



### Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

08.08.2022 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(5) Benjamin Storsveen</b>			
1			20:22:44.614
2	<b>1:02.681</b>	+0.762	20:23:47.295
3	<b>1:02.470</b>	+0.551	20:24:49.765
4	<b>1:02.611</b>	+0.692	20:25:52.376
5	<b>1:02.513</b>	+0.594	20:26:54.889
6	<b>1:01.919</b>		20:27:56.808
p7	<b>1:07.415</b>	+5.496	20:29:04.223

Lap	Lap Tm	Diff	Time of Day
<b>(69) Bobbo Enger</b>			
1			20:23:21.378
2	<b>1:04.287</b>	+2.072	20:24:25.665
3	<b>1:02.784</b>	+0.569	20:25:28.449
4	<b>1:03.025</b>	+0.810	20:26:31.474
5	<b>1:02.411</b>	+0.196	20:27:33.885
6	<b>1:02.215</b>		20:28:36.100
7	<b>1:03.369</b>	+1.154	20:29:39.469
8	<b>1:06.977</b>	+4.762	20:30:46.446
p9	<b>1:24.441</b>	+22.226	20:32:10.887

Lap	Lap Tm	Diff	Time of Day
<b>(34) Anders Lykkebø</b>			
1			20:27:04.584
2	<b>1:05.503</b>	+0.560	20:28:10.087
3	<b>1:05.709</b>	+0.766	20:29:15.796
4	<b>1:06.744</b>	+1.801	20:30:22.540
5	<b>1:05.430</b>	+0.487	20:31:27.970
6	<b>1:05.122</b>	+0.179	20:32:33.092
7	<b>1:04.943</b>		20:33:38.035
8	<b>1:04.982</b>	+0.039	20:34:43.017
9	<b>1:05.119</b>	+0.176	20:35:48.136
10	<b>1:05.113</b>	+0.170	20:36:53.249
11	<b>1:05.874</b>	+0.931	20:37:59.123
p12	<b>1:19.489</b>	+14.546	20:39:18.612

Lap	Lap Tm	Diff	Time of Day
<b>(99) Kent-Erik Tøllefsen</b>			
1			20:23:03.696
2	<b>1:07.349</b>	+2.360	20:24:11.045
3	<b>1:06.867</b>	+1.878	20:25:17.912
4	<b>1:05.814</b>	+0.825	20:26:23.726
5	<b>1:05.485</b>	+0.496	20:27:29.211
6	<b>1:05.267</b>	+0.278	20:28:34.478
7	<b>1:04.989</b>		20:29:39.467
8	<b>1:07.622</b>	+2.633	20:30:47.089
9	<b>1:06.258</b>	+1.269	20:31:53.347
10	<b>1:05.328</b>	+0.339	20:32:58.675
11	<b>1:05.894</b>	+0.905	20:34:04.569
12	<b>1:06.391</b>	+1.402	20:35:10.960
13	<b>1:05.532</b>	+0.543	20:36:16.492
14	<b>1:05.195</b>	+0.206	20:37:21.687
15	<b>1:05.993</b>	+1.004	20:38:27.680
p16	<b>1:33.145</b>	+28.156	20:40:00.825

Lap	Lap Tm	Diff	Time of Day
<b>(356) Andreas Hansen</b>			
1			20:22:46.636
2	<b>1:05.999</b>	+0.428	20:23:52.635
3	<b>1:06.261</b>	+0.690	20:24:58.896
4	<b>1:06.249</b>	+0.678	20:26:05.145
5	<b>1:06.694</b>	+1.123	20:27:11.839
6	<b>1:06.250</b>	+0.679	20:28:18.089
7	<b>1:06.351</b>	+0.780	20:29:24.440
8	<b>1:06.218</b>	+0.647	20:30:30.658
9	<b>1:05.571</b>		20:31:36.229
10	<b>1:06.056</b>	+0.485	20:32:42.285
11	<b>1:06.272</b>	+0.701	20:33:48.557
p12	<b>1:19.506</b>	+13.935	20:35:08.063

