



# Heldagstrening SMCK

## Trening

### Practice Heat 3.2 - Alle Klasser

Vålerbanen 2,274 km

15.08.2022 13:50

Practice (50:00 Time) started at 13:50:00

Lap	Lap Tm	Diff	Time of Day
<b>(15) Thomas Sigvartsen</b>			
1			13:55:12.978
2	<b>1:00.253</b>	+2.075	13:56:13.231
3	<b>58.971</b>	+0.793	13:57:12.202
4	<b>58.563</b>	+0.385	13:58:10.765
5	<b>59.492</b>	+1.314	13:59:10.257
6	<b>58.699</b>	+0.521	14:00:08.956
7	<b>58.544</b>	+0.366	14:01:07.500
8	<b>58.208</b>	+0.030	14:02:05.708
p9	<b>1:03.012</b>	+4.834	14:03:08.720
10	<b>2:12.688</b>	+1:14.510	14:05:21.408
11	<b>58.419</b>	+0.241	14:06:19.827
12	<b>58.488</b>	+0.310	14:07:18.315
13	<b>58.236</b>	+0.058	14:08:16.551
14	<b>58.178</b>		14:09:14.729
15	<b>58.256</b>	+0.078	14:10:12.985
16	<b>58.470</b>	+0.292	14:11:11.455
p17	<b>1:04.393</b>	+6.215	14:12:15.848

Lap	Lap Tm	Diff	Time of Day
<b>(70) Tore Stene</b>			
1			13:53:37.777
2	<b>1:03.744</b>	+3.031	13:54:41.521
3	<b>1:01.794</b>	+1.081	13:55:43.315
4	<b>1:01.769</b>	+1.056	13:56:45.084
5	<b>1:01.811</b>	+1.098	13:57:46.895
6	<b>1:00.844</b>	+0.131	13:58:47.739
7	<b>1:02.610</b>	+1.897	13:59:50.349
8	<b>1:02.682</b>	+1.969	14:00:53.031
9	<b>1:01.945</b>	+1.232	14:01:54.976
10	<b>1:00.997</b>	+0.284	14:02:55.973
11	<b>1:00.713</b>		14:03:56.686
12	<b>1:00.733</b>	+0.020	14:04:57.419
p13	<b>1:07.546</b>	+6.833	14:06:04.965

Lap	Lap Tm	Diff	Time of Day
<b>(71) Terje Valkaker</b>			
1			13:52:49.139
2	<b>1:03.854</b>	+2.460	13:53:52.993
3	<b>1:01.892</b>	+0.498	13:54:54.885
4	<b>1:01.394</b>		13:55:56.279
5	<b>1:04.375</b>	+2.981	13:57:00.654
6	<b>1:02.712</b>	+1.318	13:58:03.366
7	<b>1:02.427</b>	+1.033	13:59:05.793
8	<b>1:04.868</b>	+3.474	14:00:10.661
9	<b>1:02.737</b>	+1.343	14:01:13.398
10	<b>1:01.598</b>	+0.204	14:02:14.996
11	<b>1:01.526</b>	+0.132	14:03:16.522
12	<b>1:02.036</b>	+0.642	14:04:18.558
13	<b>1:01.537</b>	+0.143	14:05:20.095
p14	<b>1:10.588</b>	+9.194	14:06:30.683

Lap	Lap Tm	Diff	Time of Day
<b>(34.) Espen Sandbakken</b>			
1			14:12:32.052
p2	<b>1:10.965</b>	+9.522	14:13:43.017
3	<b>5:52.060</b>	+4:50.617	14:19:35.077
4	<b>1:03.501</b>	+2.058	14:20:38.578
5	<b>1:01.621</b>	+0.178	14:21:40.199
6	<b>1:02.103</b>	+0.660	14:22:42.302
7	<b>1:02.664</b>	+1.221	14:23:44.966
8	<b>1:02.709</b>	+1.266	14:24:47.675
9	<b>1:02.226</b>	+0.783	14:25:49.901
10	<b>1:01.490</b>	+0.047	14:26:51.391
11	<b>1:01.443</b>		14:27:52.834
12	<b>1:03.257</b>	+1.814	14:28:56.091
p13	<b>1:07.303</b>	+5.860	14:30:03.394

