



Heldagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser

15.08.2022 10:40

Practice (1:40:00 Time) started at 10:40:00

Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen			
1			11:31:20.765
2	59.139	+1.292	11:32:19.904
3	58.702	+0.855	11:33:18.606
4	58.372	+0.525	11:34:16.978
p5	1:03.710	+5.863	11:35:20.688
6	2:49.873	+1:52.026	11:38:10.561
7	58.815	+0.968	11:39:09.376
8	58.184	+0.337	11:40:07.560
9	59.052	+1.205	11:41:06.612
10	59.607	+1.760	11:42:06.219
11	58.168	+0.321	11:43:04.387
12	58.913	+1.066	11:44:03.300
p13	1:02.887	+5.040	11:45:06.187
14	1:19.776	+21.929	11:46:25.963
15	58.104	+0.257	11:47:24.067
16	58.127	+0.280	11:48:22.194
17	57.973	+0.126	11:49:20.167
18	57.847		11:50:18.014
p19	1:06.712	+8.865	11:51:24.726

(69.) Marius Naume			
1			11:32:52.486
2	1:01.869	+1.121	11:33:54.355
3	1:01.569	+0.821	11:34:55.924
4	1:01.846	+1.098	11:35:57.770
5	1:01.029	+0.281	11:36:58.799
6	1:01.090	+0.342	11:37:59.889
7	1:00.748		11:39:00.637
p8	1:08.223	+7.475	11:40:08.860

(70) Tore Stene			
1			11:31:47.855
2	1:05.070	+4.198	11:32:52.925
3	1:01.901	+1.029	11:33:54.826
4	1:01.576	+0.704	11:34:56.402
5	1:01.984	+1.112	11:35:58.386
6	1:01.147	+0.275	11:36:59.533
7	1:00.938	+0.066	11:38:00.471
8	1:00.872		11:39:01.343
9	1:01.897	+1.025	11:40:03.240
10	1:02.086	+1.214	11:41:05.326
11	1:01.826	+0.954	11:42:07.152
12	1:01.858	+0.986	11:43:09.010
p13	1:10.413	+9.541	11:44:19.423

(71) Terje Valkaker			
1			11:33:09.370
2	1:02.841	+1.611	11:34:12.211
3	1:02.686	+1.456	11:35:14.897
p4	1:11.172	+9.942	11:36:26.069
5	1:20.474	+19.244	11:37:46.543
6	1:01.805	+0.575	11:38:48.348
7	1:02.145	+0.915	11:39:50.493
8	1:01.938	+0.708	11:40:52.431
9	1:02.737	+1.507	11:41:55.168
10	1:03.423	+2.193	11:42:58.591
11	1:02.117	+0.887	11:44:00.708
12	1:01.632	+0.402	11:45:02.340
13	1:01.230		11:46:03.570
14	1:03.023	+1.793	11:47:06.593
15	1:03.398	+2.168	11:48:09.991
16	1:01.893	+0.663	11:49:11.884
17	1:01.742	+0.512	11:50:13.626
p18	1:08.117	+6.887	11:51:21.743

(5.) Benjamin Storsveen			
1			11:32:28.706
2	1:02.377	+1.015	11:33:31.083
3	1:02.499	+1.137	11:34:33.582
4	1:02.120	+0.758	11:35:35.702
5	1:01.362		11:36:37.064
6	1:01.527	+0.165	11:37:38.591
p7	1:06.225	+4.863	11:38:44.816

(46) Tor Eskil Lian			
1			11:33:26.107
2	1:02.386	+0.797	11:34:28.493
3	1:06.019	+4.430	11:35:34.512
4	1:04.991	+3.402	11:36:39.503
5	1:01.590	+0.001	11:37:41.093
6	1:01.589		11:38:42.682
7	1:01.695	+0.106	11:39:44.377
8	1:03.894	+2.305	11:40:48.271
9	1:02.483	+0.894	11:41:50.754
10	1:02.115	+0.526	11:42:52.869
11	1:02.092	+0.503	11:43:54.961
12	1:02.599	+1.010	11:44:57.560
13	1:02.597	+1.008	11:46:00.157
14	1:02.045	+0.456	11:47:02.202
15	1:02.195	+0.606	11:48:04.397
p16	1:08.141	+6.552	11:49:12.538

(73) Svein Rogmno			
1			11:33:10.406
2	1:02.240	+0.511	11:34:12.646
3	1:02.743	+1.014	11:35:15.389
p4	1:12.584	+10.855	11:36:27.973
5	1:25.360	+23.631	11:37:53.333
6	1:03.441	+1.712	11:38:56.774
7	1:02.366	+0.637	11:39:59.140
8	1:20.022	+18.293	11:41:19.162
9	1:02.945	+1.216	11:42:22.107
10	1:01.759	+0.030	11:43:23.866
11	1:03.601	+1.872	11:44:27.467
12	1:03.308	+1.579	11:45:30.775
13	1:02.661	+0.932	11:46:33.436
14	1:02.119	+0.390	11:47:35.555
15	1:02.002	+0.273	11:48:37.557
16	1:01.729		11:49:39.286
17	1:01.899	+0.170	11:50:41.185
p18	59.647	-2.082	11:51:40.832

