



# Mandagstrening SMCK

Trening

Vålerbanen 2,274 km

FP - Alle Klasser

12.09.2022 16:00

Practice (4:00:00 Time) started at 16:00:00

Lap	Lap Tm	Diff	Time of Day
<b>(40) Kim Rønningen</b>			
1			16:06:01.515
2	<b>1:06.841</b>	+0.735	16:07:08.356
3	<b>1:07.565</b>	+1.459	16:08:15.921
4	<b>1:07.566</b>	+1.460	16:09:23.487
5	<b>1:08.051</b>	+1.945	16:10:31.538
6	<b>1:07.610</b>	+1.504	16:11:39.148
7	<b>1:07.248</b>	+1.142	16:12:46.396
8	<b>1:07.430</b>	+1.324	16:13:53.826
9	<b>1:07.230</b>	+1.124	16:15:01.056
10	<b>1:07.229</b>	+1.123	16:16:08.285
11	<b>1:06.106</b>		16:17:14.391
12	<b>1:06.218</b>	+0.112	16:18:20.609
p13	<b>1:14.726</b>	+8.620	16:19:35.335

Lap	Lap Tm	Diff	Time of Day
<b>(34) Anders Lykkebø</b>			
1			16:06:27.110
2	<b>1:14.698</b>	+4.614	16:07:41.808
3	<b>1:11.502</b>	+1.418	16:08:53.310
4	<b>1:10.678</b>	+0.594	16:10:03.988
5	<b>1:10.084</b>		16:11:14.072
p6	<b>1:25.123</b>	+15.039	16:12:39.195
7	<b>1:58:56.491</b>	1:57:46.407	18:11:35.686
8	<b>1:19.416</b>	+9.332	18:12:55.102
9	<b>1:18.910</b>	+8.826	18:14:14.012
10	<b>1:17.605</b>	+7.521	18:15:31.617
11	<b>1:15.997</b>	+5.913	18:16:47.614
12	<b>1:15.259</b>	+5.175	18:18:02.873
p13	<b>1:27.910</b>	+17.826	18:19:30.783

Lap	Lap Tm	Diff	Time of Day
<b>(5) Sondre Skyttermoen</b>			
1			16:08:37.717
2	<b>1:14.165</b>	+2.846	16:09:51.882
3	<b>1:11.752</b>	+0.433	16:11:03.634
4	<b>1:11.319</b>		16:12:14.953
p5	<b>1:14.761</b>	+3.442	16:13:29.714
6	<b>1:09:29.740</b>	+9:18.421	16:23:59.454
7	<b>1:31.176</b>	+19.857	16:25:30.630
8	<b>1:26.821</b>	+15.502	16:26:57.451
9	<b>1:27.325</b>	+16.006	16:28:24.776
10	<b>1:27.111</b>	+15.792	16:29:51.887
11	<b>1:25.063</b>	+13.744	16:31:16.950
12	<b>1:23.537</b>	+12.218	16:32:40.487
13	<b>1:22.840</b>	+11.521	16:34:03.327
14	<b>1:27.127</b>	+15.808	16:35:30.454
15	<b>1:36.895</b>	+25.576	16:37:07.349
p16	<b>1:33.250</b>	+21.931	16:38:40.599

Lap	Lap Tm	Diff	Time of Day
<b>(582) Utleiesykkel 5 SMCK</b>			
1			16:41:45.854
2	<b>1:24.441</b>	+7.095	16:43:10.295
3	<b>1:21.658</b>	+4.312	16:44:31.953
4	<b>1:23.956</b>	+6.610	16:45:55.909
5	<b>1:17.720</b>	+0.374	16:47:13.629
6	<b>1:17.346</b>		16:48:30.975
7	<b>1:19.834</b>	+2.488	16:49:50.809
p8	<b>5:13.713</b>	+3:56.367	16:55:04.522
9	<b>45:16.126</b>	+43:58.780	17:40:20.648
10	<b>1:27.599</b>	+10.253	17:41:48.247
11	<b>1:26.936</b>	+9.590	17:43:15.183
12	<b>1:26.938</b>	+9.592	17:44:42.121
13	<b>1:25.312</b>	+7.966	17:46:07.433
p14	<b>1:32.496</b>	+15.150	17:47:39.929
15	<b>2:45.560</b>	+1:28.214	17:50:25.489
16	<b>1:25.343</b>	+7.997	17:51:50.832