Lap	Lap Tm	Diff	Time of Day
<b>(46) Tor Eskil Lian</b>			
1			13:54:48.271
2	<b>1:54.118</b>	+52.662	13:56:42.389
3	<b>1:02.433</b>	+0.977	13:57:44.822
4	<b>1:02.377</b>	+0.921	13:58:47.199
5	<b>1:02.797</b>	+1.341	13:59:49.996
6	<b>1:02.625</b>	+1.169	14:00:52.621
7	<b>1:02.820</b>	+1.364	14:01:55.441
8	<b>1:03.261</b>	+1.805	14:02:58.702
9	<b>1:02.318</b>	+0.862	14:04:01.020
10	<b>1:03.432</b>	+1.976	14:05:04.452
11	<b>1:01.644</b>	+0.188	14:06:06.096
12	<b>1:01.456</b>		14:07:07.552
p13	<b>1:14.815</b>	+13.359	14:08:22.367

Lap	Lap Tm	Diff	Time of Day
<b>(96) anders valle</b>			
1			13:52:16.457
2	<b>1:05.453</b>	+3.767	13:53:21.910
3	<b>1:08.685</b>	+6.999	13:54:30.595
4	<b>1:05.394</b>	+3.708	13:55:35.989
5	<b>1:04.242</b>	+2.556	13:56:40.231
6	<b>1:03.382</b>	+1.696	13:57:43.613
7	<b>1:03.040</b>	+1.354	13:58:46.653
8	<b>1:03.028</b>	+1.342	13:59:49.681
9	<b>1:02.635</b>	+0.949	14:00:52.316
10	<b>1:02.490</b>	+0.804	14:01:54.806
11	<b>1:03.441</b>	+1.755	14:02:58.247
12	<b>1:02.524</b>	+0.838	14:04:00.771
13	<b>1:04.298</b>	+2.612	14:05:05.069
14	<b>1:01.876</b>	+0.190	14:06:06.945
15	<b>1:01.686</b>		14:07:08.631
p16	<b>1:15.512</b>	+13.826	14:08:24.143

Lap	Lap Tm	Diff	Time of Day
<b>(5.) Benjamin Storsveen</b>			
1			13:56:25.298
2	<b>1:03.195</b>	+1.012	13:57:28.493
3	<b>1:02.183</b>		13:58:30.676
4	<b>1:02.403</b>	+0.220	13:59:33.079
5	<b>1:02.191</b>	+0.008	14:00:35.270
p6	<b>1:07.654</b>	+5.471	14:01:42.924
p7	<b>4:07.400</b>	+3:05.217	14:05:50.324

Lap	Lap Tm	Diff	Time of Day
<b>(69) Bobbo Enger</b>			
1			13:52:44.002
2	<b>1:02.349</b>	+0.145	13:53:46.351
3	<b>1:02.291</b>	+0.087	13:54:48.642
4	<b>1:04.696</b>	+2.492	13:55:53.338
5	<b>1:02.361</b>	+0.157	13:56:55.699
6	<b>1:02.204</b>		13:57:57.903
7	<b>1:02.571</b>	+0.367	13:59:00.474
p8	<b>1:06.832</b>	+4.628	14:00:07.306
p9	<b>1:27.323</b>	+25.119	14:01:34.629
p10	<b>1:41.800</b>	+39.596	14:03:16.429

Lap	Lap Tm	Diff	Time of Day
<b>(26) Lars Martin Granshagen</b>			
1			13:55:41.024
2	<b>1:03.751</b>	+0.789	13:56:44.775
3	<b>1:03.680</b>	+0.718	13:57:48.455
4	<b>1:03.410</b>	+0.448	13:58:51.865
5	<b>1:03.295</b>	+0.333	13:59:55.160
6	<b>1:03.047</b>	+0.085	14:00:58.207
7	<b>1:03.115</b>	+0.153	14:02:01.322
8	<b>1:02.962</b>		14:03:04.284
9	<b>1:02.993</b>	+0.031	14:04:07.277
p10	<b>1:13.022</b>	+10.060	14:05:20.299

