



Heldagstrening SMCK

1 Rookie 600 - 1000

Vålerbanen 2,262 km

Rookie 600 - 1000 Heat 01

09.05.2016 09:00

Practice (25:00 Time) started at 9:00:00

Lap	Lap Tm	Diff	Time of Day
(186) Christian Jørgensen			
1			9:09:02.990
2	1:11.606	+6.184	9:10:14.596
3	1:09.734	+4.312	9:11:24.330
4	1:06.867	+1.445	9:12:31.197
5	1:07.392	+1.970	9:13:38.589
6	1:07.851	+2.429	9:14:46.440
7	1:06.332	+0.910	9:15:52.772
8	1:05.422		9:16:58.194
9	1:31.330	+25.908	9:18:29.524
10	1:08.532	+3.110	9:19:38.056
11	1:07.030	+1.608	9:20:45.086
12	1:16.878	+11.456	9:22:01.964

Lap	Lap Tm	Diff	Time of Day
(168) Bendik Fjerdingstad			
1			9:09:21.910
2	1:10.834	+5.306	9:10:32.744
3	1:08.891	+3.363	9:11:41.635
4	1:07.473	+1.945	9:12:49.108
5	1:09.359	+3.831	9:13:58.467
6	1:07.296	+1.768	9:15:05.763
7	1:05.935	+0.407	9:16:11.698
8	1:05.528		9:17:17.226
9	1:17.374	+11.846	9:18:34.600
10	2:55.212	+1:49.684	9:21:29.812
11	1:07.549	+2.021	9:22:37.361

Lap	Lap Tm	Diff	Time of Day
(11) Gard Kristoffer Hagen			
1			9:10:01.007
2	1:12.948	+6.560	9:11:13.955
3	1:12.709	+6.321	9:12:26.664
4	1:11.572	+5.184	9:13:38.236
5	1:08.177	+1.789	9:14:46.413
6	1:07.480	+1.092	9:15:53.893
7	1:07.378	+0.990	9:17:01.271
8	1:10.265	+3.877	9:18:11.536
9	1:08.364	+1.976	9:19:19.900
10	1:06.388		9:20:26.288
11	1:28.914	+22.526	9:21:55.202

Lap	Lap Tm	Diff	Time of Day
(50) Steffen Andersen			
1			9:16:04.690
2	1:11.690	+2.732	9:17:16.380
3	1:17.431	+8.473	9:18:33.811
4	1:11.781	+2.823	9:19:45.592
5	1:09.927	+0.969	9:20:55.519
6	1:08.958		9:22:04.477

Lap	Lap Tm	Diff	Time of Day
(13) Oscar Espinoza			
1			9:07:25.589
2	1:15.998	+6.633	9:08:41.587
3	1:12.967	+3.602	9:09:54.554
4	1:12.047	+2.682	9:11:06.601
5	1:10.464	+1.099	9:12:17.065
6	1:09.903	+0.538	9:13:26.968
7	1:09.690	+0.325	9:14:36.658
8	1:09.365		9:15:46.023
9	3:46.004	+2:36.639	9:19:32.027

Lap	Lap Tm	Diff	Time of Day
(16) Rune Lütke			
1			9:06:27.203
2	1:18.243	+8.293	9:07:45.446
3	1:14.500	+4.550	9:08:59.946
4	1:13.765	+3.815	9:10:13.711
5	1:13.287	+3.337	9:11:26.998

Lap	Lap Tm	Diff	Time of Day
6	1:10.750	+0.800	9:12:37.748
7	1:11.062	+1.112	9:13:48.810
8	1:10.267	+0.317	9:14:59.077
9	1:09.950		9:16:09.027
10	1:12.213	+2.263	9:17:21.240
11	1:13.711	+3.761	9:18:34.951
12	1:13.527	+3.577	9:19:48.478
13	1:11.864	+1.914	9:21:00.342
14	1:11.476	+1.526	9:22:11.818

Lap	Lap Tm	Diff	Time of Day
(146.) Christian Brustad			
1			9:07:34.546
2	1:21.137	+11.020	9:08:55.683
3	1:17.744	+7.627	9:10:13.427
4	1:15.633	+5.516	9:11:29.060
5	1:12.961	+2.844	9:12:42.021
6	1:11.953	+1.836	9:13:53.974
7	1:24.107	+13.990	9:15:18.081
8	1:10.117		9:16:28.198
9	1:10.487	+0.370	9:17:38.685

Lap	Lap Tm	Diff	Time of Day
(13.) Marius Sjøengen			
1			9:05:46.168
2	1:15.291	+4.958	9:07:01.459
3	1:13.713	+3.380	9:08:15.172
4	6:05.358	+4:55.025	9:14:20.530
5	1:10.333		9:15:30.863
6	1:12.612	+2.279	9:16:43.475
7	1:10.946	+0.613	9:17:54.421