(69) Bobbo Enger			
1			11:32:34.966
2	1:02.731	+0.884	11:33:37.697
3	1:02.242	+0.395	11:34:39.939
4	1:02.302	+0.455	11:35:42.241
5	1:02.620	+0.773	11:36:44.861
6	1:02.083	+0.236	11:37:46.944
7	1:01.847		11:38:48.791
8	1:01.984	+0.137	11:39:50.775
p9	1:04.819	+2.972	11:40:55.594
10	2:06.459	+1:04.612	11:43:02.053
11	1:03.855	+2.008	11:44:05.908
12	1:02.231	+0.384	11:45:08.139
13	1:01.934	+0.087	11:46:10.073
p14	1:07.906	+6.059	11:47:17.979

(96) anders valle			
1			11:31:49.542

2	1:07.148	+5.182	11:32:56.690
3	1:09.352	+7.386	11:34:06.042
4	1:08.491	+6.525	11:35:14.533
5	1:06.646	+4.680	11:36:21.179
6	1:06.145	+4.179	11:37:27.324
7	1:05.687	+3.721	11:38:33.011
8	1:04.780	+2.814	11:39:37.791
9	1:03.260	+1.294	11:40:41.051
10	1:03.317	+1.351	11:41:44.368
11	1:03.354	+1.388	11:42:47.722
12	1:05.032	+3.066	11:43:52.754
13	1:04.356	+2.390	11:44:57.110
14	1:02.646	+0.680	11:45:59.756
15	1:02.055	+0.089	11:47:01.811
16	1:02.246	+0.280	11:48:04.057
17	1:01.966		11:49:06.023
p18	1:10.712	+8.746	11:50:16.735

(42.) Thomas Bergström			
1			11:38:15.330
2	1:07.335	+4.343	11:39:22.665
3	1:04.610	+1.618	11:40:27.275
4	1:03.811	+0.819	11:41:31.086
5	1:03.561	+0.569	11:42:34.647
6	1:03.185	+0.193	11:43:37.832
7	1:03.230	+0.238	11:44:41.062
8	1:02.992		11:45:44.054
9	1:03.562	+0.570	11:46:47.616
10	1:03.670	+0.678	11:47:51.286
11	1:03.737	+0.745	11:48:55.023
p12	1:13.541	+10.549	11:50:08.564

(19) Bastian N. Sagen			
1			11:06:38.607
2	1:07.731	+4.326	11:07:46.338
3	1:08.233	+4.828	11:08:54.571
4	1:07.105	+3.700	11:10:01.676
5	1:05.175	+1.770	11:11:06.851
6	1:05.373	+1.968	11:12:12.224
7	1:05.289	+1.884	11:13:17.513
8	1:06.000	+2.595	11:14:23.513
9	1:05.549	+2.144	11:15:29.062
10	1:05.115	+1.710	11:16:34.177
11	1:05.391	+1.986	11:17:39.568
12	1:04.904	+1.499	11:18:44.472
13	1:03.757	+0.352	11:19:48.229
14	1:04.564	+1.159	11:20:52.793
15	1:05.798	+2.393	11:21:58.591
16	1:03.405		11:23:01.996
17	1:03.549	+0.144	11:24:05.545
18	1:03.870	+0.465	11:25:09.415
19	1:04.264	+0.859	11:26:13.679
p20	1:14.099	+10.694	11:27:27.778

(41.) Odd Sundet			
1			11:11:40.413
2	1:05.551	+1.334	11:12:45.964
3	1:06.348	+2.131	11:13:52.312
4	1:07.428	+3.211	11:14:59.740
5	1:08.659	+4.442	11:16:08.399
6	1:04.874	+0.657	11:17:13.273
7	1:04.712	+0.495	11:18:17.985
8	1:05.121	+0.904	11:19:23.106
9	1:05.060	+0.843	11:20:28.166
10	1:04.217		11:21:32.383
11	1:05.839	+1.622	11:22:38.222



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Practice Heat 2 - Alle Klasser

Vålerbanen 2,274 km

15.08.2022 10:40

Practice (1:40:00 Time) started at 10:40:00

Lap	Lap Tm	Diff	Time of Day
12	1:04.951	+0.734	11:23:43.173
13	1:04.723	+0.506	11:24:47.896
14	1:07.627	+3.410	11:25:55.523
15	1:05.779	+1.562	11:27:01.302
16	1:18.671	+14.454	11:28:19.973
p17	1:33.660	+29.443	11:29:53.633
(68) Dagfinn Mosveen			
1			11:08:17.816
2	1:06.753	+2.482	11:09:24.569
3	1:05.238	+0.967	11:10:29.807
4	1:05.992	+1.721	11:11:35.799
5	1:05.868	+1.597	11:12:41.667
6	1:07.389	+3.118	11:13:49.056
7	1:09.693	+5.422	11:14:58.749
8	1:10.349	+6.078	11:16:09.098
9	1:08.475	+4.204	11:17:17.573
10	1:04.929	+0.658	11:18:22.502
11	1:04.688	+0.417	11:19:27.190
12	1:04.271		11:20:31.461
13	1:06.283	+2.012	11:21:37.744
14	1:05.938	+1.667	11:22:43.682
15	1:05.376	+1.105	11:23:49.058
16	1:06.295	+2.024	11:24:55.353
17	1:06.602	+2.331	11:26:01.955
18	1:06.416	+2.145	11:27:08.371
p19	1:17.867	+13.596	11:28:26.238

