



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

01.08.2022 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
(69) Bobbo Enger			
1			20:25:11.599
2	2:07.860	+1:03.960	20:27:19.459
3	1:06.189	+2.289	20:28:25.648
4	1:03.900		20:29:29.548
p5	10:08.753	+9:04.853	20:39:38.301

Lap	Lap Tm	Diff	Time of Day
(42) Thomas Bergström			
1			20:23:50.092
2	1:05.823	+1.322	20:24:55.915
3	1:05.034	+0.533	20:26:00.949
4	1:06.548	+2.047	20:27:07.497
5	1:06.038	+1.537	20:28:13.535
6	1:04.501		20:29:18.036
7	1:12.323	+7.822	20:30:30.359
8	1:06.067	+1.566	20:31:36.426
9	1:05.335	+0.834	20:32:41.761
10	1:05.945	+1.444	20:33:47.706
11	1:04.566	+0.065	20:34:52.272
12	1:06.274	+1.773	20:35:58.546
13	1:05.576	+1.075	20:37:04.122
14	1:06.072	+1.571	20:38:10.194
p15	1:15.236	+10.735	20:39:25.430
16	3:07.261	+2:02.760	20:42:32.691
17	1:12.733	+8.232	20:43:45.424
18	1:09.462	+4.961	20:44:54.886
19	1:12.481	+7.980	20:46:07.367
20	1:14.018	+9.517	20:47:21.385
21	1:13.605	+9.104	20:48:34.990
22	1:14.587	+10.086	20:49:49.577
p23	1:14.468	+9.967	20:51:04.045

Lap	Lap Tm	Diff	Time of Day
(13) Krister Myrseth			
1			20:24:57.151
2	1:05.146		20:26:02.297
3	1:06.442	+1.296	20:27:08.739
4	1:06.303	+1.157	20:28:15.042
5	1:05.664	+0.518	20:29:20.706
6	1:05.801	+0.655	20:30:26.507
7	1:05.472	+0.326	20:31:31.979
8	1:05.247	+0.101	20:32:37.226
9	1:05.509	+0.363	20:33:42.735
p10	1:12.636	+7.490	20:34:55.371

Lap	Lap Tm	Diff	Time of Day
(78) Kenneth Skyttermoen			
1			20:23:46.452
2	1:07.190	+1.616	20:24:53.642
3	1:06.231	+0.657	20:25:59.873
4	1:08.508	+2.934	20:27:08.381
5	1:07.928	+2.354	20:28:16.309
6	1:06.483	+0.909	20:29:22.792
7	1:06.214	+0.640	20:30:29.006
8	1:05.574		20:31:34.580
9	1:06.637	+1.063	20:32:41.217
10	1:08.324	+2.750	20:33:49.541
11	1:07.348	+1.774	20:34:56.889
12	1:06.459	+0.885	20:36:03.348
13	1:07.638	+2.064	20:37:10.986
p14	1:13.415	+7.841	20:38:24.401

Lap	Lap Tm	Diff	Time of Day
(126) Øystein Nettum			
1			20:28:39.093
2	1:07.174	+1.381	20:29:46.267
3	1:06.875	+1.082	20:30:53.142
4	1:05.793		20:31:58.935

Lap	Lap Tm	Diff	Time of Day
5	1:06.326	+0.533	20:33:05.261
p6	1:14.772	+8.979	20:34:20.033

Lap	Lap Tm	Diff	Time of Day
(40) Kim Rønningen			
1			20:23:45.173
2	1:06.698	+0.491	20:24:51.871
3	1:07.200	+0.993	20:25:59.071
4	1:08.132	+1.925	20:27:07.203
5	1:06.992	+0.785	20:28:14.195
6	1:06.207		20:29:20.402
7	1:07.248	+1.041	20:30:27.650
8	1:06.430	+0.223	20:31:34.080
9	1:06.618	+0.411	20:32:40.698
10	1:08.206	+1.999	20:33:48.904
11	1:07.251	+1.044	20:34:56.155
12	1:06.765	+0.558	20:36:02.920
13	1:07.485	+1.278	20:37:10.405
14	1:07.376	+1.169	20:38:17.781
p15	1:42.062	+35.855	20:39:59.843

