



## Treningsweekend roadracing SMCK

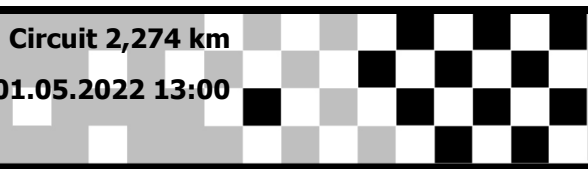
1-Junior -Rookie

Vålerbanen Racing Circuit 2,274 km

Practice 07 - Junior -Rookie

01.05.2022 13:00

Practice (25:00 Time) started at 13:00:00



Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(6) Jens William Rustad</b>					
1	13:01:17.023			22.845	25.490
2	13:02:29.846	<b>1:12.823</b>	24.614	22.338	25.871
3	13:03:41.638	<b>1:11.792</b>	24.095	22.025	25.672
4	13:04:53.214	<b>1:11.576</b>	25.107	22.019	24.450
5	13:06:05.522	<b>1:12.308</b>	25.162	21.744	25.402
6	13:07:15.698	<b>1:10.176</b>	24.276	21.450	24.450
7	13:08:25.307	<b>1:09.609</b>	23.788	21.776	24.045
8	13:09:36.734	<b>1:11.427</b>	23.965	23.337	24.125
9	13:10:46.750	<b>1:10.016</b>	23.802	21.915	24.299
10	13:11:55.647	<b>1:08.897</b>	23.518	<b>21.421</b>	<b>23.958</b>
11	13:13:05.296	<b>1:09.649</b>	<b>23.463</b>	21.514	24.672
12	13:14:20.032	<b>1:14.736</b>	24.435	22.542	27.759

<b>(7) David Herje</b>					
1	13:03:11.281			22.895	25.661
2	13:04:24.337	<b>1:13.056</b>	25.701	22.357	24.998
3	13:05:35.929	<b>1:11.592</b>	24.952	21.718	24.922
4	13:06:50.374	<b>1:14.445</b>	26.565	22.635	25.245
5	13:08:05.917	<b>1:15.543</b>	25.489	24.859	25.195
6	13:09:17.103	<b>1:11.186</b>	24.023	22.775	24.388
7	13:10:27.084	<b>1:09.981</b>	24.048	21.567	24.366
8	13:11:38.353	<b>1:11.269</b>	25.026	22.070	24.173
9	13:12:52.229	<b>1:13.876</b>	24.342	22.893	26.641
10	13:14:03.566	<b>1:11.337</b>	24.494	22.789	<b>24.054</b>
11	13:15:13.789	<b>1:10.223</b>	24.190	21.869	24.164
12	13:16:28.644	<b>1:14.855</b>	27.523	22.223	25.109
13	13:17:41.368	<b>1:12.724</b>	25.906	22.132	24.686
14	13:18:50.579	<b>1:09.211</b>	23.569	<b>21.241</b>	24.401
15	13:20:00.171	<b>1:09.592</b>	<b>23.372</b>	21.818	24.402
16	13:21:10.812	<b>1:10.641</b>	23.923	22.432	24.286
17	13:22:21.679	<b>1:10.867</b>	24.030	22.168	24.669

<b>(303) Christopher Bird</b>					
1	13:04:49.117			23.824	27.699
2	13:06:04.782	<b>1:15.665</b>	25.674	22.370	27.621
3	13:07:20.420	<b>1:15.638</b>	25.666	23.741	26.231
4	13:08:30.921	<b>1:10.501</b>	25.012	<b>21.438</b>	<b>24.051</b>
5	13:09:46.829	<b>1:15.908</b>	<b>23.712</b>	24.285	27.911
6	13:11:01.882	<b>1:15.053</b>	26.722	23.229	25.102
7	13:12:16.615	<b>1:14.733</b>	27.398	22.491	24.844
8	13:13:28.849	<b>1:12.234</b>	25.237	21.681	25.316
p9	13:14:49.858	<b>1:21.009</b>	24.298	22.856	

