

Mandagstrening SMCK

Trening

Practice Heat 1 - Alle Klasser

Vålerbanen 2,274 km

06.09.2021 17:00

Practice (1:00:00 Time) started at 16:00:00

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			16:03:18.552
2	1:03.498	+3.389	16:04:22.050
3	1:00.643	+0.534	16:05:22.693
4	1:01.475	+1.366	16:06:24.168
5	1:01.328	+1.219	16:07:25.496
6	1:00.951	+0.842	16:08:26.447
7	1:00.313	+0.204	16:09:26.760
p8	1:06.459	+6.350	16:10:33.219
9	3:09.848	+2:09.739	16:13:43.067
10	1:00.624	+0.515	16:14:43.691
11	1:00.175	+0.066	16:15:43.866
12	1:00.109		16:16:43.975
13	1:01.021	+0.912	16:17:44.996
p14	1:06.268	+6.159	16:18:51.264

Lap	Lap Tm	Diff	Time of Day
(14) Kristoffer Hatterud			
1			16:42:51.150
2	1:08.970	+3.199	16:44:00.120
3	1:06.316	+0.545	16:45:06.436
4	1:11.232	+5.461	16:46:17.668
5	1:12.813	+7.042	16:47:30.481
6	1:08.486	+2.715	16:48:38.967
7	1:06.603	+0.832	16:49:45.570
8	1:05.771		16:50:51.341
p9	1:16.830	+11.059	16:52:08.171

Lap	Lap Tm	Diff	Time of Day
(63) Kent Erik Tøllefsen			
1			16:02:06.456
2	1:08.366	+2.463	16:03:14.822
3	1:07.999	+2.096	16:04:22.821
4	1:06.762	+0.859	16:05:29.583
5	1:06.374	+0.471	16:06:35.957
6	1:05.903		16:07:41.860
7	1:06.473	+0.570	16:08:48.333
8	1:07.175	+1.272	16:09:55.508
9	1:06.960	+1.057	16:11:02.468
10	1:07.016	+1.113	16:12:09.484
11	1:08.143	+2.240	16:13:17.627
12	1:06.734	+0.831	16:14:24.361
13	1:06.675	+0.772	16:15:31.036
p14	1:35.386	+29.483	16:17:06.422

Lap	Lap Tm	Diff	Time of Day
(126) øystein Nettum			
1			16:03:27.156
2	1:07.450	+0.923	16:04:34.606
3	1:06.527		16:05:41.133
p4	1:13.549	+7.022	16:06:54.682
5	3:03.605	+1:57.078	16:09:58.287
6	1:08.097	+1.570	16:11:06.384
7	1:07.543	+1.016	16:12:13.927
8	1:06.799	+0.272	16:13:20.726
p9	1:15.439	+8.912	16:14:36.165
10	3:29.735	+2:23.208	16:18:05.900
p11	1:18.784	+12.257	16:19:24.684

Lap	Lap Tm	Diff	Time of Day
(0160) Benjamin Storsveen			
1			16:02:15.919
2	1:12.673	+5.872	16:03:28.592
3	1:09.836	+3.035	16:04:38.428
4	1:09.378	+2.577	16:05:47.806
5	1:09.202	+2.401	16:06:57.008
6	1:08.466	+1.665	16:08:05.474
7	1:07.657	+0.856	16:09:13.131
8	1:07.408	+0.607	16:10:20.539

Lap	Lap Tm	Diff	Time of Day
9	1:06.801		16:11:27.340
p10	1:14.551	+7.750	16:12:41.891

Lap	Lap Tm	Diff	Time of Day
(160) Morten Storsveen			
1			16:41:54.675
2	1:08.091	+1.152	16:43:02.766
3	1:08.499	+1.560	16:44:11.265
4	1:07.390	+0.451	16:45:18.655
5	1:06.939		16:46:25.594
6	1:12.205	+5.266	16:47:37.799
7	1:09.899	+2.960	16:48:47.698
8	1:10.443	+3.504	16:49:58.141
9	1:13.005	+6.066	16:51:11.146
p10	1:14.604	+7.665	16:52:25.750