Lap	Lap Tm	Diff	Time of Day
(20.) Helge Rødås			
1			20:23:52.784
2	1:11.261	+4.482	20:25:04.045
3	1:09.564	+2.785	20:26:13.609
4	1:08.843	+2.064	20:27:22.452
5	1:09.330	+2.551	20:28:31.782
6	1:08.959	+2.180	20:29:40.741
7	1:08.678	+1.899	20:30:49.419
8	1:07.652	+0.873	20:31:57.071
9	1:09.065	+2.286	20:33:06.136
10	1:09.383	+2.604	20:34:15.519
11	1:10.842	+4.063	20:35:26.361
12	1:07.203	+0.424	20:36:33.564
13	1:06.779		20:37:40.343
14	1:08.391	+1.612	20:38:48.734
p15	1:29.464	+22.685	20:40:18.198

Lap	Lap Tm	Diff	Time of Day
(123) Morten Midtlie			
1			20:23:57.435
2	1:09.028	+2.128	20:25:06.463
3	1:09.593	+2.693	20:26:16.056
4	1:09.608	+2.708	20:27:25.664
5	1:08.135	+1.235	20:28:33.799
6	1:08.593	+1.693	20:29:42.392
7	1:08.274	+1.374	20:30:50.666
8	1:07.615	+0.715	20:31:58.281
9	1:08.399	+1.499	20:33:06.680
10	1:09.139	+2.239	20:34:15.819
11	1:10.104	+3.204	20:35:25.923
12	1:07.161	+0.261	20:36:33.084
13	1:06.900		20:37:39.984
p14	1:20.673	+13.773	20:39:00.657

Lap	Lap Tm	Diff	Time of Day
(356) Andreas Hansen			
1			20:23:56.288
2	1:09.368	+2.298	20:25:05.656
3	1:09.425	+2.355	20:26:15.081
4	1:09.855	+2.785	20:27:24.936
5	1:08.073	+1.003	20:28:33.009
6	1:08.337	+1.267	20:29:41.346
7	1:07.583	+0.513	20:30:48.929
8	1:07.070		20:31:55.999
p9	1:16.349	+9.279	20:33:12.348

Lap	Lap Tm	Diff	Time of Day
(99) Svein Kragtorp			
1			20:23:53.529

Lap	Lap Tm	Diff	Time of Day
2	1:11.290	+1.931	20:25:04.819
3	1:09.359		20:26:14.178
p4	1:17.468	+8.109	20:27:31.646

Lap	Lap Tm	Diff	Time of Day
(990) Lars Qvale			
1			20:42:00.572
2	1:14.411	+4.274	20:43:14.983
3	1:16.824	+6.687	20:44:31.807
4	1:12.856	+2.719	20:45:44.663
5	1:12.770	+2.633	20:46:57.433
6	1:12.646	+2.509	20:48:10.079
7	1:12.631	+2.494	20:49:22.710
8	1:11.767	+1.630	20:50:34.477
9	1:11.421	+1.284	20:51:45.898
10	1:10.986	+0.849	20:52:56.884
11	1:11.833	+1.696	20:54:08.717
12	1:10.989	+0.852	20:55:19.706
13	1:11.589	+1.452	20:56:31.295
14	1:12.052	+1.915	20:57:43.347
15	1:10.137		20:58:53.484
p16	1:16.762	+6.625	21:00:10.246

Lap	Lap Tm	Diff	Time of Day
(357) Jo Sætre			
1			20:24:07.021
2	1:11.020	+0.689	20:25:18.041
3	1:10.572	+0.241	20:26:28.613
4	1:10.571	+0.240	20:27:39.184
5	1:10.672	+0.341	20:28:49.856
6	1:10.331		20:30:00.187
7	1:11.404	+1.073	20:31:11.591
8	1:11.042	+0.711	20:32:22.633
p9	1:18.257	+7.926	20:33:40.890

Lap	Lap Tm	Diff	Time of Day
(16) André Heramb			
1			20:41:54.970
2	1:18.009	+7.544	20:43:12.979
3	1:14.940	+4.475	20:44:27.919
4	1:12.105	+1.640	20:45:40.024
5	1:12.700	+2.235	20:46:52.724
6	1:12.220	+1.755	20:48:04.944
7	1:12.109	+1.644	20:49:17.053
8	1:12.564	+2.099	20:50:29.617
9	1:12.595	+2.130	20:51:42.212
10	1:12.458	+1.993	20:52:54.670
11	1:10.465		20:54:05.135
12	1:13.006	+2.541	20:55:18.141
13	1:12.462	+1.997	20:56:30.603
14	1:13.310	+2.845	20:57:43.913
15	1:11.583	+1.118	20:58:55.496
p16	1:21.768	+11.303	21:00:17.264