Lap	Lap Tm	Diff	Time of Day
(77) Frank Rånes			
1			11:56:59.887
2	1:07.399	+1.997	11:58:07.286
3	1:07.739	+2.337	11:59:15.025
4	1:09.617	+4.215	12:00:24.642
5	1:08.101	+2.699	12:01:32.743
6	1:06.306	+0.904	12:02:39.049
7	1:08.376	+2.974	12:03:47.425
8	1:06.715	+1.313	12:04:54.140
9	1:06.033	+0.631	12:06:00.173
10	1:06.274	+0.872	12:07:06.447
11	1:05.773	+0.371	12:08:12.220
12	1:05.566	+0.164	12:09:17.786
13	1:05.402		12:10:23.188
14	1:07.596	+2.194	12:11:30.784
p15	1:13.690	+8.288	12:12:44.474

Lap	Lap Tm	Diff	Time of Day
(25) Mads Sandbakken			
1			11:38:37.379
2	1:05.563		11:39:42.942
p3	1:09.248	+3.685	11:40:52.190

Lap	Lap Tm	Diff	Time of Day
(41) Simen Fostervoll			
1			11:07:30.263
2	1:08.819	+3.173	11:08:39.082
3	1:09.057	+3.411	11:09:48.139
4	1:12.784	+7.138	11:11:00.923
5	1:07.962	+2.316	11:12:08.885
6	1:08.172	+2.526	11:13:17.057
7	1:09.456	+3.810	11:14:26.513
8	1:10.268	+4.622	11:15:36.781
9	1:09.782	+4.136	11:16:46.563
10	1:10.017	+4.371	11:17:56.580
11	1:08.891	+3.245	11:19:05.471
12	1:05.646		11:20:11.117
13	1:06.869	+1.223	11:21:17.986
p14	1:19.942	+14.296	11:22:37.928

Lap	Lap Tm	Diff	Time of Day
(99.) Kent-Erik Tøllefsen			
1			11:33:21.405
2	1:08.715	+3.049	11:34:30.120
3	1:08.198	+2.532	11:35:38.318
4	1:07.691	+2.025	11:36:46.009
5	1:06.563	+0.897	11:37:52.572
6	1:06.043	+0.377	11:38:58.615
7	1:07.235	+1.569	11:40:05.850
8	1:05.869	+0.203	11:41:11.719
9	1:05.666		11:42:17.385
10	1:05.903	+0.237	11:43:23.288
11	1:06.139	+0.473	11:44:29.427
12	1:06.486	+0.820	11:45:35.913
13	1:06.306	+0.640	11:46:42.219
14	1:06.722	+1.056	11:47:48.941
15	1:07.255	+1.589	11:48:56.196
p16	1:19.243	+13.577	11:50:15.439
17	6:11.994	+5:06.328	11:56:27.433
18	1:13.335	+7.669	11:57:40.768
19	1:12.558	+6.892	11:58:53.326
20	1:13.532	+7.866	12:00:06.858
21	1:14.556	+8.890	12:01:21.414
22	1:13.898	+8.232	12:02:35.312
23	1:14.896	+9.230	12:03:50.208
p24	1:24.776	+19.110	12:05:14.984

Lap	Lap Tm	Diff	Time of Day
(26) Lars Martin Granshagen			
1			11:32:56.211
2	1:09.435	+3.656	11:34:05.646
3	1:08.441	+2.662	11:35:14.087
4	1:06.654	+0.875	11:36:20.741
5	1:06.165	+0.386	11:37:26.906
6	1:05.779		11:38:32.685
7	1:08.624	+2.845	11:39:41.309
8	1:06.450	+0.671	11:40:47.759
9	1:05.817	+0.038	11:41:53.576
10	1:06.939	+1.160	11:43:00.515
p11	1:14.031	+8.252	11:44:14.546

