

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 6 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 16:40

Practice started at 16:37:38

| Lap | Lap Tm | Diff | Time of Day |
|---------------------------------|-----------------|---------|--------------|
| (86) Henning S. Flathaug | | | |
| 1 | | | 16:37:39.981 |
| 2 | 1:00.691 | +1.452 | 16:38:40.672 |
| 3 | 59.606 | +0.367 | 16:39:40.278 |
| 4 | 1:01.905 | +2.666 | 16:40:42.183 |
| 5 | 1:00.073 | +0.834 | 16:41:42.256 |
| 6 | 59.409 | +0.170 | 16:42:41.665 |
| 7 | 1:01.422 | +2.183 | 16:43:43.087 |
| 8 | 59.960 | +0.721 | 16:44:43.047 |
| 9 | 59.729 | +0.490 | 16:45:42.776 |
| 10 | 1:03.913 | +4.674 | 16:46:46.689 |
| 11 | 1:00.534 | +1.295 | 16:47:47.223 |
| 12 | 59.516 | +0.277 | 16:48:46.739 |
| 13 | 59.519 | +0.280 | 16:49:46.258 |
| 14 | 1:00.283 | +1.044 | 16:50:46.541 |
| 15 | 59.239 | | 16:51:45.780 |
| p16 | 1:10.203 | +10.964 | 16:52:55.983 |

| Lap | Lap Tm | Diff | Time of Day |
|----------------------------|-----------------|---------|--------------|
| (44) Caroline Olsen | | | |
| 1 | | | 16:37:53.062 |
| 2 | 1:01.240 | +1.075 | 16:38:54.302 |
| p3 | 1:07.620 | +7.455 | 16:40:01.922 |
| 4 | 1:16.640 | +16.475 | 16:41:18.562 |
| 5 | 1:00.319 | +0.154 | 16:42:18.881 |
| 6 | 1:00.335 | +0.170 | 16:43:19.216 |
| 7 | 1:00.304 | +0.139 | 16:44:19.520 |
| 8 | 1:00.498 | +0.333 | 16:45:20.018 |
| 9 | 1:15.297 | +15.132 | 16:46:35.315 |
| 10 | 1:00.763 | +0.598 | 16:47:36.078 |
| 11 | 1:01.256 | +1.091 | 16:48:37.334 |
| 12 | 1:00.354 | +0.189 | 16:49:37.688 |
| 13 | 1:00.370 | +0.205 | 16:50:38.058 |
| 14 | 1:00.165 | | 16:51:38.223 |
| p15 | 1:07.488 | +7.323 | 16:52:45.711 |

| Lap | Lap Tm | Diff | Time of Day |
|--------------------------|-----------------|--------|--------------|
| (10) Runar Hammer | | | |
| 1 | | | 16:39:53.832 |
| 2 | 1:01.853 | +1.590 | 16:40:55.685 |
| 3 | 1:00.767 | +0.504 | 16:41:56.452 |
| 4 | 1:01.637 | +1.374 | 16:42:58.089 |
| 5 | 1:01.950 | +1.687 | 16:44:00.039 |
| 6 | 1:00.775 | +0.512 | 16:45:00.814 |
| 7 | 1:01.589 | +1.326 | 16:46:02.403 |
| 8 | 1:00.949 | +0.686 | 16:47:03.352 |
| 9 | 1:01.230 | +0.967 | 16:48:04.582 |
| 10 | 1:00.579 | +0.316 | 16:49:05.161 |
| 11 | 1:01.652 | +1.389 | 16:50:06.813 |
| 12 | 1:00.793 | +0.530 | 16:51:07.606 |
| 13 | 1:00.263 | | 16:52:07.869 |
| p14 | 1:10.222 | +9.959 | 16:53:18.091 |

| Lap | Lap Tm | Diff | Time of Day |
|-----------------------------|-----------------|---------|--------------|
| (49) Trym T Johansen | | | |
| 1 | | | 16:38:37.957 |
| 2 | 1:01.686 | +1.320 | 16:39:39.643 |
| 3 | 1:02.386 | +2.020 | 16:40:42.029 |
| 4 | 1:01.567 | +1.201 | 16:41:43.596 |
| 5 | 1:00.879 | +0.513 | 16:42:44.475 |
| 6 | 1:00.840 | +0.474 | 16:43:45.315 |
| 7 | 1:02.383 | +2.017 | 16:44:47.698 |
| 8 | 1:03.853 | +3.487 | 16:45:51.551 |
| 9 | 1:03.987 | +3.621 | 16:46:55.538 |
| 10 | 1:00.791 | +0.425 | 16:47:56.329 |
| 11 | 1:06.631 | +6.265 | 16:49:02.960 |
| 12 | 1:00.366 | | 16:50:03.326 |
| p13 | 1:11.586 | +11.220 | 16:51:14.912 |

| Lap | Lap Tm | Diff | Time of Day |
|-----------------------------------|-----------------|-----------|--------------|
| (80) Jonathan C. Kjøsterud | | | |
| 1 | | | 16:39:04.760 |
| 2 | 1:01.410 | +0.982 | 16:40:06.170 |
| 3 | 1:00.878 | +0.450 | 16:41:07.048 |
| 4 | 1:01.004 | +0.576 | 16:42:08.052 |
| 5 | 1:02.326 | +1.898 | 16:43:10.378 |
| 6 | 1:01.185 | +0.757 | 16:44:11.563 |
| 7 | 1:01.658 | +1.230 | 16:45:13.221 |
| 8 | 1:01.963 | +1.535 | 16:46:15.184 |
| 9 | 1:01.594 | +1.166 | 16:47:16.778 |
| 10 | 1:00.493 | +0.065 | 16:48:17.271 |
| 11 | 1:00.428 | | 16:49:17.699 |
| 12 | 1:01.670 | +1.242 | 16:50:19.369 |
| 13 | 1:00.944 | +0.516 | 16:51:20.313 |
| p14 | 1:10.128 | +9.700 | 16:52:30.441 |
| 15 | 1:04.100 | +9.45.672 | 17:03:16.541 |
| 16 | 1:06.675 | +6.247 | 17:04:23.216 |
| 17 | 1:04.524 | +4.096 | 17:05:27.740 |
| 18 | 1:04.296 | +3.868 | 17:06:32.036 |
| 19 | 1:04.422 | +3.994 | 17:07:36.458 |
| 20 | 1:03.597 | +3.169 | 17:08:40.055 |
| 21 | 1:03.118 | +2.690 | 17:09:43.173 |
| 22 | 1:03.655 | +3.227 | 17:10:46.828 |
| 23 | 1:05.280 | +4.852 | 17:11:52.108 |
| 24 | 1:03.448 | +3.020 | 17:12:55.556 |
| 25 | 1:03.931 | +3.503 | 17:13:59.487 |
| 26 | 1:03.249 | +2.821 | 17:15:02.736 |
| 27 | 1:06.075 | +5.647 | 17:16:08.811 |
| 28 | 1:03.904 | +3.476 | 17:17:12.715 |
| p29 | 1:14.051 | +13.623 | 17:18:26.766 |

| Lap | Lap Tm | Diff | Time of Day |
|-------------------------------|-----------------|---------|--------------|
| (15) Thomas Sigvartsen | | | |
| 1 | | | 16:38:21.968 |
| 2 | 1:02.570 | +2.103 | 16:39:24.538 |
| 3 | 1:02.164 | +1.697 | 16:40:26.702 |
| 4 | 1:00.684 | +0.217 | 16:41:27.386 |
| 5 | 1:00.467 | | 16:42:27.853 |
| 6 | 1:00.549 | +0.082 | 16:43:28.402 |
| 7 | 1:00.726 | +0.259 | 16:44:29.128 |
| p8 | 1:08.448 | +7.981 | 16:45:37.576 |
| 9 | 1:55.723 | +55.256 | 16:47:33.299 |
| 10 | 1:09.272 | +8.805 | 16:48:42.571 |
| 11 | 1:05.718 | +5.251 | 16:49:48.289 |
| 12 | 1:00.720 | +0.253 | 16:50:49.009 |
| 13 | 1:00.547 | +0.080 | 16:51:49.556 |
| 14 | 1:00.489 | +0.022 | 16:52:50.045 |
| 15 | 1:01.701 | +1.234 | 16:53:51.746 |
| 16 | 1:01.027 | +0.560 | 16:54:52.773 |
| p17 | 1:11.948 | +11.481 | 16:56:04.721 |

