

# Torsdag 18. november 2010 kl 10.00

## Øvelse 1. 4\*50m lag medley, damer - UM

### Yngre junior

1	Asker SK J1 jr. Elise Næss Olsen: Rikke Nagell-Kleven: Mette Mellbye Larsen: Marte K. Bolstad:	JR	Asker SK	(0,71)	2.00,98	703
2	Lambertseter SK J1 jr. Andrine Davidsen: Malene M. Pedersen: Vår Celine Søgaard: Anna Lundgren:	JR	Lambertseter SK	(0,83)	2.01,32	697
3	Delfana J1 jr. Elin Haugland: Tone Lill Evanger: Vilde Stordal: Lisa Skogeng:	JR	Delfana	(0,77)	2.05,36	631
4	Løren/Rælingen J1 jr. Marie Svensson: Rebecca Holt Clasen: Klara Farkas: Elina Øverås:	JR	Lørenskog/Rælingen	(0,83)	2.05,58	628
5	Vågsbygd SLK J1 jr. Sofie Reisænen: Guro Aas: Amalie Thorstensen: Elise Fjeldstad:	JR	Vågsbygd SLK	(0,77)	2.06,60	613
6	Madla SK J1 jr. Lotte Miller: Maria Thompson Clausen: Ingrid Bergslid: Mari Mjøllhus Kristoffersen:	JR	Madla SK	(0,67)	2.07,43	601
7	Stavanger SC J1 jr. Emilie K. Hegdal: Ingeborg Jørmeland: Ane Nygård: Malin Haga:	JR	Stavanger SC	(0,78)	2.08,12	592
8	Oslo IL J1 jr. Oda Almgren Lind: Stina Victoria Nordberg: Nehna-Louise Møller-Pettersen: Gesine Laake:	JR	Oslo IL	(0,57)	2.13,57	522
9	Delfana J2 jr. Karianne Reinertsen: Vanja Sand Syversen: Frida Hinna: Sandra Bernhoft:	JR	Delfana	(0,78)	2.14,80	508
10	Vestkantv. J1 jr. Marte Dale: Elida Hole: Tina Schütz: Vanja Strand:	JR	Vestkantsvømmerne	(0,67)	2.15,49	500
11	Bergens SC J1 jr. Toni G. Coudray: Cecilia Eide Songstad: Henriette Dahl: Sandra Milena Gjermundnes:	JR	Bergens SC	(0,65)	2.17,10	483
12	Bærumsv J1 jr. Amanda Essebo: Helle Backer: Rebekka Wiik Eckhoff: Kine Hvidsten:	JR	Bærumsvømmerne	(0,56)	2.17,77	476

13	Løren/Rælingen J2 jr.	JR	Lørenskog/Rælingen	(0,85)	2.18,39	469
	Christine Tuyen Tran Thanh:	34,69(34,69)				
	Marie Eugenie Edvardsen:	1.13,92(39,23)				
	Kamilla Øverås:	1.49,23(35,31)				
	Eline Sundby Kinn:	2.18,39(29,16)				
14	Delfana J3 jr.	JR	Delfana	(0,66)	2.20,99	444
	Stina Dahl:	34,82(34,82)				
	Susann Pleyrn Olsen:	1.15,19(40,37)				
	Julie Sundstrøm:	1.49,52(34,33)				
	Martine Heimdal:	2.20,99(31,47)				
15	Åstveit SK J1 jr.	JR	Åstveit SK	(0,74)	2.27,63	387
	Ingeborg Liseth Pedersen:	39,04(39,04)				
	Stina Heimmnes:	1.14,52(35,48)				
	Iselin Helløy:	1.52,97(38,45)				
	Susanne Meyer Tertnes:	2.27,63(34,66)				

## Øvelse 2. 800m fri, herrer - Direkte finale – Foreløpig før siste heat

### Yngre junior

1	Erik Tobias Sollesnes	95	Kolbotn IL		8.32,80	704
	28,44(28,44)	59,28(30,84)	1.31,32(32,04)	2.03,78(32,46)		
	2.35,76(31,98)	3.07,89(32,13)	3.39,98(32,09)	4.12,23(32,25)		
	4.44,60(32,37)	5.17,09(32,49)	5.49,99(32,90)	6.22,40(32,41)		
	6.54,90(32,50)	7.28,29(33,39)		8.32,80(1.04,51)		
2	Jonas Ødegård Aanby	95	Delfana		8.38,06	683
	29,29(29,29)	1.00,67(31,38)	1.32,73(32,06)	2.04,88(32,15)		
	2.36,82(31,94)	3.09,25(32,43)	3.41,88(32,63)	4.14,50(32,62)		
	4.47,03(32,53)	5.19,68(32,65)	5.52,53(32,85)	6.25,53(33,00)		
	6.58,59(33,06)	7.32,01(33,42)	8.05,31(33,30)	8.38,06(32,75)		
3	Jørgen Gundersen	95	Lørenskog/Rælingen		8.54,83	621
	30,02(30,02)	1.02,49(32,47)	1.35,43(32,94)	2.08,49(33,06)		
	2.41,99(33,50)	3.15,78(33,79)	3.49,45(33,67)	4.23,18(33,73)		
	4.57,05(33,87)	5.31,07(34,02)	6.05,02(33,95)	6.39,32(34,30)		
	7.13,68(34,36)	7.48,06(34,38)	8.22,35(34,29)	8.54,83(32,48)		
4	Ole Martin Bjørlykke	96	Aalesund SLK		8.58,42	609
	29,70(29,70)	1.02,30(32,60)	1.35,48(33,18)	2.09,26(33,78)		
	2.43,10(33,84)	3.17,26(34,16)	3.51,45(34,19)	4.25,60(34,15)		
	4.59,55(33,95)	5.33,93(34,38)	6.08,32(34,39)	6.42,52(34,20)		
	7.16,65(34,13)	7.50,70(34,05)	8.24,98(34,28)	8.58,42(33,44)		

### Junior

1	Martin Berger Oterholm	93	Kolbotn IL		8.27,52	727
	28,40(28,40)	59,48(31,08)	1.31,57(32,09)	2.03,89(32,32)		
	2.35,71(31,82)	3.07,69(31,98)	3.39,49(31,80)	4.11,68(32,19)		
	4.43,88(32,20)	5.16,36(32,48)	5.48,43(32,07)	6.20,15(31,72)		
	6.52,33(32,18)	7.24,34(32,01)	7.56,54(32,20)	8.27,52(30,98)		
2	Erik Tobias Sollesnes	95	Kolbotn IL		8.32,80	704
	28,44(28,44)	59,28(30,84)	1.31,32(32,04)	2.03,78(32,46)		
	2.35,76(31,98)	3.07,89(32,13)	3.39,98(32,09)	4.12,23(32,25)		
	4.44,60(32,37)	5.17,09(32,49)	5.49,99(32,90)	6.22,40(32,41)		
	6.54,90(32,50)	7.28,29(33,39)		8.32,80(1.04,51)		
3	Jonas Ødegård Aanby	95	Delfana		8.38,06	683
	29,29(29,29)	1.00,67(31,38)	1.32,73(32,06)	2.04,88(32,15)		
	2.36,82(31,94)	3.09,25(32,43)	3.41,88(32,63)	4.14,50(32,62)		
	4.47,03(32,53)	5.19,68(32,65)	5.52,53(32,85)	6.25,53(33,00)		
	6.58,59(33,06)	7.32,01(33,42)	8.05,31(33,30)	8.38,06(32,75)		
4	Sondre Kallhovd	93	Lambertseter SK		8.39,06	679
	29,56(29,56)	1.01,72(32,16)	1.33,67(31,95)	2.06,03(32,36)		
	2.38,85(32,82)	3.11,36(32,51)	3.44,07(32,71)	4.17,05(32,98)		
	4.49,73(32,68)	5.22,24(32,51)	5.54,83(32,59)	6.27,56(32,73)		
	7.00,47(32,91)	7.33,63(33,16)	8.07,07(33,44)	8.39,06(31,99)		
5	Ørjan Monsen	92	Madla SK		8.48,12	645
	29,95(29,95)	1.01,99(32,04)	1.34,80(32,81)	2.08,18(33,38)		
	2.41,85(33,67)	3.15,72(33,87)	3.49,10(33,38)	4.23,02(33,92)		
	4.56,63(33,61)	5.30,18(33,55)	6.03,77(33,59)	6.37,41(33,64)		
	7.10,79(33,38)	7.44,20(33,41)	8.17,14(32,94)	8.48,12(30,98)		

6	Robin H. Kleiven	93	Aalesund SLK	8.48,19	645
	29,15(29,15)	1.00,53(31,38)	1.32,64(32,11)	2.05,13(32,49)	
	2.38,10(32,97)	3.11,26(33,16)	3.44,43(33,17)	4.18,08(33,65)	
	4.51,69(33,61)	5.25,58(33,89)	5.59,42(33,84)	6.33,53(34,11)	
	7.07,16(33,63)	7.41,41(34,25)	8.14,46(33,05)	8.48,19(33,73)	
7	Gunnar V. Skirbekk	91	Elverum Svømming	8.54,42	622
	29,79(29,79)	1.01,62(31,83)	1.33,84(32,22)	2.06,16(32,32)	
	2.38,64(32,48)	3.11,92(33,28)	3.45,39(33,47)	4.19,55(34,16)	
	4.53,86(34,31)	5.28,39(34,53)	6.02,50(34,11)	6.36,74(34,24)	
	7.11,07(34,33)	7.46,06(34,99)	8.20,96(34,90)	8.54,42(33,46)	
8	Jørgen Gundersen	95	Lørenskog/Rælingen	8.54,83	621
	30,02(30,02)	1.02,49(32,47)	1.35,43(32,94)	2.08,49(33,06)	
	2.41,99(33,50)	3.15,78(33,79)	3.49,45(33,67)	4.23,18(33,73)	
	4.57,05(33,87)	5.31,07(34,02)	6.05,02(33,95)	6.39,32(34,30)	
	7.13,68(34,36)	7.48,06(34,38)	8.22,35(34,29)	8.54,83(32,48)	
9	Ole Martin Bjørlykke	96	Aalesund SLK	8.58,42	609
	29,70(29,70)	1.02,30(32,60)	1.35,48(33,18)	2.09,26(33,78)	
	2.43,10(33,84)	3.17,26(34,16)	3.51,45(34,19)	4.25,60(34,15)	
	4.59,55(33,95)	5.33,93(34,38)	6.08,32(34,39)	6.42,52(34,20)	
	7.16,65(34,13)	7.50,70(34,05)	8.24,98(34,28)	8.58,42(33,44)	
10	Jostein Dalshov Kringlen	94	Kristiansand SA	9.04,08	590
	29,94(29,94)	1.02,50(32,56)	1.36,10(33,60)	2.10,10(34,00)	
	2.44,42(34,32)	3.18,90(34,48)	3.53,29(34,39)	4.27,76(34,47)	
	5.01,89(34,13)	5.36,26(34,37)	6.10,79(34,53)	6.45,62(34,83)	
	7.20,43(34,81)	7.55,53(35,10)	8.30,24(34,71)	9.04,08(33,84)	
11	Thorbjørn Birkeland	93	Haugesund SK	9.20,92	538
	30,89(30,89)	1.04,86(33,97)	1.39,70(34,84)	2.14,37(34,67)	
	2.49,76(35,39)	3.25,70(35,94)	4.01,07(35,37)	4.37,14(36,07)	
	5.13,17(36,03)	5.49,03(35,86)	6.24,68(35,65)	7.00,68(36,00)	
	7.36,83(36,15)	8.12,26(35,43)	8.47,06(34,80)	9.20,92(33,86)	

### Øvelse 3. 400m fri, damer

#### Eldre junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	4.18,86	780
	30,57(30,57)	1.03,20(32,63)	1.36,20(33,00)	2.09,45(33,25)	
	2.42,42(32,97)	3.15,20(32,78)	3.47,17(31,97)	4.18,86(31,69)	
2	Elin Slaatmo	92	Hamar IL	4.21,80	754
	30,55(30,55)	1.03,25(32,70)	1.35,86(32,61)	2.09,19(33,33)	
	2.42,71(33,52)	3.15,59(32,88)	3.49,09(33,50)	4.21,80(32,71)	
3	Karoline Pedersen	94	BS/Delfana	4.23,22	742
	29,39(29,39)	1.01,27(31,88)	1.34,13(32,86)	2.07,50(33,37)	
	2.41,52(34,02)	3.15,38(33,86)	3.49,54(34,16)	4.23,22(33,68)	
4	Jacqueline Knutsson	93	Kongsten/NTG	4.25,77	721
	30,73(30,73)	1.03,59(32,86)	1.36,63(33,04)	2.10,13(33,50)	
	2.43,94(33,81)	3.17,90(33,96)	3.52,12(34,22)	4.25,77(33,65)	
5	Emilie Hellerud	92	Lambertseter SK/NTG	4.28,46	699
	30,69(30,69)	1.04,17(33,48)	1.38,02(33,85)	2.12,04(34,02)	
	2.45,96(33,92)	3.20,39(34,43)	3.55,15(34,76)	4.28,46(33,31)	
6	Siri Anette Sønju	92	Øvre Eiker SK/NTG	4.28,91	696
	31,38(31,38)	1.05,15(33,77)	1.39,08(33,93)	2.13,29(34,21)	
	2.47,11(33,82)	3.21,03(33,92)	3.55,34(34,31)	4.28,91(33,57)	
7	Ingrid N. Knutzen	91	Lambertseter SK	4.29,28	693
	31,13(31,13)	1.04,25(33,12)	1.37,81(33,56)	2.11,84(34,03)	
	2.45,56(33,72)	3.20,12(34,56)	3.54,99(34,87)	4.29,28(34,29)	
8	Hanne Lockertsen	94	Tromsø SK/NTG	4.29,99	687
	31,93(31,93)	1.05,62(33,69)	1.39,22(33,60)	2.12,95(33,73)	
	2.46,60(33,65)	3.20,58(33,98)	3.55,21(34,63)	4.29,99(34,78)	
9	Rebecca Holst	91	Stavanger SC	4.33,31	663
	31,52(31,52)	1.05,30(33,78)	1.39,65(34,35)	2.14,23(34,58)	
	2.47,59(33,36)	3.22,69(35,10)	3.58,42(35,73)	4.33,31(34,89)	
10	Susann Bjørnsen	93	Setermoen SK/NTG	4.34,79	652
	30,95(30,95)	1.05,12(34,17)	1.39,99(34,87)	2.15,25(35,26)	
	2.50,49(35,24)	3.26,00(35,51)	4.01,48(35,48)	4.34,79(33,31)	
11	Nora Kathrine Guthe	91	Asker SK	4.34,83	652
	31,51(31,51)	1.05,45(33,94)	1.39,95(34,50)	2.14,65(34,70)	
	2.49,58(34,93)	3.24,44(34,86)	3.59,53(35,09)	4.34,83(35,30)	

12	Maria Wigestrånd	94	Sola SK	4.35,26	649
	31,24(31,24)	1.05,23(33,99)	1.39,80(34,57)	2.14,59(34,79)	
	2.49,33(34,74)	3.24,67(35,34)	4.00,37(35,70)	4.35,26(34,89)	
13	Anna Forsstrøm	94	Haldens SK	4.38,01	629
	31,74(31,74)	1.06,72(34,98)	1.42,28(35,56)	2.18,04(35,76)	
	2.53,64(35,60)	3.29,62(35,98)	4.04,02(34,40)	4.38,01(33,99)	
14	Hege Strøm Haukeland	94	SK Speed/NTG	4.38,34	627
	31,89(31,89)	1.06,32(34,43)	1.40,93(34,61)	2.16,02(35,09)	
	2.51,46(35,44)	3.27,19(35,73)	4.02,95(35,76)	4.38,34(35,39)	
15	Julie Torgersen Nilsen	92	Hamar IL	4.38,90	623
	32,22(32,22)	1.06,29(34,07)	1.40,97(34,68)	2.16,19(35,22)	
	2.51,85(35,66)	3.27,38(35,53)	4.03,59(36,21)	4.38,90(35,31)	
16	Julie Rønningsen	94	Lambertseter SK	4.39,78	618
	32,28(32,28)	1.06,74(34,46)	1.42,12(35,38)	2.17,96(35,84)	
	2.53,72(35,76)	3.29,72(36,00)	4.05,84(36,12)	4.39,78(33,94)	
17	Andrea Hestdal	94	BS/Åstveit	4.39,91	617
	32,01(32,01)	1.06,92(34,91)	1.42,70(35,78)	2.18,61(35,91)	
	2.54,11(35,50)	3.30,06(35,95)	4.05,72(35,66)	4.39,91(34,19)	
18	Andrea Haugstad	92	Vestkantsvømmerne	4.40,64	612
	31,54(31,54)	1.06,18(34,64)	1.41,51(35,33)	2.17,22(35,71)	
	2.52,91(35,69)	3.29,21(36,30)	4.05,35(36,14)	4.40,64(35,29)	
19	Stine Lise Stenseth	94	Øvre Eiker SK	4.42,02	603
	31,42(31,42)	1.05,74(34,32)	1.40,50(34,76)	2.15,69(35,19)	
	2.51,89(36,20)	3.28,54(36,65)	4.05,53(36,99)	4.42,02(36,49)	
20	Terese Fosby	92	Sarpsborg IL	4.42,23	602
	31,26(31,26)	1.05,67(34,41)	1.40,58(34,91)	2.15,87(35,29)	
	2.51,91(36,04)	3.28,57(36,66)	4.05,58(37,01)	4.42,23(36,65)	
21	Emilie Witzøe	93	Kolbotn IL	4.44,45	588
	31,43(31,43)	1.06,42(34,99)	1.42,36(35,94)	2.18,43(36,07)	
	2.54,88(36,45)	3.31,80(36,92)	4.08,56(36,76)	4.44,45(35,89)	

## Yngre junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	4.27,27	708
	30,67(30,67)	1.03,81(33,14)	1.37,66(33,85)	2.11,17(33,51)	
	2.44,85(33,68)	3.19,35(34,50)	3.53,44(34,09)	4.27,27(33,83)	
2	Andrea Westbye	95	Bærumsvømmerne	4.29,92	688
	30,45(30,45)	1.03,23(32,78)	1.37,14(33,91)	2.11,86(34,72)	
	2.46,57(34,71)	3.20,82(34,25)	3.55,57(34,75)	4.29,92(34,35)	
3	Oda Gjerde	95	Bryne SK	4.30,58	683
	31,10(31,10)	1.04,01(32,91)	1.38,32(34,31)	2.12,99(34,67)	
	2.47,53(34,54)	3.22,24(34,71)	3.56,73(34,49)	4.30,58(33,85)	
4	Elin Haugland	96	Delfana	4.31,11	679
	31,02(31,02)	1.04,19(33,17)	1.38,65(34,46)	2.13,24(34,59)	
	2.48,20(34,96)	3.22,60(34,40)	3.57,35(34,75)	4.31,11(33,76)	
5	Lise Sand Syversen	95	BS/Delfana	4.32,31	670
	29,55(29,55)	1.02,29(32,74)	1.36,55(34,26)	2.11,64(35,09)	
	2.46,94(35,30)	3.22,21(35,27)	3.57,32(35,11)	4.32,31(34,99)	
6	Lisa Skogeng	96	Delfana	4.33,60	660
	30,87(30,87)	1.04,34(33,47)	1.38,70(34,36)	2.13,67(34,97)	
	2.48,60(34,93)	3.23,84(35,24)	3.58,85(35,01)	4.33,60(34,75)	
7	Majken Antonie Smith	97	Asker SK	4.38,07	629
	32,28(32,28)	1.07,19(34,91)	1.42,66(35,47)	2.18,15(35,49)	
	2.52,79(34,64)	3.28,20(35,41)	4.03,60(35,40)	4.38,07(34,47)	
8	Tina Schütz	96	Vestkantsvømmerne	4.38,17	628
	32,14(32,14)	1.06,54(34,40)	1.41,44(34,90)	2.16,43(34,99)	
	2.51,79(35,36)	3.27,51(35,72)	4.03,43(35,92)	4.38,17(34,74)	
9	Elida Hole	96	Vestkantsvømmerne	4.38,44	627
	32,20(32,20)	1.06,60(34,40)	1.41,88(35,28)	2.16,98(35,10)	
	2.52,41(35,43)		4.03,50(1.11,09)	4.38,44(34,94)	
10	Sara Louise Pedersen	96	Poseidon	4.42,15	602
	32,46(32,46)	1.07,44(34,98)	1.43,46(36,02)	2.19,64(36,18)	
	2.54,93(35,29)	3.30,98(36,05)	4.06,58(35,60)	4.42,15(35,57)	
11	Ane Nygård	95	Stavanger SC	4.43,49	594
	30,83(30,83)	1.04,63(33,80)	1.39,88(35,25)	2.16,22(36,34)	
	2.52,59(36,37)	3.29,21(36,62)	4.06,46(37,25)	4.43,49(37,03)	
12	Sara Boukili	95	SK Speed	4.43,57	593
	32,46(32,46)	1.07,58(35,12)	1.43,05(35,47)	2.18,91(35,86)	
	2.54,75(35,84)	3.30,93(36,18)	4.07,36(36,43)	4.43,57(36,21)	

13	Ingeborg Jørmeland	96	Stavanger SC	4.48,10	566
	32,64(32,64)	1.08,61(35,97)	1.45,76(37,15)		
	2.58,71(1.12,95)	3.35,61(36,90)	4.12,30(36,69)	4.48,10(35,80)	
14	Mari Nerdrum	95	Asker SK	4.56,61	518
	33,68(33,68)	1.10,61(36,93)	1.48,44(37,83)	2.26,13(37,69)	
	3.03,57(37,44)	3.41,76(38,19)	4.19,79(38,03)	4.56,61(36,82)	

## Funksjonshemmede

1	Hanne Farestvedt	93	Åstveit SK	5.46,96	324	S14 121,63 %
	35,40(35,40)	1.17,65(42,25)	2.00,95(43,30)	2.45,46(44,51)		
	3.30,95(45,49)	4.16,43(45,48)	5.02,74(46,31)	5.46,96(44,22)		
2	Rona Hjelmsstad	93	Skjetten Svømming	6.06,45	275	S14 128,46 %
	39,57(39,57)	1.25,00(45,43)	2.11,09(46,09)	2.57,85(46,76)		
	3.45,07(47,22)	4.32,70(47,63)	5.19,96(47,26)	6.06,45(46,49)		

## Øvelse 4. 50m bryst, herrer

## Eldre junior

1	Sebastian Wigstrøm	91	Bærumsvømmerne	29,73	701
2	John Lekhmus	91	Tromsø SK	29,92	688
3	Erling Mjøs Brattelid	91	BS/Åstveit	30,36	658
4	Sindre Søderlund	91	IL Varg	30,49	650
4	Markus Vindenes	94	Vestkantsvømmerne	30,49	650
6	Aleksander Sire	93	Modum/NTG	31,10	612
7	Christopher Williams	92	Bergens SLK	31,12	611
8	Simen Dale	91	BS/Delfana	31,31	600
9	Berend de Waal	94	IL Norodd	31,32	600
10	Patryk Bubilek	92	Asker SK	31,42	594
11	Daniel Ommedal	92	Eid SK	31,63	582
12	Kristian Nygård	91	Lambertseter SK	31,65	581
13	Christoffer Tofte Hamborg	93	Vestbyen IL	31,76	575
14	Christopher Wolf	93	Vestbyen IL	31,81	572
15	Tom Duc Ngo Kaafjord	94	Vågsbygd SLK	32,13	555
15	Øyvind Malde	92	Madla SK	32,13	555
17	Nicolai Gerrard	94	Kristiansand SA	32,31	546
18	Sven Berg	92	Bergens SLK	32,35	544
19	Didrik Nygård	94	Lambertseter SK	32,43	540
20	Henry Emil Nordhagen	93	Bærumsvømmerne	32,59	532
21	Andreas Mathingsdal Pedersen	92	Farsund SK	32,62	531
22	Martin Schau	91	Larvik SK	32,74	525
	Martin B. Lund	92	Elverum Svømming	DISK	

## Yngre junior

1	Andreas Manum Hagby	95	Asker SK	31,60	584
2	Grunde Myhrer	96	Oslo IL	31,90	567
3	Jørgen Scheie Bråthen	95	Lørenskog/Rælingen	31,94	565
4	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	31,99	563
5	Sindre Aasland Ranaweera	96	Madla SK	32,14	555

## Øvelse 5. 50m rygg, damer

## Eldre junior

1	Benedicte Kausland	92	Vestkantsvømmerne	(0,65)	30,23	685
2	Christine M. Pedersen	93	Lambertseter SK	(0,18)	30,24	684
3	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	(0,69)	30,37	676
4	Katrine Jensen	92	BS/Åstveit	(0,61)	30,48	668
5	Oda Marie Siljan	92	Asker SK/TiT	(0,67)	30,54	664
6	Elisabeth Kristiansen	92	Haugesund SK	(0,68)	30,58	662
7	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,85)	30,66	657
8	Helene Solberg	91	Asker SK	(0,66)	30,68	655
9	Bitte Fagermo	93	Narvik SK/NTG	(0,83)	30,82	647
10	Camilla Moe	92	Ås IL	(0,74)	31,07	631
11	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	(0,72)	31,10	629
12	Helene Nordmark Skuterud	93	Asker SK	(0,63)	31,34	615
13	Rebecca Holst	91	Stavanger SC	(0,59)	31,44	609
14	Elisabeth H. Svensson	91	Lambertseter SK	(0,69)	31,50	606
15	Nicole T. Næsheim	91	Vestkantsvømmerne	(0,71)	31,80	589
16	Emma Isdahl	92	Lambertseter SK	(0,75)	31,90	583
17	Vanessa Tuxen	92	Madla SK	(0,69)	31,91	583
18	Birgitte Elise Søfteland	94	Sarpsborg IL		32,01	577
19	Kristin Blyverket	92	Oslo IL	(0,74)	32,03	576
20	Seline Vike Holm	92	BS/Arna	(0,68)	32,11	572
21	Eirin Røen Martinsen	93	Hamar IL	(0,73)	32,29	562
22	Ingrid Elise Woll	93	Narvik SK	(0,70)	32,32	561
23	Ingrid Hystad	92	IL Solid	(0,72)	32,38	558
24	Helene Thunes Truyen	93	Delfana	(0,75)	32,56	548
25	Marie Øverland	94	Vestkantsvømmerne	(0,70)	32,62	545
26	Silje Nilo	93	Sandefjord SK	(0,91)	32,66	543
27	Fanny Moen Pettersen	93	Øvre Eiker SK	(0,80)	32,81	536
28	Kristin Johnson	93	Elverum Svømming	(0,86)	34,15	475

## Yngre junior

1	Andrine Davidsen	95	Lambertseter SK	(0,64)	30,42	672
2	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,81)	30,57	663
3	Karoline Steffensen	96	Harstad SK	(0,69)	31,03	633
4	Ina Kvenshagen Gimse	95	Tromsø SK	(0,82)	31,46	608
5	Lotte Miller	96	Madla SK	(0,65)	31,59	600
6	Marte Stamland	96	Poseidon	(0,73)	31,61	599
7	Vilde Tengesdal	96	Bryne SK	(0,68)	31,68	595
8	Emilie K. Hegdal	96	Stavanger SC	(0,73)	32,03	576
9	Amalie Kristiansen	95	Haugesund SK	(0,76)	32,09	573
10	Åse Nytrø	97	Trondhjem SLK	(0,65)	32,14	570
11	Vår Celine Sjøgaard	96	Lambertseter SK	(0,72)	32,18	568
12	Grethe Tenden	96	Ås IL	(0,65)	32,60	546
13	Karianne Reinertsen	97	Delfana	(0,75)	32,69	542
14	Anne Cathrine Skinmo	95	Larvik SK	(0,71)	32,95	529
15	Marion Ekroll Bårdli	95	Moss SK	(0,67)	33,11	521
16	Elisabeth Støver	96	Modum SK		33,16	519
17	Tone Lill Evanger	96	Delfana	(0,80)	33,24	515
18	Sofie Reisænen	97	Vågsbygd SLK		33,27	514
19	Elina Øverås	95	Lørenskog/Rælingen	(0,65)	33,31	512
20	Karina Brunstad Fet	95	Aalesund SLK	(0,82)	33,47	505
21	Vilje Mohagen	97	Skjetten Svømming	(0,76)	33,60	499
22	Sara Boukili	95	SK Speed	(0,77)	33,66	496

## Øvelse 6. 200m individuell medley, herrer

## Eldre junior

1	Espen Halhjem	92	BS/Delfana	2.10,10	658
	27,43(27,43)	1.00,44(33,01)	1.38,65(38,21)	2.10,10(31,45)	
2	Sebastian Wigstrøm	91	Bærumsvømmerne	2.10,44	653
	28,65(28,65)	1.02,80(34,15)	1.38,24(35,44)	2.10,44(32,20)	
3	Christian Thorsen	91	Lambertseter SK	2.10,71	649
	28,14(28,14)	1.02,36(34,22)	1.39,92(37,56)	2.10,71(30,79)	
4	Jonas Kirkeberg Jostad	92	Hamar IL	2.10,93	645
	28,17(28,17)	1.01,87(33,70)	1.40,22(38,35)	2.10,93(30,71)	
5	Sverre Næss	92	Sarpsborg IL	2.11,15	642
	27,38(27,38)	1.00,81(33,43)	1.39,52(38,71)	2.11,15(31,63)	
6	John Lekhmus	91	Tromsø SK	2.11,16	642
	28,31(28,31)	1.02,66(34,35)	1.39,18(36,52)	2.11,16(31,98)	
7	Kristoffer D. Birkeland	94	Bærum/NTG	2.14,34	597
	27,91(27,91)	1.03,79(35,88)	1.43,75(39,96)	2.14,34(30,59)	
8	Sindre Lilledahl	92	Haugesund SK	2.14,71	592
	29,32(29,32)	1.03,18(33,86)	1.43,18(40,00)	2.14,71(31,53)	
9	Sindri T. Jakobsson	91	BS/Delfana	2.14,93	590
	27,20(27,20)	1.02,26(35,06)	1.43,23(40,97)	2.14,93(31,70)	
10	Carl Andreas Wathne	91	Bærumsvømmerne	2.15,22	586
	28,50(28,50)	1.02,90(34,40)	1.43,80(40,90)	2.15,22(31,42)	
11	Aleksander Sire	93	Modum/NTG	2.15,42	583
	29,73(29,73)	1.04,83(35,10)	1.43,46(38,63)	2.15,42(31,96)	
12	Andreas Mathingsdal Pedersen	92	Farsund SK	2.16,37	571
	29,96(29,96)	1.06,74(36,78)	1.45,09(38,35)	2.16,37(31,28)	
13	Øystein Fjeldberg	93	Randaberg IL	2.16,99	563
	30,02(30,02)	1.04,24(34,22)	1.45,67(41,43)	2.16,99(31,32)	
14	Norbert Prokopiak	94	Modum/NTG	2.19,01	539
	29,78(29,78)	1.04,58(34,80)	1.46,01(41,43)	2.19,01(33,00)	
15	Gunnar V. Skirbekk	91	Elverum Svømming	2.19,19	537
	28,84(28,84)	1.04,44(35,60)	1.45,23(40,79)	2.19,19(33,96)	
	Sebastian Stordal	91	BS/Delfana	DISK	

## Yngre junior

1	Markus Lie	95	Åstveit SK	2.12,33	625
	29,76(29,76)	1.02,92(33,16)	1.39,88(36,96)	2.12,33(32,45)	
2	Eirik Nielsen	95	Poseidon	2.14,40	597
	29,82(29,82)	1.04,70(34,88)	1.41,95(37,25)	2.14,40(32,45)	
3	Sindre Aasland Ranaweera	96	Madla SK	2.17,86	553
	30,24(30,24)	1.05,76(35,52)	1.45,31(39,55)	2.17,86(32,55)	
4	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.20,01	528
	30,16(30,16)	1.06,32(36,16)	1.45,76(39,44)	2.20,01(34,25)	
5	Morten Wee Hollund	96	Karmøy SK	2.20,64	521
	28,86(28,86)	1.05,88(37,02)	1.47,44(41,56)	2.20,64(33,20)	

## Øvelse 7. 100m butterfly, damer

## Eldre junior

1	Victoria S. Løken	91	Lambertseter SK	1.02,79	722
	29,07(29,07)	1.02,79(33,72)			
2	Line Løvberg	91	Lambertseter SK	1.03,44	700
	29,82(29,82)	1.03,44(33,62)			
3	Victoria Rung	92	Madla SK	1.03,55	696
	29,66(29,66)	1.03,55(33,89)			
4	Stine Vindenes	93	Vestkantsvømmerne	1.03,94	683
	30,04(30,04)	1.03,94(33,90)			

5	Helene Solberg 30,43(30,43)	91	Asker SK	1.04,80	657
6	Maria Gullvåg Aasen 30,07(30,07)	92	Kristiansand SA/NTG	1.04,86	655
7	Marthe Berg Sørensen 30,73(30,73)	92	Madla SK	1.05,63	632
8	Jacqueline Knutsson 30,60(30,60)	93	Kongsten/NTG	1.05,66	631
9	Iselin Mjøllner Dahlen 31,39(31,39)	92	Skjetten Svømming/NTG	1.05,79	627
10	Elisabeth Kristiansen 30,59(30,59)	92	Haugesund SK	1.06,23	615
11	Siv Fiske 31,16(31,16)	92	Tromsø SK/NTG	1.06,86	598
12	Kaja Bremer 31,26(31,26)	93	Bergens SLK	1.06,95	595
13	Oona Ovesen 30,96(30,96)	92	Elverum Svømming	1.07,03	593
14	Eva Marie W. Østerhus 31,60(31,60)	94	Madla SK	1.07,84	572
15	Birgitte Elise Søfteland 32,15(32,15)	94	Sarpsborg IL	1.07,94	570
16	Kristin Blyverket 31,77(31,77)	92	Oslo IL	1.08,29	561
17	Ingrid N. Knutzen 32,80(32,80)	91	Lambertseter SK	1.09,34	536
18	Marie Reinertsen 32,08(32,08)	93	Delfana	1.09,45	533

## Yngre junior

1	Emilie Nyenget Løvberg 29,03(29,03)	95	Bærumsvømmerne	1.02,16	744
2	Mette Mellbye Larsen 29,96(29,96)	95	Asker SK	1.02,67	726
3	Marte K. Bolstad 30,98(30,98)	95	Asker SK	1.06,01	621
4	Klara Farkas 31,41(31,41)	96	Lørenskog/Rælingen	1.06,20	616
5	Vilde Tengesdal 31,17(31,17)	96	Bryne SK	1.07,19	589
6	Vilde Stordal 32,04(32,04)	95	Delfana	1.08,78	549
7	Elise Næss Olsen 32,98(32,98)	97	Asker SK	1.08,82	548
8	Vår Celine Søgaard 32,24(32,24)	96	Lambertseter SK	1.09,28	537
9	Sara Louise Pedersen 31,76(31,76)	96	Poseidon	1.10,23	516
10	Ane Nygård 32,46(32,46)	95	Stavanger SC	1.11,23	494
	Lise Sand Syversen	95	BS/Delfana		DISK

## Øvelse 8. 200m rygg, herrer

## Eldre junior

1	Vegard Nyenget Løvberg 29,75(29,75)	91	Bærumsvømmerne	(0,66)	2.07,20	638
2	Sander Rødje 30,14(30,14)	93	Haugesund SK	(0,32)	2.08,22	623
3	Lavrans Solli 30,08(30,08)	92	Bergens SC	(0,66)	2.09,41	606
4	Tor Hafnor 31,20(31,20)	91	Bærumsvømmerne	(0,68)	2.09,64	603

5	Runar Borgen 29,75(29,75)	93	Tromsø SK/NTG 1.02,42(32,67)	(0,70)	2.09,68	602
6	Christian Christiansen 30,74(30,74)	94	Kristiansund SLK/NTG 1.03,58(32,84)	(0,74)	2.11,81	573
7	Henrik Wathne 30,59(30,59)	94	Bærumsvømmerne 1.04,06(33,47)	(0,76)	2.11,87	573
8	Jørgen Aagaard-Nilsen Wiik 30,94(30,94)	93	Larvik SK 1.04,70(33,76)	(0,61)	2.11,90	572
9	Andreas Bergman 30,69(30,69)	93	Asker SK 1.03,40(32,71)	(0,65)	2.12,07	570
10	Hans Andre Pedersen 30,87(30,87)	92	Sandefjord SK 1.04,41(33,54)	(0,77)	2.12,09	570
11	Henning Kaland 32,22(32,22)	92	Oslo IL 1.05,12(32,90)	(0,65)	2.12,24	568
12	Morten Bordervich 32,37(32,37)	94	Madla SK 1.06,04(33,67)	(0,74)	2.13,39	553
13	Per Øystein Turøy 31,74(31,74)	92	Stavanger SC 1.05,45(33,71)	(0,66)	2.13,45	553
14	Henrik Knudsen 31,99(31,99)	94	Stavanger SC 1.05,43(33,44)	(0,70)	2.13,79	548
15	Martin B. Lund 31,55(31,55)	92	Elverum Svømming 1.05,53(33,98)	(0,79)	2.15,20	531
16	Marius Thorsø 32,02(32,02)	93	Delfana 1.06,06(34,04)	(0,72)	2.15,68	526
17	Thomas Brustveit 32,77(32,77)	93	Sandnes SLK 1.07,72(34,95)	(0,74)	2.15,69	526
18	Kristoffer Brekke 31,15(31,15)	91	Vestkantsvømmerne 1.05,74(34,59)	(0,74)	2.16,52	516
19	Øystein Fjeldberg 33,06(33,06)	93	Randaberg IL 1.08,20(35,14)	(0,84)	2.17,99	500
20	Aksel Øvern 32,07(32,07)	93	Lambertseter SK 1.07,64(35,57)	(0,64)	2.21,00	468
21	Anders Færø 32,91(32,91)	92	Bergens SLK 1.07,98(35,07)	(0,67)	2.21,73	461

