

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 8 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 19:25

Practice (1:20:00 Time) started at 19:25:01

Lap	Lap Tm	Diff	Time of Day
(35) Stig Flemming Jensen			
1			19:26:47.970
2	1:02.045	+2.613	19:27:50.015
3	1:00.206	+0.774	19:28:50.221
4	59.985	+0.553	19:29:50.206
5	59.604	+0.172	19:30:49.810
6	59.700	+0.268	19:31:49.510
7	59.432		19:32:48.942
8	1:00.754	+1.322	19:33:49.696
9	1:00.383	+0.951	19:34:50.079
10	59.643	+0.211	19:35:49.722
11	59.618	+0.186	19:36:49.340
p12	1:06.050	+6.618	19:37:55.390
13	1:40.958	+41.526	19:39:36.348
14	1:00.426	+0.994	19:40:36.774
15	1:04.165	+4.733	19:41:40.939
16	1:00.856	+1.424	19:42:41.795
17	59.900	+0.468	19:43:41.695
p18	1:07.969	+8.537	19:44:49.664

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			19:26:08.809
2	1:02.454	+2.745	19:27:11.263
3	1:01.540	+1.831	19:28:12.803
4	1:00.624	+0.915	19:29:13.427
5	59.954	+0.245	19:30:13.381
6	1:00.985	+1.276	19:31:14.366
7	1:45.545	+45.836	19:32:59.911
8	1:00.060	+0.351	19:33:59.971
9	59.937	+0.228	19:34:59.908
10	59.975	+0.266	19:35:59.883
11	1:00.064	+0.355	19:36:59.947
12	59.709		19:37:59.656
13	59.962	+0.253	19:38:59.618
14	59.835	+0.126	19:39:59.453
15	59.737	+0.028	19:40:59.190
16	1:00.053	+0.344	19:41:59.243
17	1:00.314	+0.605	19:42:59.557
p18	1:12.890	+13.181	19:44:12.447

Lap	Lap Tm	Diff	Time of Day
(39') Henning F. Hansen			
1			19:26:02.282
2	1:01.694	+1.608	19:27:03.976
3	1:00.385	+0.299	19:28:04.361
4	1:00.589	+0.503	19:29:04.950
5	1:00.858	+0.772	19:30:05.808
6	1:05.810	+5.724	19:31:11.618
7	1:00.086		19:32:11.704
8	1:08.786	+8.700	19:33:20.490
9	1:00.470	+0.384	19:34:20.960
10	1:07.495	+7.409	19:35:28.455
11	1:00.296	+0.210	19:36:28.751
p12	1:14.760	+14.674	19:37:43.511

Lap	Lap Tm	Diff	Time of Day
(10) Runar Hammer			
1			19:26:26.826
2	1:00.863	+0.698	19:27:27.689
3	1:00.334	+0.169	19:28:28.023
4	1:00.264	+0.099	19:29:28.287
5	1:02.094	+1.929	19:30:30.381
6	1:01.037	+0.872	19:31:31.418
7	1:00.481	+0.316	19:32:31.899
8	1:00.165		19:33:32.064
9	1:01.205	+1.040	19:34:33.269
10	1:01.454	+1.289	19:35:34.723

Lap	Lap Tm	Diff	Time of Day
p11	1:08.143	+7.978	19:36:42.866
(91') Ole Christian Stene			
1			19:26:29.022
2	1:01.852	+1.119	19:27:30.874
3	1:00.733		19:28:31.607
4	1:00.905	+0.172	19:29:32.512
5	1:01.744	+1.011	19:30:34.256
6	1:01.773	+1.040	19:31:36.029
7	1:02.552	+1.819	19:32:38.581
p8	1:08.080	+7.347	19:33:46.661

Lap	Lap Tm	Diff	Time of Day
(46) Tor Eskil Lian			
1			19:26:28.767
2	1:02.986	+2.005	19:27:31.753
3	1:01.605	+0.624	19:28:33.358
4	1:01.405	+0.424	19:29:34.763
5	1:00.981		19:30:35.744
6	1:04.290	+3.309	19:31:40.034
7	1:02.318	+1.337	19:32:42.352
8	1:03.106	+2.125	19:33:45.458
9	1:01.662	+0.681	19:34:47.120
p10	1:07.151	+6.170	19:35:54.271
11	1:37.488	+36.507	19:37:31.759
p12	1:08.108	+7.127	19:38:39.867

