



Mandagstrening SMCK

Trening

FP 1

Vålerbanen 2,274 km

01.08.2022 17:00

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

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			17:23:53.548
2	1:01.706	+2.547	17:24:55.254
3	1:01.671	+2.512	17:25:56.925
4	1:42.558	+43.399	17:27:39.483
5	1:00.036	+0.877	17:28:39.519
p6	1:08.078	+8.919	17:29:47.597
7	2:56.442	+1:57.283	17:32:44.039
8	59.454	+0.295	17:33:43.493
9	59.261	+0.102	17:34:42.754
10	59.159		17:35:41.913
11	1:00.215	+1.056	17:36:42.128
12	59.291	+0.132	17:37:41.419
p13	1:07.524	+8.365	17:38:48.943

Lap	Lap Tm	Diff	Time of Day
(34.) Espen Sandbakken			
1			17:24:36.142
2	1:04.342	+1.937	17:25:40.484
3	1:02.993	+0.588	17:26:43.477
4	1:03.721	+1.316	17:27:47.198
5	1:02.912	+0.507	17:28:50.110
6	1:03.368	+0.963	17:29:53.478
7	1:03.592	+1.187	17:30:57.070
8	1:03.560	+1.155	17:32:00.630
9	1:02.665	+0.260	17:33:03.295
10	1:02.637	+0.232	17:34:05.932
11	1:02.619	+0.214	17:35:08.551
12	1:02.849	+0.444	17:36:11.400
13	1:02.405		17:37:13.805
14	1:02.876	+0.471	17:38:16.681
p15	1:09.191	+6.786	17:39:25.872

Lap	Lap Tm	Diff	Time of Day
(126) øystein Nettum			
1			17:26:02.607
2	1:08.632	+1.601	17:27:11.239
3	1:07.031		17:28:18.270
4	1:08.009	+0.978	17:29:26.279
5	1:07.976	+0.945	17:30:34.255
p6	1:16.123	+9.092	17:31:50.378
7	2:38.421	+1:31.390	17:34:28.799
8	1:07.493	+0.462	17:35:36.292
p9	1:20.173	+13.142	17:36:56.465

Lap	Lap Tm	Diff	Time of Day
(40) Kim Rønningen			
1			17:23:28.696
2	1:08.757	+1.386	17:24:37.453
3	1:07.826	+0.455	17:25:45.279
4	1:07.619	+0.248	17:26:52.898
5	1:07.371		17:28:00.269
6	1:07.532	+0.161	17:29:07.801
7	1:08.382	+1.011	17:30:16.183
8	1:09.305	+1.934	17:31:25.488
9	1:08.910	+1.539	17:32:34.398
10	1:08.856	+1.485	17:33:43.254
11	1:08.827	+1.456	17:34:52.081
12	1:09.245	+1.874	17:36:01.326
13	1:09.182	+1.811	17:37:10.508
14	1:08.606	+1.235	17:38:19.114
p15	1:59.471	+52.100	17:40:18.585

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			17:23:39.807
2	1:09.853	+2.262	17:24:49.660
3	1:10.353	+2.762	17:26:00.013
4	1:08.283	+0.692	17:27:08.296

Lap	Lap Tm	Diff	Time of Day
5	1:08.950	+1.359	17:28:17.246
6	1:08.626	+1.035	17:29:25.872
7	1:07.591		17:30:33.463
p8	1:21.217	+13.626	17:31:54.680

Lap	Lap Tm	Diff	Time of Day
(13) Krister Myrseth			
1			17:27:29.406
2	1:08.359	+0.145	17:28:37.765
3	1:08.214		17:29:45.979
4	1:08.695	+0.481	17:30:54.674
p5	1:14.646	+6.432	17:32:09.320

Lap	Lap Tm	Diff	Time of Day
(78) Kenneth Skyttermoen			
1			17:29:42.742
2	1:13.040	+4.214	17:30:55.782
3	1:09.964	+1.138	17:32:05.746
4	1:08.826		17:33:14.572
5	1:10.013	+1.187	17:34:24.585
p6	1:13.208	+4.382	17:35:37.793

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtlie			
1			17:23:44.638
2	1:08.974		17:24:53.612
3	1:10.038	+1.064	17:26:03.650
4	1:10.155	+1.181	17:27:13.805
5	1:09.525	+0.551	17:28:23.330
p6	1:17.554	+8.580	17:29:40.884