Lap	Lap Tm	Diff	Time of Day
<b>(25) Mads Sandbakken</b>			
1			14:09:34.942
2	<b>1:03.643</b>	+0.463	14:10:38.585
3	<b>1:03.180</b>		14:11:41.765
p4	<b>1:09.001</b>	+5.821	14:12:50.766

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			13:52:55.070
2	<b>1:08.249</b>	+2.438	13:54:03.319
3	<b>1:06.412</b>	+0.601	13:55:09.731
4	<b>1:07.037</b>	+1.226	13:56:16.768
5	<b>1:05.912</b>	+0.101	13:57:22.680
6	<b>1:06.018</b>	+0.207	13:58:28.698
7	<b>1:06.960</b>	+1.149	13:59:35.658
8	<b>1:06.332</b>	+0.521	14:00:41.990
9	<b>1:05.938</b>	+0.127	14:01:47.928
10	<b>1:06.168</b>	+0.357	14:02:54.096
11	<b>1:06.264</b>	+0.453	14:04:00.360
12	<b>1:05.983</b>	+0.172	14:05:06.343
13	<b>1:05.811</b>		14:06:12.154
p14	<b>1:08.202</b>	+2.391	14:07:20.356
p15	<b>1:24.943</b>	+19.132	14:08:45.299

Lap	Lap Tm	Diff	Time of Day
<b>(77) Frank Rånes</b>			
1			14:20:21.898
2	<b>1:08.916</b>	+2.890	14:21:30.814
3	<b>1:08.930</b>	+2.904	14:22:39.744
4	<b>1:09.250</b>	+3.224	14:23:48.994
5	<b>1:07.550</b>	+1.524	14:24:56.544
6	<b>1:08.077</b>	+2.051	14:26:04.621
7	<b>1:08.234</b>	+2.208	14:27:12.855
8	<b>1:07.312</b>	+1.286	14:28:20.167
9	<b>1:06.343</b>	+0.317	14:29:26.510
10	<b>1:06.026</b>		14:30:32.536
11	<b>1:07.215</b>	+1.189	14:31:39.751
12	<b>1:06.532</b>	+0.506	14:32:46.283
13	<b>1:07.181</b>	+1.155	14:33:53.464
14	<b>1:07.199</b>	+1.173	14:35:00.663
15	<b>1:06.645</b>	+0.619	14:36:07.308
16	<b>1:06.586</b>	+0.560	14:37:13.894

Lap	Lap Tm	Diff	Time of Day
<b>(99.) Kent-Erik Tøllefsen</b>			
1			13:54:45.410
2	<b>1:08.088</b>	+1.793	13:55:53.498
3	<b>1:07.214</b>	+0.919	13:57:00.712
4	<b>1:06.599</b>	+0.304	13:58:07.311
5	<b>1:06.901</b>	+0.606	13:59:14.212
6	<b>1:06.628</b>	+0.333	14:00:20.840
7	<b>1:06.333</b>	+0.038	14:01:27.173
8	<b>1:06.547</b>	+0.252	14:02:33.720
9	<b>1:06.295</b>		14:03:40.015
10	<b>1:06.851</b>	+0.556	14:04:46.866
p11	<b>1:16.288</b>	+9.993	14:06:03.154

Lap	Lap Tm	Diff	Time of Day
<b>(94) Helge Mosveen</b>			
1			14:20:39.624
2	<b>1:10.062</b>	+3.319	14:21:49.686
3	<b>1:09.293</b>	+2.550	14:22:58.979
4	<b>1:09.250</b>	+2.507	14:24:08.229
5	<b>1:09.848</b>	+3.105	14:25:18.077
6	<b>1:12.204</b>	+5.461	14:26:30.281
7	<b>1:15.348</b>	+8.605	14:27:45.629
8	<b>1:10.484</b>	+3.741	14:28:56.113
9	<b>1:09.106</b>	+2.363	14:30:05.219
10	<b>1:06.882</b>	+0.139	14:31:12.101
11	<b>1:06.743</b>		14:32:18.844



