



## Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 1

20.06.2022 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(25) Mads Sandbakken</b>			
1			17:29:21.013
2	<b>1:04.486</b>	+2.658	17:30:25.499
3	<b>1:02.885</b>	+1.057	17:31:28.384
4	<b>1:02.589</b>	+0.761	17:32:30.973
5	<b>1:03.468</b>	+1.640	17:33:34.441
6	<b>1:02.039</b>	+0.211	17:34:36.480
7	<b>1:02.378</b>	+0.550	17:35:38.858
8	<b>1:02.093</b>	+0.265	17:36:40.951
9	<b>1:01.828</b>		17:37:42.779
10	<b>1:02.629</b>	+0.801	17:38:45.408
p11	<b>1:06.359</b>	+4.531	17:39:51.767

<b>(69) Bobbo Enger</b>			
1			17:24:14.397
2	<b>1:04.649</b>	+2.664	17:25:19.046
3	<b>1:04.227</b>	+2.242	17:26:23.273
4	<b>1:04.457</b>	+2.472	17:27:27.730
5	<b>1:03.575</b>	+1.590	17:28:31.305
6	<b>1:02.419</b>	+0.434	17:29:33.724
7	<b>1:01.985</b>		17:30:35.709
8	<b>1:02.146</b>	+0.161	17:31:37.855
9	<b>1:03.016</b>	+1.031	17:32:40.871
10	<b>1:02.725</b>	+0.740	17:33:43.596
p11	<b>1:06.598</b>	+4.613	17:34:50.194

<b>(69) Marius Naume</b>			
1			17:24:38.630
2	<b>1:04.086</b>	+1.622	17:25:42.716
3	<b>1:03.094</b>	+0.630	17:26:45.810
4	<b>1:02.504</b>	+0.040	17:27:48.314
5	<b>1:02.464</b>		17:28:50.778
p6	<b>1:07.767</b>	+5.303	17:29:58.545

<b>(65) Peter Rustad</b>			
1			17:25:16.489
2	<b>1:33.454</b>	+30.706	17:26:49.943
3	<b>1:03.497</b>	+0.749	17:27:53.440
4	<b>1:03.305</b>	+0.557	17:28:56.745
5	<b>1:02.825</b>	+0.077	17:29:59.570
6	<b>1:02.748</b>		17:31:02.318
7	<b>1:03.586</b>	+0.838	17:32:05.904
p8	<b>1:09.136</b>	+6.388	17:33:15.040
9	<b>1:28.333</b>	+25.585	17:34:43.373
p10	<b>1:08.583</b>	+5.835	17:35:51.956
p11	<b>14:23.148</b>	+13:20.400	17:50:15.104
p12	<b>3:23.130</b>	+2:20.382	17:53:38.234

<b>(77) Paul Aastad</b>			
1			17:24:13.777
2	<b>1:04.949</b>	+1.108	17:25:18.726
3	<b>1:04.422</b>	+0.581	17:26:23.148
4	<b>1:04.311</b>	+0.470	17:27:27.459
5	<b>1:05.361</b>	+1.520	17:28:32.820
6	<b>1:04.339</b>	+0.498	17:29:37.159
7	<b>1:04.193</b>	+0.352	17:30:41.352
8	<b>1:03.841</b>		17:31:45.193
9	<b>1:04.150</b>	+0.309	17:32:49.343
10	<b>1:03.906</b>	+0.065	17:33:53.249
p11	<b>1:29.748</b>	+25.907	17:35:22.997

<b>(14) John Emil Westby</b>			
1			17:24:25.007
2	<b>1:06.762</b>	+2.651	17:25:31.769
3	<b>1:05.090</b>	+0.979	17:26:36.859

