

Heldagstrening og Klubblop 4hr 1 SMCK

Trening	Vålerbanen 2,274 km
FP4 Heat 1	06.06.2022 13:20
Practice (20:00 Time) started at 13:20:00	

Lap	Lap Tm	Diff	Time of Day
(73) Svein Rognmo			
1			13:26:16.063
2	1:14.029	+5.937	13:27:30.092
3	1:10.592	+2.500	13:28:40.684
4	1:08.984	+0.892	13:29:49.668
5	1:09.242	+1.150	13:30:58.910
6	1:13.671	+5.579	13:32:12.581
7	1:10.627	+2.535	13:33:23.208
8	1:10.239	+2.147	13:34:33.447
9	1:08.092		13:35:41.539
10	1:12.846	+4.754	13:36:54.385
11	1:13.281	+5.189	13:38:07.666
12	1:08.177	+0.085	13:39:15.843
p13	1:23.161	+15.069	13:40:39.004

(269) Oliver Øyhus			
1			13:26:20.808
2	1:13.413	+3.147	13:27:34.221
3	1:12.358	+2.092	13:28:46.579
4	1:13.102	+2.836	13:29:59.681
5	1:12.894	+2.628	13:31:12.575
6	1:12.141	+1.875	13:32:24.716
7	1:10.834	+0.568	13:33:35.550
8	1:11.145	+0.879	13:34:46.695
9	1:10.266		13:35:56.961
10	1:10.556	+0.290	13:37:07.517
11	1:10.382	+0.116	13:38:17.899
p12	1:22.048	+11.782	13:39:39.947

(28) Tom Roger Syversen			
1			13:26:25.926
2	1:12.676	+0.805	13:27:38.602
3	1:11.871		13:28:50.473
4	1:13.539	+1.668	13:30:04.012
5	1:12.238	+0.367	13:31:16.250
6	1:13.449	+1.578	13:32:29.699
7	1:12.306	+0.435	13:33:42.005
8	1:15.916	+4.045	13:34:57.921
p9	1:17.840	+5.969	13:36:15.761

(23) Pål Laukli			
1			13:28:07.947
2	1:17.462	+4.434	13:29:25.409
3	1:18.137	+5.109	13:30:43.546
4	1:13.028		13:31:56.574
5	1:15.346	+2.318	13:33:11.920
6	1:13.722	+0.694	13:34:25.642
7	1:14.259	+1.231	13:35:39.901
8	1:14.921	+1.893	13:36:54.822
p9	1:30.619	+17.591	13:38:25.441
p10	1:59.121	+46.093	13:40:24.562

(5) Sondre og Kenneth Skyttermoen			
1			13:26:21.884
2	1:14.778	+1.695	13:27:36.662
3	1:13.083		13:28:49.745
4	1:15.856	+2.773	13:30:05.601
5	1:13.449	+0.366	13:31:19.050
6	1:13.665	+0.582	13:32:32.715
7	1:13.915	+0.832	13:33:46.630
8	1:16.725	+3.642	13:35:03.355
9	1:13.131	+0.048	13:36:16.486
10	1:14.401	+1.318	13:37:30.887
11	1:14.627	+1.544	13:38:45.514
p12	1:26.085	+13.002	13:40:11.599

Lap	Lap Tm	Diff	Time of Day
(21) Kristin Rusten Heiberg			
1			13:26:17.159
2	1:13.405		13:27:30.564
3	1:14.480	+1.075	13:28:45.044
p4	1:17.416	+4.011	13:30:02.460
(117) Jan Holter			
1			13:27:22.696
2	1:21.748	+6.017	13:28:44.444
3	1:18.736	+3.005	13:30:03.180
4	1:19.095	+3.364	13:31:22.275
5	1:17.686	+1.955	13:32:39.961
6	1:18.563	+2.832	13:33:58.524
7	1:19.496	+3.765	13:35:18.020
8	1:17.292	+1.561	13:36:35.312
9	1:18.432	+2.701	13:37:53.744
10	1:15.731		13:39:09.475
p11	1:24.886	+9.155	13:40:34.361