Lap	Lap Tm	Diff	Time of Day
(15) Glenn Sommerfelt			
1			16:03:00.585
2	1:09.417	+1.906	16:04:10.002
3	1:07.810	+0.299	16:05:17.812
4	1:08.040	+0.529	16:06:25.852
5	1:08.187	+0.676	16:07:34.039
6	1:08.418	+0.907	16:08:42.457
7	1:07.887	+0.376	16:09:50.344
8	1:07.511		16:10:57.855
9	1:07.985	+0.474	16:12:05.840
10	1:07.830	+0.319	16:13:13.670
11	1:07.573	+0.062	16:14:21.243
12	1:07.797	+0.286	16:15:29.040
13	1:07.899	+0.388	16:16:36.939
p14	1:21.678	+14.167	16:17:58.617

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtlie			
1			16:03:01.085
2	1:10.473	+2.063	16:04:11.558
3	1:09.046	+0.636	16:05:20.604
4	1:08.410		16:06:29.014
5	1:08.751	+0.341	16:07:37.765
6	1:08.768	+0.358	16:08:46.533
7	1:09.252	+0.842	16:09:55.785
8	1:09.300	+0.890	16:11:05.085
9	1:08.521	+0.111	16:12:13.606
10	1:09.366	+0.956	16:13:22.972
p11	1:17.007	+8.597	16:14:39.979

Lap	Lap Tm	Diff	Time of Day
(140) Kim Rønningen			
1			16:02:49.468
2	1:09.729	+0.979	16:03:59.197
3	1:08.750		16:05:07.947
4	1:08.929	+0.179	16:06:16.876
p5	1:16.318	+7.568	16:07:33.194

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			16:02:16.361
2	1:12.782	+4.020	16:03:29.143
3	1:10.397	+1.635	16:04:39.540
4	1:09.819	+1.057	16:05:49.359
5	1:09.395	+0.633	16:06:58.754
6	1:09.093	+0.331	16:08:07.847
7	1:08.762		16:09:16.609
p8	1:16.068	+7.306	16:10:32.677

Lap	Lap Tm	Diff	Time of Day
(40) Tor Henning Molstad			
1			16:02:54.592
2	1:08.966	+0.074	16:04:03.558
3	1:09.713	+0.821	16:05:13.271
4	1:08.892		16:06:22.163

Lap	Lap Tm	Diff	Time of Day
5	1:08.996	+0.104	16:07:31.159
6	1:09.441	+0.549	16:08:40.600
7	1:09.356	+0.464	16:09:49.956
8	1:09.702	+0.810	16:10:59.658
9	1:08.944	+0.052	16:12:08.602
p10	1:20.119	+11.227	16:13:28.721

Lap	Lap Tm	Diff	Time of Day
(11) Arnt Solvsberg			
1			16:42:20.396
2	1:12.766	+3.088	16:43:33.162
3	1:16.340	+6.662	16:44:49.502
4	1:14.110	+4.432	16:46:03.612
5	1:10.932	+1.254	16:47:14.544
6	1:11.496	+1.818	16:48:26.040
7	1:12.338	+2.660	16:49:38.378
8	1:10.875	+1.197	16:50:49.253
9	1:11.470	+1.792	16:52:00.723
10	1:12.816	+3.138	16:53:13.539
11	1:15.900	+6.222	16:54:29.439
12	1:18.280	+8.602	16:55:47.719
13	1:12.446	+2.768	16:57:00.165
14	1:09.678		16:58:09.843
p15	1:28.923	+19.245	16:59:38.766

Lap	Lap Tm	Diff	Time of Day
(110) Vidar Slettjord			
1			16:41:40.732
2	1:15.103	+3.615	16:42:55.835
3	1:13.180	+1.692	16:44:09.015
4	1:12.618	+1.130	16:45:21.633
5	1:13.725	+2.237	16:46:35.358
6	1:12.130	+0.642	16:47:47.488
7	1:16.317	+4.829	16:49:03.805
8	1:12.996	+1.508	16:50:16.801
9	1:11.488		16:51:28.289
10	1:18.130	+6.642	16:52:46.419
11	1:15.809	+4.321	16:54:02.228
12	1:22.273	+10.785	16:55:24.501
13	1:11.657	+0.169	16:56:36.158
p14	1:23.017	+11.529	16:57:59.175

