



Heldagstrening SMCK

1 Rookie 600 - 1000

Vålerbanen 2,262 km

Rookie 600 - 1000 Heat 07

09.05.2016 17:00

Practice (20:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
7	1:06.587		17:09:51.110
8	1:07.421	+0.834	17:10:58.531
9	1:07.767	+1.180	17:12:06.298
10	1:12.155	+5.568	17:13:18.453

(40) Bastian N. Sagen

Lap	Lap Tm	Diff	Time of Day
1			17:03:52.199
2	1:10.239	+3.400	17:05:02.438
3	1:11.434	+4.595	17:06:13.872
4	1:10.223	+3.384	17:07:24.095
5	1:10.190	+3.351	17:08:34.285
6	1:11.254	+4.415	17:09:45.539
7	1:08.975	+2.136	17:10:54.514
8	1:08.915	+2.076	17:12:03.429
9	1:07.896	+1.057	17:13:11.325
10	1:07.987	+1.148	17:14:19.312
11	1:07.898	+1.059	17:15:27.210
12	1:07.669	+0.830	17:16:34.879
13	1:06.839		17:17:41.718

(213) Marius Sjøengen

Lap	Lap Tm	Diff	Time of Day
1			17:08:48.417
2	1:10.680	+3.532	17:09:59.097
3	1:12.552	+5.404	17:11:11.649
4	1:11.447	+4.299	17:12:23.096
5	1:09.373	+2.225	17:13:32.469
6	1:07.402	+0.254	17:14:39.871
7	1:07.652	+0.504	17:15:47.523
8	1:07.599	+0.451	17:16:55.122
9	1:07.148		17:18:02.270

(54) Halvard Uthus

Lap	Lap Tm	Diff	Time of Day
1			17:04:03.660
2	1:08.415	+1.152	17:05:12.075
3	1:08.125	+0.862	17:06:20.200
4	1:07.403	+0.140	17:07:27.603
5	1:07.672	+0.409	17:08:35.275
6	1:09.205	+1.942	17:09:44.480
7	1:07.263		17:10:51.743
8	1:08.115	+0.852	17:11:59.858
9	1:07.271	+0.008	17:13:07.129

(16) Rune Lütche

Lap	Lap Tm	Diff	Time of Day
1			17:02:36.187
2	1:09.781	+2.311	17:03:45.968
3	1:11.039	+3.569	17:04:57.007
4	1:09.354	+1.884	17:06:06.361
5	1:07.470		17:07:13.831
6	1:08.047	+0.577	17:08:21.878
7	1:07.772	+0.302	17:09:29.650
8	1:07.907	+0.437	17:10:37.557
9	1:08.724	+1.254	17:11:46.281
10	1:08.270	+0.800	17:12:54.551
11	1:08.239	+0.769	17:14:02.790
12	1:27.228	+19.758	17:15:30.018

(161) Per Harry Nordhagen

Lap	Lap Tm	Diff	Time of Day
1			17:03:56.341
2	1:09.722	+1.888	17:05:06.063
3	1:09.748	+1.914	17:06:15.811
4	1:09.303	+1.469	17:07:25.114
5	1:10.404	+2.570	17:08:35.518
6	1:10.950	+3.116	17:09:46.468
7	1:10.257	+2.423	17:10:56.725
8	1:08.658	+0.824	17:12:05.383
9	1:09.932	+2.098	17:13:15.315

Lap	Lap Tm	Diff	Time of Day
10	1:07.834		17:14:23.149
11	1:07.934	+0.100	17:15:31.083
12	1:08.321	+0.487	17:16:39.404
13	1:08.881	+1.047	17:17:48.285

(4) Ferdinand Mailand

Lap	Lap Tm	Diff	Time of Day
1			17:02:58.591
2	1:13.187	+5.037	17:04:11.778
3	1:09.988	+1.838	17:05:21.766
4	1:09.923	+1.773	17:06:31.689
5	1:08.501	+0.351	17:07:40.190
6	1:09.036	+0.886	17:08:49.226
7	1:10.198	+2.048	17:09:59.424
8	1:11.813	+3.663	17:11:11.237
9	1:08.150		17:12:19.387

(67) Jan Ove Belsås

Lap	Lap Tm	Diff	Time of Day
1			17:05:37.183
2	1:11.511	+3.295	17:06:48.694
3	1:10.341	+2.125	17:07:59.035
4	1:09.682	+1.466	17:09:08.717
5	1:10.489	+2.273	17:10:19.206
6	1:14.147	+5.931	17:11:33.353
7	1:13.062	+4.846	17:12:46.415
8	1:09.636	+1.420	17:13:56.051
9	1:09.557	+1.341	17:15:05.608
10	1:08.216		17:16:13.824
11	1:08.373	+0.157	17:17:22.197

