



### Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 2

08.08.2022 18:00

Practice (1:00:00 Time) started at 18:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(15) Thomas Sigvartsen</b>			
1			18:22:23.704
p2	<b>1:07.647</b>	+9.049	18:23:31.351
3	<b>2:13.292</b>	+1:14.694	18:25:44.643
4	<b>59.733</b>	+1.135	18:26:44.376
5	<b>59.703</b>	+1.105	18:27:44.079
6	<b>1:00.910</b>	+2.312	18:28:44.989
7	<b>1:00.975</b>	+2.377	18:29:45.964
8	<b>59.415</b>	+0.817	18:30:45.379
9	<b>58.598</b>		18:31:43.977
10	<b>1:00.744</b>	+2.146	18:32:44.721
11	<b>59.582</b>	+0.984	18:33:44.303
12	<b>59.559</b>	+0.961	18:34:43.862
13	<b>58.742</b>	+0.144	18:35:42.604
14	<b>1:00.793</b>	+2.195	18:36:43.397
15	<b>58.790</b>	+0.192	18:37:42.187
p16	<b>1:03.925</b>	+5.327	18:38:46.112

Lap	Lap Tm	Diff	Time of Day
<b>(69) Bobbo Enger</b>			
1			18:22:58.673
2	<b>1:03.030</b>	+0.821	18:24:01.703
3	<b>1:02.356</b>	+0.147	18:25:04.059
4	<b>1:02.209</b>		18:26:06.268
5	<b>1:02.616</b>	+0.407	18:27:08.884
6	<b>1:03.192</b>	+0.983	18:28:12.076
7	<b>1:02.645</b>	+0.436	18:29:14.721
p8	<b>1:06.816</b>	+4.607	18:30:21.537
9	<b>14:05.639</b>	+13:03.430	18:44:27.176
10	<b>1:09.917</b>	+7.708	18:45:37.093
11	<b>1:10.449</b>	+8.240	18:46:47.542
12	<b>1:12.186</b>	+9.977	18:47:59.728
13	<b>1:10.583</b>	+8.374	18:49:10.311
14	<b>1:07.912</b>	+5.703	18:50:18.223
15	<b>1:07.752</b>	+5.543	18:51:25.975
16	<b>1:12.870</b>	+10.661	18:52:38.845
p17	<b>1:12.652</b>	+10.443	18:53:51.497

Lap	Lap Tm	Diff	Time of Day
<b>(5'') Benjamin Storsveen</b>			
1			18:22:55.910
2	<b>1:03.615</b>	+0.879	18:23:59.525
3	<b>1:03.039</b>	+0.303	18:25:02.564
4	<b>1:02.736</b>		18:26:05.300
5	<b>1:03.459</b>	+0.723	18:27:08.759
p6	<b>1:09.489</b>	+6.753	18:28:18.248
p7	<b>1:47.417</b>	+44.681	18:30:05.665

Lap	Lap Tm	Diff	Time of Day
<b>(93.) Alexander Kronstad</b>			
1			18:23:26.116
2	<b>1:04.910</b>	+0.614	18:24:31.026
3	<b>1:04.814</b>	+0.518	18:25:35.840
4	<b>1:04.549</b>	+0.253	18:26:40.389
5	<b>1:04.296</b>		18:27:44.685
6	<b>1:04.854</b>	+0.558	18:28:49.539
7	<b>1:05.190</b>	+0.894	18:29:54.729
8	<b>1:05.115</b>	+0.819	18:30:59.844
9	<b>1:04.896</b>	+0.600	18:32:04.740
10	<b>1:04.954</b>	+0.658	18:33:09.694
11	<b>1:05.451</b>	+1.155	18:34:15.145
12	<b>1:04.753</b>	+0.457	18:35:19.898
13	<b>1:04.871</b>	+0.575	18:36:24.769
p14	<b>1:14.063</b>	+9.767	18:37:38.832

Lap	Lap Tm	Diff	Time of Day
<b>(13) Krister Myrseth</b>			
1			18:23:42.171
2	<b>1:05.525</b>	+0.771	18:24:47.696

Lap	Lap Tm	Diff	Time of Day
3	<b>1:06.117</b>	+1.363	18:25:53.813
4	<b>1:05.278</b>	+0.524	18:26:59.091
5	<b>1:05.009</b>	+0.255	18:28:04.100
6	<b>1:04.754</b>		18:29:08.854
p7	<b>1:28.903</b>	+24.149	18:30:37.757