## Yngre junior

1	Vebjørn Lindhjem 30,89(30,89)	95	Lørenskog/Rælingen 1.04,10(33,21)	(0,71)	2.11,89	572
2	Sander Andersen 31,59(31,59)	96	Poseidon 1.05,39(33,80)	(0,55)	2.13,40	553
3	Markus Lie 31,51(31,51)	95	Åstveit SK 1.05,65(34,14)	(0,63)	2.15,61	527
4	Henrik Søfteland 32,54(32,54)	95	Delfana 1.07,67(35,13)	(0,74)	2.17,02	511
5	Alexander Marki Mork 31,98(31,98)	95	Stavanger SC 1.07,03(35,05)	(0,69)	2.17,29	508
6	Håkon P. Ludvigsen 32,22(32,22)	96	Randaberg IL 1.07,33(35,11)	(0,79)	2.17,71	503
7	Daniel Sandhåland 32,37(32,37)	95	Karmøy SK 1.07,08(34,71)	(0,78)	2.19,01	489
8	Bendik Søfteland 32,53(32,53)	96	Sarpsborg IL 1.08,08(35,55)	(0,81)	2.19,40	485
9	Andreas Bunæs 32,05(32,05)	95	Haldens SK 1.07,09(35,04)	(0,60)	2.20,04	478
10	Kacper Domanski 32,77(32,77)	96	Madla SK 1.07,84(35,07)	(0,75)	2.20,40	475
11	Sigve Ekeli Nystuen 33,30(33,30)	96	Asker SK 1.09,17(35,87)	(0,72)	2.21,09	468
12	Tord Gunnar Fjeld 33,36(33,36)	95	Hamar IL 1.08,59(35,23)	(0,69)	2.22,07	458
13	Iver Hvidsten 32,85(32,85)	95	Bærumsvømmerne 1.07,82(34,97)	(0,68)	2.22,14	457

## Øvelse 9. 200m bryst, damer

## Eldre junior

1	Stina Kajsa Colleou 34,03(34,03)	93	Lambertseter SK 1.50,50(39,02)	2.29,80 2.29,80(39,30)	797
2	Siri Eva Kristiansen 34,78(34,78)	93	Bærumsvømmerne 1.53,96(39,75)	2.34,27 2.34,27(40,31)	730
3	Luna Elisabeth Sjøgaard 35,69(35,69)	94	Lambertseter SK 1.54,87(40,14)	2.35,95 2.35,95(41,08)	706
4	Maren E.J. Bakke 35,66(35,66)	94	Setermoen SK 1.57,57(41,90)	2.41,16 2.41,16(43,59)	640
5	Lene Lykke Erichsen 36,72(36,72)	92	Bærumsvømmerne 1.59,58(41,90)	2.42,23 2.42,23(42,65)	627
6	Mari Singstad 35,71(35,71)	91	Vestbyen IL 1.58,22(42,47)	2.43,22 2.43,22(45,00)	616
7	Kristine Mathingsdal Pedersen 36,78(36,78)	94	Farsund SK 2.00,46(42,48)	2.43,75 2.43,75(43,29)	610
8	Stine Mjøhus Kristoffersen 36,83(36,83)	93	Madla SK 2.02,83(43,90)	2.46,90 2.46,90(44,07)	576
9	Siren Bergslid 37,64(37,64)	93	Stavanger SC 2.05,00(44,35)	2.49,85 2.49,85(44,85)	547
	Katrine Jensen	92	BS/Åstveit	DISK	
	Stine Tveit	93	Trondhjem SLK	DISK	

## Yngre junior

1	Rikke Nagell-Kleven 36,00(36,00)	95	Asker SK 1.55,59(40,27)	2.36,38 2.36,38(40,79)	700
2	Malene M. Pedersen 36,16(36,16)	96	Lambertseter SK 1.57,91(41,83)	2.40,62 2.40,62(42,71)	646
3	Ingalill Urrang Naustvik 34,85(34,85)	95	Karmøy SK 1.57,50(42,52)	2.42,46 2.42,46(44,96)	625
4	Majken Antonie Smith 36,82(36,82)	97	Asker SK 2.00,23(42,47)	2.43,35 2.43,35(43,12)	615
5	Amalie Thorstensen 36,86(36,86)	96	Vågsbygd SLK 2.00,67(42,39)	2.43,67 2.43,67(43,00)	611
6	Tone Lill Evanger 37,86(37,86)	96	Delfana 2.03,93(43,51)	2.48,04 2.48,04(44,11)	565
7	Guro Aas 37,71(37,71)	96	Vågsbygd SLK 2.03,11(43,46)	2.48,09 2.48,09(44,98)	564
8	Karina Brunstad Fet 36,61(36,61)	95	Aalesund SLK 2.03,41(44,34)	2.48,41 2.48,41(45,00)	561
9	Pernille Berntsen 37,74(37,74)	95	Førde IL 2.04,31(43,80)	2.49,12 2.49,12(44,81)	554
10	Stina Heimnes 38,17(38,17)	97	Åstveit SK 2.05,28(43,70)	2.50,05 2.50,05(44,77)	545
11	Mari Nerdrum 38,48(38,48)	95	Asker SK 2.07,56(45,79)	2.52,66 2.52,66(45,10)	520
12	Stina Victoria Nordberg 38,69(38,69)	96	Oslo IL 2.08,45(45,58)	2.53,43 2.53,43(44,98)	514
13	Ellen Camilla Hansen 38,48(38,48)	95	Øvre Eiker SK 2.08,77(45,53)	2.55,00 2.55,00(46,23)	500

## Øvelse 10. 50m butterfly, herrer

## Eldre junior

1	Sindri T. Jakobsson	91	BS/Delfana	25,07	723
2	Erlend Ulveseter	92	BS/Åstveit	25,57	681
3	Jan Aleksander Bakke	91	Asker SK	25,93	653
4	Ole Martin Ree	92	Madla SK	26,22	632
5	Gaute Ravndal	94	Madla SK	26,49	613
6	Hans Østerdal	93	Stavanger SC	26,52	611
7	Tor Hafnor	91	Bærumsvømmerne	26,67	600
8	Thomas Myhrer	94	Sarpsborg IL/NTG	26,68	600
9	Odin Spangen Normann	92	IL Varg	26,71	598
9	Åsmund Karlsen	92	Eid SK	26,71	598
11	Fredrik K Hegdal	94	Stavanger SC	26,77	594
12	Christian Tronvoll	94	Vestbyen IL	26,98	580
13	Bjarte Ravndal	91	Madla SK	27,00	579
14	Markus Vindenes	94	Vestkantsvømmerne	27,09	573
15	Fredrik Tronvoll	93	Vestbyen IL	27,11	572
16	Marius Karstad	92	Madla SK	27,15	569
17	Sebastian Stordal	91	BS/Delfana	27,16	569
18	Kristian Henanger	94	Lambertseter SK	27,31	559
19	Johan Parker Nygaard	94	Kolbotn IL	27,34	557
19	Martin Hammer	93	Kongsten/NTG	27,34	557
21	Martin Berger Oterholm	93	Kolbotn IL	27,56	544
22	Henning Kaland	92	Oslo IL	27,91	524
23	Markus Jonassen	92	Sørreisa SK	27,96	521

## Yngre junior

1	Erik Tobias Sollesnes	95	Kolbotn IL	26,89	586
2	Grunde Myhrer	96	Oslo IL	27,00	579
3	Eirik Nielsen	95	Poseidon	27,49	548
4	Morten Wee Hollund	96	Karmøy SK	27,54	545
5	Kacper Domanski	96	Madla SK	27,91	524

## Øvelse 11. 4\*200m fri, damer - UM

## Yngre junior

1	Delfana J1 jr.	JR	Delfana	8.48,97	690
		29,50(29,50)	1.02,34(32,84)		
	Lisa Skogeng:	1.35,63(33,29)	2.08,78(33,15)	2.08,78	
		2.38,97(30,19)	3.13,26(34,29)		
	Vilde Stordal:	3.48,91(35,65)	4.23,73(34,82)	2.14,95	
		4.54,19(30,46)	5.28,68(34,49)		
	Karianne Reinertsen:	6.04,85(36,17)	6.40,42(35,57)	2.16,69	
		7.09,98(29,56)	7.42,29(32,31)		
	Elin Haugland:	8.15,85(33,56)	8.48,97(33,12)	2.08,55	
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	8.55,41	665
		31,11(31,11)	1.04,59(33,48)		
	Malene M. Pedersen:	1.39,06(34,47)	2.13,11(34,05)	2.13,11	
		2.43,56(30,45)	3.17,72(34,16)		
	Andrine Davidsen:	3.52,93(35,21)	4.26,40(33,47)	2.13,29	
		4.56,93(30,53)	5.31,04(34,11)		
	Vår Celine Sjøgaard:	6.06,51(35,47)	6.40,03(33,52)	2.13,63	
		7.10,16(30,13)	7.44,36(34,20)		
	Anna Lundgren:	8.20,08(35,72)	8.55,41(35,33)	2.15,38	

3	Asker SK J1 jr.	JR	Asker SK	8.55,61	664
		30,40(30,40)	1.04,31(33,91)		
	Majken Antonie Smith:	1.39,88(35,57)	2.15,08(35,20)	2.15,08	
		2.46,50(31,42)	3.21,30(34,80)		
	Rikke Nagell-Kleven:	3.57,80(36,50)	4.33,07(35,27)	2.17,99	
		5.03,19(30,12)	5.36,26(33,07)		
	Marte K. Bolstad:	6.10,24(33,98)	6.44,89(34,65)	2.11,82	
		7.15,03(30,14)	7.48,24(33,21)		
	Mette Mellbye Larsen:	8.22,29(34,05)	8.55,61(33,32)	2.10,72	
4	Madla SK J1 jr.	JR	Madla SK	9.08,46	619
		30,34(30,34)	1.03,60(33,26)		
	Maria Thompson Clausen:	1.37,55(33,95)	2.12,01(34,46)	2.12,01	
		2.41,47(29,46)	3.15,76(34,29)		
	Lotte Miller:	3.51,20(35,44)	4.25,86(34,66)	2.13,85	
		4.57,31(31,45)	5.33,47(36,16)		
	Ingrid Bergslid:	6.10,34(36,87)	6.46,16(35,82)	2.20,30	
		7.17,50(31,34)	7.53,51(36,01)		
	Susanne Sekkesæter:	8.30,98(37,47)	9.08,46(37,48)	2.22,30	
5	Stavanger SC J1 jr.	JR	Stavanger SC	9.17,83	588
		29,85(29,85)	1.03,98(34,13)		
	Ane Nygård:	1.39,57(35,59)	2.15,47(35,90)	2.15,47	
		2.46,25(30,78)	3.21,44(35,19)		
	Emilie K. Hegdal:	3.57,73(36,29)	4.33,26(35,53)	2.17,79	
		5.05,61(32,35)	5.42,40(36,79)		
	Malin Haga:	6.20,49(38,09)	6.59,11(38,62)	2.25,85	
		7.29,10(29,99)	8.04,90(35,80)		
	Ingeborg Jørmeland:	8.42,64(37,74)	9.17,83(35,19)	2.18,72	
6	Delfana J2 jr.	JR	Delfana	9.20,41	580
		32,58(32,58)	1.08,48(35,90)		
	Frida Hinna:	1.44,37(35,89)	2.19,84(35,47)	2.19,84	
		2.52,00(32,16)	3.28,90(36,90)		
	Stina Dahl:	4.06,72(37,82)	4.43,89(37,17)	2.24,05	
		5.16,00(32,11)	5.52,18(36,18)		
	Sandra Bernhoft:	6.28,68(36,50)	7.04,20(35,52)	2.20,31	
		7.36,65(32,45)	8.11,94(35,29)		
	Tone Lill Evanger:	8.46,88(34,94)	9.20,41(33,53)	2.16,21	
7	Vestkantv. J1 jr.	JR	Vestkantsvømmerne	9.21,55	576
		30,98(30,98)	1.05,14(34,16)		
	Elida Hole:	1.40,91(35,77)	2.15,97(35,06)	2.15,97	
		2.47,13(31,16)	3.21,62(34,49)		
	Tina Schütz:	3.56,52(34,90)	4.31,04(34,52)	2.15,07	
		5.02,14(31,10)	5.38,66(36,52)		
	Marte Dale:	6.15,68(37,02)	6.51,65(35,97)	2.20,61	
		7.26,08(34,43)	8.04,30(38,22)		
	Charlotte Mathisen Lie:	8.43,33(39,03)	9.21,55(38,22)	2.29,90	
8	Vågsbygd SLK J1 jr.	JR	Vågsbygd SLK	9.22,52	574
		31,85(31,85)	1.07,93(36,08)		
	Sofie Reisænen:	1.44,76(36,83)	2.21,62(36,86)	2.21,62	
		2.52,29(30,67)	3.26,72(34,43)		
	Amalie Thorstensen:	4.02,70(35,98)	4.38,47(35,77)	2.16,85	
		5.10,21(31,74)	5.45,78(35,57)		
	Guro Aas:	6.22,85(37,07)	6.59,45(36,60)	2.20,98	
		7.30,43(30,98)	8.06,88(36,45)		
	Maren Mæhre:	8.45,21(38,33)	9.22,52(37,31)	2.23,07	
9	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	9.32,53	544
		32,20(32,20)	1.06,74(34,54)		
	Klara Farkas:	1.42,52(35,78)	2.18,76(36,24)	2.18,76	
		2.49,63(30,87)	3.25,59(35,96)		
	Elina Øverås:	4.02,63(37,04)	4.38,26(35,63)	2.19,50	
		5.11,22(32,96)	5.49,14(37,92)		
	Marie Svensson:	6.28,58(39,44)	7.06,17(37,59)	2.27,91	
		7.38,67(32,50)	8.15,45(36,78)		
	Christine Tuyen Tran Thanh:	8.53,65(38,20)	9.32,53(38,88)	2.26,36	
10	Bærumsv J1 jr.	JR	Bærumsvømmerne	9.56,72	480
		31,43(31,43)	1.06,73(35,30)		
	Helle Backer:	1.44,94(38,21)	2.23,81(38,87)	2.23,81	
		2.57,33(33,52)	3.36,37(39,04)		
	Amanda Essebo:	4.16,34(39,97)	4.55,72(39,38)	2.31,91	
		5.27,79(32,07)	6.06,38(38,59)		
	Rebekka Wiik Eckhoff:	6.46,73(40,35)	7.24,58(37,85)	2.28,86	
		7.59,33(34,75)	8.37,47(38,14)		
	Kine Hvidsten:	9.16,97(39,50)	9.56,72(39,75)	2.32,14	

11	Delfana J3 jr.	JR	Delfana		10.01,87	468
		33,83(33,83)	1.11,26(37,43)			
	Vanja Sand Syversen:	1.49,97(38,71)	2.27,94(37,97)	2.27,94		
		3.02,20(34,26)	3.41,33(39,13)			
	Julie Sundstrøm:	4.21,53(40,20)	5.00,08(38,55)	2.32,14		
		5.33,48(33,40)	6.10,96(37,48)			
	Martine Heimdal:	6.49,39(38,43)	7.26,82(37,43)	2.26,74		
		8.01,26(34,44)	8.41,26(40,00)			
	Susann Pleyrn Olsen:	9.21,44(40,18)	10.01,87(40,43)	2.35,05		
12	Løren/Rælingen J2 jr.	JR	Lørenskog/Rælingen		10.05,41	460
		33,31(33,31)	1.12,79(39,48)			
	Sandra W Paulsen:	1.53,39(40,60)	2.32,58(39,19)	2.32,58		
		3.06,23(33,65)	3.44,31(38,08)			
	Maren Grobe:	4.23,39(39,08)	5.01,28(37,89)	2.28,70		
		5.34,72(33,44)	6.14,09(39,37)			
	Kamilla Øverås:	6.54,41(40,32)	7.32,93(38,52)	2.31,65		
		8.04,98(32,05)	8.43,63(38,65)			
	Eline Sundby Kinn:	9.25,25(41,62)	10.05,41(40,16)	2.32,48		
13	Vestkant sv. J2 jr.	JR	Vestkant svømmerne		10.41,75	386
		33,73(33,73)	1.11,92(38,19)			
	Maria Teige:	1.53,49(41,57)	2.34,69(41,20)	2.34,69		
		3.10,34(35,65)	3.49,43(39,09)			
	Elin Fosshheim:	4.31,52(42,09)	5.12,54(41,02)	2.37,85		
		5.47,96(35,42)	6.30,52(42,56)			
	Vanja Strand:	7.13,76(43,24)	7.56,15(42,39)	2.43,61		
		8.32,49(36,34)	9.13,60(41,11)			
	Martine Dahle:	9.57,40(43,80)	10.41,75(44,35)	2.45,60		

## Øvelse 12. 4\*100m fri, herrer - UM

## Yngre junior

1	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen		3.45,38	596
	Jørgen Scheie Bråthen:	27,79(27,79)	58,24(30,45)	58,24		
	Vebjørn Lindhjem:	1.24,60(26,36)	1.53,07(28,47)	54,83		
	Jørgen Gundersen:	2.20,19(27,12)	2.50,33(30,14)	57,26		
	Jarl André Bergsvenkerud:	3.16,48(26,15)	3.45,38(28,90)	55,05		
2	Kolbotn IL G1 jr.	JR	Kolbotn IL		3.48,55	571
	Erik Tobias Sollesnes:	26,81(26,81)	55,30(28,49)	55,30		
	Martin Bråthen:	1.22,35(27,05)	1.51,51(29,16)	56,21		
	Henrik Kristiansen:	2.19,89(28,38)	2.50,70(30,81)	59,19		
	Martin Næss Kjølholdt:	3.18,08(27,38)	3.48,55(30,47)	57,85		
3	Poseidon G1 jr.	JR	Poseidon		3.50,64	556
	Sander Andersen:	28,09(28,09)	58,58(30,49)	58,58		
	Philip Budd:	1.26,67(28,09)	1.56,65(29,98)	58,07		
	Eirik Nielsen:	2.22,97(26,32)	2.51,81(28,84)	55,16		
	Casper Buan Helgesen:	3.19,29(27,48)	3.50,64(31,35)	58,83		
4	Bærumsv G1 jr.	JR	Bærumsvømmerne		3.51,30	551
	Mathias Thorkildsen:	27,45(27,45)	58,22(30,77)	58,22		
	Jakob Bernstein:	1.25,86(27,64)	1.55,38(29,52)	57,16		
	Mads Henry Steinland:	2.23,21(27,83)	2.54,93(31,72)	59,55		
	Iver Hvidsten:	3.21,37(26,44)	3.51,30(29,93)	56,37		
5	Stavanger SC G1 jr.	JR	Stavanger SC		3.51,37	551
	Olav Ravndal Skjølingstad:	27,14(27,14)	58,71(31,57)	58,71		
	Alexander Marki Mork:	1.24,72(26,01)	1.53,73(29,01)	55,02		
	Sondre Møll:	2.22,62(28,89)	2.55,32(32,70)	1.01,59		
	Ole Martin Turøy:	3.22,08(26,76)	3.51,37(29,29)	56,05		
6	Delfana G1 jr.	JR	Delfana		3.55,81	520
	Jonas Ødegård Aanby:	26,98(26,98)	56,17(29,19)	56,17		
	Henrik Søfteland:	1.23,12(26,95)	1.53,29(30,17)	57,12		
	Anders Madsen:	2.23,21(29,92)	2.55,29(32,08)	1.02,00		
	Andreas Reinertsen:	3.23,83(28,54)	3.55,81(31,98)	1.00,52		
7	Haldens SK G1 jr.	JR	Haldens SK		4.00,14	492
	David Engen:	27,85(27,85)	58,83(30,98)	58,83		
	Ole-Marius Bunæs:	1.28,38(29,55)	2.00,37(31,99)	1.01,54		
	Andreas Bunæs:	2.28,28(27,91)	2.58,66(30,38)	58,29		
	Jacob W. Berger:	3.27,64(28,98)	4.00,14(32,50)	1.01,48		

8	Asker SK G1 jr.	JR	Asker SK		4.01,46	484
	Andreas Manum Hagby:	27,56(27,56)	57,67(30,11)	57,67		
	Sigve Ekeli Nystuen:	1.24,77(27,10)	1.54,59(29,82)	56,92		
	Tinus Sola Flagstad :	2.25,43(30,84)	3.00,13(34,70)	1.05,54		
	Nils Lervik:	3.29,07(28,94)	4.01,46(32,39)	1.01,33		
9	Askimsvømmerne G1 jr.	JR	Askimsvømmerne		4.02,34	479
	Martin Grønlund:	27,72(27,72)	58,73(31,01)	58,73		
	Sverre Kristian Wium:	1.27,58(28,85)	1.59,89(32,31)	1.01,16		
	Knut Oscar Skipperud:	2.27,12(27,23)	2.57,02(29,90)	57,13		
	Dennis Matoshi Bekkelund:	3.27,60(30,58)	4.02,34(34,74)	1.05,32		
10	Skjetten Svømming G1 jr.	JR	Skjetten Svømming		4.03,38	473
	Henrik Christiansen:	28,26(28,26)	58,30(30,04)	58,30		
	Martin Hjelmstad:	1.28,37(30,07)	2.01,72(33,35)	1.03,42		
	Morgan B. Johansen:	2.30,70(28,98)	3.02,17(31,47)	1.00,45		
	Daniel Nesbø:	3.30,90(28,73)	4.03,38(32,48)	1.01,21		
11	Aalesund SLK G1 jr.	JR	Aalesund SLK		4.06,33	456
	Kevin Peraca:	28,66(28,66)	1.00,77(32,11)	1.00,77		
	Sigurd Holten Bøen:	1.29,47(28,70)	2.02,76(33,29)	1.01,99		
	Ole Martin Bjørlykke:	2.30,89(28,13)	3.02,93(32,04)	1.00,17		
	Aksel Haagen:	3.32,85(29,92)	4.06,33(33,48)	1.03,40		
12	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne		4.06,99	453
	Vedbjørn Arne J. Aasheim:	27,56(27,56)	58,61(31,05)	58,61		
	Sander Sivertsen:	1.26,36(27,75)	1.57,02(30,66)	58,41		
	Sigve Innselset:	2.27,43(30,41)	3.01,04(33,61)	1.04,02		
	Andreas Nordvik:	3.31,37(30,33)	4.06,99(35,62)	1.05,95		
13	Åstveit SK G1 jr.	JR	Åstveit SK		4.17,67	399
	Ole Andreas Walde:	30,90(30,90)	1.03,86(32,96)	1.03,86		
	Markus Lie:	1.30,91(27,05)	2.01,43(30,52)	57,57		
	Bendik Bjerk Aarbu:	2.32,24(30,81)	3.07,15(34,91)	1.05,72		
	Thomas Sell Dyngeland:	3.40,99(33,84)	4.17,67(36,68)	1.10,52		
14	Bergens SC G2 jr.	JR	Bergens SC		4.21,76	380
	Filip Krzysztof Ludwiczak:	30,73(30,73)	1.05,65(34,92)	1.05,65		
	Aksel Johannesen:	1.36,18(30,53)	2.11,48(35,30)	1.05,83		
	Are Mowatt Gruben:	2.42,17(30,69)	3.16,73(34,56)	1.05,25		
	Lars-Kristian Gotaas Bjørkbom:	3.47,26(30,53)	4.21,76(34,50)	1.05,03		
15	Ski SK G1 jr.	JR	Ski SK		4.27,04	358
	Eirik Nilsen:	31,30(31,30)	1.05,23(33,93)	1.05,23		
	Kristoffer Soot:	1.37,04(31,81)	2.11,73(34,69)	1.06,50		
	Morten Molin Wang:	2.42,84(31,11)	3.17,18(34,34)	1.05,45		
	Arjan Nilsen:	3.51,36(34,18)	4.27,04(35,68)	1.09,86		
	Karmøy SK G1 jr.	JR	Karmøy SK		DISK	
	Daniel Sandhåland:	27,81(27,81)	57,51(29,70)	57,51		
	Morten Wee Hollund:					
	Harald Goa Fagerheim:					
	Ivan Aleksander Larsen:					
	Bergens SC G1 jr.	JR	Bergens SC		DISK	
	Michael Gutierrez Irgens:	27,90(27,90)	59,00(31,10)	59,00		
	Håkon Wulf Haugen:	1.26,49(27,49)	1.57,96(31,47)	58,96		
	Eirik Johnsen:	2.26,93(28,97)	2.58,88(31,95)	1.00,92		
	Johan Markus Mowinckel:					

# Torsdag 18. november 2010 kl 17.00

## Øvelse 1. 4\*50m lag medley, damer - Junior

### Junior

1	Lambertseter SK J1 jr. Christine M. Pedersen: Stina Kajsa Colleou: Victoria S. Løken: Elisabeth H. Svensson:	JR	Lambertseter SK	(0,73)	1.57,72	763
2	Asker SK J1 jr. Oda Marie Siljan: Rikke Nagell-Kleven: Mette Mellbye Larsen: Nora Kathrine Guthe:	JR	Asker SK	(0,70)	1.59,83	723
3	Madla SK J1 jr. Lotte Miller: Maren Larsen: Victoria Rung: Maria Thompson Clausen:	JR	Madla SK	(0,74)	2.01,38	696
4	Asker SK J2 jr. Helene Nordmark Skuterud: Majken Antonie Smith: Helene Solberg: Marte K. Bolstad:	JR	Asker SK	(0,64)	2.01,39	695
4	Vestkantsv. J1 jr. Benedicte Kausland: Elida Hole: Stine Vindenes: Andrea Haugstad:	JR	Vestkantsvømmerne	(0,70)	2.01,39	695
6	Bergensv. J1 jr. Seline Vike Holm: Katrine Jensen: Lise Sand Syversen: Karoline Pedersen:	JR	Bergensvømmerne	(0,64)	2.01,45	694
7	Madla SK J2 jr. Vanessa Tuxen: Renate Aasland Ranaweera: Marthe Berg Sørensen: Eva Marie W. Østerhus:	JR	Madla SK	(0,64)	2.01,78	689
8	Bærumsv J1 jr. Emilie Nyenget Løvberg: Siri Eva Kristiansen: Kjersti Dalen: Andrea Westbye:	JR	Bærumsvømmerne	(0,69)	2.02,83	671
9	Lambertseter SK J3 jr. Vår Celine Søgaard: Malene M. Pedersen: Ingrid N. Knutzen: Emilie Hellerud:	JR	Lambertseter SK	(0,72)	2.03,84	655
10	Stavanger SC J1 jr. Emilie K. Hegdal: Siren Bergslid: Ane Nygård: Rebecca Holst:	JR	Stavanger SC	(0,75)	2.05,05	636
11	Delfana J1 jr. Helene Thunes Truyen: Tone Lill Evanger: Marie Reinertsen: Lisa Skogeng:	JR	Delfana	(0,77)	2.05,75	626
12	Øvre Eiker SK J1 jr. Fanny Moen Pettersen: Stine Lise Stenseth: Siri Anette Sønju: Ellen Camilla Hansen:	JR	Øvre Eiker SK	(0,80)	2.07,27	603

13	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,84)	2.07,40	602
	Marie Svensson:	33,66(33,66)				
	Rebecca Holt Clasen:	1.09,13(35,47)				
	Klara Farkas:	1.39,00(29,87)				
	Jeanette Erlandsen:	2.07,40(28,40)				
14	Oslo IL J1 jr.	JR	Oslo IL	(0,73)	2.07,99	593
	Gry Bernakiewicz:	33,58(33,58)				
	Stina Victoria Nordberg:	1.09,88(36,30)				
	Kristin Blyverket:	1.39,56(29,68)				
	Nehna-Louise Møller-Pettersen:	2.07,99(28,43)				
15	Trondhjem SLK J1 jr.	JR	Trondhjem SLK	(0,61)	2.08,82	582
	Åse Nytrø:	32,42(32,42)				
	Stine Tveit:	1.08,20(35,78)				
	Viktoria Juel:	1.39,16(30,96)				
	Malin Schanke Tømmervik:	2.08,82(29,66)				
16	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	(0,68)	2.09,11	578
	Andrea Strømsnes:	33,78(33,78)				
	Malin Dahle:	1.09,10(35,32)				
	Marie Øverland:	1.41,44(32,34)				
	Marthe Helene Haganas:	2.09,11(27,67)				
17	SK Speed J1 jr.	JR	SK Speed	(0,73)	2.14,07	516
	Sara Boukili:	33,53(33,53)				
	Sara Torp Myhre:	1.10,62(37,09)				
	Hege Strøm Haukeland:	1.40,88(30,26)				
	Andrea Kvalheim:	2.14,07(33,19)				
18	Bærumsv J2 jr.	JR	Bærumsvømmerne	(0,71)	2.14,34	513
	Amanda Essebo:	35,38(35,38)				
	Lene Lykke Erichsen:	1.11,03(35,65)				
	Siri Eva Kristiansen:	1.43,25(32,22)				
	Helle Backer:	2.14,34(31,09)				
19	Arna SLK J1 jr.	JR	Arna SLK	(0,70)	2.18,02	473
	Marte K Haukeland:	34,54(34,54)				
	Mathilde Rasmussen:	1.14,80(40,26)				
	Anna Thorsen:	1.47,83(33,03)				
	Christine Akselberg:	2.18,02(30,19)				
	Madla SK J3 jr.	JR	Madla SK	(0,64)	DISK	
	Nina Staveland:	34,86(34,86)				
	Stine Mjølhus Kristoffersen:	1.09,69(34,83)				
	Ingrid Bergslid:	1.41,90(32,21)				
	Mari Mjølhus Kristoffersen:					
	Lambertseter SK J2 jr.	JR	Lambertseter SK	(0,64)	DISK	
	Andrine Davidsen:	30,45(30,45)				
	Luna Elisabeth Søgaaard:	1.03,59(33,14)				
	Line Løvberg:					
	Emma Isdahl:					

## Øvelse 2. 800m fri, herrer - Direkte finale

### Yngre junior

1	Erik Tobias Sollesnes	95	Kolbotn IL	8.32,80	704
	28,44(28,44)	59,28(30,84)	1.31,32(32,04)	2.03,78(32,46)	
	2.35,76(31,98)	3.07,89(32,13)	3.39,98(32,09)	4.12,23(32,25)	
	4.44,60(32,37)	5.17,09(32,49)	5.49,99(32,90)	6.22,40(32,41)	
	6.54,90(32,50)	7.28,29(33,39)		8.32,80(1.04,51)	
2	Jonas Ødegård Aanby	95	Delfana	8.38,06	683
	29,29(29,29)	1.00,67(31,38)	1.32,73(32,06)	2.04,88(32,15)	
	2.36,82(31,94)	3.09,25(32,43)	3.41,88(32,63)	4.14,50(32,62)	
	4.47,03(32,53)	5.19,68(32,65)	5.52,53(32,85)	6.25,53(33,00)	
	6.58,59(33,06)	7.32,01(33,42)	8.05,31(33,30)	8.38,06(32,75)	
3	Jørgen Gundersen	95	Lørenskog/Rælingen	8.54,83	621
	30,02(30,02)	1.02,49(32,47)	1.35,43(32,94)	2.08,49(33,06)	
	2.41,99(33,50)	3.15,78(33,79)	3.49,45(33,67)	4.23,18(33,73)	
	4.57,05(33,87)	5.31,07(34,02)	6.05,02(33,95)	6.39,32(34,30)	
	7.13,68(34,36)	7.48,06(34,38)	8.22,35(34,29)	8.54,83(32,48)	
4	Ole Martin Bjørlykke	96	Aalesund SLK	8.58,42	609
	29,70(29,70)	1.02,30(32,60)	1.35,48(33,18)	2.09,26(33,78)	
	2.43,10(33,84)	3.17,26(34,16)	3.51,45(34,19)	4.25,60(34,15)	
	4.59,55(33,95)	5.33,93(34,38)	6.08,32(34,39)	6.42,52(34,20)	
	7.16,65(34,13)	7.50,70(34,05)	8.24,98(34,28)	8.58,42(33,44)	

## Junior

1	Jørn Nygård	92	Stavanger SC	8.20,35	758
	27,54(27,54)	58,26(30,72)	1.29,28(31,02)	2.00,62(31,34)	
	2.32,11(31,49)	3.03,46(31,35)	3.34,62(31,16)	4.06,00(31,38)	
	4.37,43(31,43)	5.09,02(31,59)	5.41,14(32,12)	6.13,58(32,44)	
	6.45,67(32,09)	7.18,03(32,36)	7.50,03(32,00)	8.20,35(30,32)	
2	Oscar Slaatmo	94	Hamar IL	8.26,88	729
	28,88(28,88)	1.00,45(31,57)	1.32,02(31,57)	2.03,79(31,77)	
	2.35,52(31,73)	3.07,79(32,27)	3.39,46(31,67)	4.11,26(31,80)	
	4.43,57(32,31)	5.15,52(31,95)	5.47,65(32,13)	6.19,98(32,33)	
	6.52,33(32,35)	7.24,46(32,13)	7.56,67(32,21)	8.26,88(30,21)	
3	Martin Berger Oterholm	93	Kolbotn IL	8.27,52	727
	28,40(28,40)	59,48(31,08)	1.31,57(32,09)	2.03,89(32,32)	
	2.35,71(31,82)	3.07,69(31,98)	3.39,49(31,80)	4.11,68(32,19)	
	4.43,88(32,20)	5.16,36(32,48)	5.48,43(32,07)	6.20,15(31,72)	
	6.52,33(32,18)	7.24,34(32,01)	7.56,54(32,20)	8.27,52(30,98)	
4	Eivind Johannesen	92	BS/Åstveit	8.32,31	706
	28,30(28,30)	59,41(31,11)	1.31,33(31,92)	2.03,32(31,99)	
	2.35,37(32,05)	3.07,79(32,42)	3.40,31(32,52)	4.12,98(32,67)	
	4.45,57(32,59)	5.18,34(32,77)	5.51,07(32,73)	6.23,89(32,82)	
	6.56,83(32,94)	7.29,35(32,52)	8.02,15(32,80)	8.32,31(30,16)	
5	Øystein Fjeldberg	93	Randaberg IL	8.32,78	704
	29,30(29,30)	1.00,58(31,28)	1.32,38(31,80)	2.04,77(32,39)	
	2.37,16(32,39)	3.09,84(32,68)	3.42,72(32,88)	4.15,57(32,85)	
	4.48,14(32,57)	5.20,43(32,29)	5.52,56(32,13)	6.25,03(32,47)	
	6.57,61(32,58)	7.29,57(31,96)	8.01,63(32,06)	8.32,78(31,15)	
6	Erik Tobias Sollesnes	95	Kolbotn IL	8.32,80	704
	28,44(28,44)	59,28(30,84)	1.31,32(32,04)	2.03,78(32,46)	
	2.35,76(31,98)	3.07,89(32,13)	3.39,98(32,09)	4.12,23(32,25)	
	4.44,60(32,37)	5.17,09(32,49)	5.49,99(32,90)	6.22,40(32,41)	
	6.54,90(32,50)	7.28,29(33,39)		8.32,80(1.04,51)	
7	Jonas Ødegård Aanby	95	Delfana	8.38,06	683
	29,29(29,29)	1.00,67(31,38)	1.32,73(32,06)	2.04,88(32,15)	
	2.36,82(31,94)	3.09,25(32,43)	3.41,88(32,63)	4.14,50(32,62)	
	4.47,03(32,53)	5.19,68(32,65)	5.52,53(32,85)	6.25,53(33,00)	
	6.58,59(33,06)	7.32,01(33,42)	8.05,31(33,30)	8.38,06(32,75)	
8	Sondre Kallhovd	93	Lambertseter SK	8.39,06	679
	29,56(29,56)	1.01,72(32,16)	1.33,67(31,95)	2.06,03(32,36)	
	2.38,85(32,82)	3.11,36(32,51)	3.44,07(32,71)	4.17,05(32,98)	
	4.49,73(32,68)	5.22,24(32,51)	5.54,83(32,59)	6.27,56(32,73)	
	7.00,47(32,91)	7.33,63(33,16)	8.07,07(33,44)	8.39,06(31,99)	
9	Sander Rødje	93	Haugesund SK	8.42,21	667
	28,69(28,69)	59,94(31,25)	1.32,12(32,18)	2.04,09(31,97)	
	2.36,23(32,14)	3.08,66(32,43)	3.41,40(32,74)	4.14,40(33,00)	
	4.47,66(33,26)	5.20,96(33,30)	5.54,58(33,62)	6.28,23(33,65)	
	7.02,19(33,96)	7.36,47(34,28)	8.09,93(33,46)	8.42,21(32,28)	
10	Morten Bordervich	94	Madla SK	8.43,16	663
	29,22(29,22)	1.00,57(31,35)	1.32,10(31,53)	2.04,24(32,14)	
	2.36,62(32,38)	3.09,19(32,57)	3.42,27(33,08)	4.15,37(33,10)	
	4.47,98(32,61)	5.20,87(32,89)	5.53,54(32,67)	6.26,91(33,37)	
	7.00,97(34,06)	7.35,28(34,31)	8.09,74(34,46)	8.43,16(33,42)	
11	Odin Spangen Normann	92	IL Varg	8.43,44	662
	29,08(29,08)	1.00,40(31,32)	1.32,57(32,17)	2.04,69(32,12)	
	2.37,02(32,33)	3.09,78(32,76)	3.42,73(32,95)	4.16,12(33,39)	
	4.49,58(33,46)	5.23,40(33,82)	5.57,25(33,85)	6.31,18(33,93)	
	7.05,04(33,86)	7.38,75(33,71)	8.12,26(33,51)	8.43,44(31,18)	
12	Ørjan Monsen	92	Madla SK	8.48,12	645
	29,95(29,95)	1.01,99(32,04)	1.34,80(32,81)	2.08,18(33,38)	
	2.41,85(33,67)	3.15,72(33,87)	3.49,10(33,38)	4.23,02(33,92)	
	4.56,63(33,61)	5.30,18(33,55)	6.03,77(33,59)	6.37,41(33,64)	
	7.10,79(33,38)	7.44,20(33,41)	8.17,14(32,94)	8.48,12(30,98)	
13	Robin H. Kleiven	93	Aalesund SLK	8.48,19	645
	29,15(29,15)	1.00,53(31,38)	1.32,64(32,11)	2.05,13(32,49)	
	2.38,10(32,97)	3.11,26(33,16)	3.44,43(33,17)	4.18,08(33,65)	
	4.51,69(33,61)	5.25,58(33,89)	5.59,42(33,84)	6.33,53(34,11)	
	7.07,16(33,63)	7.41,41(34,25)	8.14,46(33,05)	8.48,19(33,73)	

