



# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 3

01.08.2022 19:00

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

Lap	Lap Tm	Diff	Time of Day
<b>(15) Thomas Sigvartsen</b>			
1			19:26:30.915
2	<b>1:02.868</b>	+4.299	19:27:33.783
3	<b>1:01.786</b>	+3.217	19:28:35.569
4	<b>59.667</b>	+1.098	19:29:35.236
5	<b>1:00.194</b>	+1.625	19:30:35.430
6	<b>59.160</b>	+0.591	19:31:34.590
7	<b>1:00.426</b>	+1.857	19:32:35.016
p8	<b>1:04.370</b>	+5.801	19:33:39.386
9	<b>2:14.696</b>	+1:16.127	19:35:54.082
10	<b>1:00.156</b>	+1.587	19:36:54.238
11	<b>58.987</b>	+0.418	19:37:53.225
12	<b>58.569</b>		19:38:51.794
p13	<b>1:07.100</b>	+8.531	19:39:58.894

Lap	Lap Tm	Diff	Time of Day
<b>(34.) Espen Sandbakken</b>			
1			19:27:48.990
2	<b>1:02.164</b>	+1.016	19:28:51.154
3	<b>1:02.724</b>	+1.576	19:29:53.878
4	<b>1:03.138</b>	+1.990	19:30:57.016
5	<b>1:01.709</b>	+0.561	19:31:58.725
6	<b>1:01.479</b>	+0.331	19:33:00.204
7	<b>1:01.555</b>	+0.407	19:34:01.759
8	<b>1:01.421</b>	+0.273	19:35:03.180
9	<b>1:01.148</b>		19:36:04.328
10	<b>1:01.499</b>	+0.351	19:37:05.827
11	<b>1:01.148</b>		19:38:06.975
12	<b>1:02.257</b>	+1.109	19:39:09.232
p13	<b>1:07.059</b>	+5.911	19:40:16.291

Lap	Lap Tm	Diff	Time of Day
<b>(13) Krister Myrseth</b>			
1			19:27:07.429
2	<b>1:06.895</b>	+1.388	19:28:14.324
3	<b>1:07.409</b>	+1.902	19:29:21.733
4	<b>1:06.238</b>	+0.731	19:30:27.971
5	<b>1:05.507</b>		19:31:33.478
6	<b>1:06.435</b>	+0.928	19:32:39.913
7	<b>1:05.634</b>	+0.127	19:33:45.547
p8	<b>1:14.961</b>	+9.454	19:35:00.508

Lap	Lap Tm	Diff	Time of Day
<b>(42) Thomas Bergström</b>			
1			19:26:23.641
2	<b>1:07.682</b>	+1.657	19:27:31.323
3	<b>1:10.574</b>	+4.549	19:28:41.897
4	<b>1:09.325</b>	+3.300	19:29:51.222
5	<b>1:06.495</b>	+0.470	19:30:57.717
6	<b>1:06.453</b>	+0.428	19:32:04.170
7	<b>1:06.494</b>	+0.469	19:33:10.664
8	<b>1:07.714</b>	+1.689	19:34:18.378
9	<b>1:06.025</b>		19:35:24.403
p10	<b>1:10.254</b>	+4.229	19:36:34.657
11	<b>7:15.727</b>	+6:09.702	19:43:50.384
12	<b>1:15.541</b>	+9.516	19:45:05.925
13	<b>1:12.181</b>	+6.156	19:46:18.106
14	<b>1:11.319</b>	+5.294	19:47:29.425
15	<b>1:11.528</b>	+5.503	19:48:40.953
16	<b>1:11.093</b>	+5.068	19:49:52.046
17	<b>1:10.216</b>	+4.191	19:51:02.262
18	<b>1:13.151</b>	+7.126	19:52:15.413
19	<b>1:11.746</b>	+5.721	19:53:27.159
p20	<b>1:19.186</b>	+13.161	19:54:46.345

Lap	Lap Tm	Diff	Time of Day
<b>(126) øystein Nettum</b>			
1			19:31:31.586
2	<b>1:07.965</b>	+1.860	19:32:39.551