| Lap | Lap Tm | Diff | Time of Day |
|----------------------------------|-----------------|--------|--------------|
| (35) Stig Flemming Jensen | | | |
| 1 | | | 16:40:01.789 |
| 2 | 1:01.690 | +1.067 | 16:41:03.479 |
| 3 | 1:01.297 | +0.674 | 16:42:04.776 |
| 4 | 1:02.122 | +1.499 | 16:43:06.898 |
| 5 | 1:02.592 | +1.969 | 16:44:09.490 |
| 6 | 1:01.035 | +0.412 | 16:45:10.525 |
| 7 | 1:01.572 | +0.949 | 16:46:12.097 |
| 8 | 1:01.250 | +0.627 | 16:47:13.347 |
| 9 | 1:00.623 | | 16:48:13.970 |
| 10 | 1:01.190 | +0.567 | 16:49:15.160 |
| 11 | 1:00.798 | +0.175 | 16:50:15.958 |
| 12 | 1:00.849 | +0.226 | 16:51:16.807 |
| 13 | 1:01.480 | +0.857 | 16:52:18.287 |
| 14 | 1:01.043 | +0.420 | 16:53:19.330 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|-----------------|---------|--------------|
| 15 | 1:01.089 | +0.466 | 16:54:20.419 |
| 16 | 1:01.058 | +0.435 | 16:55:21.477 |
| p17 | 1:35.272 | +34.649 | 16:56:56.749 |

| Lap | Lap Tm | Diff | Time of Day |
|-----------------------------------|-----------------|--------|--------------|
| (55) Kent Frode Skjønsberg | | | |
| 1 | | | 16:39:39.450 |
| 2 | 1:03.587 | +2.653 | 16:40:43.037 |
| 3 | 1:01.105 | +0.171 | 16:41:44.142 |
| 4 | 1:00.934 | | 16:42:45.076 |
| 5 | 1:01.467 | +0.533 | 16:43:46.543 |
| 6 | 1:02.092 | +1.158 | 16:44:48.635 |
| 7 | 1:01.701 | +0.767 | 16:45:50.336 |
| p8 | 1:08.272 | +7.338 | 16:46:58.608 |

| Lap | Lap Tm | Diff | Time of Day |
|-------------------------------|-----------------|---------|--------------|
| (53) Oddgeir Estenstad | | | |
| 1 | | | 16:42:56.818 |
| 2 | 1:01.699 | +0.426 | 16:43:58.517 |
| 3 | 1:01.907 | +0.634 | 16:45:00.424 |
| 4 | 1:01.497 | +0.224 | 16:46:01.921 |
| 5 | 1:01.273 | | 16:47:03.194 |
| 6 | 1:01.839 | +0.566 | 16:48:05.033 |
| 7 | 1:01.550 | +0.277 | 16:49:06.583 |
| 8 | 1:02.246 | +0.973 | 16:50:08.829 |
| 9 | 1:46.388 | +45.115 | 16:51:55.217 |
| 10 | 1:02.113 | +0.840 | 16:52:57.330 |
| p11 | 1:14.273 | +13.000 | 16:54:11.603 |

| Lap | Lap Tm | Diff | Time of Day |
|---------------------------------|-----------------|--------|--------------|
| (91) Ole Christian Stene | | | |
| 1 | | | 16:41:31.786 |
| 2 | 1:02.703 | +1.024 | 16:42:34.489 |
| 3 | 1:03.465 | +1.786 | 16:43:37.954 |
| 4 | 1:02.903 | +1.224 | 16:44:40.857 |
| 5 | 1:01.679 | | 16:45:42.536 |
| 6 | 1:02.667 | +0.988 | 16:46:45.203 |
| 7 | 1:03.348 | +1.669 | 16:47:48.551 |
| p8 | 1:07.313 | +5.634 | 16:48:55.864 |

| Lap | Lap Tm | Diff | Time of Day |
|----------------------------------|-----------------|--------|--------------|
| (48) Truls Andre Hjortnæs | | | |
| 1 | | | 16:40:53.430 |
| 2 | 1:02.665 | +0.981 | 16:41:56.095 |
| 3 | 1:02.499 | +0.815 | 16:42:58.594 |
| 4 | 1:03.601 | +1.917 | 16:44:02.195 |
| 5 | 1:01.710 | +0.026 | 16:45:03.905 |
| 6 | 1:02.137 | +0.453 | 16:46:06.042 |
| 7 | 1:01.723 | +0.039 | 16:47:07.765 |
| 8 | 1:01.684 | | 16:48:09.449 |
| 9 | 1:01.792 | +0.108 | 16:49:11.241 |
| 10 | 1:02.114 | +0.430 | 16:50:13.355 |
| 11 | 1:02.292 | +0.608 | 16:51:15.647 |
| 12 | 1:02.847 | +1.163 | 16:52:18.494 |
| 13 | 1:02.789 | +1.105 | 16:53:21.283 |
| p14 | 1:08.292 | +6.608 | 16:54:29.575 |

| Lap | Lap Tm | Diff | Time of Day |
|----------------------------------|-----------------|--------|--------------|
| (305) Bjørn Erik Ljosland | | | |
| 1 | | | 16:39:00.393 |
| 2 | 1:02.879 | +1.109 | 16:40:03.272 |
| 3 | 1:02.548 | +0.778 | 16:41:05.820 |
| 4 | 1:01.990 | +0.220 | 16:42:07.810 |
| 5 | 1:03.371 | +1.601 | 16:43:11.181 |
| 6 | 1:01.786 | +0.016 | 16:44:12.967 |
| 7 | 1:01.910 | +0.140 | 16:45:14.877 |
| 8 | 1:01.899 | +0.129 | 16:46:16.776 |
| 9 | 1:02.137 | +0.367 | 16:47:18.913 |
| 10 | 1:02.116 | +0.346 | 16:48:21.029 |
| 11 | 1:01.770 | | 16: |

PlasticMC+SMCK heldagstrening

Trening

Vålerbanen 2,262 km

Practice Heat 6 - Alle Klasser

03.08.2015 16:40

Practice started at 16:37:38

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 13 | 1:03.012 | +1.242 | 16:51:27.920 |
| p14 | 1:12.352 | +10.582 | 16:52:40.272 |

(39') Henning F. Hansen

| | | | |
|----|----------|---------|--------------|
| 1 | | | 16:51:30.828 |
| 2 | 1:04.002 | +1.966 | 16:52:34.830 |
| 3 | 1:02.746 | +0.710 | 16:53:37.576 |
| 4 | 1:04.001 | +1.965 | 16:54:41.577 |
| 5 | 1:02.036 | | 16:55:43.613 |
| p6 | 1:14.118 | +12.082 | 16:56:57.731 |

(69) Martin A. Hoyland

| | | | |
|-----|----------|---------|--------------|
| 1 | | | 16:37:59.118 |
| 2 | 1:04.040 | +1.991 | 16:39:03.158 |
| 3 | 1:03.880 | +1.831 | 16:40:07.038 |
| 4 | 1:02.407 | +0.358 | 16:41:09.445 |
| 5 | 1:04.813 | +2.764 | 16:42:14.258 |
| 6 | 1:02.812 | +0.763 | 16:43:17.070 |
| 7 | 1:02.428 | +0.379 | 16:44:19.498 |
| 8 | 1:02.957 | +0.908 | 16:45:22.455 |
| 9 | 1:02.431 | +0.382 | 16:46:24.886 |
| 10 | 1:02.049 | | 16:47:26.935 |
| 11 | 1:02.539 | +0.490 | 16:48:29.474 |
| p12 | 1:13.341 | +11.292 | 16:49:42.815 |
| 13 | 1:48.742 | +46.693 | 16:51:31.557 |
| 14 | 1:04.438 | +2.389 | 16:52:35.995 |
| p15 | 1:12.441 | +10.392 | 16:53:48.436 |