Lap	Lap Tm	Diff	Time of Day
<b>(30) Jon Terje Ødegaard</b>			
1			18:24:16.028
2	<b>1:06.328</b>	+1.070	18:25:22.356
3	<b>1:05.537</b>	+0.279	18:26:27.893
4	<b>1:05.258</b>		18:27:33.151
5	<b>1:06.053</b>	+0.795	18:28:39.204
6	<b>1:05.760</b>	+0.502	18:29:44.964
7	<b>1:08.742</b>	+3.484	18:30:53.706
8	<b>1:05.693</b>	+0.435	18:31:59.399
p9	<b>1:13.742</b>	+8.484	18:33:13.141

Lap	Lap Tm	Diff	Time of Day
<b>(99') Kent-Erik Tøllefsen</b>			
1			18:22:35.063
2	<b>1:06.775</b>	+1.362	18:23:41.838
3	<b>1:06.192</b>	+0.779	18:24:48.030
4	<b>1:11.034</b>	+5.621	18:25:59.064
5	<b>1:07.810</b>	+2.397	18:27:06.874
6	<b>1:06.175</b>	+0.762	18:28:13.049
7	<b>1:06.065</b>	+0.652	18:29:19.114
8	<b>1:06.234</b>	+0.821	18:30:25.348
9	<b>1:05.575</b>	+0.162	18:31:30.923
10	<b>1:06.309</b>	+0.896	18:32:37.232
11	<b>1:06.409</b>	+0.996	18:33:43.641
12	<b>1:05.894</b>	+0.481	18:34:49.535
13	<b>1:05.709</b>	+0.296	18:35:55.244
14	<b>1:06.019</b>	+0.606	18:37:01.263
15	<b>1:05.413</b>		18:38:06.676
p16	<b>1:29.314</b>	+23.901	18:39:35.990

Lap	Lap Tm	Diff	Time of Day
<b>(29) Mia Stenseth Rusthen</b>			
1			18:23:04.536
2	<b>1:07.372</b>	+1.879	18:24:11.908
3	<b>1:06.924</b>	+1.431	18:25:18.832
4	<b>1:06.326</b>	+0.833	18:26:25.158
5	<b>1:07.280</b>	+1.787	18:27:32.438
6	<b>1:06.284</b>	+0.791	18:28:38.722
7	<b>1:07.854</b>	+2.361	18:29:46.576
8	<b>1:06.492</b>	+0.999	18:30:53.068
9	<b>1:05.960</b>	+0.467	18:31:59.028
10	<b>1:05.493</b>		18:33:04.521
11	<b>1:06.930</b>	+1.437	18:34:11.451
12	<b>1:06.527</b>	+1.034	18:35:17.978
p13	<b>1:10.452</b>	+4.959	18:36:28.430

Lap	Lap Tm	Diff	Time of Day
<b>(40.) Kim Rønningen</b>			
1			18:23:12.828
2	<b>1:07.081</b>	+1.508	18:24:19.909
3	<b>1:06.210</b>	+0.637	18:25:26.119
4	<b>1:06.518</b>	+0.945	18:26:32.637
5	<b>1:06.316</b>	+0.743	18:27:38.953
6	<b>1:05.988</b>	+0.415	18:28:44.941
7	<b>1:06.286</b>	+0.713	18:29:51.227
8	<b>1:06.259</b>	+0.686	18:30:57.486
9	<b>1:05.858</b>	+0.285	18:32:03.344
10	<b>1:06.489</b>	+0.916	18:33:09.833
11	<b>1:05.721</b>	+0.148	18:34:15.554
12	<b>1:05.573</b>		18:35:21.127
13	<b>1:06.004</b>	+0.431	18:36:27.131
14	<b>1:06.643</b>	+1.070	18:37:33.774
15	<b>1:05.995</b>	+0.422	18:38:39.769

Lap	Lap Tm	Diff	Time of Day
p16	<b>1:38.965</b>	+33.392	18:40:18.734

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			18:23:15.141
2	<b>1:06.495</b>	+0.880	18:24:21.636
3	<b>1:06.220</b>	+0.605	18:25:27.856
4	<b>1:06.226</b>	+0.611	18:26:34.082
5	<b>1:06.099</b>	+0.484	18:27:40.181
6	<b>1:06.080</b>	+0.465	18:28:46.261
7	<b>1:05.945</b>	+0.330	18:29:52.206
8	<b>1:06.016</b>	+0.401	18:30:58.222
9	<b>1:05.615</b>		18:32:03.837
10	<b>1:06.347</b>	+0.732	18:33:10.184
11	<b>1:06.295</b>	+0.680	18:34:16.479
12	<b>1:05.857</b>	+0.242	18:35:22.336
13	<b>1:06.413</b>	+0.798	18:36:28.749
14	<b>1:06.825</b>	+1.210	18:37:35.574
15	<b>1:07.291</b>	+1.676	18:38:42.865
p16	<b>1:20.043</b>	+14.428	18:40:02.908

