

# Mandagstrening SMCK

Trening Vålerbanen 2,274 km

Practice Heat 4 - Alle Klasser 06.09.2021 20:00

Practice (1:00:00 Time) started at 19:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(0160) Benjamin Storsveen</b>			
1			19:02:48.407
2	<b>1:07.644</b>	+3.404	19:03:56.051
3	<b>1:07.582</b>	+3.342	19:05:03.633
4	<b>1:06.350</b>	+2.110	19:06:09.983
5	<b>1:07.322</b>	+3.082	19:07:17.305
6	<b>1:06.239</b>	+1.999	19:08:23.544
7	<b>1:04.240</b>		19:09:27.784
8	<b>1:04.570</b>	+0.330	19:10:32.354
9	<b>1:04.844</b>	+0.604	19:11:37.198
10	<b>1:05.006</b>	+0.766	19:12:42.204
11	<b>1:05.412</b>	+1.172	19:13:47.616
p12	<b>1:13.540</b>	+9.300	19:15:01.156

Lap	Lap Tm	Diff	Time of Day
<b>(140) Kim Rønningen</b>			
1			19:02:44.973
2	<b>1:06.116</b>	+1.432	19:03:51.089
3	<b>1:05.447</b>	+0.763	19:04:56.536
4	<b>1:06.382</b>	+1.698	19:06:02.918
5	<b>1:05.998</b>	+1.314	19:07:08.916
6	<b>1:05.486</b>	+0.802	19:08:14.402
7	<b>1:05.333</b>	+0.649	19:09:19.735
8	<b>1:06.246</b>	+1.562	19:10:25.981
9	<b>1:09.706</b>	+5.022	19:11:35.687
10	<b>1:05.634</b>	+0.950	19:12:41.321
11	<b>1:07.017</b>	+2.333	19:13:48.338
12	<b>1:05.117</b>	+0.433	19:14:53.455
13	<b>1:04.684</b>		19:15:58.139
14	<b>1:05.401</b>	+0.717	19:17:03.540
p15	<b>1:23.363</b>	+18.679	19:18:26.903

Lap	Lap Tm	Diff	Time of Day
<b>(14) Kristoffer Hatterud</b>			
1			19:44:49.782
2	<b>1:10.026</b>	+3.746	19:45:59.808
3	<b>1:08.485</b>	+2.205	19:47:08.293
4	<b>1:08.553</b>	+2.273	19:48:16.846
5	<b>1:08.306</b>	+2.026	19:49:25.152
6	<b>1:07.010</b>	+0.730	19:50:32.162
7	<b>1:06.280</b>		19:51:38.442
8	<b>1:06.369</b>	+0.089	19:52:44.811
9	<b>1:06.849</b>	+0.569	19:53:51.660
p10	<b>1:19.274</b>	+12.994	19:55:10.934

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			19:01:36.105
2	<b>1:08.191</b>	+1.689	19:02:44.296
3	<b>1:08.590</b>	+2.088	19:03:52.886
4	<b>1:08.253</b>	+1.751	19:05:01.139
5	<b>1:08.556</b>	+2.054	19:06:09.695
6	<b>1:07.386</b>	+0.884	19:07:17.081
7	<b>1:07.782</b>	+1.280	19:08:24.863
8	<b>1:06.502</b>		19:09:31.365
p9	<b>1:20.133</b>	+13.631	19:10:51.498

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			19:01:34.669
2	<b>1:07.067</b>	+0.307	19:02:41.736
3	<b>1:06.782</b>	+0.022	19:03:48.518
4	<b>1:07.199</b>	+0.439	19:04:55.717
5	<b>1:06.760</b>		19:06:02.477
6	<b>1:09.618</b>	+2.858	19:07:12.095
p7	<b>1:16.235</b>	+9.475	19:08:28.330

