	20:28:07.209
p4	2:24.146	3:58:30.629	20:30:31.355