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			18:23:12.497
2	<b>1:07.010</b>	+1.314	18:24:19.507
3	<b>1:06.260</b>	+0.564	18:25:25.767
4	<b>1:06.505</b>	+0.809	18:26:32.272
5	<b>1:06.353</b>	+0.657	18:27:38.625
6	<b>1:06.009</b>	+0.313	18:28:44.634
7	<b>1:06.296</b>	+0.600	18:29:50.930
8	<b>1:06.183</b>	+0.487	18:30:57.113
9	<b>1:05.776</b>	+0.080	18:32:02.889
10	<b>1:05.696</b>		18:33:08.585
11	<b>1:06.033</b>	+0.337	18:34:14.618
12	<b>1:06.261</b>	+0.565	18:35:20.879
13	<b>1:07.164</b>	+1.468	18:36:28.043
14	<b>1:07.165</b>	+1.469	18:37:35.208
p15	<b>1:15.658</b>	+9.962	18:38:50.866

Lap	Lap Tm	Diff	Time of Day
<b>(126) øystein Nettum</b>			
1			18:26:52.799
2	<b>1:06.080</b>	+0.124	18:27:58.879
3	<b>1:05.985</b>	+0.029	18:29:04.864
4	<b>1:06.115</b>	+0.159	18:30:10.979
5	<b>1:05.956</b>		18:31:16.935
p6	<b>1:17.810</b>	+11.854	18:32:34.745

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			18:23:01.400
2	<b>1:06.249</b>		18:24:07.649
3	<b>1:06.480</b>	+0.231	18:25:14.129
4	<b>1:07.084</b>	+0.835	18:26:21.213
5	<b>1:06.473</b>	+0.224	18:27:27.686
6	<b>1:07.107</b>	+0.858	18:28:34.793
p7	<b>1:18.899</b>	+12.650	18:29:53.692
8	<b>1:41.780</b>	+35.531	18:31:35.472
9	<b>1:06.789</b>	+0.540	18:32:42.261
10	<b>1:07.006</b>	+0.757	18:33:49.267
p11	<b>1:15.765</b>	+9.516	18:35:05.032

Lap	Lap Tm	Diff	Time of Day
<b>(99) Svein Kragtorp</b>			
1			18:41:59.440
2	<b>1:08.787</b>	+1.779	18:43:08.227
3	<b>1:12.302</b>	+5.294	18:44:20.529
4	<b>1:09.734</b>	+2.726	18:45:30.263
5	<b>1:11.957</b>	+4.949	18:46:42.220
6	<b>1:09.484</b>	+2.476	18:47:51.704
7	<b>1:07.939</b>	+0.931	18:48:59.643



### Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 2

08.08.2022 18:00

Practice (1:00:00 Time) started at 18:00:00

Lap	Lap Tm	Diff	Time of Day
8	1:08.982	+1.974	18:50:08.625
9	1:07.008		18:51:15.633
10	1:09.273	+2.265	18:52:24.906
11	1:08.911	+1.903	18:53:33.817
p12	1:16.476	+9.468	18:54:50.293

(118) Roger Helgerud

1			18:42:22.278
2	1:09.836	+2.812	18:43:32.114
3	1:09.282	+2.258	18:44:41.396
4	1:07.918	+0.894	18:45:49.314
5	1:07.949	+0.925	18:46:57.263
6	1:08.423	+1.399	18:48:05.686
7	1:10.976	+3.952	18:49:16.662
8	1:09.303	+2.279	18:50:25.965
9	1:07.388	+0.364	18:51:33.353
10	1:09.276	+2.252	18:52:42.629
11	1:08.904	+1.880	18:53:51.533
12	1:07.341	+0.317	18:54:58.874
13	1:07.024		18:56:05.898
14	1:07.079	+0.055	18:57:12.977
p15	1:25.713	+18.689	18:58:38.690

(120) Roy Erik Bjørndale

1			18:43:46.705
2	1:12.083	+3.999	18:44:58.788
3	1:08.084		18:46:06.872
4	1:08.481	+0.397	18:47:15.353
p5	1:31.103	+23.019	18:48:46.456