(18) Finn Kjellbakken Kristiansen

| | | | |
|-----|----------|-----------|--------------|
| 1 | | | 16:39:22.490 |
| 2 | 1:04.763 | +2.581 | 16:40:27.253 |
| 3 | 1:03.646 | +1.464 | 16:41:30.899 |
| 4 | 1:03.384 | +1.202 | 16:42:34.283 |
| 5 | 1:03.572 | +1.390 | 16:43:37.855 |
| 6 | 1:03.549 | +1.367 | 16:44:41.404 |
| p7 | 1:11.667 | +9.485 | 16:45:53.071 |
| 8 | 4:01.410 | +2:59.228 | 16:49:54.481 |
| 9 | 1:02.876 | +0.694 | 16:50:57.357 |
| 10 | 1:02.664 | +0.482 | 16:52:00.021 |
| 11 | 1:02.758 | +0.576 | 16:53:02.779 |
| 12 | 1:02.824 | +0.642 | 16:54:05.603 |
| 13 | 1:02.725 | +0.543 | 16:55:08.328 |
| 14 | 1:02.182 | | 16:56:10.510 |
| p15 | 1:29.213 | +27.031 | 16:57:39.723 |

(70) Tore Stene

| | | | |
|-----|----------|---------|--------------|
| 1 | | | 16:38:51.855 |
| 2 | 1:04.195 | +1.892 | 16:39:56.050 |
| 3 | 1:03.960 | +1.657 | 16:41:00.010 |
| 4 | 1:03.679 | +1.376 | 16:42:03.689 |
| 5 | 1:02.701 | +0.398 | 16:43:06.390 |
| 6 | 1:03.784 | +1.481 | 16:44:10.174 |
| 7 | 1:02.738 | +0.435 | 16:45:12.912 |
| 8 | 1:03.219 | +0.916 | 16:46:16.131 |
| 9 | 1:04.218 | +1.915 | 16:47:20.349 |
| 10 | 1:03.283 | +0.980 | 16:48:23.632 |
| 11 | 1:02.303 | | 16:49:25.935 |
| p12 | 1:13.328 | +11.025 | 16:50:39.263 |

(36) Kenneth S. Laget

| | | | |
|---|----------|--------|--------------|
| 1 | | | 16:39:47.584 |
| 2 | 1:03.694 | +1.371 | 16:40:51.278 |
| 3 | 1:03.426 | +1.103 | 16:41:54.704 |
| 4 | 1:03.320 | +0.997 | 16:42:58.024 |
| 5 | 1:04.527 | +2.204 | 16:44:02.551 |
| 6 | 1:05.211 | +2.888 | 16:45:07.762 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|--------|--------------|
| 7 | 1:03.798 | +1.475 | 16:46:11.560 |
| 8 | 1:03.819 | +1.496 | 16:47:15.379 |
| 9 | 1:02.696 | +0.373 | 16:48:18.075 |
| 10 | 1:02.323 | | 16:49:20.398 |
| 11 | 1:03.512 | +1.189 | 16:50:23.910 |
| 12 | 1:05.024 | +2.701 | 16:51:28.934 |
| 13 | 1:03.197 | +0.874 | 16:52:32.131 |
| p14 | 1:11.579 | +9.256 | 16:53:43.710 |

(57) Audun Wichmann

| | | | |
|-----|----------|---------|--------------|
| 1 | | | 16:38:50.720 |
| 2 | 1:05.078 | +2.486 | 16:39:55.798 |
| 3 | 1:03.828 | +1.236 | 16:40:59.626 |
| 4 | 1:03.639 | +1.047 | 16:42:03.265 |
| 5 | 1:02.674 | +0.082 | 16:43:05.939 |
| 6 | 1:03.582 | +0.990 | 16:44:09.521 |
| 7 | 1:02.933 | +0.341 | 16:45:12.454 |
| 8 | 1:02.963 | +0.371 | 16:46:15.417 |
| 9 | 1:03.063 | +0.471 | 16:47:18.480 |
| 10 | 1:02.592 | | 16:48:21.072 |
| 11 | 1:02.777 | +0.185 | 16:49:23.849 |
| p12 | 1:13.930 | +11.338 | 16:50:37.779 |

(24) Magnus Bjørnerød

| | | | |
|-----|----------|---------|--------------|
| 1 | | | 16:39:28.327 |
| 2 | 1:04.848 | +2.083 | 16:40:33.175 |
| 3 | 1:04.220 | +1.455 | 16:41:37.395 |
| 4 | 1:02.975 | +0.210 | 16:42:40.370 |
| 5 | 1:03.176 | +0.411 | 16:43:43.546 |
| 6 | 1:03.317 | +0.552 | 16:44:46.863 |
| 7 | 1:02.852 | +0.087 | 16:45:49.715 |
| 8 | 1:02.765 | | 16:46:52.480 |
| 9 | 1:03.280 | +0.515 | 16:47:55.760 |
| 10 | 1:03.590 | +0.825 | 16:48:59.350 |
| 11 | 1:08.868 | +6.103 | 16:50:08.218 |
| p12 | 1:13.914 | +11.149 | 16:51:22.132 |

(72) Jan Nordhagen

| | | | |
|-----|-----------|------------|--------------|
| 1 | | | 16:38:52.107 |
| 2 | 1:04.106 | +0.754 | 16:39:56.213 |
| 3 | 1:04.138 | +0.786 | 16:41:00.351 |
| 4 | 1:04.154 | +0.802 | 16:42:04.505 |
| 5 | 1:03.352 | | 16:43:07.857 |
| 6 | 1:04.028 | +0.676 | 16:44:11.885 |
| 7 | 1:04.209 | +0.857 | 16:45:16.094 |
| p8 | 1:09.905 | +6.553 | 16:46:25.999 |
| 9 | 37:55.876 | +36:52.524 | 17:24:21.875 |
| 10 | 1:16.060 | +12.708 | 17:25:37.935 |
| 11 | 1:16.292 | +12.940 | 17:26:54.227 |
| 12 | 1:18.294 | +14.942 | 17:28:12.521 |
| 13 | 1:17.076 | +13.724 | 17:29:29.597 |
| 14 | 1:18.051 | +14.699 | 17:30:47.648 |
| 15 | 1:18.444 | +15.092 | 17:32:06.092 |
| 16 | 1:15.675 | +12.323 | 17:33:21.767 |
| 17 | 1:15.168 | +11.816 | 17:34:36.935 |
| 18 | 1:14.451 | +11.099 | 17:35:51.386 |
| 19 | 1:19.009 | +15.657 | 17:37:10.395 |
| p20 | 1:22.541 | +19.189 | 17:38:32.936 |

(91) Dag Schanke

| | | | |
|---|----------|--------|--------------|
| 1 | | | 17:03:14.296 |
| 2 | 1:04.552 | +0.784 | 17:04:18.848 |
| 3 | 1:04.279 | +0.511 | 17:05:23.127 |
| 4 | 1:06.082 | +2.314 | 17:06:29.209 |
| 5 | 1:04.150 | +0.382 | 17:07:33.359 |
| 6 | 1:04.367 | +0.599 | 17:08:37.726 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 7 | 1:03.768 | | 17:09:41.494 |
| 8 | 1:04.979 | +1.211 | 17:10:46.473 |
| 9 | 1:05.093 | +1.325 | 17:11:51.566 |
| p10 | 1:17.675 | +13.907 | 17:13:09.241 |

