



Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 1

08.08.2022 17:00

Practice (1:00:00 Time) started at 17:00:00

Lap	Lap Tm	Diff	Time of Day	Lap	Lap Tm	Diff	Time of Day	Lap	Lap Tm	Diff	Time of Day
(15) Thomas Sigvartsen				(126) Øystein Nettum				(93) Patrik Ommedal			
p1			17:24:49.969	1			17:43:13.177	1			17:24:38.965
2	2:57.842	+1:57.111	17:27:47.811	2	1:08.632	+2.956	17:44:21.809	2	1:08.685	+0.490	17:25:47.650
3	1:02.451	+1.720	17:28:50.262	3	1:07.892	+2.216	17:45:29.701	3	1:09.400	+1.205	17:26:57.050
4	1:01.806	+1.075	17:29:52.068	4	1:06.762	+1.086	17:46:36.463	4	1:08.559	+0.364	17:28:05.609
5	1:01.785	+1.054	17:30:53.853	5	1:05.676		17:47:42.139	5	1:08.258	+0.063	17:29:13.867
6	1:01.917	+1.186	17:31:55.770	6	1:08.582	+2.906	17:48:50.721	6	1:08.203	+0.008	17:30:22.070
7	1:00.731		17:32:56.501	p7	1:20.683	+15.007	17:50:11.404	7	1:08.195		17:31:30.265
p8	1:05.869	+5.138	17:34:02.370	(30) Jon Terje Ødegaard				p8	1:14.347	+6.152	17:32:44.612
9	2:57.576	+1:56.845	17:36:59.946	1			17:24:56.890	(123) Morten Midtlie			
p10	1:06.085	+5.354	17:38:06.031	2	1:08.276	+2.434	17:26:05.166	1			17:24:12.899
(69) Bobbo Enger				3	1:06.713	+0.871	17:27:11.879	2	1:08.824	+0.440	17:25:21.723
1			17:24:32.704	4	1:05.959	+0.117	17:28:17.838	3	1:08.436	+0.052	17:26:30.159
2	1:05.037	+2.436	17:25:37.741	5	1:06.089	+0.247	17:29:23.927	4	1:09.029	+0.645	17:27:39.188
3	1:03.601	+1.000	17:26:41.342	6	1:05.903	+0.061	17:30:29.830	5	1:08.839	+0.455	17:28:48.027
4	1:03.323	+0.722	17:27:44.665	7	1:05.842		17:31:35.672	6	1:08.875	+0.491	17:29:56.902
5	1:03.279	+0.678	17:28:47.944	8	1:06.041	+0.199	17:32:41.713	7	1:08.820	+0.436	17:31:05.722
6	1:03.194	+0.593	17:29:51.138	p9	1:12.497	+6.655	17:33:54.210	8	1:08.384		17:32:14.106
7	1:02.601		17:30:53.739	(40) Kim Rønningen				9	1:09.442	+1.058	17:33:23.548
p8	1:08.920	+6.319	17:32:02.659	1			17:23:57.828	10	1:08.467	+0.083	17:34:32.015
(5) Benjamin Storsveen				2	1:08.542	+2.174	17:25:06.370	11	1:09.113	+0.729	17:35:41.128
1			17:23:46.623	3	1:07.815	+1.447	17:26:14.185	12	1:08.713	+0.329	17:36:49.841
2	1:06.207	+2.147	17:24:52.830	4	1:07.653	+1.285	17:27:21.838	p13	1:21.915	+13.531	17:38:11.756
3	1:04.118	+0.058	17:25:56.948	5	1:07.489	+1.121	17:28:29.327	(118) Roger Helgerud			
4	1:04.060		17:27:01.008	6	1:07.003	+0.635	17:29:36.330	1			17:43:16.009
p5	1:09.378	+5.318	17:28:10.386	7	1:06.996	+0.628	17:30:43.326	2	1:12.376	+3.264	17:44:28.385
(34) Anders Lykkebø				8	1:06.368		17:31:49.694	3	1:09.112		17:45:37.497
1			17:24:03.347	9	1:06.737	+0.369	17:32:56.431	4	1:11.066	+1.954	17:46:48.563
