

## Mandagstrening SMCK

### Trening

#### Practice Heat 4 - Alle Klasser

Vålerbanen 2,274 km

21.06.2021 20:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(88) Samuel Edward John Love</b>			
1			20:03:38.081
2	<b>1:00.574</b>	+0.034	20:04:38.655
3	<b>1:00.885</b>	+0.345	20:05:39.540
4	<b>1:00.540</b>		20:06:40.080

Lap	Lap Tm	Diff	Time of Day
<b>(8) Renate Jensen</b>			
1			20:03:32.585
2	<b>1:03.897</b>	+1.380	20:04:36.482
3	<b>1:03.048</b>	+0.531	20:05:39.530
4	<b>1:02.517</b>		20:06:42.047
p5	<b>10:34.715</b>	+9:32.198	20:18:26.404

Lap	Lap Tm	Diff	Time of Day
<b>(61) Kenneth Birkeland</b>			
1			20:02:18.578
2	<b>1:03.618</b>	+0.012	20:03:22.196
3	<b>1:03.734</b>	+0.128	20:04:25.930
4	<b>1:03.606</b>		20:05:29.536
5	<b>1:04.346</b>	+0.740	20:06:33.882
6	<b>1:05.163</b>	+1.557	20:07:39.045
7	<b>5:45.718</b>	+4:42.112	20:14:46.510
8	<b>1:04.399</b>	+0.793	20:15:50.909
9	<b>1:04.777</b>	+1.171	20:16:55.686
10	<b>1:05.216</b>	+1.610	20:18:00.902
p11	<b>1:09.434</b>	+5.828	20:19:10.336

Lap	Lap Tm	Diff	Time of Day
<b>(34) Anders Lykkebø</b>			
1			20:01:40.400
2	<b>1:06.053</b>	+0.980	20:02:46.453
3	<b>1:05.731</b>	+0.658	20:03:52.184
4	<b>1:06.433</b>	+1.360	20:04:58.617
5	<b>1:06.900</b>	+1.827	20:06:05.517
6	<b>1:06.725</b>	+1.652	20:07:12.242
7	<b>5:30.049</b>	+4:24.976	20:14:02.736
8	<b>1:05.073</b>		20:15:07.809
9	<b>1:05.453</b>	+0.380	20:16:13.262
10	<b>1:06.411</b>	+1.338	20:17:19.673
p11	<b>1:19.070</b>	+13.997	20:18:38.743

Lap	Lap Tm	Diff	Time of Day
<b>(11) Mads Sandbakken</b>			
1			20:02:49.896
2	<b>1:06.604</b>	+1.268	20:03:56.500
3	<b>1:06.130</b>	+0.794	20:05:02.630
4	<b>1:05.678</b>	+0.342	20:06:08.308
5	<b>1:05.770</b>	+0.434	20:07:14.078
6	<b>5:31.943</b>	+4:26.607	20:14:05.479
7	<b>1:06.303</b>	+0.967	20:15:11.782
8	<b>1:05.336</b>		20:16:17.118
9	<b>1:06.092</b>	+0.756	20:17:23.210
p10	<b>1:16.591</b>	+11.255	20:18:39.801
11	<b>24:19.594</b>	+23:14.258	20:42:59.395
12	<b>1:12.451</b>	+7.115	20:44:11.846
13	<b>1:13.244</b>	+7.908	20:45:25.090
14	<b>1:07.003</b>	+1.667	20:46:32.093
15	<b>1:08.549</b>	+3.213	20:47:40.642
16	<b>1:06.911</b>	+1.575	20:48:47.553
17	<b>1:06.492</b>	+1.156	20:49:54.045
18	<b>1:05.917</b>	+0.581	20:50:59.962
19	<b>1:05.871</b>	+0.535	20:52:05.833
20	<b>1:05.945</b>	+0.609	20:53:11.778
21	<b>1:07.573</b>	+2.237	20:54:19.351
22	<b>1:05.590</b>	+0.254	20:55:24.941
p23	<b>1:12.389</b>	+7.053	20:56:37.330

(23) Morten Midtlie

Lap	Lap Tm	Diff	Time of Day
1			20:02:39.445
2	<b>1:07.437</b>	+1.743	20:03:46.882
3	<b>1:06.992</b>	+1.298	20:04:53.874
4	<b>1:06.451</b>	+0.757	20:06:00.325
5	<b>1:07.481</b>	+1.787	20:07:07.806
6	<b>5:42.499</b>	+4:36.805	20:14:10.288
7	<b>1:06.894</b>	+1.200	20:15:17.182
8	<b>1:06.343</b>	+0.649	20:16:23.525
9	<b>1:05.694</b>		20:17:29.219
p10	<b>1:17.651</b>	+11.957	20:18:46.870