Lap	Lap Tm	Diff	Time of Day
(53) Oddgeir Estenstad			
1			19:26:29.379
2	1:02.751	+1.192	19:27:32.130
3	1:02.476	+0.917	19:28:34.606
4	1:01.984	+0.425	19:29:36.590
5	1:01.815	+0.256	19:30:38.405
6	1:01.865	+0.306	19:31:40.270
7	1:02.617	+1.058	19:32:42.887
8	1:02.912	+1.353	19:33:45.799
9	1:01.559		19:34:47.358
10	1:01.710	+0.151	19:35:49.068
p11	1:07.276	+5.717	19:36:56.344

Lap	Lap Tm	Diff	Time of Day
(100) Vidar Moe			
1			19:25:49.679
2	1:05.043	+3.441	19:26:54.722
3	1:03.769	+2.167	19:27:58.491
4	1:03.082	+1.480	19:29:01.573
5	1:02.817	+1.215	19:30:04.390
6	1:03.095	+1.493	19:31:07.485
7	1:03.635	+2.033	19:32:11.120
8	1:03.777	+2.175	19:33:14.897
9	1:02.252	+0.650	19:34:17.149
10	1:02.252	+0.650	19:35:19.401
11	1:03.097	+1.495	19:36:22.498
12	1:02.065	+0.463	19:37:24.563
13	1:01.602		19:38:26.165
14	1:02.243	+0.641	19:39:28.408
15	1:02.349	+0.747	19:40:30.757
16	1:02.094	+0.492	19:41:32.851
17	1:02.069	+0.467	19:42:34.920
18	1:02.542	+0.940	19:43:37.462
p19	1:09.558	+7.956	19:44:47.020

Lap	Lap Tm	Diff	Time of Day
(57) Audun Wichmann			
1			19:26:47.768
2	1:03.402	+1.408	19:27:51.170
3	1:02.445	+0.451	19:28:53.615
4	1:02.649	+0.655	19:29:56.264
5	1:03.071	+1.077	19:30:59.335

Lap	Lap Tm	Diff	Time of Day
6	1:02.322	+0.328	19:32:01.657
7	1:02.415	+0.421	19:33:04.072
8	1:02.018	+0.024	19:34:06.090
9	1:01.994		19:35:08.084
10	1:02.333	+0.339	19:36:10.417
11	1:02.499	+0.505	19:37:12.916
p12	1:19.970	+17.976	19:38:32.886

Lap	Lap Tm	Diff	Time of Day
(305) Bjørn Erik Ljosland			
1			19:25:49.762
2	1:04.510	+2.075	19:26:54.272
3	1:03.063	+0.628	19:27:57.335
4	1:03.046	+0.611	19:29:00.381
5	1:03.067	+0.632	19:30:03.448
6	1:03.180	+0.745	19:31:06.628
7	1:03.335	+0.900	19:32:09.963
8	1:03.059	+0.624	19:33:13.022
9	1:02.659	+0.224	19:34:15.681
10	1:02.435		19:35:18.116
p11	1:10.280	+7.845	19:36:28.396

Lap	Lap Tm	Diff	Time of Day
(70) Tore Stene			
1			19:25:49.072
2	1:05.036	+2.498	19:26:54.108
3	1:03.984	+1.446	19:27:58.092
4	1:02.887	+0.349	19:29:00.979
5	1:02.913	+0.375	19:30:03.892
6	1:03.088	+0.550	19:31:06.980
7	1:03.557	+1.019	19:32:10.537
8	1:03.236	+0.698	19:33:13.773
9	1:02.538		19:34:16.311
10	1:02.699	+0.161	19:35:19.010
p11	1:10.248	+7.710	19:36:29.258