Lap	Lap Tm	Diff	Time of Day
3	<b>1:08.124</b>	+2.019	19:33:47.675
4	<b>1:07.308</b>	+1.203	19:34:54.983
5	<b>1:08.025</b>	+1.920	19:36:03.008
6	<b>1:07.062</b>	+0.957	19:37:10.070
7	<b>1:06.105</b>		19:38:16.175
p8	<b>1:28.046</b>	+21.941	19:39:44.221

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			19:26:32.145
2	<b>1:07.186</b>	+1.004	19:27:39.331
3	<b>1:06.973</b>	+0.791	19:28:46.304
4	<b>1:07.339</b>	+1.157	19:29:53.643
5	<b>1:08.066</b>	+1.884	19:31:01.709
6	<b>1:06.691</b>	+0.509	19:32:08.400
7	<b>1:06.470</b>	+0.288	19:33:14.870
8	<b>1:06.817</b>	+0.635	19:34:21.687
9	<b>1:06.196</b>	+0.014	19:35:27.883
10	<b>1:06.182</b>		19:36:34.065
11	<b>1:06.232</b>	+0.050	19:37:40.297
12	<b>1:06.656</b>	+0.474	19:38:46.953
p13	<b>1:54.754</b>	+48.572	19:40:41.707

Lap	Lap Tm	Diff	Time of Day
<b>(32) Stig-Rune Skansgård</b>			
1			19:26:11.748
2	<b>1:06.662</b>	+0.172	19:27:18.410
3	<b>1:07.178</b>	+0.688	19:28:25.588
4	<b>1:06.490</b>		19:29:32.078
p5	<b>1:21.444</b>	+14.954	19:30:53.522
6	<b>1:24.803</b>	+18.313	19:32:18.325
7	<b>1:08.478</b>	+1.988	19:33:26.803
8	<b>1:07.702</b>	+1.212	19:34:34.505
9	<b>1:08.775</b>	+2.285	19:35:43.280
10	<b>1:08.026</b>	+1.536	19:36:51.306
11	<b>1:08.801</b>	+2.311	19:38:00.107
12	<b>1:07.078</b>	+0.588	19:39:07.185
p13	<b>1:14.723</b>	+8.233	19:40:21.908

Lap	Lap Tm	Diff	Time of Day
<b>(20.) Helge Rødås</b>			
1			19:25:29.268
2	<b>1:10.431</b>	+3.596	19:26:39.699
3	<b>1:09.386</b>	+2.551	19:27:49.085
4	<b>1:09.172</b>	+2.337	19:28:58.257
5	<b>1:08.353</b>	+1.518	19:30:06.610
6	<b>1:09.386</b>	+2.551	19:31:15.996
7	<b>1:08.454</b>	+1.619	19:32:24.450
8	<b>1:07.767</b>	+0.932	19:33:32.217
9	<b>1:07.880</b>	+1.045	19:34:40.097
10	<b>1:07.438</b>	+0.603	19:35:47.535
11	<b>1:08.367</b>	+1.532	19:36:55.902
12	<b>1:07.665</b>	+0.830	19:38:03.567
13	<b>1:06.835</b>		19:39:10.402
p14	<b>1:28.655</b>	+21.820	19:40:39.057

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			19:26:42.921
2	<b>1:09.443</b>	+2.494	19:27:52.364
3	<b>1:07.956</b>	+1.007	19:29:00.320
4	<b>1:08.649</b>	+1.700	19:30:08.969
5	<b>1:08.736</b>	+1.787	19:31:17.705
6	<b>1:09.731</b>	+2.782	19:32:27.436
7	<b>1:07.680</b>	+0.731	19:33:35.116
8	<b>1:08.049</b>	+1.100	19:34:43.165
9	<b>1:07.445</b>	+0.496	19:35:50.610
10	<b>1:07.888</b>	+0.939	19:36:58.498
11	<b>1:06.949</b>		19:38:05.447
12	<b>1:07.377</b>	+0.428	19:39:12.824