Lap	Lap Tm	Diff	Time of Day
(180) Daniel Brændmo			
1			11:08:59.800
2	1:10.373	+4.594	11:10:10.173
3	1:08.917	+3.138	11:11:19.090
4	1:08.566	+2.787	11:12:27.656
5	1:08.142	+2.363	11:13:35.798
6	1:07.657	+1.878	11:14:43.455
7	1:07.477	+1.698	11:15:50.932
8	1:07.194	+1.415	11:16:58.126
9	1:07.260	+1.481	11:18:05.386
10	1:07.804	+2.025	11:19:13.190
11	1:07.881	+2.102	11:20:21.071
12	1:07.368	+1.589	11:21:28.439
13	1:07.233	+1.454	11:22:35.672
14	1:07.570	+1.791	11:23:43.242
15	1:06.047	+0.268	11:24:49.289
16	1:05.824	+0.045	11:25:55.113
17	1:05.779		11:27:00.892
18	1:07.905	+2.126	11:28:08.797
p19	1:34.205	+28.426	11:29:43.002

Lap	Lap Tm	Diff	Time of Day
(63) Paul Aastad			
1			11:08:42.953
2	1:07.204	+1.216	11:09:50.157
3	1:07.696	+1.708	11:10:57.853
4	1:07.008	+1.020	11:12:04.861
5	1:07.310	+1.322	11:13:12.171

Lap	Lap Tm	Diff	Time of Day
6	1:06.521	+0.533	11:14:18.692
7	1:06.804	+0.816	11:15:25.496
8	1:07.196	+1.208	11:16:32.692
9	1:06.640	+0.652	11:17:39.332
10	1:06.827	+0.839	11:18:46.159
11	1:08.292	+2.304	11:19:54.451
12	1:06.937	+0.949	11:21:01.388
13	1:06.559	+0.571	11:22:07.947
14	1:06.644	+0.656	11:23:14.591
15	1:06.605	+0.617	11:24:21.196
16	1:07.022	+1.034	11:25:28.218
17	1:06.256	+0.268	11:26:34.474
18	1:05.988		11:27:40.462
p19	1:34.328	+28.340	11:29:14.790

Lap	Lap Tm	Diff	Time of Day
(31) Tom B Mikalsen			
1			11:06:48.645
2	1:09.806	+3.519	11:07:58.451
3	1:10.151	+3.864	11:09:08.602
4	1:11.815	+5.528	11:10:20.417
5	1:08.771	+2.484	11:11:29.188
6	1:07.895	+1.608	11:12:37.083
7	1:10.636	+4.349	11:13:47.719
8	1:11.646	+5.359	11:14:59.365
9	1:14.287	+8.000	11:16:13.652
10	1:07.601	+1.314	11:17:21.253
11	1:09.631	+3.344	11:18:30.884
12	1:10.654	+4.367	11:19:41.538
13	1:10.889	+4.602	11:20:52.427
14	1:09.164	+2.877	11:22:01.591
15	1:06.287		11:23:07.878
16	1:07.182	+0.895	11:24:15.060
17	1:06.688	+0.401	11:25:21.748
18	1:07.525	+1.238	11:26:29.273
19	1:07.343	+1.056	11:27:36.616
p20	1:15.164	+8.877	11:28:51.780

Lap	Lap Tm	Diff	Time of Day
(78) Kenneth Skyttermoen			
1			11:34:52.006
2	1:09.204	+2.862	11:36:01.210
3	1:08.186	+1.844	11:37:09.396
4	1:08.196	+1.854	11:38:17.592
5	1:07.058	+0.716	11:39:24.650
6	1:06.874	+0.532	11:40:31.524
7	1:07.225	+0.883	11:41:38.749
8	1:07.227	+0.885	11:42:45.976
9	1:06.342		11:43:52.318
10	1:06.993	+0.651	11:44:59.311
11	1:07.250	+0.908	11:46:06.561
12	1:06.773	+0.431	11:47:13.334
p13	1:11.740	+5.398	11:48:25.074

Lap	Lap Tm	Diff	Time of Day
(93) Patrik Ommedal			
1			11:07:18.462
2	1:08.755	+1.821	11:08:27.217
3	1:08.001	+1.067	11:09:35.218
4	1:07.412	+0.478	11:10:42.630
5	1:06.934		11:11:49.564
6	1:07.409	+0.475	11:12:56.973
7	1:08.928	+1.994	11:14:05.901
8	1:07.127	+0.193	11:15:13.028
9	1:07.057	+0.123	11:16:20.085
p10	1:12.856	+5.922	11:17:32.941

Lap	Lap Tm	Diff	Time of Day
(94) Helge Mosveen			
1			11:59:23.667



Heldagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser

15.08.2022 10:40

Practice (1:40:00 Time) started at 10:40:00

Lap	Lap Tm	Diff	Time of Day
2	1:08.675	+1.548	12:00:32.342
3	1:09.080	+1.953	12:01:41.422
4	1:07.823	+0.696	12:02:49.245
5	1:09.088	+1.961	12:03:58.333
6	1:11.353	+4.226	12:05:09.686
7	1:07.191	+0.064	12:06:16.877
8	1:08.662	+1.535	12:07:25.539
9	1:08.397	+1.270	12:08:33.936
10	1:07.962	+0.835	12:09:41.898
11	1:07.818	+0.691	12:10:49.716
12	1:07.167	+0.040	12:11:56.883
13	1:09.843	+2.716	12:13:06.726
14	1:07.127		12:14:13.853
15	1:09.360	+2.233	12:15:23.213
16	1:07.818	+0.691	12:16:31.031
17	1:07.586	+0.459	12:17:38.617