14	Gunnar V. Skirbekk	91	Elverum Svømming	8.54,42	622
	29,79(29,79)	1.01,62(31,83)	1.33,84(32,22)	2.06,16(32,32)	
	2.38,64(32,48)	3.11,92(33,28)	3.45,39(33,47)	4.19,55(34,16)	
	4.53,86(34,31)	5.28,39(34,53)	6.02,50(34,11)	6.36,74(34,24)	
	7.11,07(34,33)	7.46,06(34,99)	8.20,96(34,90)	8.54,42(33,46)	
15	Jørgen Gundersen	95	Lørenskog/Rælingen	8.54,83	621
	30,02(30,02)	1.02,49(32,47)	1.35,43(32,94)	2.08,49(33,06)	
	2.41,99(33,50)	3.15,78(33,79)	3.49,45(33,67)	4.23,18(33,73)	
	4.57,05(33,87)	5.31,07(34,02)	6.05,02(33,95)	6.39,32(34,30)	
	7.13,68(34,36)	7.48,06(34,38)	8.22,35(34,29)	8.54,83(32,48)	
16	Ole Martin Bjørlykke	96	Aalesund SLK	8.58,42	609
	29,70(29,70)	1.02,30(32,60)	1.35,48(33,18)	2.09,26(33,78)	
	2.43,10(33,84)	3.17,26(34,16)	3.51,45(34,19)	4.25,60(34,15)	
	4.59,55(33,95)	5.33,93(34,38)	6.08,32(34,39)	6.42,52(34,20)	
	7.16,65(34,13)	7.50,70(34,05)	8.24,98(34,28)	8.58,42(33,44)	
17	Jostein Dalshov Kringlen	94	Kristiansand SA	9.04,08	590
	29,94(29,94)	1.02,50(32,56)	1.36,10(33,60)	2.10,10(34,00)	
	2.44,42(34,32)	3.18,90(34,48)	3.53,29(34,39)	4.27,76(34,47)	
	5.01,89(34,13)	5.36,26(34,37)	6.10,79(34,53)	6.45,62(34,83)	
	7.20,43(34,81)	7.55,53(35,10)	8.30,24(34,71)	9.04,08(33,84)	
18	Thorbjørn Birkeland	93	Haugesund SK	9.20,92	538
	30,89(30,89)	1.04,86(33,97)	1.39,70(34,84)	2.14,37(34,67)	
	2.49,76(35,39)	3.25,70(35,94)	4.01,07(35,37)	4.37,14(36,07)	
	5.13,17(36,03)	5.49,03(35,86)	6.24,68(35,65)	7.00,68(36,00)	
	7.36,83(36,15)	8.12,26(35,43)	8.47,06(34,80)	9.20,92(33,86)	

### Øvelse 3. 400m fri, damer - Finale

#### Junior

1	Elin Slaatmo	92	Hamar IL	4.16,57	801
	30,14(30,14)	1.01,95(31,81)	1.34,03(32,08)	2.06,77(32,74)	
	2.39,72(32,95)	3.12,66(32,94)	3.45,49(32,83)	4.16,57(31,08)	
2	Veronica Orheim Bjørlykke	94	Aalesund SLK	4.18,29	785
	29,68(29,68)	1.02,11(32,43)	1.34,35(32,24)	2.06,94(32,59)	
	2.39,81(32,87)	3.13,02(33,21)	3.45,91(32,89)	4.18,29(32,38)	
3	Karoline Pedersen	94	BS/Delfana	4.18,57	782
	29,65(29,65)	1.02,15(32,50)	1.34,91(32,76)	2.08,01(33,10)	
	2.41,11(33,10)	3.14,14(33,03)	3.46,91(32,77)	4.18,57(31,66)	
4	Jacqueline Knutsson	93	Kongsten/NTG	4.28,20	701
	30,64(30,64)	1.03,45(32,81)	1.37,00(33,55)	2.11,11(34,11)	
	2.45,48(34,37)	3.19,84(34,36)	3.54,23(34,39)	4.28,20(33,97)	
5	Siri Anette Sønju	92	Øvre Eiker SK/NTG	4.28,85	696
	31,72(31,72)	1.05,12(33,40)	1.39,16(34,04)	2.13,31(34,15)	
	2.47,57(34,26)	3.21,76(34,19)	3.55,99(34,23)	4.28,85(32,86)	
6	Ellen Camilla Hansen	95	Øvre Eiker SK	4.29,06	694
	31,34(31,34)	1.04,84(33,50)	1.38,77(33,93)	2.12,97(34,20)	
	2.47,25(34,28)	3.21,84(34,59)	3.56,00(34,16)	4.29,06(33,06)	
7	Emilie Hellerud	92	Lambertseter SK/NTG	4.31,58	675
	30,72(30,72)	1.04,13(33,41)	1.38,30(34,17)	2.12,50(34,20)	
	2.47,32(34,82)	3.22,13(34,81)	3.56,90(34,77)	4.31,58(34,68)	

### Øvelse 4. 50m bryst, herrer - Finale

#### Junior

1	John Lekhmus	91	Tromsø SK	29,61	710
2	Sebastian Wigstrøm	91	Bærumsvømmerne	29,73	701
3	Erling Mjøs Brattelid	91	BS/Åstveit	30,14	673
4	Sindre Søderlund	91	IL Varg	30,17	671
5	Aleksander Sire	93	Modum/NTG	30,38	657
6	Markus Vindenes	94	Vestkantsvømmerne	30,41	655
7	Christopher Williams	92	Bergens SLK	31,33	599

#### Funksjonshemmede

1	Bendik Savstad	95	Tverlandet IL	40,83	271	SB9 128,32 %
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**Øvelse 5. 50m rygg, damer - Finale****Junior**

1	Christine M. Pedersen	93	Lambertseter SK		30,16	690
2	Oda Marie Siljan	92	Asker SK/TiT	(0,93)	30,45	670
3	Benedicte Kausland	92	Vestkantsvømmerne	(0,64)	30,49	668
4	Katrine Jensen	92	BS/Åstveit	(0,65)	30,53	665
5	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	(0,65)	30,62	659
6	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,77)	30,68	655
7	Andrine Davidsen	95	Lambertseter SK	(0,63)	31,19	624

**Funksjonshemmede**

1	Hanne Farestvedt	93	Åstveit SK	(0,64)	39,43	309	S14 121,1 %
2	Rona Hjelstad	93	Skjetten Svømming	(0,87)	42,16	253	S14 129,48 %

**Øvelse 6. 200m individuell medley, herrer - Finale****Junior**

1	Sverre Næss	92	Sarpsborg IL		2.04,56	749
	26,61(26,61)	57,97(31,36)	1.34,29(36,32)	2.04,56(30,27)		
2	Christian Thorsen	91	Lambertseter SK		2.07,77	694
	27,78(27,78)	1.01,95(34,17)	1.38,35(36,40)	2.07,77(29,42)		
3	Sebastian Wigstrøm	91	Bærumsvømmerne		2.09,38	669
	28,02(28,02)	1.00,83(32,81)	1.37,26(36,43)	2.09,38(32,12)		
4	Jonas Kirkeberg Jostad	92	Hamar IL		2.11,60	635
	28,35(28,35)	1.01,42(33,07)	1.40,35(38,93)	2.11,60(31,25)		
5	John Lekhmus	91	Tromsø SK		2.12,07	629
	28,96(28,96)	1.03,33(34,37)	1.39,68(36,35)	2.12,07(32,39)		
6	Espen Halhjem	92	BS/Delfana		2.12,15	628
	27,56(27,56)	1.01,09(33,53)	1.40,07(38,98)	2.12,15(32,08)		
	Markus Lie	95	Åstveit SK		DISK	

**Øvelse 7. 100m butterfly, damer - Finale****Junior**

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne		1.02,93	717
	29,78(29,78)	1.02,93(33,15)				
2	Victoria Rung	92	Madla SK		1.03,12	710
	29,87(29,87)	1.03,12(33,25)				
3	Victoria S. Løken	91	Lambertseter SK		1.03,47	699
	29,61(29,61)	1.03,47(33,86)				
4	Line Løvberg	91	Lambertseter SK		1.03,60	694
	30,03(30,03)	1.03,60(33,57)				
5	Stine Vindenes	93	Vestkantsvømmerne		1.04,33	671
	30,09(30,09)	1.04,33(34,24)				
6	Mette Mellbye Larsen	95	Asker SK		1.04,37	670
	29,99(29,99)	1.04,37(34,38)				
7	Helene Solberg	91	Asker SK		1.05,40	639
	30,37(30,37)	1.05,40(35,03)				

**Øvelse 8. 200m rygg, herrer - Finale****Junior**

1	Lavrans Solli	92	Bergens SC	(0,66)	1.59,71	766
	28,04(28,04)	57,68(29,64)	1.28,40(30,72)	1.59,71(31,31)		
2	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,66)	2.03,34	700
	28,48(28,48)	59,32(30,84)	1.31,60(32,28)	2.03,34(31,74)		
3	Runar Borgen	93	Tromsø SK/NTG	(0,69)	2.06,15	654
	29,39(29,39)	1.01,55(32,16)	1.34,30(32,75)	2.06,15(31,85)		
4	Tor Hafnor	91	Bærumsvømmerne	(0,69)	2.07,86	628
	30,81(30,81)	1.03,32(32,51)	1.35,71(32,39)	2.07,86(32,15)		
5	Sander Rødje	93	Haugesund SK		2.09,41	606
	30,07(30,07)	1.02,67(32,60)	1.36,28(33,61)	2.09,41(33,13)		
6	Henrik Wathne	94	Bærumsvømmerne	(0,73)	2.10,76	587
	29,99(29,99)	1.02,70(32,71)	1.36,56(33,86)	2.10,76(34,20)		
7	Christian Christiansen	94	Kristiansund SLK/NTG	(0,79)	2.13,34	554
	31,05(31,05)	1.04,51(33,46)	1.38,70(34,19)	2.13,34(34,64)		

**Øvelse 9. 200m bryst, damer - Finale****Junior**

1	Stina Kajsa Colleou	93	Lambertseter SK		2.29,58	800
	34,43(34,43)	1.11,89(37,46)	1.50,20(38,31)	2.29,58(39,38)		
2	Siri Eva Kristiansen	93	Bærumsvømmerne		2.31,89	764
	34,47(34,47)	1.12,31(37,84)	1.51,17(38,86)	2.31,89(40,72)		
3	Luna Elisabeth Sjøgaard	94	Lambertseter SK		2.35,56	712
	35,21(35,21)	1.14,08(38,87)	1.54,19(40,11)	2.35,56(41,37)		
4	Rikke Nagell-Kleven	95	Asker SK		2.41,19	640
	36,06(36,06)	1.16,79(40,73)	1.58,87(42,08)	2.41,19(42,32)		
5	Lene Lykke Erichsen	92	Bærumsvømmerne		2.42,45	625
	37,43(37,43)	1.18,39(40,96)	2.00,38(41,99)	2.42,45(42,07)		
6	Malene M. Pedersen	96	Lambertseter SK		2.43,23	616
	37,19(37,19)	1.17,68(40,49)	1.59,77(42,09)	2.43,23(43,46)		
	Maren E.J. Bakke	94	Setermoen SK		DISK	

**Øvelse 10. 50m butterfly, herrer - Finale****Junior**

1	Sindri T. Jakobsson	91	BS/Delfana		24,67	759
2	Erlend Ulveseter	92	BS/Åstveit		25,33	701
3	Ole Martin Ree	92	Madla SK		25,71	670
4	Jan Aleksander Bakke	91	Asker SK		26,35	623
5	Tor Hafnor	91	Bærumsvømmerne		26,45	616
6	Hans Østerdal	93	Stavanger SC		26,50	612
7	Gaute Ravndal	94	Madla SK		26,51	611

**Funksjonshemmede**

1	Edvard Aasjord Møkleby	95	Bodø SK		36,86	227	S9 134,33 %
	Bendik Savstad	95	Tverlandet IL		DISK		S10

## Øvelse 11. 4\*200m fri, damer - Junior

## Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	8.26,07	788
		28,90(28,90)	59,15(30,25)		
	Victoria S. Løken:	1.31,08(31,93)	2.03,92(32,84)	2.03,92	
		2.32,80(28,88)	3.04,98(32,18)		
	Christine M. Pedersen:	3.38,10(33,12)	4.11,61(33,51)	2.07,69	
		4.40,19(28,58)	5.12,80(32,61)		
	Elisabeth H. Svensson:	5.46,06(33,26)	6.18,22(32,16)	2.06,61	
		6.48,17(29,95)	7.20,31(32,14)		
	Ingrid N. Knutzen:	7.53,04(32,73)	8.26,07(33,03)	2.07,85	
2	Madla SK J1 jr.	JR	Madla SK	8.38,28	733
		29,58(29,58)	1.01,52(31,94)		
	Victoria Rung:	1.33,87(32,35)	2.06,48(32,61)	2.06,48	
		2.36,14(29,66)	3.09,19(33,05)		
	Eva Marie W. Østerhus:	3.43,29(34,10)	4.16,64(33,35)	2.10,16	
		4.46,24(29,60)	5.18,62(32,38)		
	Maria Thompson Clausen:	5.52,78(34,16)	6.27,06(34,28)	2.10,42	
		6.57,11(30,05)	7.30,45(33,34)		
	Marthe Berg Sørensen:	8.04,59(34,14)	8.38,28(33,69)	2.11,22	
3	Lambertseter SK J2 jr.	JR	Lambertseter SK	8.41,74	719
		30,11(30,11)	1.02,45(32,34)		
	Emilie Hellerud:	1.36,45(34,00)	2.09,99(33,54)	2.09,99	
		2.39,48(29,49)	3.12,47(32,99)		
	Emma Isdahl:	3.46,48(34,01)	4.19,61(33,13)	2.09,62	
		4.49,22(29,61)	5.21,92(32,70)		
	Line Løvberg:	5.55,56(33,64)	6.28,93(33,37)	2.09,32	
		6.59,58(30,65)	7.33,31(33,73)		
	Malene M. Pedersen:	8.07,74(34,43)	8.41,74(34,00)	2.12,81	
4	Bergensv. J1 jr.	JR	Bergensvømmerne	8.44,77	706
		29,39(29,39)	1.00,79(31,40)		
	Karoline Pedersen:	1.33,13(32,34)	2.05,63(32,50)	2.05,63	
		2.34,86(29,23)	3.07,24(32,38)		
	Lise Sand Syversen:	3.40,84(33,60)	4.12,95(32,11)	2.07,32	
		4.43,05(30,10)	5.16,76(33,71)		
	Andrea Hestdal:	5.51,43(34,67)	6.26,19(34,76)	2.13,24	
		6.56,63(30,44)	7.31,69(35,06)		
	Seline Vike Holm:	8.08,11(36,42)	8.44,77(36,66)	2.18,58	
5	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	8.45,38	704
		29,34(29,34)	1.00,85(31,51)		
	Stine Lise Stenseth:	1.33,23(32,38)	2.06,56(33,33)	2.06,56	
		2.37,10(30,54)	3.10,44(33,34)		
	Siri Anette Sønju:	3.44,69(34,25)	4.18,76(34,07)	2.12,20	
		4.49,47(30,71)	5.23,70(34,23)		
	Fanny Moen Pettersen:	5.58,66(34,96)	6.32,82(34,16)	2.14,06	
		7.03,04(30,22)	7.36,86(33,82)		
	Ellen Camilla Hansen:	8.11,65(34,79)	8.45,38(33,73)	2.12,56	
6	Hamar IL J1 jr.	JR	Hamar IL	8.48,53	691
		29,77(29,77)	1.01,76(31,99)		
	Elin Slaatmo:	1.34,08(32,32)	2.05,39(31,31)	2.05,39	
		2.36,36(30,97)	3.10,08(33,72)		
	Julie Torgersen Nilsen:	3.43,65(33,57)	4.17,46(33,81)	2.12,07	
		4.47,87(30,41)	5.23,06(35,19)		
	Ingrid Kvaal:	5.59,75(36,69)	6.36,06(36,31)	2.18,60	
		7.05,24(29,18)	7.38,25(33,01)		
	Eirin Røen Martinsen:	8.13,23(34,98)	8.48,53(35,30)	2.12,47	
7	Delfana J1 jr.	JR	Delfana	8.49,23	689
		30,37(30,37)	1.03,48(33,11)		
	Lisa Skogeng:	1.37,43(33,95)	2.10,72(33,29)	2.10,72	
		2.41,06(30,34)	3.14,50(33,44)		
	Helene Thunes Truyen:	3.49,73(35,23)	4.25,21(35,48)	2.14,49	
		4.55,87(30,66)	5.28,80(32,93)		
	Elin Haugland:	6.02,97(34,17)	6.36,30(33,33)	2.11,09	
		7.06,12(29,82)	7.39,86(33,74)		
	Marie Reinertsen:	8.15,03(35,17)	8.49,23(34,20)	2.12,93	

8	Asker SK J1 jr.	JR	Asker SK	8.49,74	687
			30,72(30,72)		
	Helene Nordmark Skuterud:		1.39,37(35,52)	2.15,84	
			2.45,90(30,06)		
	Helene Solberg:		3.54,80(35,06)	2.14,44	
			4.59,12(28,84)		
	Nora Kathrine Guthe:		6.04,20(32,84)	2.07,93	
			7.07,60(29,39)		
	Oda Marie Siljan:		8.15,85(34,65)	2.11,53	
9	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	8.54,95	667
			30,25(30,25)		
	Andrea Haugstad:		1.38,62(34,67)	2.13,24	
			2.42,44(29,20)		
	Stine Vindenes:		3.50,21(34,62)	2.11,34	
			4.55,35(30,77)		
	Benedicte Kausland:		6.05,56(35,47)	2.16,37	
			7.11,55(30,60)		
	Tina Schütz:		8.20,71(34,98)	2.14,00	
10	Madla SK J2 jr.	JR	Madla SK	9.06,62	625
			31,32(31,32)		
	Renate Aasland Ranaweera:		1.40,03(35,15)	2.15,17	
			2.45,28(30,11)		
	Lotte Miller:		3.54,52(35,23)	2.13,60	
			5.00,62(31,85)		
	Ingrid Bergslid:		6.14,21(37,35)	2.22,21	
			7.21,92(30,94)		
	Vanessa Tuxen:		8.32,45(35,56)	2.15,64	
11	Trondhjem SLK J1 jr.	JR	Trondhjem SLK	9.18,42	586
			31,07(31,07)		
	Åse Nytrø:		1.40,26(35,35)	2.16,21	
			2.46,78(30,57)		
	Malin Schanke Tømmervik:		3.58,84(37,19)	2.19,25	
			5.06,43(30,97)		
	Viktoria Juel:		6.20,57(37,93)	2.22,91	
			7.30,44(32,07)		
	Irja Gravidahl:		8.42,54(36,26)	2.20,05	
12	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	9.20,93	578
			31,35(31,35)		
	Susanne Fornasari:		1.41,98(35,96)	2.17,37	
			2.48,17(30,80)		
	Elina Øverås:		4.00,20(36,29)	2.17,76	
			5.08,48(33,35)		
	Christine Tuyen Tran Thanh:		6.24,77(38,46)	2.27,17	
			7.34,67(32,37)		
	Klara Farkas:		8.45,81(35,27)	2.18,63	
13	Madla SK J3 jr.	JR	Madla SK	9.24,43	568
			31,35(31,35)		
	Stine Mjølhus Kristoffersen:		1.40,12(34,61)	2.14,73	
			2.48,80(34,07)		
	Nina Staveland:		4.02,45(37,55)	2.24,21	
			5.13,63(34,69)		
	Mari Mjølhus Kristoffersen:		6.28,95(37,78)	2.27,32	
			7.37,93(31,67)		
	Susanne Sekkesæter:		8.48,83(36,10)	2.18,17	
14	SK Speed J1 jr.	JR	SK Speed	9.28,00	557
			30,65(30,65)		
	Hege Strøm Haukeland:		1.37,01(33,62)	2.10,98	
			2.41,54(30,56)		
	Sara Boukili:		3.50,97(34,85)	2.14,60	
			4.58,13(32,55)		
	Sara Torp Myhre:		6.13,32(38,25)	2.24,69	
			7.25,12(34,85)		
	Andrea Kvalheim:		8.46,56(40,85)	2.37,73	
15	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	9.35,48	536
			32,09(32,09)		
	Ida Louise G. Borlaug:		1.42,28(35,46)	2.16,54	
			2.48,98(32,44)		
	Andrea Strømsnes:		4.02,31(37,54)	2.23,87	
			5.13,34(32,93)		
	Marte Dale:		6.35,24(41,73)	2.36,21	
			7.48,06(31,44)		
	Marie Øverland:		9.00,07(36,03)	2.18,86	

16	Bærumsv J2 jr.	JR	Bærumsvømmerne	9.59,32	474
	Amanda Essebo:	34,81(34,81)	1.13,30(38,49)		
		1.52,12(38,82)	2.31,42(39,30)	2.31,42	
		3.06,29(34,87)	3.44,61(38,32)		
	Kine Hvidsten:	4.25,02(40,41)	5.04,87(39,85)	2.33,45	
		5.37,78(32,91)	6.17,86(40,08)		
	Rebekka Wiik Eckhoff:	6.58,53(40,67)	7.37,33(38,80)	2.32,46	
		8.09,10(31,77)	8.45,91(36,81)		
	Helle Backer:	9.22,47(36,56)	9.59,32(36,85)	2.21,99	
	Bærumsv J1 jr.	JR	Bærumsvømmerne	BRUTT	
		30,77(30,77)	1.04,25(33,48)		
	Siri Eva Kristiansen:	1.38,45(34,20)	2.12,01(33,56)	2.12,01	
		2.41,45(29,44)	3.13,84(32,39)		
	Emilie Nyenget Løvberg:	3.46,52(32,68)	4.18,67(32,15)	2.06,66	
		4.48,06(29,39)	5.20,55(32,49)		
	Andrea Westbye:	5.53,74(33,19)	6.26,62(32,88)	2.07,95	
		6.56,96(30,34)	7.37,58(40,62)		
	Kjersti Dalen:				

## Øvelse 12. 4\*100m fri, herrer - Junior

## Junior

1	Stavanger SC G1 jr.	JR	Stavanger SC	3.29,43	742
	Jørn Nygård:	24,94(24,94)	51,67(26,73)	51,67	
	Hans Østerdal:	1.16,18(24,51)	1.43,70(27,52)	52,03	
	Per Øystein Turøy:	2.09,05(25,35)	2.36,56(27,51)	52,86	
	Fredrik K Hegdal:	3.01,63(25,07)	3.29,43(27,80)	52,87	
2	Madla SK G1 jr.	JR	Madla SK	3.30,40	732
	Bjarte Ravndal:	25,44(25,44)	52,28(26,84)	52,28	
	Gaute Ravndal:	1.17,66(25,38)	1.45,83(28,17)	53,55	
	Morten Bordervich:	2.12,00(26,17)	2.40,05(28,05)	54,22	
	Ole Martin Ree:	3.04,08(24,03)	3.30,40(26,32)	50,35	
3	Bergensv. G1 jr.	JR	Bergensvømmerne	3.32,16	714
	Sindri T. Jakobsson:	24,64(24,64)	51,63(26,99)	51,63	
	Erlend Ulveseter:	1.16,41(24,78)	1.44,16(27,75)	52,53	
	Erling Mjøs Brattelid:	2.10,07(25,91)	2.38,25(28,18)	54,09	
	Espen Halhjem:	3.03,45(25,20)	3.32,16(28,71)	53,91	
4	Asker SK G1 jr.	JR	Asker SK	3.40,55	636
	Andreas Bergman:	26,53(26,53)	55,88(29,35)	55,88	
	Kristoffer Skribeland:	1.21,42(25,54)	1.49,72(28,30)	53,84	
	Jan Aleksander Bakke:	2.15,11(25,39)	2.43,99(28,88)	54,27	
	Patryk Bubilek:	3.10,80(26,81)	3.40,55(29,75)	56,56	
5	Stavanger SC G2 jr.	JR	Stavanger SC	3.44,47	603
	Henning S. Pryde:	28,04(28,04)	57,35(29,31)	57,35	
	Henrik Knudsen:	1.23,86(26,51)	1.52,68(28,82)	55,33	
	Alexander Marki Mork:	2.18,77(26,09)	2.47,74(28,97)	55,06	
	Ole Martin Turøy:	3.14,60(26,86)	3.44,47(29,87)	56,73	
6	Madla SK G2 jr.	JR	Madla SK	3.45,35	596
	Vegard Belaska:	27,23(27,23)	56,80(29,57)	56,80	
	Ørjan Monsen:	1.23,88(27,08)	1.51,86(27,98)	55,06	
	Kacper Domanski:	2.18,69(26,83)	2.48,55(29,86)	56,69	
	Øyvind Malde:	3.15,19(26,64)	3.45,35(30,16)	56,80	
7	Vestbyen IL G1 jr.	JR	Vestbyen IL	3.45,87	592
	Christian Tronvoll:	26,98(26,98)	56,26(29,28)	56,26	
	Fredrik Tronvoll:	1.22,25(25,99)	1.51,85(29,60)	55,59	
	Christoffer Tofte Hamborg:	2.19,21(27,36)	2.48,87(29,66)	57,02	
	Gunnar Evjen:	3.16,40(27,53)	3.45,87(29,47)	57,00	
8	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	3.46,61	586
	Markus Vindenes:	26,03(26,03)	54,74(28,71)	54,74	
	Vedbjørn Arne J. Aasheim:	1.21,59(26,85)	1.52,24(30,65)	57,50	
	Sander Sivertsen:	2.19,71(27,47)	2.50,35(30,64)	58,11	
	Kristoffer Brekke:	3.17,53(27,18)	3.46,61(29,08)	56,26	
9	Haugesund SK G1 jr.	JR	Haugesund SK	3.47,30	581
	Thorbjørn Birkeland:	27,15(27,15)	57,14(29,99)	57,14	
	Sindre Lilledahl:	1.23,84(26,70)	1.53,53(29,69)	56,39	
	Benjamin Alic:	2.21,89(28,36)	2.53,68(31,79)	1.00,15	
	Sander Rødje:	3.19,43(25,75)	3.47,30(27,87)	53,62	

10	Lambertseter SK G2 jr.	JR	Lambertseter SK	3.48,22	574
	Kristian Henanger:	27,26(27,26)	57,89(30,63)	57,89	
	Sondre Kallhovd:	1.24,43(26,54)	1.54,17(29,74)	56,28	
	Torbjørn Øvrebø:	2.20,82(26,65)	2.51,12(30,30)	56,95	
	Aksel Øvern:	3.18,10(26,98)	3.48,22(30,12)	57,10	
11	Delfana G1 jr.	JR	Delfana	3.48,35	573
	Marius Thorsø:	27,05(27,05)	56,92(29,87)	56,92	
	Jonas Ødegård Aanby:	1.23,76(26,84)	1.52,95(29,19)	56,03	
	Bård Løvik:	2.19,69(26,74)	2.49,90(30,21)	56,95	
	Markus Heimdal:	3.17,38(27,48)	3.48,35(30,97)	58,45	
12	Kristiansand SA G1 jr.	JR	Kristiansand SA	3.50,08	560
	Jostein Dalshov Kringlen:	28,44(28,44)	58,54(30,10)	58,54	
	Nicolai Gerrard:	1.26,60(28,06)	1.58,50(31,90)	59,96	
	Eirik S. Jørgensen:	2.25,49(26,99)	2.56,28(30,79)	57,78	
	Håkon Andersen:	3.21,94(25,66)	3.50,08(28,14)	53,80	
13	Elverum IL G1 jr.	JR	Elverum Svømming	3.51,15	552
	Ingvar V. Skirbekk:	27,31(27,31)	56,96(29,65)	56,96	
	Gunnar V. Skirbekk:	1.23,59(26,63)	1.53,46(29,87)	56,50	
	Martin B. Lund:	2.20,54(27,08)	2.50,94(30,40)	57,48	
	Håkon B Lund:	3.19,48(28,54)	3.51,15(31,67)	1.00,21	
14	Bergens SLK G1 jr.	JR	Bergens SLK	3.53,76	534
	Lars Berg:	29,59(29,59)	1.02,36(32,77)	1.02,36	
	Sven Berg:	1.28,18(25,82)	1.57,77(29,59)	55,41	
	Christopher Williams:	2.24,84(27,07)	2.55,56(30,72)	57,79	
	Anders Færø:	3.22,29(26,73)	3.53,76(31,47)	58,20	
15	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	3.54,96	526
	Anders Dyvesveen:	27,75(27,75)	58,21(30,46)	58,21	
	Gard Ruben Fauske:	1.26,50(28,29)	1.58,11(31,61)	59,90	
	Jørgen Scheie Bråthen:	2.26,48(28,37)	2.58,60(32,12)	1.00,49	
	Jarl André Bergsvenkerud:	3.25,30(26,70)	3.54,96(29,66)	56,36	
16	Larvik SK G1 jr.	JR	Larvik SK	3.55,25	524
	Jonathan Støtvig Schøning:	28,82(28,82)	1.00,62(31,80)	1.00,62	
	Johannes Aagaard-Nilsen Wiik:	1.28,86(28,24)	2.01,53(32,67)	1.00,91	
	Jørgen Aagaard-Nilsen Wiik:	2.26,92(25,39)	2.55,81(28,89)	54,28	
	Martin Schau:	3.24,85(29,04)	3.55,25(30,40)	59,44	
17	Åstveit SK G1 jr.	JR	Åstveit SK	3.56,63	515
	Jonas Jensen:	26,49(26,49)	55,49(29,00)	55,49	
	Robin Sell Dyngeland:	1.23,78(28,29)	1.56,14(32,36)	1.00,65	
	Håkon Dalland:	2.25,89(29,75)	3.01,05(35,16)	1.04,91	
	Markus Lie:	3.27,30(26,25)	3.56,63(29,33)	55,58	
18	Ski SK G1 jr.	JR	Ski SK	4.07,35	451
	Einar Norum:	26,82(26,82)	56,92(30,10)	56,92	
	Eirik Nilsen:	1.28,08(31,16)	2.02,38(34,30)	1.05,46	
	Sven Peder Oseth:	2.31,46(29,08)	3.02,93(31,47)	1.00,55	
	Morten Molin Wang:	3.33,49(30,56)	4.07,35(33,86)	1.04,42	
19	Aalesund SLK G1 jr.	JR	Aalesund SLK	4.11,65	428
	Sigurd Holten Bøen:	29,48(29,48)	1.03,17(33,69)	1.03,17	
	Aksel Haagensen:	1.33,81(30,64)	2.08,12(34,31)	1.04,95	
	Erlend Forsland Zabka:	2.37,91(29,79)	3.12,24(34,33)	1.04,12	
	Kevin Peraca:	3.40,19(27,95)	4.11,65(31,46)	59,41	
	Lambertseter SK G1 jr.	JR	Lambertseter SK	DISK	
	Mathias Madsen:	25,91(25,91)	54,10(28,19)	54,10	
	Christian Thorsen:				
	Kristian Nygård:				
	David Evja:				
	Bærumsv G1 jr.	JR	Bærumsvømmerne	DISK	
	Tor Hafnor:	26,21(26,21)	53,91(27,70)	53,91	
	Vegard Nyenget Løvberg:	1.19,17(25,26)	1.46,71(27,54)	52,80	
	Sebastian Wigstrøm:				
	Kristoffer D. Birkeland:				
	Bærumsv G2 jr.	JR	Bærumsvømmerne	DISK	
	Henry Emil Nordhagen:	26,74(26,74)	55,86(29,12)	55,86	
	Carl Andreas Wathne:				
	Henrik Wathne:				
	Iver Hvidsten:				

# Fredag 19. november 2010 kl 10.00

## Øvelse 13. 4\*50m lag medley, herrer - UM

### Yngre junior

1	Løren/Rælingen G1 jr. Vebjørn Lindhjem: Jørgen Scheie Bråthen: Jørgen Gundersen: Jarl André Bergsvenkerud:	JR	Lørenskog/Rælingen	(0,60)	1.54,46	551
2	Karmøy SK G1 jr. Daniel Sandhåland: Ivan Aleksander Larsen: Morten Wee Hollund: Harald Goa Fagerheim:	JR	Karmøy SK	(0,78)	1.55,77	533
3	Poseidon G1 jr. Sander Andersen: Eirik Nielsen: Philip Budd: Casper Buan Helgesen:	JR	Poseidon	(0,60)	1.56,03	529
4	Bærumsv G1 jr. Iver Hvidsten: Mads Henry Steinland: Jakob Bernstein: Mathias Thorkildsen:	JR	Bærumsvømmerne	(0,65)	1.57,15	514
5	Stavanger SC G1 jr. Anders Lindanger: Alexander Marki Mork: Olav Ravndal Skjølingstad: Ole Martin Turøy:	JR	Stavanger SC	(0,64)	1.59,26	487
6	Haldens SK G1 jr. Andreas Bunæs: Ole-Marius Bunæs: Jacob W. Berger: David Engen:	JR	Haldens SK	(0,66)	1.59,89	480
7	Delfana G1 jr. Henrik Søfteland: Alexander Johnsgaard: Jonas Ødegård Aanby: Andreas Reinertsen:	JR	Delfana	(0,69)	2.00,56	472
8	Skjetten Svømming G1 jr. Martin Hjelmstad: Morgan B. Johansen: Daniel Nesbø: Henrik Christiansen:	JR	Skjetten Svømming	(0,57)	2.00,95	467
9	Bergens SC G1 jr. Eirik Johnsen: Johan Markus Mowinckel: Michael Gutierrez Irgens: Håkon Wulf Haugen:	JR	Bergens SC	(0,59)	2.02,55	449
10	Vestkantsv. G1 jr. Sander Sivertsen: Vedbjørn Arne J. Aasheim: Sigve Innselset: Andreas Nordvik:	JR	Vestkantsvømmerne	(0,62)	2.02,69	448
11	Asker SK G1 jr. Sigve Ekeli Nystuen: Andreas Manum Hagby: Tinus Sola Flagstad : Nils Lervik:	JR	Asker SK	(0,74)	2.02,72	447
12	Aalesund SLK G1 jr. Kevin Peraca: Ole Martin Bjørlykke: Erlend Forsland Zabka: Sigurd Holten Bøen:	JR	Aalesund SLK	(0,65)	2.04,21	431

13	Askimsvømmerne G1 jr.	JR	Askimsvømmerne	(0,77)	2.06,93	404
	Sverre Kristian Wium:	32,65(32,65)				
	Knut Oscar Skipperud:	1.08,34(35,69)				
	Dennis Matoshi Bekkelund:	1.40,74(32,40)				
	Martin Grønlund:	2.06,93(26,19)				
14	Åstveit SK G1 jr.	JR	Åstveit SK	(0,66)	2.10,48	372
	Markus Lie:	29,10(29,10)				
	Thomas Sell Dyngeland:	1.09,26(40,16)				
	Bendik Bjerk Aarbu:	1.41,07(31,81)				
	Ole Andreas Walde:	2.10,48(29,41)				
15	Ski SK G1 jr.	JR	Ski SK	(0,73)	2.14,59	339
	Kristoffer Soot:	35,45(35,45)				
	Emil Gran:	1.09,74(34,29)				
	Arjan Nilsen:	1.44,72(34,98)				
	Morten Molin Wang:	2.14,59(29,87)				
16	Bergens SC G2 jr.	JR	Bergens SC	(0,71)	2.20,27	300
	Aksel Johannesen:	35,64(35,64)				
	Lars-Kristian Gotaas Bjørkbom:	1.15,86(40,22)				
	Are Mowatt Gruben:					
	Filip Krzysztof Ludwiczak:	2.20,27(1.04,41)				

### Øvelse 14. 800m fri, damer - Direkte finale – Foreløpig før siste heat

#### Yngre junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	9.01,38	738
	31.66(31,66)	1.05,58(33,92)	1.39,57(33,99)	2.13,91(34,34)	
	2.48,26(34,35)	3.22,38(34,12)	3.55,93(33,55)	4.29,62(33,69)	
	5.03,61(33,99)	5.37,55(33,94)	6.11,77(34,22)	6.46,09(34,32)	
	7.20,38(34,29)	7.54,85(34,47)	8.28,93(34,08)	9.01,38(32,45)	
2	Elin Haugland	96	Delfana	9.06,57	717
	31,12(31,12)	1.04,46(33,34)	1.38,36(33,90)	2.12,89(34,53)	
	2.47,07(34,18)	3.21,74(34,67)	3.55,98(34,24)	4.30,77(34,79)	
	5.05,32(34,55)	5.40,32(35,00)	6.15,66(35,34)	6.50,10(34,44)	
	7.24,91(34,81)	7.59,35(34,44)	8.33,50(34,15)	9.06,57(33,07)	
3	Oda Gjerde	95	Bryne SK	9.15,36	684
	32,22(32,22)	1.06,35(34,13)	1.40,45(34,10)	2.15,10(34,65)	
	2.49,42(34,32)	3.24,00(34,58)	3.58,91(34,91)	4.34,21(35,30)	
	5.09,16(34,95)	5.44,69(35,53)	6.19,86(35,17)	6.55,27(35,41)	
	7.31,24(35,97)	8.06,39(35,15)	8.41,47(35,08)	9.15,36(33,89)	
4	Lisa Skogeng	96	Delfana	9.27,72	640
	31,24(31,24)	1.06,00(34,76)	1.41,25(35,25)	2.16,96(35,71)	
	2.52,72(35,76)	3.28,52(35,80)	4.04,46(35,94)	4.40,58(36,12)	
	5.16,40(35,82)	5.52,71(36,31)	6.28,72(36,01)	7.04,93(36,21)	
	7.41,33(36,40)	8.17,50(36,17)	8.54,09(36,59)	9.27,72(33,63)	
5	Tina Schütz	96	Vestkantsvømmerne	9.29,78	633
	32,47(32,47)	1.08,09(35,62)	1.43,93(35,84)	2.19,89(35,96)	
	2.56,15(36,26)	3.32,17(36,02)	4.08,18(36,01)	4.44,22(36,04)	
	5.20,27(36,05)	5.56,14(35,87)	6.32,12(35,98)	7.07,91(35,79)	
	7.43,50(35,59)	8.19,24(35,74)	8.55,07(35,83)	9.29,78(34,71)	
6	Elida Hole	96	Vestkantsvømmerne	9.31,32	628
	32,44(32,44)	1.07,61(35,17)	1.43,37(35,76)	2.19,26(35,89)	
	2.55,00(35,74)	3.30,84(35,84)	4.07,21(36,37)	4.43,45(36,24)	
	5.19,85(36,40)	5.56,39(36,54)	6.33,49(37,10)	7.09,27(35,78)	
	7.45,24(35,97)	8.21,15(35,91)	8.57,07(35,92)	9.31,32(34,25)	

#### Junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	9.01,38	738
	31.66(31,66)	1.05,58(33,92)	1.39,57(33,99)	2.13,91(34,34)	
	2.48,26(34,35)	3.22,38(34,12)	3.55,93(33,55)	4.29,62(33,69)	
	5.03,61(33,99)	5.37,55(33,94)	6.11,77(34,22)	6.46,09(34,32)	
	7.20,38(34,29)	7.54,85(34,47)	8.28,93(34,08)	9.01,38(32,45)	
2	Elin Haugland	96	Delfana	9.06,57	717
	31,12(31,12)	1.04,46(33,34)	1.38,36(33,90)	2.12,89(34,53)	
	2.47,07(34,18)	3.21,74(34,67)	3.55,98(34,24)	4.30,77(34,79)	
	5.05,32(34,55)	5.40,32(35,00)	6.15,66(35,34)	6.50,10(34,44)	
	7.24,91(34,81)	7.59,35(34,44)	8.33,50(34,15)	9.06,57(33,07)	