Lap	Lap Tm	Diff	Time of Day
p13	<b>1:27.839</b>	+20.890	19:40:40.663

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			19:26:27.569
2	<b>1:07.793</b>	+0.438	19:27:35.362
3	<b>1:08.527</b>	+1.172	19:28:43.889
4	<b>1:09.561</b>	+2.206	19:29:53.450
5	<b>1:07.899</b>	+0.544	19:31:01.349
6	<b>1:08.001</b>	+0.646	19:32:09.350
7	<b>1:07.496</b>	+0.141	19:33:16.846
8	<b>1:07.355</b>		19:34:24.201
p9	<b>1:16.349</b>	+8.994	19:35:40.550

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			19:26:23.405
2	<b>1:09.671</b>	+2.274	19:27:33.076
3	<b>1:10.157</b>	+2.760	19:28:43.233
4	<b>1:09.606</b>	+2.209	19:29:52.839
5	<b>1:10.141</b>	+2.744	19:31:02.980
6	<b>1:08.505</b>	+1.108	19:32:11.485
7	<b>1:08.847</b>	+1.450	19:33:20.332
8	<b>1:07.686</b>	+0.289	19:34:28.018
9	<b>1:07.686</b>	+0.289	19:35:35.704
10	<b>1:07.397</b>		19:36:43.101
11	<b>1:07.402</b>	+0.005	19:37:50.503
12	<b>1:07.614</b>	+0.217	19:38:58.117
p13	<b>1:17.433</b>	+10.036	19:40:15.550

Lap	Lap Tm	Diff	Time of Day
<b>(357) Jo Sætre</b>			
1			19:26:30.398
2	<b>1:08.854</b>	+0.276	19:27:39.252
3	<b>1:09.077</b>	+0.499	19:28:48.329
4	<b>1:08.898</b>	+0.320	19:29:57.227
5	<b>1:08.796</b>	+0.218	19:31:06.023
6	<b>1:09.048</b>	+0.470	19:32:15.071
7	<b>1:08.578</b>		19:33:23.649
8	<b>1:09.231</b>	+0.653	19:34:32.880
p9	<b>1:16.807</b>	+8.229	19:35:49.687

Lap	Lap Tm	Diff	Time of Day
<b>(99) Svein Kragtorp</b>			
1			19:25:29.996
2	<b>1:10.468</b>	+1.874	19:26:40.464
3	<b>1:10.154</b>	+1.560	19:27:50.618
4	<b>1:08.611</b>	+0.017	19:28:59.229
5	<b>1:08.736</b>	+0.142	19:30:07.965
6	<b>1:08.594</b>		19:31:16.559
p7	<b>1:17.587</b>	+8.993	19:32:34.146

Lap	Lap Tm	Diff	Time of Day
<b>(42.) Alan Gorman</b>			
1			19:42:28.353
2	<b>1:14.076</b>	+4.329	19:43:42.429
3	<b>1:11.077</b>	+1.330	19:44:53.506
4	<b>1:10.219</b>	+0.472	19:46:03.725
5	<b>1:09.850</b>	+0.103	19:47:13.575
6	<b>1:09.747</b>		19:48:23.322
7	<b>1:18.617</b>	+8.870	19:49:41.939
8	<b>1:13.403</b>	+3.656	19:50:55.342
9	<b>1:10.650</b>	+0.903	19:52:05.992
10	<b>1:10.322</b>	+0.575	19:53:16.314
11	<b>1:10.685</b>	+0.938	19:54:26.999
p12	<b>1:39.412</b>	+29.665	19:56:06.411

Lap	Lap Tm	Diff	Time of Day
<b>(57) Hans Bergström</b>			
1			19:43:50.088
2	<b>1:15.027</b>	+4.388	19:45:05.115
3	<b>1:12.635</b>	+1.996	19:46:17.750



# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 3

01.08.2022 19:00

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

Lap	Lap Tm	Diff	Time of Day
4	1:12.914	+2.275	19:47:30.664
5	1:11.163	+0.524	19:48:41.827
6	1:10.955	+0.316	19:49:52.782
7	1:10.639		19:51:03.421
8	1:13.211	+2.572	19:52:16.632
9	1:11.626	+0.987	19:53:28.258
p10	1:19.712	+9.073	19:54:47.970

(21) Kristin Rusten Heiberg

1			19:44:20.035
2	1:12.901	+2.219	19:45:32.936
3	1:10.682		19:46:43.618
4	1:11.861	+1.179	19:47:55.479
5	1:33.447	+22.765	19:49:28.926
6	1:13.037	+2.355	19:50:41.963
p7	1:16.056	+5.374	19:51:58.019

(5) Sondre Skyttermoen

1			19:03:48.047
2	1:13.552	+2.609	19:05:01.599
3	1:14.288	+3.345	19:06:15.887
4	1:10.943		19:07:26.830
5	1:14.906	+3.963	19:08:41.736
6	1:12.482	+1.539	19:09:54.218
7	1:11.279	+0.336	19:11:05.497
p8	1:22.582	+11.639	19:12:28.079
p9	2:00.373	+49.430	19:14:28.452

(111) Tommy Lidal

1			19:42:18.552
2	1:13.419	+1.862	19:43:31.971
3	1:11.557		19:44:43.528
4	1:12.513	+0.956	19:45:56.041
5	1:12.688	+1.131	19:47:08.729
6	1:13.898	+2.341	19:48:22.627
p7	1:28.095	+16.538	19:49:50.722

(16) André Heramb

1			19:43:03.217
2	1:13.431	+1.557	19:44:16.648
3	1:17.267	+5.393	19:45:33.915
4	1:14.048	+2.174	19:46:47.963
5	1:13.653	+1.779	19:48:01.616
6	1:13.903	+2.029	19:49:15.519
7	1:12.098	+0.224	19:50:27.617
8	1:12.568	+0.694	19:51:40.185
9	1:12.542	+0.668	19:52:52.727
10	1:11.874		19:54:04.601
p11	1:23.743	+11.869	19:55:28.344

(112) Svein Olaf Bønnæs

1			19:42:17.566
2	1:13.124	+1.248	19:43:30.690
3	1:11.876		19:44:42.566
4	1:12.660	+0.784	19:45:55.226
5	1:13.052	+1.176	19:47:08.278
6	1:13.726	+1.850	19:48:22.004
7	1:19.342	+7.466	19:49:41.346
8	1:15.056	+3.180	19:50:56.402
9	1:12.571	+0.695	19:52:08.973
10	1:13.077	+1.201	19:53:22.050
p11	3:42.403	+2:30.527	19:57:04.453

(990) Lars Qvale

1			19:42:40.434
2	1:16.383	+3.773	19:43:56.817

Lap	Lap Tm	Diff	Time of Day
3	1:13.492	+0.882	19:45:10.309
4	1:12.638	+0.028	19:46:22.947
5	1:14.378	+1.768	19:47:37.325
6	1:12.610		19:48:49.935
7	2:04.279	+51.669	19:50:54.214
8	1:14.492	+1.882	19:52:08.706
9	1:12.718	+0.108	19:53:21.424
10	1:12.646	+0.036	19:54:34.070
p11	2:06.101	+53.491	19:56:40.171

(23) Pål Laukli

1			19:05:31.281
2	1:43.853	+30.568	19:07:15.134
3	1:45.021	+31.736	19:09:00.155
4	1:57.784	+44.499	19:10:57.939
5	1:42.284	+28.999	19:12:40.223
6	1:44.523	+31.238	19:14:24.746
7	1:45.509	+32.224	19:16:10.255
p8	1:46.269	+32.984	19:17:56.524
p9	6:24.970	+5:11.685	19:24:21.494
10	20:20.727	+19:07.442	19:44:42.221
11	1:14.466	+1.181	19:45:56.687
12	1:13.285		19:47:09.972
13	1:13.450	+0.165	19:48:23.422
p14	1:24.753	+11.468	19:49:48.175