(93) Patrik Ommedal

1			18:42:39.147
2	1:09.912	+1.770	18:43:49.059
p3	1:21.045	+12.903	18:45:10.104
4	2:03.629	+55.487	18:47:13.733
5	1:10.945	+2.803	18:48:24.678
6	1:08.894	+0.752	18:49:33.572
7	1:12.143	+4.001	18:50:45.715
8	1:08.959	+0.817	18:51:54.674
9	1:08.717	+0.575	18:53:03.391
10	1:08.142		18:54:11.533
11	1:10.783	+2.641	18:55:22.316
12	1:08.456	+0.314	18:56:30.772
p13	1:14.761	+6.619	18:57:45.533

(33) Vidar Bjørndalen

1			18:42:18.371
2	1:17.995	+9.730	18:43:36.366
3	1:12.409	+4.144	18:44:48.775
4	1:12.694	+4.429	18:46:01.469
5	1:10.991	+2.726	18:47:12.460
6	1:13.189	+4.924	18:48:25.649
7	1:10.536	+2.271	18:49:36.185
8	1:11.554	+3.289	18:50:47.739
9	1:12.637	+4.372	18:52:00.376
10	1:10.508	+2.243	18:53:10.884
11	1:09.841	+1.576	18:54:20.725
12	1:09.906	+1.641	18:55:30.631
13	1:09.513	+1.248	18:56:40.144
14	1:09.090	+0.825	18:57:49.234
15	1:09.887	+1.622	18:58:59.121
16	1:08.265		19:00:07.386

(21) Kristin Rusten Heiberg

1			18:44:26.719
2	1:10.754	+2.354	18:45:37.473

Lap	Lap Tm	Diff	Time of Day
3	1:11.592	+3.192	18:46:49.065
4	1:11.644	+3.244	18:48:00.709
5	1:09.130	+0.730	18:49:09.839
6	1:08.400		18:50:18.239
7	1:10.531	+2.131	18:51:28.770
8	1:09.400	+1.000	18:52:38.170
9	1:10.160	+1.760	18:53:48.330
10	1:10.106	+1.706	18:54:58.436
p11	1:17.290	+8.890	18:56:15.726

(124) Kim Andre Smeby

1			18:42:38.300
2	1:10.207	+1.777	18:43:48.507
3	1:15.854	+7.424	18:45:04.361
4	1:09.351	+0.921	18:46:13.712
5	1:09.396	+0.966	18:47:23.108
6	1:09.850	+1.420	18:48:32.958
7	1:09.116	+0.686	18:49:42.074
8	1:10.682	+2.252	18:50:52.756
9	1:09.836	+1.406	18:52:02.592
10	1:09.492	+1.062	18:53:12.084
11	1:10.982	+2.552	18:54:23.066
12	1:10.010	+1.580	18:55:33.076
13	1:08.647	+0.217	18:56:41.723
14	1:09.167	+0.737	18:57:50.890
15	1:08.908	+0.478	18:58:59.798
16	1:08.430		19:00:08.228

(30.) Susanne Martine Ødegaard

1			18:43:22.886
2	1:11.431	+2.855	18:44:34.317
3	1:11.749	+3.173	18:45:46.066
4	1:10.926	+2.350	18:46:56.992
5	1:10.372	+1.796	18:48:07.364
p6	1:17.434	+8.858	18:49:24.798
7	1:27.911	+19.335	18:50:52.709
8	1:10.652	+2.076	18:52:03.361
9	1:09.349	+0.773	18:53:12.710
10	1:11.101	+2.525	18:54:23.811
11	1:10.127	+1.551	18:55:33.938
12	1:08.576		18:56:42.514
13	1:08.968	+0.392	18:57:51.482
14	1:09.374	+0.798	18:59:00.856
15	1:10.002	+1.426	19:00:10.858

(149) Steinar Andersen

1			18:43:44.700
2	1:10.334	+1.706	18:44:55.034
3	1:10.085	+1.457	18:46:05.119
4	1:09.886	+1.258	18:47:15.005
p5	1:20.388	+11.760	18:48:35.393
6	1:41.406	+32.778	18:50:16.799
7	1:09.700	+1.072	18:51:26.499
8	1:10.053	+1.425	18:52:36.552
9	1:10.306	+1.678	18:53:46.858
10	1:09.728	+1.100	18:54:56.586
11	1:08.628		18:56:05.214
12	1:08.868	+0.240	18:57:14.082
13	1:09.912	+1.284	18:58:23.994
p14	1:22.997	+14.369	18:59:46.991