3	Hanne Lockertsen	94	Tromsø SK/NTG	9.13,66	690
	32,63(32,63)	1.07,01(34,38)	1.41,29(34,28)	2.15,50(34,21)	
	2.49,84(34,34)	3.24,27(34,43)	3.59,26(34,99)	4.34,17(34,91)	
	5.09,15(34,98)	5.44,16(35,01)	6.19,26(35,10)	6.54,38(35,12)	
	7.29,82(35,44)	8.04,90(35,08)	8.39,57(34,67)	9.13,66(34,09)	
4	Oda Gjerde	95	Bryne SK	9.15,36	684
	32,22(32,22)	1.06,35(34,13)	1.40,45(34,10)	2.15,10(34,65)	
	2.49,42(34,32)	3.24,00(34,58)	3.58,91(34,91)	4.34,21(35,30)	
	5.09,16(34,95)	5.44,69(35,53)	6.19,86(35,17)	6.55,27(35,41)	
	7.31,24(35,97)	8.06,39(35,15)	8.41,47(35,08)	9.15,36(33,89)	
5	Lisa Skogeng	96	Delfana	9.27,72	640
	31,24(31,24)	1.06,00(34,76)	1.41,25(35,25)	2.16,96(35,71)	
	2.52,72(35,76)	3.28,52(35,80)	4.04,46(35,94)	4.40,58(36,12)	
	5.16,40(35,82)	5.52,71(36,31)	6.28,72(36,01)	7.04,93(36,21)	
	7.41,33(36,40)	8.17,50(36,17)	8.54,09(36,59)	9.27,72(33,63)	
6	Tina Schütz	96	Vestkantsvømmerne	9.29,78	633
	32,47(32,47)	1.08,09(35,62)	1.43,93(35,84)	2.19,89(35,96)	
	2.56,15(36,26)	3.32,17(36,02)	4.08,18(36,01)	4.44,22(36,04)	
	5.20,27(36,05)	5.56,14(35,87)	6.32,12(35,98)	7.07,91(35,79)	
	7.43,50(35,59)	8.19,24(35,74)	8.55,07(35,83)	9.29,78(34,71)	
7	Elida Hole	96	Vestkantsvømmerne	9.31,32	628
	32,44(32,44)	1.07,61(35,17)	1.43,37(35,76)	2.19,26(35,89)	
	2.55,00(35,74)	3.30,84(35,84)	4.07,21(36,37)	4.43,45(36,24)	
	5.19,85(36,40)	5.56,39(36,54)	6.33,49(37,10)	7.09,27(35,78)	
	7.45,24(35,97)	8.21,15(35,91)	8.57,07(35,92)	9.31,32(34,25)	
8	Julie Rønningsen	94	Lambertseter SK	9.34,06	619
	32,19(32,19)	1.06,79(34,60)	1.42,21(35,42)	2.17,94(35,73)	
	2.54,02(36,08)	3.30,41(36,39)	4.07,29(36,88)	4.43,84(36,55)	
	5.20,34(36,50)	5.56,97(36,63)	6.33,47(36,50)	7.09,81(36,34)	
	7.46,63(36,82)	8.23,16(36,53)	8.59,88(36,72)	9.34,06(34,18)	
9	Anna Forsstrøm	94	Haldens SK	9.37,66	608
	32,36(32,36)	1.08,32(35,96)	1.44,60(36,28)	2.20,82(36,22)	
	2.57,15(36,33)	3.34,24(37,09)	4.11,04(36,80)	4.47,63(36,59)	
	5.24,15(36,52)	6.00,52(36,37)	6.37,18(36,66)	7.14,17(36,99)	
	7.50,64(36,47)	8.26,56(35,92)	9.03,00(36,44)	9.37,66(34,66)	

## Øvelse 15. 400m fri, herrer

### Eldre junior

1	Ole Martin Ree	92	Madla SK	4.05,42	683
	27,78(27,78)	58,59(30,81)	1.29,76(31,17)	2.01,17(31,41)	
	2.32,65(31,48)	3.04,29(31,64)	3.36,06(31,77)	4.05,42(29,36)	
2	Oscar Slaatmo	94	Hamar IL	4.05,56	682
	28,20(28,20)	59,27(31,07)	1.30,38(31,11)	2.01,71(31,33)	
	2.33,19(31,48)	3.04,87(31,68)	3.36,12(31,25)	4.05,56(29,44)	
3	Morten Bordervich	94	Madla SK	4.07,66	664
	28,84(28,84)	59,30(30,46)	1.30,92(31,62)	2.03,14(32,22)	
	2.34,19(31,05)	3.05,22(31,03)	3.37,03(31,81)	4.07,66(30,63)	
4	Sander Rødje	93	Haugesund SK	4.08,95	654
	28,11(28,11)	58,41(30,30)	1.29,84(31,43)	2.01,73(31,89)	
	2.33,96(32,23)	3.06,12(32,16)	3.38,08(31,96)	4.08,95(30,87)	
5	Vegard Nyenget Løvberg	91	Bærumsvømmerne	4.08,99	654
	28,00(28,00)	58,53(30,53)	1.30,02(31,49)	2.01,94(31,92)	
	2.34,10(32,16)	3.06,41(32,31)	3.38,01(31,60)	4.08,99(30,98)	
6	Martin Berger Oterholm	93	Kolbotn IL	4.09,08	653
	28,08(28,08)	58,81(30,73)	1.29,99(31,18)	2.01,53(31,54)	
	2.33,19(31,66)	3.05,29(32,10)	3.37,46(32,17)	4.09,08(31,62)	
7	Christian Thorsen	91	Lambertseter SK	4.10,12	645
	28,38(28,38)	59,49(31,11)	1.30,89(31,40)	2.02,97(32,08)	
	2.35,07(32,10)	3.06,56(31,49)	3.38,67(32,11)	4.10,12(31,45)	
8	Eivind Johannesen	92	BS/Åstveit	4.10,36	643
	28,61(28,61)	59,73(31,12)	1.31,20(31,47)	2.03,04(31,84)	
	2.35,20(32,16)	3.07,65(32,45)	3.39,70(32,05)	4.10,36(30,66)	
9	Odin Spangen Normann	92	IL Varg	4.11,12	637
	28,38(28,38)	59,30(30,92)	1.31,23(31,93)	2.03,72(32,49)	
	2.35,81(32,09)	3.08,31(32,50)	3.40,60(32,29)	4.11,12(30,52)	

10	Kristoffer Skribeland	91	Asker SK	4.11,44	635
	28,43(28,43)	58,96(30,53)	1.30,41(31,45)	2.02,12(31,71)	
	2.33,91(31,79)	3.06,50(32,59)	3.39,31(32,81)	4.11,44(32,13)	
11	Øystein Fjeldberg	93	Randaberg IL	4.13,51	619
	29,34(29,34)	1.00,98(31,64)	1.32,96(31,98)	2.05,01(32,05)	
	2.37,46(32,45)	3.10,14(32,68)	3.42,50(32,36)	4.13,51(31,01)	
12	Sondre Kallhovd	93	Lambertseter SK	4.14,44	613
	29,18(29,18)	1.00,55(31,37)	1.33,00(32,45)	2.05,73(32,73)	
	2.37,70(31,97)	3.10,28(32,58)	3.43,01(32,73)	4.14,44(31,43)	
13	Runar Borgen	93	Tromsø SK/NTG	4.14,66	611
	28,82(28,82)	59,94(31,12)	1.31,87(31,93)	2.04,31(32,44)	
	2.37,27(32,96)	3.10,40(33,13)	3.43,33(32,93)	4.14,66(31,33)	
14	Hans Andre Pedersen	92	Sandefjord SK	4.15,28	607
	29,07(29,07)	1.00,72(31,65)	1.33,13(32,41)	2.05,50(32,37)	
	2.38,82(33,32)	3.11,70(32,88)	3.44,19(32,49)	4.15,28(31,09)	
15	Andreas Bergman	93	Asker SK	4.15,35	606
	28,35(28,35)	59,11(30,76)	1.31,03(31,92)	2.03,64(32,61)	
	2.36,26(32,62)	3.09,02(32,76)	3.42,41(33,39)	4.15,35(32,94)	
16	Kim Rune Hansen	94	Øvre Eiker SK	4.15,76	603
	29,06(29,06)	1.00,59(31,53)	1.33,14(32,55)	2.05,99(32,85)	
	2.38,96(32,97)	3.12,12(33,16)	3.44,57(32,45)	4.15,76(31,19)	
17	Ørjan Monsen	92	Madla SK	4.16,33	599
	29,62(29,62)	1.01,36(31,74)	1.33,56(32,20)	2.06,47(32,91)	
	2.39,12(32,65)	3.12,07(32,95)	3.44,81(32,74)	4.16,33(31,52)	
18	Gunnar V. Skirbekk	91	Elverum Svømming	4.17,49	591
	29,12(29,12)	1.00,96(31,84)	1.33,65(32,69)	2.06,19(32,54)	
	2.39,25(33,06)	3.12,51(33,26)	3.45,60(33,09)	4.17,49(31,89)	
19	Sindre Lilledahl	92	Haugesund SK	4.18,21	586
	28,45(28,45)	59,79(31,34)	1.32,27(32,48)	2.05,46(33,19)	
	2.38,76(33,30)	3.12,50(33,74)	3.46,19(33,69)	4.18,21(32,02)	
20	Robin H. Kleiven	93	Aalesund SLK	4.18,68	583
	29,35(29,35)	1.01,23(31,88)	1.33,57(32,34)	2.06,49(32,92)	
	2.39,35(32,86)	3.13,01(33,66)	3.46,17(33,16)	4.18,68(32,51)	
21	Per Simen Holstad Gandrud	92	Sarpsborg IL	4.21,56	564
	29,27(29,27)	1.01,18(31,91)	1.33,72(32,54)	2.06,81(33,09)	
	2.39,87(33,06)	3.14,19(34,32)	3.48,17(33,98)	4.21,56(33,39)	
22	Thorbjørn Birkeland	93	Haugesund SK	4.26,48	533
	29,54(29,54)	1.02,28(32,74)	1.35,66(33,38)	2.09,58(33,92)	
	2.43,52(33,94)	3.18,20(34,68)	3.52,79(34,59)	4.26,48(33,69)	

## Yngre junior

1	Erik Tobias Sollesnes	95	Kolbotn IL	4.06,36	675
	27,51(27,51)	58,15(30,64)	1.29,03(30,88)	2.00,69(31,66)	
	2.32,52(31,83)	3.04,39(31,87)	3.36,08(31,69)	4.06,36(30,28)	
2	Jonas Ødegård Aanby	95	Delfana	4.07,58	665
	28,47(28,47)	58,73(30,26)	1.29,53(30,80)	2.01,21(31,68)	
	2.33,11(31,90)	3.04,80(31,69)	3.36,74(31,94)	4.07,58(30,84)	
3	Henrik Christiansen	96	Skjetten Svømming	4.18,71	583
	29,72(29,72)	1.01,80(32,08)	1.34,62(32,82)	2.07,80(33,18)	
	2.41,18(33,38)	3.13,96(32,78)	3.47,12(33,16)	4.18,71(31,59)	
4	Knut Oscar Skipperud	96	Askimsvømmerne	4.18,98	581
	28,88(28,88)	1.01,23(32,35)	1.34,67(33,44)	2.08,41(33,74)	
	2.41,77(33,36)	3.14,44(32,67)	3.47,54(33,10)	4.18,98(31,44)	
5	Jørgen Gundersen	95	Lørenskog/Rælingen	4.19,08	580
	30,36(30,36)	1.02,89(32,53)	1.35,65(32,76)	2.08,40(32,75)	
	2.41,13(32,73)	3.13,99(32,86)	3.47,11(33,12)	4.19,08(31,97)	
6	Martin Næss Kjølholdt	95	Kolbotn IL	4.19,46	578
	29,63(29,63)	1.02,08(32,45)	1.34,66(32,58)	2.08,20(33,54)	
	2.41,32(33,12)	3.14,32(33,00)	3.47,03(32,71)	4.19,46(32,43)	
7	Ivan Aleksander Larsen	95	Karmøy SK	4.29,89	513
	29,44(29,44)	1.01,10(31,66)	1.34,36(33,26)	2.09,06(34,70)	
	2.42,87(33,81)	3.17,91(35,04)	3.53,96(36,05)	4.29,89(35,93)	
	Andreas Bunæs	95	Haldens SK	DISK	

## Funksjonshemmede

1	Bendik Savstad	95	Tverlandet IL	5.30,82	279	S10 135,47 %
	36,24(36,24)	1.17,27(41,03)	2.00,69(43,42)	2.43,67(42,98)		
	3.26,93(43,26)	4.09,67(42,74)	4.51,59(41,92)	5.30,82(39,23)		
2	Edvard Aasjord Møkleby	95	Bødø SK	6.11,66	197	S9 144,6 %
	38,68(38,68)	1.24,55(45,87)	2.12,43(47,88)	3.00,54(48,11)		
	3.49,08(48,54)	4.37,58(48,50)	5.26,30(48,72)	6.11,66(45,36)		

## Øvelse 16. 50m bryst, damer

## Eldre junior

1	Siri Eva Kristiansen	93	Bærumsvømmerne	32,78	764
2	Kaja Bremer	93	Bergens SLK	33,21	735
3	Stina Kajsja Colleou	93	Lambertseter SK	33,87	693
4	Stine Vindenes	93	Vestkantsvømmerne	33,95	688
5	Luna Elisabeth Sjøgaard	94	Lambertseter SK	34,12	678
6	Katrine Jensen	92	BS/Åstveit	34,31	666
7	Mari Singstad	91	Vestbyen IL	34,48	657
8	Maren Larsen	94	Madla SK	34,70	644
9	Stine Lise Stenseth	94	Øvre Eiker SK	34,77	640
10	Renate Aasland Ranaweera	91	Madla SK	34,81	638
11	Stine Mjølhøus Kristoffersen	93	Madla SK	35,33	610
12	Maren E.J. Bakke	94	Setermoen SK	35,48	603
13	Ida-Marie Dybdahl	94	Larvik SK	35,61	596
13	Lene Lykke Erichsen	92	Bærumsvømmerne	35,61	596
15	Stine Tveit	93	Trondhjem SLK	35,70	592
16	Therese Tronerud	93	Egersund SK	35,73	590
17	Siren Bergslid	93	Stavanger SC	36,10	572
18	Kristine Mathingsdal Pedersen	94	Farsund SK	36,23	566

## Yngre junior

1	Ingalill Urrang Naustvik	95	Karmøy SK	33,98	686
2	Rikke Nagell-Kleven	95	Asker SK	34,46	658
3	Malene M. Pedersen	96	Lambertseter SK	34,89	634
4	Pernille Berntsen	95	Førde IL	35,27	614
5	Tone Lill Evanger	96	Delfana	35,49	602
6	Karina Brunstad Fet	95	Aalesund SLK	35,53	600
7	Guro Aas	96	Vågsbygd SLK	35,59	597
8	Mari Nerdrum	95	Asker SK	35,82	586
9	Majken Antonie Smith	97	Asker SK	35,99	577
10	Stina Victoria Nordberg	96	Oslo IL	36,34	561
11	Rebecca Holt Clasen	95	Lørenskog/Rælingen	36,49	554
12	Lisa Spiering	95	Drammen SK	36,57	550
13	Oda Almgren Lind	95	Oslo IL	36,59	550
14	Helene Moholdt	95	Modum SK	36,67	546

## Øvelse 17. 50m rygg, herrer

## Eldre junior

1	Lavrans Solli	92	Bergens SC	(0,65)	26,06	704
2	Sverre Næss	92	Sarpsborg IL	(0,96)	26,07	703
3	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,70)	27,43	603
4	Bjarte Ravndal	91	Madla SK	(0,70)	27,61	592
5	Runar Borgen	93	Tromsø SK/NTG	(0,70)	27,63	590
6	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,66)	27,75	583
7	Markus Vindenes	94	Vestkantsvømmerne	(0,62)	27,83	578
8	Jan Aleksander Bakke	91	Asker SK	(0,72)	27,89	574
9	Christian Christiansen	94	Kristiansund SLK/NTG	(0,73)	28,21	555
10	Åsmund Karlsen	92	Eid SK	(0,69)	28,32	548
11	Norbert Prokopiak	94	Modum/NTG	(0,64)	28,41	543
12	Jonas Kirkeberg Jostad	92	Hamar IL	(0,72)	28,67	529
13	Marius Karstad	92	Madla SK	(0,81)	28,72	526
14	Fredrik Tronvoll	93	Vestbyen IL	(0,77)	28,85	519
15	Henrik Wathne	94	Bærumsvømmerne	(0,68)	28,86	518
16	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,67)	29,11	505
17	Kristoffer Brekke	91	Vestkantsvømmerne	(0,72)	29,22	499
18	Henry Emil Nordhagen	93	Bærumsvømmerne	(0,61)	29,23	499
19	Henning Kaland	92	Oslo IL	(0,65)	29,29	496
20	Marius Thorsø	93	Delfana	(0,69)	29,75	473
21	Håkon Andersen	92	Kristiansand SA	(0,62)	30,15	454
22	Markus Jonassen	92	Sørreisa SK	(0,68)	30,23	451
23	Aksel Øvern	93	Lambertseter SK	(0,61)	30,30	448
24	Fredrik Johansen Nielsen	93	Moss SK	(0,68)	30,38	444

## Yngre junior

1	Markus Lie	95	Åstveit SK	(0,63)	28,34	547
2	Vebjørn Lindhjem	95	Lørenskog/Rælingen	(0,65)	28,70	527
3	Philip Budd	96	Poseidon	(0,60)	29,57	482
4	Eirik S. Jørgensen	95	Kristiansand SA	(0,61)	29,65	478
5	Kacper Domanski	96	Madla SK	(0,56)	29,79	471
6	Daniel Sandhåland	95	Karmøy SK	(0,75)	29,89	466
7	Grunde Myhrer	96	Oslo IL	(0,59)	29,90	466
8	Andreas Bunæs	95	Haldens SK	(0,69)	30,22	451
9	Sigve Ekeli Nystuen	96	Asker SK	(0,69)	31,37	403

## Øvelse 18. 200m individuell medley, damer

## Eldre junior

1	Susann Bjørnsen	93	Setermoen SK/NTG	2.20,57	744
	31,56(31,56)	1.07,55(35,99)	1.48,44(40,89)	2.20,57(32,13)	
2	Jacqueline Knutsson	93	Kongsten/NTG	2.22,70	711
	30,54(30,54)	1.06,64(36,10)	1.48,35(41,71)	2.22,70(34,35)	
3	Victoria Rung	92	Madla SK	2.22,98	707
	30,55(30,55)	1.08,08(37,53)	1.50,47(42,39)	2.22,98(32,51)	
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	2.23,75	696
	30,64(30,64)	1.06,66(36,02)	1.49,01(42,35)	2.23,75(34,74)	
5	Sophia Broberg Skeltved	92	Tromsø SK/NTG	2.24,14	690
	31,31(31,31)	1.07,54(36,23)	1.48,79(41,25)	2.24,14(35,35)	
6	Birgitte Elise Søfteland	94	Sarpsborg IL	2.24,41	686
	31,56(31,56)	1.08,02(36,46)	1.50,38(42,36)	2.24,41(34,03)	
7	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.25,23	675
	31,95(31,95)	1.11,56(39,61)	1.50,49(38,93)	2.25,23(34,74)	

8	Stine Lise Stenseth 32,07(32,07)	94	Øvre Eiker SK 1.51,81(41,87)	2.25,68(33,87)	669
9	Stine Vindenes 31,20(31,20)	93	Vestkantsvømmerne 1.51,07(41,46)	2.25,90(34,83)	665
10	Stina Kajsa Colleou 33,19(33,19)	93	Lambertseter SK 1.51,80(39,25)	2.26,46(34,66)	658
11	Nora Kathrine Guthe 32,29(32,29)	91	Asker SK 1.54,09(44,43)	2.28,02(33,93)	637
12	Stine Mjølhus Kristoffersen 31,83(31,83)	93	Madla SK 1.53,84(42,57)	2.28,16(34,32)	635
13	Andrea Hestdal 32,25(32,25)	94	BS/Åstveit 1.53,03(42,51)	2.28,18(35,15)	635
14	Maria Wigestrands 32,55(32,55)	94	Sola SK 1.54,75(44,19)	2.28,53(33,78)	631
15	Oona Ovesen 31,43(31,43)	92	Elverum Svømming 1.53,52(44,99)	2.28,67(35,15)	629
16	Eva Marie W. Østerhus 32,30(32,30)	94	Madla SK 1.54,66(45,22)	2.28,76(34,10)	628
17	Julie Torgersen Nilsen 33,55(33,55)	92	Hamar IL 1.56,10(42,83)	2.31,24(35,14)	597
18	Oda Emilie Haagensen 32,34(32,34)	94	Sarpsborg IL 1.56,59(44,90)	2.34,58(37,99)	560
19	Kjersti Dalen 33,66(33,66)	93	Bærumsvømmerne 1.59,88(45,90)	2.35,43(35,55)	550

## Yngre junior

1	Emilie Nyenget Løvberg 29,83(29,83)	95	Bærumsvømmerne 1.50,62(44,45)	2.23,35(32,73)	702
2	Amalie Thorstensen 31,49(31,49)	96	Vågsbygd SLK 1.50,10(41,68)	2.25,14(35,04)	676
3	Elin Haugland 31,71(31,71)	96	Delfana 1.52,65(42,81)	2.25,42(32,77)	672
4	Maria Thompson Clausen 31,24(31,24)	96	Madla SK 1.51,63(43,03)	2.26,37(34,74)	659
5	Karianne Reinertsen 32,70(32,70)	97	Delfana 1.54,40(44,56)	2.29,13(34,73)	623
6	Malene M. Pedersen 33,10(33,10)	96	Lambertseter SK 1.54,09(42,22)	2.29,24(35,15)	622
7	Sara Louise Pedersen 31,26(31,26)	96	Poseidon 1.53,68(43,59)	2.29,46(35,78)	619
8	Vilde Stordal 31,94(31,94)	95	Delfana 1.55,91(45,25)	2.30,00(34,09)	612
9	Amalie Kristiansen 31,50(31,50)	95	Haugesund SK 1.55,64(46,29)	2.30,49(34,85)	606
10	Ellen Camilla Hansen 33,85(33,85)	95	Øvre Eiker SK 1.57,28(44,25)	2.31,31(34,03)	597
11	Oda Gjerde 32,57(32,57)	95	Bryne SK 1.56,56(45,26)	2.32,06(35,50)	588

## Øvelse 19. 100m butterfly, herrer

## Eldre junior

1	Sindri T. Jakobsson 26,04(26,04)	91	BS/Delfana	56,36	690
2	Erlend Ulveseter 26,41(26,41)	92	BS/Åstveit	57,39	654
3	Tor Hafnor 27,26(27,26)	91	Bærumsvømmerne	57,78	641
4	Sebastian Stordal 27,35(27,35)	91	BS/Delfana	58,09	630
5	Jan Aleksander Bakke 27,23(27,23)	91	Asker SK	58,11	630

6	Ole Martin Ree 27,14(27,14)	92	Madla SK	58,34	622
7	Fredrik K Hegdal 27,08(27,08)	94	Stavanger SC	58,38	621
8	Hans Østerdal 27,35(27,35)	93	Stavanger SC	58,62	613
9	Thomas Myhrer 27,49(27,49)	94	Sarpsborg IL/NTG	58,81	608
10	Espen Halhjem 27,31(27,31)	92	BS/Delfana	59,00	602
11	Henning Kaland 27,87(27,87)	92	Oslo IL	1.00,30	564
12	Carl Andreas Wathne 28,18(28,18)	91	Bærumsvømmerne	1.00,38	561
13	Martin Berger Oterholm 28,62(28,62)	93	Kolbotn IL	1.01,31	536
14	Martin Hammer 28,26(28,26)	93	Kongsten/NTG	1.01,38	534
15	Christian Tronvoll 28,44(28,44)	94	Vestbyen IL	1.01,46	532
16	Berend de Waal 28,69(28,69)	94	IL Norodd	1.01,50	531
17	Åsmund Karlsen 28,45(28,45)	92	Eid SK	1.02,46	507
18	Torbjørn Øvrebø 28,53(28,53)	94	Lambertseter SK	1.02,78	499
19	Markus Jonassen 29,69(29,69)	92	Sørreisa SK	1.03,18	490
20	Norbert Prokopiak 29,21(29,21)	94	Modum/NTG	1.03,21	489
21	Arnt Martin Ystenes 29,77(29,77)	92	Trondhjem SLK	1.04,05	470
22	Martin Schau 30,34(30,34)	91	Larvik SK	1.04,91	452
23	Karl Inge Svendsen 30,39(30,39)	93	Tromsø SK/NTG	1.05,12	448

## Yngre junior

1	Morten Wee Hollund 28,56(28,56)	96	Karmøy SK	1.00,33	563
2	Kacper Domanski 29,02(29,02)	96	Madla SK	1.00,74	551
3	Sander Sivertsen 28,70(28,70)	96	Vestkantsvømmerne	1.00,87	548
4	Eirik Nielsen 28,69(28,69)	95	Poseidon	1.00,92	547
5	Grunde Myhrer 27,83(27,83)	96	Oslo IL	1.01,68	527
6	Sander Andersen 29,48(29,48)	96	Poseidon	1.02,91	496
7	Henrik Søfteland 29,94(29,94)	95	Delfana	1.03,24	489

## Øvelse 20. 200m rygg, damer

## Eldre junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,85)	2.15,57	745
	32,15(32,15)	1.05,80(33,65)	1.40,76(34,96)	2.15,57(34,81)		
2	Oda Marie Siljan	92	Asker SK/TiT	(0,76)	2.18,08	705
	32,15(32,15)	1.06,92(34,77)	1.42,64(35,72)	2.18,08(35,44)		
3	Rebecca Holst	91	Stavanger SC	(0,64)	2.18,32	701
	32,70(32,70)	1.07,01(34,31)	1.42,15(35,14)	2.18,32(36,17)		
4	Bitte Fagermo	93	Narvik SK/NTG	(0,85)	2.19,15	689
	33,76(33,76)	1.08,64(34,88)	1.44,20(35,56)	2.19,15(34,95)		
5	Line Løvberg	91	Lambertseter SK	(0,74)	2.19,52	683
	32,58(32,58)	1.07,80(35,22)	1.43,78(35,98)	2.19,52(35,74)		
6	Christine M. Pedersen	93	Lambertseter SK	(0,63)	2.19,99	676
	32,38(32,38)	1.07,66(35,28)	1.43,79(36,13)	2.19,99(36,20)		
7	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	(0,75)	2.20,65	667
	32,89(32,89)	1.07,33(34,44)	1.43,61(36,28)	2.20,65(37,04)		
8	Hanne Lockertsen	94	Tromsø SK/NTG	(0,76)	2.21,98	648
	34,93(34,93)	1.10,62(35,69)	1.46,39(35,77)	2.21,98(35,59)		
9	Elisabeth Kristiansen	92	Haugesund SK	(0,72)	2.22,25	645
	32,32(32,32)	1.08,27(35,95)	1.45,26(36,99)	2.22,25(36,99)		
10	Camilla Moe	92	Ås IL	(0,70)	2.24,29	618
	33,07(33,07)	1.09,36(36,29)	1.46,41(37,05)	2.24,29(37,88)		
11	Benedicte Kausland	92	Vestkantsvømmerne	(0,70)	2.25,49	602
	33,66(33,66)	1.10,00(36,34)	1.47,34(37,34)	2.25,49(38,15)		
12	Eirin Røen Martinsen	93	Hamar IL	(0,74)	2.26,62	589
	34,18(34,18)	1.11,06(36,88)	1.49,17(38,11)	2.26,62(37,45)		
13	Fanny Moen Pettersen	93	Øvre Eiker SK	(0,88)	2.27,25	581
	34,71(34,71)	1.11,74(37,03)	1.49,47(37,73)	2.27,25(37,78)		
14	Helene Thunes Truyen	93	Delfana	(0,82)	2.28,11	571
	34,45(34,45)	1.11,00(36,55)	1.49,60(38,60)	2.28,11(38,51)		
15	Seline Vike Holm	92	BS/Arna	(0,65)	2.28,30	569
	34,55(34,55)	1.11,88(37,33)	1.49,92(38,04)	2.28,30(38,38)		
16	Silje Nilo	93	Sandefjord SK	(0,60)	2.28,42	568
	33,71(33,71)	1.11,24(37,53)	1.49,87(38,63)	2.28,42(38,55)		

## Yngre junior

1	Andrine Davidsen	95	Lambertseter SK	(0,73)	2.21,39	656
	32,56(32,56)	1.08,11(35,55)	1.44,69(36,58)	2.21,39(36,70)		
2	Ina Kvenshagen Gimse	95	Tromsø SK	(0,78)	2.22,17	646
	33,20(33,20)	1.08,28(35,08)	1.44,92(36,64)	2.22,17(37,25)		
3	Karoline Steffensen	96	Harstad SK	(0,77)	2.23,81	624
	32,94(32,94)	1.09,46(36,52)	1.47,35(37,89)	2.23,81(36,46)		
4	Lotte Miller	96	Madla SK	(0,69)	2.24,97	609
	33,45(33,45)	1.10,51(37,06)	1.47,46(36,95)	2.24,97(37,51)		DF
5	Marte Stamland	96	Poseidon	(0,77)	2.24,97	609
	34,37(34,37)	1.10,68(36,31)	1.47,40(36,72)	2.24,97(37,57)		DE
6	Vilde Tengedal	96	Bryne SK	(0,71)	2.26,74	587
	33,51(33,51)	1.10,59(37,08)	1.48,83(38,24)	2.26,74(37,91)		
7	Karianne Reinertsen	97	Delfana	(0,79)	2.27,03	584
	34,69(34,69)	1.11,39(36,70)	1.49,32(37,93)	2.27,03(37,71)		
8	Åse Nytrø	97	Trondhjem SLK	(0,62)	2.27,85	574
	34,01(34,01)	1.11,24(37,23)	1.49,82(38,58)	2.27,85(38,03)		
9	Vår Celine Søgaard	96	Lambertseter SK	(0,66)	2.28,64	565
	34,78(34,78)	1.12,64(37,86)	1.51,14(38,50)	2.28,64(37,50)		
10	Sara Boukili	95	SK Speed	(0,77)	2.29,29	558
	35,03(35,03)	1.12,05(37,02)	1.50,58(38,53)	2.29,29(38,71)		
11	Vilje Mohagen	97	Skjetten Svømming	(0,80)	2.29,36	557
	35,45(35,45)	1.13,35(37,90)	1.51,34(37,99)	2.29,36(38,02)		
12	Tone Lill Evanger	96	Delfana	(0,83)	2.29,42	556
	35,55(35,55)	1.13,90(38,35)	1.51,92(38,02)	2.29,42(37,50)		
13	Emilie K. Hegdal	96	Stavanger SC	(0,74)	2.30,93	540
	35,19(35,19)	1.13,44(38,25)	1.52,17(38,73)	2.30,93(38,76)		

14	Sofie Reisænen 34,43(34,43)	97	Vågsbygd SLK 1.12,69(38,26)	(0,70)	2.31,09	538
					2.31,09(38,87)	
15	Elina Øverås 35,64(35,64)	95	Lørenskog/Rælingen 1.14,65(39,01)	(0,63)	2.34,06	507
					2.34,06(39,29)	

## Øvelse 21. 200m bryst, herrer

### Eldre junior

1	Sebastian Wigstrøm 31,27(31,27)	91	Bærumsvømmerne 1.06,65(35,38)		2.20,44	691
					2.20,44(37,10)	
2	John Lekhmus 33,18(33,18)	91	Tromsø SK 1.10,39(37,21)		2.23,92	643
					2.23,92(37,53)	
3	Sverre Næss 31,69(31,69)	92	Sarpsborg IL 1.07,42(35,73)		2.24,51	635
					2.24,51(38,57)	
4	Robin H. Kleiven 33,08(33,08)	93	Aalesund SLK 1.10,53(37,45)		2.26,42	610
					2.26,42(38,34)	
5	Erling Mjøs Brattelid 33,20(33,20)	91	BS/Åstveit 1.10,96(37,76)		2.26,82	605
					2.26,82(37,63)	
6	Aleksander Sire 33,04(33,04)	93	Modum/NTG 1.10,92(37,88)		2.28,96	579
					2.28,96(39,23)	
7	Gunnar V. Skirbekk 34,21(34,21)	91	Elverum Svømming 1.13,05(38,84)		2.29,95	568
					2.29,95(38,39)	
8	Patryk Bubilek 33,79(33,79)	92	Asker SK 1.11,69(37,90)		2.30,09	567
					2.30,09(39,35)	
9	Øyvind Malde 33,22(33,22)	92	Madla SK 1.11,31(38,09)		2.30,55	561
					2.30,55(39,98)	
10	Andreas Mathingsdal Pedersen 33,77(33,77)	92	Farsund SK 1.12,13(38,36)		2.30,71	560
					2.30,71(39,62)	
11	Daniel Ommedal 33,95(33,95)	92	Eid SK 1.11,82(37,87)		2.31,28	553
					2.31,28(40,34)	
12	Christopher Wolf 34,37(34,37)	93	Vestbyen IL 1.12,59(38,22)		2.31,71	549
					2.31,71(39,60)	
13	Christoffer Tofte Hamborg 33,98(33,98)	93	Vestbyen IL 1.13,75(39,77)		2.32,64	539
					2.32,64(38,30)	
14	Kristian Nygård 33,64(33,64)	91	Lambertseter SK 1.12,30(38,66)		2.32,67	538
					2.32,67(40,30)	
15	Nicolai Gerrard 34,20(34,20)	94	Kristiansand SA 1.12,88(38,68)		2.34,01	524
					2.34,01(41,18)	
16	Ingvar V. Skirbekk 35,22(35,22)	93	Elverum Svømming 1.13,91(38,69)		2.34,26	522
					2.34,26(40,27)	
17	Tom Duc Ngo Kaafjord 34,34(34,34)	94	Vågsbygd SLK 1.13,57(39,23)		2.34,94	515
					2.34,94(41,59)	
18	Sven Berg 34,96(34,96)	92	Bergens SLK 1.13,76(38,80)		2.35,94	505
					2.35,94(41,65)	
19	Didrik Nygård 33,27(33,27)	94	Lambertseter SK 1.12,32(39,05)		2.38,41	482
					2.38,41(43,86)	
20	Martin Schau 37,12(37,12)	91	Larvik SK 1.19,31(42,19)		2.39,12	475
					2.39,12(38,95)	
21	Trond Vasslag 34,26(34,26)	94	Stavanger SC 1.15,13(40,87)		2.40,04	467
					2.40,04(42,92)	
	Simen Dale	91	BS/Delfana		DISK	

## Yngre junior

1	Andreas Manum Hagby 33,83(33,83)	95	Asker SK 1.48,96(37,75)	2.26,84 2.26,84(37,88)	605
2	Sindre Aasland Ranaweera 33,13(33,13)	96	Madla SK 1.49,29(39,10)	2.30,41 2.30,41(41,12)	563
3	Jarl André Bergsvenkerud 34,35(34,35)	95	Lørenskog/Rælingen 1.50,90(38,32)	2.31,20 2.31,20(40,30)	554
4	Jørgen Scheie Bråthen 35,60(35,60)	95	Lørenskog/Rælingen 1.56,51(40,70)	2.37,65 2.37,65(41,14)	489
5	Bendik Søfteland 35,68(35,68)	96	Sarpsborg IL 1.56,77(40,82)	2.38,06 2.38,06(41,29)	485
6	Grunde Myhrer 34,54(34,54)	96	Oslo IL 1.56,96(42,36)	2.42,93 2.42,93(45,97)	443

## Øvelse 22. 50m butterfly, damer

## Eldre junior

1	Siri Eva Kristiansen	93	Bærumsvømmerne	29,12	661
2	Marthe Berg Sørensen	92	Madla SK	29,35	645
3	Victoria S. Løken	91	Lambertseter SK	29,47	637
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	29,49	636
5	Elisabeth Kristiansen	92	Haugesund SK	29,58	630
6	Elisabeth H. Svensson	91	Lambertseter SK	29,66	625
7	Ingrid Hystad	92	IL Solid	29,70	623
8	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	29,89	611
8	Helene Solberg	91	Asker SK	29,89	611
10	Line Løvberg	91	Lambertseter SK	29,92	609
11	Stine Vindenes	93	Vestkantsvømmerne	29,94	608
12	Siv Fiske	92	Tromsø SK/NTG	30,18	593
13	Kristin Blyverket	92	Oslo IL	30,19	593
14	Jacqueline Knutsson	93	Kongsten/NTG	30,29	587
15	Emma Isdahl	92	Lambertseter SK	30,53	573
16	Oona Ovesen	92	Elverum Svømming	30,55	572
17	Birgitte Elise Søfteland	94	Sarpsborg IL	30,56	571
18	Kaja Bremer	93	Bergens SLK	30,61	569
19	Ingrid Elise Woll	93	Narvik SK	30,98	549

## Yngre junior

1	Mette Mellbye Larsen	95	Asker SK	28,64	694	
2	Emilie Nyenget Løvberg	95	Bærumsvømmerne	28,73	688	
3	Elise Næss Olsen	97	Asker SK	29,24	652	
4	Rikke Nagell-Kleven	95	Asker SK	29,30	648	
5	Marte K. Bolstad	95	Asker SK	30,30	586	
6	Vilde Tengesdal	96	Bryne SK	30,32	585	
7	Klara Farkas	96	Lørenskog/Rælingen	30,40	581	
8	Maria Thompson Clausen	96	Madla SK	30,52	574	
9	Vår Celine Sjøgaard	96	Lambertseter SK	30,71	563	
10	Lotte Miller	96	Madla SK	30,99	548	DF
11	Amalie Thorstensen	96	Vågsbygd SLK	30,99	548	DE
12	Vilde Stordal	95	Delfana	31,50	522	
13	Karina Brunstad Fet	95	Aalesund SLK	31,92	501	