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			20:03:33.426
2	<b>1:07.307</b>	+1.430	20:04:40.733
3	<b>1:07.927</b>	+2.050	20:05:48.660
4	<b>1:08.699</b>	+2.822	20:06:57.359
5	<b>5:49.209</b>	+4:43.332	20:14:11.230
6	<b>1:06.694</b>	+0.817	20:15:17.924
7	<b>1:05.877</b>		20:16:23.801
8	<b>1:06.054</b>	+0.177	20:17:29.855
p9	<b>1:35.962</b>	+30.085	20:19:05.817

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			20:02:39.845
2	<b>1:07.546</b>	+1.563	20:03:47.391
3	<b>1:07.351</b>	+1.368	20:04:54.742
4	<b>1:07.008</b>	+1.025	20:06:01.750
5	<b>1:07.048</b>	+1.065	20:07:08.798
6	<b>5:40.767</b>	+4:34.784	20:14:09.533
7	<b>1:05.983</b>		20:15:15.516
8	<b>1:06.347</b>	+0.364	20:16:21.863
9	<b>1:06.203</b>	+0.220	20:17:28.066
p10	<b>1:17.018</b>	+11.035	20:18:45.084

Lap	Lap Tm	Diff	Time of Day
<b>(357) Jo Sætre</b>			
1			20:02:41.291
2	<b>1:07.996</b>	+0.591	20:03:49.287
3	<b>1:07.853</b>	+0.448	20:04:57.140
4	<b>1:08.016</b>	+0.611	20:06:05.156
5	<b>1:08.079</b>	+0.674	20:07:13.235
6	<b>5:32.769</b>	+4:25.364	20:14:10.902
7	<b>1:08.748</b>	+1.343	20:15:19.650
8	<b>1:07.785</b>	+0.380	20:16:27.435
9	<b>1:07.405</b>		20:17:34.840
p10	<b>1:17.836</b>	+10.431	20:18:52.676

Lap	Lap Tm	Diff	Time of Day
<b>(3) Kim-André Nebben</b>			
1			20:02:42.404
2	<b>1:07.854</b>	+0.413	20:03:50.258
3	<b>1:07.834</b>	+0.393	20:04:58.092
4	<b>1:08.683</b>	+1.242	20:06:06.775
5	<b>1:08.689</b>	+1.248	20:07:15.464
6	<b>5:33.942</b>	+4:26.501	20:14:12.832
7	<b>1:07.731</b>	+0.290	20:15:20.563
8	<b>1:07.441</b>		20:16:28.004
9	<b>1:07.525</b>	+0.084	20:17:35.529
p10	<b>1:23.906</b>	+16.465	20:18:59.435

Lap	Lap Tm	Diff	Time of Day
<b>(14) Kristoffer Hatterud</b>			
1			20:42:59.022
2	<b>1:13.520</b>	+4.198	20:44:12.542
3	<b>1:15.949</b>	+6.627	20:45:28.491
4	<b>1:10.841</b>	+1.519	20:46:39.332
5	<b>1:10.376</b>	+1.054	20:47:49.708
6	<b>1:10.158</b>	+0.836	20:48:59.866
7	<b>1:09.450</b>	+0.128	20:50:09.316

Lap	Lap Tm	Diff	Time of Day
8	<b>1:10.492</b>	+1.170	20:51:19.808
9	<b>1:09.743</b>	+0.421	20:52:29.551
10	<b>1:09.322</b>		20:53:38.873
11	<b>1:10.013</b>	+0.691	20:54:48.886
p12	<b>1:19.114</b>	+9.792	20:56:08.000

Lap	Lap Tm	Diff	Time of Day
<b>(52) Stein Arne Jenssen</b>			
1			20:42:42.981
2	<b>1:15.950</b>	+5.183	20:43:58.931
3	<b>1:13.380</b>	+2.613	20:45:12.311
4	<b>1:14.698</b>	+3.931	20:46:27.009
5	<b>1:13.819</b>	+3.052	20:47:40.828
6	<b>1:11.469</b>	+0.702	20:48:52.297
7	<b>1:11.210</b>	+0.443	20:50:03.507
8	<b>1:10.767</b>		20:51:14.274
9	<b>1:12.072</b>	+1.305	20:52:26.346
10	<b>1:12.039</b>	+1.272	20:53:38.385
11	<b>1:12.427</b>	+1.660	20:54:50.812
12	<b>1:14.889</b>	+4.122	20:56:05.701
p13	<b>1:26.441</b>	+15.674	20:57:32.142

Lap	Lap Tm	Diff	Time of Day
<b>(98) Frida Birkeland</b>			
1			20:22:22.256
2	<b>1:14.531</b>	+1.734	20:23:36.787
3	<b>1:14.038</b>	+1.241	20:24:50.825
4	<b>1:14.003</b>	+1.206	20:26:04.828
5	<b>1:15.502</b>	+2.705	20:27:20.330
6	<b>1:13.540</b>	+0.743	20:28:33.870
7	<b>1:13.645</b>	+0.848	20:29:47.515
8	<b>1:13.671</b>	+0.874	20:31:01.186
9	<b>1:12.797</b>		20:32:13.983
10	<b>1:15.384</b>	+2.587	20:33:29.367
11	<b>1:13.651</b>	+0.854	20:34:43.018
12	<b>1:13.823</b>	+1.026	20:35:56.841
13	<b>1:13.219</b>	+0.422	20:37:10.060
p14	<b>1:25.681</b>	+12.884	20:38:35.741