(100) Vidar Moe

| | | | |
|-----|----------|---------|--------------|
| 1 | | | 16:44:10.004 |
| 2 | 1:06.885 | +2.995 | 16:45:16.889 |
| 3 | 1:04.549 | +0.659 | 16:46:21.438 |
| 4 | 1:04.362 | +0.472 | 16:47:25.800 |
| 5 | 1:04.021 | +0.131 | 16:48:29.821 |
| 6 | 1:04.560 | +0.670 | 16:49:34.381 |
| 7 | 1:04.499 | +0.609 | 16:50:38.880 |
| 8 | 1:04.876 | +0.986 | 16:51:43.756 |
| 9 | 1:04.304 | +0.414 | 16:52:48.060 |
| 10 | 1:04.179 | +0.289 | 16:53:52.239 |
| 11 | 1:04.689 | +0.799 | 16:54:56.928 |
| 12 | 1:03.890 | | 16:56:00.818 |
| p13 | 1:14.107 | +10.217 | 16:57:14.925 |

(96) Anders Valle

| | | | |
|-----|----------|--------|--------------|
| 1 | | | 17:02:36.619 |
| 2 | 1:05.648 | +1.726 | 17:03:42.267 |
| 3 | 1:05.274 | +1.352 | 17:04:47.541 |
| 4 | 1:05.519 | +1.597 | 17:05:53.060 |
| 5 | 1:04.784 | +0.862 | 17:06:57.844 |
| 6 | 1:04.870 | +0.948 | 17:08:02.714 |
| 7 | 1:07.035 | +3.113 | 17:09:09.749 |
| 8 | 1:04.738 | +0.816 | 17:10:14.487 |
| 9 | 1:03.922 | | 17:11:18.409 |
| 10 | 1:06.312 | +2.390 | 17:12:24.721 |
| 11 | 1:06.315 | +2.393 | 17:13:31.036 |
| 12 | 1:04.659 | +0.737 | 17:14:35.695 |
| p13 | 1:12.737 | +8.815 | 17:15:48.432 |

(183) Lars Fredrik Aas

| | | | |
|-----|----------|-----------|--------------|
| 1 | | | 16:42:05.508 |
| 2 | 1:05.938 | +1.672 | 16:43:11.446 |
| 3 | 1:06.474 | +2.208 | 16:44:17.920 |
| p4 | 1:12.953 | +6.867 | 16:45:30.873 |
| 5 | 3:08.172 | +2:03.906 | 16:48:39.045 |
| 6 | 1:58.988 | +54.722 | 16:50:38.033 |
| 7 | 1:05.261 | +0.995 | 16:51:43.294 |
| 8 | 1:05.384 | +1.118 | 16:52:48.678 |
| 9 | 1:04.266 | | 16:53:52.944 |
| 10 | 1:05.973 | +1.707 | 16:54:58.917 |
| 11 | 1:05.315 | +1.049 | 16:56:04.232 |
| p12 | 1:12.099 | +7.833 | 16:57:16.331 |

(2) Torgeir Jahren

| | | | |
|-----|----------|-----------|--------------|
| 1 | | | 17:03:16.673 |
| 2 | 1:06.912 | +2.385 | 17:04:23.585 |
| 3 | 1:04.916 | +0.389 | 17:05:28.501 |
| p4 | 1:10.430 | +5.903 | 17:06:38.931 |
| 5 | 4:02.960 | +2:58.433 | 17:10:41.891 |
| 6 | 1:04.527 | | 17:11:46.418 |
| 7 | 1:05.717 | +1.190 | 17:12:52.135 |
| 8 | 1:05.447 | +0.920 | 17:13:57.582 |
| 9 | 1:05.682 | +1.155 | 17:15:03.264 |
| p10 | 1:15.535 | +11.008 | 17:16:18.799 |
| 11 | 8:21.447 | +7:16.920 | 17:24:40.246 |
| 12 | 1:18.885 | +14.358 | 17:25:59.131 |
| 13 | 1:13.828 | +9.301 | 17:27:12.959 |
| 14 | 1:13.658 | +9.131 | 17:28:26.617 |
| 15 | 1:14.251 | +9.724 | 17:29:40.868 |
| 16 | 1:13.220 | +8.693 | 17:30:54.088 |

PlasticMC+SMCK heldagstrening

Trening

Vålerbanen 2,262 km

Practice Heat 6 - Alle Klasser

03.08.2015 16:40

Practice started at 16:37:38

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|-----------|--------------|
| 17 | 1:13.828 | +9.301 | 17:32:07.916 |
| 18 | 1:15.267 | +10.740 | 17:33:23.183 |
| 19 | 1:16.194 | +11.667 | 17:34:39.377 |
| p20 | 2:40.275 | +1:35.748 | 17:37:19.652 |

(26) Marius André Berg

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 17:00:49.844 |
| 2 | 1:09.910 | +5.180 | 17:01:59.754 |
| 3 | 1:08.250 | +3.520 | 17:03:08.004 |
| 4 | 1:07.643 | +2.913 | 17:04:15.647 |
| 5 | 1:07.261 | +2.531 | 17:05:22.908 |
| 6 | 1:07.881 | +3.151 | 17:06:30.789 |
| 7 | 1:05.521 | +0.791 | 17:07:36.310 |
| 8 | 1:06.294 | +1.564 | 17:08:42.604 |
| 9 | 1:04.921 | +0.191 | 17:09:47.525 |
| 10 | 1:04.972 | +0.242 | 17:10:52.497 |
| 11 | 1:05.080 | +0.350 | 17:11:57.577 |
| 12 | 1:05.151 | +0.421 | 17:13:02.728 |
| 13 | 1:05.571 | +0.841 | 17:14:08.299 |
| 14 | 1:04.730 | | 17:15:13.029 |
| 15 | 1:04.738 | +0.008 | 17:16:17.767 |
| 16 | 1:05.258 | +0.528 | 17:17:23.025 |
| p17 | 1:18.243 | +13.513 | 17:18:41.268 |

(213) Ray Michael Moe

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 17:00:29.197 |
| 2 | 1:06.916 | +1.751 | 17:01:36.113 |
| 3 | 1:07.436 | +2.271 | 17:02:43.549 |
| 4 | 1:07.990 | +2.825 | 17:03:51.539 |
| 5 | 1:06.362 | +1.197 | 17:04:57.901 |
| 6 | 1:06.866 | +1.701 | 17:06:04.767 |
| 7 | 1:05.165 | | 17:07:09.932 |
| 8 | 1:05.439 | +0.274 | 17:08:15.371 |
| 9 | 1:05.886 | +0.721 | 17:09:21.257 |
| 10 | 1:07.700 | +2.535 | 17:10:28.957 |
| 11 | 1:06.154 | +0.989 | 17:11:35.111 |
| p12 | 1:16.883 | +11.718 | 17:12:51.994 |

(30) Jon-Terje Ødegaard

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|--------|--------------|
| 1 | | | 16:39:37.919 |
| 2 | 1:07.709 | +2.529 | 16:40:45.628 |
| 3 | 1:05.637 | +0.457 | 16:41:51.265 |
| 4 | 1:05.626 | +0.446 | 16:42:56.891 |
| 5 | 1:05.413 | +0.233 | 16:44:02.304 |
| 6 | 1:05.180 | | 16:45:07.484 |
| 7 | 1:05.639 | +0.459 | 16:46:13.123 |
| 8 | 1:05.393 | +0.213 | 16:47:18.516 |
| 9 | 1:05.850 | +0.670 | 16:48:24.366 |
| 10 | 1:05.208 | +0.028 | 16:49:29.574 |
| 11 | 1:05.214 | +0.034 | 16:50:34.788 |
| 12 | 1:05.459 | +0.279 | 16:51:40.247 |
| 13 | 1:05.334 | +0.154 | 16:52:45.581 |
| 14 | 1:05.363 | +0.183 | 16:53:50.944 |
| p15 | 1:12.781 | +7.601 | 16:55:03.725 |