(70) Anders Jensen

1			19:43:11.924
2	1:22.396	+8.478	19:44:34.320
3	1:18.425	+4.507	19:45:52.745
4	1:15.033	+1.115	19:47:07.778
5	1:13.918		19:48:21.696
6	1:20.429	+6.511	19:49:42.125
7	1:17.669	+3.751	19:50:59.794
8	1:15.688	+1.770	19:52:15.482
9	1:14.336	+0.418	19:53:29.818
10	1:16.461	+2.543	19:54:46.279
p11	1:57.123	+43.205	19:56:43.402

(31) Erik Joner

1			19:44:00.149
2	1:19.057	+5.004	19:45:19.206
3	1:17.267	+3.214	19:46:36.473
4	1:17.375	+3.322	19:47:53.848
5	1:15.926	+1.873	19:49:09.774
p6	1:20.217	+6.164	19:50:29.991
7	1:47.237	+33.184	19:52:17.228
8	1:14.053		19:53:31.281
p9	1:24.041	+9.988	19:54:55.322

(158) Nikolai Bratvold

1			19:43:09.550
2	1:15.221	+0.916	19:44:24.771
3	1:14.872	+0.567	19:45:39.643
4	1:16.922	+2.617	19:46:56.565
5	1:15.116	+0.811	19:48:11.681
6	1:14.445	+0.140	19:49:26.126
7	1:16.374	+2.069	19:50:42.500
8	1:14.730	+0.425	19:51:57.230
9	1:14.305		19:53:11.535
10	1:14.432	+0.127	19:54:25.967
p11	1:39.321	+25.016	19:56:05.288

(33) Vidar Bjørndalen

1			19:45:02.502
2	1:19.510	+1.498	19:46:22.012

Lap	Lap Tm	Diff	Time of Day
3	1:18.012		19:47:40.024
p4	1:22.042	+4.030	19:49:02.066

(20) Vidar Jensen

1			19:43:46.820
2	1:34.099	+15.579	19:45:20.919
3	1:21.343	+2.823	19:46:42.262
4	1:19.971	+1.451	19:48:02.233
5	1:18.891	+0.371	19:49:21.124
6	1:20.097	+1.577	19:50:41.221
7	1:18.950	+0.430	19:52:00.171
8	1:18.520		19:53:18.691
9	1:19.564	+1.044	19:54:38.255
p10	1:37.011	+18.491	19:56:15.266

(41) Geir Svalastog

1			19:43:56.725
2	1:19.707	+0.652	19:45:16.432
3	1:19.598	+0.543	19:46:36.030
4	1:20.002	+0.947	19:47:56.032
5	1:20.298	+1.243	19:49:16.330
6	1:19.055		19:50:35.385
7	1:19.264	+0.209	19:51:54.649
8	1:19.245	+0.190	19:53:13.894
p9	1:24.150	+5.095	19:54:38.044

(60) Torbjørn Gundersen

1			19:42:48.831
2	1:23.350	+4.244	19:44:12.181
3	1:22.927	+3.821	19:45:35.108
4	1:21.817	+2.711	19:46:56.925
5	1:21.872	+2.766	19:48:18.797
6	1:22.064	+2.958	19:49:40.861
7	1:19.106		19:50:59.967
8	1:19.637	+0.531	19:52:19.604
9	1:19.817	+0.711	19:53:39.421
10	1:21.380	+2.274	19:55:00.801
p11	2:16.246	+57.140	19:57:17.047

(81) ragnar eriksen

1			19:42:26.070
2	1:22.718	+1.331	19:43:48.788
3	1:23.823	+2.436	19:45:12.611
4	1:23.095	+1.708	19:46:35.706
5	1:22.907	+1.520	19:47:58.613
6	1:21.945	+0.558	19:49:20.558
7	1:22.178	+0.791	19:50:42.736
8	1:22.074	+0.687	19:52:04.810
9	1:21.387		19:53:26.197
p10	1:32.857	+11.470	19:54:59.054