## Øvelse 23. 4\*200m fri, herrer - UM

## Yngre junior

1	Kolbotn IL G1 jr.	JR	Kolbotn IL	8.16,09	611
		28,69(28,69)	1.00,15(31,46)		
	Martin Næss Kjøholdt:	1.32,92(32,77)	2.05,37(32,45)	2.05,37	
		2.33,29(27,92)	3.04,65(31,36)		
	Martin Bråthen:	3.36,72(32,07)	4.08,48(31,76)	2.03,11	
		4.38,47(29,99)	5.12,09(33,62)		
	Henrik Kristiansen:	5.45,05(32,96)	6.17,19(32,14)	2.08,71	
			7.15,49(58,30)		
	Erik Tobias Sollesnes:		8.16,09(1.00,60)	1.58,90	
2	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	8.18,73	601
		27,85(27,85)	58,49(30,64)		
	Vebjørn Lindhjem:	1.29,45(30,96)	2.00,62(31,17)	2.00,62	
		2.29,20(28,58)	3.02,70(33,50)		
	Gard Ruben Fauske:	3.38,30(35,60)	4.14,42(36,12)	2.13,80	
		4.42,41(27,99)	5.13,82(31,41)		
	Jørgen Gundersen:	5.46,09(32,27)	6.18,06(31,97)	2.03,64	
		6.44,84(26,78)	7.15,47(30,63)		
	Jarl André Bergsvengerud:	7.47,34(31,87)	8.18,73(31,39)	2.00,67	
3	Karmøy SK G1 jr.	JR	Karmøy SK	8.19,06	600
		28,20(28,20)	59,64(31,44)		
	Daniel Sandhåland:	1.32,62(32,98)	2.05,28(32,66)	2.05,28	
		2.32,74(27,46)	3.04,58(31,84)		
	Morten Wee Hollund:	3.36,83(32,25)	4.08,05(31,22)	2.02,77	
		4.37,01(28,96)	5.10,04(33,03)		
	Harald Goa Fagerheim:	5.44,46(34,42)	6.18,14(33,68)	2.10,09	
		6.46,04(27,90)	7.16,66(30,62)		
	Ivan Aleksander Larsen:	7.48,63(31,97)	8.19,06(30,43)	2.00,92	
4	Poseidon G1 jr.	JR	Poseidon	8.20,25	596
		28,80(28,80)	1.00,61(31,81)		
	Sander Andersen:	1.32,46(31,85)	2.03,92(31,46)	2.03,92	
		2.33,69(29,77)	3.06,77(33,08)		
	Philip Budd:	3.40,53(33,76)	4.13,40(32,87)	2.09,48	
		4.40,39(26,99)	5.11,12(30,73)		
	Eirik Nielsen:	5.42,14(31,02)	6.13,11(30,97)	1.59,71	
		6.41,60(28,49)	7.14,04(32,44)		
	Casper Buan Helgesen:	7.47,51(33,47)	8.20,25(32,74)	2.07,14	
5	Bærumsv G1 jr.	JR	Bærumsvømmerne	8.28,34	568
		28,85(28,85)	59,63(30,78)		
	Iver Hvidsten:	1.30,73(31,10)	2.03,23(32,50)	2.03,23	
		2.31,80(28,57)	3.03,20(31,40)		
	Mathias Thorkildsen:	3.35,75(32,55)	4.09,08(33,33)	2.05,85	
		4.37,82(28,74)	5.11,05(33,23)		
	Jakob Bernstein:	5.44,87(33,82)	6.18,29(33,42)	2.09,21	
		6.46,90(28,61)	7.19,66(32,76)		
	Mads Henry Steinland:	7.53,97(34,31)	8.28,34(34,37)	2.10,05	
6	Delfana G1 jr.	JR	Delfana	8.28,84	566
		27,34(27,34)	57,28(29,94)		
	Jonas Ødegård Aanby:	1.29,14(31,86)	2.00,84(31,70)	2.00,84	
		2.29,18(28,34)	3.00,45(31,27)		
	Henrik Søfteland:	3.32,93(32,48)	4.05,21(32,28)	2.04,37	
		4.34,93(29,72)	5.08,04(33,11)		
	Anders Madsen:	5.43,01(34,97)	6.18,40(35,39)	2.13,19	
		6.46,92(28,52)	7.19,65(32,73)		
	Andreas Reinertsen:	7.54,37(34,72)	8.28,84(34,47)	2.10,44	
7	Stavanger SC G1 jr.	JR	Stavanger SC	8.34,56	547
		28,80(28,80)	1.00,55(31,75)		
	Alexander Marki Mork:	1.33,17(32,62)	2.03,65(30,48)	2.03,65	
		2.34,43(30,78)	3.09,42(34,99)		
	Sondre Møll:	3.44,71(35,29)	4.18,42(33,71)	2.14,77	
		4.47,93(29,51)	5.21,56(33,63)		
	Anders Lindanger:	5.55,90(34,34)	6.30,30(34,40)	2.11,88	
		6.58,78(28,48)	7.30,79(32,01)		
	Ole Martin Turøy:	8.03,32(32,53)	8.34,56(31,24)	2.04,26	

8	Haldens SK G1 jr.	JR	Haldens SK	8.43,84	519
			28,71(28,71)		
	David Engen:		1.34,99(34,28)	2.07,95	
			2.38,68(30,73)		
	Ole-Marius Bunæs:		3.48,46(35,06)	2.14,51	
			4.51,09(28,63)		
	Andreas Bunæs:		5.57,19(33,76)	2.07,06	
			6.59,03(29,51)		
	Jacob W. Berger:		8.08,71(34,66)	2.14,32	
9	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	8.49,70	502
			28,61(28,61)		
	Henrik Christiansen:		1.31,41(31,60)	2.02,50	
			2.32,17(29,67)		
	Morgan B. Johansen:		3.41,03(34,62)	2.13,12	
			4.44,76(29,14)		
	Daniel Nesbø:		5.52,88(34,80)	2.12,51	
			7.00,04(31,91)		
	Martin Hjelmsstad:		8.13,78(37,46)	2.21,57	
10	Bergens SC G1 jr.	JR	Bergens SC	8.50,87	498
			29,62(29,62)		
	Johan Markus Mowinckel:		1.35,40(33,42)	2.09,31	
			2.37,66(28,35)		
	Michael Gutierrez Irgens:		3.46,16(35,36)	2.11,53	
			4.50,23(29,39)		
	Eirik Johnsen:		5.58,69(34,42)	2.11,31	
			7.03,07(30,92)		
	Are Mowatt Gruben:		8.15,26(36,73)	2.18,72	
11	Aalesund SLK G1 jr.	JR	Aalesund SLK	9.00,40	473
			29,51(29,51)		
	Ole Martin Bjørlykke:		1.35,65(33,67)	2.08,85	
			2.38,92(30,07)		
	Aksel Haagensen:		3.49,11(35,76)	2.15,93	
			4.54,98(30,20)		
	Sigurd Holten Bøen:		6.11,69(40,09)	2.24,47	
			7.18,50(29,25)		
	Kevin Peraca:		8.25,60(34,28)	2.11,15	
12	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	9.15,06	436
			29,33(29,33)		
	Vedbjørn Arne J. Aasheim:		1.35,49(33,76)	2.08,99	
			2.38,23(29,24)		
	Sander Sivertsen:		3.43,75(33,32)	2.07,80	
			4.48,46(31,67)		
	Sigve Innselset:		6.02,55(37,83)	2.21,92	
			7.11,04(32,33)		
	Andreas Nordvik:		8.32,93(42,59)	2.36,35	
13	Ski SK G1 jr.	JR	Ski SK	9.41,62	379
			31,66(31,66)		
	Eirik Nilsen:		1.45,93(38,39)	2.23,35	
			2.58,72(35,37)		
	Arjan Nilsen:		4.16,80(39,09)	2.30,91	
			5.26,10(31,84)		
	Morten Molin Wang:		6.42,52(38,68)	2.24,18	
			7.50,50(32,06)		
	Kristoffer Soot:		9.04,92(37,75)	2.23,18	

## Øvelse 24. 4\*100m fri, damer - UM

### Yngre junior

1	Asker SK J1 jr.	JR	Asker SK	4.02,52	698
			29,50(29,50)		
	Mette Mellbye Larsen:		1.29,04(28,87)	1.00,17	
			2.00,92(31,88)	1.00,75	
	Rikke Nagell-Kleven:		2.30,05(29,13)	1.01,11	
			3.02,03(31,98)		
	Marte K. Bolstad:		3.31,04(29,01)	1.00,49	
2	Delfana J1 jr.	JR	Delfana	4.06,55	665
			29,65(29,65)		
	Lisa Skogeng:		1.31,70(29,98)	1.01,72	
			2.04,07(32,37)	1.02,35	
	Karianne Reinertsen:		2.33,75(29,68)	1.02,55	
			3.06,62(32,87)		
	Elin Haugland:		3.35,70(29,08)	59,93	

3	Bærumsv J1 jr.	JR	Bærumsvømmerne	4.07,99	653
	Emilie Nyenget Løvberg:	27,97(27,97)	58,19(30,22)	58,19	
	Andrea Westbye:	1.26,33(28,14)	1.57,53(31,20)	59,34	
	Helle Backer:	2.27,47(29,94)	3.01,41(33,94)	1.03,88	
	Rebekka Wiik Eckhoff:	3.32,31(30,90)	4.07,99(35,68)	1.06,58	
4	Madla SK J1 jr.	JR	Madla SK	4.08,54	649
	Maria Thompson Clausen:	29,06(29,06)	59,85(30,79)	59,85	
	Lotte Miller:	1.28,33(28,48)	2.00,17(31,84)	1.00,32	
	Susanne Sekkesæter:	2.30,08(29,91)	3.03,60(33,52)	1.03,43	
	Mari Mjøllhus Kristoffersen:	3.34,62(31,02)	4.08,54(33,92)	1.04,94	
5	Stavanger SC J1 jr.	JR	Stavanger SC	4.08,72	647
	Ingeborg Jørmeland:	29,78(29,78)	1.02,64(32,86)	1.02,64	
	Emilie K. Hegdal:	1.31,67(29,03)	2.04,13(32,46)	1.01,49	
	Malin Haga:	2.34,06(29,93)	3.08,44(34,38)	1.04,31	
	Ane Nygård:	3.36,97(28,53)	4.08,72(31,75)	1.00,28	
6	Lambertseter SK J1 jr.	JR	Lambertseter SK	4.08,88	646
	Malene M. Pedersen:	29,68(29,68)	1.01,72(32,04)	1.01,72	
	Anna Lundgren:	1.31,82(30,10)	2.04,32(32,50)	1.02,60	
	Andrine Davidsen:	2.33,89(29,57)	3.06,87(32,98)	1.02,55	
	Vår Celine Sjøgaard:	3.36,59(29,72)	4.08,88(32,29)	1.02,01	
7	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	4.16,20	592
	Eline Sundby Kinn:	31,29(31,29)	1.05,98(34,69)	1.05,98	
	Elina Øverås:	1.35,20(29,22)	2.08,18(32,98)	1.02,20	
	Marie Svensson:	2.38,63(30,45)	3.12,33(33,70)	1.04,15	
	Klara Farkas:	3.43,04(30,71)	4.16,20(33,16)	1.03,87	
8	Vågsbygd SLK J1 jr.	JR	Vågsbygd SLK	4.17,35	584
	Elise Fjeldstad:	30,34(30,34)	1.04,40(34,06)	1.04,40	
	Guro Aas:	1.34,72(30,32)	2.08,23(33,51)	1.03,83	
	Sofie Reisenen:	2.39,36(31,13)	3.13,92(34,56)	1.05,69	
	Amalie Thorstensen:	3.43,80(29,88)	4.17,35(33,55)	1.03,43	
9	Oslo IL J1 jr.	JR	Oslo IL	4.19,33	571
	Nehna-Louise Møller-Pettersen:	30,42(30,42)	1.03,71(33,29)	1.03,71	
	Stina Victoria Nordberg:	1.34,17(30,46)	2.07,77(33,60)	1.04,06	
	Oda Almgren Lind:	2.38,11(30,34)	3.12,02(33,91)	1.04,25	
	Gesine Laake:	3.44,44(32,42)	4.19,33(34,89)	1.07,31	
10	Vestkantv. J1 jr.	JR	Vestkantvømmerne	4.20,80	561
	Elida Hole:	30,29(30,29)	1.02,83(32,54)	1.02,83	
	Tina Schütz:	1.34,02(31,19)	2.08,03(34,01)	1.05,20	
	Marte Dale:	2.38,20(30,17)	3.12,06(33,86)	1.04,03	
	Maria Teige:	3.44,45(32,39)	4.20,80(36,35)	1.08,74	
11	Delfana J2 jr.	JR	Delfana	4.22,87	548
	Frida Hinna:	31,93(31,93)	1.05,93(34,00)	1.05,93	
	Stina Dahl:	1.37,60(31,67)	2.13,53(35,93)	1.07,60	
	Sandra Bernhoft:	2.44,95(31,42)	3.19,32(34,37)	1.05,79	
	Tone Lill Evanger:	3.49,74(30,42)	4.22,87(33,13)	1.03,55	
12	Løren/Rælingen J2 jr.	JR	Lørenskog/Rælingen	4.36,62	471
	Maren Grobe:	33,16(33,16)	1.09,28(36,12)	1.09,28	
	Christine Tuyen Tran Thanh:	1.41,53(32,25)	2.16,67(35,14)	1.07,39	
	Kamilla Øverås:	2.49,94(33,27)	3.26,22(36,28)	1.09,55	
	Sandra W Paulsen:	3.58,97(32,75)	4.36,62(37,65)	1.10,40	
13	Bergens SC J1 jr.	JR	Bergens SC	4.38,65	460
	Henriette Dahl:	33,50(33,50)	1.09,05(35,55)	1.09,05	
	Toni G. Coudray:	1.40,92(31,87)	2.16,21(35,29)	1.07,16	
	Sandra Milena Gjermundnes:	2.51,37(35,16)	3.31,24(39,87)	1.15,03	
	Cecilia Eide Songstad:	4.03,69(32,45)	4.38,65(34,96)	1.07,41	
14	Åstveit SK J1 jr.	JR	Åstveit SK	4.39,55	456
	Ingeborg Liseth Pedersen:	31,95(31,95)	1.05,78(33,83)	1.05,78	
	Stina Heimnes:	1.36,43(30,65)	2.10,94(34,51)	1.05,16	
	Susanne Meyer Tertnes:	2.46,60(35,66)	3.27,62(41,02)	1.16,68	
	Iselin Helløy:	4.02,09(34,47)	4.39,55(37,46)	1.11,93	
15	Delfana J3 jr.	JR	Delfana	4.41,70	446
	Martine Heimdal:	33,53(33,53)	1.10,11(36,58)	1.10,11	
	Julie Sundstrøm:	1.43,90(33,79)	2.20,55(36,65)	1.10,44	
	Susann Pleyrn Olsen:	2.54,21(33,66)	3.32,68(38,47)	1.12,13	
	Vanja Sand Syversen:	4.05,41(32,73)	4.41,70(36,29)	1.09,02	
16	Vestkantv. J2 jr.	JR	Vestkantvømmerne	4.49,99	408
	Vanja Strand:	33,98(33,98)	1.12,16(38,18)	1.12,16	
	Charlotte Mathisen Lie:	1.45,94(33,78)	2.21,73(35,79)	1.09,57	
	Martine Dahle:	2.57,48(35,75)	3.38,37(40,89)	1.16,64	
	Thea Sjøreng:	4.12,26(33,89)	4.49,99(37,73)	1.11,62	

## Fredag 19. november 2010 kl 17.00 - Finaler

### Øvelse 13. 4\*50m lag medley, herrer - Junior

#### Junior

1	Bergensv. G1 jr. Sindri T. Jakobsson: Erling Mjøs Brattelid: Erlend Ulveseter: Espen Halhjem:	JR	Bergensvømmerne	(0,58)	1.44,94	716
2	Madla SK G1 jr. Bjarte Ravndal: Øyvind Malde: Gaute Ravndal: Ole Martin Ree:	JR	Madla SK	(0,69)	1.46,75	680
3	Stavanger SC G1 jr. Per Øystein Turøy: Hans Østerdal: Fredrik K Hegdal: Jørn Nygård:	JR	Stavanger SC	(0,67)	1.47,45	667
4	Lambertseter SK G1 jr. Kristian Henanger: Kristian Nygård: Mathias Madsen: Christian Thorsen:	JR	Lambertseter SK	(0,70)	1.50,02	621
5	Asker SK G1 jr. Jan Aleksander Bakke: Ptryk Bubilek: Kristoffer Skribeland: Andreas Bergman:	JR	Asker SK	(0,73)	1.50,38	615
6	Vestbyen IL G1 jr. Fredrik Tronvoll: Christopher Wolf: Christian Tronvoll: Christoffer Tofte Hamborg:	JR	Vestbyen IL	(0,73)	1.51,74	593
7	Vestkantstv. G1 jr. Kristoffer Brekke: Markus Vindenes: Sander Sivertsen: Vedbjørn Arne J. Aasheim:	JR	Vestkantstvømmerne	(1,05)	1.52,69	578
8	Bærumsv G2 jr. Henrik Wathne: Henry Emil Nordhagen: Jakob Bernstein: Kristoffer D. Birkeland:	JR	Bærumsvømmerne	(0,70)	1.53,85	560
9	Madla SK G2 jr. Marius Karstad: Sindre Aasland Ranaweera: Kacper Domanski: Vegard Belaska:	JR	Madla SK	(0,58)	1.53,86	560
10	Stavanger SC G2 jr. Henrik Knudsen: Trond Vasslag: Alexander Marki Mork: Henning S. Pryde:	JR	Stavanger SC	(0,68)	1.54,28	554
11	Lambertseter SK G2 jr. Aksel Øvern: Didrik Nygård: Torbjørn Øvrebø: David Evja:	JR	Lambertseter SK	(0,63)	1.54,57	550
12	Kristiansand SA G1 jr. Eirik S. Jørgensen: Nicolai Gerrard: Jostein Dalshov Kringlen: Håkon Andersen:	JR	Kristiansand SA	(0,33)	1.55,74	533

13	Delfana G1 jr.	JR	Delfana	(0,63)	1.56,06	529
	Henrik Søfteland:	30,25(30,25)				
	Håvard Høle:	1.02,65(32,40)				
	Bård Løvik:	1.30,72(28,07)				
	Marius Thorsø:	1.56,06(25,34)				
14	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,73)	1.56,61	521
	Vebjørn Lindhjem:	29,11(29,11)				
	Jørgen Scheie Bråthen:	1.02,44(33,33)				
	Jarl André Bergsvenkerud:	1.31,38(28,94)				
	Anders Dyvesveen:	1.56,61(25,23)				
15	Elverum IL G1 jr.	JR	Elverum Svømming	(0,70)	1.58,08	502
	Martin B. Lund:	29,44(29,44)				
	Ingvar V. Skirbekk:	1.02,66(33,22)				
	Gunnar V. Skirbekk:	1.30,60(27,94)				
	Håkon B Lund:	1.58,08(27,48)				
16	Åstveit SK G1 jr.	JR	Åstveit SK	(0,64)	1.59,30	487
	Markus Lie:	28,73(28,73)				
	Håkon Dalland:	1.05,08(36,35)				
	Robin Sell Dyngeland:	1.33,94(28,86)				
	Jonas Jensen:	1.59,30(25,36)				
17	Bergens SLK G1 jr.	JR	Bergens SLK	(0,65)	1.59,61	483
	Sven Berg:	31,11(31,11)				
	Christopher Williams:	1.01,91(30,80)				
	Anders Færø:	1.30,91(29,00)				
	Lars Berg:	1.59,61(28,70)				
18	Haugesund SK G1 jr.	JR	Haugesund SK	(0,65)	1.59,76	481
	Sander Rødje:	28,60(28,60)				
	Sindre Lilledahl:	1.03,64(35,04)				
	Benjamin Alic:	1.34,27(30,63)				
	Thorbjørn Birkeland:	1.59,76(25,49)				
19	Ski SK G1 jr.	JR	Ski SK	(0,86)	2.05,20	421
	Sven Peder Oseth:	32,33(32,33)				
	Morten Molin Wang:	1.08,24(35,91)				
	Einar Norum:	1.35,88(27,64)				
	Eirik Nilsen:	2.05,20(29,32)				
20	Aalesund SLK G1 jr.	JR	Aalesund SLK	(0,63)	2.08,07	394
	Kevin Peraca:	31,62(31,62)				
	Sigurd Holten Bøen:	1.06,55(34,93)				
	Erlend Forsland Zabka:	1.38,60(32,05)				
	Aksel Haagensen:	2.08,07(29,47)				
	Bærumsv G1 jr.	JR	Bærumsvømmerne	(0,66)	DISK	
	Vegard Nyenget Løvberg:	26,73(26,73)				
	Sebastian Wigstrøm:	55,33(28,60)				
	Tor Hafnor:					
	Carl Andreas Wathne:					

### Øvelse 14. 800m fri, damer - Direkte finale

#### Yngre junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	9.01,38	738
	31,66(31,66)	1.05,58(33,92)	1.39,57(33,99)	2.13,91(34,34)	
	2.48,26(34,35)	3.22,38(34,12)	3.55,93(33,55)	4.29,62(33,69)	
	5.03,61(33,99)	5.37,55(33,94)	6.11,77(34,22)	6.46,09(34,32)	
	7.20,38(34,29)	7.54,85(34,47)	8.28,93(34,08)	9.01,38(32,45)	
2	Elin Haugland	96	Delfana	9.06,57	717
	31,12(31,12)	1.04,46(33,34)	1.38,36(33,90)	2.12,89(34,53)	
	2.47,07(34,18)	3.21,74(34,67)	3.55,98(34,24)	4.30,77(34,79)	
	5.05,32(34,55)	5.40,32(35,00)	6.15,66(35,34)	6.50,10(34,44)	
	7.24,91(34,81)	7.59,35(34,44)	8.33,50(34,15)	9.06,57(33,07)	
3	Andrea Westbye	95	Bærumsvømmerne	9.11,27	699
	31,27(31,27)	1.05,43(34,16)	1.39,69(34,26)	2.13,64(33,95)	
	2.47,71(34,07)	3.22,14(34,43)	3.56,86(34,72)	4.31,99(35,13)	
	5.06,71(34,72)	5.41,53(34,82)	6.16,89(35,36)	6.51,23(34,34)	
	7.26,17(34,94)	8.01,55(35,38)	8.36,77(35,22)	9.11,27(34,50)	
4	Oda Gjerde	95	Bryne SK	9.15,36	684
	32,22(32,22)	1.06,35(34,13)	1.40,45(34,10)	2.15,10(34,65)	
	2.49,42(34,32)	3.24,00(34,58)	3.58,91(34,91)	4.34,21(35,30)	
	5.09,16(34,95)	5.44,69(35,53)	6.19,86(35,17)	6.55,27(35,41)	
	7.31,24(35,97)	8.06,39(35,15)	8.41,47(35,08)	9.15,36(33,89)	

5	Lise Sand Syversen	95	BS/Delfana	9.22,10	660
	31,07(31,07)	1.05,50(34,43)	1.40,29(34,79)	2.14,99(34,70)	
	2.50,37(35,38)	3.25,62(35,25)	4.00,79(35,17)	4.36,25(35,46)	
	5.12,19(35,94)	5.47,76(35,57)	6.23,36(35,60)	6.59,56(36,20)	
	7.35,50(35,94)	8.11,55(36,05)	8.47,02(35,47)	9.22,10(35,08)	
6	Lisa Skogeng	96	Delfana	9.27,72	640
	31,24(31,24)	1.06,00(34,76)	1.41,25(35,25)	2.16,96(35,71)	
	2.52,72(35,76)	3.28,52(35,80)	4.04,46(35,94)	4.40,58(36,12)	
	5.16,40(35,82)	5.52,71(36,31)	6.28,72(36,01)	7.04,93(36,21)	
	7.41,33(36,40)	8.17,50(36,17)	8.54,09(36,59)	9.27,72(33,63)	
7	Tina Schütz	96	Vestkantsvømmerne	9.29,78	633
	32,47(32,47)	1.08,09(35,62)	1.43,93(35,84)	2.19,89(35,96)	
	2.56,15(36,26)	3.32,17(36,02)	4.08,18(36,01)	4.44,22(36,04)	
	5.20,27(36,05)	5.56,14(35,87)	6.32,12(35,98)	7.07,91(35,79)	
	7.43,50(35,59)	8.19,24(35,74)	8.55,07(35,83)	9.29,78(34,71)	
8	Elida Hole	96	Vestkantsvømmerne	9.31,32	628
	32,44(32,44)	1.07,61(35,17)	1.43,37(35,76)	2.19,26(35,89)	
	2.55,00(35,74)	3.30,84(35,84)	4.07,21(36,37)	4.43,45(36,24)	
	5.19,85(36,40)	5.56,39(36,54)	6.33,49(37,10)	7.09,27(35,78)	
	7.45,24(35,97)	8.21,15(35,91)	8.57,07(35,92)	9.31,32(34,25)	

## Junior

1	Elin Slaatmo	92	Hamar IL	8.46,90	801
	30,33(30,33)	1.02,74(32,41)	1.35,26(32,52)	2.07,88(32,62)	
	2.40,80(32,92)	3.13,80(33,00)	3.47,16(33,36)	4.20,64(33,48)	
	4.54,02(33,38)	5.27,93(33,91)	6.01,20(33,27)	6.34,95(33,75)	
	7.08,42(33,47)	7.42,11(33,69)	8.15,46(33,35)	8.46,90(31,44)	
2	Veronica Orheim Bjørlykke	94	Aalesund SLK	8.52,72	775
	31,17(31,17)	1.05,26(34,09)	1.39,14(33,88)	2.12,68(33,54)	
	2.46,13(33,45)	3.19,54(33,41)	3.52,95(33,41)	4.26,02(33,07)	
	4.59,00(32,98)	5.32,36(33,36)	6.05,84(33,48)	6.39,68(33,84)	
	7.13,13(33,45)	7.46,89(33,76)	8.20,57(33,68)	8.52,72(32,15)	
3	Karoline Pedersen	94	BS/Delfana	8.58,81	749
	30,77(30,77)	1.03,47(32,70)	1.36,79(33,32)	2.10,61(33,82)	
	2.44,33(33,72)	3.18,23(33,90)	3.52,36(34,13)	4.26,47(34,11)	
	5.00,51(34,04)	5.34,95(34,44)	6.09,19(34,24)	6.43,39(34,20)	
	7.17,42(34,03)	7.51,42(34,00)	8.25,68(34,26)	8.58,81(33,13)	
4	Ellen Camilla Hansen	95	Øvre Eiker SK	9.01,38	738
	31,66(31,66)	1.05,58(33,92)	1.39,57(33,99)	2.13,91(34,34)	
	2.48,26(34,35)	3.22,38(34,12)	3.55,93(33,55)	4.29,62(33,69)	
	5.03,61(33,99)	5.37,55(33,94)	6.11,77(34,22)	6.46,09(34,32)	
	7.20,38(34,29)	7.54,85(34,47)	8.28,93(34,08)	9.01,38(32,45)	
5	Elin Haugland	96	Delfana	9.06,57	717
	31,12(31,12)	1.04,46(33,34)	1.38,36(33,90)	2.12,89(34,53)	
	2.47,07(34,18)	3.21,74(34,67)	3.55,98(34,24)	4.30,77(34,79)	
	5.05,32(34,55)	5.40,32(35,00)	6.15,66(35,34)	6.50,10(34,44)	
	7.24,91(34,81)	7.59,35(34,44)	8.33,50(34,15)	9.06,57(33,07)	
6	Andrea Westbye	95	Bærumsvømmerne	9.11,27	699
	31,27(31,27)	1.05,43(34,16)	1.39,69(34,26)	2.13,64(33,95)	
	2.47,71(34,07)	3.22,14(34,43)	3.56,86(34,72)	4.31,99(35,13)	
	5.06,71(34,72)	5.41,53(34,82)	6.16,89(35,36)	6.51,23(34,34)	
	7.26,17(34,94)	8.01,55(35,38)	8.36,77(35,22)	9.11,27(34,50)	
7	Siri Anette Sønju	92	Øvre Eiker SK/NTG	9.13,48	691
	31,47(31,47)	1.05,52(34,05)	1.39,87(34,35)	2.14,68(34,81)	
	2.49,49(34,81)	3.24,09(34,60)	3.59,01(34,92)	4.33,94(34,93)	
	5.09,01(35,07)	5.43,60(34,59)	6.18,72(35,12)	6.53,91(35,19)	
	7.29,18(35,27)	8.04,19(35,01)	8.39,34(35,15)	9.13,48(34,14)	
8	Hanne Lockertsen	94	Tromsø SK/NTG	9.13,66	690
	32,63(32,63)	1.07,01(34,38)	1.41,29(34,28)	2.15,50(34,21)	
	2.49,84(34,34)	3.24,27(34,43)	3.59,26(34,99)	4.34,17(34,91)	
	5.09,15(34,98)	5.44,16(35,01)	6.19,26(35,10)	6.54,38(35,12)	
	7.29,82(35,44)	8.04,90(35,08)	8.39,57(34,67)	9.13,66(34,09)	
9	Oda Gjerde	95	Bryne SK	9.15,36	684
	32,22(32,22)	1.06,35(34,13)	1.40,45(34,10)	2.15,10(34,65)	
	2.49,42(34,32)	3.24,00(34,58)	3.58,91(34,91)	4.34,21(35,30)	
	5.09,16(34,95)	5.44,69(35,53)	6.19,86(35,17)	6.55,27(35,41)	
	7.31,24(35,97)	8.06,39(35,15)	8.41,47(35,08)	9.15,36(33,89)	

10	Lise Sand Syversen	95	BS/Delfana	9.22,10	660
	31,07(31,07)	1.05,50(34,43)	1.40,29(34,79)	2.14,99(34,70)	
	2.50,37(35,38)	3.25,62(35,25)	4.00,79(35,17)	4.36,25(35,46)	
	5.12,19(35,94)	5.47,76(35,57)	6.23,36(35,60)	6.59,56(36,20)	
	7.35,50(35,94)	8.11,55(36,05)	8.47,02(35,47)	9.22,10(35,08)	
11	Andrea Haugstad	92	Vestkantsvømmerne	9.23,93	653
	31,58(31,58)	1.05,79(34,21)	1.40,91(35,12)	2.16,27(35,36)	
	2.51,77(35,50)	3.27,60(35,83)	4.03,51(35,91)	4.39,37(35,86)	
	5.15,72(36,35)	5.51,72(36,00)	6.27,44(35,72)	7.03,07(35,63)	
	7.38,47(35,40)	8.14,08(35,61)	8.49,48(35,40)	9.23,93(34,45)	
12	Lisa Skogeng	96	Delfana	9.27,72	640
	31,24(31,24)	1.06,00(34,76)	1.41,25(35,25)	2.16,96(35,71)	
	2.52,72(35,76)	3.28,52(35,80)	4.04,46(35,94)	4.40,58(36,12)	
	5.16,40(35,82)	5.52,71(36,31)	6.28,72(36,01)	7.04,93(36,21)	
	7.41,33(36,40)	8.17,50(36,17)	8.54,09(36,59)	9.27,72(33,63)	
13	Tina Schütz	96	Vestkantsvømmerne	9.29,78	633
	32,47(32,47)	1.08,09(35,62)	1.43,93(35,84)	2.19,89(35,96)	
	2.56,15(36,26)	3.32,17(36,02)	4.08,18(36,01)	4.44,22(36,04)	
	5.20,27(36,05)	5.56,14(35,87)	6.32,12(35,98)	7.07,91(35,79)	
	7.43,50(35,59)	8.19,24(35,74)	8.55,07(35,83)	9.29,78(34,71)	
14	Elida Hole	96	Vestkantsvømmerne	9.31,32	628
	32,44(32,44)	1.07,61(35,17)	1.43,37(35,76)	2.19,26(35,89)	
	2.55,00(35,74)	3.30,84(35,84)	4.07,21(36,37)	4.43,45(36,24)	
	5.19,85(36,40)	5.56,39(36,54)	6.33,49(37,10)	7.09,27(35,78)	
	7.45,24(35,97)	8.21,15(35,91)	8.57,07(35,92)	9.31,32(34,25)	
15	Julie Rønningsen	94	Lambertseter SK	9.34,06	619
	32,19(32,19)	1.06,79(34,60)	1.42,21(35,42)	2.17,94(35,73)	
	2.54,02(36,08)	3.30,41(36,39)	4.07,29(36,88)	4.43,84(36,55)	
	5.20,34(36,50)	5.56,97(36,63)	6.33,47(36,50)	7.09,81(36,34)	
	7.46,63(36,82)	8.23,16(36,53)	8.59,88(36,72)	9.34,06(34,18)	
16	Anna Forsstrøm	94	Haldens SK	9.37,66	608
	32,36(32,36)	1.08,32(35,96)	1.44,60(36,28)	2.20,82(36,22)	
	2.57,15(36,33)	3.34,24(37,09)	4.11,04(36,80)	4.47,63(36,59)	
	5.24,15(36,52)	6.00,52(36,37)	6.37,18(36,66)	7.14,17(36,99)	
	7.50,64(36,47)	8.26,56(35,92)	9.03,00(36,44)	9.37,66(34,66)	

## Øvelse 15. 400m fri, herrer - Finale

### Junior

1	Ole Martin Ree	92	Madla SK	3.58,76	742
	27,44(27,44)	57,14(29,70)	1.27,10(29,96)	1.57,31(30,21)	
	2.27,65(30,34)	2.58,29(30,64)	3.28,77(30,48)	3.58,76(29,99)	
2	Morten Bordervich	94	Madla SK	4.04,93	687
	28,26(28,26)	58,37(30,11)	1.29,33(30,96)	2.00,07(30,74)	
	2.30,93(30,86)	3.02,36(31,43)	3.34,00(31,64)	4.04,93(30,93)	
3	Oscar Slaatmo	94	Hamar IL	4.09,31	651
	28,02(28,02)	58,86(30,84)	1.30,36(31,50)	2.01,95(31,59)	
	2.34,06(32,11)	3.06,34(32,28)	3.38,43(32,09)	4.09,31(30,88)	
4	Erik Tobias Sollesnes	95	Kolbotn IL	4.10,47	642
	28,66(28,66)	59,37(30,71)	1.30,97(31,60)	2.02,51(31,54)	
	2.34,93(32,42)	3.07,54(32,61)	3.39,72(32,18)	4.10,47(30,75)	
4	Martin Berger Oterholm	93	Kolbotn IL	4.10,47	642
	28,57(28,57)	59,13(30,56)	1.30,61(31,48)	2.02,45(31,84)	
	2.34,66(32,21)	3.07,38(32,72)	3.39,63(32,25)	4.10,47(30,84)	
6	Sander Rødje	93	Haugesund SK	4.13,83	617
	29,01(29,01)	1.00,55(31,54)	1.33,04(32,49)	2.05,84(32,80)	
	2.38,29(32,45)	3.10,95(32,66)	3.42,94(31,99)	4.13,83(30,89)	
7	Jonas Ødegård Aanby	95	Delfana	4.14,49	612
	29,38(29,38)	1.00,77(31,39)	1.32,97(32,20)	2.05,63(32,66)	
	2.38,34(32,71)	3.11,19(32,85)	3.43,33(32,14)	4.14,49(31,16)	

**Øvelse 16. 50m bryst, damer - Finale****Junior**

1	Siri Eva Kristiansen	93	Bærumsvømmerne	32,63	775
2	Kaja Bremer	93	Bergens SLK	32,99	750
3	Stina Kajsa Colleou	93	Lambertseter SK	33,44	720
4	Luna Elisabeth Sjøgaard	94	Lambertseter SK	33,86	693
5	Stine Vindenes	93	Vestkantsvømmerne	34,15	676
6	Katrine Jensen	92	BS/Åstveit	34,24	671
7	Ingalill Urrang Naustvik	95	Karmøy SK	34,28	668

**Funksjonshemmede**

1	Hanne Farestvedt	93	Åstveit SK	46,80	263 SB14 127,14 %
	Mina Marie Heyerdahl Klausen	97	Drammen SK	DISK	SB7

**Øvelse 17. 50m rygg, herrer - Finale****Junior**

1	Lavrans Solli	92	Bergens SC	(0,59)	25,28	771
2	Sverre Næss	92	Sarpsborg IL	(0,64)	25,32	767
3	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,65)	26,92	638
4	Bjarte Ravndal	91	Madla SK	(0,61)	27,19	620
5	Runar Borgen	93	Tromsø SK/NTG	(0,64)	27,22	618
6	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,70)	27,50	599
7	Markus Vindenes	94	Vestkantsvømmerne	(0,59)	28,16	558

**Funksjonshemmede**

1	Edvard Aasjord Møkleby	95	Bodø SK	(0,85)	37,15	243	S9 124,66 %
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**Øvelse 18. 200m individuell medley, damer - Finale****Junior**

1	Susann Bjørnsen	93	Setermoen SK/NTG	2.17,88	788
	31,06(31,06)	1.05,96(34,90)	1.45,83(39,87)	2.17,88(32,05)	
2	Sophia Broberg Skeltved	92	Tromsø SK/NTG	2.20,98	738
	31,47(31,47)	1.07,37(35,90)	1.47,14(39,77)	2.20,98(33,84)	
3	Jacqueline Knutsson	93	Kongsten/NTG	2.22,02	722
	30,74(30,74)	1.07,10(36,36)	1.48,09(40,99)	2.22,02(33,93)	
4	Victoria Rung	92	Madla SK	2.22,20	719
	30,31(30,31)	1.06,88(36,57)	1.49,53(42,65)	2.22,20(32,67)	
5	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.23,05	706
	31,60(31,60)	1.09,61(38,01)	1.48,38(38,77)	2.23,05(34,67)	
6	Birgitte Elise Søfteland	94	Sarpsborg IL	2.25,37	673
	31,40(31,40)	1.07,85(36,45)	1.51,23(43,38)	2.25,37(34,14)	
7	Elin Haugland	96	Delfana	2.25,52	671
	31,08(31,08)	1.08,00(36,92)	1.51,73(43,73)	2.25,52(33,79)	

## Øvelse 19. 100m butterfly, herrer - Finale

## Junior

1	Sindri T. Jakobsson	91	BS/Delfana	54,84	749
	25,58(25,58)	54,84(29,26)			
2	Erlend Ulveseter	92	BS/Åstveit	57,81	640
	26,31(26,31)	57,81(31,50)			
3	Tor Hafnor	91	Bærumsvømmerne	58,14	629
	27,13(27,13)	58,14(31,01)			
4	Sebastian Stordal	91	BS/Delfana	58,15	628
	27,36(27,36)	58,15(30,79)			
5	Fredrik K Hegdal	94	Stavanger SC	58,18	628
	27,26(27,26)	58,18(30,92)			
6	Hans Østerdal	93	Stavanger SC	58,31	623
	27,15(27,15)	58,31(31,16)			
7	Jan Aleksander Bakke	91	Asker SK	1.00,32	563
	27,21(27,21)	1.00,32(33,11)			

## Øvelse 20. 200m rygg, damer - Finale

## Junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,86)	2.14,61	761
	32,63(32,63)	1.06,58(33,95)	1.41,19(34,61)	2.14,61(33,42)		
2	Bitte Fagermo	93	Narvik SK/NTG	(0,82)	2.16,77	725
	33,09(33,09)	1.07,05(33,96)	1.42,29(35,24)	2.16,77(34,48)		
3	Oda Marie Siljan	92	Asker SK/TiT	(0,69)	2.17,85	708
	32,12(32,12)	1.06,72(34,60)	1.42,51(35,79)	2.17,85(35,34)		
4	Rebecca Holst	91	Stavanger SC	(0,59)	2.18,20	703
	32,52(32,52)	1.06,77(34,25)	1.41,62(34,85)	2.18,20(36,58)		
5	Line Løvberg	91	Lambertseter SK	(0,71)	2.19,67	681
	32,91(32,91)	1.08,06(35,15)	1.43,94(35,88)	2.19,67(35,73)		
6	Christine M. Pedersen	93	Lambertseter SK	(0,67)	2.20,34	671
	33,00(33,00)	1.07,86(34,86)	1.44,03(36,17)	2.20,34(36,31)		
7	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	(0,75)	2.21,75	651
	32,92(32,92)	1.08,24(35,32)	1.45,16(36,92)	2.21,75(36,59)		