Lap	Lap Tm	Diff	Time of Day
<b>(78) Kenneth Skyttermoen</b>			
1			20:22:54.035
2	<b>1:08.478</b>	+2.509	20:24:02.513
3	<b>1:07.776</b>	+1.807	20:25:10.289
4	<b>1:06.928</b>	+0.959	20:26:17.217
5	<b>1:06.733</b>	+0.764	20:27:23.950
6	<b>1:07.671</b>	+1.702	20:28:31.621
7	<b>1:07.284</b>	+1.315	20:29:38.905
8	<b>1:08.094</b>	+2.125	20:30:46.999
9	<b>1:07.054</b>	+1.085	20:31:54.053
10	<b>1:05.969</b>		20:33:00.022
11	<b>1:06.572</b>	+0.603	20:34:06.594
12	<b>1:06.374</b>	+0.405	20:35:12.968
13	<b>1:06.514</b>	+0.545	20:36:19.482
14	<b>1:06.573</b>	+0.604	20:37:26.055
15	<b>1:06.972</b>	+1.003	20:38:33.027
p16	<b>1:12.001</b>	+6.032	20:39:45.028

Lap	Lap Tm	Diff	Time of Day
<b>(40.) Kim Rønningen</b>			
1			20:22:52.992
2	<b>1:06.274</b>		20:23:59.266
3	<b>1:06.547</b>	+0.273	20:25:05.813
4	<b>1:06.574</b>	+0.300	20:26:12.387
5	<b>1:06.517</b>	+0.243	20:27:18.904
6	<b>1:06.492</b>	+0.218	20:28:25.396
7	<b>1:07.319</b>	+1.045	20:29:32.715
8	<b>1:07.132</b>	+0.858	20:30:39.847
9	<b>1:07.496</b>	+1.222	20:31:47.343
10	<b>1:07.413</b>	+1.139	20:32:54.756
11	<b>1:07.943</b>	+1.669	20:34:02.699
12	<b>1:08.587</b>	+2.313	20:35:11.286
13	<b>1:06.471</b>	+0.197	20:36:17.757
14	<b>1:06.851</b>	+0.577	20:37:24.608
15	<b>1:07.873</b>	+1.599	20:38:32.481
p16	<b>1:41.723</b>	+35.449	20:40:14.204

Lap	Lap Tm	Diff	Time of Day
<b>(126) øystein Nettum</b>			
1			20:24:46.845
2	<b>1:07.962</b>	+1.640	20:25:54.807
3	<b>1:07.417</b>	+1.095	20:27:02.224
4	<b>1:06.701</b>	+0.379	20:28:08.925
5	<b>1:06.322</b>		20:29:15.247
p6	<b>1:19.437</b>	+13.115	20:30:34.684

Lap	Lap Tm	Diff	Time of Day
<b>(23) Morten Midtlie</b>			
1			20:22:52.984
2	<b>1:08.899</b>	+2.129	20:24:01.883
3	<b>1:07.750</b>	+0.980	20:25:09.633
4	<b>1:07.147</b>	+0.377	20:26:16.780
5	<b>1:06.770</b>		20:27:23.550
6	<b>1:07.725</b>	+0.955	20:28:31.275
7	<b>1:07.138</b>	+0.368	20:29:38.413
8	<b>1:09.152</b>	+2.382	20:30:47.565
9	<b>1:08.703</b>	+1.933	20:31:56.268
p10	<b>1:17.418</b>	+10.648	20:33:13.686

Lap	Lap Tm	Diff	Time of Day
<b>(112) Oddbjørn Hatterud</b>			
1			20:41:57.868
2	<b>1:11.714</b>	+3.427	20:43:09.582
3	<b>1:11.767</b>	+3.480	20:44:21.349
4	<b>1:10.042</b>	+1.755	20:45:31.391
5	<b>1:10.281</b>	+1.994	20:46:41.672
6	<b>1:11.302</b>	+3.015	20:47:52.974
7	<b>1:08.917</b>	+0.630	20:49:01.891
8	<b>1:08.472</b>	+0.185	20:50:10.363

Lap	Lap Tm	Diff	Time of Day
9	<b>1:10.440</b>	+2.153	20:51:20.803
10	<b>1:08.287</b>		20:52:29.090
11	<b>1:10.074</b>	+1.787	20:53:39.164
12	<b>1:10.772</b>	+2.485	20:54:49.936
p13	<b>1:18.486</b>	+10.199	20:56:08.422

Lap	Lap Tm	Diff	Time of Day
<b>(42) Alan Gorman</b>			
1			20:43:18.702
2	<b>1:19.077</b>	+9.338	20:44:37.779
3	<b>1:13.294</b>	+3.555	20:45:51.073
4	<b>1:11.180</b>	+1.441	20:47:02.253
5	<b>1:10.524</b>	+0.785	20:48:12.777
6	<b>1:10.028</b>	+0.289	20:49:22.805
7	<b>1:09.984</b>	+0.245	20:50:32.789
8	<b>1:09.994</b>	+0.255	20:51:42.783
9	<b>1:09.896</b>	+0.157	20:52:52.679
10	<b>1:12.351</b>	+2.612	20:54:05.030
11	<b>1:10.909</b>	+1.170	20:55:15.939
12	<b>1:09.739</b>		20:56:25.678
13	<b>1:10.407</b>	+0.668	20:57:36.085
14	<b>1:13.128</b>	+3.389	20:58:49.213