Lap	Lap Tm	Diff	Time of Day
(42.) Alan Gorman			
1			17:43:32.603
2	1:18.603	+8.972	17:44:51.206
3	1:12.864	+3.233	17:46:04.070
4	1:12.176	+2.545	17:47:16.246
5	1:10.981	+1.350	17:48:27.227
6	1:10.371	+0.740	17:49:37.598
7	1:11.208	+1.577	17:50:48.806
8	1:11.063	+1.432	17:51:59.869
9	1:10.534	+0.903	17:53:10.403
10	1:09.631		17:54:20.034
11	1:10.146	+0.515	17:55:30.180
12	1:10.721	+1.090	17:56:40.901
13	1:10.325	+0.694	17:57:51.226
14	1:10.112	+0.481	17:59:01.338
15	1:11.639	+2.008	18:00:12.977

Lap	Lap Tm	Diff	Time of Day
(32) Stig-Rune Skansgård			
1			17:42:28.648
2	1:14.430	+4.255	17:43:43.078
3	1:10.759	+0.584	17:44:53.837
4	1:10.614	+0.439	17:46:04.451
5	1:56.988	+46.813	17:48:01.439
6	1:10.175		17:49:11.614
p7	1:25.008	+14.833	17:50:36.622

Lap	Lap Tm	Diff	Time of Day
(357) Jo Sætre			
1			17:25:43.467
2	1:12.303	+2.067	17:26:55.770
3	1:10.236		17:28:06.006
4	1:11.073	+0.837	17:29:17.079
p5	1:19.395	+9.159	17:30:36.474

Lap	Lap Tm	Diff	Time of Day
(20.) Helge Rødås			
1			17:23:45.473
2	1:18.352	+7.871	17:25:03.825
3	1:15.764	+5.283	17:26:19.589
4	1:13.113	+2.632	17:27:32.702

Lap	Lap Tm	Diff	Time of Day
5	1:12.958	+2.477	17:28:45.660
6	1:11.984	+1.503	17:29:57.644
7	1:11.482	+1.001	17:31:09.126
8	1:11.401	+0.920	17:32:20.527
9	1:11.552	+1.071	17:33:32.079
10	1:12.594	+2.113	17:34:44.673
11	1:11.740	+1.259	17:35:56.413
12	1:11.408	+0.927	17:37:07.821
13	1:10.481		17:38:18.302
p14	1:30.923	+20.442	17:39:49.225

Lap	Lap Tm	Diff	Time of Day
(112) Svein Olaf Bennæs			
1			17:42:23.963
2	1:26.692	+15.635	17:43:50.655
3	1:21.806	+10.749	17:45:12.461
4	1:17.373	+6.316	17:46:29.834
5	1:18.856	+7.799	17:47:48.690
6	1:17.153	+6.096	17:49:05.843
7	1:17.618	+6.561	17:50:23.461
8	1:13.776	+2.719	17:51:37.237
9	1:15.094	+4.037	17:52:52.331
10	1:12.928	+1.871	17:54:05.259
11	1:14.048	+2.991	17:55:19.307
12	1:12.742	+1.685	17:56:32.049
13	1:11.057		17:57:43.106
14	1:11.321	+0.264	17:58:54.427
15	1:14.423	+3.366	18:00:08.850

Lap	Lap Tm	Diff	Time of Day
(57) Hans Bergstrøm			
1			17:42:42.801
2	1:13.435	+2.149	17:43:56.236
3	1:15.517	+4.231	17:45:11.753
4	1:14.000	+2.714	17:46:25.753
5	1:14.286	+3.000	17:47:40.039
6	1:13.886	+2.600	17:48:53.925
7	1:13.261	+1.975	17:50:07.186
8	1:17.050	+5.764	17:51:24.236
9	1:13.793	+2.507	17:52:38.029
10	1:11.286		17:53:49.315
p11	1:20.470	+9.184	17:55:09.785

Lap	Lap Tm	Diff	Time of Day
(16) André Heramb			
1			17:42:35.562
2	1:15.452	+3.910	17:43:51.014
3	1:19.417	+7.875	17:45:10.431
4	1:14.601	+3.059	17:46:25.032
5	1:14.719	+3.177	17:47:39.751
6	1:13.872	+2.330	17:48:53.623
7	1:13.344	+1.802	17:50:06.967
8	1:16.885	+5.343	17:51:23.852
9	1:12.481	+0.939	17:52:36.333
10	1:12.479	+0.937	17:53:48.812
11	1:11.990	+0.448	17:55:00.802
12	1:11.542		17:56:12.344
13	1:11.834	+0.292	17:57:24.178
14	1:15.530	+3.988	17:58:39.708
15	1:13.211	+1.669	17:59:52.919
p16	1:22.668	+11.126	18:01:15.587