2	1:07.268	+1.928	17:25:10.615	10	1:07.896	+1.528	17:34:04.327	5	1:09.636	+0.524	17:47:58.199
3	1:06.150	+0.810	17:26:16.765	p11	1:15.308	+8.940	17:35:19.635	6	1:13.616	+4.504	17:49:11.815
4	1:05.340		17:27:22.105	(356) Andreas Hansen				7	1:10.581	+1.469	17:50:22.396
5	1:07.099	+1.759	17:28:29.204	1			17:24:08.313	8	1:09.556	+0.444	17:51:31.952
p6	1:14.952	+9.612	17:29:44.156	2	1:08.161	+1.598	17:25:16.474	p9	1:20.582	+11.470	17:52:52.534
7	3:48.630	+2:43.290	17:33:32.786	3	1:08.573	+2.010	17:26:25.047	(124) Kim Andre Smeby			
8	1:06.296	+0.956	17:34:39.082	4	1:06.880	+0.317	17:27:31.927	1			17:43:16.952
9	1:05.802	+0.462	17:35:44.884	5	1:06.563		17:28:38.490	2	1:12.252	+3.121	17:44:29.204
10	1:05.341	+0.001	17:36:50.225	6	1:06.720	+0.157	17:29:45.210	3	1:09.714	+0.583	17:45:38.918
p11	1:22.746	+17.406	17:38:12.971	7	1:07.505	+0.942	17:30:52.715	4	1:11.852	+2.721	17:46:50.770
(13) Krister Myrseth				8	1:07.185	+0.622	17:31:59.900	5	1:12.064	+2.933	17:48:02.834
1			17:25:39.130	p9	1:19.046	+12.483	17:33:18.946	6	1:37.967	+28.836	17:49:40.801
2	1:06.638	+1.203	17:26:45.768	(78) Kenneth Skyttermoen				7	1:11.527	+2.396	17:50:52.328
3	1:05.732	+0.297	17:27:51.500	1			17:25:01.715	8	1:12.044	+2.913	17:52:04.372
4	1:06.079	+0.644	17:28:57.579	2	1:08.490	+1.657	17:26:10.205	9	1:09.541	+0.410	17:53:13.913
5	1:05.435		17:30:03.014	3	1:07.665	+0.832	17:27:17.870	10	1:11.419	+2.288	17:54:25.332
6	1:06.685	+1.250	17:31:09.699	4	1:08.074	+1.241	17:28:25.944	11	1:09.131		17:55:34.463
7	1:05.937	+0.502	17:32:15.636	5	1:07.435	+0.602	17:29:33.379	12	1:09.498	+0.367	17:56:43.961
8	1:07.214	+1.779	17:33:22.850	6	1:08.048	+1.215	17:30:41.427	13	1:11.989	+2.858	17:57:55.950
9	1:06.691	+1.256	17:34:29.541	7	1:06.965	+0.132	17:31:48.392	14	1:10.537	+1.406	17:59:06.487
p10	1:14.530	+9.095	17:35:44.071	8	1:07.617	+0.784	17:32:56.009	(42) Alan Gorman			
(99.) Kent-Erik Tøllefsen				9	1:09.711	+2.878	17:34:05.720	1			17:41:58.614
1			17:25:16.208	10	1:08.367	+1.534	17:35:14.087	2	1:20.789	+11.516	17:43:19.403
2	1:07.992	+2.393	17:26:24.200	11	1:06.833		17:36:20.920	3	1:13.698	+4.425	17:44:33.101
3	1:06.751	+1.152	17:27:30.951	12	1:07.236	+0.403	17:37:28.156	4	1:11.059	+1.786	17:45:44.160
4	1:06.907	+1.308	17:28:37.858	p13	1:10.318	+3.485	17:38:38.474	5	1:14.079	+4.806	17:46:58.239
5	1:06.714	+1.115	17:29:44.572	(29) Mia Stenseth Rusthen							
6	1:07.529	+1.930	17:30:52.101	1			17:24:30.962				
7	1:06.288	+0.689	17:31:58.389	2	1:09.670	+2.150	17:25:40.632				
8	1:06.597	+0.998	17:33:04.986								
9	1:07.798	+2.199	17:34:12.784								
10	1:07.034	+1.435	17:35:19.818								