(42) Alan Gorman

1			18:42:00.743
2	1:10.896	+1.648	18:43:11.639
3	1:09.642	+0.394	18:44:21.281
4	1:13.479	+4.231	18:45:34.760

Lap	Lap Tm	Diff	Time of Day
5	1:12.221	+2.973	18:46:46.981
6	1:11.441	+2.193	18:47:58.422
7	1:09.836	+0.588	18:49:08.258
8	1:09.406	+0.158	18:50:17.664
9	1:11.361	+2.113	18:51:29.025
10	1:09.460	+0.212	18:52:38.485
11	1:09.836	+0.588	18:53:48.321
12	1:13.052	+3.804	18:55:01.373
13	1:09.767	+0.519	18:56:11.140
14	1:09.248		18:57:20.388
15	1:10.843	+1.595	18:58:31.231
16	1:10.230	+0.982	18:59:41.461

(64) Martin Lervik Skjerven

1			18:43:07.960
2	1:11.980	+2.118	18:44:19.940
3	1:09.862		18:45:29.802
4	1:12.815	+2.953	18:46:42.617
5	1:10.619	+0.757	18:47:53.236
6	1:10.880	+1.018	18:49:04.116
7	1:11.283	+1.421	18:50:15.399
8	1:13.816	+3.954	18:51:29.215
9	1:12.742	+2.880	18:52:41.957
10	1:11.429	+1.567	18:53:53.386
p11	1:24.752	+14.890	18:55:18.138

(28) Tom Roger Syversen

1			18:44:12.409
2	1:11.308	+1.128	18:45:23.717
3	1:10.423	+0.243	18:46:34.140
4	1:13.220	+3.040	18:47:47.360
5	1:10.180		18:48:57.540
6	1:14.105	+3.925	18:50:11.645
7	1:10.693	+0.513	18:51:22.338
p8	1:25.315	+15.135	18:52:47.653

(7) Sverre Sørberg

1			18:42:17.055
2	1:12.459	+2.267	18:43:29.514
3	1:10.464	+0.272	18:44:39.978
4	1:10.192		18:45:50.170
5	1:12.281	+2.089	18:47:02.451
6	1:10.820	+0.628	18:48:13.271
7	1:10.682	+0.490	18:49:23.953
8	1:12.538	+2.346	18:50:36.491
9	1:11.704	+1.512	18:51:48.195
10	1:10.945	+0.753	18:52:59.140
11	1:11.459	+1.267	18:54:10.599
12	1:12.050	+1.858	18:55:22.649
13	1:10.392	+0.200	18:56:33.041
14	1:13.046	+2.854	18:57:46.087
15	1:13.128	+2.936	18:58:59.215
16	1:12.116	+1.924	19:00:11.331

(49) Bjørn Rivenes

1			18:43:38.795
2	1:12.030	+1.427	18:44:50.825
3	1:11.389	+0.786	18:46:02.214
4	1:10.636	+0.033	18:47:12.850
5	1:13.137	+2.534	18:48:25.987
6	1:10.805	+0.202	18:49:36.792
7	1:11.427	+0.824	18:50:48.219
8	1:12.462	+1.859	18:52:00.681
9	1:10.603		18:53:11.284
10	1:10.861	+0.258	18:54:22.145
p11	1:16.165	+5.562	18:55:38.310



### Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 2

08.08.2022 18:00

Practice (1:00:00 Time) started at 18:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(231) Kacper Wysocki</b>			
1			18:43:54.656
2	<b>1:14.541</b>	+3.871	18:45:09.197
3	<b>1:13.773</b>	+3.103	18:46:22.970
4	<b>1:11.838</b>	+1.168	18:47:34.808
5	<b>1:11.586</b>	+0.916	18:48:46.394
6	<b>1:11.412</b>	+0.742	18:49:57.806
7	<b>1:11.744</b>	+1.074	18:51:09.550
8	<b>1:12.244</b>	+1.574	18:52:21.794
9	<b>1:14.508</b>	+3.838	18:53:36.302
10	<b>1:11.974</b>	+1.304	18:54:48.276
11	<b>1:12.706</b>	+2.036	18:56:00.982
12	<b>1:11.970</b>	+1.300	18:57:12.952
13	<b>1:12.513</b>	+1.843	18:58:25.465
14	<b>1:10.670</b>		18:59:36.135