<b>(30) Susanne M. Ødegaard</b>					
1	13:03:12.427			24.146	26.007
2	13:04:26.020	<b>1:13.593</b>	25.241	22.789	25.563
3	13:05:44.190	<b>1:18.170</b>	29.203	23.104	25.863
4	13:06:57.250	<b>1:13.060</b>	<b>24.773</b>	22.743	25.544
5	13:08:16.533	<b>1:19.283</b>	24.964	24.639	29.680
6	13:09:36.587	<b>1:20.054</b>	29.578	24.828	25.648
7	13:10:50.969	<b>1:14.382</b>	25.495	22.709	26.178
8	13:12:04.116	<b>1:13.147</b>	25.567	22.481	<b>25.099</b>
9	13:13:18.685	<b>1:14.569</b>	25.385	23.393	25.791
10	13:14:33.302	<b>1:14.617</b>	25.919	22.948	25.750
11	13:15:46.661	<b>1:13.359</b>	24.802	22.491	26.066
12	13:17:03.385	<b>1:16.724</b>	28.275	23.158	25.291
13	13:18:16.240	<b>1:12.855</b>	25.129	<b>22.432</b>	25.294
p14	13:19:44.122	<b>1:27.882</b>	24.961	23.048	

<b>(69) Oskar Corwin Bohlin</b>					
1	13:02:47.095			24.833	26.791
2	13:04:03.486	<b>1:16.391</b>	26.514	24.110	25.767
3	13:05:18.810	<b>1:15.324</b>	25.786	23.159	26.379
4	13:06:37.968	<b>1:19.158</b>	25.826	26.078	27.254

5	13:07:54.001	<b>1:16.033</b>	25.819	23.221	26.993
6	13:09:08.893	<b>1:14.892</b>	26.430	22.967	25.495
7	13:10:22.847	<b>1:13.954</b>	25.573	23.022	<b>25.359</b>
8	13:11:36.700	<b>1:13.853</b>	25.550	22.714	25.589
9	13:12:51.890	<b>1:15.190</b>	<b>25.106</b>	23.465	26.619
10	13:14:09.087	<b>1:17.197</b>	25.975	24.813	26.409
p11	13:15:34.128	<b>1:25.041</b>	25.233	<b>22.677</b>	
12	13:17:20.447	<b>1:46.319</b>	23.884	23.884	25.488
13	13:18:41.325	<b>1:20.878</b>		27.579	27.870
p14	13:20:08.718	<b>1:27.393</b>	26.198	23.529	
15	13:22:23.780	<b>2:15.062</b>		24.923	27.053

<b>(66) Even E. Helgerud</b>					
1	13:03:33.237			27.567	31.106
2	13:04:52.319	<b>1:19.082</b>	28.567	24.066	26.449
3	13:06:10.126	<b>1:17.807</b>	27.162	24.178	26.467
4	13:07:25.959	<b>1:15.833</b>	26.667	23.195	25.971
5	13:08:42.080	<b>1:16.121</b>	27.787	22.976	25.358
6	13:10:02.117	<b>1:20.037</b>	25.799	26.878	27.360
7	13:11:18.748	<b>1:16.631</b>	26.306	23.923	26.402
8	13:12:34.172	<b>1:15.424</b>	26.961	23.035	25.428
9	13:13:48.522	<b>1:14.350</b>	25.717	23.130	25.503
10	13:15:02.700	<b>1:14.178</b>	25.710	23.271	<b>25.197</b>
11	13:16:18.833	<b>1:16.133</b>	27.338	23.001	25.794
p12	13:17:37.598	<b>1:18.765</b>	<b>25.618</b>	<b>22.894</b>	