Lap	Lap Tm	Diff	Time of Day
(990) Lars Qvale			
1			17:41:52.629
2	1:19.997	+8.404	17:43:12.626
3	1:13.551	+1.958	17:44:26.177
4	1:15.782	+4.189	17:45:41.959
5	1:15.860	+4.267	17:46:57.819
6	1:13.265	+1.672	17:48:11.084

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Vålerbanen 2,274 km

FP 1

01.08.2022 17:00

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

Lap	Lap Tm	Diff	Time of Day
7	1:13.006	+1.413	17:49:24.090
8	1:13.201	+1.608	17:50:37.291
9	1:12.645	+1.052	17:51:49.936
10	1:13.204	+1.611	17:53:03.140
11	1:12.538	+0.945	17:54:15.678
12	1:27.505	+15.912	17:55:43.183
13	1:13.498	+1.905	17:56:56.681
14	1:12.533	+0.940	17:58:09.214
15	1:11.593		17:59:20.807
16	1:11.909	+0.316	18:00:32.716

(21) Kristin Rusten Heiberg

1			17:29:47.167
2	1:13.467	+1.308	17:31:00.634
3	1:12.710	+0.551	17:32:13.344
4	1:12.159		17:33:25.503
5	1:13.104	+0.945	17:34:38.607
6	1:12.735	+0.576	17:35:51.342
p7	1:19.098	+6.939	17:37:10.440

(110) Vidar Kristian Sletjord

1			17:42:19.652
2	1:16.329	+3.190	17:43:35.981
3	1:17.681	+4.542	17:44:53.662
4	1:14.575	+1.436	17:46:08.237
5	1:18.093	+4.954	17:47:26.330
6	1:18.621	+5.482	17:48:44.951
7	1:14.010	+0.871	17:49:58.961
8	1:13.139		17:51:12.100
p9	1:26.236	+13.097	17:52:38.336

(5) Sondre Skyttermoen

1			17:08:03.534
2	1:16.638	+3.008	17:09:20.172
3	1:14.226	+0.596	17:10:34.398
4	1:13.630		17:11:48.028
p5	1:21.139	+7.509	17:13:09.167

(111) Tommy Lidal

1			17:41:52.583
2	1:27.556	+13.681	17:43:20.139
3	1:23.101	+9.226	17:44:43.240
4	1:21.651	+7.776	17:46:04.891
5	1:20.537	+6.662	17:47:25.428
6	1:22.161	+8.286	17:48:47.589
7	1:18.959	+5.084	17:50:06.548
8	1:17.455	+3.580	17:51:24.003
9	1:17.416	+3.541	17:52:41.419
10	1:16.724	+2.849	17:53:58.143
11	1:14.169	+0.294	17:55:12.312
12	1:13.915	+0.040	17:56:26.227
13	1:14.045	+0.170	17:57:40.272
14	1:13.875		17:58:54.147
15	1:14.108	+0.233	18:00:08.255

(158) Nikolai Bratvold

1			17:43:00.966
2	1:21.725	+7.775	17:44:22.691
3	1:18.981	+5.031	17:45:41.672
4	1:18.448	+4.498	17:47:00.120
5	1:16.986	+3.036	17:48:17.106
6	1:17.153	+3.203	17:49:34.259
7	1:16.642	+2.692	17:50:50.901
8	1:16.116	+2.166	17:52:07.017
9	1:16.042	+2.092	17:53:23.059
10	1:16.229	+2.279	17:54:39.288

Lap	Lap Tm	Diff	Time of Day
11	1:15.072	+1.122	17:55:54.360
12	1:15.357	+1.407	17:57:09.717
13	1:13.967	+0.017	17:58:23.684
14	1:15.223	+1.273	17:59:38.907
15	1:13.950		18:00:52.857

(23) Pål Laukii

1			17:09:21.696
2	1:52.726	+38.453	17:11:14.422
3	1:56.931	+42.658	17:13:11.353
4	1:55.217	+40.944	17:15:06.570
5	1:53.004	+38.731	17:16:59.574
6	1:55.169	+40.896	17:18:54.743
p7	1:59.427	+45.154	17:20:54.170
8	2:17.402	+20:03.129	17:42:11.572
9	1:16.021	+1.748	17:43:27.593
10	1:15.929	+1.656	17:44:43.522
11	1:14.960	+0.687	17:45:58.482
12	1:14.273		17:47:12.755
p13	1:36.575	+22.302	17:48:49.330