Lap	Lap Tm	Diff	Time of Day
<b>(23) Pål Laukli</b>			
1			18:44:45.202
2	<b>1:12.079</b>	+1.304	18:45:57.281
3	<b>1:10.775</b>		18:47:08.056
4	<b>1:12.681</b>	+1.906	18:48:20.737
5	<b>1:12.421</b>	+1.646	18:49:33.158
6	<b>1:13.046</b>	+2.271	18:50:46.204
p7	<b>1:23.232</b>	+12.457	18:52:09.436

Lap	Lap Tm	Diff	Time of Day
<b>(5) Sondre Skyttermoen</b>			
1			18:43:49.834
p2	<b>1:23.634</b>	+12.813	18:45:13.468
3	<b>2:03.882</b>	+53.061	18:47:17.350
4	<b>1:12.640</b>	+1.819	18:48:29.990
5	<b>1:11.648</b>	+0.827	18:49:41.638
6	<b>1:12.448</b>	+1.627	18:50:54.086
7	<b>1:11.598</b>	+0.777	18:52:05.684
8	<b>1:10.821</b>		18:53:16.505
9	<b>1:11.720</b>	+0.899	18:54:28.225
10	<b>1:10.848</b>	+0.027	18:55:39.073
p11	<b>1:23.993</b>	+13.172	18:57:03.066

Lap	Lap Tm	Diff	Time of Day
<b>(241) Alf Karsten Larsen</b>			
1			18:41:51.191
2	<b>1:14.550</b>	+3.567	18:43:05.741
3	<b>1:14.983</b>	+4.000	18:44:20.724
4	<b>1:12.215</b>	+1.232	18:45:32.939
5	<b>1:13.632</b>	+2.649	18:46:46.571
6	<b>1:12.350</b>	+1.367	18:47:58.921
7	<b>1:10.983</b>		18:49:09.904
8	<b>1:12.477</b>	+1.494	18:50:22.381
9	<b>1:12.401</b>	+1.418	18:51:34.782
10	<b>1:12.394</b>	+1.411	18:52:47.176
11	<b>1:12.191</b>	+1.208	18:53:59.367
12	<b>1:13.147</b>	+2.164	18:55:12.514
13	<b>1:12.149</b>	+1.166	18:56:24.663
14	<b>1:13.654</b>	+2.671	18:57:38.317
15	<b>1:13.120</b>	+2.137	18:58:51.437
16	<b>1:13.262</b>	+2.279	19:00:04.699

Lap	Lap Tm	Diff	Time of Day
<b>(113) Jo-Anders Johnsen</b>			
1			18:42:07.815
2	<b>1:11.670</b>		18:43:19.485
3	<b>1:12.853</b>	+1.183	18:44:32.338
4	<b>1:14.891</b>	+3.221	18:45:47.229
5	<b>1:14.850</b>	+3.180	18:47:02.079
6	<b>1:12.128</b>	+0.458	18:48:14.207
7	<b>1:15.089</b>	+3.419	18:49:29.296
8	<b>1:11.912</b>	+0.242	18:50:41.208

Lap	Lap Tm	Diff	Time of Day
9	<b>1:14.142</b>	+2.472	18:51:55.350
10	<b>2:01.838</b>	+50.168	18:53:57.188
11	<b>1:13.712</b>	+2.042	18:55:10.900
12	<b>1:13.504</b>	+1.834	18:56:24.404
13	<b>1:13.720</b>	+2.050	18:57:38.124
14	<b>1:14.154</b>	+2.484	18:58:52.278
15	<b>1:13.822</b>	+2.152	19:00:06.100

Lap	Lap Tm	Diff	Time of Day
<b>(16) André Heramb</b>			
1			18:43:45.470
2	<b>1:20.912</b>	+8.294	18:45:06.382
3	<b>1:19.891</b>	+7.273	18:46:26.273
4	<b>1:14.611</b>	+1.993	18:47:40.884
5	<b>1:14.781</b>	+2.163	18:48:55.665
6	<b>1:18.326</b>	+5.708	18:50:13.991
7	<b>1:12.618</b>		18:51:26.609
8	<b>1:15.087</b>	+2.469	18:52:41.696
9	<b>1:12.737</b>	+0.119	18:53:54.433
10	<b>1:15.274</b>	+2.656	18:55:09.707
11	<b>1:13.980</b>	+1.362	18:56:23.687
12	<b>1:13.740</b>	+1.122	18:57:37.427
13	<b>1:13.738</b>	+1.120	18:58:51.165
14	<b>1:14.117</b>	+1.499	19:00:05.282