<b>(21) Kristin Heiberg</b>					
1	13:01:29.510			26.254	27.257
2	13:02:50.438	<b>1:20.928</b>	27.613	26.172	27.143
3	13:04:08.290	<b>1:17.852</b>	26.009	24.795	27.048
4	13:05:25.541	<b>1:17.251</b>	25.802	23.864	27.585
5	13:06:45.064	<b>1:19.523</b>	27.965	24.342	27.216
6	13:08:10.362	<b>1:25.298</b>	30.311	26.998	27.989
7	13:09:31.796	<b>1:21.434</b>	26.161	24.968	30.305
8	13:10:48.432	<b>1:16.636</b>	26.540	23.792	26.304
9	13:12:03.580	<b>1:15.148</b>	25.881	22.966	26.301
10	13:13:18.490	<b>1:14.910</b>	<b>25.664</b>	23.078	26.168
11	13:14:33.898	<b>1:15.408</b>	25.893	23.958	<b>25.557</b>
12	13:15:59.091	<b>1:25.193</b>	30.063	25.382	29.748
13	13:17:17.533	<b>1:18.442</b>	28.390	23.323	26.729
14	13:18:35.665	<b>1:18.132</b>	27.233	24.793	26.106
15	13:19:51.705	<b>1:16.040</b>	25.920	23.812	26.308
16	13:21:09.199	<b>1:17.494</b>	27.800	23.086	26.608
17	13:22:24.135	<b>1:14.936</b>	25.864	<b>22.762</b>	26.310

<b>(94) Romeo Nylænder</b>					
1	13:02:23.691			26.342	28.495
2	13:03:42.092	<b>1:18.401</b>	26.877	25.008	26.516
3	13:05:09.034	<b>1:26.942</b>	27.212	28.369	31.361
4	13:06:29.899	<b>1:20.865</b>	28.926	25.315	26.624
5	13:07:47.242	<b>1:17.343</b>	25.914	24.330	27.099
6	13:09:05.517	<b>1:18.275</b>	26.481	24.993	26.801
7	13:10:21.288	<b>1:15.771</b>	25.768	24.027	<b>25.976</b>
8	13:11:36.682	<b>1:15.394</b>	<b>25.403</b>	<b>23.873</b>	26.118
p9	13:13:08.890	<b>1:32.208</b>	25.719	24.025	

<b>(257) Oliver Hammer</b>					
1	13:02:56.450			26.375	27.163
2	13:04:16.766	<b>1:20.316</b>	29.379	24.237	26.700
3	13:05:34.942	<b>1:18.176</b>	27.582	24.195	26.399
4	13:06:52.289	<b>1:17.347</b>	<b>27.199</b>	23.965	26.183
5	13:08:13.063	<b>1:20.774</b>	28.250	24.375	28.149
6	13:09:32.413	<b>1:19.350</b>	28.128	<b>23.545</b>	27.677
7	13:10:49.908	<b>1:17.495</b>	27.537	24.206	<b>25.752</b>
p8	13:12:13.600	<b>1:23.692</b>	27.529	23.726	



Vålerbanen  
Racing Circuit



TIDTAKER  
TIMEKEEPING.NO

# Treningsweekend roadracing SMCK

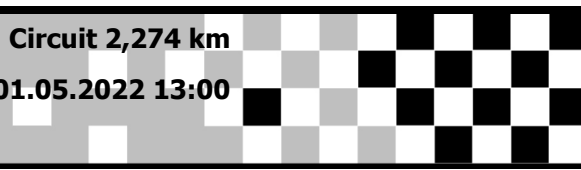
1-Junior -Rookie

Vålerbanen Racing Circuit 2,274 km

Practice 07 - Junior -Rookie

01.05.2022 13:00

Practice (25:00 Time) started at 13:00:00



Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(41) Geir Svalastog</b>					
1	13:03:17.575			31.336	33.582
2	13:04:50.170	<b>1:32.595</b>	33.119	28.847	30.629
3	13:06:17.353	<b>1:27.183</b>	29.056	27.530	30.597
4	13:07:46.105	<b>1:28.752</b>	29.860	29.903	28.989
5	13:09:06.341	<b>1:20.236</b>	27.173	25.127	27.936
6	13:10:25.560	<b>1:19.219</b>	<b>26.722</b>	25.296	<b>27.201</b>
7	13:11:47.405	<b>1:21.845</b>	27.041	<b>24.748</b>	30.056
p8	13:13:21.492	<b>1:34.087</b>	30.148	28.539	
9	13:15:42.026	<b>2:20.534</b>		26.616	30.558
10	13:17:14.333	<b>1:32.307</b>		28.058	30.629
11	13:18:40.730	<b>1:26.397</b>	26.896	29.968	29.533
12	13:20:12.136	<b>1:31.406</b>	31.408	29.708	30.290
13	13:21:35.438	<b>1:23.302</b>	28.334	27.087	27.881
14	13:22:56.043	<b>1:20.605</b>	27.574	25.705	27.326