Lap	Lap Tm	Diff	Time of Day
<b>(15') Glenn Sommerfelt</b>			
1			19:02:50.473

Lap	Lap Tm	Diff	Time of Day
2	<b>1:07.966</b>	+0.979	19:03:58.439
3	<b>1:07.282</b>	+0.295	19:05:05.721
4	<b>1:07.276</b>	+0.289	19:06:12.997
5	<b>1:06.987</b>		19:07:19.984
6	<b>1:07.974</b>	+0.987	19:08:27.958
7	<b>1:07.276</b>	+0.289	19:09:35.234
8	<b>1:09.099</b>	+2.112	19:10:44.333
p9	<b>1:20.263</b>	+13.276	19:12:04.596

Lap	Lap Tm	Diff	Time of Day
<b>(40) Tor Henning Molstad</b>			
1			19:02:47.923
2	<b>1:07.713</b>	+0.209	19:03:55.636
3	<b>1:07.698</b>	+0.194	19:05:03.334
4	<b>1:07.504</b>		19:06:10.838
p5	<b>1:17.610</b>	+10.106	19:07:28.448

Lap	Lap Tm	Diff	Time of Day
<b>(11') Arnt Solvsberg</b>			
1			19:43:10.439
2	<b>1:11.096</b>	+1.797	19:44:21.535
3	<b>1:09.549</b>	+0.250	19:45:31.084
4	<b>1:12.646</b>	+3.347	19:46:43.730
5	<b>1:11.715</b>	+2.416	19:47:55.445
6	<b>1:10.895</b>	+1.596	19:49:06.340
7	<b>1:12.246</b>	+2.947	19:50:18.586
8	<b>1:11.149</b>	+1.850	19:51:29.735
9	<b>1:09.299</b>		19:52:39.034
p10	<b>1:28.145</b>	+18.846	19:54:07.179

Lap	Lap Tm	Diff	Time of Day
<b>(52) Stein Arne Jenssen</b>			
1			19:43:13.534
2	<b>1:14.055</b>	+4.333	19:44:27.589
3	<b>1:13.271</b>	+3.549	19:45:40.860
4	<b>1:11.144</b>	+1.422	19:46:52.004
5	<b>1:10.490</b>	+0.768	19:48:02.494
6	<b>1:11.266</b>	+1.544	19:49:13.760
7	<b>1:10.869</b>	+1.147	19:50:24.629
8	<b>1:09.722</b>		19:51:34.351
9	<b>1:10.691</b>	+0.969	19:52:45.042
10	<b>1:10.756</b>	+1.034	19:53:55.798
11	<b>1:10.447</b>	+0.725	19:55:06.245
12	<b>1:10.983</b>	+1.261	19:56:17.228
p13	<b>1:19.351</b>	+9.629	19:57:36.579

Lap	Lap Tm	Diff	Time of Day
<b>(17) Pål Dølen</b>			
1			19:43:02.128
2	<b>1:13.665</b>	+0.152	19:44:15.793
3	<b>1:13.513</b>		19:45:29.306
4	<b>1:14.050</b>	+0.537	19:46:43.356
5	<b>1:15.164</b>	+1.651	19:47:58.520
6	<b>1:15.584</b>	+2.071	19:49:14.104
p7	<b>1:22.181</b>	+8.668	19:50:36.285

Lap	Lap Tm	Diff	Time of Day
<b>(50) Steffen Andersen</b>			
1			19:43:09.477
2	<b>1:17.427</b>	+3.808	19:44:26.904
3	<b>1:16.796</b>	+3.177	19:45:43.700
4	<b>1:15.773</b>	+2.154	19:46:59.473
5	<b>1:15.905</b>	+2.286	19:48:15.378
6	<b>1:15.409</b>	+1.790	19:49:30.787
7	<b>1:16.021</b>	+2.402	19:50:46.808
8	<b>1:14.335</b>	+0.716	19:52:01.143
9	<b>1:13.619</b>		19:53:14.762
10	<b>1:14.528</b>	+0.909	19:54:29.290
11	<b>1:14.500</b>	+0.881	19:55:43.790
12	<b>1:14.497</b>	+0.878	19:56:58.287
13	<b>1:14.253</b>	+0.634	19:58:12.540