(120) Oscar Espinoza

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|--------|--------------|
| 1 | | | 16:59:53.821 |
| 2 | 1:08.181 | +1.583 | 17:01:02.002 |
| 3 | 1:07.382 | +0.784 | 17:02:09.384 |
| 4 | 1:07.987 | +1.389 | 17:03:17.371 |
| 5 | 1:07.623 | +1.025 | 17:04:24.994 |
| 6 | 1:07.138 | +0.540 | 17:05:32.132 |
| 7 | 1:07.284 | +0.686 | 17:06:39.416 |
| 8 | 1:06.890 | +0.292 | 17:07:46.306 |
| 9 | 1:06.883 | +0.285 | 17:08:53.189 |
| 10 | 1:06.729 | +0.131 | 17:09:59.918 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 11 | 1:06.598 | | 17:11:06.516 |
| 12 | 1:06.783 | +0.185 | 17:12:13.299 |
| 13 | 1:06.724 | +0.126 | 17:13:20.023 |
| 14 | 1:06.692 | +0.094 | 17:14:26.715 |
| p15 | 1:19.001 | +12.403 | 17:15:45.716 |

(200) Bastian Nordhagen Sagen

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 16:59:17.172 |
| 2 | 1:09.145 | +2.491 | 17:00:26.317 |
| 3 | 1:08.751 | +2.097 | 17:01:35.068 |
| 4 | 1:07.949 | +1.295 | 17:02:43.017 |
| 5 | 1:09.809 | +3.155 | 17:03:52.826 |
| 6 | 1:07.207 | +0.553 | 17:05:00.033 |
| 7 | 1:06.829 | +0.175 | 17:06:06.862 |
| 8 | 1:07.065 | +0.411 | 17:07:13.927 |
| 9 | 1:06.654 | | 17:08:20.581 |
| 10 | 1:07.759 | +1.105 | 17:09:28.340 |
| 11 | 1:08.557 | +1.903 | 17:10:36.897 |
| 12 | 1:07.410 | +0.756 | 17:11:44.307 |
| 13 | 1:07.482 | +0.828 | 17:12:51.789 |
| 14 | 1:08.133 | +1.479 | 17:13:59.922 |
| 15 | 1:07.541 | +0.887 | 17:15:07.463 |
| 16 | 1:07.396 | +0.742 | 17:16:14.859 |
| 17 | 1:07.633 | +0.979 | 17:17:22.492 |
| p18 | 1:25.995 | +19.341 | 17:18:48.487 |

(48) Knut Nygård

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 17:25:17.671 |
| 2 | 1:12.051 | +5.080 | 17:26:29.722 |
| 3 | 1:08.778 | +1.807 | 17:27:38.500 |
| 4 | 1:27.877 | +20.906 | 17:29:06.377 |
| 5 | 1:08.864 | +1.893 | 17:30:15.241 |
| 6 | 1:07.568 | +0.597 | 17:31:22.809 |
| 7 | 1:08.573 | +1.602 | 17:32:31.382 |
| 8 | 1:08.664 | +1.693 | 17:33:40.046 |
| 9 | 1:06.971 | | 17:34:47.017 |
| 10 | 1:08.326 | +1.355 | 17:35:55.343 |
| 11 | 1:09.323 | +2.352 | 17:37:04.666 |
| p12 | 1:19.410 | +12.439 | 17:38:24.076 |

(157) John Erik Halvorsen

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 16:59:46.036 |
| 2 | 1:11.547 | +4.393 | 17:00:57.583 |
| 3 | 1:08.548 | +1.394 | 17:02:06.131 |
| 4 | 1:08.830 | +1.676 | 17:03:14.961 |
| 5 | 1:07.154 | | 17:04:22.115 |
| 6 | 1:13.140 | +5.986 | 17:05:35.255 |
| 7 | 1:07.215 | +0.061 | 17:06:42.470 |
| p8 | 1:18.874 | +11.720 | 17:08:01.344 |

(51) Stian Senderud

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|--------|--------------|
| 1 | | | 16:59:16.540 |
| 2 | 1:09.433 | +2.236 | 17:00:25.973 |
| 3 | 1:08.270 | +1.073 | 17:01:34.243 |
| 4 | 1:08.299 | +1.102 | 17:02:42.542 |
| 5 | 1:07.717 | +0.520 | 17:03:50.259 |
| 6 | 1:07.432 | +0.235 | 17:04:57.691 |
| 7 | 1:07.700 | +0.503 | 17:06:05.391 |
| 8 | 1:07.197 | | 17:07:12.588 |
| 9 | 1:07.584 | +0.387 | 17:08:20.172 |
| 10 | 1:07.896 | +0.699 | 17:09:28.068 |
| 11 | 1:08.482 | +1.285 | 17:10:36.550 |
| 12 | 1:07.471 | +0.274 | 17:11:44.021 |
| 13 | 1:07.601 | +0.404 | 17:12:51.622 |
| 14 | 1:07.828 | +0.631 | 17:13:59.450 |
| 15 | 1:07.749 | +0.552 | 17:15:07.199 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 16 | 1:07.510 | +0.313 | 17:16:14.709 |
| 17 | 1:07.574 | +0.377 | 17:17:22.283 |
| p18 | 1:25.142 | +17.945 | 17:18:47.425 |

(54) Lars Dobloug

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 17:22:48.429 |
| 2 | 1:10.852 | +3.154 | 17:23:59.281 |
| 3 | 1:14.224 | +6.526 | 17:25:13.505 |
| 4 | 1:10.323 | +2.625 | 17:26:23.828 |
| 5 | 1:08.779 | +1.081 | 17:27:32.607 |
| 6 | 1:07.698 | | 17:28:40.305 |
| 7 | 1:09.596 | +1.898 | 17:29:49.901 |
| 8 | 1:08.853 | +1.155 | 17:30:58.754 |
| 9 | 1:13.019 | +5.321 | 17:32:11.773 |
| 10 | 1:10.821 | +3.123 | 17:33:22.594 |
| 11 | 1:10.731 | +3.033 | 17:34:33.325 |
| 12 | 1:08.610 | +0.912 | 17:35:41.935 |
| 13 | 1:11.986 | +4.288 | 17:36:53.921 |
| 14 | 1:08.414 | +0.716 | 17:38:02.335 |
| p15 | 1:21.810 | +14.112 | 17:39:24.145 |

(7) Jo Sætre

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|---------|--------------|
| 1 | | | 17:00:39.611 |
| 2 | 1:11.277 | +3.290 | 17:01:50.888 |
| 3 | 1:11.059 | +3.072 | 17:03:01.947 |
| 4 | 1:11.188 | +3.201 | 17:04:13.135 |
| 5 | 1:09.753 | +1.766 | 17:05:22.888 |
| 6 | 1:12.247 | +4.260 | 17:06:35.135 |
| 7 | 1:10.012 | +2.025 | 17:07:45.147 |
| 8 | 1:09.623 | +1.636 | 17:08:54.770 |
| 9 | 1:09.941 | +1.954 | 17:10:04.711 |
| 10 | 1:09.598 | +1.611 | 17:11:14.309 |
| 11 | 1:09.425 | +1.438 | 17:12:23.734 |
| 12 | 1:09.761 | +1.774 | 17:13:33.495 |
| 13 | 1:08.672 | +0.685 | 17:14:42.167 |
| 14 | 1:09.161 | +1.174 | 17:15:51.328 |
| 15 | 1:07.987 | | 17:16:59.315 |
| 16 | 1:08.348 | +0.361 | 17:18:07.663 |
| p17 | 1:25.203 | +17.216 | 17:19:32.866 |

(21) Jimmy Olaisen

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|--------|--------------|
| 1 | | | 17:01:11.310 |
| 2 | 1:08.045 | | 17:02:19.355 |
| 3 | 1:08.472 | +0.427 | 17:03:27.827 |
| 4 | 1:08.626 | +0.581 | 17:04:36.453 |
| 5 | 1:08.487 | +0.442 | 17:05:44.940 |
| 6 | 1:08.345 | +0.300 | 17:06:53.285 |
| 7 | 1:08.525 | +0.480 | 17:08:01.810 |
| p8 | 1:14.308 | +6.263 | 17:09:16.118 |