(21) Rolf Thomas Pettersen

1			11:59:35.236
2	1:08.498	+0.930	12:00:43.734
3	1:11.969	+4.401	12:01:55.703
4	1:07.819	+0.251	12:03:03.522
5	1:09.903	+2.335	12:04:13.425
6	1:09.926	+2.358	12:05:23.351
7	1:08.435	+0.867	12:06:31.786
8	1:12.517	+4.949	12:07:44.303
9	1:12.117	+4.549	12:08:56.420
10	1:10.933	+3.365	12:10:07.353
11	1:09.434	+1.866	12:11:16.787
12	1:07.931	+0.363	12:12:24.718
13	1:08.909	+1.341	12:13:33.627
14	1:07.568		12:14:41.195
p15	1:18.785	+11.217	12:15:59.980

(21.) Kristin Heiberg

1			11:07:32.144
2	1:08.141		11:08:40.285
3	1:08.983	+0.842	11:09:49.268
4	1:10.532	+2.391	11:10:59.800
5	1:08.350	+0.209	11:12:08.150
6	1:08.393	+0.252	11:13:16.543
7	1:09.643	+1.502	11:14:26.186
8	1:09.984	+1.843	11:15:36.170
9	1:09.973	+1.832	11:16:46.143
10	1:10.016	+1.875	11:17:56.159
p11	1:16.871	+8.730	11:19:13.030

(56) Daniel Bond

1			11:09:00.417
2	1:10.605	+2.405	11:10:11.022
3	1:08.529	+0.329	11:11:19.551
4	1:08.598	+0.398	11:12:28.149
5	1:08.366	+0.166	11:13:36.515
6	1:08.200		11:14:44.715
7	1:08.891	+0.691	11:15:53.606
8	1:08.208	+0.008	11:17:01.814
9	1:08.277	+0.077	11:18:10.091
p10	1:16.661	+8.461	11:19:26.752

(42) Alan Gorman

1			11:06:56.401
2	1:11.429	+3.176	11:08:07.830
3	1:10.366	+2.113	11:09:18.196
4	1:08.822	+0.569	11:10:27.018
5	1:09.175	+0.922	11:11:36.193
6	1:08.863	+0.610	11:12:45.056

Lap	Lap Tm	Diff	Time of Day
p7	1:17.186	+8.933	11:14:02.242
8	1:29.256	+21.003	11:15:31.498
9	1:09.457	+1.204	11:16:40.955
10	1:09.351	+1.098	11:17:50.306
11	1:09.272	+1.019	11:18:59.578
12	1:08.559	+0.306	11:20:08.137
13	1:08.253		11:21:16.390
14	1:08.690	+0.437	11:22:25.080
15	1:08.741	+0.488	11:23:33.821
16	1:08.557	+0.304	11:24:42.378
17	1:08.470	+0.217	11:25:50.848
18	1:08.832	+0.579	11:26:59.680
19	1:08.864	+0.611	11:28:08.544
p20	1:18.175	+9.922	11:29:26.719

(110) Oliver Hammer

1			11:07:36.717
2	1:08.654	+0.050	11:08:45.371
3	1:08.604		11:09:53.975
4	1:08.815	+0.211	11:11:02.790
5	1:09.277	+0.673	11:12:12.067
6	1:09.301	+0.697	11:13:21.368
7	1:09.884	+1.280	11:14:31.252
8	1:10.410	+1.806	11:15:41.662
9	1:09.637	+1.033	11:16:51.299
10	1:09.380	+0.776	11:18:00.679
p11	1:17.680	+9.076	11:19:18.359

(123) Morten Midtlie

1			11:07:16.269
2	1:11.272	+2.637	11:08:27.541
3	1:10.893	+2.258	11:09:38.434
4	1:09.104	+0.469	11:10:47.538
5	1:09.042	+0.407	11:11:56.580
6	1:08.635		11:13:05.215
7	1:09.356	+0.721	11:14:14.571
8	1:09.143	+0.508	11:15:23.714
9	1:10.359	+1.724	11:16:34.073
p10	1:21.969	+13.334	11:17:56.042

(28) Tom Roger Syversen

1			11:59:05.573
2	1:11.758	+2.602	12:00:17.331
3	1:12.177	+3.021	12:01:29.508
4	1:12.115	+2.959	12:02:41.623
p5	1:15.524	+6.368	12:03:57.147
6	1:28.412	+19.256	12:05:25.559
7	1:09.156		12:06:34.715
8	1:10.080	+0.924	12:07:44.795
9	1:12.349	+3.193	12:08:57.144
10	1:11.806	+2.650	12:10:08.950
p11	1:16.721	+7.565	12:11:25.671