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Lap	Lap Tm	Diff	Time of Day
6	1:12.336	+3.063	17:48:10.575
7	1:11.172	+1.899	17:49:21.747
8	1:11.992	+2.719	17:50:33.739
9	1:11.413	+2.140	17:51:45.152
10	1:09.466	+0.193	17:52:54.618
11	1:10.710	+1.437	17:54:05.328
12	1:10.247	+0.974	17:55:15.575
13	1:09.597	+0.324	17:56:25.172
14	1:09.812	+0.539	17:57:34.984
15	1:09.273		17:58:44.257

(149) Steinar Andersen

1			17:43:45.671
2	1:12.857	+3.442	17:44:58.528
3	1:11.570	+2.155	17:46:10.098
4	1:10.811	+1.396	17:47:20.909
5	1:11.133	+1.718	17:48:32.042
6	1:09.415		17:49:41.457
p7	1:24.074	+14.659	17:51:05.531

(38) Roy Erik Bjørndalen

1			17:48:53.493
2	1:13.853	+3.695	17:50:07.346
3	1:14.893	+4.735	17:51:22.239
4	1:11.060	+0.902	17:52:33.299
5	1:10.158		17:53:43.457
p6	1:16.122	+5.964	17:54:59.579

(5.) Sondre Skyttermoen

p1			17:42:46.894
2	5:18.277	+4:07.491	17:48:05.171
3	1:13.398	+2.612	17:49:18.569
4	1:11.438	+0.652	17:50:30.007
5	1:11.702	+0.916	17:51:41.709
6	1:11.225	+0.439	17:52:52.934
7	1:14.430	+3.644	17:54:07.364
8	1:10.786		17:55:18.150
9	1:13.559	+2.773	17:56:31.709
p10	1:19.494	+8.708	17:57:51.203

(7) Sverre Sørberg

1			17:41:54.777
p2	2:13.325	+1:01.923	17:44:08.102
3	9:04.878	+7:53.476	17:53:12.980
4	1:15.205	+3.803	17:54:28.185
5	1:14.831	+3.429	17:55:43.016
6	1:12.500	+1.098	17:56:55.516
7	1:11.997	+0.595	17:58:07.513
8	1:11.402		17:59:18.915

(99) Svein Kragtorp

1			17:43:05.166
2	1:13.888	+2.401	17:44:19.054
3	1:11.812	+0.325	17:45:30.866
4	1:14.035	+2.548	17:46:44.901
5	1:12.493	+1.006	17:47:57.394
6	1:13.981	+2.494	17:49:11.375
7	1:11.487		17:50:22.862
p8	1:17.100	+5.613	17:51:39.962

(30.) Susanne Ødegaard

1			17:43:33.250
2	1:13.523	+2.022	17:44:46.773
3	1:13.331	+1.830	17:46:00.104
4	1:11.972	+0.471	17:47:12.076
5	1:11.753	+0.252	17:48:23.829

Lap	Lap Tm	Diff	Time of Day
6	1:14.282	+2.781	17:49:38.111
7	1:14.079	+2.578	17:50:52.190
8	1:13.173	+1.672	17:52:05.363
9	1:11.501		17:53:16.864
10	1:11.732	+0.231	17:54:28.596
11	1:14.044	+2.543	17:55:42.640
p12	1:22.656	+11.155	17:57:05.296

(21) Kristin Rusten Heiberg

1			17:44:12.056
2	1:17.809	+5.991	17:45:29.865
3	1:14.805	+2.987	17:46:44.670
4	1:15.149	+3.331	17:47:59.819
5	1:12.972	+1.154	17:49:12.791
6	1:12.032	+0.214	17:50:24.823
7	1:12.153	+0.335	17:51:36.976
8	1:11.818		17:52:48.794
9	1:11.985	+0.167	17:54:00.779
10	1:12.557	+0.739	17:55:13.336
11	1:12.126	+0.308	17:56:25.462
p12	1:19.129	+7.311	17:57:44.591

(112) Oddbjørn Hatterud

1			17:43:04.969
2	1:17.030	+4.957	17:44:21.999
3	1:16.458	+4.385	17:45:38.457
4	1:15.675	+3.602	17:46:54.132
5	1:13.084	+1.011	17:48:07.216
6	1:14.331	+2.258	17:49:21.547
7	1:12.073		17:50:33.620
8	1:12.226	+0.153	17:51:45.846
9	1:16.982	+4.909	17:53:02.828
p10	1:26.105	+14.032	17:54:28.933

(49) Bjørn Rivenes

1			17:42:41.361
2	1:22.702	+10.600	17:44:04.063
3	1:20.048	+7.946	17:45:24.111
4	1:16.639	+4.537	17:46:40.750
5	1:15.729	+3.627	17:47:56.479
6	1:14.417	+2.315	17:49:10.896
7	1:14.665	+2.563	17:50:25.561
8	1:12.677	+0.575	17:51:38.238
9	1:12.102		17:52:50.340
10	1:12.772	+0.670	17:54:03.112
11	1:13.107	+1.005	17:55:16.219
p12	1:21.111	+9.009	17:56:37.330

