



# Heldagstrening SMCK

## Trening

### Practice Heat 3.1 - Alle Klasser

Vålerbanen 2,274 km

15.08.2022 12:20

Practice (50:00 Time) started at 12:20:00

Lap	Lap Tm	Diff	Time of Day
<b>(19) Bastian N. Sagen</b>			
1			12:47:24.670
2	<b>1:05.205</b>	+1.479	12:48:29.875
3	<b>1:06.710</b>	+2.984	12:49:36.585
4	<b>1:07.001</b>	+3.275	12:50:43.586
5	<b>1:05.306</b>	+1.580	12:51:48.892
6	<b>1:07.255</b>	+3.529	12:52:56.147
7	<b>1:05.760</b>	+2.034	12:54:01.907
8	<b>1:04.032</b>	+0.306	12:55:05.939
9	<b>1:05.031</b>	+1.305	12:56:10.970
10	<b>1:04.792</b>	+1.066	12:57:15.762
11	<b>1:04.369</b>	+0.643	12:58:20.131
12	<b>1:05.085</b>	+1.359	12:59:25.216
13	<b>1:03.726</b>		13:00:28.942

Lap	Lap Tm	Diff	Time of Day
<b>(26) Lars Martin Granshagen</b>			
1			12:48:11.673
2	<b>1:10.547</b>	+6.691	12:49:22.220
3	<b>1:04.455</b>	+0.599	12:50:26.675
4	<b>1:04.624</b>	+0.768	12:51:31.299
5	<b>1:04.189</b>	+0.333	12:52:35.488
6	<b>1:04.242</b>	+0.386	12:53:39.730
7	<b>1:03.856</b>		12:54:43.586
8	<b>1:05.530</b>	+1.674	12:55:49.116
p9	<b>1:11.872</b>	+8.016	12:57:00.988
10	<b>1:27.082</b>	+23.226	12:58:28.070
11	<b>1:05.355</b>	+1.499	12:59:33.425
12	<b>1:03.916</b>	+0.060	13:00:37.341

Lap	Lap Tm	Diff	Time of Day
<b>(126) Øystein Nettum</b>			
1			12:50:13.950
2	<b>1:08.288</b>	+3.596	12:51:22.238
3	<b>1:06.730</b>	+2.038	12:52:28.968
4	<b>1:05.871</b>	+1.179	12:53:34.839
5	<b>1:06.019</b>	+1.327	12:54:40.858
6	<b>1:06.826</b>	+2.134	12:55:47.684
7	<b>1:04.692</b>		12:56:52.376
p8	<b>1:19.399</b>	+14.707	12:58:11.775

Lap	Lap Tm	Diff	Time of Day
<b>(41.) Odd Sundet</b>			
1			12:57:04.737
2	<b>1:05.117</b>	+0.198	12:58:09.854
3	<b>1:05.732</b>	+0.813	12:59:15.586
4	<b>1:04.919</b>		13:00:20.505

Lap	Lap Tm	Diff	Time of Day
<b>(63) Paul Aastad</b>			
1			12:50:11.801
2	<b>1:08.373</b>	+2.766	12:51:20.174
3	<b>1:06.832</b>	+1.225	12:52:27.006
4	<b>1:06.670</b>	+1.063	12:53:33.676
5	<b>1:06.569</b>	+0.962	12:54:40.245
6	<b>1:08.241</b>	+2.634	12:55:48.486
7	<b>1:05.607</b>		12:56:54.093
8	<b>1:06.220</b>	+0.613	12:58:00.313
9	<b>1:05.716</b>	+0.109	12:59:06.029
10	<b>1:05.817</b>	+0.210	13:00:11.846

Lap	Lap Tm	Diff	Time of Day
<b>(41) Simen Fostervoll</b>			
1			12:47:22.511
2	<b>1:06.723</b>	+0.955	12:48:29.234
3	<b>1:06.918</b>	+1.150	12:49:36.152
4	<b>1:06.639</b>	+0.871	12:50:42.791
5	<b>1:05.768</b>		12:51:48.559
6	<b>1:07.789</b>	+2.021	12:52:56.348
7	<b>1:10.095</b>	+4.327	12:54:06.443