Lap	Lap Tm	Diff	Time of Day
(36) Kenneth S. Laget			
1			19:25:58.113
2	1:06.334	+3.478	19:27:04.447
3	1:05.378	+2.522	19:28:09.825
4	1:04.991	+2.135	19:29:14.816
5	1:04.077	+1.221	19:30:18.893
6	1:04.197	+1.341	19:31:23.090
7	1:03.724	+0.868	19:32:26.814
8	1:03.456	+0.600	19:33:30.270
9	1:04.055	+1.199	19:34:34.325
10	1:03.420	+0.564	19:35:37.745
11	1:03.514	+0.658	19:36:41.259
12	1:05.367	+2.511	19:37:46.626
13	1:03.584	+0.728	19:38:50.210
14	1:02.856		19:39:53.066
p15	1:10.242	+7.386	19:41:03.308

Lap	Lap Tm	Diff	Time of Day
(50) Steffen Andersen			
1			19:48:41.854
2	1:08.180	+4.967	19:49:50.034
3	1:12.022	+8.809	19:51:02.056
4	1:06.853	+3.640	19:52:08.909
5	1:07.085	+3.872	19:53:15.994
6	1:03.213		19:54:19.207
7	1:06.261	+3.048	19:55:25.468
8	1:04.453	+1.240	19:56:29.921
9	1:03.843	+0.630	19:57:33.764
10	1:13.734	+10.521	19:58:47.498
11	1:06.292	+3.079	19:59:53.790
p12	1:13.591	+10.378	20:01:07.381

Lap	Lap Tm	Diff	Time of Day
(141) Krister Louis G. Langel			

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Vålerbanen 2,262 km

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03.08.2015 19:25

Practice (1:20:00 Time) started at 19:25:01

Lap	Lap Tm	Diff	Time of Day
1			19:48:37.946
2	1:11.709	+8.397	19:49:49.655
3	1:12.904	+9.592	19:51:02.559
4	1:06.569	+3.257	19:52:09.128
5	1:07.986	+4.674	19:53:17.114
6	1:05.925	+2.613	19:54:23.039
7	1:08.218	+4.906	19:55:31.257
8	1:06.905	+3.593	19:56:38.162
9	1:03.348	+0.036	19:57:41.510
10	1:04.214	+0.902	19:58:45.724
11	1:03.864	+0.552	19:59:49.588
12	1:05.440	+2.128	20:00:55.028
13	1:03.312		20:01:58.340
14	1:03.916	+0.604	20:03:02.256
p15	1:15.832	+12.520	20:04:18.088

(72) Jan Nordhagen

Lap	Lap Tm	Diff	Time of Day
1			19:26:48.857
2	1:04.296	+0.610	19:27:53.153
3	1:04.143	+0.457	19:28:57.296
4	1:03.686		19:30:00.982
5	1:04.618	+0.932	19:31:05.600
6	1:04.255	+0.569	19:32:09.855
p7	1:13.453	+9.767	19:33:23.308
8	35:12.674	+34:08.988	20:08:35.982
9	1:18.964	+15.278	20:09:54.946
10	1:15.313	+11.627	20:11:10.259
11	1:18.278	+14.592	20:12:28.537
12	1:23.115	+19.429	20:13:51.652
p13	1:15.841	+12.155	20:15:07.493

(4*) Vidar Grønland

Lap	Lap Tm	Diff	Time of Day
1			19:48:31.829
2	1:06.107	+2.047	19:49:37.936
3	1:06.173	+2.113	19:50:44.109
4	1:08.876	+4.816	19:51:52.985
5	1:06.498	+2.438	19:52:59.483
6	1:05.065	+1.005	19:54:04.548
7	1:04.188	+0.128	19:55:08.736
8	1:04.060		19:56:12.796
9	1:04.135	+0.075	19:57:16.931
10	1:04.413	+0.353	19:58:21.344
11	1:04.341	+0.281	19:59:25.685
12	1:04.298	+0.238	20:00:29.983
13	1:09.029	+4.969	20:01:39.012
14	1:10.157	+6.097	20:02:49.169
p15	1:10.148	+6.088	20:03:59.317

(91) Dag Schanke

Lap	Lap Tm	Diff	Time of Day
1			19:27:15.253
2	1:05.323	+0.937	19:28:20.576
3	1:05.455	+1.069	19:29:26.031
4	1:04.814	+0.428	19:30:30.845
5	1:04.762	+0.376	19:31:35.607
6	1:05.051	+0.665	19:32:40.658
7	1:05.664	+1.278	19:33:46.322
8	1:04.900	+0.514	19:34:51.222
9	1:04.386		19:35:55.608
p10	1:18.891	+14.505	19:37:14.499

