



# Heldagstrening SMCK

## 1 Rookie 600 - 1000

Vålerbanen 2,262 km

### Rookie 600 - 1000 Heat 09

09.05.2016 19:00

Practice (20:00 Time) started at 19:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(169) Tommy Nordeng</b>			
1			19:03:49.442
2	<b>1:03.417</b>	+0.831	19:04:52.859
3	<b>1:05.560</b>	+2.974	19:05:58.419
4	<b>1:03.867</b>	+1.281	19:07:02.286
5	<b>1:04.136</b>	+1.550	19:08:06.422
6	<b>1:04.324</b>	+1.738	19:09:10.746
7	<b>1:04.785</b>	+2.199	19:10:15.531
8	<b>1:04.174</b>	+1.588	19:11:19.705
9	<b>1:02.586</b>		19:12:22.291
10	<b>1:04.162</b>	+1.576	19:13:26.453

<b>(11) Gard Kristoffer Hagen</b>			
1			19:04:52.421
2	<b>1:07.167</b>	+3.086	19:05:59.588
3	<b>1:05.730</b>	+1.649	19:07:05.318
4	<b>1:06.698</b>	+2.617	19:08:12.016
5	<b>1:07.812</b>	+3.731	19:09:19.828
6	<b>1:05.179</b>	+1.098	19:10:25.007
7	<b>1:05.371</b>	+1.290	19:11:30.378
8	<b>1:05.722</b>	+1.641	19:12:36.100
9	<b>1:04.410</b>	+0.329	19:13:40.510
10	<b>1:04.081</b>		19:14:44.591
11	<b>1:04.371</b>	+0.290	19:15:48.962

<b>(13) Oscar Espinoza</b>			
1			19:02:53.056
2	<b>1:06.335</b>	+1.462	19:03:59.391
3	<b>1:05.688</b>	+0.815	19:05:05.079
4	<b>1:05.310</b>	+0.437	19:06:10.389
5	<b>1:05.791</b>	+0.918	19:07:16.180
6	<b>1:06.117</b>	+1.244	19:08:22.297
7	<b>1:05.411</b>	+0.538	19:09:27.708
8	<b>1:09.145</b>	+4.272	19:10:36.853
9	<b>1:09.593</b>	+4.720	19:11:46.446
10	<b>1:05.851</b>	+0.978	19:12:52.297
11	<b>1:04.873</b>		19:13:57.170
12	<b>1:05.360</b>	+0.487	19:15:02.530

<b>(186) Christian Jørgensen</b>			
1			19:04:51.622
2	<b>1:06.649</b>	+1.483	19:05:58.271
3	<b>1:05.328</b>	+0.162	19:07:03.599
4	<b>1:06.029</b>	+0.863	19:08:09.628
5	<b>1:05.629</b>	+0.463	19:09:15.257
6	<b>1:05.166</b>		19:10:20.423
7	<b>1:06.237</b>	+1.071	19:11:26.660
8	<b>1:13.714</b>	+8.548	19:12:40.374
9	<b>1:06.106</b>	+0.940	19:13:46.480
10	<b>1:05.773</b>	+0.607	19:14:52.253
11	<b>1:06.113</b>	+0.947	19:15:58.366
12	<b>1:06.529</b>	+1.363	19:17:04.895

<b>(161) Per Harry Nordhagen</b>			
1			19:03:33.545
2	<b>1:08.618</b>	+3.211	19:04:42.163
3	<b>1:06.993</b>	+1.586	19:05:49.156
4	<b>1:06.278</b>	+0.871	19:06:55.434
5	<b>1:08.115</b>	+2.708	19:08:03.549
6	<b>1:06.615</b>	+1.208	19:09:10.164
7	<b>1:05.748</b>	+0.341	19:10:15.912
8	<b>1:06.336</b>	+0.929	19:11:22.248
9	<b>1:07.575</b>	+2.168	19:12:29.823
10	<b>1:06.377</b>	+0.970	19:13:36.200
11	<b>1:05.808</b>	+0.401	19:14:42.008

12	<b>1:05.626</b>	+0.219	19:15:47.634
13	<b>1:05.829</b>	+0.422	19:16:53.463
14	<b>1:05.407</b>		19:17:58.870

<b>(6/34) Rune Vangen</b>			
1			19:04:42.197
2	<b>1:06.843</b>	+1.409	19:05:49.040
3	<b>1:06.783</b>	+1.349	19:06:55.823
4	<b>1:07.426</b>	+1.992	19:08:03.249
5	<b>1:08.247</b>	+2.813	19:09:11.496
6	<b>1:06.383</b>	+0.949	19:10:17.879
7	<b>1:06.323</b>	+0.889	19:11:24.202
8	<b>1:06.574</b>	+1.140	19:12:30.776
9	<b>1:06.267</b>	+0.833	19:13:37.043
10	<b>1:05.521</b>	+0.087	19:14:42.564
11	<b>1:05.434</b>		19:15:47.998
12	<b>1:06.272</b>	+0.838	19:16:54.270
13	<b>1:05.659</b>	+0.225	19:17:59.929

<b>(40) Bastian N. Sagen</b>			
1			19:03:32.956
2	<b>1:07.874</b>	+2.408	19:04:40.830
3	<b>1:06.767</b>	+1.301	19:05:47.597
4	<b>1:06.944</b>	+1.478	19:06:54.541
5	<b>1:07.071</b>	+1.605	19:08:01.612
6	<b>1:06.206</b>	+0.740	19:09:07.818
7	<b>1:06.315</b>	+0.849	19:10:14.133
8	<b>1:07.392</b>	+1.926	19:11:21.525
9	<b>1:07.885</b>	+2.419	19:12:29.410
10	<b>1:07.596</b>	+2.130	19:13:37.006
11	<b>1:06.009</b>	+0.543	19:14:43.015
12	<b>1:05.466</b>		19:15:48.481
13	<b>1:05.852</b>	+0.386	19:16:54.333
14	<b>1:05.743</b>	+0.277	19:18:00.076