Lap	Lap Tm	Diff	Time of Day
<b>(30.) Susanne Martine Ødegaard</b>			
1			20:43:00.105
2	<b>1:12.641</b>	+2.115	20:44:12.746
3	<b>1:11.120</b>	+0.594	20:45:23.866
4	<b>1:10.526</b>		20:46:34.392
5	<b>1:10.834</b>	+0.308	20:47:45.226
6	<b>1:12.262</b>	+1.736	20:48:57.488
7	<b>1:11.442</b>	+0.916	20:50:08.930
8	<b>1:15.090</b>	+4.564	20:51:24.020
9	<b>1:10.537</b>	+0.011	20:52:34.557
p10	<b>1:27.210</b>	+16.684	20:54:01.767

Lap	Lap Tm	Diff	Time of Day
<b>(5) Sondre Skyttermoen</b>			
1			20:43:44.135
2	<b>1:11.783</b>	+1.243	20:44:55.918
3	<b>1:11.195</b>	+0.655	20:46:07.113
4	<b>1:12.966</b>	+2.426	20:47:20.079
5	<b>1:12.223</b>	+1.683	20:48:32.302
6	<b>1:11.091</b>	+0.551	20:49:43.393
7	<b>1:10.818</b>	+0.278	20:50:54.211
8	<b>1:10.540</b>		20:52:04.751
p9	<b>1:29.477</b>	+18.937	20:53:34.228

Lap	Lap Tm	Diff	Time of Day
<b>(49) Bjørn Rivenes</b>			
1			20:42:40.971
2	<b>1:17.635</b>	+6.788	20:43:58.606
3	<b>1:15.466</b>	+4.619	20:45:14.072
4	<b>1:14.885</b>	+4.038	20:46:28.957
5	<b>1:13.460</b>	+2.613	20:47:42.417
6	<b>1:14.926</b>	+4.079	20:48:57.343
7	<b>1:10.847</b>		20:50:08.190
p8	<b>1:18.095</b>	+7.248	20:51:26.285

Lap	Lap Tm	Diff	Time of Day
<b>(28) Tom Roger Syversen</b>			
1			20:45:19.652
2	<b>1:11.128</b>	+0.277	20:46:30.780
3	<b>1:12.490</b>	+1.639	20:47:43.270
4	<b>1:15.130</b>	+4.279	20:48:58.400
5	<b>1:12.033</b>	+1.182	20:50:10.433
6	<b>1:14.092</b>	+3.241	20:51:24.525
7	<b>1:12.580</b>	+1.729	20:52:37.105
8	<b>1:11.182</b>	+0.331	20:53:48.287
9	<b>1:10.851</b>		20:54:59.138
p10	<b>1:20.148</b>	+9.297	20:56:19.286



### Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP 4

08.08.2022 20:00

Practice (1:00:00 Time) started at 20:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(241) Alf Karsten Larsen</b>			
1			20:43:19.065
2	<b>1:18.001</b>	+6.752	20:44:37.066
3	<b>1:13.725</b>	+2.476	20:45:50.791
4	<b>1:11.945</b>	+0.696	20:47:02.736
5	<b>1:11.255</b>	+0.006	20:48:13.991
6	<b>1:11.249</b>		20:49:25.240
7	<b>1:11.815</b>	+0.566	20:50:37.055
8	<b>1:11.773</b>	+0.524	20:51:48.828
9	<b>1:11.693</b>	+0.444	20:53:00.521
10	<b>1:12.724</b>	+1.475	20:54:13.245
11	<b>1:12.689</b>	+1.440	20:55:25.934
12	<b>1:12.702</b>	+1.453	20:56:38.636
13	<b>1:12.754</b>	+1.505	20:57:51.390
14	<b>1:12.254</b>	+1.005	20:59:03.644

