





# Mandagstrening SMCK

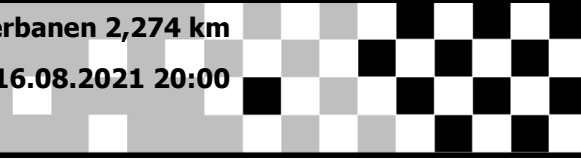
## Trening

Vålerbanen 2,274 km

### Practice Heat 4 - Alle Klasser

16.08.2021 20:00

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



Lap	Lap Tm	Diff	Time of Day
3	1:14.066	+4.473	20:44:52.371
4	1:12.703	+3.110	20:46:05.074
5	1:12.516	+2.923	20:47:17.590
6	1:18.071	+8.478	20:48:35.661
7	1:13.340	+3.747	20:49:49.001
8	1:10.484	+0.891	20:50:59.485
9	1:10.543	+0.950	20:52:10.028
10	1:10.566	+0.973	20:53:20.594
11	1:11.098	+1.505	20:54:31.692
12	1:13.191	+3.598	20:55:44.883
13	1:09.593		20:56:54.476
14	1:10.291	+0.698	20:58:04.767
15	1:19.000	+9.407	20:59:23.767
p16	1:26.315	+16.722	21:00:50.082

(10) Kjetil Sjøflot

1			20:42:08.222
2	1:14.085	+2.158	20:43:22.307
3	1:14.448	+2.521	20:44:36.755
4	1:13.415	+1.488	20:45:50.170
p5	1:18.449	+6.522	20:47:08.619
6	2:09.791	+57.864	20:49:18.410
7	1:16.208	+4.281	20:50:34.618
8	1:16.112	+4.185	20:51:50.730
9	1:13.743	+1.816	20:53:04.473
10	1:12.320	+0.393	20:54:16.793
11	1:12.649	+0.722	20:55:29.442
12	1:12.451	+0.524	20:56:41.893
13	1:12.569	+0.642	20:57:54.462
14	1:11.927		20:59:06.389
p15	1:47.033	+35.106	21:00:53.422

(98) Frida Birkeland

1			20:23:08.779
2	1:15.902	+3.292	20:24:24.681
3	1:22.425	+9.815	20:25:47.106
4	1:14.185	+1.575	20:27:01.291
5	1:14.417	+1.807	20:28:15.708
6	1:13.939	+1.329	20:29:29.647
7	1:13.300	+0.690	20:30:42.947
8	1:14.436	+1.826	20:31:57.383
9	1:14.792	+2.182	20:33:12.175
10	1:12.679	+0.069	20:34:24.854
11	1:12.610		20:35:37.464
12	1:14.301	+1.691	20:36:51.765
p13	1:25.550	+12.940	20:38:17.315

(110) Vidar Kristian Slettjord

1			20:42:14.480
2	1:16.648	+3.346	20:43:31.128
3	1:15.176	+1.874	20:44:46.304
4	1:15.455	+2.153	20:46:01.759
5	1:15.202	+1.900	20:47:16.961
6	1:18.214	+4.912	20:48:35.175
7	1:16.136	+2.834	20:49:51.311
8	1:13.302		20:51:04.613
9	1:17.584	+4.282	20:52:22.197
10	1:15.219	+1.917	20:53:37.416
11	1:14.149	+0.847	20:54:51.565
12	1:13.819	+0.517	20:56:05.384
13	1:13.716	+0.414	20:57:19.100
14	1:16.523	+3.221	20:58:35.623
p15	1:36.497	+23.195	21:00:12.120

(158) Nikolai Bratvold

1			20:42:13.763
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Lap	Lap Tm	Diff	Time of Day
2	1:15.864	+1.909	20:43:29.627
3	1:15.730	+1.775	20:44:45.357
4	1:15.690	+1.735	20:46:01.047
5	1:15.290	+1.335	20:47:16.337
6	1:20.183	+6.228	20:48:36.520
7	1:18.174	+4.219	20:49:54.694
8	1:14.814	+0.859	20:51:09.508
9	1:14.882	+0.927	20:52:24.390
10	1:14.468	+0.513	20:53:38.858
11	1:14.158	+0.203	20:54:53.016
12	1:14.455	+0.500	20:56:07.471
13	1:13.955		20:57:21.426
14	1:14.802	+0.847	20:58:36.228
p15	1:29.090	+15.135	21:00:05.318