4	<b>1:04.628</b>	+0.517	17:27:41.487
5	<b>1:19.226</b>	+15.115	17:29:00.713
6	<b>1:04.639</b>	+0.528	17:30:05.352
7	<b>1:05.092</b>	+0.981	17:31:10.444
8	<b>1:04.490</b>	+0.379	17:32:14.934
9	<b>1:04.147</b>	+0.036	17:33:19.081
10	<b>1:04.111</b>		17:34:23.192
11	<b>1:05.538</b>	+1.427	17:35:28.730
12	<b>1:04.336</b>	+0.225	17:36:33.066
13	<b>1:04.304</b>	+0.193	17:37:37.370
14	<b>1:07.853</b>	+3.742	17:38:45.223
p15	<b>1:09.898</b>	+5.787	17:39:55.121

<b>(19) Bastian Sagen</b>			
1			17:23:37.421
2	<b>1:07.494</b>	+3.290	17:24:44.915
3	<b>1:09.001</b>	+4.797	17:25:53.916
4	<b>1:07.278</b>	+3.074	17:27:01.194
5	<b>1:07.981</b>	+3.777	17:28:09.175
6	<b>1:05.374</b>	+1.170	17:29:14.549
7	<b>1:05.883</b>	+1.679	17:30:20.432
8	<b>1:05.370</b>	+1.166	17:31:25.802
9	<b>1:04.672</b>	+0.468	17:32:30.474
10	<b>1:05.326</b>	+1.122	17:33:35.800
11	<b>1:04.882</b>	+0.678	17:34:40.682
12	<b>1:04.272</b>	+0.068	17:35:44.954
13	<b>1:04.345</b>	+0.141	17:36:49.299
14	<b>1:04.204</b>		17:37:53.503
15	<b>1:04.676</b>	+0.472	17:38:58.179
p16	<b>1:20.038</b>	+15.834	17:40:18.217

<b>(5) Benjamin Storsveen</b>			
1			17:23:49.547
2	<b>1:06.547</b>	+1.835	17:24:56.094
3	<b>1:04.712</b>		17:26:00.806
4	<b>1:05.051</b>	+0.339	17:27:05.857
5	<b>1:05.072</b>	+0.360	17:28:10.929
6	<b>1:06.798</b>	+2.086	17:29:17.727
p7	<b>1:08.124</b>	+3.412	17:30:25.851

<b>(34) Anders Lykkebø</b>			
1			17:23:48.426
2	<b>1:07.105</b>	+1.674	17:24:55.531
p3	<b>1:13.242</b>	+7.811	17:26:08.773
4	<b>4:07.287</b>	+3:01.856	17:30:16.060
5	<b>1:05.868</b>	+0.437	17:31:21.928
6	<b>1:05.431</b>		17:32:27.359
7	<b>1:05.593</b>	+0.162	17:33:32.952
8	<b>1:05.751</b>	+0.320	17:34:38.703
9	<b>1:05.735</b>	+0.304	17:35:44.438
10	<b>1:06.116</b>	+0.685	17:36:50.554
11	<b>1:05.590</b>	+0.159	17:37:56.144
p12	<b>1:16.672</b>	+11.241	17:39:12.816

<b>(124) Kim andre Smeby</b>			
1			17:23:59.211
2	<b>1:09.709</b>	+3.379	17:25:08.920
3	<b>1:08.075</b>	+1.745	17:26:16.995
4	<b>1:07.739</b>	+1.409	17:27:24.734
5	<b>1:07.996</b>	+1.666	17:28:32.730
6	<b>1:07.591</b>	+1.261	17:29:40.321
7	<b>1:06.330</b>		17:30:46.651
8	<b>1:06.594</b>	+0.264	17:31:53.245
9	<b>1:07.037</b>	+0.707	17:33:00.282
10	<b>1:06.740</b>	+0.410	17:34:07.022
11	<b>1:06.606</b>	+0.276	17:35:13.628

12	<b>1:06.347</b>	+0.017	17:36:19.975
13	<b>1:06.436</b>	+0.106	17:37:26.411
14	<b>1:07.470</b>	+1.140	17:38:33.881
15	<b>1:06.399</b>	+0.069	17:39:40.280
p16	<b>1:12.207</b>	+5.877	17:40:52.487