(52) Odd Arne Skjoug

Lap	Lap Tm	Diff	Time of Day
1			17:05:49.799
2	1:09.265	+0.847	17:06:59.064
3	1:09.008	+0.590	17:08:08.072
4	1:10.960	+2.542	17:09:19.032
5	1:11.054	+2.636	17:10:30.086
6	1:10.697	+2.279	17:11:40.783
7	1:09.982	+1.564	17:12:50.765
8	1:10.055	+1.637	17:14:00.820
9	1:08.418		17:15:09.238
10	1:09.790	+1.372	17:16:19.028
11	1:10.435	+2.017	17:17:29.463

(19) Guttorm Nyhus

Lap	Lap Tm	Diff	Time of Day
1			17:07:12.159
2	1:11.334	+2.585	17:08:23.493
3	1:10.008	+1.259	17:09:33.501
4	1:09.839	+1.090	17:10:43.340
5	1:10.057	+1.308	17:11:53.397
6	1:10.010	+1.261	17:13:03.407
7	1:09.971	+1.222	17:14:13.378
8	1:09.776	+1.027	17:15:23.154
9	1:09.056	+0.307	17:16:32.210
10	1:08.749		17:17:40.959

(22) Jeanette Larsen

Lap	Lap Tm	Diff	Time of Day
1			17:03:13.072
2	1:12.188	+2.907	17:04:25.260
3	1:13.107	+3.826	17:05:38.367
4	1:11.516	+2.235	17:06:49.883
5	1:11.654	+2.373	17:08:01.537
6	1:11.757	+2.476	17:09:13.294
7	1:10.039	+0.758	17:10:23.333
8	1:10.700	+1.419	17:11:34.033
9	1:13.281	+4.000	17:12:47.314
10	1:11.754	+2.473	17:13:59.068
11	1:09.281		17:15:08.349

Lap	Lap Tm	Diff	Time of Day
12	1:10.484	+1.203	17:16:18.833
13	1:09.855	+0.574	17:17:28.688

(51) Stian Senderud

Lap	Lap Tm	Diff	Time of Day
1			17:03:51.857
2	1:10.380	+0.865	17:05:02.237
3	1:11.149	+1.634	17:06:13.386
4	1:10.409	+0.894	17:07:23.795
5	1:10.110	+0.595	17:08:33.905
6	1:10.073	+0.558	17:09:43.978
7	1:10.414	+0.899	17:10:54.392
8	1:10.607	+1.092	17:12:04.999
9	1:10.188	+0.673	17:13:15.187
10	1:09.880	+0.365	17:14:25.067
11	1:09.515		17:15:34.582
12	1:10.563	+1.048	17:16:45.145
13	1:11.054	+1.539	17:17:56.199

(299) Stig Chr. Bjørndal-Riis

Lap	Lap Tm	Diff	Time of Day
1			17:06:13.225
2	1:09.747		17:07:22.972
3	1:10.267	+0.520	17:08:33.239
4	1:12.555	+2.808	17:09:45.794
5	1:12.700	+2.953	17:10:58.494
6	1:11.736	+1.989	17:12:10.230

(616) Arne Berg

Lap	Lap Tm	Diff	Time of Day
1			17:03:45.865
2	1:10.965	+0.789	17:04:56.830
3	1:11.060	+0.884	17:06:07.890
4	1:12.121	+1.945	17:07:20.011
5	1:10.176		17:08:30.187
6	1:10.378	+0.202	17:09:40.565
7	1:10.727	+0.551	17:10:51.292
8	1:13.001	+2.825	17:12:04.293
9	1:12.103	+1.927	17:13:16.396

(146) Kurt Brevik

Lap	Lap Tm	Diff	Time of Day
1			17:02:45.720
2	1:12.754	+1.557	17:03:58.474
3	1:11.450	+0.253	17:05:09.924
4	1:12.142	+0.945	17:06:22.066
5	1:12.150	+0.953	17:07:34.216
6	1:13.496	+2.299	17:08:47.712
7	1:11.197		17:09:58.909
8	1:11.972	+0.775	17:11:10.881
9	1:11.904	+0.707	17:12:22.785
10	1:13.146	+1.949	17:13:35.931
11	1:12.318	+1.121	17:14:48.249
12	1:13.821	+2.624	17:16:02.070

(116) Christina Minge

Lap	Lap Tm	Diff	Time of Day
1			17:09:02.999
2	1:15.105	+0.998	17:10:18.104
3	1:14.107		17:11:32.211
4	1:14.548	+0.441	17:12:46.759
5	1:14.614	+0.507	17:14:01.373