(96) Anders Valle

Lap	Lap Tm	Diff	Time of Day
1			19:25:50.432
2	1:05.418	+0.891	19:26:55.850
3	1:04.612	+0.085	19:28:00.462
4	1:04.527		19:29:04.989
5	1:05.361	+0.834	19:30:10.350

Lap	Lap Tm	Diff	Time of Day
6	1:04.693	+0.166	19:31:15.043
7	1:05.157	+0.630	19:32:20.200
8	1:04.979	+0.452	19:33:25.179
9	1:04.851	+0.324	19:34:30.030
10	1:05.996	+1.469	19:35:36.026
11	1:04.647	+0.120	19:36:40.673
p12	1:12.830	+8.303	19:37:53.503
13	1:32.630	+28.103	19:39:26.133
14	1:05.980	+1.453	19:40:32.113
15	1:05.303	+0.776	19:41:37.416
16	1:05.816	+1.289	19:42:43.232
17	1:04.917	+0.390	19:43:48.149
p18	1:12.517	+7.990	19:45:00.666

(26) Marius André Berg

Lap	Lap Tm	Diff	Time of Day
1			19:49:07.314
2	1:06.484	+1.928	19:50:13.798
3	1:05.338	+0.782	19:51:19.136
4	1:04.556		19:52:23.692
5	1:05.059	+0.503	19:53:28.751
6	1:05.782	+1.226	19:54:34.533
7	1:05.056	+0.500	19:55:39.589
8	1:05.563	+1.007	19:56:45.152
9	1:07.822	+3.266	19:57:52.974
10	1:05.168	+0.612	19:58:58.142
11	1:05.122	+0.566	20:00:03.264
12	1:05.497	+0.941	20:01:08.761
13	1:04.977	+0.421	20:02:13.738
p14	1:18.900	+14.344	20:03:32.638

(200) Bastian Nordhagen Sagen

Lap	Lap Tm	Diff	Time of Day
1			19:48:49.988
2	1:06.489	+1.677	19:49:56.477
3	1:08.283	+3.471	19:51:04.760
4	1:05.534	+0.722	19:52:10.294
5	1:07.563	+2.751	19:53:17.857
6	1:05.490	+0.678	19:54:23.347
7	1:07.826	+3.014	19:55:31.173
8	1:07.623	+2.811	19:56:38.796
9	1:04.812		19:57:43.608
10	1:05.668	+0.856	19:58:49.276
11	1:06.207	+1.395	19:59:55.483
12	1:08.085	+3.273	20:01:03.568
13	1:06.378	+1.566	20:02:09.946
p14	1:24.390	+19.578	20:03:34.336

(213) Ray Michael Moe

Lap	Lap Tm	Diff	Time of Day
1			19:48:28.262
2	1:08.225	+3.358	19:49:36.487
3	1:07.016	+2.149	19:50:43.503
4	1:10.365	+5.498	19:51:53.868
5	1:07.479	+2.612	19:53:01.347
6	1:08.175	+3.308	19:54:09.522
7	1:07.350	+2.483	19:55:16.872
8	1:07.469	+2.602	19:56:24.341
9	1:06.866	+1.999	19:57:31.207
10	1:05.485	+0.618	19:58:36.692
11	1:07.269	+2.402	19:59:43.961
12	1:05.325	+0.458	20:00:49.286
13	1:06.035	+1.168	20:01:55.321
14	1:04.867		20:03:00.188
p15	1:21.710	+16.843	20:04:21.898

(186) Christian Jørgensen

Lap	Lap Tm	Diff	Time of Day
1			19:48:42.164
2	1:08.327	+3.350	19:49:50.491

Lap	Lap Tm	Diff	Time of Day
3	1:11.406	+6.429	19:51:01.897
4	1:06.844	+1.867	19:52:08.741
5	1:08.144	+3.167	19:53:16.885
6	1:05.625	+0.648	19:54:22.510
7	1:08.033	+3.056	19:55:30.543
8	1:08.994	+4.017	19:56:39.537
9	1:04.977		19:57:44.514
10	1:05.452	+0.475	19:58:49.966
11	1:06.013	+1.036	19:59:55.979
12	1:08.267	+3.290	20:01:04.246
13	1:08.013	+3.036	20:02:12.259
p14	1:18.526	+13.549	20:03:30.785