(241) Alf Karsten Larsen

1			17:40:51.360
2	1:20.672	+8.390	17:42:12.032
3	1:15.439	+3.157	17:43:27.471
4	1:14.199	+1.917	17:44:41.670
5	1:13.106	+0.824	17:45:54.776
6	1:12.565	+0.283	17:47:07.341
7	1:14.635	+2.353	17:48:21.976
8	1:15.431	+3.149	17:49:37.407
9	1:14.538	+2.256	17:50:51.945
10	1:13.994	+1.712	17:52:05.939
11	1:13.051	+0.769	17:53:18.990
12	1:13.294	+1.012	17:54:32.284
13	1:12.282		17:55:44.566
14	1:12.306	+0.024	17:56:56.872
15	1:12.900	+0.618	17:58:09.772
16	1:13.134	+0.852	17:59:22.906

Lap	Lap Tm	Diff	Time of Day
(64) Martin Skjerven			
1			17:42:38.976
2	1:15.437	+3.093	17:43:54.413
3	1:14.282	+1.938	17:45:08.695
4	1:13.429	+1.085	17:46:22.124
5	1:13.846	+1.502	17:47:35.970
6	1:14.507	+2.163	17:48:50.477
7	1:15.855	+3.511	17:50:06.332
8	1:12.344		17:51:18.676
p9	1:21.344	+9.000	17:52:40.020

(16) André Heramb

1			17:42:21.775
2	1:15.269	+2.680	17:43:37.044
3	1:14.428	+1.839	17:44:51.472
4	1:14.391	+1.802	17:46:05.863
5	1:15.979	+3.390	17:47:21.842
6	1:13.949	+1.360	17:48:35.791
7	1:30.919	+18.330	17:50:06.710
8	1:12.589		17:51:19.299
9	1:13.703	+1.114	17:52:33.002
10	1:15.030	+2.441	17:53:48.032
11	1:12.966	+0.377	17:55:00.998
12	1:13.598	+1.009	17:56:14.596
13	1:13.754	+1.165	17:57:28.350
14	1:14.426	+1.837	17:58:42.776

(23) Pål Laukli

1			17:10:15.013
2	2:03.578	+50.735	17:12:18.591
3	1:18.405	+5.562	17:13:36.996
4	1:15.115	+2.272	17:14:52.111
5	1:23.246	+10.403	17:16:15.357
6	1:53.999	+41.156	17:18:09.356
7	1:53.747	+40.904	17:20:03.103
p8	1:53.370	+40.527	17:21:56.473
9	2:17.906	+20:15.063	17:43:24.379
10	1:16.188	+3.345	17:44:40.567
11	1:13.117	+0.274	17:45:53.684
12	1:12.843		17:47:06.527
13	1:14.465	+1.622	17:48:20.992
14	1:14.035	+1.192	17:49:35.027
p15	1:20.350	+7.507	17:50:55.377

(113) Jo-Anders Johnsen

1			17:40:50.145
2	1:28.929	+15.756	17:42:19.074
3	1:17.335	+4.162	17:43:36.409
4	1:14.610	+1.437	17:44:51.019
5	1:14.428	+1.255	17:46:05.447
6	1:14.432	+1.259	17:47:19.879
7	1:15.510	+2.337	17:48:35.389
8	1:22.633	+9.460	17:49:58.022
9	1:13.173		17:51:11.195
10	1:14.460	+1.287	17:52:25.655
11	1:14.483	+1.310	17:53:40.138
12	1:14.043	+0.870	17:54:54.181
13	1:15.862	+2.689	17:56:10.043
14	1:14.245	+1.072	17:57:24.288
15	1:15.435	+2.262	17:58:39.723

(28) Tom Roger Syversen

1			17:42:58.468
2	1:13.622	+0.384	17:44:12.090
3	1:13.238		17:45:25.328
4	1:16.260	+3.022	17:46:41.588



Mandagstrening SMCK

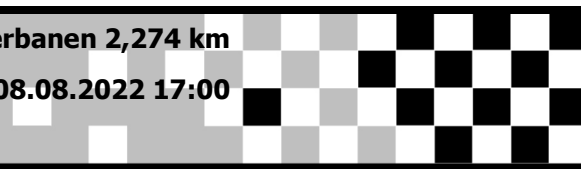
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Vålerbanen 2,274 km

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08.08.2022 17:00

Practice (1:00:00 Time) started at 17:00:00



Lap	Lap Tm	Diff	Time of Day
5	1:16.613	+3.375	17:47:58.201
p6	1:23.077	+9.839	17:49:21.278