## Øvelse 21. 200m bryst, herrer - Finale

## Junior

1	Sverre Næss	92	Sarpsborg IL	2.15,70	767
	30,46(30,46)	1.05,47(35,01)	1.40,03(34,56)	2.15,70(35,67)	
2	Sebastian Wigstrøm	91	Bærumsvømmerne	2.16,47	754
	30,82(30,82)	1.05,35(34,53)	1.40,68(35,33)	2.16,47(35,79)	
3	John Lekhmus	91	Tromsø SK	2.20,77	687
	31,91(31,91)	1.07,31(35,40)	1.43,18(35,87)	2.20,77(37,59)	
4	Erling Mjøs Brattelid	91	BS/Åstveit	2.25,38	623
	32,85(32,85)	1.09,88(37,03)	1.47,37(37,49)	2.25,38(38,01)	
5	Aleksander Sire	93	Modum/NTG	2.26,99	603
	32,50(32,50)	1.09,90(37,40)	1.48,65(38,75)	2.26,99(38,34)	
6	Robin H. Kleiven	93	Aalesund SLK	2.27,23	600
	33,84(33,84)	1.11,62(37,78)	1.49,53(37,91)	2.27,23(37,70)	
7	Gunnar V. Skirbekk	91	Elverum Svømming	2.30,60	561
	33,58(33,58)	1.11,35(37,77)	1.50,09(38,74)	2.30,60(40,51)	

## Øvelse 22. 50m butterfly, damer - Finale

## Junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	28,45	708
2	Siri Eva Kristiansen	93	Bærumsvømmerne	28,90	676
3	Mette Mellbye Larsen	95	Asker SK	29,00	669
4	Rikke Nagell-Kleven	95	Asker SK	29,18	656
5	Marthe Berg Sørensen	92	Madla SK	29,37	644
6	Elise Næss Olsen	97	Asker SK	29,57	631
7	Victoria S. Løken	91	Lambertseter SK	29,65	626

## Funksjonshemmede

1	Hanne Farestvedt	93	Åstveit SK	37,54	308	S14 120,9 %
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## Øvelse 23. 4\*200m fri, herrer - Junior

## Junior

1	Madla SK G1 jr.	JR	Madla SK	7.39,56	768
		26,53(26,53)	56,00(29,47)		
	Bjarte Ravndal:	1.25,88(29,88)	1.56,02(30,14)	1.56,02	
		2.20,77(24,75)	2.48,53(27,76)		
	Ole Martin Ree:	3.17,05(28,52)	3.45,83(28,78)	1.49,81	
		4.11,88(26,05)	4.41,86(29,98)		
	Gaute Ravndal:	5.12,41(30,55)	5.43,60(31,19)	1.57,77	
		6.09,84(26,24)	6.39,13(29,29)		
	Morten Bordervich:	7.09,32(30,19)	7.39,56(30,24)	1.55,96	
2	Stavanger SC G1 jr.	JR	Stavanger SC	7.40,27	765
		26,05(26,05)	54,36(28,31)		
	Jørn Nygård:	1.23,10(28,74)	1.51,54(28,44)	1.51,54	
		2.17,10(25,56)	2.46,52(29,42)		
	Hans Østerdal:	3.17,36(30,84)	3.48,37(31,01)	1.56,83	
		4.14,43(26,06)	4.43,67(29,24)		
	Per Øystein Turøy:	5.14,18(30,51)	5.43,96(29,78)	1.55,59	
		6.09,91(25,95)	6.39,99(30,08)		
	Fredrik K Hegdal:	7.10,92(30,93)	7.40,27(29,35)	1.56,31	
3	Bærumsv G1 jr.	JR	Bærumsvømmerne	7.43,77	748
		27,01(27,01)	56,03(29,02)		
	Vegard Nyenget Løvberg:	1.26,09(30,06)	1.56,08(29,99)	1.56,08	
		2.22,62(26,54)	2.52,64(30,02)		
	Sebastian Wigstrøm:	3.22,34(29,70)	3.52,35(30,01)	1.56,27	
		4.18,74(26,39)	4.48,45(29,71)		
	Tor Hafnor:	5.18,69(30,24)	5.48,65(29,96)	1.56,30	
		6.15,01(26,36)	6.44,50(29,49)		
	Kristoffer D. Birkeland:	7.14,57(30,07)	7.43,77(29,20)	1.55,12	
4	Bergensv. G1 jr.	JR	Bergensvømmerne	7.50,61	715
		26,35(26,35)	55,05(28,70)		
	Sindri T. Jakobsson:	1.24,12(29,07)	1.53,25(29,13)	1.53,25	
		2.19,68(26,43)	2.49,36(29,68)		
	Eivind Johannesen:	3.20,07(30,71)	3.49,98(29,91)	1.56,73	
		4.16,68(26,70)	4.47,34(30,66)		
	Sebastian Stordal:	5.18,48(31,14)	5.49,23(30,75)	1.59,25	
		6.16,18(26,95)	6.46,24(30,06)		
	Espen Halhjem:	7.17,91(31,67)	7.50,61(32,70)	2.01,38	
5	Lambertseter SK G1 jr.	JR	Lambertseter SK	7.56,32	690
		27,40(27,40)	56,74(29,34)		
	Christian Thorsen:	1.26,70(29,96)	1.56,47(29,77)	1.56,47	
		2.23,31(26,84)	2.53,57(30,26)		
	Mathias Madsen:	3.24,31(30,74)	3.55,97(31,66)	1.59,50	
		4.23,49(27,52)	4.54,50(31,01)		
	Sondre Kallhovd:	5.26,22(31,72)	5.57,21(30,99)	2.01,24	
		6.24,46(27,25)	6.54,85(30,39)		
	David Evja:	7.26,20(31,35)	7.56,32(30,12)	1.59,11	

6	Madla SK G2 jr.	JR	Madla SK	8.09,62	635
		28,69(28,69)	58,84(30,15)		
	Ørjan Monsen:	1.29,69(30,85)	2.00,34(30,65)	2.00,34	
		2.27,88(27,54)	2.58,35(30,47)		
	Vegard Belaska:	3.30,10(31,75)	4.02,30(32,20)	2.01,96	
		4.29,79(27,49)	5.01,14(31,35)		
	Sindre Aasland Ranaweera:	5.33,91(32,77)	6.07,67(33,76)	2.05,37	
		6.35,86(28,19)	7.06,02(30,16)		
	Kacper Domanski:	7.37,97(31,95)	8.09,62(31,65)	2.01,95	
7	Bærumsv G2 jr.	JR	Bærumsvømmerne	8.12,27	625
		27,87(27,87)	58,69(30,82)		
	Henrik Wathne:	1.30,94(32,25)	2.03,66(32,72)	2.03,66	
		2.30,87(27,21)	3.01,46(30,59)		
	Carl Andreas Wathne:	3.33,23(31,77)	4.05,25(32,02)	2.01,59	
		4.32,03(26,78)	5.02,25(30,22)		
	Henry Emil Nordhagen:	5.34,35(32,10)	6.07,82(33,47)	2.02,57	
		6.35,69(27,87)	7.06,28(30,59)		
	Iver Hvidsten:	7.38,65(32,37)	8.12,27(33,62)	2.04,45	
8	Stavanger SC G2 jr.	JR	Stavanger SC	8.12,38	625
		28,38(28,38)	1.00,58(32,20)		
	Alexander Marki Mork:	1.32,89(32,31)	2.03,50(30,61)	2.03,50	
		2.31,21(27,71)	3.02,01(30,80)		
	Henrik Knudsen:	3.33,80(31,79)	4.04,59(30,79)	2.01,09	
		4.32,66(28,07)	5.04,06(31,40)		
	Henning S. Pryde:	5.37,16(33,10)	6.09,43(32,27)	2.04,84	
		6.37,45(28,02)	7.08,95(31,50)		
	Ole Martin Turøy:	7.40,94(31,99)	8.12,38(31,44)	2.02,95	
9	Delfana G1 jr.	JR	Delfana	8.16,26	610
		28,20(28,20)	59,18(30,98)		
	Jonas Ødegård Aanby:	1.30,50(31,32)	2.01,22(30,72)	2.01,22	
		2.29,67(28,45)	3.02,05(32,38)		
	Marius Thorsø:	3.34,49(32,44)	4.06,47(31,98)	2.05,25	
		4.35,18(28,71)	5.06,70(31,52)		
	Bård Løvik:	5.38,43(31,73)	6.10,63(32,20)	2.04,16	
		6.39,08(28,45)	7.10,46(31,38)		
	Henrik Søfteland:	7.43,22(32,76)	8.16,26(33,04)	2.05,63	
10	Elverum IL G1 jr.	JR	Elverum Svømming	8.24,03	582
		28,64(28,64)	59,51(30,87)		
	Gunnar V. Skirbekk:	1.30,77(31,26)	2.01,30(30,53)	2.01,30	
		2.29,24(27,94)	3.01,28(32,04)		
	Martin B. Lund:	3.34,86(33,58)	4.07,72(32,86)	2.06,42	
		4.35,54(27,82)	5.06,40(30,86)		
	Ingvar V. Skirbekk:	5.38,72(32,32)	6.11,73(33,01)	2.04,01	
		6.41,15(29,42)	7.14,50(33,35)		
	Håkon B Lund:	7.49,27(34,77)	8.24,03(34,76)	2.12,30	
11	Asker SK G1 jr.	JR	Asker SK	8.55,33	486
		27,47(27,47)	57,38(29,91)		
	Andreas Bergman:	1.28,47(31,09)	1.59,66(31,19)	1.59,66	
		2.27,40(27,74)	3.00,04(32,64)		
	Sigve Ekeli Nystuen:	3.33,43(33,39)	4.06,82(33,39)	2.07,16	
		4.36,86(30,04)	5.12,16(35,30)		
	Nils Lervik:	5.50,17(38,01)	6.27,74(37,57)	2.20,92	
		6.59,54(31,80)	7.38,30(38,76)		
	Tinus Sola Flagstad :	8.17,18(38,88)	8.55,33(38,15)	2.27,59	
12	Aalesund SLK G1 jr.	JR	Aalesund SLK	8.57,73	480
		30,09(30,09)	1.02,51(32,42)		
	Robin H. Kleiven:	1.36,01(33,50)	2.09,79(33,78)	2.09,79	
		2.39,42(29,63)	3.16,11(36,69)		
	Sigurd Holten Bøen:	3.55,32(39,21)	4.32,74(37,42)	2.22,95	
		5.02,09(29,35)	5.34,97(32,88)		
	Ole Martin Bjørlykke:	6.08,71(33,74)	6.42,21(33,50)	2.09,47	
		7.11,94(29,73)	7.46,68(34,74)		
	Kevin Peraca:	8.22,80(36,12)	8.57,73(34,93)	2.15,52	
13	Ski SK G1 jr.	JR	Ski SK	9.06,43	457
		28,63(28,63)	59,77(31,14)		
	Einar Norum:	1.32,55(32,78)	2.06,55(34,00)	2.06,55	
		2.38,06(31,51)	3.12,11(34,05)		
	Sven Peder Oseth:	3.47,30(35,19)	4.21,67(34,37)	2.15,12	
		4.53,59(31,92)	5.29,89(36,30)		
	Kristoffer Soot:	6.06,93(37,04)	6.42,61(35,68)	2.20,94	
		7.15,26(32,65)	7.51,27(36,01)		
	Eirik Nilsen:	8.29,36(38,09)	9.06,43(37,07)	2.23,82	

Vestkantv. G1 jr.	JR	Vestkantvømmerne		DISK
	28,64(28,64)	1.00,59(31,95)		
Kristoffer Brekke:	1.33,75(33,16)	2.07,00(33,25)	2.07,00	
	2.35,46(28,46)	3.07,41(31,95)		
Sander Sivertsen:	3.40,29(32,88)	4.12,41(32,12)	2.05,41	
Vedbjørn Arne J. Aasheim:				
Kristian Blumenfelt:				

## Øvelse 24. 4\*100m fri, damer - Junior

### Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK		3.52,79	789
	Victoria S. Løken:	27,40(27,40)	57,04(29,64)	57,04		
	Emilie Hellerud:	1.25,07(28,03)	1.56,12(31,05)	59,08		
	Christine M. Pedersen:	2.23,53(27,41)	2.54,38(30,85)	58,26		
	Elisabeth H. Svensson:	3.21,92(27,54)	3.52,79(30,87)	58,41		
2	Tromsø SK J1 jr.	JR	Tromsø SK		3.58,94	730
	Siv Fiske:	29,07(29,07)	59,71(30,64)	59,71		
	Ina Kvenshagen Gimse:	1.28,53(28,82)	2.00,08(31,55)	1.00,37		
	Hanne Lockertsen:	2.28,63(28,55)	2.59,13(30,50)	59,05		
	Sophia Broberg Skeltved:	3.27,72(28,59)	3.58,94(31,22)	59,81		
3	Bærumsv J1 jr.	JR	Bærumsvømmerne		4.00,14	719
	Emilie Nyenget Løvberg:	28,45(28,45)	58,59(30,14)	58,59		
	Siri Eva Kristiansen:	1.26,72(28,13)	1.57,49(30,77)	58,90		
	Andrea Westbye:	2.25,94(28,45)	2.57,39(31,45)	59,90		
	Kjersti Dalen:	3.27,85(30,46)	4.00,14(32,29)	1.02,75		
4	Asker SK J1 jr.	JR	Asker SK		4.00,41	717
	Mette Mellbye Larsen:	29,88(29,88)	1.00,80(30,92)	1.00,80		
	Marte K. Bolstad:	1.29,59(28,79)	2.00,50(30,91)	59,70		
	Elise Næss Olsen:	2.30,15(29,65)	3.02,10(31,95)	1.01,60		
	Nora Kathrine Guthe:	3.29,93(27,83)	4.00,41(30,48)	58,31		
5	Lambertseter SK J2 jr.	JR	Lambertseter SK		4.00,87	713
	Ingrid N. Knutzen:	29,26(29,26)	1.01,18(31,92)	1.01,18		
	Emma Isdahl:	1.29,38(28,20)	2.00,31(30,93)	59,13		
	Line Løvberg:	2.29,34(29,03)	3.00,40(31,06)	1.00,09		
	Julie Rønningsen:	3.28,76(28,36)	4.00,87(32,11)	1.00,47		
6	Delfana J1 jr.	JR	Delfana		4.02,91	695
	Elin Haugland:	29,26(29,26)	1.00,48(31,22)	1.00,48		
	Lisa Skogeng:	1.29,51(29,03)	2.01,47(31,96)	1.00,99		
	Marie Reinertsen:	2.29,80(28,33)	3.01,32(31,52)	59,85		
	Helene Thunes Truyen:	3.30,38(29,06)	4.02,91(32,53)	1.01,59		
7	Bergensv. J1 jr.	JR	Bergensvømmerne		4.02,97	694
	Lise Sand Syversen:	29,45(29,45)	1.01,06(31,61)	1.01,06		
	Karoline Pedersen:	1.29,28(28,22)	2.00,05(30,77)	58,99		
	Katrine Jensen:	2.28,06(28,01)	3.00,05(31,99)	1.00,00		
	Andrea Hestdal:	3.29,70(29,65)	4.02,97(33,27)	1.02,92		
8	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK		4.03,96	686
	Stine Lise Stenseth:	28,16(28,16)	58,36(30,20)	58,36		
	Siri Anette Sønju:	1.28,25(29,89)	2.00,35(32,10)	1.01,99		
	Ellen Camilla Hansen:	2.29,83(29,48)	3.02,00(32,17)	1.01,65		
	Fanny Moen Pettersen:	3.31,25(29,25)	4.03,96(32,71)	1.01,96		
9	Vestkantv. J1 jr.	JR	Vestkantvømmerne		4.04,05	685
	Stine Vindenes:	29,52(29,52)	1.00,83(31,31)	1.00,83		
	Benedicte Kausland:	1.29,70(28,87)	2.01,47(31,77)	1.00,64		
	Nicole T. Næsheim:	2.30,29(28,82)	3.02,72(32,43)	1.01,25		
	Andrea Haugstad:	3.31,30(28,58)	4.04,05(32,75)	1.01,33		
10	Stavanger SC J1 jr.	JR	Stavanger SC		4.05,25	675
	Rebecca Holst:	29,72(29,72)	1.00,82(31,10)	1.00,82		
	Siren Bergslid:	1.29,96(29,14)	2.02,22(32,26)	1.01,40		
	Emilie K. Hegdal:	2.32,05(29,83)	3.04,81(32,76)	1.02,59		
	Ane Nygård:	3.33,22(28,41)	4.05,25(32,03)	1.00,44		
11	Hamar IL J1 jr.	JR	Hamar IL		4.05,41	674
	Ingrid Kvaal:	29,63(29,63)	1.02,55(32,92)	1.02,55		
	Elin Slaatmo:	1.31,25(28,70)	2.01,88(30,63)	59,33		
	Julie Torgersen Nilsen:	2.30,95(29,07)	3.03,26(32,31)	1.01,38		
	Eirin Røen Martinsen:	3.32,98(29,72)	4.05,41(32,43)	1.02,15		

12	Madla SK J2 jr.	JR	Madla SK	4.05,56	673
	Eva Marie W. Østerhus:	29,68(29,68)	1.01,24(31,56)	1.01,24	
	Lotte Miller:	1.29,91(28,67)	2.01,53(31,62)	1.00,29	
	Renate Aasland Ranaweera:	2.30,97(29,44)	3.03,62(32,65)	1.02,09	
	Stine Mjøllhus Kristoffersen:	3.33,23(29,61)	4.05,56(32,33)	1.01,94	
13	Asker SK J2 jr.	JR	Asker SK	4.11,01	630
	Helene Nordmark Skuterud:	29,33(29,33)	1.01,88(32,55)	1.01,88	
	Helene Solberg:	1.30,11(28,23)	2.01,87(31,76)	59,99	
	Majken Antonie Smith:	2.31,32(29,45)	3.04,32(33,00)	1.02,45	
	Mari Nerdrum:	3.35,89(31,57)	4.11,01(35,12)	1.06,69	
14	Trondhjem SLK J1 jr.	JR	Trondhjem SLK	4.13,34	613
	Stine Tveit:	29,85(29,85)	1.03,19(33,34)	1.03,19	
	Åse Nytrø:	1.32,86(29,67)	2.04,84(31,98)	1.01,65	
	Malin Schanke Tømmervik:	2.35,00(30,16)	3.08,15(33,15)	1.03,31	
	Irja Gravidahl:	3.39,71(31,56)	4.13,34(33,63)	1.05,19	
15	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	4.14,60	603
	Susanne Fornasari:	30,47(30,47)	1.03,78(33,31)	1.03,78	
	Jeanette Erlandsen:	1.35,31(31,53)	2.06,64(31,33)	1.02,86	
	Marie Svensson:	2.38,01(31,37)	3.12,07(34,06)	1.05,43	
	Elina Øverås:	3.41,80(29,73)	4.14,60(32,80)	1.02,53	
16	Oslo IL J1 jr.	JR	Oslo IL	4.15,99	594
	Kristin Blyverket:	30,52(30,52)	1.03,49(32,97)	1.03,49	
	Nehna-Louise Møller-Pettersen:	1.33,80(30,31)	2.07,63(33,83)	1.04,14	
	Oda Almgren Lind:	2.37,97(30,34)	3.10,93(32,96)	1.03,30	
	Gry Bernakiewicz:	3.41,25(30,32)	4.15,99(34,74)	1.05,06	
17	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	4.17,99	580
	Marie Øverland:	30,73(30,73)	1.04,24(33,51)	1.04,24	
	Malin Dahle:	1.34,46(30,22)	2.11,08(36,62)	1.06,84	
	Andrea Strømsnes:	2.41,11(30,03)	3.15,06(33,95)	1.03,98	
	Marthe Helene Haganes:	3.44,71(29,65)	4.17,99(33,28)	1.02,93	
18	Madla SK J3 jr.	JR	Madla SK	4.20,09	566
	Maren Larsen:	29,72(29,72)	1.02,60(32,88)	1.02,60	
	Susanne Sekkesæter:	1.33,22(30,62)	2.06,98(33,76)	1.04,38	
	Nina Staveland:	2.39,05(32,07)	3.14,22(35,17)	1.07,24	
	Ingrid Bergslid:	3.45,19(30,97)	4.20,09(34,90)	1.05,87	
19	IL Solid J1 jr.	JR	IL Solid	4.23,42	545
	Malena Martens:	30,07(30,07)	1.02,93(32,86)	1.02,93	
	Ingrid Hystad:	1.31,51(28,58)	2.04,33(32,82)	1.01,40	
	Marit Hystad:	2.39,28(34,95)	3.19,62(40,34)	1.15,29	
	Inger Kristine Steinsland:	3.50,66(31,04)	4.23,42(32,76)	1.03,80	
20	Bærumsv J2 jr.	JR	Bærumsvømmerne	4.27,72	519
	Helle Backer:	30,51(30,51)	1.04,23(33,72)	1.04,23	
	Lene Lykke Erichsen:	1.34,57(30,34)	2.08,42(33,85)	1.04,19	
	Rebekka Wiik Eckhoff:	2.41,33(32,91)	3.17,93(36,60)	1.09,51	
	Amanda Essebo:	3.50,53(32,60)	4.27,72(37,19)	1.09,79	
	Madla SK J1 jr.	JR	Madla SK	BRUTT	
	Maria Thompson Clausen:				
	Victoria Rung:				
	Vanessa Tuxen:				
	Marthe Berg Sørensen:				
	SK Speed J1 jr.	JR	SK Speed	DISK	
	Hege Strøm Haukeland:	29,51(29,51)	1.01,00(31,49)	1.01,00	
	Sara Boukili:	1.30,15(29,15)	2.02,49(32,34)	1.01,49	
	Sara Torp Myhre:	2.33,76(31,27)	3.08,71(34,95)	1.06,22	
	Andrea Kvalheim:				

# Lørdag 21. november 2010 kl 10.00

## Øvelse 25. 400m individuell medley, damer - Direkte finale – Foreløpig før siste heat

### Yngre junior

1	Oda Gjerde	95	Bryne SK	5.13,60	618
	34,51(34,51)	1.14,20(39,69)	1.54,17(39,97)	2.34,01(39,84)	
	3.18,28(44,27)	4.03,99(45,71)	4.39,72(35,73)	5.13,60(33,88)	
2	Vilde Stordal	95	Delfana	5.13,62	618
	32,68(32,68)	1.10,93(38,25)	1.51,09(40,16)	2.30,53(39,44)	
	3.17,01(46,48)	4.03,97(46,96)	4.39,21(35,24)	5.13,62(34,41)	
3	Malene M. Pedersen	96	Lambertseter SK	5.18,16	592
	33,50(33,50)	1.12,09(38,59)	1.53,88(41,79)	2.34,16(40,28)	
	3.18,97(44,81)	4.04,91(45,94)	4.41,84(36,93)	5.18,16(36,32)	
4	Karianne Reinertsen	97	Delfana	5.19,71	583
	33,95(33,95)	1.13,56(39,61)	1.52,87(39,31)	2.31,73(38,86)	
	3.17,94(46,21)	4.04,71(46,77)	4.42,88(38,17)	5.19,71(36,83)	
5	Ingrid Bergslid	97	Madla SK	5.21,25	575
	34,32(34,32)	1.14,05(39,73)	1.55,75(41,70)	2.35,14(39,39)	
	3.21,23(46,09)	4.07,94(46,71)	4.46,00(38,06)	5.21,25(35,25)	
6	Stina Victoria Nordberg	96	Oslo IL	5.24,13	560
	34,43(34,43)	1.15,84(41,41)	1.58,56(42,72)	2.39,94(41,38)	
	3.24,35(44,41)	4.10,07(45,72)	4.47,70(37,63)	5.24,13(36,43)	
7	Eline Mathilde Swensen	96	Ski SK	5.26,06	550
	34,84(34,84)	1.14,12(39,28)	1.57,55(43,43)	2.40,49(42,94)	
	3.26,42(45,93)	4.12,76(46,34)	4.50,21(37,45)	5.26,06(35,85)	
8	Elida Hole	96	Vestkantsvømmerne	5.26,24	549
	33,86(33,86)	1.13,59(39,73)	1.56,61(43,02)	2.38,91(42,30)	
	3.26,53(47,62)	4.13,49(46,96)	4.50,75(37,26)	5.26,24(35,49)	
9	Klara Farkas	96	Lørenskog/Rælingen	5.32,90	517
	34,96(34,96)	1.14,96(40,00)	1.56,52(41,56)	2.38,93(42,41)	
	3.27,67(48,74)	4.17,25(49,58)	4.55,57(38,32)	5.32,90(37,33)	

### Junior

1	Luna Elisabeth Sjøgaard	94	Lambertseter SK	5.13,25	620
	33,50(33,50)	1.12,74(39,24)	1.55,77(43,03)	2.37,13(41,36)	
	3.17,89(40,76)	3.59,72(41,83)	4.37,43(37,71)	5.13,25(35,82)	
2	Oda Gjerde	95	Bryne SK	5.13,60	618
	34,51(34,51)	1.14,20(39,69)	1.54,17(39,97)	2.34,01(39,84)	
	3.18,28(44,27)	4.03,99(45,71)	4.39,72(35,73)	5.13,60(33,88)	
3	Vilde Stordal	95	Delfana	5.13,62	618
	32,68(32,68)	1.10,93(38,25)	1.51,09(40,16)	2.30,53(39,44)	
	3.17,01(46,48)	4.03,97(46,96)	4.39,21(35,24)	5.13,62(34,41)	
4	Maren E.J. Bakke	94	Setermoen SK	5.17,24	597
	33,16(33,16)	1.12,35(39,19)	1.54,21(41,86)	2.35,82(41,61)	
	3.18,95(43,13)	4.03,71(44,76)	4.41,60(37,89)	5.17,24(35,64)	
5	Malene M. Pedersen	96	Lambertseter SK	5.18,16	592
	33,50(33,50)	1.12,09(38,59)	1.53,88(41,79)	2.34,16(40,28)	
	3.18,97(44,81)	4.04,91(45,94)	4.41,84(36,93)	5.18,16(36,32)	
6	Karianne Reinertsen	97	Delfana	5.19,71	583
	33,95(33,95)	1.13,56(39,61)	1.52,87(39,31)	2.31,73(38,86)	
	3.17,94(46,21)	4.04,71(46,77)	4.42,88(38,17)	5.19,71(36,83)	
7	Oda Emilie Haagensen	94	Sarpsborg IL	5.20,68	578
	32,96(32,96)	1.12,22(39,26)	1.53,03(40,81)	2.33,86(40,83)	
	3.19,04(45,18)	4.05,10(46,06)	4.43,78(38,68)	5.20,68(36,90)	
8	Ingrid Bergslid	97	Madla SK	5.21,25	575
	34,32(34,32)	1.14,05(39,73)	1.55,75(41,70)	2.35,14(39,39)	
	3.21,23(46,09)	4.07,94(46,71)	4.46,00(38,06)	5.21,25(35,25)	
9	Stina Victoria Nordberg	96	Oslo IL	5.24,13	560
	34,43(34,43)	1.15,84(41,41)	1.58,56(42,72)	2.39,94(41,38)	
	3.24,35(44,41)	4.10,07(45,72)	4.47,70(37,63)	5.24,13(36,43)	
10	Irja Gravidahl	94	Trondhjem SLK	5.24,72	557
	36,21(36,21)	1.18,43(42,22)	2.00,17(41,74)	2.41,03(40,86)	
	3.24,63(43,60)	4.08,89(44,26)	4.47,56(38,67)	5.24,72(37,16)	

11	Eline Mathilde Swensen	96	Ski SK	5.26,06	550
	34,84(34,84)	1.14,12(39,28)	1.57,55(43,43)	2.40,49(42,94)	
	3.26,42(45,93)	4.12,76(46,34)	4.50,21(37,45)	5.26,06(35,85)	
12	Elida Hole	96	Vestkantsvømmerne	5.26,24	549
	33,86(33,86)	1.13,59(39,73)	1.56,61(43,02)	2.38,91(42,30)	
	3.26,53(47,62)	4.13,49(46,96)	4.50,75(37,26)	5.26,24(35,49)	
13	Klara Farkas	96	Lørenskog/Rælingen	5.32,90	517
	34,96(34,96)	1.14,96(40,00)	1.56,52(41,56)	2.38,93(42,41)	
	3.27,67(48,74)	4.17,25(49,58)	4.55,57(38,32)	5.32,90(37,33)	

## Øvelse 26. 4\*50m fri, herrer - UM

### Yngre junior

1	Stavanger SC G1 jr.	JR	Stavanger SC	1.43,10	579
	Olav Ravndal Skjølingstad:	26,11(26,11)			
	Alexander Marki Mork:	50,70(24,59)			
	Anders Lindanger:	1.17,34(26,64)			
	Ole Martin Turøy:	1.43,10(25,76)			
2	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	1.43,29	576
	Jørgen Scheie Bråthen:	26,31(26,31)			
	Vebjørn Lindhjem:	51,44(25,13)			
	Jørgen Gundersen:	1.17,98(26,54)			
	Jarl André Bergsvenkerud:	1.43,29(25,31)			
3	Karmøy SK G1 jr.	JR	Karmøy SK	1.43,84	567
	Daniel Sandhåland:	26,34(26,34)			
	Morten Wee Hollund:	52,15(25,81)			
	Harald Goa Fagerheim:	1.18,30(26,15)			
	Ivan Aleksander Larsen:	1.43,84(25,54)			
4	Poseidon G1 jr.	JR	Poseidon	1.45,37	542
	Philip Budd:	26,86(26,86)			
	Eirik Nielsen:	52,31(25,45)			
	Sander Andersen:	1.19,24(26,93)			
	Casper Buan Helgesen:	1.45,37(26,13)			
5	Bærumsv G1 jr.	JR	Bærumsvømmerne	1.45,80	536
	Iver Hvidsten:	26,28(26,28)			
	Mathias Thorkildsen:	52,64(26,36)			
	Jakob Bernstein:	1.18,78(26,14)			
	Mads Henry Steinland:	1.45,80(27,02)			
6	Kolbotn IL G1 jr.	JR	Kolbotn IL	1.46,67	523
	Erik Tobias Sollesnes:	25,41(25,41)			
	Martin Bråthen:	52,23(26,82)			
	Henrik Kristiansen:	1.19,47(27,24)			
	Martin Næss Kjølholdt:	1.46,67(27,20)			
7	Delfana G1 jr.	JR	Delfana	1.48,28	500
	Jonas Ødegård Aanby:	26,26(26,26)			
	Henrik Søfteland:	52,90(26,64)			
	Anders Madsen:	1.21,70(28,80)			
	Andreas Reinertsen:	1.48,28(26,58)			
8	Haldens SK G1 jr.	JR	Haldens SK	1.48,97	490
	David Engen:	26,76(26,76)			
	Ole-Marius Bunæs:	54,58(27,82)			
	Andreas Bunæs:	1.21,92(27,34)			
	Jacob W. Berger:	1.48,97(27,05)			
9	Asker SK G1 jr.	JR	Asker SK	1.49,70	481
	Nils Lervik:	28,10(28,10)			
	Sigve Ekeli Nystuen:	54,18(26,08)			
	Tinus Sola Flagstad :	1.24,01(29,83)			
	Andreas Manum Hagby:	1.49,70(25,69)			
10	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	1.49,72	480
	Morgan B. Johansen:	27,46(27,46)			
	Martin Hjelmstad:				
	Henrik Christiansen:	1.21,77(54,31)			
	Daniel Nesbø:	1.49,72(27,95)			

11	Vestkantsv. G1 jr. Vedbjørn Arne J. Aasheim: Sander Sivertsen: Sigve Innselset: Andreas Nordvik:	JR 26,73(26,73) 52,48(25,75) 1.21,53(29,05) 1.50,28(28,75)	Vestkantsvømmerne	1.50,28	473
12	Askimsvømmerne G1 jr. Martin Grønlund: Knut Oscar Skipperud: Sverre Kristian Wium: Dennis Matoshi Bekkelund:	JR 26,87(26,87) 53,55(26,68) 1.21,31(27,76) 1.50,60(29,29)	Askimsvømmerne	1.50,60	469
13	Aalesund SLK G1 jr. Kevin Peraca: Sigurd Holten Bøen: Aksel Haagenen: Ole Martin Bjørlykke:	JR 27,60(27,60) 54,91(27,31) 1.24,04(29,13) 1.51,37(27,33)	Aalesund SLK	1.51,37	459
14	Åstveit SK G1 jr. Bendik Bjerck Aarbu: Ole Andreas Walde: Thomas Sell Dyngeland: Markus Lie:	JR 29,92(29,92) 59,49(29,57) 1.31,53(32,04) 1.57,22(25,69)	Åstveit SK	1.57,22	394
15	Bergens SC G2 jr. Aksel Johannesen: Are Mowatt Gruben: Thomas Paulsen: Lars-Kristian Gotaas Bjørkbom:	JR 28,68(28,68) 58,23(29,55) 1.29,73(31,50) 1.59,33(29,60)	Bergens SC	1.59,33	373
16	Ski SK G1 jr. Morten Molin Wang: Emil Gran: Eirik Nilsen: Kristoffer Soot:	JR 30,15(30,15) 1.00,33(30,18) 1.30,04(29,71) 1.59,90(29,86)	Ski SK	1.59,90	368
17	Vestkantsv. G2 jr. Jostein Vindenes: Even Nicolay Vedøy: Marius Solaat Rødland: Mikal-André Tvedt:	JR 32,15(32,15) 1.00,36(28,21) 1.33,06(32,70) 2.03,82(30,76)	Vestkantsvømmerne	2.03,82	334
	Bergens SC G1 jr. Håkon Wulf Haugen: Michael Gutierrez Irgens: Eirik Johnsen: Johan Markus Mowinckel:	JR 26,80(26,80) 52,44(25,64) 1.19,78(27,34)	Bergens SC	DISK	

## Øvelse 27. 200m fri, damer

### Eldre junior

1	Victoria S. Løken 28,14(28,14)	91	Lambertseter SK 1.30,17(31,91)	2.03,29(33,12)	780
2	Veronica Orheim Bjørlykke 29,11(29,11)	94	Aalesund SLK 1.32,45(31,79)	2.04,51(32,06)	757
3	Stine Lise Stenseth 29,54(29,54)	94	Øvre Eiker SK 1.32,71(31,67)	2.04,92(32,21)	750
4	Victoria Rung 29,82(29,82)	92	Madla SK 1.33,41(31,88)	2.05,69(32,28)	736
5	Elin Slaatmo 30,03(30,03)	92	Hamar IL 1.34,88(32,26)	2.06,48(31,60)	722
6	Karoline Pedersen 29,71(29,71)	94	BS/Delfana 1.34,29(32,77)	2.07,17(32,88)	711
7	Hanne Lockertsen 30,38(30,38)	94	Tromsø SK/NTG 1.34,93(32,35)	2.07,24(32,31)	710
8	Maria Wigestrands 29,16(29,16)	94	Sola SK 1.33,73(32,92)	2.07,40(33,67)	707
9	Susann Bjørnsen 30,10(30,10)	93	Setermoen SK/NTG 1.35,91(32,69)	2.07,47(31,56)	706
10	Elisabeth H. Svensson 29,57(29,57)	91	Lambertseter SK 1.35,12(32,78)	2.07,53(32,41)	705
11	Emilie Hellerud 30,11(30,11)	92	Lambertseter SK/NTG 1.35,97(33,51)	2.08,77(32,80)	685

12	Rebecca Holst	91	Stavanger SC	2.09,62	671
	30,56(30,56)	1.03,35(32,79)	1.35,81(32,46)	2.09,62(33,81)	
13	Ingrid N. Knutzen	91	Lambertseter SK	2.10,02	665
	30,87(30,87)	1.03,17(32,30)	1.36,28(33,11)	2.10,02(33,74)	
14	Nora Kathrine Guthe	91	Asker SK	2.10,23	662
	30,50(30,50)	1.02,81(32,31)	1.36,42(33,61)	2.10,23(33,81)	
15	Siv Fiske	92	Tromsø SK/NTG	2.10,76	654
	30,67(30,67)	1.03,37(32,70)	1.36,73(33,36)	2.10,76(34,03)	
16	Christine M. Pedersen	93	Lambertseter SK	2.10,77	654
	29,96(29,96)	1.02,77(32,81)	1.36,79(34,02)	2.10,77(33,98)	
17	Emilie Witzøe	93	Kolbotn IL	2.12,56	628
	30,38(30,38)	1.03,90(33,52)	1.38,23(34,33)	2.12,56(34,33)	
18	Emma Isdahl	92	Lambertseter SK	2.12,94	622
	30,96(30,96)	1.04,50(33,54)	1.39,08(34,58)	2.12,94(33,86)	
19	Sophia Broberg Skeltved	92	Tromsø SK/NTG	2.12,97	622
	30,32(30,32)	1.03,30(32,98)	1.37,99(34,69)	2.12,97(34,98)	
20	Jacqueline Knutsson	93	Kongsten/NTG	2.13,91	609
	30,38(30,38)	1.03,64(33,26)	1.38,78(35,14)	2.13,91(35,13)	
21	Terese Fosby	92	Sarpsborg IL	2.14,51	601
	30,24(30,24)	1.03,93(33,69)	1.39,09(35,16)	2.14,51(35,42)	
22	Julie Rønningsen	94	Lambertseter SK	2.15,15	592
	31,14(31,14)	1.05,11(33,97)	1.40,67(35,56)	2.15,15(34,48)	
23	Andrea Haugstad	92	Vestkantsvømmerne	2.17,93	557
	30,55(30,55)	1.04,56(34,01)	1.41,11(36,55)	2.17,93(36,82)	