Lap	Lap Tm	Diff	Time of Day
17	<b>1:27.638</b>	+10.292	17:53:18.470
p18	<b>1:38.166</b>	+20.820	17:54:56.636
19	<b>34:18.465</b>	+33:01.119	18:29:15.101
20	<b>1:28.292</b>	+10.946	18:30:43.393
21	<b>1:26.569</b>	+9.223	18:32:09.962
22	<b>1:26.392</b>	+9.046	18:33:36.354
23	<b>1:29.123</b>	+11.777	18:35:05.477
24	<b>1:29.170</b>	+11.824	18:36:34.647
25	<b>1:33.318</b>	+15.972	18:38:07.965
26	<b>1:34.417</b>	+17.071	18:39:42.382
27	<b>1:31.755</b>	+14.409	18:41:14.137
p28	<b>1:40.743</b>	+23.397	18:42:54.880

Lap	Lap Tm	Diff	Time of Day
<b>(123) Morten Midtlie</b>			
1			18:46:49.765
2	<b>1:22.659</b>	+4.483	18:48:12.424
3	<b>1:20.005</b>	+1.829	18:49:32.429
4	<b>1:19.105</b>	+0.929	18:50:51.534
5	<b>1:21.292</b>	+3.116	18:52:12.826
6	<b>1:19.081</b>	+0.905	18:53:31.907
7	<b>1:18.771</b>	+0.595	18:54:50.678
8	<b>1:18.563</b>	+0.387	18:56:09.241
9	<b>1:19.738</b>	+1.562	18:57:28.979
10	<b>1:18.176</b>		18:58:47.155
11	<b>1:19.356</b>	+1.180	19:00:06.511
p12	<b>1:26.144</b>	+7.968	19:01:32.655

Lap	Lap Tm	Diff	Time of Day
<b>(29) Audun Gundersen</b>			
1			16:06:07.700
2	<b>1:19.308</b>		16:07:27.008
p3	<b>1:22.644</b>	+3.336	16:08:49.652
4	<b>33:53.651</b>	+32:34.343	16:42:43.303
p5	<b>1:27.726</b>	+8.418	16:44:11.029

Lap	Lap Tm	Diff	Time of Day
<b>(50) Tor Christensen</b>			
1			16:43:07.279
2	<b>1:23.306</b>	+2.535	16:44:30.585
3	<b>1:25.918</b>	+5.147	16:45:56.503
4	<b>1:22.437</b>	+1.666	16:47:18.940
5	<b>1:20.771</b>		16:48:39.711
p6	<b>1:31.137</b>	+10.366	16:50:10.848
7	<b>32:45.157</b>	+31:24.386	17:22:56.005
8	<b>1:34.118</b>	+13.347	17:24:30.123
9	<b>1:29.564</b>	+8.793	17:25:59.687
10	<b>1:28.842</b>	+8.071	17:27:28.529
11	<b>1:27.448</b>	+6.677	17:28:55.977
12	<b>1:27.459</b>	+6.688	17:30:23.436
13	<b>1:27.166</b>	+6.395	17:31:50.602
14	<b>1:29.035</b>	+8.264	17:33:19.637
p15	<b>1:37.870</b>	+17.099	17:34:57.507

Lap	Lap Tm	Diff	Time of Day
<b>(382) Utleiesykkel 3 SMCK</b>			
1			16:24:00.901
2	<b>1:28.448</b>	+5.278	16:25:29.349
3	<b>1:27.713</b>	+4.543	16:26:57.062
4	<b>1:28.311</b>	+5.141	16:28:25.373
5	<b>1:27.495</b>	+4.325	16:29:52.868
6	<b>1:23.170</b>		16:31:16.038
7	<b>1:23.950</b>	+0.780	16:32:39.988
8	<b>1:24.276</b>	+1.106	16:34:04.264
9	<b>1:27.245</b>	+4.075	16:35:31.509
10	<b>1:35.505</b>	+12.335	16:37:07.014
p11	<b>1:30.925</b>	+7.755	16:38:37.939
12	<b>4:10.938</b>	+2:47.768	16:42:48.877
13	<b>1:38.473</b>	+15.303	16:44:27.350
14	<b>1:36.566</b>	+13.396	16:46:03.916