(57) Hans Bergström

1			11:06:42.693
2	1:12.384	+3.111	11:07:55.077
3	1:13.163	+3.890	11:09:08.240
4	1:11.685	+2.412	11:10:19.925
5	1:10.502	+1.229	11:11:30.427
6	1:10.905	+1.632	11:12:41.332
7	1:10.167	+0.894	11:13:51.499
8	1:10.147	+0.874	11:15:01.646
9	1:09.886	+0.613	11:16:11.532
10	1:09.273		11:17:20.805
11	1:09.633	+0.360	11:18:30.438
12	1:10.510	+1.237	11:19:40.948

Lap	Lap Tm	Diff	Time of Day
p13	1:17.756	+8.483	11:20:58.704
(357) Jo Sætre			
1			11:07:44.061
2	1:10.265	+0.586	11:08:54.326
3	1:09.909	+0.230	11:10:04.235
4	1:10.350	+0.671	11:11:14.585
5	1:09.679		11:12:24.264
p6	1:17.168	+7.489	11:13:41.432

(31.) Neo Hansen

1			11:07:22.693
2	1:12.679	+2.983	11:08:35.372
3	1:11.929	+2.233	11:09:47.301
p4	1:33.958	+24.262	11:11:21.259
5	1:35.413	+25.717	11:12:56.672
6	1:11.174	+1.478	11:14:07.846
7	1:12.246	+2.550	11:15:20.092
8	1:12.749	+3.053	11:16:32.841
p9	1:16.716	+7.020	11:17:49.557
10	2:12.595	+1:02.899	11:20:02.152
11	1:13.196	+3.500	11:21:15.348
12	1:11.089	+1.393	11:22:26.437
13	1:09.696		11:23:36.133
14	1:10.628	+0.932	11:24:46.761
p15	1:14.229	+4.533	11:26:00.990

(54) Pål Døhlen

1			11:06:39.506
2	1:10.679	+0.704	11:07:50.185
3	1:10.928	+0.953	11:09:01.113
4	1:11.726	+1.751	11:10:12.839
5	1:11.189	+1.214	11:11:24.028
6	1:11.675	+1.700	11:12:35.703
7	1:11.418	+1.443	11:13:47.121
8	1:11.266	+1.291	11:14:58.387
9	1:10.654	+0.679	11:16:09.041
10	1:09.975		11:17:19.016
11	1:10.642	+0.667	11:18:29.658
12	1:10.827	+0.852	11:19:40.485
13	1:11.611	+1.636	11:20:52.096
p14	1:17.377	+7.402	11:22:09.473

(158) Nikolai Bratvold

1			11:57:49.124
2	1:16.221	+5.975	11:59:05.345
3	1:15.207	+4.961	12:00:20.552
4	1:14.518	+4.272	12:01:35.070
5	1:14.023	+3.777	12:02:49.093
6	1:14.151	+3.905	12:04:03.244
7	1:14.117	+3.871	12:05:17.361
8	1:12.823	+2.577	12:06:30.184
9	1:12.118	+1.872	12:07:42.302
10	1:11.637	+1.391	12:08:53.939
11	1:13.190	+2.944	12:10:07.129
12	1:12.474	+2.228	12:11:19.603
13	1:11.935	+1.689	12:12:31.538
14	1:13.558	+3.312	12:13:45.096
15	1:10.553	+0.307	12:14:55.649
16	1:10.246		12:16:05.895
17	1:10.732	+0.486	12:17:16.627

(69.) Oskar Bolin

1			10:45:11.635
2	1:14.775	+4.026	10:46:26.410
3	1:12.141	+1.392	10:47:38.551



Heldagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser

15.08.2022 10:40

Practice (1:40:00 Time) started at 10:40:00

Lap	Lap Tm	Diff	Time of Day
4	1:12.597	+1.848	10:48:51.148
5	1:13.452	+2.703	10:50:04.600
6	1:12.226	+1.477	10:51:16.826
7	1:10.749		10:52:27.575
p8	1:20.511	+9.762	10:53:48.086

(113) Jo-Anders Johnsen

Lap	Lap Tm	Diff	Time of Day
1			11:56:28.858
2	1:13.110	+2.237	11:57:41.968
3	1:13.312	+2.439	11:58:55.280
4	1:13.375	+2.502	12:00:08.655
5	1:14.366	+3.493	12:01:23.021
6	1:13.629	+2.756	12:02:36.650
7	1:14.984	+4.111	12:03:51.634
8	1:19.699	+8.826	12:05:11.333
9	1:12.894	+2.021	12:06:24.227
10	1:13.326	+2.453	12:07:37.553
11	1:13.784	+2.911	12:08:51.337
12	1:13.742	+2.869	12:10:05.079
13	1:12.800	+1.927	12:11:17.879
14	1:12.943	+2.070	12:12:30.822
15	1:14.955	+4.082	12:13:45.777
16	1:10.873		12:14:56.650
17	1:11.904	+1.031	12:16:08.554
18	1:11.816	+0.943	12:17:20.370