(9) Bjørn G. Haraldsen

Lap	Lap Tm	Diff	Time of Day
1			19:28:20.443
2	1:06.457	+1.291	19:29:26.900
3	1:05.913	+0.747	19:30:32.813
4	1:06.117	+0.951	19:31:38.930
5	1:06.163	+0.997	19:32:45.093
6	1:08.063	+2.897	19:33:53.156
7	1:06.833	+1.667	19:34:59.989
8	1:05.166		19:36:05.155
p9	1:16.228	+11.062	19:37:21.383

(51) Stian Senderud

Lap	Lap Tm	Diff	Time of Day
1			19:48:50.968
2	1:07.030	+1.639	19:49:57.998
3	1:07.825	+2.434	19:51:05.823
4	1:06.190	+0.799	19:52:12.013
5	1:06.351	+0.960	19:53:18.364
6	1:06.126	+0.735	19:54:24.490
7	1:07.149	+1.758	19:55:31.639
8	1:08.467	+3.076	19:56:40.106
9	1:05.391		19:57:45.497
10	1:05.432	+0.041	19:58:50.929
11	1:05.481	+0.090	19:59:56.410
12	1:07.007	+1.616	20:01:03.417
13	1:06.239	+0.848	20:02:09.656
p14	1:19.859	+14.468	20:03:29.515

(16) Khanh Q. Dang

Lap	Lap Tm	Diff	Time of Day
1			19:46:31.824
2	1:07.952	+2.094	19:47:39.776
3	1:09.212	+3.354	19:48:48.988
4	1:05.858		19:49:54.846
5	1:08.601	+2.743	19:51:03.447
6	1:06.619	+0.761	19:52:10.066
p7	1:14.131	+8.273	19:53:24.197
8	2:10.923	+1:05.065	19:55:35.120

(120) Oscar Espinoza

Lap	Lap Tm	Diff	Time of Day
1			19:47:12.980
2	1:06.562	+0.645	19:48:19.542
3	1:07.119	+1.202	19:49:26.661
4	1:07.597	+1.680	19:50:34.258
5	1:08.756	+2.839	19:51:43.014
6	1:06.531	+0.614	19:52:49.545
7	1:06.514	+0.597	19:53:56.059
8	1:07.562	+1.645	19:55:03.621
9	1:06.708	+0.791	19:56:10.329
10	1:06.473	+0.556	19:57:16.802
11	1:05.917		19:58:22.719
12	1:06.172	+0.255	19:59:28.891
13	1:06.269	+0.352	20:00:35.160
p14	1:12.770	+6.853	20:01:47.930

PlasticMC+SMCK heldagstrening

Trening

Practice Heat 8 - Alle Klasser

Vålerbanen 2,262 km

03.08.2015 19:25

Practice (1:20:00 Time) started at 19:25:01

Lap	Lap Tm	Diff	Time of Day
(211) Andreas Belgum			
1			19:47:11.905
2	1:06.598	+0.439	19:48:18.503
3	1:07.573	+1.414	19:49:26.076
4	1:07.680	+1.521	19:50:33.756
5	1:10.531	+4.372	19:51:44.287
6	1:06.910	+0.751	19:52:51.197
7	1:07.104	+0.945	19:53:58.301
8	1:06.159		19:55:04.460
9	1:06.552	+0.393	19:56:11.012
p10	1:14.360	+8.221	19:57:25.392

Lap	Lap Tm	Diff	Time of Day
(46) Atle G. Syversen			
1			19:50:42.142
2	1:11.193	+4.949	19:51:53.335
3	1:07.601	+1.357	19:53:00.936
4	1:13.677	+7.433	19:54:14.613
5	1:16.916	+10.672	19:55:31.529
6	1:13.339	+7.095	19:56:44.868
7	1:11.865	+5.621	19:57:56.733
8	1:11.667	+5.423	19:59:08.400
9	1:06.399	+0.155	20:00:14.799
10	1:06.244		20:01:21.043
11	1:06.830	+0.586	20:02:27.873
p12	1:20.700	+14.456	20:03:48.573