Lap	Lap Tm	Diff	Time of Day
(64) Martin Skjerven			
1			16:42:27.320
2	1:12.905	+1.333	16:43:40.225
3	1:16.130	+4.558	16:44:56.355
4	1:16.783	+5.211	16:46:13.138
5	1:13.690	+2.118	16:47:26.828
p6	1:20.807	+9.235	16:48:47.635
7	2:47.480	+1:35.908	16:51:35.115
8	1:11.749	+0.177	16:52:46.864
9	1:12.920	+1.348	16:53:59.784
10	1:12.211	+0.639	16:55:11.995
11	1:11.572		16:56:23.567
p12	1:16.064	+4.492	16:57:39.631

Lap	Lap Tm	Diff	Time of Day
(382) Aleksander G. Tofte			
1			16:43:23.446
2	1:15.278	+3.119	16:44:38.724
3	1:14.112	+1.953	16:45:52.836
4	1:13.496	+1.337	16:47:06.332
5	1:13.303	+1.144	16:48:19.635
6	1:12.999	+0.840	16:49:32.634
7	1:12.834	+0.675	16:50:45.468
8	1:13.248	+1.089	16:51:58.716
9	1:14.287	+2.128	16:53:13.003
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06.09.2021 17:00

Practice (1:00:00 Time) started at 16:00:00

Lap	Lap Tm	Diff	Time of Day
12	1:12.159		16:56:57.379
13	1:12.456	+0.297	16:58:09.835
p14	1:20.741	+8.582	16:59:30.576

(3) Kim-André Nebben

1			16:42:24.072
2	1:12.865		16:43:36.937
3	1:20.545	+7.680	16:44:57.482
4	1:18.253	+5.388	16:46:15.735
5	1:17.378	+4.513	16:47:33.113
6	1:14.203	+1.338	16:48:47.316
p7	1:23.674	+10.809	16:50:10.990

(582) Kristian Inge Asgeirsson

1			16:23:16.663
2	1:19.039	+6.012	16:24:35.702
3	1:16.021	+2.994	16:25:51.723
4	1:14.984	+1.957	16:27:06.707
p5	1:28.090	+15.063	16:28:34.797
6	6:30.377	+5:17.350	16:35:05.174
7	1:13.027		16:36:18.201
8	1:13.880	+0.853	16:37:32.081
p9	1:19.141	+6.114	16:38:51.222

(52) Stein Arne Jenssen

1			16:43:30.547
2	1:27.166	+13.532	16:44:57.713
3	1:23.561	+9.927	16:46:21.274
4	1:16.598	+2.964	16:47:37.872
5	1:15.647	+2.013	16:48:53.519
6	1:14.791	+1.157	16:50:08.310
7	1:15.287	+1.653	16:51:23.597
8	1:16.047	+2.413	16:52:39.644
9	1:17.067	+3.433	16:53:56.711
10	1:13.634		16:55:10.345
p11	1:23.814	+10.180	16:56:34.159

(31) Alf Tøien

1			16:43:25.615
2	1:19.952	+5.635	16:44:45.567
3	1:20.961	+6.644	16:46:06.528
4	1:18.125	+3.808	16:47:24.653
5	1:17.213	+2.896	16:48:41.866
6	1:15.870	+1.553	16:49:57.736
7	1:15.033	+0.716	16:51:12.769
8	1:15.064	+0.747	16:52:27.833
9	1:14.317		16:53:42.150
p10	1:28.108	+13.791	16:55:10.258

(28) Tom Roger Syversen

1			16:42:29.291
2	1:15.221		16:43:44.512
3	1:16.898	+1.677	16:45:01.410
p4	1:25.512	+10.291	16:46:26.922
5	1:41.226	+26.005	16:48:08.148
6	1:16.757	+1.536	16:49:24.905
p7	1:22.270	+7.049	16:50:47.175

(78) Kenneth Skyttermoen

1			16:43:31.479
2	1:23.628	+8.068	16:44:55.107
3	1:20.386	+4.826	16:46:15.493
4	1:17.581	+2.021	16:47:33.074
5	1:18.305	+2.745	16:48:51.379
6	1:17.483	+1.923	16:50:08.862
7	1:17.512	+1.952	16:51:26.374

Lap	Lap Tm	Diff	Time of Day
8	1:16.596	+1.036	16:52:42.970
9	1:16.568	+1.008	16:53:59.538
10	1:17.107	+1.547	16:55:16.645
11	1:15.560		16:56:32.205
12	1:16.987	+1.427	16:57:49.192
p13	1:24.003	+8.443	16:59:13.195