(67) Frode Garberg

Lap	Lap Tm	Diff	Time of Day
1			11:56:35.639
2	1:14.537	+2.992	11:57:50.176
3	1:14.912	+3.367	11:59:05.088
4	1:11.545		12:00:16.633
5	1:12.289	+0.744	12:01:28.922
6	1:11.714	+0.169	12:02:40.636
7	1:13.119	+1.574	12:03:53.755
p8	1:33.940	+22.395	12:05:27.695

(16) André Heramb

Lap	Lap Tm	Diff	Time of Day
1			11:56:40.708
2	1:16.951	+5.398	11:57:57.659
3	1:14.258	+2.705	11:59:11.917
4	1:12.003	+0.450	12:00:23.920
5	1:11.674	+0.121	12:01:35.594
6	1:13.953	+2.400	12:02:49.547
7	1:14.575	+3.022	12:04:04.122
8	1:13.949	+2.396	12:05:18.071
9	1:12.661	+1.108	12:06:30.732
10	1:12.979	+1.426	12:07:43.711
11	1:12.221	+0.668	12:08:55.932
12	1:12.928	+1.375	12:10:08.860
13	1:13.212	+1.659	12:11:22.072
14	1:15.313	+3.760	12:12:37.385
15	1:11.553		12:13:48.938
16	1:14.909	+3.356	12:15:03.847
17	1:15.749	+4.196	12:16:19.596
18	1:16.134	+4.581	12:17:35.730

(111) Tommy Lidal

Lap	Lap Tm	Diff	Time of Day
1			11:56:30.902
2	1:15.291	+3.029	11:57:46.193
3	1:12.262		11:58:58.455
4	1:13.166	+0.904	12:00:11.621
5	1:14.306	+2.044	12:01:25.927
6	1:12.647	+0.385	12:02:38.574
7	1:14.619	+2.357	12:03:53.193
8	1:18.998	+6.736	12:05:12.191
9	1:14.012	+1.750	12:06:26.203

Lap	Lap Tm	Diff	Time of Day
10	1:12.305	+0.043	12:07:38.508
11	1:13.497	+1.235	12:08:52.005
p12	1:20.080	+7.818	12:10:12.085

(51) Grete Andersen

Lap	Lap Tm	Diff	Time of Day
1			11:56:27.662
2	1:13.429	+0.265	11:57:41.091
3	1:13.164		11:58:54.255
4	1:13.290	+0.126	12:00:07.545
5	1:14.242	+1.078	12:01:21.787
6	1:13.939	+0.775	12:02:35.726
7	1:15.268	+2.104	12:03:50.994
8	1:18.778	+5.614	12:05:09.772
9	1:13.649	+0.485	12:06:23.421
10	1:13.530	+0.366	12:07:36.951
11	1:13.719	+0.555	12:08:50.670
12	1:13.386	+0.222	12:10:04.056
13	1:15.004	+1.840	12:11:19.060
14	1:13.523	+0.359	12:12:32.583
15	1:15.313	+2.149	12:13:47.896
16	1:15.410	+2.246	12:15:03.306
p17	1:19.361	+6.197	12:16:22.667

(3) Tor Arne Nebben

Lap	Lap Tm	Diff	Time of Day
1			10:45:49.517
2	1:22.837	+8.057	10:47:12.354
3	1:27.457	+12.677	10:48:39.811
4	1:21.062	+6.282	10:50:00.873
5	1:21.739	+6.959	10:51:22.612
6	1:18.337	+3.557	10:52:40.949
7	1:16.695	+1.915	10:53:57.644
8	1:18.651	+3.871	10:55:16.295
9	1:17.740	+2.960	10:56:34.035
10	1:15.783	+1.003	10:57:49.818
11	1:15.045	+0.265	10:59:04.863
12	1:15.791	+1.011	11:00:20.654
13	1:14.780		11:01:35.434
14	1:16.938	+2.158	11:02:52.372
15	1:16.492	+1.712	11:04:08.864
p16	1:45.921	+31.141	11:05:54.785

(96.) Ingvar Nordeide

Lap	Lap Tm	Diff	Time of Day
1			11:56:40.187
2	1:16.957	+1.751	11:57:57.144
3	1:16.628	+1.422	11:59:13.772
4	1:15.342	+0.136	12:00:29.114
5	1:15.938	+0.732	12:01:45.052
6	1:16.071	+0.865	12:03:01.123
7	1:15.941	+0.735	12:04:17.064
8	1:15.470	+0.264	12:05:32.534
9	1:15.206		12:06:47.740
p10	1:32.589	+17.383	12:08:20.329

(.15.) Ingar Olsen

Lap	Lap Tm	Diff	Time of Day
1			12:01:58.758
2	1:20.705	+5.403	12:03:19.463
3	1:19.584	+4.282	12:04:39.047
4	1:19.823	+4.521	12:05:58.870
5	1:19.525	+4.223	12:07:18.395
6	1:17.871	+2.569	12:08:36.266
7	1:19.006	+3.704	12:09:55.272
8	1:17.591	+2.289	12:11:12.863
9	1:17.434	+2.132	12:12:30.297
10	1:17.113	+1.811	12:13:47.410
11	1:15.302		12:15:02.712
12	1:15.732	+0.430	12:16:18.444

