



# Heldagstrening SMCK

2 SST - SB

Vålerbanen 2,262 km

SST - SB Heat 06

09.05.2016 15:45

Practice (25:00 Time) started at 15:45:00

| Lap                     | Lap Tm          | Diff    | Time of Day  |
|-------------------------|-----------------|---------|--------------|
| <b>(88) Samuel Love</b> |                 |         |              |
| 1                       |                 |         | 15:50:08.021 |
| 2                       | <b>1:48.750</b> | +48.566 | 15:51:56.771 |
| 3                       | <b>1:59.740</b> | +59.556 | 15:53:56.511 |
| 4                       | <b>1:00.184</b> |         | 15:54:56.695 |
| 5                       | <b>1:00.448</b> | +0.264  | 15:55:57.143 |
| 6                       | <b>1:01.121</b> | +0.937  | 15:56:58.264 |
| 7                       | <b>1:02.818</b> | +2.634  | 15:58:01.082 |
| 8                       | <b>1:03.281</b> | +3.097  | 15:59:04.363 |
| 9                       | <b>1:02.057</b> | +1.873  | 16:00:06.420 |
| 10                      | <b>1:02.809</b> | +2.625  | 16:01:09.229 |

| Lap                             | Lap Tm          | Diff   | Time of Day  |
|---------------------------------|-----------------|--------|--------------|
| <b>(15) Bjørn Erik Ljosland</b> |                 |        |              |
| 1                               |                 |        | 15:47:49.971 |
| 2                               | <b>1:02.669</b> | +1.656 | 15:48:52.640 |
| 3                               | <b>1:02.368</b> | +1.355 | 15:49:55.008 |
| 4                               | <b>1:03.010</b> | +1.997 | 15:50:58.018 |
| 5                               | <b>1:02.136</b> | +1.123 | 15:52:00.154 |
| 6                               | <b>1:02.150</b> | +1.137 | 15:53:02.304 |
| 7                               | <b>1:02.026</b> | +1.013 | 15:54:04.330 |
| 8                               | <b>1:02.079</b> | +1.066 | 15:55:06.409 |
| 9                               | <b>1:01.559</b> | +0.546 | 15:56:07.968 |
| 10                              | <b>1:01.930</b> | +0.917 | 15:57:09.898 |
| 11                              | <b>1:01.398</b> | +0.385 | 15:58:11.296 |
| 12                              | <b>1:01.013</b> |        | 15:59:12.309 |

| Lap                                   | Lap Tm          | Diff   | Time of Day  |
|---------------------------------------|-----------------|--------|--------------|
| <b>(8/38) Christian Rustberggaard</b> |                 |        |              |
| 1                                     |                 |        | 15:51:53.260 |
| 2                                     | <b>1:04.495</b> | +3.312 | 15:52:57.755 |
| 3                                     | <b>1:02.871</b> | +1.688 | 15:54:00.626 |
| 4                                     | <b>1:01.611</b> | +0.428 | 15:55:02.237 |
| 5                                     | <b>1:01.266</b> | +0.083 | 15:56:03.503 |
| 6                                     | <b>1:01.183</b> |        | 15:57:04.686 |
| 7                                     | <b>1:01.219</b> | +0.036 | 15:58:05.905 |

| Lap                    | Lap Tm          | Diff   | Time of Day  |
|------------------------|-----------------|--------|--------------|
| <b>(70) Tore Stene</b> |                 |        |              |
| 1                      |                 |        | 15:48:23.823 |
| 2                      | <b>1:03.406</b> | +2.212 | 15:49:27.229 |
| 3                      | <b>1:02.116</b> | +0.922 | 15:50:29.345 |
| 4                      | <b>1:01.955</b> | +0.761 | 15:51:31.300 |
| 5                      | <b>1:01.552</b> | +0.358 | 15:52:32.852 |
| 6                      | <b>1:01.848</b> | +0.654 | 15:53:34.700 |
| 7                      | <b>1:01.194</b> |        | 15:54:35.894 |
| 8                      | <b>1:01.794</b> | +0.600 | 15:55:37.688 |