(990) Lars Qvale

1			17:41:04.283
2	1:20.588	+4.387	17:42:24.871
3	1:19.591	+3.390	17:43:44.462
4	1:17.599	+1.398	17:45:02.061
5	1:16.778	+0.577	17:46:18.839
6	1:16.844	+0.643	17:47:35.683
7	1:18.335	+2.134	17:48:54.018
8	1:18.364	+2.163	17:50:12.382
9	1:17.990	+1.789	17:51:30.372
10	1:18.465	+2.264	17:52:48.837
11	1:19.563	+3.362	17:54:08.400
12	1:16.563	+0.362	17:55:24.963
13	1:16.446	+0.245	17:56:41.409
14	1:17.836	+1.635	17:57:59.245
15	1:16.201		17:59:15.446

(41.) Geir Svalastog

1			17:42:31.448
p2	1:29.128	+10.580	17:44:00.576
3	3:02.110	+1:43.562	17:47:02.686
4	1:18.548		17:48:21.234
5	1:20.078	+1.530	17:49:41.312
p6	1:25.964	+7.416	17:51:07.276

(105) Pernille Etland

1			17:43:19.827
2	1:21.915	+2.863	17:44:41.742
3	1:20.440	+1.388	17:46:02.182
4	1:20.502	+1.450	17:47:22.684
5	1:19.052		17:48:41.736
p6	1:32.449	+13.397	17:50:14.185

(20) Vidar Jensen

1			17:41:58.810
2	1:24.328	+4.937	17:43:23.138
p3	1:26.173	+6.782	17:44:49.311
4	6:18.699	+4:59.308	17:51:08.010
5	1:22.512	+3.121	17:52:30.522
6	1:24.468	+5.077	17:53:54.990
7	1:21.785	+2.394	17:55:16.775
8	1:21.135	+1.744	17:56:37.910
9	1:26.082	+6.691	17:58:03.992
10	1:19.391		17:59:23.383

(482) Utleiesykkkel 4 SMCK

1			17:04:04.008
2	1:28.402	+7.503	17:05:32.410
3	1:25.155	+4.256	17:06:57.565
4	1:26.136	+5.237	17:08:23.701
5	1:24.318	+3.419	17:09:48.019
6	1:23.396	+2.497	17:11:11.415
7	1:22.522	+1.623	17:12:33.937
8	1:23.439	+2.540	17:13:57.376
9	1:20.899		17:15:18.275
10	1:22.310	+1.411	17:16:40.585
11	1:23.757	+2.858	17:18:04.342
12	1:21.591	+0.692	17:19:25.933
p13	1:38.802	+17.903	17:21:04.735

(204) Thelma Louise Jensen

1			17:04:02.591
2	1:26.475	+2.038	17:05:29.066

Lap	Lap Tm	Diff	Time of Day
3	1:24.437		17:06:53.503
4	1:30.164	+5.727	17:08:23.667
5	1:28.811	+4.374	17:09:52.478
p6	1:35.001	+10.564	17:11:27.479

(33) Lars Petter Nilsen

1			17:42:19.488
2	1:35.259	+4.596	17:43:54.747
3	1:34.300	+3.637	17:45:29.047
4	1:34.663	+4.000	17:47:03.710
5	1:30.663		17:48:34.373
6	1:32.393	+1.730	17:50:06.766
p7	1:44.951	+14.288	17:51:51.717

(182) Utleiesykkkel 1 SMCK

1			17:10:14.012
2	2:06.746	+15.233	17:12:20.758
3	2:00.628	+9.115	17:14:21.386
4	1:55.647	+4.134	17:16:17.033
5	1:51.513		17:18:08.546
6	1:53.397	+1.884	17:20:01.943
p7	2:06.336	+14.823	17:22:08.279

(52) Jenny Hagen Jensen

1			17:04:36.843
2	1:53.472	+0.388	17:06:30.315
3	1:53.894	+0.810	17:08:24.209
4	1:53.487	+0.403	17:10:17.696
5	2:04.799	+11.715	17:12:22.495
6	2:00.649	+7.565	17:14:23.144
7	1:56.260	+3.176	17:16:19.404
8	1:57.279	+4.195	17:18:16.683
9	1:53.084		17:20:09.767
p10	2:05.966	+12.882	17:22:15.733

(29) Audun Gundersen

1			17:24:39.529
p2	1:18.186	3:59:36.589	17:25:57.715

(118.) Finn Kristiansen

p1			17:42:42.590
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