Lap	Lap Tm	Diff	Time of Day
8	<b>1:06.108</b>	+0.340	12:55:12.551
9	<b>1:06.960</b>	+1.192	12:56:19.511
10	<b>1:06.846</b>	+1.078	12:57:26.357
11	<b>1:08.422</b>	+2.654	12:58:34.779
12	<b>1:06.098</b>	+0.330	12:59:40.877
p13	<b>1:20.442</b>	+14.674	13:01:01.319

Lap	Lap Tm	Diff	Time of Day
<b>(68) Dagfinn Mosveen</b>			
1			12:48:11.766
2	<b>1:11.425</b>	+5.509	12:49:23.191
3	<b>1:10.980</b>	+5.064	12:50:34.171
4	<b>1:09.816</b>	+3.900	12:51:43.987
5	<b>1:06.629</b>	+0.713	12:52:50.616
6	<b>1:06.641</b>	+0.725	12:53:57.257
7	<b>1:06.053</b>	+0.137	12:55:03.310
8	<b>1:05.916</b>		12:56:09.226
9	<b>1:07.043</b>	+1.127	12:57:16.269
10	<b>1:06.998</b>	+1.082	12:58:23.267
11	<b>1:06.028</b>	+0.112	12:59:29.295
12	<b>1:08.137</b>	+2.221	13:00:37.432

Lap	Lap Tm	Diff	Time of Day
<b>(180) Daniel Brændmo</b>			
1			12:48:46.643
2	<b>1:08.091</b>	+1.598	12:49:54.734
3	<b>1:06.950</b>	+0.457	12:51:01.684
4	<b>1:07.206</b>	+0.713	12:52:08.890
5	<b>1:07.655</b>	+1.162	12:53:16.545
6	<b>1:06.961</b>	+0.468	12:54:23.506
7	<b>1:06.493</b>		12:55:29.999
8	<b>1:06.864</b>	+0.371	12:56:36.863
9	<b>1:06.587</b>	+0.094	12:57:43.450
10	<b>1:07.749</b>	+1.256	12:58:51.199
11	<b>1:08.509</b>	+2.016	12:59:59.708
12	<b>1:07.662</b>	+1.169	13:01:07.370

Lap	Lap Tm	Diff	Time of Day
<b>(21.) Kristin Heiberg</b>			
1			12:48:12.441
2	<b>1:11.044</b>	+4.542	12:49:23.485
3	<b>1:10.234</b>	+3.732	12:50:33.719
4	<b>1:06.502</b>		12:51:40.221
5	<b>1:07.204</b>	+0.702	12:52:47.425
6	<b>1:07.583</b>	+1.081	12:53:55.008
7	<b>1:07.572</b>	+1.070	12:55:02.580
8	<b>1:08.422</b>	+1.920	12:56:11.002
p9	<b>1:15.416</b>	+8.914	12:57:26.418

Lap	Lap Tm	Diff	Time of Day
<b>(93) Patrik Ommedal</b>			
1			12:47:53.371
2	<b>1:08.227</b>	+0.939	12:49:01.598
3	<b>1:07.288</b>		12:50:08.886
4	<b>1:07.729</b>	+0.441	12:51:16.615
5	<b>1:07.404</b>	+0.116	12:52:24.019
6	<b>1:07.318</b>	+0.030	12:53:31.337
7	<b>1:09.771</b>	+2.483	12:54:41.108
p8	<b>1:11.987</b>	+4.699	12:55:53.095
9	<b>1:22.891</b>	+15.603	12:57:15.986
p10	<b>1:11.540</b>	+4.252	12:58:27.526

Lap	Lap Tm	Diff	Time of Day
<b>(31) Tom B Mikalsen</b>			
1			12:47:27.447
2	<b>1:07.725</b>	+0.363	12:48:35.172
3	<b>1:07.704</b>	+0.342	12:49:42.876
4	<b>1:07.627</b>	+0.265	12:50:50.503
5	<b>1:07.362</b>		12:51:57.865
6	<b>1:07.677</b>	+0.315	12:53:05.542
7	<b>1:08.335</b>	+0.973	12:54:13.877