| Lap                         | Lap Tm          | Diff   | Time of Day  |
|-----------------------------|-----------------|--------|--------------|
| <b>(20) Jesper Jeppesen</b> |                 |        |              |
| 1                           |                 |        | 15:48:36.324 |
| 2                           | <b>1:03.504</b> | +2.245 | 15:49:39.828 |
| 3                           | <b>1:04.509</b> | +3.250 | 15:50:44.337 |
| 4                           | <b>1:04.867</b> | +3.608 | 15:51:49.204 |
| 5                           | <b>1:01.606</b> | +0.347 | 15:52:50.810 |
| 6                           | <b>1:01.572</b> | +0.313 | 15:53:52.382 |
| 7                           | <b>1:01.295</b> | +0.036 | 15:54:53.677 |
| 8                           | <b>1:01.259</b> |        | 15:55:54.936 |
| 9                           | <b>1:01.259</b> |        | 15:56:56.195 |
| 10                          | <b>1:03.213</b> | +1.954 | 15:57:59.408 |
| 11                          | <b>1:02.916</b> | +1.657 | 15:59:02.324 |
| 12                          | <b>1:02.305</b> | +1.046 | 16:00:04.629 |
| 13                          | <b>1:02.927</b> | +1.668 | 16:01:07.556 |

| Lap                      | Lap Tm          | Diff   | Time of Day  |
|--------------------------|-----------------|--------|--------------|
| <b>(10) Runar Hammer</b> |                 |        |              |
| 1                        |                 |        | 15:49:41.841 |
| 2                        | <b>1:02.674</b> | +1.276 | 15:50:44.515 |
| 3                        | <b>1:03.073</b> | +1.675 | 15:51:47.588 |
| 4                        | <b>1:02.018</b> | +0.620 | 15:52:49.606 |

| Lap | Lap Tm          | Diff   | Time of Day  |
|-----|-----------------|--------|--------------|
| 5   | <b>1:01.790</b> | +0.392 | 15:53:51.396 |
| 6   | <b>1:01.398</b> |        | 15:54:52.794 |
| 7   | <b>1:01.441</b> | +0.043 | 15:55:54.235 |
| 8   | <b>1:01.407</b> | +0.009 | 15:56:55.642 |
| 9   | <b>1:02.539</b> | +1.141 | 15:57:58.181 |
| 10  | <b>1:02.845</b> | +1.447 | 15:59:01.026 |
| 11  | <b>1:02.199</b> | +0.801 | 16:00:03.225 |
| 12  | <b>1:02.405</b> | +1.007 | 16:01:05.630 |

| Lap                        | Lap Tm          | Diff    | Time of Day  |
|----------------------------|-----------------|---------|--------------|
| <b>(85) Sebastian Buch</b> |                 |         |              |
| 1                          |                 |         | 15:49:25.401 |
| 2                          | <b>1:03.530</b> | +2.020  | 15:50:28.931 |
| 3                          | <b>1:02.724</b> | +1.214  | 15:51:31.655 |
| 4                          | <b>1:02.408</b> | +0.898  | 15:52:34.063 |
| 5                          | <b>1:01.865</b> | +0.355  | 15:53:35.928 |
| 6                          | <b>1:01.742</b> | +0.232  | 15:54:37.670 |
| 7                          | <b>1:04.178</b> | +2.668  | 15:55:41.848 |
| 8                          | <b>1:04.219</b> | +2.709  | 15:56:46.067 |
| 9                          | <b>1:02.355</b> | +0.845  | 15:57:48.422 |
| 10                         | <b>1:01.701</b> | +0.191  | 15:58:50.123 |
| 11                         | <b>1:25.595</b> | +24.085 | 16:00:15.718 |
| 12                         | <b>1:22.443</b> | +20.933 | 16:01:38.161 |
| 13                         | <b>1:01.940</b> | +0.430  | 16:02:40.101 |
| 14                         | <b>1:01.959</b> | +0.449  | 16:03:42.060 |
| 15                         | <b>1:02.313</b> | +0.803  | 16:04:44.373 |
| 16                         | <b>1:01.510</b> |         | 16:05:45.883 |

