



# Heldagstrening SMCK

**2 SST - SB**

**Vålerbanen 2,262 km**

**SST - SB Heat 03**

**09.05.2016 11:45**

**Practice (25:00 Time) started at 11:55:03**

Lap	Lap Tm	Diff	Time of Day
<b>(136) Espen Sandbakken</b>			
1			12:05:50.044
2	<b>1:01.898</b>	+0.433	12:06:51.942
3	<b>1:03.533</b>	+2.068	12:07:55.475
4	<b>1:02.556</b>	+1.091	12:08:58.031
5	<b>1:02.067</b>	+0.602	12:10:00.098
6	<b>1:03.696</b>	+2.231	12:11:03.794
7	<b>1:01.465</b>		12:12:05.259
8	<b>1:01.485</b>	+0.020	12:13:06.744
<b>(49) Trym T. Johansen</b>			
1			11:59:31.564
2	<b>1:03.481</b>	+1.873	12:00:35.045
3	<b>1:03.008</b>	+1.400	12:01:38.053
4	<b>1:02.588</b>	+0.980	12:02:40.641
5	<b>1:02.292</b>	+0.684	12:03:42.933
6	<b>1:02.311</b>	+0.703	12:04:45.244
7	<b>1:05.535</b>	+3.927	12:05:50.779
8	<b>5:51.598</b>	+4:49.990	12:11:42.377
9	<b>1:02.319</b>	+0.711	12:12:44.696
10	<b>1:01.608</b>		12:13:46.304
<b>(4) Johnny Liavik</b>			
1			12:02:00.511
2	<b>1:43.594</b>	+41.870	12:03:44.105
3	<b>1:02.014</b>	+0.290	12:04:46.119
4	<b>1:03.848</b>	+2.124	12:05:49.967
5	<b>1:01.724</b>		12:06:51.691
6	<b>1:02.505</b>	+0.781	12:07:54.196
7	<b>1:03.481</b>	+1.757	12:08:57.677
8	<b>1:02.776</b>	+1.052	12:10:00.453
9	<b>1:04.023</b>	+2.299	12:11:04.476
10	<b>1:03.023</b>	+1.299	12:12:07.499
11	<b>1:02.602</b>	+0.878	12:13:10.101
<b>(7/17) Helge Spjeldnes</b>			
1			12:00:10.313
2	<b>1:04.473</b>	+2.593	12:01:14.786
3	<b>1:02.770</b>	+0.890	12:02:17.556
4	<b>1:03.194</b>	+1.314	12:03:20.750
5	<b>1:04.144</b>	+2.264	12:04:24.894
6	<b>1:02.580</b>	+0.700	12:05:27.474
7	<b>1:01.880</b>		12:06:29.354
<b>(70) Tore Stene</b>			
1			12:00:47.104
2	<b>1:03.659</b>	+1.506	12:01:50.763
3	<b>1:05.053</b>	+2.900	12:02:55.816
4	<b>1:04.414</b>	+2.261	12:04:00.230
5	<b>1:03.259</b>	+1.106	12:05:03.489
6	<b>1:03.260</b>	+1.107	12:06:06.749
7	<b>1:04.181</b>	+2.028	12:07:10.930
8	<b>1:02.654</b>	+0.501	12:08:13.584
9	<b>1:03.586</b>	+1.433	12:09:17.170
10	<b>1:02.153</b>		12:10:19.323
11	<b>1:03.089</b>	+0.936	12:11:22.412
12	<b>1:02.876</b>	+0.723	12:12:25.288
13	<b>1:03.177</b>	+1.024	12:13:28.465
<b>(46) Kenneth Friberg</b>			
1			11:59:44.646
2	<b>1:04.292</b>	+1.917	12:00:48.938
3	<b>1:04.066</b>	+1.691	12:01:53.004
4	<b>1:03.545</b>	+1.170	12:02:56.549
5	<b>1:04.252</b>	+1.877	12:04:00.801