Lap	Time of Day	Lap Tm	S1	S2	S3
9	13:16:01.221	<b>1:27.732</b>	30.011	27.360	30.361
10	13:17:26.463	<b>1:25.242</b>	29.015	27.138	29.089
11	13:18:51.092	<b>1:24.629</b>	29.222	<b>26.681</b>	<b>28.726</b>
12	13:20:15.311	<b>1:24.219</b>	<b>28.389</b>	26.923	28.907
13	13:21:40.082	<b>1:24.771</b>	28.397	27.472	28.902
14	13:23:08.875	<b>1:28.793</b>	28.681	27.099	33.013

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(33') Pål Vidar Bjørndalen</b>					
1	13:01:27.072			28.345	29.074
2	13:02:50.721	<b>1:23.649</b>	29.206	25.898	28.545
3	13:04:11.598	<b>1:20.877</b>	27.757	25.438	27.682
4	13:05:31.217	<b>1:19.619</b>	27.049	25.047	27.523
5	13:06:51.240	<b>1:20.023</b>	26.983	24.944	28.096
6	13:08:17.402	<b>1:26.162</b>	28.495	29.784	27.883
7	13:09:46.352	<b>1:28.950</b>	29.190	29.490	30.270
8	13:11:06.829	<b>1:20.477</b>	29.113	<b>24.598</b>	<b>26.766</b>
9	13:12:26.057	<b>1:19.228</b>	<b>26.930</b>	25.173	27.125
p10	13:15:13.250	<b>2:47.193</b>	27.883	25.540	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(64) Øivind Gabrielsen</b>					
1	13:01:57.412			32.980	36.643
2	13:03:33.517	<b>1:36.105</b>	33.560	29.382	33.163
3	13:05:08.635	<b>1:35.118</b>	33.188	29.462	32.468
4	13:06:42.479	<b>1:33.844</b>	33.829	28.042	31.973
5	13:08:14.522	<b>1:32.043</b>	32.418	27.917	31.708
6	13:09:47.294	<b>1:32.772</b>	31.803	28.885	32.084
7	13:11:18.820	<b>1:31.526</b>	32.864	26.981	31.681
8	13:12:46.419	<b>1:27.599</b>	30.491	27.246	<b>29.862</b>
9	13:14:13.616	<b>1:27.197</b>	29.760	27.387	30.050
10	13:15:42.397	<b>1:28.781</b>	29.476	<b>26.763</b>	32.542
11	13:17:15.552	<b>1:33.155</b>	34.802	27.794	30.559
p12	13:18:51.680	<b>1:36.128</b>	<b>28.897</b>	27.757	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(5) Sondre Skyttermoen</b>					
1	13:03:56.120			26.714	29.960
2	13:05:18.905	<b>1:22.785</b>	28.297	25.939	28.549
3	13:06:44.577	<b>1:25.672</b>	27.751	26.690	31.231
4	13:08:15.704	<b>1:31.127</b>	30.459	29.172	31.496
5	13:09:41.398	<b>1:25.694</b>	29.964	26.899	28.831
6	13:11:04.291	<b>1:22.893</b>	29.630	25.189	28.074
7	13:12:25.059	<b>1:20.768</b>	27.810	24.849	28.109
8	13:13:46.593	<b>1:21.534</b>	28.377	25.011	28.146
9	13:15:06.764	<b>1:20.171</b>	<b>27.303</b>	25.010	27.858
10	13:16:28.522	<b>1:21.758</b>	28.990	24.781	27.987
11	13:17:51.938	<b>1:23.416</b>	30.463	25.106	27.847
12	13:19:12.746	<b>1:20.808</b>	27.884	25.083	<b>27.841</b>
p13	13:20:45.522	<b>1:32.776</b>	27.428	<b>24.741</b>	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(80) Ragnar Eriksen</b>					
1	13:01:58.320			31.679	35.275
2	13:03:35.234	<b>1:36.914</b>	33.285	29.788	33.841
3	13:05:11.557	<b>1:36.323</b>	32.346	29.761	34.216