| Lap                      | Lap Tm          | Diff   | Time of Day  |
|--------------------------|-----------------|--------|--------------|
| <b>(4) Johnny Liavik</b> |                 |        |              |
| 1                        |                 |        | 15:48:57.058 |
| 2                        | <b>1:02.714</b> | +1.070 | 15:49:59.772 |
| 3                        | <b>1:02.052</b> | +0.408 | 15:51:01.824 |
| 4                        | <b>1:03.976</b> | +2.332 | 15:52:05.800 |
| 5                        | <b>1:01.873</b> | +0.229 | 15:53:07.673 |
| 6                        | <b>1:01.834</b> | +0.190 | 15:54:09.507 |
| 7                        | <b>1:01.644</b> |        | 15:55:11.151 |
| 8                        | <b>1:02.697</b> | +1.053 | 15:56:13.848 |
| 9                        | <b>1:02.374</b> | +0.730 | 15:57:16.222 |

| Lap                   | Lap Tm          | Diff   | Time of Day  |
|-----------------------|-----------------|--------|--------------|
| <b>(92) Ole Stene</b> |                 |        |              |
| 1                     |                 |        | 15:49:48.626 |
| 2                     | <b>1:02.885</b> | +0.887 | 15:50:51.511 |
| 3                     | <b>1:03.591</b> | +1.593 | 15:51:55.102 |
| 4                     | <b>1:03.436</b> | +1.438 | 15:52:58.538 |
| 5                     | <b>1:04.663</b> | +2.665 | 15:54:03.201 |
| 6                     | <b>1:01.998</b> |        | 15:55:05.199 |
| 7                     | <b>1:02.257</b> | +0.259 | 15:56:07.456 |
| 8                     | <b>1:02.412</b> | +0.414 | 15:57:09.868 |
| 9                     | <b>1:03.236</b> | +1.238 | 15:58:13.104 |
| 10                    | <b>1:02.542</b> | +0.544 | 15:59:15.646 |
| 11                    | <b>1:02.834</b> | +0.836 | 16:00:18.480 |
| 12                    | <b>1:02.435</b> | +0.437 | 16:01:20.915 |
| 13                    | <b>1:02.836</b> | +0.838 | 16:02:23.751 |
| 14                    | <b>1:03.456</b> | +1.458 | 16:03:27.207 |

| Lap                         | Lap Tm          | Diff   | Time of Day  |
|-----------------------------|-----------------|--------|--------------|
| <b>(52) Øyvind Tørnblad</b> |                 |        |              |
| 1                           |                 |        | 15:47:36.201 |
| 2                           | <b>1:03.722</b> | +1.586 | 15:48:39.923 |
| 3                           | <b>1:03.789</b> | +1.653 | 15:49:43.712 |
| 4                           | <b>1:02.546</b> | +0.410 | 15:50:46.258 |
| 5                           | <b>1:06.530</b> | +4.394 | 15:51:52.788 |
| 6                           | <b>1:04.692</b> | +2.556 | 15:52:57.480 |
| 7                           | <b>1:04.498</b> | +2.362 | 15:54:01.978 |
| 8                           | <b>1:02.136</b> |        | 15:55:04.114 |
| 9                           | <b>1:02.184</b> | +0.048 | 15:56:06.298 |
| 10                          | <b>1:02.624</b> | +0.488 | 15:57:08.922 |

| Lap                            | Lap Tm          | Diff   | Time of Day  |
|--------------------------------|-----------------|--------|--------------|
| <b>(39) Hernning F. Hansen</b> |                 |        |              |
| 1                              |                 |        | 15:50:38.330 |
| 2                              | <b>1:03.428</b> | +1.137 | 15:51:41.758 |
| 3                              | <b>1:02.890</b> | +0.599 | 15:52:44.648 |
| 4                              | <b>1:03.104</b> | +0.813 | 15:53:47.752 |
| 5                              | <b>1:02.291</b> |        | 15:54:50.043 |
| 6                              | <b>1:02.754</b> | +0.463 | 15:55:52.797 |
| 7                              | <b>1:02.421</b> | +0.130 | 15:56:55.218 |
| 8                              | <b>1:02.515</b> | +0.224 | 15:57:57.733 |
| 9                              | <b>1:05.929</b> | +3.638 | 15:59:03.662 |
| 10                             | <b>1:02.405</b> | +0.114 | 16:00:06.067 |