Lap	Lap Tm	Diff	Time of Day
6	<b>1:03.566</b>	+1.191	12:05:04.367
7	<b>1:03.068</b>	+0.693	12:06:07.435
8	<b>1:05.018</b>	+2.643	12:07:12.453
9	<b>1:03.195</b>	+0.820	12:08:15.648
10	<b>1:02.701</b>	+0.326	12:09:18.349
11	<b>1:02.438</b>	+0.063	12:10:20.787
12	<b>1:02.808</b>	+0.433	12:11:23.595
13	<b>1:02.375</b>		12:12:25.970
<b>(52) Øyvind Tørnblad</b>			
1			12:00:13.725
2	<b>1:05.031</b>	+2.217	12:01:18.756
3	<b>1:05.625</b>	+2.811	12:02:24.381
4	<b>1:03.553</b>	+0.739	12:03:27.934
5	<b>1:04.179</b>	+1.365	12:04:32.113
6	<b>1:03.987</b>	+1.173	12:05:36.100
7	<b>1:04.285</b>	+1.471	12:06:40.385
8	<b>1:08.596</b>	+5.782	12:07:48.981
9	<b>1:04.677</b>	+1.863	12:08:53.658
10	<b>1:02.814</b>		12:09:56.472
<b>(85) Sebastian Buch</b>			
1			12:04:29.081
2	<b>4:36.187</b>	+3:33.328	12:09:05.268
3	<b>1:05.265</b>	+2.406	12:10:10.533
4	<b>1:02.859</b>		12:11:13.392
5	<b>1:05.834</b>	+2.975	12:12:19.226
6	<b>1:03.185</b>	+0.326	12:13:22.411
<b>(8/38) Christian Rustberggaard</b>			
1			12:02:55.270
2	<b>1:04.041</b>	+0.671	12:03:59.311
3	<b>1:03.531</b>	+0.161	12:05:02.842
4	<b>1:03.370</b>		12:06:06.212
<b>(69) Martin Høyland</b>			
1			12:01:04.081
2	<b>1:50.673</b>	+47.244	12:02:54.754
3	<b>1:04.035</b>	+0.606	12:03:58.789
4	<b>1:03.429</b>		12:05:02.218
5	<b>1:03.721</b>	+0.292	12:06:05.939
6	<b>1:09.814</b>	+6.385	12:07:15.753
7	<b>1:04.867</b>	+1.438	12:08:20.620
8	<b>1:04.309</b>	+0.880	12:09:24.929
9	<b>1:04.036</b>	+0.607	12:10:28.965
10	<b>1:54.428</b>	+50.999	12:12:23.393
11	<b>1:04.868</b>	+1.439	12:13:28.261
<b>(83) Geir Ove Flåten</b>			
1			12:00:14.706
2	<b>1:04.352</b>	+0.853	12:01:19.058
3	<b>1:05.722</b>	+2.223	12:02:24.780
4	<b>1:03.499</b>		12:03:28.279
5	<b>1:05.109</b>	+1.610	12:04:33.388
6	<b>1:04.011</b>	+0.512	12:05:37.399
7	<b>1:05.436</b>	+1.937	12:06:42.835
8	<b>1:08.398</b>	+4.899	12:07:51.233
<b>(96) Anders Valle</b>			
1			12:02:47.464
2	<b>1:04.407</b>	+0.837	12:03:51.871
3	<b>1:04.150</b>	+0.580	12:04:56.021
4	<b>1:03.570</b>		12:05:59.591
5	<b>1:06.027</b>	+2.457	12:07:05.618
6	<b>1:04.225</b>	+0.655	12:08:09.843
7	<b>1:03.952</b>	+0.382	12:09:13.795