(9) Kasper Jenssen

1			20:42:22.863
2	1:21.158	+6.432	20:43:44.021
3	1:17.640	+2.914	20:45:01.661
4	1:18.559	+3.833	20:46:20.220
5	1:18.447	+3.721	20:47:38.667
6	1:17.636	+2.910	20:48:56.303
7	1:16.804	+2.078	20:50:13.107
8	1:17.057	+2.331	20:51:30.164
9	1:16.007	+1.281	20:52:46.171
10	1:15.383	+0.657	20:54:01.554
11	1:14.826	+0.100	20:55:16.380
12	1:14.726		20:56:31.106
13	1:17.105	+2.379	20:57:48.211
14	1:16.296	+1.570	20:59:04.507
p15	1:30.085	+15.359	21:00:34.592

(8) Kristin Heiberg

1			20:45:29.240
2	1:16.844	+1.977	20:46:46.084
3	1:16.416	+1.549	20:48:02.500
4	1:15.461	+0.594	20:49:17.961
5	1:16.244	+1.377	20:50:34.205
6	1:15.860	+0.993	20:51:50.065
7	1:19.347	+4.480	20:53:09.412
8	1:14.867		20:54:24.279
9	1:16.876	+2.009	20:55:41.155
p10	1:24.375	+9.508	20:57:05.530

(382) Emma Bjåen

1			20:21:12.314
2	1:21.096	+4.968	20:22:33.410
3	1:19.530	+3.402	20:23:52.940
4	1:19.583	+3.455	20:25:12.523
5	1:17.747	+1.619	20:26:30.270
6	1:18.678	+2.550	20:27:48.948
7	1:18.812	+2.684	20:29:07.760
8	1:20.006	+3.878	20:30:27.766
9	1:18.250	+2.122	20:31:46.016
10	1:17.057	+0.929	20:33:03.073
11	1:16.230	+0.102	20:34:19.303
12	1:16.128		20:35:35.431
13	1:16.794	+0.666	20:36:52.225
14	1:17.652	+1.524	20:38:09.877
p15	1:28.302	+12.174	20:39:38.179

(78) Kenneth Skyttermoen

1			20:47:14.383
2	1:21.032	+4.754	20:48:35.415
3	1:22.388	+6.110	20:49:57.803
4	1:21.335	+5.057	20:51:19.138

Lap	Lap Tm	Diff	Time of Day
5	1:19.454	+3.176	20:52:38.592
6	1:17.884	+1.606	20:53:56.476
7	1:16.871	+0.593	20:55:13.347
8	1:16.892	+0.614	20:56:30.239
9	1:17.109	+0.831	20:57:47.348
10	1:16.278		20:59:03.626
p11	1:22.555	+6.277	21:00:26.181

(28) Frank Rygge

1			20:42:26.919
2	1:22.417	+3.756	20:43:49.336
3	1:19.923	+1.262	20:45:09.259
4	1:20.317	+1.656	20:46:29.576
5	1:20.294	+1.633	20:47:49.870
6	1:18.661		20:49:08.531
7	1:19.101	+0.440	20:50:27.632
8	1:20.968	+2.307	20:51:48.600
9	1:20.925	+2.264	20:53:09.525
10	1:21.690	+3.029	20:54:31.215
11	1:21.448	+2.787	20:55:52.663
12	1:19.623	+0.962	20:57:12.286
13	1:21.681	+3.020	20:58:33.967
p14	1:33.438	+14.777	21:00:07.405

(91) Sondre Skyttermoen

1			20:22:33.582
2	1:23.257	+1.688	20:23:56.839
3	1:22.820	+1.251	20:25:19.659
4	1:23.411	+1.842	20:26:43.070
5	1:23.792	+2.223	20:28:06.862
6	1:22.821	+1.252	20:29:29.683
p7	1:28.257	+6.688	20:30:57.940
8	3:09.283	+1:47.714	20:34:07.223
9	1:22.388	+0.819	20:35:29.611
10	1:22.460	+0.891	20:36:52.071
11	1:21.569		20:38:13.640
p12	1:27.398	+5.829	20:39:41.038

(5) Benjamin Storsveen

1			20:03:49.446
p2	1:20.582	3:59:34.193	20:05:10.028