| Lap                             | Lap Tm          | Diff      | Time of Day  |
|---------------------------------|-----------------|-----------|--------------|
| <b>(18) Finn K. Kristiansen</b> |                 |           |              |
| 1                               |                 |           | 15:48:07.005 |
| 2                               | <b>1:03.838</b> | +1.478    | 15:49:10.843 |
| 3                               | <b>1:03.488</b> | +1.128    | 15:50:14.331 |
| 4                               | <b>1:03.361</b> | +1.001    | 15:51:17.692 |
| 5                               | <b>1:03.788</b> | +1.428    | 15:52:21.480 |
| 6                               | <b>1:03.139</b> | +0.779    | 15:53:24.619 |
| 7                               | <b>1:02.360</b> |           | 15:54:26.979 |
| 8                               | <b>1:02.717</b> | +0.357    | 15:55:29.696 |
| 9                               | <b>1:02.627</b> | +0.267    | 15:56:32.323 |
| 10                              | <b>1:04.089</b> | +1.729    | 15:57:36.412 |
| 11                              | <b>7:34.405</b> | +6:32.045 | 16:05:10.817 |
| 12                              | <b>1:02.587</b> | +0.227    | 16:06:13.404 |
| 13                              | <b>1:02.384</b> | +0.024    | 16:07:15.788 |

| Lap                    | Lap Tm          | Diff   | Time of Day  |
|------------------------|-----------------|--------|--------------|
| <b>(100) Vidar Moe</b> |                 |        |              |
| 1                      |                 |        | 15:49:17.797 |
| 2                      | <b>1:04.777</b> | +1.943 | 15:50:22.574 |
| 3                      | <b>1:04.441</b> | +1.607 | 15:51:27.015 |
| 4                      | <b>1:04.002</b> | +1.168 | 15:52:31.017 |
| 5                      | <b>1:03.360</b> | +0.526 | 15:53:34.377 |
| 6                      | <b>1:02.834</b> |        | 15:54:37.211 |
| 7                      | <b>1:04.279</b> | +1.445 | 15:55:41.490 |
| 8                      | <b>1:03.393</b> | +0.559 | 15:56:44.883 |

| Lap                      | Lap Tm          | Diff      | Time of Day  |
|--------------------------|-----------------|-----------|--------------|
| <b>(8) Renate Jensen</b> |                 |           |              |
| 1                        |                 |           | 15:47:47.866 |
| 2                        | <b>1:03.988</b> | +1.134    | 15:48:51.854 |
| 3                        | <b>1:03.526</b> | +0.672    | 15:49:55.380 |
| 4                        | <b>1:03.844</b> | +0.990    | 15:50:59.224 |
| 5                        | <b>1:03.383</b> | +0.529    | 15:52:02.607 |
| 6                        | <b>1:03.404</b> | +0.550    | 15:53:06.011 |
| 7                        | <b>1:03.380</b> | +0.526    | 15:54:09.391 |
| 8                        | <b>1:03.098</b> | +0.244    | 15:55:12.489 |
| 9                        | <b>1:03.160</b> | +0.306    | 15:56:15.649 |
| 10                       | <b>1:04.888</b> | +2.034    | 15:57:20.537 |
| 11                       | <b>1:02.854</b> |           | 15:58:23.391 |
| 12                       | <b>1:03.224</b> | +0.370    | 15:59:26.615 |
| 13                       | <b>5:21.644</b> | +4:18.790 | 16:04:48.259 |
| 14                       | <b>1:03.215</b> | +0.361    | 16:05:51.474 |
| 15                       | <b>1:03.710</b> | +0.856    | 16:06:55.184 |

| Lap                       | Lap Tm          | Diff   | Time of Day  |
|---------------------------|-----------------|--------|--------------|
| <b>(981) Amund Granli</b> |                 |        |              |
| 1                         |                 |        | 15:47:22.371 |
| 2                         | <b>1:04.175</b> | +1.252 | 15:48:26.546 |
| 3                         | <b>1:03.518</b> | +0.595 | 15:49:30.064 |
| 4                         | <b>1:03.066</b> | +0.143 | 15:50:33.130 |
| 5                         | <b>1:03.099</b> | +0.176 | 15:51:36.229 |
| 6                         | <b>1:02.942</b> | +0.019 | 15:52:39.171 |
| 7                         | <b>1:02.923</b> |        | 15:53:42.094 |
| 8                         | <b>1:03.530</b> | +0.607 | 15:54:45.624 |
| 9                         | <b>1:03.744</b> | +0.821 | 15:55:49.368 |
| 10                        | <b>1:02.955</b> | +0.032 | 15:56:52.323 |
| 11                        | <b>1:04.005</b> | +1.082 | 15:57:56.328 |