## Yngre junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.06,60	720
	29,53(29,53)	1.01,52(31,99)	1.33,98(32,46)	2.06,60(32,62)	
2	Elin Haugland	96	Delfana	2.08,92	682
	29,97(29,97)	1.02,15(32,18)	1.35,76(33,61)	2.08,92(33,16)	
3	Sara Louise Pedersen	96	Poseidon	2.09,88	667
	31,01(31,01)	1.02,93(31,92)	1.35,69(32,76)	2.09,88(34,19)	
4	Pernille Berntsen	95	Førde IL	2.10,20	662
	29,26(29,26)	1.01,49(32,23)	1.35,74(34,25)	2.10,20(34,46)	
5	Lisa Skogeng	96	Delfana	2.10,28	661
	30,23(30,23)	1.02,73(32,50)	1.36,64(33,91)	2.10,28(33,64)	
6	Andrea Westbye	95	Bærumsvømmerne	2.11,56	642
	30,07(30,07)	1.02,89(32,82)	1.37,24(34,35)	2.11,56(34,32)	
7	Ane Nygård	95	Stavanger SC	2.12,95	622
	30,07(30,07)	1.03,39(33,32)	1.38,06(34,67)	2.12,95(34,89)	
8	Oda Gjerde	95	Bryne SK	2.13,37	616
	31,58(31,58)	1.04,95(33,37)	1.39,22(34,27)	2.13,37(34,15)	
9	Majken Antonie Smith	97	Asker SK	2.14,37	603
	31,84(31,84)	1.06,32(34,48)	1.40,44(34,12)	2.14,37(33,93)	
10	Marte K. Bolstad	95	Asker SK	2.14,74	598
	31,90(31,90)	1.06,44(34,54)	1.40,60(34,16)	2.14,74(34,14)	
11	Tina Schütz	96	Vestkantsvømmerne	2.15,00	594
	31,89(31,89)	1.06,18(34,29)	1.40,97(34,79)	2.15,00(34,03)	
12	Sara Boukili	95	SK Speed	2.15,29	590
	31,15(31,15)	1.05,56(34,41)	1.40,63(35,07)	2.15,29(34,66)	
13	Elina Øverås	95	Lørenskog/Rælingen	2.20,71	525
	31,34(31,34)	1.06,79(35,45)	1.44,26(37,47)	2.20,71(36,45)	

## Øvelse 28. 200m butterfly, herrer

## Eldre junior

1	Sindri T. Jakobsson	91	BS/Delfana	2.05,19	701
	27,24(27,24)	58,91(31,67)	1.31,75(32,84)	2.05,19(33,44)	
2	Tor Hafnor	91	Bærumsvømmerne	2.08,73	645
	28,35(28,35)	1.00,69(32,34)	1.33,92(33,23)	2.08,73(34,81)	
3	Sebastian Stordal	91	BS/Delfana	2.09,53	633
	28,55(28,55)	1.01,39(32,84)	1.35,05(33,66)	2.09,53(34,48)	

4	Fredrik K Hegdal 28,80(28,80)	94	Stavanger SC 1.35,25(33,82)	2.10,52 2.10,52(35,27)	618
5	Christian Thorsen 29,08(29,08)	91	Lambertseter SK 1.37,07(34,50)	2.11,99 2.11,99(34,92)	598
6	Thomas Myhrer 29,27(29,27)	94	Sarpsborg IL/NTG 1.37,83(34,77)	2.12,46 2.12,46(34,63)	592
7	Espen Halhjem 28,99(28,99)	92	BS/Delfana 1.38,32(34,68)	2.14,42 2.14,42(36,10)	566
8	Sindre Lilledahl 30,17(30,17)	92	Haugesund SK 1.40,16(35,43)	2.15,56 2.15,56(35,40)	552
9	Per Øystein Turøy 29,84(29,84)	92	Stavanger SC 1.40,88(36,27)	2.16,58 2.16,58(35,70)	540
10	Øystein Fjeldberg 30,62(30,62)	93	Randaberg IL 1.41,15(35,65)	2.16,74 2.16,74(35,59)	538
11	Bård Løvik 31,17(31,17)	94	Delfana 1.41,24(35,42)	2.19,12 2.19,12(37,88)	511
12	Andreas Mathingsdal Pedersen 30,83(30,83)	92	Farsund SK 1.42,45(36,28)	2.19,81 2.19,81(37,36)	503
13	Henning Kaland 30,11(30,11)	92	Oslo IL 1.43,35(37,32)	2.21,26 2.21,26(37,91)	488
14	Åsmund Karlsen 29,12(29,12)	92	Eid SK 1.43,88(39,00)	2.21,58 2.21,58(37,70)	485
14	Arnt Martin Ystenes 30,83(30,83)	92	Trondhjem SLK 1.42,96(36,80)	2.21,58 2.21,58(38,62)	485
16	Norbert Prokopiak 30,34(30,34)	94	Modum/NTG 1.44,00(37,34)	2.21,91 2.21,91(37,91)	481
17	Vegard Belaska 31,04(31,04)	93	Madla SK 1.44,83(37,44)	2.23,21 2.23,21(38,38)	468
18	Jostein Dalshov Kringlen 31,06(31,06)	94	Kristiansand SA 1.45,04(38,53)	2.25,85 2.25,85(40,81)	443
19	Karl Inge Svendsen 32,15(32,15)	93	Tromsø SK/NTG 1.46,72(38,13)	2.27,23 2.27,23(40,51)	431
20	Markus Jonassen 32,66(32,66)	92	Sørreisa SK 1.48,75(38,61)	2.27,88 2.27,88(39,13)	425
	Carl Andreas Wathne	91	Bærumsvømmerne	DISK	

## Yngre junior

1	Morten Wee Hollund 29,35(29,35)	96	Karmøy SK 1.37,72(34,72)	2.11,85 2.11,85(34,13)	600
2	Kacper Domanski 30,28(30,28)	96	Madla SK 1.38,33(35,50)	2.15,47 2.15,47(37,14)	553
3	Markus Lie 30,30(30,30)	95	Åstveit SK 1.40,88(35,74)	2.16,70 2.16,70(35,82)	538
4	Sander Andersen 30,71(30,71)	96	Poseidon 1.41,37(35,76)	2.17,51 2.17,51(36,14)	529
5	Henrik Søfteland 31,06(31,06)	95	Delfana 1.41,08(35,80)	2.18,10 2.18,10(37,02)	522
6	Jakob Bernstein 31,03(31,03)	95	Bærumsvømmerne 1.44,22(37,45)	2.20,96 2.20,96(36,74)	491
7	Håkon P. Ludvigsen 31,25(31,25)	96	Randaberg IL 1.43,38(36,23)	2.21,19 2.21,19(37,81)	489
8	Daniel Sandhåland 31,05(31,05)	95	Karmøy SK 1.44,78(37,78)	2.22,13 2.22,13(37,35)	479
9	Jacob W. Berger 31,49(31,49)	96	Haldens SK 1.45,59(37,10)	2.22,17 2.22,17(36,58)	479
10	David Engen 30,80(30,80)	96	Haldens SK 1.44,99(38,28)	2.25,32 2.25,32(40,33)	448
	Jørgen Gundersen	95	Lørenskog/Rælingen	BRUTT	

## Øvelse 29. 100m rygg, damer

## Eldre junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,81)	1.04,66	684
	31,63(31,63)	1.04,66(33,03)				
2	Oda Marie Siljan	92	Asker SK/TiT	(0,67)	1.04,86	678
	31,15(31,15)	1.04,86(33,71)				
3	Bitte Fagermo	93	Narvik SK/NTG	(0,87)	1.05,33	663
	32,05(32,05)	1.05,33(33,28)				
4	Christine M. Pedersen	93	Lambertseter SK	(0,67)	1.05,82	648
	31,80(31,80)	1.05,82(34,02)				
5	Elisabeth Kristiansen	92	Haugesund SK	(0,72)	1.05,98	644
	31,76(31,76)	1.05,98(34,22)				
6	Rebecca Holst	91	Stavanger SC	(0,62)	1.06,25	636
	32,63(32,63)	1.06,25(33,62)				
7	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	(0,67)	1.06,33	634
	31,94(31,94)	1.06,33(34,39)				
8	Camilla Moe	92	Ås IL	(0,69)	1.06,55	627
	32,08(32,08)	1.06,55(34,47)				
9	Helene Nordmark Skuterud	93	Asker SK	(0,64)	1.07,00	615
	32,15(32,15)	1.07,00(34,85)				
10	Katrine Jensen	92	BS/Åstveit	(0,62)	1.07,26	608
	32,57(32,57)	1.07,26(34,69)				
11	Benedicte Kausland	92	Vestkantsvømmerne	(0,64)	1.07,47	602
	32,17(32,17)	1.07,47(35,30)				
12	Birgitte Elise Søfteland	94	Sarpsborg IL	(0,79)	1.08,26	581
	32,93(32,93)	1.08,26(35,33)				
13	Helene Solberg	91	Asker SK	(0,69)	1.08,54	574
	32,55(32,55)	1.08,54(35,99)				
14	Hanne Lockertsen	94	Tromsø SK/NTG	(0,70)	1.08,55	574
	33,95(33,95)	1.08,55(34,60)				
15	Helene Thunes Truyen	93	Delfana	(0,79)	1.08,60	573
	33,20(33,20)	1.08,60(35,40)				
16	Seline Vike Holm	92	BS/Arna	(0,64)	1.08,87	566
	33,38(33,38)	1.08,87(35,49)				
17	Eirin Røen Martinsen	93	Hamar IL	(0,97)	1.08,92	565
	33,57(33,57)	1.08,92(35,35)				
18	Vanessa Tuxen	92	Madla SK	(0,69)	1.09,19	558
	33,67(33,67)	1.09,19(35,52)				
19	Kristin Blyverket	92	Oslo IL	(0,79)	1.09,89	542
	33,99(33,99)	1.09,89(35,90)				
20	Fanny Moen Pettersen	93	Øvre Eiker SK	(0,94)	1.10,41	530
	34,61(34,61)	1.10,41(35,80)				
21	Nicole T. Næsheim	91	Vestkantsvømmerne	(0,72)	1.10,47	528
	33,52(33,52)	1.10,47(36,95)				
22	Eva Marie W. Østerhus	94	Madla SK	(0,81)	1.10,97	517
	33,44(33,44)	1.10,97(37,53)				

## Yngre junior

1	Andrine Davidsen	95	Lambertseter SK	(0,68)	1.05,13	669
	31,86(31,86)	1.05,13(33,27)				
2	Karoline Steffensen	96	Harstad SK	(0,63)	1.05,65	653
	31,68(31,68)	1.05,65(33,97)				
3	Ina Kvenshagen Gimse	95	Tromsø SK	(0,77)	1.06,64	625
	32,17(32,17)	1.06,64(34,47)				
4	Marte Stamland	96	Poseidon	(0,72)	1.07,29	607
	33,33(33,33)	1.07,29(33,96)				
4	Lotte Miller	96	Madla SK	(0,68)	1.07,29	607
	32,53(32,53)	1.07,29(34,76)				
6	Vilde Tengedal	96	Bryne SK	(0,62)	1.07,80	593
	32,47(32,47)	1.07,80(35,33)				
7	Amalie Thorstensen	96	Vågsbygd SLK	(0,63)	1.08,14	584
	33,26(33,26)	1.08,14(34,88)				

8	Åse Nytrø 33,35(33,35)	97	Trondhjem SLK	(0,58)	1.08,79	568
9	Grethe Tenden 33,81(33,81)	96	Ås IL	(0,67)	1.08,86	566
10	Vår Celine Sjøgaard 33,21(33,21)	96	Lambertseter SK	(0,70)	1.09,23	557
11	Emilie K. Hegdal 33,10(33,10)	96	Stavanger SC	(0,73)	1.09,68	547
12	Karianne Reinertsen 34,07(34,07)	97	Delfana	(0,77)	1.09,99	539
13	Vilje Mohagen 34,08(34,08)	97	Skjetten Svømming	(0,70)	1.10,46	529
14	Sara Boukili 35,01(35,01)	95	SK Speed	(0,84)	1.10,84	520
15	Tone Lill Evanger 35,33(35,33)	96	Delfana	(0,76)	1.11,27	511

## Funksjonshemmede

1	Hanne Farestvedt 41,52(41,52)	93	Åstveit SK	(0,74)	1.26,02	290	S14 123,31 %
2	Rona Hjelmsstad 44,70(44,70)	93	Skjetten Svømming	(0,88)	1.31,87	238	S14 131,69 %

## Øvelse 30. 100m fri, herrer

## Eldre junior

1	Jørn Nygård 24,81(24,81)	92	Stavanger SC		51,61	710
2	Ole Martin Ree 24,97(24,97)	92	Madla SK		51,66	708
3	Jonas Kirkeberg Jostad 25,93(25,93)	92	Hamar IL		53,25	646
4	Martin Hammer 25,71(25,71)	93	Kongsten/NTG		53,27	646
5	Runar Borgen 25,83(25,83)	93	Tromsø SK/NTG		53,37	642
6	Mathias Madsen 26,03(26,03)	92	Lambertseter SK		53,43	640
7	Hans Østerdal 26,11(26,11)	93	Stavanger SC		53,73	629
8	Johan Parker Nygaard 25,93(25,93)	94	Kolbotn IL		54,02	619
9	Bjarte Ravndal 25,66(25,66)	91	Madla SK		54,05	618
10	Kristoffer D. Birkeland 26,47(26,47)	94	Bærum/NTG		54,11	616
11	Sander Rødje 26,26(26,26)	93	Haugesund SK		54,43	605
12	Erlend Ulveseter 25,92(25,92)	92	BS/Åstveit		54,48	604
13	Håkon Andersen 26,00(26,00)	92	Kristiansand SA		54,58	600
14	Morten Bordervich 26,83(26,83)	94	Madla SK		54,64	598
15	Odin Spangen Normann 26,54(26,54)	92	IL Varg		54,77	594
16	David Evja 26,37(26,37)	92	Lambertseter SK		54,86	591
17	Tord Eirik Seyffarth 26,34(26,34)	92	Mandal SK		55,01	586
17	Berend de Waal 26,27(26,27)	94	IL Norodd		55,01	586

19	Jan Aleksander Bakke 26,29(26,29)	91	Asker SK	55,20	580
20	Henning S. Pryde 27,17(27,17)	92	Stavanger SC	55,92	558
21	Kristoffer Skribeland 26,62(26,62)	91	Asker SK	56,12	552
22	Henry Emil Nordhagen 27,30(27,30)	93	Bærumsvømmerne	56,14	552
23	Thomas Myhrer 27,05(27,05)	94	Sarpsborg IL/NTG	56,33	546

## Yngre junior

1	Erik Tobias Sollesnes 26,60(26,60)	95	Kolbotn IL	54,63	599
2	Alexander Marki Mork 27,10(27,10)	95	Stavanger SC	55,32	576
3	Vebjørn Lindhjem 27,41(27,41)	95	Lørenskog/Rælingen	55,49	571
4	Philip R. Solheim 27,16(27,16)	96	Sarpsborg IL	57,99	500

## Funksjonshemmede

1	Bendik Savstad 31,32(31,32)	95	Tverlandet IL	1.06,96	325	S10 130,32 %
2	Edvard Aasjord Møkleby 36,58(36,58)	95	Bodø SK	1.17,71	208	S9 140,52 %

## Øvelse 31. 50m fri, damer

## Eldre junior

1	Victoria S. Løken	91	Lambertseter SK	26,48	724
2	Susann Bjørnsen	93	Setermoen SK/NTG	27,10	676
3	Siri Eva Kristiansen	93	Bærumsvømmerne	27,18	670
4	Stine Lise Stenseth	94	Øvre Eiker SK	27,44	651
5	Nora Kathrine Guthe	91	Asker SK	27,59	640
6	Emilie Hellerud	92	Lambertseter SK/NTG	27,64	637
7	Kaja Bremer	93	Bergens SLK	27,73	631
8	Siv Fiske	92	Tromsø SK/NTG	27,81	625
9	Marthe Berg Sørensen	92	Madla SK	27,83	624
10	Elisabeth Kristiansen	92	Haugesund SK	27,86	622
11	Emma Isdahl	92	Lambertseter SK	28,03	611
12	Ingrid Elise Woll	93	Narvik SK	28,24	597
13	Oda Marie Siljan	92	Asker SK/TiT	28,25	596
14	Nicole T. Næsheim	91	Vestkantsvømmerne	28,35	590
15	Ingrid Hystad	92	IL Solid	28,39	588
16	Tonje Riise	93	Lakselv SK/NTG	28,68	570
17	Hanne Søfteland	92	BS/Delfana	28,74	566
18	Ingrid Kvaal	94	Hamar IL	28,88	558
19	Kristin Blyverket	92	Oslo IL	28,90	557
20	Jeanette Erlandsen	93	Lørenskog/Rælingen	29,22	539

## Yngre junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	26,98	685
2	Maria Thompson Clausen	96	Madla SK	27,40	654
3	Amalie Kristiansen	95	Haugesund SK	27,43	652
4	Pernille Berntsen	95	Førde IL	27,56	642
5	Mette Mellbye Larsen	95	Asker SK	27,63	638
6	Aslaug Marie Hjelmaas	95	Bergens SLK	27,75	629
7	Marte K. Bolstad	95	Asker SK	28,39	588
8	Ane Nygård	95	Stavanger SC	28,40	587
9	Lotte Miller	96	Madla SK	28,44	585
10	Patricia Baay Kristoffersen	96	Sandefjord SK	28,61	574
11	Ingalill Urrang Naustvik	95	Karmøy SK	28,65	572
12	Elisabeth Støver	96	Modum SK	28,69	569
13	Elina Øverås	95	Lørenskog/Rælingen	28,88	558
14	Malin Haga	95	Stavanger SC	29,31	534

## Øvelse 32. 100m bryst, herrer

## Eldre junior

1	Sverre Næss	92	Sarpsborg IL	1.04,36	715
	30,54(30,54)	1.04,36(33,82)			
2	Markus Vindenes	94	Vestkantsvømmerne	1.04,44	713
	30,40(30,40)	1.04,44(34,04)			
3	John Lekhmus	91	Tromsø SK	1.06,23	656
	31,11(31,11)	1.06,23(35,12)			
4	Sebastian Wigstrøm	91	Bærumsvømmerne	1.06,30	654
	31,20(31,20)	1.06,30(35,10)			
5	Erling Mjøs Brattelid	91	BS/Åstveit	1.06,31	654
	31,04(31,04)	1.06,31(35,27)			
6	Sindre Søderlund	91	IL Varg	1.06,80	640
	31,63(31,63)	1.06,80(35,17)			
7	Aleksander Sire	93	Modum/NTG	1.07,58	618
	31,75(31,75)	1.07,58(35,83)			
8	Patryk Bubilek	92	Asker SK	1.08,83	585
	32,30(32,30)	1.08,83(36,53)			
9	Kristian Nygård	91	Lambertseter SK	1.09,03	580
	32,28(32,28)	1.09,03(36,75)			
9	Øyvind Malde	92	Madla SK	1.09,03	580
	32,03(32,03)	1.09,03(37,00)			
11	Christoffer Tofte Hamborg	93	Vestbyen IL	1.09,14	577
	32,01(32,01)	1.09,14(37,13)			
12	Christopher Williams	92	Bergens SLK	1.09,69	563
	32,12(32,12)	1.09,69(37,57)			
13	Daniel Ommedal	92	Eid SK	1.09,87	559
	31,98(31,98)	1.09,87(37,89)			
14	Tom Duc Ngo Kaafjord	94	Vågsbygd SLK	1.10,14	553
	32,75(32,75)	1.10,14(37,39)			
15	Christopher Wolf	93	Vestbyen IL	1.10,41	546
	32,65(32,65)	1.10,41(37,76)			
16	Sven Berg	92	Bergens SLK	1.10,58	542
	33,10(33,10)	1.10,58(37,48)			
17	Didrik Nygård	94	Lambertseter SK	1.10,59	542
	32,94(32,94)	1.10,59(37,65)			
18	Berend de Waal	94	IL Norodd	1.11,03	532
	32,90(32,90)	1.11,03(38,13)			
19	Andreas Mathingsdal Pedersen	92	Farsund SK	1.11,06	531
	33,04(33,04)	1.11,06(38,02)			
	Simen Dale	91	BS/Delfana	DISK	

## Yngre junior

1	Andreas Manum Hagby 32,53(32,53)	95	Asker SK	1.08,32	598
2	Eirik Nielsen 32,07(32,07)	95	Poseidon	1.09,50	568
3	Jørgen Scheie Bråthen 32,86(32,86)	95	Lørenskog/Rælingen	1.10,18	552
4	Sindre Aasland Ranaweera 32,61(32,61)	96	Madla SK	1.10,36	548
5	Jarl André Bergsvenkerud 34,01(34,01)	95	Lørenskog/Rælingen	1.10,75	538
6	Grunde Myhrer 32,76(32,76)	96	Oslo IL	1.10,80	537

## Funksjonshemmede

1	Bendik Savstad 43,82(43,82)	95	Tverlandet IL	1.35,91	216 SB9 140,45 %
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## Øvelse 33. 100m individuell medley, damer

## Eldre junior

1	Siri Eva Kristiansen 31,76(31,76)	93	Bærumsvømmerne	1.06,45	712
2	Stine Vindenes 31,23(31,23)	93	Vestkantsvømmerne	1.06,64	706
3	Katrine Jensen 31,16(31,16)	92	BS/Åstveit	1.06,76	703
4	Susann Bjørnsen 31,89(31,89)	93	Setermoen SK/NTG	1.07,01	695
5	Luna Elisabeth Sjøgaard 32,11(32,11)	94	Lambertseter SK	1.07,12	691
6	Sophia Broberg Skeltved 31,68(31,68)	92	Tromsø SK/NTG	1.07,60	677
7	Stine Lise Stenseth 31,80(31,80)	94	Øvre Eiker SK	1.07,72	673
8	Birgitte Elise Søfteland 31,61(31,61)	94	Sarpsborg IL	1.07,73	673
9	Stina Kajsa Colleou 32,89(32,89)	93	Lambertseter SK	1.08,00	665
10	Maria Gullvåg Aasen 30,31(30,31)	92	Kristiansand SA/NTG	1.08,15	660
11	Kaja Bremer 32,80(32,80)	93	Bergens SLK	1.08,28	657
12	Benedicte Kausland 31,73(31,73)	92	Vestkantsvømmerne	1.08,99	637
13	Mari Singstad 32,94(32,94)	91	Vestbyen IL	1.09,01	636
14	Stine Mjøllhus Kristoffersen 32,70(32,70)	93	Madla SK	1.09,78	615
15	Andrea Hestdal 33,32(33,32)	94	BS/Åstveit	1.10,86	588

## Yngre junior

1	Maria Thompson Clausen	96	Madla SK	1.06,93	697
	31,57(31,57)	1.06,93(35,36)			
2	Rikke Nagell-Kleven	95	Asker SK	1.08,03	664
	31,26(31,26)	1.08,03(36,77)			
3	Amalie Thorstensen	96	Vågsbygd SLK	1.08,35	655
	31,86(31,86)	1.08,35(36,49)			
4	Pernille Berntsen	95	Førde IL	1.08,46	652
	31,94(31,94)	1.08,46(36,52)			
5	Elise Næss Olsen	97	Asker SK	1.09,22	630
	31,84(31,84)	1.09,22(37,38)			
6	Vilde Tengedal	96	Bryne SK	1.09,84	614
	31,76(31,76)	1.09,84(38,08)			
7	Sara Louise Pedersen	96	Poseidon	1.09,85	613
	32,87(32,87)	1.09,85(36,98)			
8	Karoline Steffensen	96	Harstad SK	1.10,48	597
	31,34(31,34)	1.10,48(39,14)			
9	Lotte Miller	96	Madla SK	1.10,95	585
	32,07(32,07)	1.10,95(38,88)			
10	Vilde Stordal	95	Delfana	1.11,28	577
	32,64(32,64)	1.11,28(38,64)			
11	Stina Victoria Nordberg	96	Oslo IL	1.11,75	566
	34,04(34,04)	1.11,75(37,71)			
12	Lisa Skogeng	96	Delfana	1.11,83	564
	33,05(33,05)	1.11,83(38,78)			
13	Marte Stamland	96	Poseidon	1.12,36	552
	31,92(31,92)	1.12,36(40,44)			

## Øvelse 34. 1500m fri, herrer - Direkte finale – Foreløpig før siste heat

## Yngre junior

1	Jonas Ødegård Aanby	95	Delfana	16.27,83	670
	2.41,19(33,21)	1.02,02(1.02,02)	1.34,76(32,74)	2.07,98(33,22)	
	4.54,34(33,30)	3.14,23(33,04)	3.47,60(33,37)	4.21,04(33,44)	
	7.07,36(1.06,65)	5.27,88(33,54)	6.00,71(32,83)		
	9.19,30(33,05)	7.40,57(33,21)	8.13,35(32,78)	8.46,25(32,90)	
	11.31,75(1.06,26)	9.52,21(32,91)	10.25,49(33,28)		
	13.44,47(33,56)		12.37,90(1.06,15)	13.10,91(33,01)	
	15.55,99(32,13)	16.27,83(31,84)		15.23,86(1.39,39)	
2	Henrik Christiansen	96	Skjetten Svømming	16.55,73	617
	30,68(30,68)	1.04,26(33,58)	1.38,17(33,91)	2.12,19(34,02)	
	2.46,19(34,00)	3.20,37(34,18)	3.54,52(34,15)	4.28,66(34,14)	
	5.02,72(34,06)	5.36,95(34,23)	6.11,15(34,20)	6.45,68(34,53)	
	7.19,89(34,21)	7.53,96(34,07)	8.27,83(33,87)	9.02,39(34,56)	
	9.35,74(33,35)	10.09,88(34,14)	10.44,06(34,18)	11.18,56(34,50)	
	11.52,64(34,08)	12.26,43(33,79)	13.00,30(33,87)	13.34,04(33,74)	
	14.07,96(33,92)	14.42,09(34,13)	15.15,81(33,72)	15.49,95(34,14)	
	16.23,45(33,50)	16.55,73(32,28)			
3	Ole Martin Bjørlykke	96	Aalesund SLK	16.57,42	614
	31,08(31,08)	1.04,14(33,06)	1.37,89(33,75)	2.11,70(33,81)	
	2.45,44(33,74)	3.19,00(33,56)	3.52,77(33,77)	4.26,49(33,72)	
	5.00,36(33,87)	5.34,09(33,73)	6.07,94(33,85)	6.41,96(34,02)	
	7.15,95(33,99)	7.50,17(34,22)	8.24,14(33,97)	8.58,30(34,16)	
	9.32,67(34,37)	10.06,77(34,10)	10.40,94(34,17)	11.15,58(34,64)	
	11.49,95(34,37)	12.24,31(34,36)	12.58,70(34,39)	13.33,04(34,34)	
	14.07,47(34,43)	14.41,81(34,34)	15.15,93(34,12)	15.50,39(34,46)	
	16.24,69(34,30)	16.57,42(32,73)			
4	Andreas Bunæs	95	Haldens SK	17.01,62	606
	30,72(30,72)	1.04,57(33,85)	1.38,23(33,66)	2.12,34(34,11)	
	2.46,66(34,32)	3.20,81(34,15)	3.55,05(34,24)	4.29,41(34,36)	
	5.03,44(34,03)	5.37,62(34,18)	6.11,72(34,10)	6.46,39(34,67)	
	7.20,65(34,26)	7.55,10(34,45)	8.28,86(33,76)	9.03,21(34,35)	
	9.37,58(34,37)	10.11,88(34,30)	10.46,08(34,20)	11.20,17(34,09)	
	11.54,42(34,25)	12.28,47(34,05)	13.02,09(33,62)	13.36,78(34,69)	
	14.11,53(34,75)	14.46,33(34,80)	15.20,19(33,86)	15.54,49(34,30)	
	16.29,69(35,20)	17.01,62(31,93)			

5	Martin Næss Kjølholdt	95	Kolbotn IL	17.07,11	596
	30,47(30,47)	1.04,35(33,88)	1.38,51(34,16)	2.13,19(34,68)	
	2.47,56(34,37)	3.21,96(34,40)	3.55,89(33,93)	4.30,08(34,19)	
	5.04,24(34,16)	5.38,40(34,16)	6.12,90(34,50)	6.47,53(34,63)	
	7.21,81(34,28)	7.56,62(34,81)	8.30,93(34,31)	9.05,45(34,52)	
	9.39,85(34,40)	10.14,17(34,32)	10.48,85(34,68)	11.23,27(34,42)	
	11.57,89(34,62)	12.32,52(34,63)	13.06,95(34,43)	13.41,59(34,64)	
	14.16,17(34,58)	14.51,04(34,87)	15.26,04(35,00)	16.00,81(34,77)	
	16.35,03(34,22)	17.07,11(32,08)			
6	Jørgen Gundersen	95	Lørenskog/Rælingen	17.07,72	595
	31,14(31,14)	1.04,75(33,61)	1.38,86(34,11)	2.13,10(34,24)	
	2.47,17(34,07)	3.21,25(34,08)	3.55,18(33,93)	4.29,45(34,27)	
	5.03,80(34,35)	5.38,19(34,39)	6.12,74(34,55)	6.47,44(34,70)	
	7.21,88(34,44)	7.56,44(34,56)	8.30,92(34,48)	9.05,31(34,39)	
	9.39,74(34,43)	10.14,08(34,34)	10.48,55(34,47)	11.23,11(34,56)	
	11.57,83(34,72)	12.32,50(34,67)	13.07,04(34,54)	13.41,83(34,79)	
	14.16,49(34,66)	14.51,23(34,74)	15.25,93(34,70)	16.00,91(34,98)	
	16.35,44(34,53)	17.07,72(32,28)			
7	Tord Gunnar Fjeld	95	Hamar IL	17.34,69	551
	31,73(31,73)	1.06,31(34,58)	1.41,11(34,80)	2.15,58(34,47)	
	2.51,06(35,48)	3.26,21(35,15)	4.01,46(35,25)	4.37,00(35,54)	
	5.12,31(35,31)	5.47,19(34,88)	6.22,29(35,10)	6.57,59(35,30)	
	7.32,85(35,26)	8.07,70(34,85)	8.42,99(35,29)	9.18,26(35,27)	
	9.53,72(35,46)	10.29,15(35,43)	11.04,38(35,23)	11.39,71(35,33)	
	12.14,87(35,16)	12.50,49(35,62)	13.26,20(35,71)	14.01,65(35,45)	
	14.37,09(35,44)	15.12,85(35,76)	15.48,52(35,67)	16.24,27(35,75)	
	16.59,81(35,54)	17.34,69(34,88)			

## Junior

1	Jonas Ødegård Aanby	95	Delfana	16.27,83	670
	1.02,02(1.02,02)	1.34,76(32,74)	2.07,98(33,22)		
	2.41,19(33,21)	3.14,23(33,04)	4.21,04(33,44)		
	4.54,34(33,30)	5.27,88(33,54)	6.00,71(32,83)		
	7.07,36(1.06,65)	7.40,57(33,21)	8.13,35(32,78)	8.46,25(32,90)	
	9.19,30(33,05)	9.52,21(32,91)	10.25,49(33,28)		
	11.31,75(1.06,26)		12.37,90(1.06,15)	13.10,91(33,01)	
	13.44,47(33,56)			15.23,86(1.39,39)	
	15.55,99(32,13)	16.27,83(31,84)			
2	Robin H. Kleiven	93	Aalesund SLK	16.40,91	645
	30,68(30,68)	1.03,18(32,50)	1.36,19(33,01)	2.09,34(33,15)	
	2.42,49(33,15)	3.15,58(33,09)	3.48,69(33,11)	4.21,74(33,05)	
	4.54,64(32,90)	5.27,47(32,83)	6.00,49(33,02)	6.33,90(33,41)	
	7.07,33(33,43)	7.41,03(33,70)	8.14,55(33,52)	8.47,83(33,28)	
	9.21,03(33,20)	9.54,42(33,39)	10.28,40(33,98)	11.02,24(33,84)	
	11.35,71(33,47)	12.09,51(33,80)	12.43,44(33,93)	13.17,47(34,03)	
	13.51,54(34,07)	14.26,21(34,67)	15.00,31(34,10)	15.35,19(34,88)	
	16.08,61(33,42)	16.40,91(32,30)			
3	Søndre Kallhovd	93	Lambertseter SK	16.49,38	628
	30,86(30,86)	1.03,87(33,01)	1.37,16(33,29)	2.11,08(33,92)	
	2.44,80(33,72)	3.18,08(33,28)	3.51,40(33,32)	4.24,83(33,43)	
	4.58,05(33,22)	5.31,60(33,55)	6.05,46(33,86)	6.39,22(33,76)	
	7.12,99(33,77)	7.46,66(33,67)	8.20,50(33,84)	8.54,32(33,82)	
	9.27,96(33,64)	10.01,95(33,99)	10.35,90(33,95)	11.09,83(33,93)	
	11.44,39(34,56)	12.18,55(34,16)	12.52,43(33,88)	13.26,45(34,02)	
	14.00,38(33,93)	14.34,78(34,40)	15.09,07(34,29)	15.42,99(33,92)	
	16.17,50(34,51)	16.49,38(31,88)			
4	Ørjan Monsen	92	Madla SK	16.55,29	618
	30,08(30,08)	1.03,03(32,95)	1.35,86(32,83)	2.09,23(33,37)	
	2.42,90(33,67)	3.16,94(34,04)	3.50,69(33,75)	4.24,53(33,84)	
	4.58,35(33,82)	5.32,51(34,16)	6.06,47(33,96)	6.40,42(33,95)	
	7.14,45(34,03)	7.48,45(34,00)	8.22,75(34,30)	8.57,06(34,31)	
	9.31,31(34,25)	10.06,06(34,75)	10.40,98(34,92)	11.15,40(34,42)	
	11.49,84(34,44)	12.24,40(34,56)	12.58,93(34,53)	13.33,58(34,65)	
	14.07,70(34,12)	14.42,03(34,33)	15.15,92(33,89)	15.49,60(33,68)	
	16.23,11(33,51)	16.55,29(32,18)			

5	Henrik Christiansen	96	Skjetten Svømming	16.55,73	617
	30,68(30,68)	1.04,26(33,58)	1.38,17(33,91)	2.12,19(34,02)	
	2.46,19(34,00)	3.20,37(34,18)	3.54,52(34,15)	4.28,66(34,14)	
	5.02,72(34,06)	5.36,95(34,23)	6.11,15(34,20)	6.45,68(34,53)	
	7.19,89(34,21)	7.53,96(34,07)	8.27,83(33,87)	9.02,39(34,56)	
	9.35,74(33,35)	10.09,88(34,14)	10.44,06(34,18)	11.18,56(34,50)	
	11.52,64(34,08)	12.26,43(33,79)	13.00,30(33,87)	13.34,04(33,74)	
	14.07,96(33,92)	14.42,09(34,13)	15.15,81(33,72)	15.49,95(34,14)	
	16.23,45(33,50)	16.55,73(32,28)			
6	Ole Martin Bjørlykke	96	Aalesund SLK	16.57,42	614
	31,08(31,08)	1.04,14(33,06)	1.37,89(33,75)	2.11,70(33,81)	
	2.45,44(33,74)	3.19,00(33,56)	3.52,77(33,77)	4.26,49(33,72)	
	5.00,36(33,87)	5.34,09(33,73)	6.07,94(33,85)	6.41,96(34,02)	
	7.15,95(33,99)	7.50,17(34,22)	8.24,14(33,97)	8.58,30(34,16)	
	9.32,67(34,37)	10.06,77(34,10)	10.40,94(34,17)	11.15,58(34,64)	
	11.49,95(34,37)	12.24,31(34,36)	12.58,70(34,39)	13.33,04(34,34)	
	14.07,47(34,43)	14.41,81(34,34)	15.15,93(34,12)	15.50,39(34,46)	
	16.24,69(34,30)	16.57,42(32,73)			
7	Andreas Bunæs	95	Haldens SK	17.01,62	606
	30,72(30,72)	1.04,57(33,85)	1.38,23(33,66)	2.12,34(34,11)	
	2.46,66(34,32)	3.20,81(34,15)	3.55,05(34,24)	4.29,41(34,36)	
	5.03,44(34,03)	5.37,62(34,18)	6.11,72(34,10)	6.46,39(34,67)	
	7.20,65(34,26)	7.55,10(34,45)	8.28,86(33,76)	9.03,21(34,35)	
	9.37,58(34,37)	10.11,88(34,30)	10.46,08(34,20)	11.20,17(34,09)	
	11.54,42(34,25)	12.28,47(34,05)	13.02,09(33,62)	13.36,78(34,69)	
	14.11,53(34,75)	14.46,33(34,80)	15.20,19(33,86)	15.54,49(34,30)	
	16.29,69(35,20)	17.01,62(31,93)			
8	Kristian Blummenfelt	94	Vestkantsvømmerne	17.06,22	598
	30,52(30,52)	1.03,99(33,47)	1.37,86(33,87)	2.12,00(34,14)	
	2.46,22(34,22)	3.20,26(34,04)	3.54,49(34,23)	4.28,81(34,32)	
	5.03,19(34,38)	5.37,41(34,22)	6.11,75(34,34)	6.45,98(34,23)	
	7.20,39(34,41)	7.54,69(34,30)	8.28,98(34,29)	9.03,16(34,18)	
	9.37,72(34,56)	10.12,07(34,35)	10.46,47(34,40)	11.21,38(34,91)	
	11.55,90(34,52)	12.30,42(34,52)	13.05,60(35,18)	13.39,83(34,23)	
	14.14,37(34,54)	14.49,42(35,05)	15.24,15(34,73)	15.58,69(34,54)	
	16.33,35(34,66)	17.06,22(32,87)			
9	Martin Næss Kjøholdt	95	Kolbotn IL	17.07,11	596
	30,47(30,47)	1.04,35(33,88)	1.38,51(34,16)	2.13,19(34,68)	
	2.47,56(34,37)	3.21,96(34,40)	3.55,89(33,93)	4.30,08(34,19)	
	5.04,24(34,16)	5.38,40(34,16)	6.12,90(34,50)	6.47,53(34,63)	
	7.21,81(34,28)	7.56,62(34,81)	8.30,93(34,31)	9.05,45(34,52)	
	9.39,85(34,40)	10.14,17(34,32)	10.48,85(34,68)	11.23,27(34,42)	
	11.57,89(34,62)	12.32,52(34,63)	13.06,95(34,43)	13.41,59(34,64)	
	14.16,17(34,58)	14.51,04(34,87)	15.26,04(35,00)	16.00,81(34,77)	
	16.35,03(34,22)	17.07,11(32,08)			
10	Jørgen Gundersen	95	Lørenskog/Rælingen	17.07,72	595
	31,14(31,14)	1.04,75(33,61)	1.38,86(34,11)	2.13,10(34,24)	
	2.47,17(34,07)	3.21,25(34,08)	3.55,18(33,93)	4.29,45(34,27)	
	5.03,80(34,35)	5.38,19(34,39)	6.12,74(34,55)	6.47,44(34,70)	
	7.21,88(34,44)	7.56,44(34,56)	8.30,92(34,48)	9.05,31(34,39)	
	9.39,74(34,43)	10.14,08(34,34)	10.48,55(34,47)	11.23,11(34,56)	
	11.57,83(34,72)	12.32,50(34,67)	13.07,04(34,54)	13.41,83(34,79)	
	14.16,49(34,66)	14.51,23(34,74)	15.25,93(34,70)	16.00,91(34,98)	
	16.35,44(34,53)	17.07,72(32,28)			
11	Jostein Dalshov Kringlen	94	Kristiansand SA	17.17,51	579
	30,54(30,54)	1.03,96(33,42)	1.38,30(34,34)	2.12,41(34,11)	
	2.46,74(34,33)	3.21,17(34,43)	3.55,66(34,49)	4.30,30(34,64)	
	5.05,20(34,90)	5.40,22(35,02)	6.15,27(35,05)	6.50,22(34,95)	
	7.25,51(35,29)	8.00,91(35,40)	8.35,43(34,52)	9.11,02(35,59)	
	9.45,90(34,88)	10.20,74(34,84)	10.56,08(35,34)	11.30,81(34,73)	
	12.06,08(35,27)	12.40,90(34,82)	13.15,67(34,77)	13.50,55(34,88)	
	14.25,02(34,47)	15.00,01(34,99)	15.34,82(34,81)	16.09,58(34,76)	
	16.43,84(34,26)	17.17,51(33,67)			
12	Tord Gunnar Fjeld	95	Hamar IL	17.34,69	551
	31,73(31,73)	1.06,31(34,58)	1.41,11(34,80)	2.15,58(34,47)	
	2.51,06(35,48)	3.26,21(35,15)	4.01,46(35,25)	4.37,00(35,54)	
	5.12,31(35,31)	5.47,19(34,88)	6.22,29(35,10)	6.57,59(35,30)	
	7.32,85(35,26)	8.07,70(34,85)	8.42,99(35,29)	9.18,26(35,27)	
	9.53,72(35,46)	10.29,15(35,43)	11.04,38(35,23)	11.39,71(35,33)	
	12.14,87(35,16)	12.50,49(35,62)	13.26,20(35,71)	14.01,65(35,45)	
	14.37,09(35,44)	15.12,85(35,76)	15.48,52(35,67)	16.24,27(35,75)	
	16.59,81(35,54)	17.34,69(34,88)			