# Heldagstrening SMCK

## Trening

### Practice Heat 3.2 - Alle Klasser

Vålerbanen 2,274 km

15.08.2022 13:50

Practice (50:00 Time) started at 13:50:00

Lap	Lap Tm	Diff	Time of Day
12	1:07.956	+1.213	14:33:26.800
13	1:07.134	+0.391	14:34:33.934
14	1:08.677	+1.934	14:35:42.611
15	1:08.946	+2.203	14:36:51.557
16	1:08.775	+2.032	14:38:00.332

#### (21) Rolf Thomas Pettersen

Lap	Lap Tm	Diff	Time of Day
1			14:21:37.998
2	1:09.211	+1.959	14:22:47.209
3	1:11.870	+4.618	14:23:59.079
4	1:10.471	+3.219	14:25:09.550
5	1:08.338	+1.086	14:26:17.888
6	1:10.590	+3.338	14:27:28.478
7	1:07.571	+0.319	14:28:36.049
8	1:07.661	+0.409	14:29:43.710
p9	1:18.501	+11.249	14:31:02.211
10	1:38.774	+31.522	14:32:40.985
11	1:07.252		14:33:48.237
p12	1:17.837	+10.585	14:35:06.074

#### (28) Tom Roger Syversen

Lap	Lap Tm	Diff	Time of Day
1			14:20:47.649
2	1:10.417	+0.178	14:21:58.066
3	1:10.363	+0.124	14:23:08.429
4	1:10.971	+0.732	14:24:19.400
5	1:10.685	+0.446	14:25:30.085
6	1:10.239		14:26:40.324
7	1:11.206	+0.967	14:27:51.530
8	1:14.125	+3.886	14:29:05.655
9	1:15.313	+5.074	14:30:20.968
p10	1:18.007	+7.768	14:31:38.975

#### (113) Jo-Anders Johnsen

Lap	Lap Tm	Diff	Time of Day
1			14:20:09.889
2	1:17.372	+5.897	14:21:27.261
3	1:16.823	+5.348	14:22:44.084
4	1:16.834	+5.359	14:24:00.918
5	1:15.824	+4.349	14:25:16.742
6	1:13.585	+2.110	14:26:30.327
7	1:17.825	+6.350	14:27:48.152
8	1:16.750	+5.275	14:29:04.902
9	1:15.008	+3.533	14:30:19.910
10	1:12.975	+1.500	14:31:32.885
11	1:11.475		14:32:44.360
12	1:12.434	+0.959	14:33:56.794
13	1:12.888	+1.413	14:35:09.682
14	1:13.148	+1.673	14:36:22.830
15	1:12.545	+1.070	14:37:35.375

#### (158) Nikolai Bratvold

Lap	Lap Tm	Diff	Time of Day
1			14:20:52.385
2	1:14.949	+2.866	14:22:07.334
3	1:14.851	+2.768	14:23:22.185
4	1:14.817	+2.734	14:24:37.002
5	1:14.704	+2.621	14:25:51.706
6	1:14.465	+2.382	14:27:06.171
7	1:14.375	+2.292	14:28:20.546
8	1:14.823	+2.740	14:29:35.369
9	1:13.960	+1.877	14:30:49.329
10	1:13.414	+1.331	14:32:02.743
11	1:12.767	+0.684	14:33:15.510
12	1:13.326	+1.243	14:34:28.836
13	1:12.818	+0.735	14:35:41.654
14	1:12.083		14:36:53.737
15	1:12.173	+0.090	14:38:05.910