Lap	Lap Tm	Diff	Time of Day
15	<b>1:33.438</b>	+10.268	16:47:37.354
16	<b>1:36.495</b>	+13.325	16:49:13.849
17	<b>1:49.772</b>	+26.602	16:51:03.621
p18	<b>2:14.226</b>	+51.056	16:53:17.847
p19	<b>16:27.626</b>	+15:04.456	17:09:45.473
20	<b>4:25.981</b>	+3:02.811	17:14:11.454
21	<b>1:39.570</b>	+16.400	17:15:51.024
22	<b>1:31.272</b>	+8.102	17:17:22.296
p23	<b>1:42.719</b>	+19.549	17:19:05.015
24	<b>3:45.499</b>	+2:22.329	17:22:50.514
25	<b>1:29.437</b>	+6.267	17:24:19.951
26	<b>1:28.863</b>	+5.693	17:25:48.814
27	<b>1:28.757</b>	+5.587	17:27:17.571
28	<b>1:29.393</b>	+6.223	17:28:46.964
29	<b>1:28.444</b>	+5.274	17:30:15.408
30	<b>1:29.310</b>	+6.140	17:31:44.718
31	<b>1:35.582</b>	+12.412	17:33:20.300
p32	<b>1:40.381</b>	+17.211	17:35:00.681
33	<b>6:41.262</b>	+5:18.092	17:41:41.943
34	<b>1:36.461</b>	+13.291	17:43:18.404
35	<b>1:32.061</b>	+8.891	17:44:50.465
36	<b>1:31.153</b>	+7.983	17:46:21.618
37	<b>1:36.609</b>	+13.439	17:47:58.227
38	<b>1:32.307</b>	+9.137	17:49:30.534
39	<b>1:29.565</b>	+6.395	17:51:00.099
40	<b>1:28.672</b>	+5.502	17:52:28.771
41	<b>1:33.866</b>	+10.696	17:54:02.637
42	<b>1:33.443</b>	+10.273	17:55:36.080
43	<b>1:30.483</b>	+7.313	17:57:06.563
44	<b>1:29.156</b>	+5.986	17:58:35.719
p45	<b>1:34.587</b>	+11.417	18:00:10.306
46	<b>29:26.221</b>	+28:03.051	18:29:36.527
47	<b>1:30.673</b>	+7.503	18:31:07.200
48	<b>1:32.055</b>	+8.885	18:32:39.255
49	<b>1:28.849</b>	+5.679	18:34:08.104
50	<b>1:29.950</b>	+6.780	18:35:38.054
p51	<b>1:39.975</b>	+16.805	18:37:18.029

Lap	Lap Tm	Diff	Time of Day
<b>(52) Vidar Jensen</b>			
1			16:43:18.238
2	<b>1:23.418</b>		16:44:41.656
3	<b>1:23.735</b>	+0.317	16:46:05.391
4	<b>1:32.409</b>	+8.991	16:47:37.800
5	<b>1:29.672</b>	+6.254	16:49:07.472
6	<b>1:28.599</b>	+5.181	16:50:36.071
p7	<b>1:52.788</b>	+29.370	16:52:28.859
8	<b>50:23.437</b>	+49:00.019	17:42:52.296
9	<b>1:32.590</b>	+9.172	17:44:24.886
10	<b>1:30.326</b>	+6.908	17:45:55.212
11	<b>1:29.582</b>	+6.164	17:47:24.794
12	<b>1:31.805</b>	+8.387	17:48:56.599
p13	<b>1:38.474</b>	+15.056	17:50:35.073
14	<b>6:06.889</b>	+4:43.471	17:56:41.962
15	<b>1:33.318</b>	+9.900	17:58:15.280
p16	<b>1:35.512</b>	+12.094	17:59:50.792
17	<b>50:46.159</b>	+49:22.741	18:50:36.951
18	<b>1:37.786</b>	+14.368	18:52:14.737
19	<b>1:38.341</b>	+14.923	18:53:53.078
20	<b>1:36.726</b>	+13.308	18:55:29.804
21	<b>1:36.683</b>	+13.265	18:57:06.487
22	<b>1:36.374</b>	+12.956	18:58:42.861
23	<b>1:37.540</b>	+14.122	19:00:20.401
p24	<b>1:44.400</b>	+20.982	19:02:04.801