4	13:06:44.770	<b>1:33.213</b>	31.762	29.308	32.143
5	13:08:17.202	<b>1:32.432</b>	31.660	28.837	31.935
6	13:09:49.196	<b>1:31.994</b>	30.700	28.468	32.826
7	13:11:17.773	<b>1:28.577</b>	30.415	<b>27.107</b>	31.055
8	13:12:45.006	<b>1:27.233</b>	29.701	27.280	<b>30.252</b>
9	13:14:13.112	<b>1:28.106</b>	30.255	27.289	30.562
10	13:15:41.462	<b>1:28.350</b>	29.446	27.727	31.177
11	13:17:14.489	<b>1:33.027</b>	33.188	28.566	31.273
p12	13:18:50.184	<b>1:35.695</b>	<b>29.434</b>	27.638	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(17) Sondre Spjeldnes Flathen</b>					
1	13:04:00.965			26.762	29.405
2	13:05:25.046	<b>1:24.081</b>	29.235	26.007	28.839
3	13:06:48.124	<b>1:23.078</b>	28.265	26.328	28.485
p4	13:08:22.448	<b>1:34.324</b>	29.811	28.411	
5	13:10:07.989	<b>1:45.541</b>		25.916	28.659
6	13:11:29.985	<b>1:21.996</b>		25.789	27.930
7	13:12:56.591	<b>1:26.606</b>	28.054	27.991	30.561
p8	13:14:32.883	<b>1:36.292</b>	31.473	28.159	
9	13:17:01.192	<b>2:28.309</b>		25.774	<b>27.808</b>
10	13:18:23.125	<b>1:21.933</b>		25.759	27.912
11	13:19:45.625	<b>1:22.500</b>	<b>28.013</b>	25.575	28.912
p12	13:21:13.262	<b>1:27.637</b>	28.052	<b>25.557</b>	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(20') Tron Mørch</b>					
1	13:01:51.553			32.192	35.055
2	13:03:28.921	<b>1:37.368</b>	33.570	30.137	33.661
3	13:05:04.757	<b>1:35.836</b>	33.010	29.820	33.006
4	13:06:38.636	<b>1:33.879</b>	32.661	29.728	31.490
5	13:08:11.080	<b>1:32.444</b>	31.742	29.281	31.421
6	13:09:43.908	<b>1:32.828</b>	32.185	28.979	31.664
7	13:11:15.497	<b>1:31.589</b>	31.791	29.053	30.745
8	13:12:44.281	<b>1:28.784</b>	30.457	27.775	30.552
9	13:14:12.279	<b>1:27.998</b>	31.362	<b>26.471</b>	<b>30.165</b>
10	13:15:41.090	<b>1:28.811</b>	<b>30.093</b>	27.935	30.783
p11	13:17:24.275	<b>1:43.185</b>	33.256	28.546	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(182) Ingar H. Hagen</b>					
1	13:02:00.123			33.580	34.652
2	13:03:36.263	<b>1:36.140</b>	33.530	30.566	32.044
3	13:05:10.867	<b>1:34.604</b>	32.338	29.994	32.272
4	13:06:44.262	<b>1:33.395</b>	32.027	29.268	32.100
5	13:08:15.046	<b>1:30.784</b>	30.463	29.395	30.926
p6	13:10:10.284	<b>1:55.238</b>	30.136	45.125	
7	13:13:06.864	<b>2:56.580</b>		28.192	30.442
8	13:14:33.489	<b>1:26.625</b>		27.509	29.636

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(33) Adrian Knudsen</b>					
1	13:02:55.546			28.048	<b>31.045</b>
2	13:04:24.912	<b>1:29.366</b>	30.945	<b>27.206</b>	31.215
3	13:05:54.513	<b>1:29.601</b>	<b>30.588</b>	27.855	31.158
4	13:07:25.026	<b>1:30.513</b>	31.702	27.598	31.213
p5	13:09:05.097	<b>1:40.071</b>	30.906	27.313	