Lap	Lap Tm	Diff	Time of Day
<b>(16) André Heramb</b>			
1			14:20:10.229
2	1:17.589	+4.406	14:21:27.818
3	1:16.640	+3.457	14:22:44.458
4	1:16.854	+3.671	14:24:01.312
5	1:16.576	+3.393	14:25:17.888
6	1:13.346	+0.163	14:26:31.234
7	1:17.253	+4.070	14:27:48.487
8	1:16.901	+3.718	14:29:05.388
9	1:16.346	+3.163	14:30:21.734
10	1:18.270	+5.087	14:31:40.004
11	1:17.041	+3.858	14:32:57.045
12	1:17.355	+4.172	14:34:14.400
13	1:15.794	+2.611	14:35:30.194
14	1:13.183		14:36:43.377
15	1:13.560	+0.377	14:37:56.937

#### (111) Tommy Lidal

Lap	Lap Tm	Diff	Time of Day
1			14:19:51.851
2	1:13.208		14:21:05.059
3	1:13.541	+0.333	14:22:18.600
4	1:13.734	+0.526	14:23:32.334
5	1:16.631	+3.423	14:24:48.965
6	1:14.234	+1.026	14:26:03.199
7	1:14.611	+1.403	14:27:17.810
8	1:14.648	+1.440	14:28:32.458
p9	1:23.952	+10.744	14:29:56.410

#### (51) Grete Andersen

Lap	Lap Tm	Diff	Time of Day
1			14:20:02.116
2	1:14.275	+0.614	14:21:16.391
3	1:15.094	+1.433	14:22:31.485
4	1:14.066	+0.405	14:23:45.551
5	1:14.487	+0.826	14:25:00.038
p6	1:20.582	+6.921	14:26:20.620
7	1:37.419	+23.758	14:27:58.039
p8	1:17.749	+4.088	14:29:15.788
9	1:29.925	+16.264	14:30:45.713
10	1:13.804	+0.143	14:31:59.517
11	1:14.928	+1.267	14:33:14.445
12	1:13.661		14:34:28.106
13	1:14.753	+1.092	14:35:42.859
p14	1:23.284	+9.623	14:37:06.143

#### (20) Vidar Jensen

Lap	Lap Tm	Diff	Time of Day
1			14:20:08.017
2	1:18.146	+1.890	14:21:26.163
3	1:16.256		14:22:42.419
4	1:16.930	+0.674	14:23:59.349
5	1:18.794	+2.538	14:25:18.143
6	1:17.851	+1.595	14:26:35.994
7	1:17.186	+0.930	14:27:53.180
8	1:16.542	+0.286	14:29:09.722
9	1:16.413	+0.157	14:30:26.135
p10	1:31.143	+14.887	14:31:57.278

#### (96.) Ingvar Nordeide

Lap	Lap Tm	Diff	Time of Day
1			14:20:03.845
2	1:17.613	+1.178	14:21:21.458
3	1:16.555	+0.120	14:22:38.013
4	1:17.011	+0.576	14:23:55.024
5	1:16.668	+0.233	14:25:11.692
6	1:17.079	+0.644	14:26:28.771
7	1:17.312	+0.877	14:27:46.083
8	1:16.876	+0.441	14:29:02.959
9	1:16.435		14:30:19.394

Lap	Lap Tm	Diff	Time of Day
p10	1:26.756	+10.321	14:31:46.150

#### (.15.) Ingar Olsen

Lap	Lap Tm	Diff	Time of Day
1			14:24:55.425
2	1:21.673	+2.146	14:26:17.098
3	1:19.622	+0.095	14:27:36.720
4	1:19.527		14:28:56.247
p5	1:27.658	+8.131	14:30:23.905

#### (42.) Thomas Bergström

Lap	Lap Tm	Diff	Time of Day
1			13:52:50.339
p2	1:10.764	3:59:44.011	13:54:01.103
p3	1:55.183	3:58:59.592	13:55:56.286

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

Orbits

Race Director: TBA

Sport Rescue Team.

Timing and results are not official.

[www.mylaps.com](http://www.mylaps.com)

Licensed to: Timekeeping.no

Printed: 15.08.2022 14:42:52

Page 2/2