Lap	Lap Tm	Diff	Time of Day
<b>(282) Utleiesykkel 2 SMCK</b>			
1			16:25:08.131



# Mandagstrening SMCK

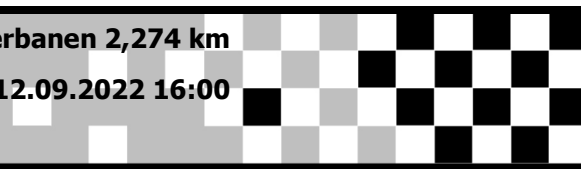
Trening

Vålerbanen 2,274 km

FP - Alle Klasser

12.09.2022 16:00

Practice (4:00:00 Time) started at 16:00:00



Lap	Lap Tm	Diff	Time of Day
2	1:38.279	+12.275	16:26:46.410
3	1:37.885	+11.881	16:28:24.295
4	1:37.409	+11.405	16:30:01.704
5	1:32.055	+6.051	16:31:33.759
6	1:30.958	+4.954	16:33:04.717
7	1:30.337	+4.333	16:34:35.054
8	1:30.143	+4.139	16:36:05.197
9	1:29.444	+3.440	16:37:34.641
p10	1:36.457	+10.453	16:39:11.098
11	3:35.312	+2:09.308	16:42:46.410
12	1:39.324	+13.320	16:44:25.734
13	1:38.976	+12.972	16:46:04.710
14	1:33.706	+7.702	16:47:38.416
15	1:33.353	+7.349	16:49:11.769
16	1:51.078	+25.074	16:51:02.847
p17	2:09.874	+43.870	16:53:12.721
18	15:42.444	+14:16.440	17:08:55.165
19	1:38.920	+12.916	17:10:34.085
20	1:35.323	+9.319	17:12:09.408
p21	1:38.549	+12.545	17:13:47.957
22	7:49.210	+6:23.206	17:21:37.167
23	1:30.282	+4.278	17:23:07.449
24	1:29.026	+3.022	17:24:36.475
25	1:29.801	+3.797	17:26:06.276
26	1:26.778	+0.774	17:27:33.054
27	1:27.633	+1.629	17:29:00.687
28	1:26.971	+0.967	17:30:27.658
29	1:25.004		17:31:53.662
30	1:27.410	+1.406	17:33:21.072
p31	1:38.364	+12.360	17:34:59.436
32	12:34.905	+11:08.901	17:47:34.341
33	1:34.988	+8.984	17:49:09.329
34	1:32.471	+6.467	17:50:41.800
35	1:32.674	+6.670	17:52:14.474
36	1:31.726	+5.722	17:53:46.200
37	1:30.209	+4.205	17:55:16.409
38	1:29.132	+3.128	17:56:45.541
39	1:27.738	+1.734	17:58:13.279
p40	1:31.188	+5.184	17:59:44.467
41	29:45.587	+28:19.583	18:29:30.054
42	1:30.955	+4.951	18:31:01.009
43	1:30.954	+4.950	18:32:31.963
44	1:27.749	+1.745	18:33:59.712
45	1:28.600	+2.596	18:35:28.312
46	1:29.649	+3.645	18:36:57.961
47	1:42.213	+16.209	18:38:40.174
48	1:36.357	+10.353	18:40:16.531
49	2:53.790	+1:27.786	18:43:10.321
p50	1:52.354	+26.350	18:45:02.675