Lap	Lap Tm	Diff	Time of Day
(2) Rolf Holmlund			
1			9:14:30.502
2	1:11.749	+1.079	9:15:42.251
3	1:10.670		9:16:52.921
4	1:12.327	+1.657	9:18:05.248
5	1:43.876	+33.206	9:19:49.124

Lap	Lap Tm	Diff	Time of Day
(24) Steffan Tambini			
1			9:08:53.717
2	1:23.535	+11.911	9:10:17.252
3	1:15.966	+4.342	9:11:33.218
4	1:12.967	+1.343	9:12:46.185
5	1:12.118	+0.494	9:13:58.303
6	1:14.094	+2.470	9:15:12.397
7	1:11.624		9:16:24.021
8	1:13.236	+1.612	9:17:37.257
9	4:23.877	+3:12.253	9:22:01.134

Lap	Lap Tm	Diff	Time of Day
(5) Ivar Kollbotn Vike			
1			9:08:46.825
2	1:23.660	+11.801	9:10:10.485
3	1:19.319	+7.460	9:11:29.804
4	1:14.654	+2.795	9:12:44.458
5	1:12.834	+0.975	9:13:57.292
6	1:11.859		9:15:09.151
7	1:12.832	+0.973	9:16:21.983
8	1:14.893	+3.034	9:17:36.876

Lap	Lap Tm	Diff	Time of Day
(191) Dag Schanke			
1			9:08:34.289
2	1:19.866	+6.718	9:09:54.155
3	1:16.916	+3.768	9:11:11.071
4	1:15.495	+2.347	9:12:26.566
5	1:14.891	+1.743	9:13:41.457
6	1:14.084	+0.936	9:14:55.541
7	1:13.152	+0.004	9:16:08.693

Lap	Lap Tm	Diff	Time of Day
8	1:13.148		9:17:21.841
9	1:15.327	+2.179	9:18:37.168
10	1:13.842	+0.694	9:19:51.010

Lap	Lap Tm	Diff	Time of Day
(299) Stig Chr. Bjørndal-Riis			
1			9:09:13.847
2	1:18.818	+5.458	9:10:32.665
3	1:13.360		9:11:46.025
4	1:13.618	+0.258	9:12:59.643
5	1:14.369	+1.009	9:14:14.012
6	1:14.552	+1.192	9:15:28.564
7	1:16.222	+2.862	9:16:44.786
8	1:15.540	+2.180	9:18:00.326

Lap	Lap Tm	Diff	Time of Day
(19) Guttorm Nyhus			
1			9:07:57.864
2	1:23.067	+8.951	9:09:20.931
3	1:19.336	+5.220	9:10:40.267
4	1:18.872	+4.756	9:11:59.139
5	1:16.542	+2.426	9:13:15.681
6	1:17.147	+3.031	9:14:32.828
7	1:15.927	+1.811	9:15:48.755
8	1:14.659	+0.543	9:17:03.414
9	1:18.738	+4.622	9:18:22.152
10	1:19.932	+5.816	9:19:42.084
11	1:15.031	+0.915	9:20:57.115
12	1:14.116		9:22:11.231

Lap	Lap Tm	Diff	Time of Day
(21) Stig Husebø			
1			9:19:31.501
2	1:16.462	+1.233	9:20:47.963
3	1:15.229		9:22:03.192
4	1:43.194	+27.965	9:23:46.386

Lap	Lap Tm	Diff	Time of Day
(126) Helge Rødås			
1			9:05:55.278
2	1:38.824	+23.457	9:07:34.102
3	2:01.116	+45.749	9:09:35.218
4	1:16.302	+0.935	9:10:51.520
5	1:18.554	+3.187	9:12:10.074
6	1:33.290	+17.923	9:13:43.364
7	1:43.998	+28.631	9:15:27.362
8	1:15.367		9:16:42.729

Lap	Lap Tm	Diff	Time of Day
(4) Ferdinand Mailand			
1			9:18:21.596
2	1:26.977	+3.328	9:19:48.573
3	1:23.649		9:21:12.222

Lap	Lap Tm	Diff	Time of Day
(52) Odd Arne Skjong			
1			9:09:00.174
2	1:38.716	+5.916	9:10:38.890
3	1:39.430	+6.630	9:12:18.320
4	1:32.800		9:13:51.120
5	1:33.791	+0.991	9:15:24.911
6	1:33.875	+1.075	9:16:58.786
7	1:36.029	+3.229	9:18:34.815
8	1:33.992	+1.192	9:20:08.807
9	1:32.864	+0.064	9:21:41.671