(113) Jo-Anders Johnsen			
1			13:25:59.853
2	1:23.484	+7.110	13:27:23.337
3	1:22.355	+5.981	13:28:45.692
4	1:20.953	+4.579	13:30:06.645
5	1:17.705	+1.331	13:31:24.350
6	1:17.244	+0.870	13:32:41.594
7	1:18.504	+2.130	13:34:00.098
8	1:19.655	+3.281	13:35:19.753
9	1:16.374		13:36:36.127
10	1:18.902	+2.528	13:37:55.029
11	1:18.195	+1.821	13:39:13.224
p12	1:28.829	+12.455	13:40:42.053

(41) Geir Svalastog			
1			13:25:52.877
2	1:21.082	+3.739	13:27:13.959
3	1:20.769	+3.426	13:28:34.728
4	1:20.778	+3.435	13:29:55.506
5	1:18.567	+1.224	13:31:14.073
6	1:18.810	+1.467	13:32:32.883
7	1:18.632	+1.289	13:33:51.515
8	1:19.964	+2.621	13:35:11.479
9	1:17.343		13:36:28.822
10	1:18.330	+0.987	13:37:47.152
11	1:20.024	+2.681	13:39:07.176
p12	1:29.546	+12.203	13:40:36.722

(33') Vidar Bjørndalen			
1			13:25:53.460
2	1:22.256	+4.362	13:27:15.716
3	1:19.279	+1.385	13:28:34.995
4	1:19.768	+1.874	13:29:54.763
5	1:17.894		13:31:12.657
6	1:19.067	+1.173	13:32:31.724
7	1:19.196	+1.302	13:33:50.920
p8	1:21.631	+3.737	13:35:12.551
p9	1:47.290	+29.396	13:36:59.841

(2) MATS HÅVARD DØHLEN			
1			13:28:07.532
p2	1:30.515	+12.185	13:29:38.047
3	2:54.342	+1:36.012	13:32:32.389
4	1:23.265	+4.935	13:33:55.654
5	1:21.083	+2.753	13:35:16.737
6	1:18.434	+0.104	13:36:35.171

Lap	Lap Tm	Diff	Time of Day
7	1:18.330		13:37:53.501
8	1:18.455	+0.125	13:39:11.956
p9	1:25.965	+7.635	13:40:37.921

(33'') Adrian Knudsen			
1			13:26:47.699
2	1:21.198	+2.208	13:28:08.897
3	1:22.613	+3.623	13:29:31.510
4	1:20.004	+1.014	13:30:51.514
5	1:20.731	+1.741	13:32:12.245
6	1:19.126	+0.136	13:33:31.371
7	1:19.924	+0.934	13:34:51.295
8	1:20.156	+1.166	13:36:11.451
9	1:18.990		13:37:30.441
10	1:19.463	+0.473	13:38:49.904
p11	1:27.760	+8.770	13:40:17.664

(66) Julie Tronsmo			
1			13:29:25.758
2	1:23.397	+3.400	13:30:49.155
3	1:26.421	+6.424	13:32:15.576
4	1:26.270	+6.273	13:33:41.846
5	1:23.176	+3.179	13:35:05.022
6	1:21.092	+1.095	13:36:26.114
7	1:19.997		13:37:46.111
8	1:20.289	+0.292	13:39:06.400
p9	1:26.167	+6.170	13:40:32.567

(146') Kevin Eidså			
1			13:27:43.616
2	1:24.408	+4.389	13:29:08.024
3	1:23.012	+2.993	13:30:31.036
4	1:22.956	+2.937	13:31:53.992
5	1:22.045	+2.026	13:33:16.037
6	1:20.427	+0.408	13:34:36.464
7	1:20.019		13:35:56.483
p8	1:33.656	+13.637	13:37:30.139

(204) Thelma Louise Jensen			
1			13:25:52.987
2	1:26.855	+1.963	13:27:19.842
3	1:24.892		13:28:44.734
4	1:24.908	+0.016	13:30:09.642
p5	1:40.401	+15.509	13:31:50.043
p6	2:56.202	+1:31.310	13:34:46.245

(80) Ragnar Eriksen			
1			13:26:03.638
2	1:30.009	+4.932	13:27:33.647
3	1:25.077		13:28:58.724
4	1:26.524	+1.447	13:30:25.248
5	1:27.006	+1.929	13:31:52.254
6	1:26.501	+1.424	13:33:18.755
7	1:26.570	+1.493	13:34:45.325
8	1:26.206	+1.129	13:36:11.531
9	1:26.173	+1.096	13:37:37.704
p10	1:36.104	+11.027	13:39:13.808