(0) Oliver Bjørnerud

1			19:03:29.386
2	1:22.934	+1.182	19:04:52.320
3	1:25.618	+3.866	19:06:17.938
4	1:23.456	+1.704	19:07:41.394
5	1:22.839	+1.087	19:09:04.233
6	1:24.295	+2.543	19:10:28.528
7	1:21.752		19:11:50.280
8	1:22.451	+0.699	19:13:12.731
9	1:23.275	+1.523	19:14:36.006
10	1:24.496	+2.744	19:16:00.502
11	1:27.699	+5.947	19:17:28.201
p12	1:35.315	+13.563	19:19:03.516

(105) Pernille Etland

VIS



**Vålerbanen**  
Racing Circuit



**TIIDTAKER**  
TIMEKEEPING.NO

## Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 3

01.08.2022 19:00

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

Lap	Lap Tm	Diff	Time of Day
1			19:45:33.127
2	1:22.793	+0.747	19:46:55.920
3	1:22.046		19:48:17.966
p4	1:31.061	+9.015	19:49:49.027

(204) Thelma Louise Jensen

Lap	Lap Tm	Diff	Time of Day
1			19:03:42.380
2	1:28.559	+5.418	19:05:10.939
3	1:26.367	+3.226	19:06:37.306
4	1:24.197	+1.056	19:08:01.503
5	1:23.141		19:09:24.644
p6	1:37.392	+14.251	19:11:02.036
7	2:50.298	+1:27.157	19:13:52.334
8	1:24.618	+1.477	19:15:16.952
p9	1:38.521	+15.380	19:16:55.473

(482) Utleiesykkkel 4 SMCK

Lap	Lap Tm	Diff	Time of Day
1			19:04:03.455
2	1:31.032	+5.596	19:05:34.487
3	1:32.044	+6.608	19:07:06.531
4	1:29.262	+3.826	19:08:35.793
5	1:25.436		19:10:01.229
6	1:28.002	+2.566	19:11:29.231
7	1:27.464	+2.028	19:12:56.695
8	1:30.829	+5.393	19:14:27.524
9	1:34.287	+8.851	19:16:01.811
10	1:27.914	+2.478	19:17:29.725
11	1:26.104	+0.668	19:18:55.829
p12	2:15.055	+49.619	19:21:10.884

(382) Utleiesykkkel 3 SMCK

Lap	Lap Tm	Diff	Time of Day
1			19:05:21.649
2	1:42.457	+15.267	19:07:04.106
3	1:37.271	+10.081	19:08:41.377
4	1:32.797	+5.607	19:10:14.174
5	1:31.714	+4.524	19:11:45.888
6	1:28.418	+1.228	19:13:14.306
7	1:30.162	+2.972	19:14:44.468
8	1:31.192	+4.002	19:16:15.660
9	1:37.047	+9.857	19:17:52.707
10	1:27.190		19:19:19.897
p11	1:59.318	+32.128	19:21:19.215

(182) Utleiesykkkel 1 SMCK

Lap	Lap Tm	Diff	Time of Day
1			19:05:32.616
2	1:41.613		19:07:14.229
3	1:47.588	+5.975	19:09:01.817
4	1:54.139	+12.526	19:10:55.956
5	1:43.509	+1.896	19:12:39.465
6	1:46.431	+4.818	19:14:25.896
7	1:43.153	+1.540	19:16:09.049
8	1:42.684	+1.071	19:17:51.733
p9	2:15.311	+33.698	19:20:07.044

(52) Jenny Hagen Jensen

Lap	Lap Tm	Diff	Time of Day
1			19:04:58.847
2	2:00.502	+5.704	19:06:59.349
3	1:59.577	+4.779	19:08:58.926
4	1:58.329	+3.531	19:10:57.255
5	1:54.798		19:12:52.053
6	1:55.604	+0.806	19:14:47.657
7	1:59.637	+4.839	19:16:47.294
p8	2:09.572	+14.774	19:18:56.866

Chief of Timing & Scoring: [www.Timekeeping.no](http://www.Timekeeping.no)

Orbits

Race Director: TBA

Sport Rescue Team.

Timing and results are not official.

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