(76) Knut Gulbrandsen

| Lap | Lap Tm | Diff | Time of Day |
|-----|----------|--------|--------------|
| 1 | | | 17:24:41.996 |
| 2 | 1:11.813 | +2.331 | 17:25:53.809 |
| 3 | 1:09.482 | | 17:27:03.291 |
| 4 | 1:12.653 | +3.171 | 17:28:15.944 |
| 5 | 1:14.494 | +5.012 | 17:29:30.438 |
| 6 | 1:12.940 | +3.458 | 17:30:43.378 |
| 7 | 1:12.145 | +2.663 | 17:31:55.523 |
| 8 | 1:12.487 | +3.005 | 17:33:08.010 |
| 9 | 1:12.826 | +3.344 | 17:34:20.836 |
| 10 | 1:11.947 | +2.465 | 17:35:32.783 |
| 11 | 1:12.474 | +2.992 | 17:36:45.257 |
| 12 | 1:13.039 | +3.557 | 17:37:58.296 |
| p13 | 1:19.286 | +9.804 | 17:39:17.582 |

(00) Transp 9499087

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 6 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 16:40

Practice started at 16:37:38

| Lap | Lap Tm | Diff | Time of Day |
|-----|-----------------|---------|--------------|
| 1 | | | 17:24:23.385 |
| 2 | 1:12.901 | +3.130 | 17:25:36.286 |
| 3 | 1:12.877 | +3.106 | 17:26:49.163 |
| 4 | 1:10.557 | +0.786 | 17:27:59.720 |
| 5 | 1:10.400 | +0.629 | 17:29:10.120 |
| 6 | 1:10.861 | +1.090 | 17:30:20.981 |
| 7 | 1:10.411 | +0.640 | 17:31:31.392 |
| 8 | 1:10.436 | +0.665 | 17:32:41.828 |
| 9 | 1:09.771 | | 17:33:51.599 |
| 10 | 1:10.714 | +0.943 | 17:35:02.313 |
| p11 | 1:20.076 | +10.305 | 17:36:22.389 |

(3) Niclas Lindblad

| | | | |
|-----|-----------------|---------|--------------|
| 1 | | | 17:23:30.567 |
| 2 | 1:15.183 | +5.111 | 17:24:45.750 |
| 3 | 1:17.946 | +7.874 | 17:26:03.696 |
| 4 | 1:16.089 | +6.017 | 17:27:19.785 |
| 5 | 1:12.626 | +2.554 | 17:28:32.411 |
| 6 | 1:10.494 | +0.422 | 17:29:42.905 |
| 7 | 1:15.000 | +4.928 | 17:30:57.905 |
| 8 | 1:13.197 | +3.125 | 17:32:11.102 |
| 9 | 1:10.804 | +0.732 | 17:33:21.906 |
| 10 | 1:12.776 | +2.704 | 17:34:34.682 |
| 11 | 1:10.072 | | 17:35:44.754 |
| 12 | 1:10.158 | +0.086 | 17:36:54.912 |
| 13 | 1:11.012 | +0.940 | 17:38:05.924 |
| p14 | 1:26.478 | +16.406 | 17:39:32.402 |

(13) Henning Wium

| | | | |
|-----|-----------------|---------|--------------|
| 1 | | | 17:25:05.357 |
| 2 | 1:17.832 | +7.190 | 17:26:23.189 |
| 3 | 1:12.343 | +1.701 | 17:27:35.532 |
| 4 | 1:11.020 | +0.378 | 17:28:46.552 |
| 5 | 1:10.658 | +0.016 | 17:29:57.210 |
| 6 | 1:10.998 | +0.356 | 17:31:08.208 |
| 7 | 1:13.151 | +2.509 | 17:32:21.359 |
| 8 | 1:10.842 | +0.200 | 17:33:32.201 |
| 9 | 1:10.642 | | 17:34:42.843 |
| 10 | 1:11.110 | +0.468 | 17:35:53.953 |
| 11 | 1:11.452 | +0.810 | 17:37:05.405 |
| p12 | 1:21.798 | +11.156 | 17:38:27.203 |

(65) Mats Holtet

| | | | |
|-----|-----------------|---------|--------------|
| 1 | | | 17:24:41.635 |
| 2 | 1:18.300 | +7.136 | 17:25:59.935 |
| 3 | 1:14.640 | +3.476 | 17:27:14.575 |
| 4 | 1:13.929 | +2.765 | 17:28:28.504 |
| 5 | 1:13.660 | +2.496 | 17:29:42.164 |
| 6 | 1:15.150 | +3.986 | 17:30:57.314 |
| 7 | 1:13.158 | +1.994 | 17:32:10.472 |
| 8 | 1:14.334 | +3.170 | 17:33:24.806 |
| 9 | 1:14.748 | +3.584 | 17:34:39.554 |
| 10 | 1:13.753 | +2.589 | 17:35:53.307 |
| 11 | 1:11.164 | | 17:37:04.471 |
| p12 | 1:21.448 | +10.284 | 17:38:25.919 |

(6) Tom Andre Grøndal

| | | | |
|---|-----------------|--------|--------------|
| 1 | | | 17:23:00.093 |
| 2 | 1:16.306 | +5.068 | 17:24:16.399 |
| 3 | 1:14.566 | +3.328 | 17:25:30.965 |
| 4 | 1:18.539 | +7.301 | 17:26:49.504 |
| 5 | 1:12.783 | +1.545 | 17:28:02.287 |
| 6 | 1:14.318 | +3.080 | 17:29:16.605 |
| 7 | 1:11.511 | +0.273 | 17:30:28.116 |
| 8 | 1:11.849 | +0.611 | 17:31:39.965 |
| 9 | 1:12.306 | +1.068 | 17:32:52.271 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|-----------------|---------|--------------|
| 10 | 1:11.896 | +0.658 | 17:34:04.167 |
| 11 | 1:11.238 | | 17:35:15.405 |
| 12 | 1:20.298 | +9.060 | 17:36:35.703 |
| 13 | 1:11.719 | +0.481 | 17:37:47.422 |
| p14 | 1:21.343 | +10.105 | 17:39:08.765 |

(24) Frank Rygge

| | | | |
|-----|-----------------|---------|--------------|
| 1 | | | 17:22:34.381 |
| 2 | 1:22.283 | +10.792 | 17:23:56.664 |
| 3 | 1:15.844 | +4.353 | 17:25:12.508 |
| 4 | 1:13.167 | +1.676 | 17:26:25.675 |
| 5 | 1:12.098 | +0.607 | 17:27:37.773 |
| 6 | 1:12.295 | +0.804 | 17:28:50.068 |
| 7 | 1:12.090 | +0.599 | 17:30:02.158 |
| 8 | 1:12.468 | +0.977 | 17:31:14.626 |
| 9 | 1:14.583 | +3.092 | 17:32:29.209 |
| 10 | 1:15.682 | +4.191 | 17:33:44.891 |
| 11 | 1:11.491 | | 17:34:56.382 |
| 12 | 1:12.934 | +1.443 | 17:36:09.316 |
| 13 | 1:11.751 | +0.260 | 17:37:21.067 |
| p14 | 1:21.885 | +10.394 | 17:38:42.952 |