Lap	Lap Tm	Diff	Time of Day
(57) Hans Bergström			
1			20:42:32.447
2	1:12.789	+1.768	20:43:45.236
3	1:11.021		20:44:56.257
4	1:12.398	+1.377	20:46:08.655
5	1:14.104	+3.083	20:47:22.759
6	1:13.209	+2.188	20:48:35.968
p7	1:22.195	+11.174	20:49:58.163

Lap	Lap Tm	Diff	Time of Day
(5) Sondre Skyttermoen			
1			20:04:20.817
2	1:11.763	+0.676	20:05:32.580
3	1:12.388	+1.301	20:06:44.968
4	1:11.613	+0.526	20:07:56.581
5	1:11.067		20:09:07.668



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

01.08.2022 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
p6	1:19.336	+8.249	20:10:27.004
7	1:34.679	+23.592	20:12:01.683
p8	1:20.059	+8.972	20:13:21.742

(112) Svein Olaf Bønnæs

1			20:41:42.480
2	1:15.887	+3.440	20:42:58.367
3	1:13.882	+1.435	20:44:12.249
4	1:13.388	+0.941	20:45:25.637
5	1:12.968	+0.521	20:46:38.605
6	1:14.046	+1.599	20:47:52.651
7	1:14.486	+2.039	20:49:07.137
8	1:13.334	+0.887	20:50:20.471
9	1:15.564	+3.117	20:51:36.035
10	1:13.877	+1.430	20:52:49.912
11	1:14.716	+2.269	20:54:04.628
12	1:12.828	+0.381	20:55:17.456
13	1:12.743	+0.296	20:56:30.199
14	1:15.094	+2.647	20:57:45.293
15	1:12.447		20:58:57.740
p16	1:20.106	+7.659	21:00:17.846

(23) Pål Laukli

1			20:03:17.190
2	1:26.258	+11.967	20:04:43.448
3	1:14.291		20:05:57.739
4	1:17.102	+2.811	20:07:14.841
5	1:15.797	+1.506	20:08:30.638
6	1:39.968	+25.677	20:10:10.606
7	1:39.624	+25.333	20:11:50.230
8	1:46.990	+32.699	20:13:37.220
9	1:44.567	+30.276	20:15:21.787
10	1:41.803	+27.512	20:17:03.590
11	1:40.230	+25.939	20:18:43.820
p12	1:49.735	+35.444	20:20:33.555

(158) Nikolai Bratvold

1			20:42:31.543
2	1:16.626	+2.312	20:43:48.169
3	1:16.046	+1.732	20:45:04.215
4	1:15.593	+1.279	20:46:19.808
5	1:15.083	+0.769	20:47:34.891
6	1:15.488	+1.174	20:48:50.379
7	1:16.700	+2.386	20:50:07.079
8	1:15.757	+1.443	20:51:22.836
9	1:14.661	+0.347	20:52:37.497
10	1:15.088	+0.774	20:53:52.585
11	1:15.223	+0.909	20:55:07.808
12	1:14.861	+0.547	20:56:22.669
13	1:14.314		20:57:36.983
14	1:15.468	+1.154	20:58:52.451
p15	1:21.980	+7.666	21:00:14.431

(20) Vidar Jensen

1			20:41:53.864
2	1:20.728	+3.922	20:43:14.592
3	1:22.825	+6.019	20:44:37.417
4	1:20.300	+3.494	20:45:57.717
5	1:17.394	+0.588	20:47:15.111
6	1:18.444	+1.638	20:48:33.555
7	1:18.344	+1.538	20:49:51.899
8	1:17.261	+0.455	20:51:09.160
9	1:17.273	+0.467	20:52:26.433
10	1:17.178	+0.372	20:53:43.611
11	1:17.050	+0.244	20:55:00.661
12	1:16.806		20:56:17.467

Lap	Lap Tm	Diff	Time of Day
13	1:17.058	+0.252	20:57:34.525
14	1:17.419	+0.613	20:58:51.944
p15	1:23.649	+6.843	21:00:15.593

(33) Vidar Bjørndalen

1			20:41:53.101
2	1:19.387	+1.376	20:43:12.488
3	1:19.121	+1.110	20:44:31.609
4	1:18.011		20:45:49.620
p5	1:25.002	+6.991	20:47:14.622