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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# Heldagstrening SMCK

2 SST - SB

Vålerbanen 2,262 km

SST - SB Heat 06

09.05.2016 15:45

Practice (25:00 Time) started at 15:45:00

| Lap | Lap Tm   | Diff   | Time of Day  |
|-----|----------|--------|--------------|
| 12  | 1:03.122 | +0.199 | 15:58:59.450 |
| 13  | 1:03.497 | +0.574 | 16:00:02.947 |

(96) Anders Valle

| Lap | Lap Tm   | Diff      | Time of Day  |
|-----|----------|-----------|--------------|
| 1   |          |           | 15:48:24.168 |
| 2   | 1:03.592 | +0.525    | 15:49:27.760 |
| 3   | 1:03.345 | +0.278    | 15:50:31.105 |
| 4   | 1:03.363 | +0.296    | 15:51:34.468 |
| 5   | 1:03.388 | +0.321    | 15:52:37.856 |
| 6   | 1:03.660 | +0.593    | 15:53:41.516 |
| 7   | 1:03.618 | +0.551    | 15:54:45.134 |
| 8   | 3:12.065 | +2:08.998 | 15:57:57.199 |
| 9   | 1:03.067 |           | 15:59:00.266 |
| 10  | 1:03.747 | +0.680    | 16:00:04.013 |
| 11  | 1:04.216 | +1.149    | 16:01:08.229 |

(53) Oddgeir Estenstad

| Lap | Lap Tm   | Diff    | Time of Day  |
|-----|----------|---------|--------------|
| 1   |          |         | 15:53:11.898 |
| 2   | 1:03.914 | +0.801  | 15:54:15.812 |
| 3   | 1:45.990 | +42.877 | 15:56:01.802 |
| 4   | 1:03.708 | +0.595  | 15:57:05.510 |
| 5   | 1:03.121 | +0.008  | 15:58:08.631 |
| 6   | 1:03.319 | +0.206  | 15:59:11.950 |
| 7   | 1:04.231 | +1.118  | 16:00:16.181 |
| 8   | 1:03.562 | +0.449  | 16:01:19.743 |
| 9   | 1:03.587 | +0.474  | 16:02:23.330 |
| 10  | 1:03.113 |         | 16:03:26.443 |

(9) Audun Gundersen

| Lap | Lap Tm   | Diff      | Time of Day  |
|-----|----------|-----------|--------------|
| 1   |          |           | 15:46:33.085 |
| 2   | 3:18.053 | +2:12.243 | 15:49:51.138 |
| 3   | 1:08.128 | +2.318    | 15:50:59.266 |
| 4   | 1:07.767 | +1.957    | 15:52:07.033 |
| 5   | 1:07.194 | +1.384    | 15:53:14.227 |
| 6   | 1:06.228 | +0.418    | 15:54:20.455 |
| 7   | 1:05.942 | +0.132    | 15:55:26.397 |
| 8   | 1:05.833 | +0.023    | 15:56:32.230 |
| 9   | 1:05.810 |           | 15:57:38.040 |

(81) Elizabeth Kobberød

| Lap | Lap Tm   | Diff   | Time of Day  |
|-----|----------|--------|--------------|
| 1   |          |        | 15:51:14.001 |
| 2   | 1:07.427 | +1.058 | 15:52:21.428 |
| 3   | 1:06.556 | +0.187 | 15:53:27.984 |
| 4   | 1:07.041 | +0.672 | 15:54:35.025 |
| 5   | 1:06.369 |        | 15:55:41.394 |
| 6   | 1:06.542 | +0.173 | 15:56:47.936 |

(83) Geir Ove Flåten

| Lap | Lap Tm | Diff | Time of Day  |
|-----|--------|------|--------------|
| 1   |        |      | 15:47:37.993 |

| Lap | Lap Tm | Diff | Time of Day |
|-----|--------|------|-------------|
|-----|--------|------|-------------|

| Lap | Lap Tm | Diff | Time of Day |
|-----|--------|------|-------------|
|-----|--------|------|-------------|