<b>(356) Andreas Hansen</b>			
1			17:23:45.171
2	<b>1:07.489</b>	+0.881	17:24:52.660
3	<b>1:07.599</b>	+0.991	17:26:00.259
4	<b>1:06.742</b>	+0.134	17:27:07.001
5	<b>1:06.608</b>		17:28:13.609
6	<b>1:07.375</b>	+0.767	17:29:20.984
7	<b>1:07.880</b>	+1.272	17:30:28.864
p8	<b>1:16.348</b>	+9.740	17:31:45.212

<b>(29) Audun Gundersen</b>			
1			17:23:33.919
2	<b>1:07.384</b>		17:24:41.303
p3	<b>31.518</b>	-35.866	17:25:12.821

<b>(68) Dagfinn Mosveen</b>			
1			17:24:38.806
2	<b>1:11.565</b>	+3.743	17:25:50.371
3	<b>1:10.645</b>	+2.823	17:27:01.016
4	<b>1:09.531</b>	+1.709	17:28:10.547
5	<b>1:09.063</b>	+1.241	17:29:19.610
6	<b>1:08.478</b>	+0.656	17:30:28.088
7	<b>1:08.314</b>	+0.492	17:31:36.402
8	<b>1:08.188</b>	+0.366	17:32:44.590
9	<b>1:07.822</b>		17:33:52.412
10	<b>1:07.998</b>	+0.176	17:35:00.410
11	<b>1:09.403</b>	+1.581	17:36:09.813
12	<b>1:08.208</b>	+0.386	17:37:18.021
p13	<b>1:21.541</b>	+13.719	17:38:39.562

<b>(269) Oliver Øyhus</b>			
1			17:43:17.110
2	<b>1:11.708</b>	+2.836	17:44:28.818
3	<b>1:09.346</b>	+0.474	17:45:38.164
4	<b>1:08.872</b>		17:46:47.036
5	<b>1:08.929</b>	+0.057	17:47:55.965
6	<b>1:09.584</b>	+0.712	17:49:05.549
7	<b>1:13.150</b>	+4.278	17:50:18.699
8	<b>1:10.380</b>	+1.508	17:51:29.079
p9	<b>2:26.204</b>	+1:17.332	17:53:55.283

<b>(5) Sondre Skyttermoen</b>			
1			17:43:26.871
2	<b>1:12.718</b>	+3.656	17:44:39.589
3	<b>1:11.630</b>	+2.568	17:45:51.219
4	<b>1:10.734</b>	+1.672	17:47:01.953
5	<b>1:13.256</b>	+4.194	17:48:15.209
6	<b>1:09.062</b>		17:49:24.271
7	<b>1:10.770</b>	+1.708	17:50:35.041
8	<b>1:11.749</b>	+2.687	17:51:46.790
p9	<b>2:07.410</b>	+58.348	17:53:54.200

<b>(21) Kristin Rusten Heiberg</b>			
1			17:43:17.900
2	<b>1:14.605</b>	+5.078	17:44:32.505
3	<b>1:10.269</b>	+0.742	17:45:42.774
4	<b>1:09.527</b>		17:46:52.301
5	<b>1:10.743</b>	+1.216	17:48:03.044
6	<b>1:09.927</b>	+0.400	17:49:12.971



# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 1

20.06.2022 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(38) Roy Erik Bjørndalen</b>			
1			17:43:25.886
2	<b>1:11.521</b>	+1.273	17:44:37.407
p3	<b>1:16.899</b>	+6.651	17:45:54.306
4	<b>2:18.087</b>	+1:07.839	17:48:12.393
5	<b>1:10.248</b>		17:49:22.641
6	<b>1:11.621</b>	+1.373	17:50:34.262
p7	<b>1:16.247</b>	+5.999	17:51:50.509