Lap	Lap Tm	Diff	Time of Day
13	1:16.624	+1.322	12:17:35.068

(20) Vidar Jensen

Lap	Lap Tm	Diff	Time of Day
1			11:57:14.296
2	1:20.129	+4.080	11:58:34.425
3	1:17.091	+1.042	11:59:51.516
4	1:17.198	+1.149	12:01:08.714
5	1:16.371	+0.322	12:02:25.085
6	1:16.537	+0.488	12:03:41.622
7	1:16.560	+0.511	12:04:58.182
8	1:16.430	+0.381	12:06:14.612
9	1:16.637	+0.588	12:07:31.249
10	1:16.405	+0.356	12:08:47.654
11	1:16.309	+0.260	12:10:03.963
12	1:17.174	+1.125	12:11:21.137
13	1:16.955	+0.906	12:12:38.092
14	1:16.440	+0.391	12:13:54.532
15	1:16.341	+0.292	12:15:10.873
16	1:16.049		12:16:26.922

(33) Adrian Knudsen

Lap	Lap Tm	Diff	Time of Day
1			10:43:11.322
2	1:18.720	+1.781	10:44:30.042
3	1:19.795	+2.856	10:45:49.837
4	1:18.916	+1.977	10:47:08.753
5	1:17.766	+0.827	10:48:26.519
6	1:17.849	+0.910	10:49:44.368
7	1:16.939		10:51:01.307
8	1:17.765	+0.826	10:52:19.072
9	1:17.864	+0.925	10:53:36.936
10	1:17.356	+0.417	10:54:54.292
11	1:17.044	+0.105	10:56:11.336
12	1:17.022	+0.083	10:57:28.358
13	1:18.073	+1.134	10:58:46.431
p14	1:25.189	+8.250	11:00:11.620

(282) Utleiesyssel 2 SMCK

Lap	Lap Tm	Diff	Time of Day
1			10:41:49.807
2	1:52.619	+28.692	10:43:42.426
3	1:50.650	+26.723	10:45:33.076
4	1:28.618	+4.691	10:47:01.694
5	1:28.091	+4.164	10:48:29.785
6	1:26.323	+2.396	10:49:56.108
7	1:25.988	+2.061	10:51:22.096
8	1:24.658	+0.731	10:52:46.754
9	1:23.927		10:54:10.681
10	1:28.475	+4.548	10:55:39.156
11	1:24.196	+0.269	10:57:03.352
12	1:28.523	+4.596	10:58:31.875
13	1:28.028	+4.101	10:59:59.903
14	1:25.660	+1.733	11:01:25.563
p15	1:33.311	+9.384	11:02:58.874

(182) Jonas Laukli

Lap	Lap Tm	Diff	Time of Day
1			10:43:39.050
2	1:42.310	+5.350	10:45:21.360
3	1:38.648	+1.688	10:47:00.008
4	1:36.960		10:48:36.968
5	1:37.444	+0.484	10:50:14.412
6	1:38.572	+1.612	10:51:52.984
p7	2:03.834	+26.874	10:53:56.818

(80) Isak Lovstakken

Lap	Lap Tm	Diff	Time of Day
1			10:43:40.167
2	1:44.875	+6.355	10:45:25.042
3	1:44.571	+6.051	10:47:09.613



Heldagstrening SMCK

Trening

Vålerbanen 2,274 km

Practice Heat 2 - Alle Klasser

15.08.2022 10:40

Practice (1:40:00 Time) started at 10:40:00

Lap	Lap Tm	Diff	Time of Day
p4	1:59.296	+20.776	10:49:08.909
5	5:56.877	+4:18.357	10:55:05.786
6	1:40.502	+1.982	10:56:46.288
7	1:43.640	+5.120	10:58:29.928
8	1:38.520		11:00:08.448
9	1:41.509	+2.989	11:01:49.957
10	1:41.055	+2.535	11:03:31.012
p11	1:53.148	+14.628	11:05:24.160

(52) Jenny Hagen Jensen

Lap	Lap Tm	Diff	Time of Day
1			10:43:38.171
2	1:45.538	+4.110	10:45:23.709
3	1:44.883	+3.455	10:47:08.592
4	1:42.530	+1.102	10:48:51.122
5	1:41.428		10:50:32.550
6	1:41.455	+0.027	10:52:14.005
7	1:41.530	+0.102	10:53:55.535
8	1:43.976	+2.548	10:55:39.511
9	1:42.849	+1.421	10:57:22.360
10	1:42.899	+1.471	10:59:05.259
11	1:42.175	+0.747	11:00:47.434
12	1:41.658	+0.230	11:02:29.092
p13	1:52.076	+10.648	11:04:21.168

Lap Lap Tm Diff Time of Day

Lap Lap Tm Diff Time of Day