Lap	Lap Tm	Diff	Time of Day
(99) Marius Naume			
1			19:48:27.798
2	1:08.391	+1.139	19:49:36.189
3	1:07.762	+0.510	19:50:43.951
4	1:10.447	+3.195	19:51:54.398
5	1:08.103	+0.851	19:53:02.501
6	1:11.593	+4.341	19:54:14.094
7	1:10.883	+3.631	19:55:24.977
8	1:07.409	+0.157	19:56:32.386
9	1:07.252		19:57:39.638
10	1:07.611	+0.359	19:58:47.249
11	1:07.790	+0.538	19:59:55.039
12	1:08.276	+1.024	20:01:03.315
13	1:08.730	+1.478	20:02:12.045
p14	1:24.582	+17.330	20:03:36.627

Lap	Lap Tm	Diff	Time of Day
(193) Bjørn Danielsen			
1			19:48:25.993
2	1:08.930	+1.546	19:49:34.923
3	1:08.374	+0.990	19:50:43.297
4	1:09.286	+1.902	19:51:52.583
5	1:07.384		19:52:59.967
6	1:07.614	+0.230	19:54:07.581
7	1:08.651	+1.267	19:55:16.232
8	1:08.937	+1.553	19:56:25.169
9	1:07.797	+0.413	19:57:32.966
10	1:08.554	+1.170	19:58:41.520
11	1:07.857	+0.473	19:59:49.377
12	1:07.822	+0.438	20:00:57.199
13	1:08.610	+1.226	20:02:05.809
p14	1:17.915	+10.531	20:03:23.724
15	23:31.026	+22:23.642	20:26:54.750
16	1:24.140	+16.756	20:28:18.890
17	1:25.385	+18.001	20:29:44.275
18	1:22.803	+15.419	20:31:07.078
19	1:20.208	+12.824	20:32:27.286
20	1:22.740	+15.356	20:33:50.026
21	1:22.588	+15.204	20:35:12.614
22	1:23.414	+16.030	20:36:36.028
p23	1:32.721	+25.337	20:38:08.749

Lap	Lap Tm	Diff	Time of Day
(21) Jimmy Olaisen			
1			19:48:06.437
2	1:10.236	+1.840	19:49:16.673
3	1:11.058	+2.662	19:50:27.731
4	1:08.796	+0.400	19:51:36.527
5	1:08.396		19:52:44.923
6	1:09.085	+0.689	19:53:54.008
p7	1:16.689	+8.293	19:55:10.697

Lap	Lap Tm	Diff	Time of Day
(3) Niclas Lindblad			
1			20:09:55.174
2	1:15.988	+6.938	20:11:11.162
3	1:11.546	+2.496	20:12:22.708
4	1:09.963	+0.913	20:13:32.671
5	1:12.089	+3.039	20:14:44.760
6	1:09.811	+0.761	20:15:54.571
7	1:09.460	+0.410	20:17:04.031
8	1:09.050		20:18:13.081
9	1:10.091	+1.041	20:19:23.172
10	1:58.005	+48.955	20:21:21.177
p11	1:16.134	+7.084	20:22:37.311

Lap	Lap Tm	Diff	Time of Day
(7) Jo Sætre			
1			19:48:42.107
2	1:11.665	+2.425	19:49:53.772
3	1:12.305	+3.065	19:51:06.077
4	1:10.730	+1.490	19:52:16.807
5	1:09.788	+0.548	19:53:26.595
6	1:09.865	+0.625	19:54:36.460
7	1:09.760	+0.520	19:55:46.220
8	1:09.332	+0.092	19:56:55.552
9	1:09.240		19:58:04.792
10	1:09.420	+0.180	19:59:14.212
11	1:11.338	+2.098	20:00:25.550
12	1:12.492	+3.252	20:01:38.042
13	1:11.006	+1.766	20:02:49.048
p14	1:20.465	+11.225	20:04:09.513