Lap	Lap Tm	Diff	Time of Day
8	<b>1:08.034</b>	+0.672	12:55:21.911
9	<b>1:08.326</b>	+0.964	12:56:30.237
10	<b>1:09.991</b>	+2.629	12:57:40.228
11	<b>1:08.039</b>	+0.677	12:58:48.267
12	<b>1:07.749</b>	+0.387	12:59:56.016
13	<b>1:08.471</b>	+1.109	13:01:04.487

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			12:47:28.104
2	<b>1:08.517</b>	+1.154	12:48:36.621
3	<b>1:07.363</b>		12:49:43.984
4	<b>1:08.102</b>	+0.739	12:50:52.086
5	<b>1:08.408</b>	+1.045	12:52:00.494
6	<b>1:08.357</b>	+0.994	12:53:08.851
7	<b>1:08.240</b>	+0.877	12:54:17.091
8	<b>1:08.238</b>	+0.875	12:55:25.329
9	<b>1:08.629</b>	+1.266	12:56:33.958
10	<b>1:08.610</b>	+1.247	12:57:42.568
11	<b>1:07.977</b>	+0.614	12:58:50.545
12	<b>1:08.923</b>	+1.560	12:59:59.468
p13	<b>1:18.196</b>	+10.833	13:01:17.664

Lap	Lap Tm	Diff	Time of Day
<b>(42) Alan Gorman</b>			
1			12:47:30.180
2	<b>1:09.519</b>	+2.042	12:48:39.699
3	<b>1:08.193</b>	+0.716	12:49:47.892
4	<b>1:08.050</b>	+0.573	12:50:55.942
5	<b>1:07.477</b>		12:52:03.419
6	<b>1:08.094</b>	+0.617	12:53:11.513
7	<b>1:08.187</b>	+0.710	12:54:19.700
8	<b>1:07.779</b>	+0.302	12:55:27.479
9	<b>1:07.528</b>	+0.051	12:56:35.007
10	<b>1:07.929</b>	+0.452	12:57:42.936
11	<b>1:08.038</b>	+0.561	12:58:50.974
12	<b>1:09.198</b>	+1.721	13:00:00.172

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			12:47:26.048
2	<b>1:07.672</b>	+0.143	12:48:33.720
3	<b>1:08.034</b>	+0.505	12:49:41.754
4	<b>1:07.687</b>	+0.158	12:50:49.441
5	<b>1:07.529</b>		12:51:56.970
6	<b>1:07.812</b>	+0.283	12:53:04.782
7	<b>1:08.389</b>	+0.860	12:54:13.171
8	<b>1:08.130</b>	+0.601	12:55:21.301
9	<b>1:08.276</b>	+0.747	12:56:29.577
10	<b>1:09.720</b>	+2.191	12:57:39.297
11	<b>1:08.426</b>	+0.897	12:58:47.723
p12	<b>1:13.623</b>	+6.094	13:00:01.346

Lap	Lap Tm	Diff	Time of Day
<b>(110) Oliver Hammer</b>			
1			12:49:15.197
2	<b>1:09.493</b>	+1.176	12:50:24.690
3	<b>1:09.127</b>	+0.810	12:51:33.817
4	<b>1:08.563</b>	+0.246	12:52:42.380
5	<b>1:09.099</b>	+0.782	12:53:51.479
p6	<b>1:13.827</b>	+5.510	12:55:05.306
7	<b>1:27.575</b>	+19.258	12:56:32.881
8	<b>1:08.814</b>	+0.497	12:57:41.695
9	<b>1:08.317</b>		12:58:50.012
10	<b>1:08.706</b>	+0.389	12:59:58.718
p11	<b>1:15.028</b>	+6.711	13:01:13.746

Lap	Lap Tm	Diff	Time of Day
<b>(56) Daniel Bond</b>			
1			12:48:47.411
2	<b>1:11.500</b>	+3.167	12:49:58.911