<b>(173) Marius Lystad</b>			
1			19:06:54.554
2	<b>1:08.680</b>	+3.099	19:08:03.234
3	<b>1:06.971</b>	+1.390	19:09:10.205
4	<b>1:06.949</b>	+1.368	19:10:17.154
5	<b>1:06.379</b>	+0.798	19:11:23.533
6	<b>1:07.983</b>	+2.402	19:12:31.516
7	<b>1:07.254</b>	+1.673	19:13:38.770
8	<b>1:05.581</b>		19:14:44.351
9	<b>1:05.999</b>	+0.418	19:15:50.350
10	<b>1:05.923</b>	+0.342	19:16:56.273

<b>(113) Jan Ivar Skilbrei</b>			
1			19:02:28.742
2	<b>1:07.992</b>	+2.397	19:03:36.734
3	<b>1:07.394</b>	+1.799	19:04:44.128
4	<b>1:08.039</b>	+2.444	19:05:52.167
5	<b>1:05.595</b>		19:06:57.762
6	<b>1:06.275</b>	+0.680	19:08:04.037
7	<b>1:08.132</b>	+2.537	19:09:12.169
8	<b>1:07.870</b>	+2.275	19:10:20.039
9	<b>1:08.595</b>	+3.000	19:11:28.634

<b>(446) Atle G. Syversen</b>			
1			19:10:36.596
2	<b>1:12.007</b>	+5.284	19:11:48.603
3	<b>1:09.119</b>	+2.396	19:12:57.722
4	<b>1:09.390</b>	+2.667	19:14:07.112
5	<b>1:08.226</b>	+1.503	19:15:15.338
6	<b>1:06.723</b>		19:16:22.061
7	<b>1:07.022</b>	+0.299	19:17:29.083

<b>(277) Daniel Thomsen</b>			
1			19:07:54.356
2	<b>1:07.057</b>	+0.193	19:09:01.413
3	<b>1:06.864</b>		19:10:08.277
4	<b>1:07.065</b>	+0.201	19:11:15.342

<b>(213) Marius Sjøengen</b>			
1			19:01:19.607
2	<b>1:09.661</b>	+2.771	19:02:29.268
3	<b>1:07.850</b>	+0.960	19:03:37.118
4	<b>1:07.715</b>	+0.825	19:04:44.833
5	<b>1:07.675</b>	+0.785	19:05:52.508
6	<b>1:09.865</b>	+2.975	19:07:02.373
7	<b>1:09.559</b>	+2.669	19:08:11.932
8	<b>1:11.399</b>	+4.509	19:09:23.331
9	<b>1:13.006</b>	+6.116	19:10:36.337
10	<b>1:10.049</b>	+3.159	19:11:46.386
11	<b>1:10.564</b>	+3.674	19:12:56.950
12	<b>1:09.252</b>	+2.362	19:14:06.202
13	<b>1:09.274</b>	+2.384	19:15:15.476
14	<b>1:06.890</b>		19:16:22.366
15	<b>1:07.534</b>	+0.644	19:17:29.900

<b>(616) Arne Berg</b>			
1			19:02:58.576
2	<b>1:10.062</b>	+1.291	19:04:08.638
3	<b>1:10.309</b>	+1.538	19:05:18.947
4	<b>1:08.898</b>	+0.127	19:06:27.845
5	<b>1:08.771</b>		19:07:36.616
6	<b>1:09.697</b>	+0.926	19:08:46.313
7	<b>1:09.051</b>	+0.280	19:09:55.364

<b>(52) Odd Arne Skjong</b>			
1			19:04:19.485
2	<b>1:10.069</b>	+0.931	19:05:29.554
3	<b>1:11.131</b>	+1.993	19:06:40.685
4	<b>1:11.266</b>	+2.128	19:07:51.951
5	<b>1:10.620</b>	+1.482	19:09:02.571
6	<b>1:09.138</b>		19:10:11.709
7	<b>1:09.442</b>	+0.304	19:11:21.151
8	<b>1:09.949</b>	+0.811	19:12:31.100
9	<b>1:09.590</b>	+0.452	19:13:40.690
10	<b>1:09.355</b>	+0.217	19:14:50.045
11	<b>1:10.087</b>	+0.949	19:16:00.132
12	<b>1:09.451</b>	+0.313	19:17:09.583

<b>(51) Stian Senderud</b>			
1			19:03:32.660
2	<b>1:10.241</b>	+1.084	19:04:42.901
3	<b>1:09.157</b>		19:05:52.058
4	<b>1:09.830</b>	+0.673	19:07:01.888
5	<b>1:09.757</b>	+0.600	19:08:11.645
6	<b>1:11.427</b>	+2.270	19:09:23.072
7	<b>1:12.596</b>	+3.439	19:10:35.668
8	<b>1:10.561</b>	+1.404	19:11:46.229
9	<b>1:10.333</b>	+1.176	19:12:56.562
10	<b>1:09.366</b>	+0.209	19:14:05.928
11	<b>1:09.434</b>	+0.277	19:15:15.362
12	<b>1:10.916</b>	+1.759	19:16:26.278
13	<b>1:09.878</b>	+0.721	19:17:36.156

Chief of Timing & Scoring: Timekeeping.no

Orbits

Race Director: Roy Øwre / Terje Granheim  
Sport Rescue Team.

Timing and results are not official.

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