Lap	Time of Day	Lap Tm	S1	S2	S3
<b>(6') Rune Isøy</b>					
1	13:01:56.184			34.074	36.369
2	13:03:32.967	<b>1:36.783</b>	33.397	30.276	33.110
3	13:05:08.110	<b>1:35.143</b>	33.268	29.211	32.664
4	13:06:42.114	<b>1:34.004</b>	33.519	28.492	31.993
5	13:08:13.790	<b>1:31.676</b>	32.015	27.924	31.737
6	13:09:46.874	<b>1:33.084</b>	31.965	28.964	32.155
7	13:11:20.897	<b>1:34.023</b>	35.016	<b>27.716</b>	<b>31.291</b>
8	13:12:56.408	<b>1:35.511</b>	32.877	29.666	32.968
9	13:14:27.657	<b>1:31.249</b>	<b>30.909</b>	28.462	31.878
p10	13:16:10.677	<b>1:43.020</b>	31.035	28.070	



Vålerbanen  
Racing Circuit



TIDTAKER  
TIMEKEEPING.NO

## Treningsweekend roadracing SMCK

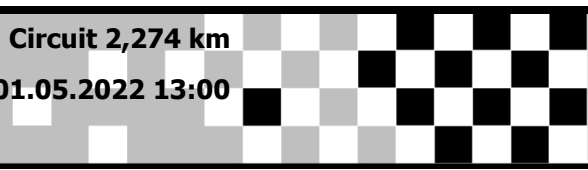
1-Junior -Rookie

Vålerbanen Racing Circuit 2,274 km

Practice 07 - Junior -Rookie

01.05.2022 13:00

Practice (25:00 Time) started at 13:00:00



Lap	Time of Day	Lap Tm	S1	S2	S3	Lap	Time of Day	Lap Tm	S1	S2	S3
(204) Thelma Louise Jensen											
1	13:01:56.948			31.964	36.737						
2	13:03:34.483	1:37.535	33.030	30.987	33.518						
3	13:05:09.817	1:35.334	32.788	29.734	32.812						
4	13:06:43.550	1:33.733	32.108	29.388	32.237						
5	13:08:16.211	1:32.661	30.875	28.987	32.799						
6	13:09:48.328	1:32.117	30.768	28.762	32.587						
p7	13:11:34.969	1:46.641	33.991	29.661							
(382) Jenny H Jensen											
1	13:02:35.468			38.333	38.657						
2	13:04:24.882	1:49.414	37.632	33.977	37.805						
3	13:06:10.828	1:45.946	36.508	33.081	36.357						
4	13:07:54.931	1:44.103	35.580	33.185	35.338						
5	13:09:37.454	1:42.523	34.036	32.273	36.214						
6	13:11:19.324	1:41.870	34.937	31.796	35.137						
7	13:12:59.713	1:40.389	33.867	31.981	34.541						
8	13:14:41.633	1:41.920	34.584	32.485	34.851						
9	13:16:26.758	1:45.125	36.828	33.669	34.628						
10	13:18:09.808	1:43.050	36.509	31.755	34.786						
11	13:19:48.784	1:38.976	34.153	31.075	33.748						
12	13:21:28.973	1:40.189	35.003	31.487	33.699						
13	13:23:09.671	1:40.698	34.315	31.194	35.189						
(20) Vidar Jensen											
1	13:02:32.580			37.680	38.673						
2	13:04:17.910	1:45.330	38.413	31.835	35.082						
3	13:06:07.857	1:49.947	41.987	31.620	36.340						
4	13:07:51.561	1:43.704	37.016	31.746	34.942						
5	13:09:34.541	1:42.980	35.615	31.757	35.608						
6	13:11:16.823	1:42.282	35.343	32.052	34.887						
7	13:12:57.274	1:40.451	34.739	31.012	34.700						
8	13:14:40.034	1:42.760	36.010	31.568	35.182						
9	13:16:25.308	1:45.274	36.847	33.256	35.171						
10	13:18:06.866	1:41.558	36.534	31.228	33.796						
11	13:19:47.331	1:40.465	35.148	30.664	34.653						
12	13:21:26.998	1:39.667	34.504	30.538	34.625						
13	13:23:06.869	1:39.871	34.340	30.850	34.681						
(382) Anne S Hagejordet											
p1	13:24:14.463										