(35) Jonatan Lykke Nessjøen

| | | | |
|-----|-----------------|-----------|--------------|
| 1 | | | 17:23:22.218 |
| 2 | 1:13.628 | +2.110 | 17:24:35.846 |
| 3 | 1:14.687 | +3.169 | 17:25:50.533 |
| 4 | 1:13.247 | +1.729 | 17:27:03.780 |
| 5 | 1:13.875 | +2.357 | 17:28:17.655 |
| 6 | 1:14.601 | +3.083 | 17:29:32.256 |
| 7 | 1:14.946 | +3.428 | 17:30:47.202 |
| 8 | 1:11.973 | +0.455 | 17:31:59.175 |
| 9 | 1:11.688 | +0.170 | 17:33:10.863 |
| 10 | 1:11.824 | +0.306 | 17:34:22.687 |
| 11 | 1:11.573 | +0.055 | 17:35:34.260 |
| 12 | 1:12.782 | +1.264 | 17:36:47.042 |
| 13 | 1:13.111 | +1.593 | 17:38:00.153 |
| p14 | 1:20.846 | +9.328 | 17:39:20.999 |
| 15 | 7:35.680 | +6:24.162 | 17:46:56.679 |
| 16 | 1:13.663 | +2.145 | 17:48:10.342 |
| 17 | 1:18.308 | +6.790 | 17:49:28.650 |
| 18 | 1:12.073 | +0.555 | 17:50:40.723 |
| 19 | 1:11.518 | | 17:51:52.241 |
| 20 | 1:15.385 | +3.867 | 17:53:07.626 |
| 21 | 1:14.073 | +2.555 | 17:54:21.699 |
| 22 | 1:11.716 | +0.198 | 17:55:33.415 |
| 23 | 1:12.740 | +1.222 | 17:56:46.155 |
| 24 | 1:14.369 | +2.851 | 17:58:00.524 |
| p25 | 1:22.855 | +11.337 | 17:59:23.379 |

(76) Christian Solberg Hansen

| | | | |
|-----|-----------------|-----------|--------------|
| 1 | | | 17:23:17.972 |
| 2 | 1:15.974 | +4.401 | 17:24:33.946 |
| 3 | 1:15.142 | +3.569 | 17:25:49.088 |
| 4 | 1:14.297 | +2.724 | 17:27:03.385 |
| 5 | 1:13.944 | +2.371 | 17:28:17.329 |
| 6 | 1:14.836 | +3.263 | 17:29:32.165 |
| 7 | 1:12.580 | +1.007 | 17:30:44.745 |
| 8 | 1:12.080 | +0.507 | 17:31:56.825 |
| 9 | 1:12.170 | +0.597 | 17:33:08.995 |
| 10 | 1:13.828 | +2.255 | 17:34:22.823 |
| 11 | 1:11.573 | | 17:35:34.396 |
| 12 | 1:12.113 | +0.540 | 17:36:46.509 |
| 13 | 1:13.565 | +1.992 | 17:38:00.074 |
| p14 | 1:19.726 | +8.153 | 17:39:19.800 |
| 15 | 7:37.310 | +6:25.737 | 17:46:57.110 |
| 16 | 1:14.742 | +3.169 | 17:48:11.852 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|-----------------|--------|--------------|
| 17 | 1:12.809 | +1.236 | 17:49:24.661 |
| 18 | 1:13.838 | +2.265 | 17:50:38.499 |
| 19 | 1:13.028 | +1.455 | 17:51:51.527 |
| 20 | 1:13.710 | +2.137 | 17:53:05.237 |
| 21 | 1:13.520 | +1.947 | 17:54:18.757 |
| 22 | 1:13.160 | +1.587 | 17:55:31.917 |
| 23 | 1:13.912 | +2.339 | 17:56:45.829 |
| p24 | 1:20.186 | +8.613 | 17:58:06.015 |

(1) Elias Eeg-Henriksen

| | | | |
|-----|------------------|------------|--------------|
| 1 | | | 17:21:30.741 |
| 2 | 1:17.038 | +3.892 | 17:22:47.779 |
| 3 | 1:14.098 | +0.952 | 17:24:01.877 |
| 4 | 1:22.429 | +9.283 | 17:25:24.306 |
| 5 | 1:17.030 | +3.884 | 17:26:41.336 |
| 6 | 1:15.019 | +1.873 | 17:27:56.355 |
| 7 | 1:15.871 | +2.725 | 17:29:12.226 |
| 8 | 1:15.031 | +1.885 | 17:30:27.257 |
| 9 | 1:14.354 | +1.208 | 17:31:41.611 |
| 10 | 1:15.673 | +2.527 | 17:32:57.284 |
| 11 | 1:13.997 | +0.851 | 17:34:11.281 |
| 12 | 1:13.146 | | 17:35:24.427 |
| 13 | 1:14.120 | +0.974 | 17:36:38.547 |
| p14 | 1:24.786 | +11.640 | 17:38:03.333 |
| 15 | 14:40.711 | +13:27.565 | 17:52:44.044 |
| 16 | 1:56.228 | +43.082 | 17:54:40.272 |
| p17 | 2:04.146 | +51.000 | 17:56:44.418 |

(6) Fredrik Vangen

| | | | |
|-----|-----------------|---------|--------------|
| 1 | | | 17:22:43.981 |
| 2 | 1:15.348 | +2.120 | 17:23:59.329 |
| 3 | 1:19.291 | +6.063 | 17:25:18.620 |
| 4 | 1:13.228 | | 17:26:31.848 |
| 5 | 1:14.575 | +1.347 | 17:27:46.423 |
| 6 | 1:14.909 | +1.681 | 17:29:01.332 |
| 7 | 1:14.214 | +0.986 | 17:30:15.546 |
| 8 | 1:14.254 | +1.026 | 17:31:29.800 |
| 9 | 1:14.173 | +0.945 | 17:32:43.973 |
| 10 | 1:14.070 | +0.842 | 17:33:58.043 |
| 11 | 1:16.247 | +3.019 | 17:35:14.290 |
| p12 | 1:32.307 | +19.079 | 17:36:46.597 |

(39) André S. Gjerdingen

| | | | |
|-----|-----------------|-----------|--------------|
| 1 | | | 17:25:18.786 |
| 2 | 1:15.062 | +1.660 | 17:26:33.848 |
| 3 | 1:14.583 | +1.181 | 17:27:48.431 |
| 4 | 1:16.073 | +2.671 | 17:29:04.504 |
| 5 | 1:17.272 | +3.870 | 17:30:21.776 |
| 6 | 1:16.684 | +3.282 | 17:31:38.460 |
| 7 | 1:16.589 | +3.187 | 17:32:55.049 |
| 8 | 1:16.427 | +3.025 | 17:34:11.476 |
| 9 | 1:15.408 | +2.006 | 17:35:26.884 |
| 10 | 1:16.598 | +3.196 | 17:36:43.482 |
| 11 | 1:16.490 | +3.088 | 17:37:59.972 |
| 12 | 1:20.506 | +7.104 | 17:39:20.478 |
| p13 | 7:36.544 | +6:23.142 | 17:46:57.022 |
| 14 | 1:14.686 | +1.284 | 17:48:11.708 |
| 15 | 1:16.337 | +2.935 | 17:49:28.045 |
| 16 | 1:13.940 | +0.538 | 17:50:41.985 |
| 17 | 1:13.402 | | 17:51:55.387 |
| 18 | 1:16.128 | +2.726 | 17:53:11.515 |
| 19 | 1:17.874 | +4.472 | 17:54:29.389 |
| 20 | 1:15.560 | +2.158 | 17:55:44.949 |
| 21 | 1:17.360 | +3.958 | 17:57:02.309 |
| 22 | 1:19.058 | +5.656 | 17:58:21.367 |
| p23 | 1:57.633 | +44.231 | 18:00:19.000 |