(70) Anders Jensen

1			17:43:46.622
2	1:25.087	+8.246	17:45:11.709
3	1:20.733	+3.892	17:46:32.442
4	1:20.186	+3.345	17:47:52.628
5	1:17.753	+0.912	17:49:10.381
6	1:18.465	+1.624	17:50:28.846
7	1:17.594	+0.753	17:51:46.440
8	1:18.457	+1.616	17:53:04.897
9	1:18.305	+1.464	17:54:23.202
10	1:18.493	+1.652	17:55:41.695
11	1:16.841		17:56:58.536
12	1:17.412	+0.571	17:58:15.948
13	1:16.930	+0.089	17:59:32.878
14	1:19.037	+2.196	18:00:51.915

(33) Vidar Bjørndalen

1			17:43:00.020
2	1:21.026	+2.447	17:44:21.046
3	1:19.341	+0.762	17:45:40.387
4	1:20.420	+1.841	17:47:00.807
5	1:18.702	+0.123	17:48:19.509
6	1:18.579		17:49:38.088
p7	1:22.877	+4.298	17:51:00.965

(60) Torbjørn Gundersen

1			17:42:20.641
2	1:29.493	+9.267	17:43:50.134
3	1:23.352	+3.126	17:45:13.486
4	1:20.926	+0.700	17:46:34.412
5	1:21.708	+1.482	17:47:56.120
6	1:22.866	+2.640	17:49:18.986
7	1:21.010	+0.784	17:50:39.996
8	1:20.226		17:52:00.222
9	1:20.708	+0.482	17:53:20.930
10	1:20.668	+0.442	17:54:41.598
11	1:20.497	+0.271	17:56:02.095
12	1:20.974	+0.748	17:57:23.069
13	1:21.572	+1.346	17:58:44.641
14	1:21.037	+0.811	18:00:05.678

(81) ragnar eriksen

1			17:42:16.460
2	1:21.938	+1.150	17:43:38.398
3	1:22.182	+1.394	17:45:00.580

Lap	Lap Tm	Diff	Time of Day
4	1:21.841	+1.053	17:46:22.421
5	1:21.865	+1.077	17:47:44.286
6	1:21.295	+0.507	17:49:05.581
7	1:22.330	+1.542	17:50:27.911
8	1:21.628	+0.840	17:51:49.539
9	1:21.884	+1.096	17:53:11.423
10	1:20.788		17:54:32.211
11	1:21.359	+0.571	17:55:53.570
12	1:20.851	+0.063	17:57:14.421
p13	1:33.908	+13.120	17:58:48.329

(20) Vidar Jensen

1			17:41:51.644
2	1:24.443	+1.972	17:43:16.087
p3	2:05.189	+42.718	17:45:21.276
4	2:03.163	+40.692	17:47:24.439
5	1:22.471		17:48:46.910
p6	1:47.662	+25.191	17:50:34.572

(0) Oliver Bjørnerud

1			17:06:04.052
2	1:32.186	+8.449	17:07:36.238
3	1:30.025	+6.288	17:09:06.263
4	1:27.100	+3.363	17:10:33.363
5	1:26.504	+2.767	17:11:59.867
6	1:26.940	+3.203	17:13:26.807
7	1:24.704	+0.967	17:14:51.511
8	1:23.737		17:16:15.248
9	1:24.080	+0.343	17:17:39.328
p10	1:42.486	+18.749	17:19:21.814

(105) Pernille Etland

1			17:43:28.195
2	1:31.914	+5.206	17:45:00.109
3	1:28.654	+1.946	17:46:28.763
4	1:26.708		17:47:55.471
p5	1:33.916	+7.208	17:49:29.387

(204) Thelma Louise Jensen

1			17:05:56.159
2	1:28.664		17:07:24.823
3	1:30.382	+1.718	17:08:55.205
p4	1:38.379	+9.715	17:10:33.584
5	2:40.220	+1:11.556	17:13:13.804
p6	1:42.409	+13.745	17:14:56.213

(482) Utleiesykel 4 SMCK

1			17:06:13.708
2	1:48.560	+17.297	17:08:02.268
3	1:39.126	+7.863	17:09:41.394
4	1:38.886	+7.623	17:11:20.280
5	1:41.296	+10.033	17:13:01.576
6	1:34.356	+3.093	17:14:35.932
7	1:35.664	+4.401	17:16:11.596
8	1:31.263		17:17:42.859
p9	1:49.706	+18.443	17:19:32.565

(182) Utleiesykel 1 SMCK

1			17:09:21.148
2	1:52.782	+0.591	17:11:13.930
3	1:56.724	+4.533	17:13:10.654
4	1:56.052	+3.861	17:15:06.706
5	1:52.191		17:16:58.897
6	1:57.334	+5.143	17:18:56.231
p7	2:03.141	+10.950	17:20:59.372

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