(50) Steffen Andersen

1			16:43:23.772
2	1:21.238	+5.080	16:44:45.010
3	1:22.532	+6.374	16:46:07.542
4	1:20.658	+4.500	16:47:28.200
5	1:19.200	+3.042	16:48:47.400
6	1:17.916	+1.758	16:50:05.316
7	1:17.598	+1.440	16:51:22.914
8	1:16.158		16:52:39.072
9	1:16.976	+0.818	16:53:56.048
10	1:17.266	+1.108	16:55:13.314
11	1:17.092	+0.934	16:56:30.406
12	1:16.607	+0.449	16:57:47.013
p13	1:25.186	+9.028	16:59:12.199

(6) Dag Steinar Sundby

1			16:24:44.094
2	1:16.429		16:26:00.523
p3	1:18.362	+1.933	16:27:18.885

(282) Jon Andreas Nøkleholm

1			16:26:09.882
2	1:25.907	+7.740	16:27:35.789
p3	1:47.040	+28.873	16:29:22.829
4	5:58.906	+4:40.739	16:35:21.735
5	1:21.526	+3.359	16:36:43.261
6	1:28.211	+10.044	16:38:11.472
p7	1:29.823	+11.656	16:39:41.295
8	3:12.429	+1:54.262	16:42:53.724
9	1:21.112	+2.945	16:44:14.836
10	1:20.020	+1.853	16:45:34.856
11	1:19.368	+1.201	16:46:54.224
12	1:19.363	+1.196	16:48:13.587
13	1:18.593	+0.426	16:49:32.180
14	1:19.329	+1.162	16:50:51.509
15	1:18.167		16:52:09.676
16	1:20.745	+2.578	16:53:30.421
17	1:19.380	+1.213	16:54:49.801
18	1:19.413	+1.246	16:56:09.214
19	1:18.620	+0.453	16:57:27.834
p20	1:39.232	+21.065	16:59:07.066

(50) Tor Christensen

1			16:43:29.405
2	1:27.008	+7.337	16:44:56.413
3	1:24.055	+4.384	16:46:20.468
4	1:24.078	+4.407	16:47:44.546
5	1:21.278	+1.607	16:49:05.824
6	1:21.575	+1.904	16:50:27.399
7	1:20.321	+0.650	16:51:47.720
8	1:20.849	+1.178	16:53:08.569
9	1:19.671		16:54:28.240
10	1:19.839	+0.168	16:55:48.079
11	1:20.491	+0.820	16:57:08.570
p12	1:35.637	+15.966	16:58:44.207

(22) Oddgeir Øen

1			16:43:25.813
2	1:28.097	+7.818	16:44:53.910

Lap	Lap Tm	Diff	Time of Day
3	1:26.176	+5.897	16:46:20.086
4	1:24.428	+4.149	16:47:44.514
5	1:23.746	+3.467	16:49:08.260
6	1:21.599	+1.320	16:50:29.859
7	1:21.397	+1.118	16:51:51.256
8	1:20.659	+0.380	16:53:11.915
9	1:21.858	+1.579	16:54:33.773
10	1:20.279		16:55:54.052
11	1:20.648	+0.369	16:57:14.700
p12	1:50.885	+30.606	16:59:05.585

(60) Torbjørn Gundersen

1			16:43:11.354
2	1:30.273	+9.592	16:44:41.627
3	1:25.335	+4.654	16:46:06.962
4	1:24.627	+3.946	16:47:31.589
5	1:23.186	+2.505	16:48:54.775
6	1:22.918	+2.237	16:50:17.693
7	1:23.393	+2.712	16:51:41.086
8	1:22.400	+1.719	16:53:03.486
9	1:22.269	+1.588	16:54:25.755
10	1:21.711	+1.030	16:55:47.466
11	1:20.681		16:57:08.147
p12	1:55.872	+35.191	16:59:04.019

(16) Kjell Rusten

1			16:25:12.590
2	1:32.559	+6.765	16:26:45.149
p3	1:39.814	+14.020	16:28:24.963
4	6:51.887	+5:26.093	16:35:16.850
5	1:25.794		16:36:42.644
6	1:29.327	+3.533	16:38:11.971
p7	1:34.352	+8.558	16:39:46.323

(8) Kristin Rusten Heiberg

p1			16:29:46.455
2	5:27.581	+3:59.688	16:35:14.036
3	1:27.893		16:36:41.929
p4	1:32.659	+4.766	16:38:14.588