Lap	Lap Tm	Diff	Time of Day
(10) Stig Christian Bjørndal-Riis			
1			19:48:43.647
2	1:10.298	+0.982	19:49:53.945
3	1:12.539	+3.223	19:51:06.484
4	1:10.659	+1.343	19:52:17.143
5	1:09.864	+0.548	19:53:27.007
6	1:09.754	+0.438	19:54:36.761
7	1:09.763	+0.447	19:55:46.524
8	1:09.316		19:56:55.840
9	1:09.403	+0.087	19:58:05.243
p10	1:22.541	+13.225	19:59:27.784

Lap	Lap Tm	Diff	Time of Day
(24) Frank Rygge			
1			20:08:32.205
2	1:13.904	+3.502	20:09:46.109
3	1:12.997	+2.595	20:10:59.106
4	1:11.650	+1.248	20:12:10.756
5	1:12.001	+1.599	20:13:22.757
6	1:11.420	+1.018	20:14:34.177
7	1:11.957	+1.555	20:15:46.134
8	1:11.882	+1.480	20:16:58.016
9	1:10.889	+0.487	20:18:08.905
10	1:11.069	+0.667	20:19:19.974
11	1:10.402		20:20:30.376
12	1:11.515	+1.113	20:21:41.891
13	1:12.395	+1.993	20:22:54.286
p14	1:19.673	+9.271	20:24:13.959

Lap	Lap Tm	Diff	Time of Day
(555) Alexander Araya			
1			20:07:24.470
2	1:16.737	+4.629	20:08:41.207
3	1:16.150	+4.042	20:09:57.357
4	1:15.813	+3.705	20:11:13.170
5	1:15.566	+3.458	20:12:28.736
6	1:14.123	+2.015	20:13:42.859
7	1:14.151	+2.043	20:14:57.010
8	1:13.288	+1.180	20:16:10.298
9	1:13.741	+1.633	20:17:24.039
10	1:12.993	+0.885	20:18:37.032
11	1:12.617	+0.509	20:19:49.649
12	1:12.223	+0.115	20:21:01.872
13	1:12.108		20:22:13.980
p14	1:21.507	+9.399	20:23:35.487

Lap	Lap Tm	Diff	Time of Day
(48) Truls Andre Hjortnæs			
1			19:51:46.677
2	1:13.184	+0.790	19:52:59.861
3	1:13.831	+1.437	19:54:13.692
4	1:14.043	+1.649	19:55:27.735
5	1:14.726	+2.332	19:56:42.461
6	1:12.394		19:57:54.855
7	1:14.025	+1.631	19:59:08.880
8	1:15.033	+2.639	20:00:23.913
p9	1:14.877	+2.483	20:01:38.790

Lap	Lap Tm	Diff	Time of Day
(35) Jonatan Lykke Nessjøen			
1			20:11:07.780
2	1:12.873	+0.411	20:12:20.653
3	1:13.809	+1.347	20:13:34.462
4	1:12.809	+0.347	20:14:47.271
5	1:18.791	+6.329	20:16:06.062
6	1:13.179	+0.717	20:17:19.241
7	1:13.059	+0.597	20:18:32.300
8	1:13.495	+1.033	20:19:45.795
9	1:12.961	+0.499	20:20:58.756
10	1:13.286	+0.824	20:22:12.042
p11	1:24.464	+12.002	20:23:36.506
12	3:53.184	+2:40.722	20:27:29.690
13	1:16.656	+4.194	20:28:46.346
14	1:13.633	+1.171	20:29:59.979
15	1:12.893	+0.431	20:31:12.872
16	1:16.236	+3.774	20:32:29.108
17	1:14.728	+2.266	20:33:43.836
18	1:15.549	+3.087	20:34:59.385
19	1:12.462		20:36:11.847
p20	1:21.044	+8.582	20:37:32.891

Lap	Lap Tm	Diff	Time of Day
(65) Mats Hollet			
1			19:48:01.828
2	1:14.144	+1.094	19:49:15.972
3	1:15.022	+1.972	19:50:30.994
4	1:15.077	+2.027	19:51:46.071
5	1:13.305	+0.255	19:52:59.376
6	1:14.045	+0.995	19:54:13.421
7	1:14.003	+0.953	19:55:27.424
8	1:14.655	+1.605	19:56:42.079
9	1:13.543	+0.493	19:57:55.622
10	1:13.749	+0.699	19:59:09.371
11	1:33.813	+20.763	20:00:43.184
12	1:13.050		20:01:56.234
p13	1:22.132	+9.082	20:03:18.366