Lap	Lap Tm	Diff	Time of Day
8	<b>1:04.177</b>	+0.607	12:10:17.972
9	<b>1:04.079</b>	+0.509	12:11:22.051
10	<b>1:07.765</b>	+4.195	12:12:29.816
<b>(15) Bjørn Erik Ljosland</b>			
1			12:03:16.553
2	<b>1:06.861</b>	+3.210	12:04:23.414
3	<b>1:05.502</b>	+1.851	12:05:28.916
4	<b>1:04.353</b>	+0.702	12:06:33.269
5	<b>3:33.130</b>	+2:29.479	12:10:06.399
6	<b>1:03.823</b>	+0.172	12:11:10.222
7	<b>1:03.651</b>		12:12:13.873
8	<b>1:05.025</b>	+1.374	12:13:18.898
<b>(39) Hernning F. Hansen</b>			
1			12:03:26.999
2	<b>1:04.441</b>	+0.728	12:04:31.440
3	<b>1:03.783</b>	+0.070	12:05:35.223
4	<b>1:04.747</b>	+1.034	12:06:39.970
5	<b>1:06.403</b>	+2.690	12:07:46.373
6	<b>1:04.438</b>	+0.725	12:08:50.811
7	<b>1:03.747</b>	+0.034	12:09:54.558
8	<b>1:03.713</b>		12:10:58.271
<b>(32) Marius Wold Albert</b>			
1			12:01:26.021
2	<b>1:05.967</b>	+2.210	12:02:31.988
3	<b>1:04.964</b>	+1.207	12:03:36.952
4	<b>1:04.321</b>	+0.564	12:04:41.273
5	<b>1:03.757</b>		12:05:45.030
<b>(92) Ole Stene</b>			
1			12:05:39.964
2	<b>1:03.867</b>		12:06:43.831
3	<b>1:06.187</b>	+2.320	12:07:50.018
4	<b>1:05.171</b>	+1.304	12:08:55.189
5	<b>1:04.553</b>	+0.686	12:09:59.742
6	<b>1:04.314</b>	+0.447	12:11:04.056
7	<b>1:04.513</b>	+0.646	12:12:08.569
8	<b>1:04.487</b>	+0.620	12:13:13.056
<b>(18) Finn K. Kristiansen</b>			
1			12:02:35.839
2	<b>1:04.590</b>	+0.658	12:03:40.429
3	<b>1:04.245</b>	+0.313	12:04:44.674
4	<b>3:17.440</b>	+2:13.508	12:08:02.114
5	<b>1:04.277</b>	+0.345	12:09:06.391
6	<b>1:04.888</b>	+0.956	12:10:11.279
7	<b>1:05.236</b>	+1.304	12:11:16.515
8	<b>1:03.932</b>		12:12:20.447
9	<b>1:18.632</b>	+14.700	12:13:39.079
<b>(981) Amund Granli</b>			
1			12:02:46.820
2	<b>1:04.362</b>	+0.357	12:03:51.182
3	<b>1:04.172</b>	+0.167	12:04:55.354
4	<b>1:04.005</b>		12:05:59.359
5	<b>1:54.354</b>	+50.349	12:07:53.713
6	<b>1:05.763</b>	+1.758	12:08:59.476
7	<b>1:04.853</b>	+0.848	12:10:04.329
8	<b>1:04.780</b>	+0.775	12:11:09.109
9	<b>1:04.426</b>	+0.421	12:12:13.535
10	<b>1:07.604</b>	+3.599	12:13:21.139
<b>(100) Vidar Moe</b>			
1			12:03:20.227



# Heldagstrening SMCK

2 SST - SB

Vålerbanen 2,262 km

SST - SB Heat 03

09.05.2016 11:45

Practice (25:00 Time) started at 11:55:03

Lap	Lap Tm	Diff	Time of Day
2	1:07.071	+2.640	12:04:27.298
3	1:04.431		12:05:31.729
4	1:04.628	+0.197	12:06:36.357
5	1:08.770	+4.339	12:07:45.127
6	1:05.502	+1.071	12:08:50.629
7	1:05.022	+0.591	12:09:55.651
8	1:04.901	+0.470	12:11:00.552
9	1:05.605	+1.174	12:12:06.157

(53) Oddgeir Estenstad

Lap	Lap Tm	Diff	Time of Day
1			12:05:43.308
2	1:05.636	+0.778	12:06:48.944
3	1:06.873	+2.015	12:07:55.817
4	1:06.728	+1.870	12:09:02.545
5	1:05.634	+0.776	12:10:08.179
6	1:04.858		12:11:13.037
7	1:51.380	+46.522	12:13:04.417

(81) Elizabeth Kobberød

Lap	Lap Tm	Diff	Time of Day
1			12:03:19.830
2	1:07.319	+1.624	12:04:27.149
3	1:06.811	+1.116	12:05:33.960
4	1:05.904	+0.209	12:06:39.864
5	1:08.902	+3.207	12:07:48.766
6	1:16.101	+10.406	12:09:04.867
7	1:05.695		12:10:10.562

(67) Jan Ove Belsås

Lap	Lap Tm	Diff	Time of Day
1			12:01:06.913
2	1:09.393	+0.430	12:02:16.306
3	1:08.963		12:03:25.269
4	1:09.299	+0.336	12:04:34.568
5	1:10.249	+1.286	12:05:44.817

Lap	Lap Tm	Diff	Time of Day
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Lap	Lap Tm	Diff	Time of Day
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