(76) Elias Daniel Swift

1			20:03:16.240
2	1:38.610	+19.575	20:04:54.850
3	1:35.217	+16.182	20:06:30.067
4	1:32.350	+13.315	20:08:02.417
5	1:31.678	+12.643	20:09:34.095
6	1:30.033	+10.998	20:11:04.128
7	1:26.983	+7.948	20:12:31.111
8	1:26.386	+7.351	20:13:57.497
9	1:26.021	+6.986	20:15:23.518
10	1:30.725	+11.690	20:16:54.243
11	1:26.994	+7.959	20:18:21.237
12	1:25.574	+6.539	20:19:46.811
p13	1:34.299	+15.264	20:21:21.110
14	21:52.248	+20:33.213	20:43:13.358
15	1:23.722	+4.687	20:44:37.080
16	1:22.994	+3.959	20:46:00.074
17	1:22.724	+3.689	20:47:22.798
18	1:21.967	+2.932	20:48:44.765
19	1:22.404	+3.369	20:50:07.169
20	1:20.100	+1.065	20:51:27.269
21	1:21.656	+2.621	20:52:48.925
22	1:20.054	+1.019	20:54:08.979
23	1:20.978	+1.943	20:55:29.957
24	1:20.671	+1.636	20:56:50.628
25	1:20.375	+1.340	20:58:11.003
26	1:19.035		20:59:30.038

(81) ragnar eriksen

1			20:41:45.302
2	1:21.858	+0.316	20:43:07.160
3	1:22.156	+0.614	20:44:29.316
4	1:21.542		20:45:50.858
5	1:21.899	+0.357	20:47:12.757
6	1:22.527	+0.985	20:48:35.284
7	1:22.923	+1.381	20:49:58.207
p8	1:35.742	+14.200	20:51:33.949

(204) Thelma Louise Jensen

1			20:02:03.197
2	1:25.863	+4.206	20:03:29.060
3	1:26.657	+5.000	20:04:55.717
4	1:21.657		20:06:17.374
5	1:22.126	+0.469	20:07:39.500
6	1:22.042	+0.385	20:09:01.542
7	1:24.815	+3.158	20:10:26.357
p8	1:35.028	+13.371	20:12:01.385

(482) Utleiesyssel 4 SMCK

1			20:05:52.065
2	1:29.349	+4.630	20:07:21.414
3	1:31.542	+6.823	20:08:52.956
4	1:26.618	+1.899	20:10:19.574
5	1:31.204	+6.485	20:11:50.778
6	1:30.392	+5.673	20:13:21.170

Lap	Lap Tm	Diff	Time of Day
7	1:24.719		20:14:45.889
8	1:28.442	+3.723	20:16:14.331
9	1:24.852	+0.133	20:17:39.183
10	1:26.750	+2.031	20:19:05.933
p11	1:43.993	+19.274	20:20:49.926

(382) Utleiesyssel 3 SMCK

1			20:04:32.342
2	1:27.256		20:05:59.598
3	1:28.432	+1.176	20:07:28.030
4	1:30.206	+2.950	20:08:58.236
5	1:31.083	+3.827	20:10:29.319
6	1:32.120	+4.864	20:12:01.439
7	1:36.797	+9.541	20:13:38.236
8	1:44.970	+17.714	20:15:23.206
9	1:32.591	+5.335	20:16:55.797
10	1:28.086	+0.830	20:18:23.883
11	1:28.808	+1.552	20:19:52.691
p12	1:34.914	+7.658	20:21:27.605

(182) Utleiesyssel 1 SMCK

1			20:03:18.680
2	1:50.422	+13.410	20:05:09.102
3	1:37.012		20:06:46.114
4	1:41.251	+4.239	20:08:27.365
5	1:42.437	+5.425	20:10:09.802
6	1:39.511	+2.499	20:11:49.313
7	1:46.976	+9.964	20:13:36.289
8	1:44.952	+7.940	20:15:21.241
9	1:41.751	+4.739	20:17:02.992
10	1:40.081	+3.069	20:18:43.073
p11	2:01.245	+24.233	20:20:44.318

(52) Jenny Hagen Jensen

1			20:03:15.432
2	1:56.121	+4.681	20:05:11.553
3	1:51.440		20:07:02.993
4	1:52.398	+0.958	20:08:55.391
5	1:57.547	+6.107	20:10:52.938
6	1:54.875	+3.435	20:12:47.813
7	1:53.201	+1.761	20:14:41.014
8	1:56.532	+5.092	20:16:37.546
9	1:54.510	+3.070	20:18:32.056
10	1:55.101	+3.661	20:20:27.157
p11	2:06.860	+15.420	20:22:34.017

(41) Geir Svalastog

p1			20:45:05.650
p2	2:07.945	3:58:46.830	20:47:13.595