# Heldagstrening SMCK

## Trening

### Practice Heat 3.1 - Alle Klasser

Vålerbanen 2,274 km

15.08.2022 12:20

### Practice (50:00 Time) started at 12:20:00

Lap	Lap Tm	Diff	Time of Day
3	1:11.768	+3.435	12:51:10.679
4	1:10.280	+1.947	12:52:20.959
5	1:09.860	+1.527	12:53:30.819
6	1:08.863	+0.530	12:54:39.682
7	1:09.545	+1.212	12:55:49.227
8	1:08.333		12:56:57.560
9	1:08.984	+0.651	12:58:06.544
p10	1:14.725	+6.392	12:59:21.269

(57) Hans Bergström

1			12:51:22.111
2	1:10.310	+1.959	12:52:32.421
3	1:09.954	+1.603	12:53:42.375
4	1:09.632	+1.281	12:54:52.007
5	1:10.353	+2.002	12:56:02.360
6	1:08.477	+0.126	12:57:10.837
7	1:08.351		12:58:19.188
8	1:08.914	+0.563	12:59:28.102
9	1:10.266	+1.915	13:00:38.368

(54) Pål Døhlen

1			12:48:11.352
2	1:11.375	+1.769	12:49:22.727
3	1:11.023	+1.417	12:50:33.750
4	1:10.672	+1.066	12:51:44.422
5	1:10.949	+1.343	12:52:55.371
6	1:11.104	+1.498	12:54:06.475
7	1:10.557	+0.951	12:55:17.032
8	1:11.313	+1.707	12:56:28.345
p9	1:17.465	+7.859	12:57:45.810
10	2:01.431	+51.825	12:59:47.241
11	1:09.606		13:00:56.847

(69..) Oskar Bolin

1			12:47:44.825
2	1:12.801	+2.901	12:48:57.626
3	1:11.178	+1.278	12:50:08.804
4	1:10.614	+0.714	12:51:19.418
5	1:09.900		12:52:29.318
6	1:10.532	+0.632	12:53:39.850
7	1:10.556	+0.656	12:54:50.406
p8	1:17.427	+7.527	12:56:07.833
9	2:50.241	+140.341	12:58:58.074
10	1:11.036	+1.136	13:00:09.110

(31.) Neo Hansen

1			12:47:45.027
2	1:11.835	+1.400	12:48:56.862
3	1:10.913	+0.478	12:50:07.775
4	1:12.499	+2.064	12:51:20.274
5	1:10.435		12:52:30.709
p6	1:26.671	+16.236	12:53:57.380
7	1:34.913	+24.478	12:55:32.293
8	1:11.357	+0.922	12:56:43.650
p9	1:17.666	+7.231	12:58:01.316
10	2:04.208	+53.773	13:00:05.524

(3) Tor Arne Nebben

1			12:23:42.148
2	1:16.648	+4.171	12:24:58.796
3	1:17.503	+5.026	12:26:16.299
4	1:16.795	+4.318	12:27:33.094
5	1:23.734	+11.257	12:28:56.828
6	1:13.144	+0.667	12:30:09.972
7	1:14.365	+1.888	12:31:24.337
8	1:13.601	+1.124	12:32:37.938

Lap	Lap Tm	Diff	Time of Day
9	1:13.358	+0.881	12:33:51.296
10	1:12.740	+0.263	12:35:04.036
11	1:15.834	+3.357	12:36:19.870
12	1:13.433	+0.956	12:37:33.303
13	1:13.100	+0.623	12:38:46.403
14	1:13.492	+1.015	12:39:59.895
15	1:14.370	+1.893	12:41:14.265
16	1:12.846	+0.369	12:42:27.111
17	1:12.477		12:43:39.588
p18	1:32.926	+20.449	12:45:12.514