Lap	Lap Tm	Diff	Time of Day
(15) Vette Sønsteng Johansen			

PlasticMC+SMCK heldagstrening

Trening

Vålerbanen 2,262 km

Practice Heat 8 - Alle Klasser

03.08.2015 19:25

Practice (1:20:00 Time) started at 19:25:01

Lap	Lap Tm	Diff	Time of Day
1			20:11:32.681
2	1:17.117	+2.973	20:12:49.798
3	1:15.028	+0.884	20:14:04.826
4	1:15.027	+0.883	20:15:19.853
5	1:14.583	+0.439	20:16:34.436
6	1:14.144		20:17:48.580
7	1:14.430	+0.286	20:19:03.010
p8	1:29.344	+15.200	20:20:32.354

(7") Tom A. Johansen

1			20:11:30.882
2	1:20.652	+5.760	20:12:51.534
3	1:16.764	+1.872	20:14:08.298
4	1:16.329	+1.437	20:15:24.627
5	1:15.601	+0.709	20:16:40.228
6	1:14.892		20:17:55.120
7	1:15.887	+0.995	20:19:11.007
p8	1:22.530	+7.638	20:20:33.537

(268) Tone Grasdal

1			20:08:36.429
2	1:18.084	+0.425	20:09:54.513
3	1:17.659		20:11:12.172
4	1:18.676	+1.017	20:12:30.848
p5	1:29.965	+12.306	20:14:00.813

(221) Tommy Ingebretsen

1			20:07:49.820
2	1:23.256	+2.522	20:09:13.076
3	1:22.240	+1.506	20:10:35.316
4	1:23.390	+2.656	20:11:58.706
5	1:24.142	+3.408	20:13:22.848
6	1:22.328	+1.594	20:14:45.176
7	1:21.285	+0.551	20:16:06.461
8	1:21.816	+1.082	20:17:28.277
9	1:21.588	+0.854	20:18:49.865
10	1:21.280	+0.546	20:20:11.145
11	1:22.588	+1.854	20:21:33.733
12	1:20.734		20:22:54.467
p13	1:31.385	+10.651	20:24:25.852

(155) Jeanette Larsen

1			20:25:54.995
2	1:27.070	+5.458	20:27:22.065
3	1:31.559	+9.947	20:28:53.624
4	1:22.493	+0.881	20:30:16.117
5	1:24.382	+2.770	20:31:40.499
6	1:21.612		20:33:02.111
7	1:21.680	+0.068	20:34:23.791
8	1:29.847	+8.235	20:35:53.638
9	1:29.257	+7.645	20:37:22.895
p10	1:32.442	+10.830	20:38:55.337

(222) Gina Karlsen

1			20:26:57.102
2	1:23.307		20:28:20.409
3	1:25.256	+1.949	20:29:45.665
4	1:23.596	+0.289	20:31:09.261
5	1:24.861	+1.554	20:32:34.122
6	1:24.341	+1.034	20:33:58.463
7	1:30.529	+7.222	20:35:28.992
p8	1:37.665	+14.358	20:37:06.657

(75) Geir Olav Smedsrud

1			20:26:09.087
2	1:40.697	+6.079	20:27:49.784

Lap	Lap Tm	Diff	Time of Day
3	1:39.820	+5.202	20:29:29.604
4	1:34.618		20:31:04.222
p5	1:29.993	-4.625	20:32:34.215
6	1:42.888	+8.270	20:34:17.103
7	1:34.928	+0.310	20:35:52.031
8	1:36.932	+2.314	20:37:28.963
p9	1:41.797	+7.179	20:39:10.760

(5) Øyvind Linstad

1			20:26:10.862
2	1:40.548	+5.884	20:27:51.410
3	1:39.968	+5.304	20:29:31.378
4	1:35.994	+1.330	20:31:07.372
5	1:34.961	+0.297	20:32:42.333
6	1:35.726	+1.062	20:34:18.059
7	1:34.664		20:35:52.723
8	1:34.716	+0.052	20:37:27.439
p9	2:05.719	+31.055	20:39:33.158