



## Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 4 - Alle Klasser

24.05.2021 20:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(23) Morten Midtlie</b>			
1			20:00:58.894
2	<b>1:10.056</b>	+3.102	20:02:08.950
3	<b>1:07.991</b>	+1.037	20:03:16.941
4	<b>1:07.323</b>	+0.369	20:04:24.264
5	<b>1:07.695</b>	+0.741	20:05:31.959
6	<b>1:07.678</b>	+0.724	20:06:39.637
7	<b>1:08.947</b>	+1.993	20:07:48.584
8	<b>1:12.593</b>	+5.639	20:09:01.177
9	<b>1:06.954</b>		20:10:08.131
10	<b>1:08.113</b>	+1.159	20:11:16.244
p11	<b>1:19.572</b>	+12.618	20:12:35.816

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			20:01:01.696
2	<b>1:09.372</b>	+1.421	20:02:11.068
3	<b>1:08.811</b>	+0.860	20:03:19.879
4	<b>1:08.450</b>	+0.499	20:04:28.329
5	<b>1:09.088</b>	+1.137	20:05:37.417
6	<b>1:09.640</b>	+1.689	20:06:47.057
7	<b>1:08.950</b>	+0.999	20:07:56.007
8	<b>1:09.887</b>	+1.936	20:09:05.894
9	<b>1:10.467</b>	+2.516	20:10:16.361
10	<b>1:07.951</b>		20:11:24.312
11	<b>1:10.527</b>	+2.576	20:12:34.839
p12	<b>1:23.259</b>	+15.308	20:13:58.098
p13	<b>1:46.752</b>	+38.801	20:15:44.850

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			20:00:59.422
2	<b>1:10.074</b>	+1.417	20:02:09.496
3	<b>1:09.219</b>	+0.562	20:03:18.715
4	<b>1:08.657</b>		20:04:27.372
5	<b>1:09.391</b>	+0.734	20:05:36.763
6	<b>1:10.061</b>	+1.404	20:06:46.824
7	<b>1:08.874</b>	+0.217	20:07:55.698
8	<b>1:09.858</b>	+1.201	20:09:05.556
9	<b>1:09.562</b>	+0.905	20:10:15.118
10	<b>1:09.057</b>	+0.400	20:11:24.175
p11	<b>1:17.458</b>	+8.801	20:12:41.633

Lap	Lap Tm	Diff	Time of Day
<b>(3) Kim André Nebben</b>			
1			20:01:01.288
2	<b>1:15.741</b>	+5.851	20:02:17.029
3	<b>1:10.617</b>	+0.727	20:03:27.646
4	<b>1:15.800</b>	+5.910	20:04:43.446
5	<b>1:11.306</b>	+1.416	20:05:54.752
6	<b>1:11.400</b>	+1.510	20:07:06.152
7	<b>1:10.369</b>	+0.479	20:08:16.521
8	<b>1:12.347</b>	+2.457	20:09:28.868
9	<b>1:10.357</b>	+0.467	20:10:39.225
10	<b>1:09.890</b>		20:11:49.115
11	<b>1:10.532</b>	+0.642	20:12:59.647
12	<b>1:10.268</b>	+0.378	20:14:09.915
p13	<b>1:42.386</b>	+32.496	20:15:52.301

Lap	Lap Tm	Diff	Time of Day
<b>(50) Dagfinn Mosveen</b>			
1			20:02:38.057
2	<b>1:17.346</b>	+3.605	20:03:55.403
3	<b>1:18.090</b>	+4.349	20:05:13.493
4	<b>1:17.266</b>	+3.525	20:06:30.759
5	<b>1:17.143</b>	+3.402	20:07:47.902
6	<b>1:13.741</b>		20:09:01.643
p7	<b>1:21.404</b>	+7.663	20:10:23.047

Lap	Lap Tm	Diff	Time of Day
<b>(16) Hans-Petter Lohaugen</b>			
1			20:02:09.619
2	<b>1:17.299</b>	+2.130	20:03:26.918
3	<b>1:16.566</b>	+1.397	20:04:43.484
4	<b>1:17.077</b>	+1.908	20:06:00.561
5	<b>1:15.609</b>	+0.440	20:07:16.170
6	<b>1:15.530</b>	+0.361	20:08:31.700
7	<b>1:15.424</b>	+0.255	20:09:47.124
8	<b>1:15.169</b>		20:11:02.293
p9	<b>1:24.825</b>	+9.656	20:12:27.118

Lap	Lap Tm	Diff	Time of Day
<b>(76) Knut Gulbrandsen</b>			
1			20:01:26.473
2	<b>1:16.736</b>	+1.315	20:02:43.209
3	<b>1:15.421</b>		20:03:58.630
4	<b>1:16.223</b>	+0.802	20:05:14.853
5	<b>1:16.288</b>	+0.867	20:06:31.141
6	<b>1:17.754</b>	+2.333	20:07:48.895
p7	<b>1:22.367</b>	+6.946	20:09:11.262

Lap	Lap Tm	Diff	Time of Day
<b>(97) helge mosveen</b>			
1			20:02:38.557
2	<b>1:16.482</b>	+0.378	20:03:55.039
3	<b>1:18.596</b>	+2.492	20:05:13.635
4	<b>1:16.776</b>	+0.672	20:06:30.411
5	<b>1:17.055</b>	+0.951	20:07:47.466
6	<b>1:16.104</b>		20:09:03.570
p7	<b>1:21.284</b>	+5.180	20:10:24.854

Lap	Lap Tm	Diff	Time of Day
<b>(110) Vidar Kristian Slettjord</b>			
1			20:01:27.077
2	<b>1:23.484</b>	+5.456	20:02:50.561
3	<b>1:20.494</b>	+2.466	20:04:11.055
4	<b>1:21.672</b>	+3.644	20:05:32.727
5	<b>1:21.775</b>	+3.747	20:06:54.502
6	<b>1:20.561</b>	+2.533	20:08:15.063
7	<b>1:19.425</b>	+1.397	20:09:34.488
8	<b>1:18.028</b>		20:10:52.516
p9	<b>1:29.113</b>	+11.085	20:12:21.629

Lap	Lap Tm	Diff	Time of Day
<b>(94) Viljar Pålhaugen</b>			
p1			20:03:06.440
p2	<b>3:02.668</b>	3:57:52.107	20:06:09.108