Lap	Lap Tm	Diff	Time of Day
16	2:46.272	+1:11.090	17:22:00.376
17	1:39.160	+3.978	17:23:39.536
18	1:39.096	+3.914	17:25:18.632
19	1:36.468	+1.286	17:26:55.100
20	1:36.717	+1.535	17:28:31.817
21	1:35.821	+0.639	17:30:07.638
22	1:36.205	+1.023	17:31:43.843
23	1:35.182		17:33:19.025
p24	1:45.059	+9.877	17:35:04.084
25	12:53.455	+11:18.273	17:47:57.539
26	1:40.098	+4.916	17:49:37.637
27	1:41.229	+6.047	17:51:18.866
28	1:38.942	+3.760	17:52:57.808
29	1:38.215	+3.033	17:54:36.023
30	1:38.463	+3.281	17:56:14.486
31	1:41.528	+6.346	17:57:56.014
p32	1:45.293	+10.111	17:59:41.307
33	29:38.799	+28:03.617	18:29:20.106
34	1:40.572	+5.390	18:31:00.678
35	1:38.667	+3.485	18:32:39.345
36	1:36.594	+1.412	18:34:15.939
37	1:41.366	+6.184	18:35:57.305
38	1:45.725	+10.543	18:37:43.030
39	1:49.292	+14.110	18:39:32.322
40	1:47.567	+12.385	18:41:19.889
p41	1:53.803	+18.621	18:43:13.692

Lap	Lap Tm	Diff	Time of Day
p2	1:27.346	3:59:27.429	16:07:30.364
(78) Kenneth Skyttermoen			
1			16:09:56.069
p2	1:20.952	3:59:33.823	16:11:17.021
3	1:29:08.787	2:31:45.988	17:40:25.808
p4	1:46.397	3:59:08.378	17:42:12.205

(52.) Jenny Hagen Jensen			
Lap	Lap Tm	Diff	Time of Day
1			16:22:27.981
2	1:41.273	+5.359	16:24:09.254
3	1:38.488	+2.574	16:25:47.742
4	1:38.633	+2.719	16:27:26.375
5	1:38.327	+2.413	16:29:04.702
6	1:35.914		16:30:40.616
7	1:37.141	+1.227	16:32:17.757
8	1:36.525	+0.611	16:33:54.282
9	1:36.516	+0.602	16:35:30.798
10	1:36.410	+0.496	16:37:07.208
p11	1:47.753	+11.839	16:38:54.961
12	34:02.387	+32:26.473	17:12:57.348
13	1:45.539	+9.625	17:14:42.887
14	1:44.272	+8.358	17:16:27.159
15	1:43.982	+8.068	17:18:11.141
p16	1:52.314	+16.400	17:20:03.455
17	2:47.347	+1:11.433	17:22:50.802
18	1:39.903	+3.989	17:24:30.705
19	1:38.967	+3.053	17:26:09.672
20	1:37.311	+1.397	17:27:46.983
21	1:40.997	+5.083	17:29:27.980
22	1:41.321	+5.407	17:31:09.301
23	1:39.713	+3.799	17:32:49.014
p24	1:51.029	+15.115	17:34:40.043
25	50:31.712	+48:55.798	18:25:11.755
26	1:40.357	+4.443	18:26:52.112
27	1:40.217	+4.303	18:28:32.329
28	1:40.560	+4.646	18:30:12.889
29	1:39.988	+4.074	18:31:52.877
30	1:39.058	+3.144	18:33:31.935
31	1:40.660	+4.746	18:35:12.595
32	1:51.299	+15.385	18:37:03.894
33	1:51.555	+15.641	18:38:55.449
34	1:51.495	+15.581	18:40:46.944
p35	1:58.914	+23.000	18:42:45.858

(356) Andreas Hansen			
Lap	Lap Tm	Diff	Time of Day
1			16:06:03.018

(182) Utleiesykkkel 1 SMCK			
Lap	Lap Tm	Diff	Time of Day
1			16:25:11.944
2	1:46.656	+11.474	16:26:58.600
3	1:52.211	+17.029	16:28:50.811
4	1:47.029	+11.847	16:30:37.840
p5	2:02.094	+26.912	16:32:39.934
6	2:25.683	+50.501	16:35:05.617
7	1:44.505	+9.323	16:36:50.122
8	1:44.410	+9.228	16:38:34.532
p9	2:05.768	+30.586	16:40:40.300
10	30:00.985	+28:25.803	17:10:41.285
11	1:44.768	+9.586	17:12:26.053
12	1:43.249	+8.067	17:14:09.302
13	1:42.147	+6.965	17:15:51.449
14	1:37.615	+2.433	17:17:29.064
p15	1:45.040	+9.858	17:19:14.104

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

Race Director: Roy Øwre  
Sport Rescue Team.

Timing and results are not official. [www.mylaps.com](http://www.mylaps.com)

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