(33) Adrian Knudsen

1			12:23:51.377
2	1:18.721	+2.691	12:25:10.998
3	1:17.502	+1.472	12:26:27.600
4	1:16.841	+0.811	12:27:44.441
5	1:17.027	+0.997	12:29:01.468
6	1:16.030		12:30:17.498
7	1:16.139	+0.109	12:31:33.637
8	1:16.655	+0.625	12:32:50.292
9	1:16.495	+0.465	12:34:06.787
p10	1:24.607	+8.577	12:35:31.394

(33.) Kent Bull

1			12:23:14.581
2	1:28.057	+11.338	12:24:42.638
3	1:24.026	+7.307	12:26:06.664
4	1:22.788	+6.069	12:27:29.452
5	1:27.466	+10.747	12:28:56.918
6	1:18.801	+2.082	12:30:15.719
7	1:16.719		12:31:32.438
8	1:17.199	+0.480	12:32:49.637
9	1:18.578	+1.859	12:34:08.215
10	1:20.168	+3.449	12:35:28.383
11	1:18.803	+2.084	12:36:47.186
12	1:18.156	+1.437	12:38:05.342
13	1:24.470	+7.751	12:39:29.812
14	1:23.549	+6.830	12:40:53.361
15	1:18.080	+1.361	12:42:11.441
16	1:19.524	+2.805	12:43:30.965
p17	1:31.723	+15.004	12:45:02.688

(282) Utleiesykkell 2 SMCK

1			12:22:16.006
2	1:26.666	+4.579	12:23:42.672
3	1:24.840	+2.753	12:25:07.512
4	1:22.087		12:26:29.599
5	1:25.495	+3.408	12:27:55.094
6	1:24.604	+2.517	12:29:19.698
7	1:25.699	+3.612	12:30:45.397
8	1:23.580	+1.493	12:32:08.977
9	1:26.600	+4.513	12:33:35.577
10	1:26.554	+4.467	12:35:02.131
11	1:25.830	+3.743	12:36:27.961
12	1:29.285	+7.198	12:37:57.246
13	1:31.772	+9.685	12:39:29.018
14	1:28.524	+6.437	12:40:57.542
15	1:30.603	+8.516	12:42:28.145
16	1:27.587	+5.500	12:43:55.732
p17	1:28.862	+6.775	12:45:24.594

(182) Jonas Laukli

1			12:22:56.994
2	1:46.048	+7.940	12:24:43.042
3	1:41.941	+3.833	12:26:24.983
4	1:38.886	+0.778	12:28:03.869

Lap	Lap Tm	Diff	Time of Day
5	1:39.397	+1.289	12:29:43.266
6	1:42.958	+4.850	12:31:26.224
7	1:38.108		12:33:04.332
p8	1:59.550	+21.442	12:35:03.882

(80) Isak Lovstakken

1			12:22:23.673
2	1:41.456	+2.026	12:24:05.129
3	1:41.925	+2.495	12:25:47.054
4	1:39.727	+0.297	12:27:26.781
5	1:39.904	+0.474	12:29:06.685
6	1:43.654	+4.224	12:30:50.339
7	1:40.301	+0.871	12:32:30.640
8	1:40.311	+0.881	12:34:10.951
9	1:39.540	+0.110	12:35:50.491
10	1:41.570	+2.140	12:37:32.061
11	1:41.094	+1.664	12:39:13.155
12	1:42.015	+2.585	12:40:55.170
13	1:39.430		12:42:34.600
14	1:41.201	+1.771	12:44:15.801
p15	1:56.497	+17.067	12:46:12.298

(52) Jenny Hagen Jensen

1			12:24:14.073
2	1:43.651	+3.955	12:25:57.724
3	1:44.308	+4.612	12:27:42.032
4	1:42.886	+3.190	12:29:24.918
5	1:43.013	+3.317	12:31:07.931
6	1:42.971	+3.275	12:32:50.902
7	1:41.751	+2.055	12:34:32.653
8	1:41.099	+1.403	12:36:13.752
9	1:41.827	+2.131	12:37:55.579
10	1:40.695	+0.999	12:39:36.274
11	1:39.696		12:41:15.970
12	1:40.737	+1.041	12:42:56.707
p13	1:53.303	+13.607	12:44:50.010