Lap	Lap Tm	Diff	Time of Day
14	<b>1:14.427</b>	+0.808	19:59:26.967
<b>(78) Kenneth Skyttermoen</b>			
1			19:44:03.875
2	<b>1:16.276</b>	+2.003	19:45:20.151
3	<b>1:16.452</b>	+2.179	19:46:36.603
4	<b>1:16.205</b>	+1.932	19:47:52.808
5	<b>1:16.925</b>	+2.652	19:49:09.733
6	<b>1:15.600</b>	+1.327	19:50:25.333
7	<b>1:15.733</b>	+1.460	19:51:41.066
8	<b>1:14.634</b>	+0.361	19:52:55.700
9	<b>1:16.056</b>	+1.783	19:54:11.756
10	<b>1:15.944</b>	+1.671	19:55:27.700
11	<b>1:15.109</b>	+0.836	19:56:42.809
12	<b>1:14.273</b>		19:57:57.082
13	<b>1:14.479</b>	+0.206	19:59:11.561

Lap	Lap Tm	Diff	Time of Day
<b>(91) Sondre B. Skyttermoen</b>			
1			19:21:37.897
2	<b>1:19.835</b>	+4.258	19:22:57.732
3	<b>1:19.695</b>	+4.118	19:24:17.427
4	<b>1:18.348</b>	+2.771	19:25:35.775
5	<b>1:17.448</b>	+1.871	19:26:53.223
6	<b>1:18.306</b>	+2.729	19:28:11.529
7	<b>1:17.113</b>	+1.536	19:29:28.642
8	<b>1:17.619</b>	+2.042	19:30:46.261
9	<b>1:17.598</b>	+2.021	19:32:03.859
10	<b>1:17.345</b>	+1.768	19:33:21.204
11	<b>1:15.754</b>	+0.177	19:34:36.958
12	<b>1:15.577</b>		19:35:52.535
13	<b>1:18.368</b>	+2.791	19:37:10.903
p14	<b>1:38.187</b>	+22.610	19:38:49.090

Lap	Lap Tm	Diff	Time of Day
<b>(28) Tom Roger Syversen</b>			
1			19:43:17.629
2	<b>1:16.309</b>		19:44:33.938
3	<b>1:16.684</b>	+0.375	19:45:50.622
4	<b>1:18.168</b>	+1.859	19:47:08.790
5	<b>1:19.069</b>	+2.760	19:48:27.859
6	<b>1:19.530</b>	+3.221	19:49:47.389
7	<b>1:18.317</b>	+2.008	19:51:05.706
8	<b>1:18.148</b>	+1.839	19:52:23.854
p9	<b>1:22.433</b>	+6.124	19:53:46.287
p10	<b>1:45.372</b>	+29.063	19:55:31.659

Lap	Lap Tm	Diff	Time of Day
<b>(22) Oddgeir Øen</b>			
1			19:43:10.786
2	<b>1:19.896</b>	+2.292	19:44:30.682
3	<b>1:18.507</b>	+0.903	19:45:49.189
4	<b>1:18.461</b>	+0.857	19:47:07.650
5	<b>1:19.369</b>	+1.765	19:48:27.019
6	<b>1:19.721</b>	+2.117	19:49:46.740
7	<b>1:17.905</b>	+0.301	19:51:04.645
8	<b>1:17.712</b>	+0.108	19:52:22.357
9	<b>1:17.604</b>		19:53:39.961
10	<b>1:19.404</b>	+1.800	19:54:59.365
11	<b>1:19.023</b>	+1.419	19:56:18.388
p12	<b>1:32.697</b>	+15.093	19:57:51.085

Lap	Lap Tm	Diff	Time of Day
<b>(41) Geir Svalastog</b>			
1			19:23:04.127
2	<b>1:23.774</b>	+3.172	19:24:27.901
3	<b>1:22.914</b>	+2.312	19:25:50.815
4	<b>1:23.037</b>	+2.435	19:27:13.852
5	<b>1:26.399</b>	+5.797	19:28:40.251
6	<b>1:21.371</b>	+0.769	19:30:01.622