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			17:44:11.367
2	<b>1:14.340</b>	+2.531	17:45:25.707
3	<b>1:11.809</b>		17:46:37.516
4	<b>1:13.098</b>	+1.289	17:47:50.614
5	<b>1:13.436</b>	+1.627	17:49:04.050
6	<b>1:16.800</b>	+4.991	17:50:20.850
7	<b>1:11.968</b>	+0.159	17:51:32.818
p8	<b>1:31.437</b>	+19.628	17:53:04.255

Lap	Lap Tm	Diff	Time of Day
<b>(112) Oddbjørn Hatterud</b>			
1			17:43:49.723
2	<b>1:14.112</b>	+2.106	17:45:03.835
3	<b>1:12.244</b>	+0.238	17:46:16.079
4	<b>1:12.006</b>		17:47:28.085
5	<b>1:12.083</b>	+0.077	17:48:40.168
6	<b>1:16.626</b>	+4.620	17:49:56.794
7	<b>1:20.187</b>	+8.181	17:51:16.981
p8	<b>1:37.402</b>	+25.396	17:52:54.383

Lap	Lap Tm	Diff	Time of Day
<b>(42) Alan Gorman</b>			
1			17:42:54.432
2	<b>1:24.957</b>	+12.906	17:44:19.389
3	<b>1:13.294</b>	+1.243	17:45:32.683
4	<b>1:12.231</b>	+0.180	17:46:44.914
5	<b>1:13.054</b>	+1.003	17:47:57.968
6	<b>1:12.051</b>		17:49:10.019
7	<b>1:14.550</b>	+2.499	17:50:24.569
8	<b>1:14.487</b>	+2.436	17:51:39.056
p9	<b>2:07.721</b>	+55.670	17:53:46.777

Lap	Lap Tm	Diff	Time of Day
<b>(38) Rune Vangen</b>			
1			17:44:27.559
2	<b>1:18.103</b>	+4.858	17:45:45.662
3	<b>1:15.924</b>	+2.679	17:47:01.586
4	<b>1:15.873</b>	+2.628	17:48:17.459
5	<b>1:13.245</b>		17:49:30.704
6	<b>1:14.472</b>	+1.227	17:50:45.176
7	<b>1:16.428</b>	+3.183	17:52:01.604
p8	<b>1:50.070</b>	+36.825	17:53:51.674

Lap	Lap Tm	Diff	Time of Day
<b>(41/3) Geir Svalastog</b>			
1			17:45:49.202
2	<b>1:19.153</b>	+4.771	17:47:08.355
3	<b>1:17.754</b>	+3.372	17:48:26.109
4	<b>1:14.382</b>		17:49:40.491
5	<b>1:14.985</b>	+0.603	17:50:55.476
p6	<b>1:33.755</b>	+19.373	17:52:29.231

Lap	Lap Tm	Diff	Time of Day
<b>(113) Jo-Anders Johnsen</b>			
1			17:42:30.182
2	<b>1:20.536</b>	+5.406	17:43:50.718
3	<b>1:17.483</b>	+2.353	17:45:08.201
4	<b>1:15.130</b>		17:46:23.331
5	<b>1:17.418</b>	+2.288	17:47:40.749
6	<b>1:21.247</b>	+6.117	17:49:01.996
7	<b>1:25.309</b>	+10.179	17:50:27.305

Lap	Lap Tm	Diff	Time of Day
8	<b>1:17.982</b>	+2.852	17:51:45.287
p9	<b>2:08.540</b>	+53.410	17:53:53.827

Lap	Lap Tm	Diff	Time of Day
<b>(110) Vidar Slettjord</b>			
1			17:44:44.175
2	<b>1:22.297</b>	+7.159	17:46:06.472
3	<b>1:15.138</b>		17:47:21.610
4	<b>1:17.062</b>	+1.924	17:48:38.672
5	<b>1:17.322</b>	+2.184	17:49:55.994
6	<b>1:26.544</b>	+11.406	17:51:22.538
p7	<b>1:38.353</b>	+23.215	17:53:00.891