Lap	Lap Tm	Diff	Time of Day
<b>(10) Kjetil Sjøflot</b>			
1			20:42:53.132
2	<b>1:18.370</b>	+2.207	20:44:11.502
3	<b>1:18.241</b>	+2.078	20:45:29.743
4	<b>1:17.075</b>	+0.912	20:46:46.818
5	<b>1:17.136</b>	+0.973	20:48:03.954
6	<b>1:16.745</b>	+0.582	20:49:20.699
7	<b>1:17.205</b>	+1.042	20:50:37.904
8	<b>1:16.469</b>	+0.306	20:51:54.373
9	<b>1:16.163</b>		20:53:10.536
10	<b>1:16.666</b>	+0.503	20:54:27.202
11	<b>1:16.575</b>	+0.412	20:55:43.777
p12	<b>1:26.781</b>	+10.618	20:57:10.558

Lap	Lap Tm	Diff	Time of Day
<b>(28) Frank Rygge</b>			
1			20:43:41.643
2	<b>1:23.329</b>	+6.327	20:45:04.972
3	<b>1:21.176</b>	+4.174	20:46:26.148
4	<b>1:18.810</b>	+1.808	20:47:44.958
5	<b>1:17.954</b>	+0.952	20:49:02.912
6	<b>1:18.947</b>	+1.945	20:50:21.859
7	<b>1:18.761</b>	+1.759	20:51:40.620
8	<b>1:19.209</b>	+2.207	20:52:59.829
9	<b>1:18.268</b>	+1.266	20:54:18.097
10	<b>1:17.002</b>		20:55:35.099
11	<b>1:18.272</b>	+1.270	20:56:53.371
12	<b>1:18.080</b>	+1.078	20:58:11.451
p13	<b>1:29.788</b>	+12.786	20:59:41.239

## Mandagstrening SMCK

Trening Vålerbanen 2,274 km

Practice Heat 4 - Alle Klasser 21.06.2021 20:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(8') Kristin Rusten Heiberg</b>			
1			20:22:41.768
2	1:23.243	+4.246	20:24:05.011
3	1:22.160	+3.163	20:25:27.171
4	1:22.603	+3.606	20:26:49.774
5	1:22.547	+3.550	20:28:12.321
6	1:20.819	+1.822	20:29:33.140
7	1:20.458	+1.461	20:30:53.598
8	1:18.997		20:32:12.595
9	1:19.735	+0.738	20:33:32.330
10	1:19.125	+0.128	20:34:51.455
11	1:20.943	+1.946	20:36:12.398
12	1:20.030	+1.033	20:37:32.428
p13	1:29.299	+10.302	20:39:01.727

Lap	Lap Tm	Diff	Time of Day
<b>(158) Nikolai Bratvold</b>			
1			20:41:23.803
2	1:24.651	+5.358	20:42:48.454
3	1:20.089	+0.796	20:44:08.543
4	1:20.371	+1.078	20:45:28.914
5	1:22.192	+2.899	20:46:51.106
6	1:20.219	+0.926	20:48:11.325
7	1:20.396	+1.103	20:49:31.721
8	1:21.099	+1.806	20:50:52.820
9	1:19.964	+0.671	20:52:12.784
10	1:19.293		20:53:32.077
11	1:19.895	+0.602	20:54:51.972
12	1:20.270	+0.977	20:56:12.242
13	1:20.607	+1.314	20:57:32.849
p14	1:28.658	+9.365	20:59:01.507

Lap	Lap Tm	Diff	Time of Day
<b>(3') Geir Svalastog</b>			
1			20:21:54.030
2	1:23.399	+3.555	20:23:17.429
3	1:23.325	+3.481	20:24:40.754
4	1:21.510	+1.666	20:26:02.264
5	1:20.598	+0.754	20:27:22.862
6	1:20.309	+0.465	20:28:43.171
7	1:20.721	+0.877	20:30:03.892
8	1:19.910	+0.066	20:31:23.802
9	1:19.844		20:32:43.646
10	1:22.211	+2.367	20:34:05.857
11	1:25.184	+5.340	20:35:31.041
12	1:21.263	+1.419	20:36:52.304
13	1:20.124	+0.280	20:38:12.428
p14	1:31.112	+11.268	20:39:43.540

Lap	Lap Tm	Diff	Time of Day
<b>(50) Tor Christensen</b>			
1			20:42:48.015
2	1:24.346	+3.508	20:44:12.361
3	1:24.296	+3.458	20:45:36.657
4	1:23.651	+2.813	20:47:00.308
5	1:22.298	+1.460	20:48:22.606
6	1:22.533	+1.695	20:49:45.139
7	1:22.526	+1.688	20:51:07.665
8	1:20.838		20:52:28.503
p9	1:31.998	+11.160	20:54:00.501