Lap	Lap Tm	Diff	Time of Day
<b>(7) Sverre Sørberg</b>			
1			20:42:40.306
2	<b>1:17.006</b>	+5.392	20:43:57.312
3	<b>1:13.434</b>	+1.820	20:45:10.746
4	<b>1:13.136</b>	+1.522	20:46:23.882
5	<b>1:13.312</b>	+1.698	20:47:37.194
6	<b>1:11.614</b>		20:48:48.808
7	<b>1:13.711</b>	+2.097	20:50:02.519
8	<b>1:13.278</b>	+1.664	20:51:15.797
9	<b>1:13.447</b>	+1.833	20:52:29.244
p10	<b>1:23.323</b>	+11.709	20:53:52.567

Lap	Lap Tm	Diff	Time of Day
<b>(113) Jo-Anders Johnsen</b>			
1			20:41:35.423
2	<b>1:14.154</b>	+1.575	20:42:49.577
3	<b>1:15.771</b>	+3.192	20:44:05.348
4	<b>1:13.311</b>	+0.732	20:45:18.659
5	<b>1:12.935</b>	+0.356	20:46:31.594
6	<b>1:13.039</b>	+0.460	20:47:44.633
7	<b>1:14.925</b>	+2.346	20:48:59.558
8	<b>1:12.579</b>		20:50:12.137
9	<b>1:13.711</b>	+1.132	20:51:25.848
10	<b>1:13.156</b>	+0.577	20:52:39.004
11	<b>1:14.801</b>	+2.222	20:53:53.805
12	<b>1:13.587</b>	+1.008	20:55:07.392
13	<b>1:15.123</b>	+2.544	20:56:22.515
14	<b>1:13.211</b>	+0.632	20:57:35.726
15	<b>1:14.659</b>	+2.080	20:58:50.385

Lap	Lap Tm	Diff	Time of Day
<b>(16) André Heramb</b>			
1			20:44:13.390
2	<b>1:14.063</b>	+0.301	20:45:27.453
3	<b>1:15.599</b>	+1.837	20:46:43.052
4	<b>1:14.928</b>	+1.166	20:47:57.980
5	<b>1:13.958</b>	+0.196	20:49:11.938
6	<b>1:13.762</b>		20:50:25.700
7	<b>1:14.024</b>	+0.262	20:51:39.724
p8	<b>1:22.109</b>	+8.347	20:53:01.833

Lap	Lap Tm	Diff	Time of Day
<b>(149) Steinar Andersen</b>			
1			20:41:38.217
2	<b>1:15.310</b>	+0.754	20:42:53.527
3	<b>1:18.218</b>	+3.662	20:44:11.745
4	<b>1:15.204</b>	+0.648	20:45:26.949
5	<b>1:14.556</b>		20:46:41.505
p6	<b>1:22.538</b>	+7.982	20:48:04.043

Lap	Lap Tm	Diff	Time of Day
<b>(52) Vidar Jensen</b>			
1			20:41:43.867

Lap	Lap Tm	Diff	Time of Day
2	<b>1:17.420</b>	+2.336	20:43:01.287
3	<b>1:19.002</b>	+3.918	20:44:20.289
4	<b>1:17.126</b>	+2.042	20:45:37.415
5	<b>1:16.052</b>	+0.968	20:46:53.467
6	<b>1:15.116</b>	+0.032	20:48:08.583
7	<b>1:15.752</b>	+0.668	20:49:24.335
8	<b>1:15.290</b>	+0.206	20:50:39.625
9	<b>1:15.084</b>		20:51:54.709
10	<b>1:16.734</b>	+1.650	20:53:11.443
11	<b>1:43.849</b>	+28.765	20:54:55.292

Lap	Lap Tm	Diff	Time of Day
<b>(126.) Oliver Bjørnerud</b>			
1			20:01:48.383
p2	<b>1:30.722</b>	+13.062	20:03:19.105
3	<b>2:21.946</b>	+1:04.286	20:05:41.051
4	<b>1:18.887</b>	+1.227	20:06:59.938
5	<b>1:20.026</b>	+2.366	20:08:19.964
6	<b>1:19.534</b>	+1.874	20:09:39.498
7	<b>1:20.389</b>	+2.729	20:10:59.887
8	<b>1:20.352</b>	+2.692	20:12:20.239
9	<b>1:22.786</b>	+5.126	20:13:43.025
10	<b>1:22.714</b>	+5.054	20:15:05.739
11	<b>1:23.725</b>	+6.065	20:16:29.464
12	<b>1:19.111</b>	+1.451	20:17:48.575
13	<b>1:17.660</b>		20:19:06.235
p14	<b>1:39.384</b>	+21.724	20:20:45.619