Lap	Lap Tm	Diff	Time of Day
<b>(28) Tom Roger Syversen</b>			
1			17:46:06.896
2	<b>1:15.247</b>		17:47:22.143
3	<b>1:17.191</b>	+1.944	17:48:39.334
4	<b>1:17.436</b>	+2.189	17:49:56.770
p5	<b>1:32.568</b>	+17.321	17:51:29.338

Lap	Lap Tm	Diff	Time of Day
<b>(44) Pål Døhlen</b>			
1			17:46:31.426
2	<b>1:17.065</b>	+1.816	17:47:48.491
3	<b>1:15.249</b>		17:49:03.740
p4	<b>1:24.714</b>	+9.465	17:50:28.454

Lap	Lap Tm	Diff	Time of Day
<b>(141) Rainer Korneliussen</b>			
1			17:42:34.001
2	<b>1:19.917</b>	+4.540	17:43:53.918
3	<b>1:16.739</b>	+1.362	17:45:10.657
4	<b>1:15.377</b>		17:46:26.034
5	<b>1:17.297</b>	+1.920	17:47:43.331
6	<b>1:19.325</b>	+3.948	17:49:02.656
7	<b>1:22.147</b>	+6.770	17:50:24.803
8	<b>1:18.898</b>	+3.521	17:51:43.701
p9	<b>2:05.604</b>	+50.227	17:53:49.305

Lap	Lap Tm	Diff	Time of Day
<b>(6) Per Kristian Mausethagen</b>			
1			17:46:07.297
2	<b>1:15.636</b>		17:47:22.933
3	<b>1:16.908</b>	+1.272	17:48:39.841
4	<b>1:17.559</b>	+1.923	17:49:57.400
5	<b>1:19.381</b>	+3.745	17:51:16.781
p6	<b>1:32.448</b>	+16.812	17:52:49.229

Lap	Lap Tm	Diff	Time of Day
<b>(133) Lars Petter Nilsen</b>			
1			17:43:57.182
2	<b>1:28.889</b>	+2.307	17:45:26.071
3	<b>1:26.582</b>		17:46:52.653
4	<b>1:26.927</b>	+0.345	17:48:19.580
5	<b>1:27.018</b>	+0.436	17:49:46.598
6	<b>1:34.917</b>	+8.335	17:51:21.515
p7	<b>2:01.559</b>	+34.977	17:53:23.074

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			17:42:53.810
2	<b>1:40.694</b>	+8.605	17:44:34.504
3	<b>1:32.089</b>		17:46:06.593
4	<b>1:32.223</b>	+0.134	17:47:38.816
p5	<b>1:37.745</b>	+5.656	17:49:16.561

Lap	Lap Tm	Diff	Time of Day
<b>(482) Utleiesykkkel SMCK</b>			
1			17:42:52.986
2	<b>1:40.961</b>	+8.306	17:44:33.947
3	<b>1:33.141</b>	+0.486	17:46:07.088
4	<b>1:32.655</b>		17:47:39.743
p5	<b>1:38.244</b>	+5.589	17:49:17.987

Lap	Lap Tm	Diff	Time of Day
<b>(282) Utleiesykkkel SMCK</b>			
1			17:42:55.432
2	<b>1:42.081</b>	+8.001	17:44:37.513
3	<b>1:36.106</b>	+2.026	17:46:13.619
4	<b>1:34.767</b>	+0.687	17:47:48.386
5	<b>1:35.573</b>	+1.493	17:49:23.959
6	<b>1:34.080</b>		17:50:58.039

Lap	Lap Tm	Diff	Time of Day
<b>(382) Utleiesykkkel SMCK</b>			
1			17:49:00.769
2	<b>1:43.328</b>		17:50:44.097
p3	<b>1:48.493</b>	+5.165	17:52:32.590

Lap	Lap Tm	Diff	Time of Day
<b>(182) Utleiesykkkel SMCK</b>			
p1			17:50:25.082
p2	<b>3:20.028</b>	3:57:34.747	17:53:45.110