Lap	Lap Tm	Diff	Time of Day
<b>(990) Lars Qvale</b>			
1			18:41:50.828
2	<b>1:14.645</b>	+1.247	18:43:05.473
3	<b>1:14.270</b>	+0.872	18:44:19.743
4	<b>1:17.373</b>	+3.975	18:45:37.116
5	<b>1:15.385</b>	+1.987	18:46:52.501
6	<b>1:14.515</b>	+1.117	18:48:07.016
p7	<b>1:24.189</b>	+10.791	18:49:31.205
8	<b>1:42.902</b>	+29.504	18:51:14.107
9	<b>1:18.485</b>	+5.087	18:52:32.592
10	<b>1:14.203</b>	+0.805	18:53:46.795
11	<b>1:16.884</b>	+3.486	18:55:03.679
12	<b>1:14.067</b>	+0.669	18:56:17.746
13	<b>1:13.398</b>		18:57:31.144
14	<b>1:13.743</b>	+0.345	18:58:44.887
15	<b>1:13.406</b>	+0.008	18:59:58.293

Lap	Lap Tm	Diff	Time of Day
<b>(38) Terje Hoelseth</b>			
1			18:43:44.915
2	<b>1:21.192</b>	+6.034	18:45:06.107
3	<b>1:17.486</b>	+2.328	18:46:23.593
4	<b>1:15.158</b>		18:47:38.751
5	<b>1:16.402</b>	+1.244	18:48:55.153
p6	<b>1:25.251</b>	+10.093	18:50:20.404

Lap	Lap Tm	Diff	Time of Day
<b>(52) Vidar Jensen</b>			
1			18:45:09.933
2	<b>1:22.749</b>	+6.779	18:46:32.682
3	<b>1:20.927</b>	+4.957	18:47:53.609
4	<b>1:21.288</b>	+5.318	18:49:14.897
5	<b>1:19.300</b>	+3.330	18:50:34.197
6	<b>1:18.565</b>	+2.595	18:51:52.762
7	<b>1:19.012</b>	+3.042	18:53:11.774
8	<b>1:18.195</b>	+2.225	18:54:29.969
9	<b>1:16.760</b>	+0.790	18:55:46.729
10	<b>1:16.764</b>	+0.794	18:57:03.493
11	<b>1:16.139</b>	+0.169	18:58:19.632
12	<b>1:15.970</b>		18:59:35.602

Lap	Lap Tm	Diff	Time of Day
<b>(105) Pernille Etland</b>			
1			18:44:09.565
2	<b>1:18.832</b>	+2.368	18:45:28.397

Lap	Lap Tm	Diff	Time of Day
3	<b>1:18.584</b>	+2.120	18:46:46.981
4	<b>1:17.241</b>	+0.777	18:48:04.222
5	<b>1:19.453</b>	+2.989	18:49:23.675
6	<b>1:16.464</b>		18:50:40.139
p7	<b>1:27.271</b>	+10.807	18:52:07.410

Lap	Lap Tm	Diff	Time of Day
<b>(3) Geir Svalastog</b>			
1			18:45:46.547
2	<b>1:20.090</b>	+1.766	18:47:06.637
p3	<b>1:25.303</b>	+6.979	18:48:31.940
4	<b>2:06.571</b>	+48.247	18:50:38.511
5	<b>1:18.778</b>	+0.454	18:51:57.289
6	<b>1:18.430</b>	+0.106	18:53:15.719
7	<b>1:18.324</b>		18:54:34.043
8	<b>1:18.822</b>	+0.498	18:55:52.865
9	<b>1:18.984</b>	+0.660	18:57:11.849
10	<b>1:19.928</b>	+1.604	18:58:31.777
11	<b>1:18.752</b>	+0.428	18:59:50.529

Lap	Lap Tm	Diff	Time of Day
<b>(482) Utleiesykel 4 SMCK</b>			
1			18:02:54.573
2	<b>1:24.940</b>	+4.324	18:04:19.513
3	<b>1:22.184</b>	+1.568	18:05:41.697
4	<b>1:23.194</b>	+2.578	18:07:04.891
5	<b>1:21.317</b>	+0.701	18:08:26.208
6	<b>1:23.528</b>	+2.912	18:09:49.736
7	<b>1:21.396</b>	+0.780	18:11:11.132
8	<b>1:22.609</b>	+1.993	18:12:33.741
9	<b>1:22.337</b>	+1.721	18:13:56.078
10	<b>1:23.864</b>	+3.248	18:15:19.942
11	<b>1:21.564</b>	+0.948	18:16:41.506
12	<b>1:20.616</b>		18:18:02.122
13	<b>1:23.488</b>	+2.872	18:19:25.610
p14	<b>1:48.437</b>	+27.821	18:21:14.047