Lap	Lap Tm	Diff	Time of Day
<b>(204) Thelma Louise Jensen</b>			
1			20:02:50.549
2	<b>1:24.875</b>	+3.315	20:04:15.424
3	<b>1:26.945</b>	+5.385	20:05:42.369
4	<b>1:24.688</b>	+3.128	20:07:07.057
5	<b>1:22.043</b>	+0.483	20:08:29.100
6	<b>1:21.560</b>		20:09:50.660
p7	<b>1:35.761</b>	+14.201	20:11:26.421
8	<b>2:04.497</b>	+42.937	20:13:30.918
p9	<b>1:40.566</b>	+19.006	20:15:11.484

Lap	Lap Tm	Diff	Time of Day
<b>(482) Utleiesykel 4 SMCK</b>			
1			20:01:42.611
2	<b>1:29.519</b>	+7.842	20:03:12.130
3	<b>1:27.380</b>	+5.703	20:04:39.510
4	<b>1:27.516</b>	+5.839	20:06:07.026
5	<b>1:24.818</b>	+3.141	20:07:31.844
6	<b>1:24.978</b>	+3.301	20:08:56.822
7	<b>1:27.408</b>	+5.731	20:10:24.230
8	<b>1:25.162</b>	+3.485	20:11:49.392
9	<b>1:24.273</b>	+2.596	20:13:13.665
10	<b>1:22.867</b>	+1.190	20:14:36.532
11	<b>1:21.753</b>	+0.076	20:15:58.285
12	<b>1:23.198</b>	+1.521	20:17:21.483
13	<b>1:21.677</b>		20:18:43.160
p14	<b>1:34.467</b>	+12.790	20:20:17.627

Lap	Lap Tm	Diff	Time of Day
<b>(382) Utleiesykel 3 SMCK</b>			
1			20:01:46.079
p2	<b>1:35.403</b>	+10.429	20:03:21.482
3	<b>2:28.665</b>	+1:03.691	20:05:50.147
4	<b>1:31.703</b>	+6.729	20:07:21.850
5	<b>1:32.928</b>	+7.954	20:08:54.778
p6	<b>1:39.513</b>	+14.539	20:10:34.291
7	<b>3:55.724</b>	+2:30.750	20:14:30.015
8	<b>1:25.788</b>	+0.814	20:15:55.803
9	<b>1:25.564</b>	+0.590	20:17:21.367
10	<b>1:24.974</b>		20:18:46.341
p11	<b>1:35.152</b>	+10.178	20:20:21.493

Lap	Lap Tm	Diff	Time of Day
<b>(104) Kjetil Sørensen</b>			
1			20:02:22.703
2	<b>1:38.583</b>	+3.807	20:04:01.286
3	<b>1:40.243</b>	+5.467	20:05:41.529
4	<b>1:36.940</b>	+2.164	20:07:18.469
5	<b>1:35.081</b>	+0.305	20:08:53.550
6	<b>1:38.466</b>	+3.690	20:10:32.016
7	<b>1:37.970</b>	+3.194	20:12:09.986
8	<b>1:37.313</b>	+2.537	20:13:47.299
9	<b>1:34.847</b>	+0.071	20:15:22.146
10	<b>1:34.776</b>		20:16:56.922
11	<b>1:34.876</b>	+0.100	20:18:31.798
p12	<b>1:47.890</b>	+13.114	20:20:19.688

Lap	Lap Tm	Diff	Time of Day
<b>(58) Kai Jarre</b>			
1			20:44:21.805
2	<b>1:37.360</b>		20:45:59.165
p3	<b>1:40.740</b>	+3.380	20:47:39.905
p4	<b>2:31.861</b>	+54.501	20:50:11.766

Lap	Lap Tm	Diff	Time of Day
<b>(52.) Jenny Hagen Jensen</b>			
1			20:02:09.282
2	<b>1:51.567</b>	+3.150	20:04:00.849
3	<b>1:49.627</b>	+1.210	20:05:50.476
4	<b>1:48.940</b>	+0.523	20:07:39.416
5	<b>1:50.352</b>	+1.935	20:09:29.768
6	<b>1:50.252</b>	+1.835	20:11:20.020
7	<b>1:51.206</b>	+2.789	20:13:11.226
8	<b>1:51.246</b>	+2.829	20:15:02.472
9	<b>1:48.417</b>		20:16:50.889
10	<b>1:48.959</b>	+0.542	20:18:39.848
p11	<b>2:03.860</b>	+15.443	20:20:43.708

Lap	Lap Tm	Diff	Time of Day
<b>(990) Lars Qvale</b>			
1			20:42:21.957
p2	<b>2:29.336</b>	3:58:25.439	20:44:51.293