PlasticMC+SMCK heldagstrening

Trening

Vålerbanen 2,262 km

Practice Heat 6 - Alle Klasser

03.08.2015 16:40

Practice started at 16:37:38

| Lap | Lap Tm | Diff | Time of Day |
|------------------------------|-----------------|---------|--------------|
| (555) Alexander Araya | | | |
| 1 | | | 17:21:57.429 |
| 2 | 1:17.894 | +4.279 | 17:23:15.323 |
| 3 | 1:18.885 | +5.270 | 17:24:34.208 |
| 4 | 1:16.246 | +2.631 | 17:25:50.454 |
| 5 | 1:15.643 | +2.028 | 17:27:06.097 |
| 6 | 1:14.410 | +0.795 | 17:28:20.507 |
| 7 | 1:15.739 | +2.124 | 17:29:36.246 |
| 8 | 1:13.615 | | 17:30:49.861 |
| 9 | 1:14.028 | +0.413 | 17:32:03.889 |
| 10 | 1:13.974 | +0.359 | 17:33:17.863 |
| 11 | 1:14.974 | +1.359 | 17:34:32.837 |
| 12 | 1:13.677 | +0.062 | 17:35:46.514 |
| 13 | 1:13.767 | +0.152 | 17:37:00.281 |
| 14 | 1:16.811 | +3.196 | 17:38:17.092 |
| p15 | 1:29.108 | +15.493 | 17:39:46.200 |

| | | | |
|--------------------------|-----------------|--------|--------------|
| (15') Ingar Olsen | | | |
| 1 | | | 17:22:38.232 |
| 2 | 1:18.888 | +5.160 | 17:23:57.120 |
| 3 | 1:15.936 | +2.208 | 17:25:13.056 |
| 4 | 1:15.145 | +1.417 | 17:26:28.201 |
| 5 | 1:13.944 | +0.216 | 17:27:42.145 |
| 6 | 1:14.952 | +1.224 | 17:28:57.097 |
| 7 | 1:13.728 | | 17:30:10.825 |
| p8 | 1:22.020 | +8.292 | 17:31:32.845 |

| | | | |
|---------------------------------------|-----------------|---------|--------------|
| (15'') Vette Sonsteng Johansen | | | |
| 1 | | | 17:44:26.733 |
| 2 | 1:17.807 | +2.490 | 17:45:44.540 |
| 3 | 1:15.857 | +0.540 | 17:47:00.397 |
| 4 | 1:22.351 | +7.034 | 17:48:22.748 |
| 5 | 1:15.373 | +0.056 | 17:49:38.121 |
| 6 | 1:15.730 | +0.413 | 17:50:53.851 |
| 7 | 1:19.100 | +3.783 | 17:52:12.951 |
| 8 | 1:15.317 | | 17:53:28.268 |
| p9 | 1:25.894 | +10.577 | 17:54:54.162 |

| | | | |
|---------------------------|-----------------|--------|--------------|
| (268) Tone Grasdal | | | |
| 1 | | | 17:24:21.574 |
| 2 | 1:16.115 | +0.603 | 17:25:37.689 |
| 3 | 1:17.251 | +1.739 | 17:26:54.940 |
| 4 | 1:19.432 | +3.920 | 17:28:14.372 |
| 5 | 1:16.797 | +1.285 | 17:29:31.169 |
| 6 | 1:17.537 | +2.025 | 17:30:48.706 |
| 7 | 1:17.047 | +1.535 | 17:32:05.753 |
| 8 | 1:15.842 | +0.330 | 17:33:21.595 |
| 9 | 1:15.512 | | 17:34:37.107 |
| 10 | 1:16.185 | +0.673 | 17:35:53.292 |
| 11 | 1:17.983 | +2.471 | 17:37:11.275 |
| p12 | 1:22.840 | +7.328 | 17:38:34.115 |

| | | | |
|----------------------------------|-----------------|---------|--------------|
| (4'') Randi Finnvik Solli | | | |
| 1 | | | 17:22:32.085 |
| 2 | 1:26.701 | +10.990 | 17:23:58.786 |
| 3 | 1:25.832 | +10.121 | 17:25:24.618 |
| 4 | 1:20.856 | +5.145 | 17:26:45.474 |
| 5 | 1:15.809 | +0.098 | 17:28:01.283 |
| 6 | 1:15.711 | | 17:29:16.994 |
| 7 | 1:16.655 | +0.944 | 17:30:33.649 |
| 8 | 1:16.900 | +1.189 | 17:31:50.549 |
| 9 | 1:16.795 | +1.084 | 17:33:07.344 |
| 10 | 1:16.289 | +0.578 | 17:34:23.633 |
| 11 | 1:17.006 | +1.295 | 17:35:40.639 |
| 12 | 1:17.302 | +1.591 | 17:36:57.941 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|-----------------|---------|--------------|
| 13 | 1:18.612 | +2.901 | 17:38:16.553 |
| p14 | 1:28.211 | +12.500 | 17:39:44.764 |

| | | | |
|-------------------------------|-----------------|-----------|--------------|
| (155') Jeanette Larsen | | | |
| 1 | | | 17:22:09.916 |
| 2 | 1:18.090 | +2.163 | 17:23:28.006 |
| 3 | 1:16.577 | +0.650 | 17:24:44.583 |
| 4 | 1:17.892 | +1.965 | 17:26:02.475 |
| 5 | 1:16.161 | +0.234 | 17:27:18.636 |
| 6 | 1:15.927 | | 17:28:34.563 |
| 7 | 1:16.416 | +0.489 | 17:29:50.979 |
| 8 | 1:18.102 | +2.175 | 17:31:09.081 |
| 9 | 1:19.585 | +3.658 | 17:32:28.666 |
| 10 | 1:22.841 | +6.914 | 17:33:51.507 |
| 11 | 1:18.203 | +2.276 | 17:35:09.710 |
| 12 | 1:18.030 | +2.103 | 17:36:27.740 |
| 13 | 1:16.095 | +0.168 | 17:37:43.835 |
| p14 | 1:32.404 | +16.477 | 17:39:16.239 |
| 15 | 5:18.859 | +4:02.932 | 17:44:35.098 |
| 16 | 1:26.223 | +10.296 | 17:46:01.321 |
| 17 | 1:22.296 | +6.369 | 17:47:23.617 |
| 18 | 1:22.846 | +6.919 | 17:48:46.463 |
| 19 | 1:23.628 | +7.701 | 17:50:10.091 |
| 20 | 1:32.158 | +16.231 | 17:51:42.249 |
| 21 | 1:24.455 | +8.528 | 17:53:06.704 |
| p22 | 1:32.296 | +16.369 | 17:54:39.000 |

| | | | |
|--------------------------------|-----------------|-----------|--------------|
| (221) Tommy Ingebretsen | | | |
| 1 | | | 17:22:31.039 |
| 2 | 1:26.806 | +4.503 | 17:23:57.845 |
| 3 | 1:26.194 | +3.891 | 17:25:24.039 |
| 4 | 1:25.833 | +3.530 | 17:26:49.872 |
| 5 | 1:24.616 | +2.313 | 17:28:14.488 |
| 6 | 1:24.371 | +2.068 | 17:29:38.859 |
| 7 | 1:24.937 | +2.634 | 17:31:03.796 |
| 8 | 1:23.738 | +1.435 | 17:32:27.534 |
| 9 | 1:23.407 | +1.104 | 17:33:50.941 |
| 10 | 1:22.822 | +0.519 | 17:35:13.763 |
| 11 | 1:22.303 | | 17:36:36.066 |
| 12 | 1:22.604 | +0.301 | 17:37:58.670 |
| p13 | 1:31.651 | +9.348 | 17:39:30.321 |
| 14 | 13.785 | -1:08.518 | 17:39:44.106 |

| | | | |
|---------------------------|-----------------|-----------|--------------|
| (222) Gina Karlsen | | | |
| p1 | | | 17:45:13.752 |
| 2 | 6:04.228 | +4:39.099 | 17:51:17.980 |
| 3 | 1:29.402 | +4.273 | 17:52:47.382 |
| 4 | 1:25.932 | +0.803 | 17:54:13.314 |
| 5 | 1:26.270 | +1.141 | 17:55:39.584 |
| 6 | 1:25.129 | | 17:57:04.713 |
| 7 | 1:25.950 | +0.821 | 17:58:30.663 |
| p8 | 1:38.048 | +12.919 | 18:00:08.711 |