Lap	Lap Tm	Diff	Time of Day
<b>(15) Emilie Louise Jensen</b>			
1			18:03:21.969
2	<b>1:32.333</b>	+11.714	18:04:54.302
3	<b>1:24.964</b>	+4.345	18:06:19.266
4	<b>1:22.197</b>	+1.578	18:07:41.463
5	<b>1:26.348</b>	+5.729	18:09:07.811
6	<b>1:20.619</b>		18:10:28.430
p7	<b>1:38.285</b>	+17.666	18:12:06.715

Lap	Lap Tm	Diff	Time of Day
<b>(126.) Oliver Bjørnerud</b>			
1			18:02:53.818
2	<b>1:26.836</b>	+3.017	18:04:20.654
3	<b>1:28.935</b>	+5.116	18:05:49.589
4	<b>1:26.381</b>	+2.562	18:07:15.970
5	<b>1:28.974</b>	+5.155	18:08:44.944
6	<b>1:28.921</b>	+5.102	18:10:13.865
p7	<b>1:39.774</b>	+15.955	18:11:53.639
8	<b>2:13.088</b>	+49.269	18:14:06.727
9	<b>1:23.819</b>		18:15:30.546
p10	<b>1:31.143</b>	+7.324	18:17:01.689
11	<b>1:57.414</b>	+33.595	18:18:59.103
p12	<b>1:39.068</b>	+15.249	18:20:38.171

Lap	Lap Tm	Diff	Time of Day
<b>(382) Utleiesykel 3 SMCK</b>			
1			18:03:10.255
2	<b>1:44.037</b>	+17.674	18:04:54.292
3	<b>1:45.025</b>	+18.662	18:06:39.317
4	<b>1:32.377</b>	+6.014	18:08:11.694
5	<b>1:31.502</b>	+5.139	18:09:43.196
6	<b>1:30.476</b>	+4.113	18:11:13.672
7	<b>1:36.178</b>	+9.815	18:12:49.850



## Mandagstrening SMCK

**Trening** Vålerbanen 2,274 km

**FP 2** 08.08.2022 18:00

**Practice (1:00:00 Time) started at 18:00:00**

Lap	Lap Tm	Diff	Time of Day
8	1:28.642	+2.279	18:14:18.492
9	1:28.124	+1.761	18:15:46.616
10	1:28.174	+1.811	18:17:14.790
11	<b>1:26.363</b>		18:18:41.153
p12	1:39.357	+12.994	18:20:20.510
<b>(21) Leif Kristiansen</b>			
1			18:42:08.458
2	1:28.587	+0.991	18:43:37.045
3	<b>1:27.596</b>		18:45:04.641
4	1:29.618	+2.022	18:46:34.259
5	1:29.004	+1.408	18:48:03.263
6	1:30.202	+2.606	18:49:33.465
7	1:30.559	+2.963	18:51:04.024
p8	1:42.515	+14.919	18:52:46.539
<b>(182) Utleiesykkkel 1 SMCK</b>			
1			18:04:06.127
2	1:45.221	+12.431	18:05:51.348
3	1:34.984	+2.194	18:07:26.332
4	1:37.644	+4.854	18:09:03.976
5	1:35.287	+2.497	18:10:39.263
6	1:34.107	+1.317	18:12:13.370
7	1:35.631	+2.841	18:13:49.001
8	1:35.443	+2.653	18:15:24.444
9	1:35.148	+2.358	18:16:59.592
10	<b>1:32.790</b>		18:18:32.382
p11	1:44.343	+11.553	18:20:16.725
<b>(104) Kjetil Sørensen</b>			
1			18:04:47.315
2	1:51.383	+10.387	18:06:38.698
3	1:45.676	+4.680	18:08:24.374
4	1:43.350	+2.354	18:10:07.724
5	<b>1:40.996</b>		18:11:48.720
p6	1:50.559	+9.563	18:13:39.279
<b>(52.) Jenny Hagen Jensen</b>			
1			18:05:08.458
2	2:00.457	+8.883	18:07:08.915
3	1:59.142	+7.568	18:09:08.057
4	1:55.020	+3.446	18:11:03.077
5	1:54.662	+3.088	18:12:57.739
6	1:51.784	+0.210	18:14:49.523
7	1:54.693	+3.119	18:16:44.216
8	<b>1:51.574</b>		18:18:35.790
p9	1:59.508	+7.934	18:20:35.298

Lap	Lap Tm	Diff	Time of Day
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Lap	Lap Tm	Diff	Time of Day
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