13	Sven Berg	92	Bergens SLK	17.53,76	522
	31,03(31,03)	1.04,61(33,58)	1.39,07(34,46)	2.14,33(35,26)	
	2.49,59(35,26)	3.24,60(35,01)	4.00,10(35,50)	4.35,59(35,49)	
	5.11,74(36,15)	5.47,53(35,79)	6.23,58(36,05)	6.59,67(36,09)	
	7.35,92(36,25)	8.12,27(36,35)	8.48,35(36,08)	9.24,55(36,20)	
	10.00,47(35,92)	10.36,66(36,19)	11.12,95(36,29)	11.49,49(36,54)	
	12.25,55(36,06)	13.02,08(36,53)	13.38,45(36,37)	14.14,84(36,39)	
	14.51,73(36,89)	15.28,52(36,79)	16.04,99(36,47)	16.41,34(36,35)	
	17.17,72(36,38)	17.53,76(36,04)			

### Øvelse 35. 4\*100m lag medley, damer - UM

#### Yngre junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	(0,61)	4.26,43	697
	Andrine Davidsen:	31,36(31,36)	1.04,49(33,13)	1.04,49		
	Malene M. Pedersen:	1.39,09(34,60)	2.17,73(38,64)	1.13,24		
	Vår Celine Sjøgaard:	2.47,76(30,03)	3.24,80(37,04)	1.07,07		
	Anna Lundgren:	3.54,11(29,31)	4.26,43(32,32)	1.01,63		
2	Asker SK J1 jr.	JR	Asker SK	(0,73)	4.28,59	680
	Elise Næss Olsen:	34,30(34,30)	1.10,20(35,90)	1.10,20		
	Rikke Nagell-Kleven:	1.45,98(35,78)	2.25,67(39,69)	1.15,47		
	Mette Mellbye Larsen:	2.55,09(29,42)	3.29,24(34,15)	1.03,57		
	Marte K. Bolstad:	3.58,00(28,76)	4.28,59(30,59)	59,35		
3	Delfana J1 jr.	JR	Delfana	(0,70)	4.34,22	639
	Elin Haugland:	34,31(34,31)	1.10,53(36,22)	1.10,53		
	Tone Lill Evanger:	1.45,70(35,17)	2.26,54(40,84)	1.16,01		
	Vilde Stordal:	2.57,80(31,26)	3.34,27(36,47)	1.07,73		
	Lisa Skogeng:	4.02,96(28,69)	4.34,22(31,26)	59,95		
4	Vågsbygd SLK J1 jr.	JR	Vågsbygd SLK	(0,67)	4.35,62	629
	Sofie Reisænen:	33,96(33,96)	1.09,89(35,93)	1.09,89		
	Guro Aas:	1.45,51(35,62)	2.27,03(41,52)	1.17,14		
	Amalie Thorstensen:	2.57,96(30,93)	3.33,79(35,83)	1.06,76		
	Amalie Fjeldstad:	4.02,43(28,64)	4.35,62(33,19)	1.01,83		
5	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,89)	4.37,50	617
	Marie Svensson:	34,46(34,46)	1.11,23(36,77)	1.11,23		
	Rebecca Holt Clasen:	1.46,88(35,65)	2.29,30(42,42)	1.18,07		
	Klara Farkas:	3.00,12(30,82)	3.34,74(34,62)	1.05,44		
	Elina Øverås:	4.04,05(29,31)	4.37,50(33,45)	1.02,76		
6	Madla SK J1 jr.	JR	Madla SK	(0,71)	4.39,76	602
	Lotte Miller:	32,93(32,93)	1.07,86(34,93)	1.07,86		
	Maria Thompson Clausen:	1.44,06(36,20)	2.25,70(41,64)	1.17,84		
	Ingrid Bergslid:	2.57,52(31,82)	3.35,13(37,61)	1.09,43		
	Susanne Sekkesæter:	4.05,31(30,18)	4.39,76(34,45)	1.04,63		
7	Stavanger SC J1 jr.	JR	Stavanger SC	(0,79)	4.48,27	550
	Emilie K. Hegdal:	34,25(34,25)	1.10,10(35,85)	1.10,10		
	Ingeborg Jørmeland:	1.47,02(36,92)	2.31,05(44,03)	1.20,95		
	Ane Nygård:	3.03,26(32,21)	3.42,55(39,29)	1.11,50		
	Malin Haga:	4.13,51(30,96)	4.48,27(34,76)	1.05,72		
8	Poseidon J1 jr.	JR	Poseidon	(0,77)	4.49,82	541
	Marte Stamland:	34,27(34,27)	1.09,30(35,03)	1.09,30		
	Marie Malvik:	1.49,20(39,90)	2.33,52(44,32)	1.24,22		
	Sara Louise Pedersen:	3.05,57(32,05)	3.41,64(36,07)	1.08,12		
	Marte Fjellset:	4.14,14(32,50)	4.49,82(35,68)	1.08,18		
9	Oslo IL J1 jr.	JR	Oslo IL	(0,60)	4.55,00	513
	Oda Almgren Lind:	34,93(34,93)	1.11,80(36,87)	1.11,80		
	Stina Victoria Nordberg:	1.50,23(38,43)	2.34,59(44,36)	1.22,79		
	Nehna-Louise Møller-Pettersen:	3.08,22(33,63)	3.47,90(39,68)	1.13,31		
	Gesine Laake:	4.19,89(31,99)	4.55,00(35,11)	1.07,10		
10	Vestkantv. J1 jr.	JR	Vestkantvømmerne	(0,72)	4.55,74	509
	Marte Dale:	35,41(35,41)	1.14,50(39,09)	1.14,50		
	Elida Hole:	1.51,93(37,43)	2.34,04(42,11)	1.19,54		
	Tina Schütz:	3.08,13(34,09)	3.47,63(39,50)	1.13,59		
	Maria Teige:	4.19,51(31,88)	4.55,74(36,23)	1.08,11		
11	Delfana J3 jr.	JR	Delfana	(0,72)	5.08,24	450
	Martine Heimdal:	36,05(36,05)	1.14,50(38,45)	1.14,50		
	Susann Pley Olsen:	1.55,47(40,97)	2.42,58(47,11)	1.28,08		
	Julie Sundstrøm:	3.17,99(35,41)	3.59,23(41,24)	1.16,65		
	Vanja Sand Syversen:	4.31,62(32,39)	5.08,24(36,62)	1.09,01		

12	Løren/Rælingen J2 jr.	JR	Lørenskog/Rælingen	(0,71)	5.08,73	448
	Christine Tuyen Tran Thanh:	36,16(36,16)	1.15,78(39,62)	1.15,78		
	Marie Eugenie Edvardsen:	1.56,14(40,36)	2.41,55(45,41)	1.25,77		
	Kamilla Øverås:	3.18,04(36,49)	4.01,90(43,86)	1.20,35		
	Eline Sundby Kinn:	4.33,41(31,51)	5.08,73(35,32)	1.06,83		
13	Bærumsv J1 jr.	JR	Bærumsvømmerne	(0,92)	5.11,27	437
	Amanda Essebo:	37,91(37,91)	1.16,80(38,89)	1.16,80		
	Helle Backer:	1.55,41(38,61)	2.41,16(45,75)	1.24,36		
	Rebekka Wiik Eckhoff:	3.16,11(34,95)	4.02,43(46,32)	1.21,27		
	Kine Hvidsten:	4.35,65(33,22)	5.11,27(35,62)	1.08,84		
14	Åstveit SK J1 jr.	JR	Åstveit SK	(0,70)	5.22,99	391
	Ingeborg Liseth Pedersen:	39,59(39,59)	1.20,92(41,33)	1.20,92		
	Stina Heimnes:	1.57,33(36,41)	2.39,75(42,42)	1.18,83		
	Iselin Helløy:	3.17,93(38,18)	4.06,93(49,00)	1.27,18		
	Susanne Meyer Tertnes:	4.41,55(34,62)	5.22,99(41,44)	1.16,06		
	Delfana J2 jr.	JR	Delfana	(0,74)	DISK	
	Stina Dahl:	36,08(36,08)	1.14,54(38,46)	1.14,54		
	Karianne Reinertsen:					
	Frida Hinna:					
	Sandra Bernhoft:					
	Bergens SC J1 jr.	JR	Bergens SC	(0,73)	DISK	
	Toni G. Coudray:	35,97(35,97)	1.13,52(37,55)	1.13,52		
	Cecilia Eide Songstad:					
	Henriette Dahl:					
	Sandra Milena Gjermundnes:					

# Lørdag 21. november 2010 kl 17.00 - Finaler

## Øvelse 25. 400m individuell medley, damer - Direkte finale

### Yngre junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	5.04,47	675
	33,09(33,09)	1.11,54(38,45)	1.50,49(38,95)	2.29,25(38,76)	
	3.12,73(43,48)	3.56,90(44,17)	4.31,29(34,39)	5.04,47(33,18)	
2	Elin Haugland	96	Delfana	5.05,58	668
	32,31(32,31)	1.09,37(37,06)	1.49,52(40,15)	2.28,70(39,18)	
	3.12,96(44,26)	3.58,08(45,12)	4.33,13(35,05)	5.05,58(32,45)	
3	Oda Gjerde	95	Bryne SK	5.13,60	618
	34,51(34,51)	1.14,20(39,69)	1.54,17(39,97)	2.34,01(39,84)	
	3.18,28(44,27)	4.03,99(45,71)	4.39,72(35,73)	5.13,60(33,88)	
4	Vilde Stordal	95	Delfana	5.13,62	618
	32,68(32,68)	1.10,93(38,25)	1.51,09(40,16)	2.30,53(39,44)	
	3.17,01(46,48)	4.03,97(46,96)	4.39,21(35,24)	5.13,62(34,41)	
5	Tone Lill Evanger	96	Delfana	5.14,03	616
	34,05(34,05)	1.13,78(39,73)	1.54,98(41,20)	2.34,54(39,56)	
	3.18,24(43,70)	4.02,80(44,56)	4.39,68(36,88)	5.14,03(34,35)	
6	Malene M. Pedersen	96	Lambertseter SK	5.18,16	592
	33,50(33,50)	1.12,09(38,59)	1.53,88(41,79)	2.34,16(40,28)	
	3.18,97(44,81)	4.04,91(45,94)	4.41,84(36,93)	5.18,16(36,32)	
7	Karianne Reinertsen	97	Delfana	5.19,71	583
	33,95(33,95)	1.13,56(39,61)	1.52,87(39,31)	2.31,73(38,86)	
	3.17,94(46,21)	4.04,71(46,77)	4.42,88(38,17)	5.19,71(36,83)	
8	Ingrid Bergslid	97	Madla SK	5.21,25	575
	34,32(34,32)	1.14,05(39,73)	1.55,75(41,70)	2.35,14(39,39)	
	3.21,23(46,09)	4.07,94(46,71)	4.46,00(38,06)	5.21,25(35,25)	
9	Stina Victoria Nordberg	96	Oslo IL	5.24,13	560
	34,43(34,43)	1.15,84(41,41)	1.58,56(42,72)	2.39,94(41,38)	
	3.24,35(44,41)	4.10,07(45,72)	4.47,70(37,63)	5.24,13(36,43)	
10	Eline Mathilde Swensen	96	Ski SK	5.26,06	550
	34,84(34,84)	1.14,12(39,28)	1.57,55(43,43)	2.40,49(42,94)	
	3.26,42(45,93)	4.12,76(46,34)	4.50,21(37,45)	5.26,06(35,85)	
11	Elida Hole	96	Vestkantsvømmerne	5.26,24	549
	33,86(33,86)	1.13,59(39,73)	1.56,61(43,02)	2.38,91(42,30)	
	3.26,53(47,62)	4.13,49(46,96)	4.50,75(37,26)	5.26,24(35,49)	
12	Klara Farkas	96	Lørenskog/Rælingen	5.32,90	517
	34,96(34,96)	1.14,96(40,00)	1.56,52(41,56)	2.38,93(42,41)	
	3.27,67(48,74)	4.17,25(49,58)	4.55,57(38,32)	5.32,90(37,33)	

### Junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	4.54,96	743
	32,86(32,86)	1.10,95(38,09)	1.45,92(34,97)	2.20,55(34,63)	
	3.05,50(44,95)	3.49,80(44,30)	4.22,69(32,89)	4.54,96(32,27)	
2	Jacqueline Knutsson	93	Kongsten/NTG	4.56,33	733
	30,58(30,58)	1.06,40(35,82)	1.45,19(38,79)	2.22,75(37,56)	
	3.04,77(42,02)	3.48,09(43,32)	4.22,31(34,22)	4.56,33(34,02)	
3	Ellen Camilla Hansen	95	Øvre Eiker SK	5.04,47	675
	33,09(33,09)	1.11,54(38,45)	1.50,49(38,95)	2.29,25(38,76)	
	3.12,73(43,48)	3.56,90(44,17)	4.31,29(34,39)	5.04,47(33,18)	
4	Elin Haugland	96	Delfana	5.05,58	668
	32,31(32,31)	1.09,37(37,06)	1.49,52(40,15)	2.28,70(39,18)	
	3.12,96(44,26)	3.58,08(45,12)	4.33,13(35,05)	5.05,58(32,45)	
5	Luna Elisabeth Søggaard	94	Lambertseter SK	5.13,25	620
	33,50(33,50)	1.12,74(39,24)	1.55,77(43,03)	2.37,13(41,36)	
	3.17,89(40,76)	3.59,72(41,83)	4.37,43(37,71)	5.13,25(35,82)	
6	Oda Gjerde	95	Bryne SK	5.13,60	618
	34,51(34,51)	1.14,20(39,69)	1.54,17(39,97)	2.34,01(39,84)	
	3.18,28(44,27)	4.03,99(45,71)	4.39,72(35,73)	5.13,60(33,88)	
7	Vilde Stordal	95	Delfana	5.13,62	618
	32,68(32,68)	1.10,93(38,25)	1.51,09(40,16)	2.30,53(39,44)	
	3.17,01(46,48)	4.03,97(46,96)	4.39,21(35,24)	5.13,62(34,41)	

8	Tone Lill Evanger	96	Delfana	5.14,03	616
	34,05(34,05)	1.13,78(39,73)	1.54,98(41,20)	2.34,54(39,56)	
	3.18,24(43,70)	4.02,80(44,56)	4.39,68(36,88)	5.14,03(34,35)	
9	Maren E.J. Bakke	94	Setermoen SK	5.17,24	597
	33,16(33,16)	1.12,35(39,19)	1.54,21(41,86)	2.35,82(41,61)	
	3.18,95(43,13)	4.03,71(44,76)	4.41,60(37,89)	5.17,24(35,64)	
10	Stine Mjøllhus Kristoffersen	93	Madla SK	5.17,32	597
	33,05(33,05)	1.11,90(38,85)	1.52,97(41,07)	2.32,99(40,02)	
	3.17,49(44,50)	4.02,61(45,12)	4.40,38(37,77)	5.17,32(36,94)	
11	Malene M. Pedersen	96	Lambertseter SK	5.18,16	592
	33,50(33,50)	1.12,09(38,59)	1.53,88(41,79)	2.34,16(40,28)	
	3.18,97(44,81)	4.04,91(45,94)	4.41,84(36,93)	5.18,16(36,32)	
12	Karianne Reinertsen	97	Delfana	5.19,71	583
	33,95(33,95)	1.13,56(39,61)	1.52,87(39,31)	2.31,73(38,86)	
	3.17,94(46,21)	4.04,71(46,77)	4.42,88(38,17)	5.19,71(36,83)	
13	Oda Emilie Haagenen	94	Sarpsborg IL	5.20,68	578
	32,96(32,96)	1.12,22(39,26)	1.53,03(40,81)	2.33,86(40,83)	
	3.19,04(45,18)	4.05,10(46,06)	4.43,78(38,68)	5.20,68(36,90)	
14	Ingrid Bergslid	97	Madla SK	5.21,25	575
	34,32(34,32)	1.14,05(39,73)	1.55,75(41,70)	2.35,14(39,39)	
	3.21,23(46,09)	4.07,94(46,71)	4.46,00(38,06)	5.21,25(35,25)	
15	Stina Victoria Nordberg	96	Oslo IL	5.24,13	560
	34,43(34,43)	1.15,84(41,41)	1.58,56(42,72)	2.39,94(41,38)	
	3.24,35(44,41)	4.10,07(45,72)	4.47,70(37,63)	5.24,13(36,43)	
16	Irja Gravdahl	94	Trondhjem SLK	5.24,72	557
	36,21(36,21)	1.18,43(42,22)	2.00,17(41,74)	2.41,03(40,86)	
	3.24,63(43,60)	4.08,89(44,26)	4.47,56(38,67)	5.24,72(37,16)	
17	Eline Mathilde Swensen	96	Ski SK	5.26,06	550
	34,84(34,84)	1.14,12(39,28)	1.57,55(43,43)	2.40,49(42,94)	
	3.26,42(45,93)	4.12,76(46,34)	4.50,21(37,45)	5.26,06(35,85)	
18	Elida Hole	96	Vestkantsvømmerne	5.26,24	549
	33,86(33,86)	1.13,59(39,73)	1.56,61(43,02)	2.38,91(42,30)	
	3.26,53(47,62)	4.13,49(46,96)	4.50,75(37,26)	5.26,24(35,49)	
19	Klara Farkas	96	Lørenskog/Rælingen	5.32,90	517
	34,96(34,96)	1.14,96(40,00)	1.56,52(41,56)	2.38,93(42,41)	
	3.27,67(48,74)	4.17,25(49,58)	4.55,57(38,32)	5.32,90(37,33)	

### Øvelse 26. 4\*50m fri, herrer - Junior

#### Junior

1	Madla SK G1 jr.	JR	Madla SK	1.35,05	739
	Ole Martin Ree:	23,61(23,61)			
	Bjarte Ravndal:	46,47(22,86)			
	Gaute Ravndal:	1.10,25(23,78)			
	Vegard Belaska:	1.35,05(24,80)			
2	Stavanger SC G1 jr.	JR	Stavanger SC	1.35,80	722
	Jørn Nygård:	24,21(24,21)			
	Hans Østerdal:	47,74(23,53)			
	Per Øystein Turøy:	1.11,75(24,01)			
	Fredrik K Hegdal:	1.35,80(24,05)			
3	Bergensv. G1 jr.	JR	Bergensvømmerne	1.36,15	714
	Sindri T. Jakobsson:	23,97(23,97)			
	Erlend Ulveseter:	47,36(23,39)			
	Erling Mjøs Brattelid:	1.11,50(24,14)			
	Espen Halhjem:	1.36,15(24,65)			
4	Lambertseter SK G1 jr.	JR	Lambertseter SK	1.38,88	656
	Mathias Madsen:	24,97(24,97)			
	Christian Thorsen:	49,16(24,19)			
	David Evja:	1.13,83(24,67)			
	Kristian Nygård:	1.38,88(25,05)			
5	Asker SK G1 jr.	JR	Asker SK	1.40,07	633
	Jan Aleksander Bakke:	24,79(24,79)			
	Kristoffer Skribeland:	49,64(24,85)			
	Andreas Bergman:	1.14,31(24,67)			
	Patryk Bubilek:	1.40,07(25,76)			

6	Bærumsv G2 jr. Carl Andreas Wathne: Henrik Wathne: Henry Emil Nordhagen: Iver Hvidsten:	JR 25,98(25,98) 51,24(25,26) 1.15,96(24,72) 1.41,42(25,46)	Bærumsvømmerne	1.41,42	608
7	Vestbyen IL G1 jr. Fredrik Tronvoll: Christian Tronvoll: Christoffer Tofte Hamborg: Gunnar Evjen:	JR 25,35(25,35) 49,73(24,38) 1.15,50(25,77) 1.41,55(26,05)	Vestbyen IL	1.41,55	606
8	Stavanger SC G2 jr. Alexander Marki Mork: Henrik Knudsen: Olav Ravndal Skjølingstad: Henning S. Pryde:	JR 25,54(25,54) 51,63(26,09) 1.16,86(25,23) 1.41,78(24,92)	Stavanger SC	1.41,78	602
9	Vestkantsv. G1 jr. Markus Vindenes: Vedbjørn Arne J. Aasheim: Kristoffer Brekke: Sander Sivertsen:	JR 24,42(24,42) 50,40(25,98) 1.16,18(25,78) 1.42,16(25,98)	Vestkantsvømmerne	1.42,16	595
10	Madla SK G2 jr. Øyvind Malde: Marius Karstad: Ørjan Monsen: Morten Bordervich:	JR 26,36(26,36) 51,81(25,45) 1.17,20(25,39) 1.42,31(25,11)	Madla SK	1.42,31	592
11	Haugesund SK G1 jr. Sander Rødje: Thorbjørn Birkeland: Sindre Lilledahl: Benjamin Alic:	JR 25,02(25,02) 50,45(25,43) 1.16,52(26,07) 1.43,73(27,21)	Haugesund SK	1.43,73	568
12	Lambertseter SK G2 jr. Kristian Henanger: Torbjørn Øvrebø: Aksel Øvern: Sondre Kallhovd:	JR 25,98(25,98) 51,84(25,86) 1.17,93(26,09) 1.43,83(25,90)	Lambertseter SK	1.43,83	567
13	Delfana G1 jr. Marius Thorsø: Håvard Hole: Bård Løvik: Markus Heimdal:	JR 25,79(25,79) 51,29(25,50) 1.17,40(26,11) 1.44,21(26,81)	Delfana	1.44,21	561
14	Kristiansand SA G1 jr. Håkon Andersen: Eirik S. Jørgensen: Jostein Dalshov Kringlen: Nicolai Gerrard:	JR 24,66(24,66) 50,26(25,60) 1.17,15(26,89) 1.44,54(27,39)	Kristiansand SA	1.44,54	555
15	Løren/Rælingen G1 jr. Anders Dyvesveen: Jørgen Scheie Bråthen: Gard Ruben Fauske: Jørgen Gundersen:	JR 25,89(25,89) 52,19(26,30) 1.19,10(26,91) 1.45,77(26,67)	Lørenskog/Rælingen	1.45,77	536
16	Bergens SLK G1 jr. Lars Berg: Sven Berg: Christopher Williams: Anders Færø:	JR 29,01(29,01) 54,01(25,00) 1.19,84(25,83) 1.45,91(26,07)	Bergens SLK	1.45,91	534
17	Elverum IL G1 jr. Ingvar V. Skirbekk: Martin B. Lund: Håkon B Lund: Gunnar V. Skirbekk:	JR 27,02(27,02) 53,17(26,15) 1.20,91(27,74) 1.46,28(25,37)	Elverum Svømming	1.46,28	529
18	Åstveit SK G1 jr. Jonas Jensen: Robin Sell Dyngeland: Håkon Dalland: Markus Lie:	JR 25,95(25,95) 52,95(27,00) 1.21,50(28,55) 1.47,15(25,65)	Åstveit SK	1.47,15	516
19	Aalesund SLK G1 jr. Sigurd Holten Bøen: Erlend Forsland Zabka: Aksel Haagensen: Kevin Peraca:	JR 27,72(27,72) 56,79(29,07) 1.25,91(29,12) 1.53,06(27,15)	Aalesund SLK	1.53,06	439

20	Ski SK G1 jr.	JR	Ski SK	1.54,29	425
	Einar Norum:	26,59(26,59)			
	Sven Peder Oseth:	54,85(28,26)			
	Eirik Nilsen:	1.24,65(29,80)			
	Morten Molin Wang:	1.54,29(29,64)			
	Bærumsv G1 jr.	JR	Bærumsvømmerne	DISK	
	Tor Hafnor:	24,65(24,65)			
	Vegard Nyenget Løvberg:	48,57(23,92)			
	Kristoffer D. Birkeland:	1.13,44(24,87)			
	Sebastian Wigstrøm:				

### Øvelse 27. 200m fri, damer - Finale

#### Junior

1	Victoria Rung	92	Madla SK	2.03,49	776
	29,08(29,08)	1.00,16(31,08)	1.31,56(31,40)	2.03,49(31,93)	
2	Stine Lise Stenseth	94	Øvre Eiker SK	2.03,90	769
	28,88(28,88)	59,97(31,09)	1.31,85(31,88)	2.03,90(32,05)	
3	Victoria S. Løken	91	Lambertseter SK	2.04,52	757
	28,39(28,39)	58,90(30,51)	1.31,01(32,11)	2.04,52(33,51)	
4	Elin Slaatmo	92	Hamar IL	2.05,57	738
	29,33(29,33)	1.01,40(32,07)	1.34,24(32,84)	2.05,57(31,33)	
5	Karoline Pedersen	94	BS/Delfana	2.05,98	731
	29,31(29,31)	1.00,79(31,48)	1.33,69(32,90)	2.05,98(32,29)	
6	Veronica Orheim Bjørlykke	94	Aalesund SLK	2.06,23	727
	29,11(29,11)	1.00,80(31,69)	1.33,85(33,05)	2.06,23(32,38)	
7	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.08,07	696
	29,54(29,54)	1.01,13(31,59)	1.33,96(32,83)	2.08,07(34,11)	

### Øvelse 28. 200m butterfly, herrer - Finale

#### Junior

1	Sindri T. Jakobsson	91	BS/Delfana	2.00,25	791
	26,74(26,74)	57,56(30,82)	1.28,89(31,33)	2.00,25(31,36)	
2	Tor Hafnor	91	Bærumsvømmerne	2.07,37	665
	28,07(28,07)	1.00,14(32,07)	1.33,48(33,34)	2.07,37(33,89)	
3	Sebastian Stordal	91	BS/Delfana	2.07,52	663
	28,15(28,15)	1.00,31(32,16)	1.33,22(32,91)	2.07,52(34,30)	
4	Fredrik K Hegdal	94	Stavanger SC	2.10,42	620
	29,01(29,01)	1.02,49(33,48)	1.36,29(33,80)	2.10,42(34,13)	
5	Christian Thorsen	91	Lambertseter SK	2.10,55	618
	29,29(29,29)	1.02,80(33,51)	1.37,02(34,22)	2.10,55(33,53)	
6	Thomas Myhrer	94	Sarpsborg IL/NTG	2.13,58	577
	28,79(28,79)	1.02,66(33,87)	1.38,07(35,41)	2.13,58(35,51)	
7	Morten Wee Hollund	96	Karmøy SK	2.14,92	560
	28,74(28,74)	1.02,68(33,94)	1.38,75(36,07)	2.14,92(36,17)	

**Øvelse 29. 100m rygg, damer - Finale****Junior**

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,83)	1.03,65	717
	31,36(31,36)	1.03,65(32,29)				
2	Christine M. Pedersen	93	Lambertseter SK	(0,68)	1.04,52	688
	31,38(31,38)	1.04,52(33,14)				
3	Oda Marie Siljan	92	Asker SK/TiT	(0,67)	1.04,57	687
	31,29(31,29)	1.04,57(33,28)				
4	Elisabeth Kristiansen	92	Haugesund SK	(0,69)	1.04,77	680
	30,72(30,72)	1.04,77(34,05)				
5	Bitte Fagermo	93	Narvik SK/NTG	(0,84)	1.04,97	674
	32,28(32,28)	1.04,97(32,69)				
6	Andrine Davidsen	95	Lambertseter SK	(0,63)	1.05,19	667
	31,67(31,67)	1.05,19(33,52)				
7	Karoline Steffensen	96	Harstad SK	(0,61)	1.05,81	649
	31,96(31,96)	1.05,81(33,85)				

**Øvelse 30. 100m fri, herrer - Finale****Junior**

1	Ole Martin Ree	92	Madla SK		50,65	751
	24,45(24,45)	50,65(26,20)				
2	Jørn Nygård	92	Stavanger SC		51,75	704
	25,06(25,06)	51,75(26,69)				
3	Martin Hammer	93	Kongsten/NTG		52,39	679
	25,18(25,18)	52,39(27,21)				
4	Jonas Kirkeberg Jostad	92	Hamar IL		52,62	670
	25,35(25,35)	52,62(27,27)				
5	Runar Borgen	93	Tromsø SK/NTG		53,32	644
	25,94(25,94)	53,32(27,38)				
6	Hans Østerdal	93	Stavanger SC		54,31	609
	26,33(26,33)	54,31(27,98)				
7	Mathias Madsen	92	Lambertseter SK		54,38	607
	26,04(26,04)	54,38(28,34)				

**Øvelse 31. 50m fri, damer - Finale****Junior**

1	Susann Bjørnsen	93	Setermoen SK/NTG		26,56	718
2	Victoria S. Løken	91	Lambertseter SK		26,70	706
3	Siri Eva Kristiansen	93	Bærumsvømmerne		26,84	695
4	Emilie Nyenget Løvberg	95	Bærumsvømmerne		27,07	678
5	Maria Thompson Clausen	96	Madla SK		27,16	671
6	Stine Lise Stenseth	94	Øvre Eiker SK		27,40	654
7	Amalie Kristiansen	95	Haugesund SK		27,43	652

**Funksjonshemmede**

1	Hanne Farestvedt	93	Åstveit SK	33,28	365	S14 114,96 %
2	Rona Hjelmstad	93	Skjetten Svømming	34,81	319	S14 120,24 %
3	Mina Marie Heyerdahl Klausen	97	Drammen SK	44,86	149	S7 136,27 %

**Øvelse 32. 100m bryst, herrer - Finale****Junior**

1	Sebastian Wigstrøm	91	Bærumsvømmerne	1.04,22	720
	30,21(30,21)	1.04,22(34,01)			
2	Markus Vindenes	94	Vestkantsvømmerne	1.05,28	686
	30,69(30,69)	1.05,28(34,59)			
3	John Lekhmus	91	Tromsø SK	1.05,50	679
	30,62(30,62)	1.05,50(34,88)			
4	Erling Mjøs Brattelid	91	BS/Åstveit	1.06,09	661
	31,16(31,16)	1.06,09(34,93)			
5	Aleksander Sire	93	Modum/NTG	1.06,53	648
	31,32(31,32)	1.06,53(35,21)			
6	Sindre Söderlund	91	IL Varg	1.06,57	646
	31,17(31,17)	1.06,57(35,40)			
	Sverre Næss	92	Sarpsborg IL		DISK

**Øvelse 33. 100m individuell medley, damer - Finale****Junior**

1	Susann Bjørnsen	93	Setermoen SK/NTG	1.04,54	778
	31,12(31,12)	1.04,54(33,42)			
2	Siri Eva Kristiansen	93	Bærumsvømmerne	1.04,74	770
	31,01(31,01)	1.04,74(33,73)			
3	Maria Thompson Clausen	96	Madla SK	1.05,97	728
	31,47(31,47)	1.05,97(34,50)			
4	Stine Vindenes	93	Vestkantsvømmerne	1.06,61	707
	31,26(31,26)	1.06,61(35,35)			
5	Sophia Broberg Skeltved	92	Tromsø SK/NTG	1.06,79	702
	31,26(31,26)	1.06,79(35,53)			
6	Katrine Jensen	92	BS/Åstveit	1.07,18	690
	30,75(30,75)	1.07,18(36,43)			
7	Luna Elisabeth Søggaard	94	Lambertseter SK	1.07,28	686
	32,12(32,12)	1.07,28(35,16)			

**Øvelse 34. 1500m fri, herrer - Direkte finale****Yngre junior**

1	Erik Tobias Sollesnes	95	Kolbotn IL	16.26,09	674
	29,44(29,44)	1.01,35(31,91)	1.33,59(32,24)	2.05,97(32,38)	
	2.38,31(32,34)	3.10,98(32,67)	3.43,89(32,91)	4.17,29(33,40)	
	4.50,18(32,89)	5.24,25(34,07)	5.56,53(32,28)	6.29,79(33,26)	
	7.02,71(32,92)	7.35,63(32,92)	8.09,19(33,56)	8.42,17(32,98)	
	9.15,89(33,72)	9.48,16(32,27)	10.21,35(33,19)	10.54,67(33,32)	
	11.27,48(32,81)	12.00,69(33,21)	12.33,93(33,24)	13.07,46(33,53)	
	13.40,51(33,05)	14.14,33(33,82)	14.47,99(33,66)	15.20,79(32,80)	
	15.53,31(32,52)	16.26,09(32,78)			
2	Jonas Ødegård Aanby	95	Delfana	16.27,83	670
		1.02,02(1.02,02)	1.34,76(32,74)	2.07,98(33,22)	
	2.41,19(33,21)	3.14,23(33,04)	3.47,60(33,37)	4.21,04(33,44)	
	4.54,34(33,30)	5.27,88(33,54)	6.00,71(32,83)		
	7.07,36(1.06,65)	7.40,57(33,21)	8.13,35(32,78)	8.46,25(32,90)	
	9.19,30(33,05)	9.52,21(32,91)	10.25,49(33,28)		
	11.31,75(1.06,26)		12.37,90(1.06,15)	13.10,91(33,01)	
	13.44,47(33,56)			15.23,86(1.39,39)	
	15.55,99(32,13)	16.27,83(31,84)			

3	Henrik Christiansen	96	Skjetten Svømming	16.55,73	617
	30,68(30,68)	1.04,26(33,58)	1.38,17(33,91)	2.12,19(34,02)	
	2.46,19(34,00)	3.20,37(34,18)	3.54,52(34,15)	4.28,66(34,14)	
	5.02,72(34,06)	5.36,95(34,23)	6.11,15(34,20)	6.45,68(34,53)	
	7.19,89(34,21)	7.53,96(34,07)	8.27,83(33,87)	9.02,39(34,56)	
	9.35,74(33,35)	10.09,88(34,14)	10.44,06(34,18)	11.18,56(34,50)	
	11.52,64(34,08)	12.26,43(33,79)	13.00,30(33,87)	13.34,04(33,74)	
	14.07,96(33,92)	14.42,09(34,13)	15.15,81(33,72)	15.49,95(34,14)	
	16.23,45(33,50)	16.55,73(32,28)			
4	Ole Martin Bjørlykke	96	Aalesund SLK	16.57,42	614
	31,08(31,08)	1.04,14(33,06)	1.37,89(33,75)	2.11,70(33,81)	
	2.45,44(33,74)	3.19,00(33,56)	3.52,77(33,77)	4.26,49(33,72)	
	5.00,36(33,87)	5.34,09(33,73)	6.07,94(33,85)	6.41,96(34,02)	
	7.15,95(33,99)	7.50,17(34,22)	8.24,14(33,97)	8.58,30(34,16)	
	9.32,67(34,37)	10.06,77(34,10)	10.40,94(34,17)	11.15,58(34,64)	
	11.49,95(34,37)	12.24,31(34,36)	12.58,70(34,39)	13.33,04(34,34)	
	14.07,47(34,43)	14.41,81(34,34)	15.15,93(34,12)	15.50,39(34,46)	
	16.24,69(34,30)	16.57,42(32,73)			
5	Andreas Bunæs	95	Haldens SK	17.01,62	606
	30,72(30,72)	1.04,57(33,85)	1.38,23(33,66)	2.12,34(34,11)	
	2.46,66(34,32)	3.20,81(34,15)	3.55,05(34,24)	4.29,41(34,36)	
	5.03,44(34,03)	5.37,62(34,18)	6.11,72(34,10)	6.46,39(34,67)	
	7.20,65(34,26)	7.55,10(34,45)	8.28,86(33,76)	9.03,21(34,35)	
	9.37,58(34,37)	10.11,88(34,30)	10.46,08(34,20)	11.20,17(34,09)	
	11.54,42(34,25)	12.28,47(34,05)	13.02,09(33,62)	13.36,78(34,69)	
	14.11,53(34,75)	14.46,33(34,80)	15.20,19(33,86)	15.54,49(34,30)	
	16.29,69(35,20)	17.01,62(31,93)			
6	Martin Næss Kjølholdt	95	Kolbotn IL	17.07,11	596
	30,47(30,47)	1.04,35(33,88)	1.38,51(34,16)	2.13,19(34,68)	
	2.47,56(34,37)	3.21,96(34,40)	3.55,89(33,93)	4.30,08(34,19)	
	5.04,24(34,16)	5.38,40(34,16)	6.12,90(34,50)	6.47,53(34,63)	
	7.21,81(34,28)	7.56,62(34,81)	8.30,93(34,31)	9.05,45(34,52)	
	9.39,85(34,40)	10.14,17(34,32)	10.48,85(34,68)	11.23,27(34,42)	
	11.57,89(34,62)	12.32,52(34,63)	13.06,95(34,43)	13.41,59(34,64)	
	14.16,17(34,58)	14.51,04(34,87)	15.26,04(35,00)	16.00,81(34,77)	
	16.35,03(34,22)	17.07,11(32,08)			
7	Jørgen Gundersen	95	Lørenskog/Rælingen	17.07,72	595
	31,14(31,14)	1.04,75(33,61)	1.38,86(34,11)	2.13,10(34,24)	
	2.47,17(34,07)	3.21,25(34,08)	3.55,18(33,93)	4.29,45(34,27)	
	5.03,80(34,35)	5.38,19(34,39)	6.12,74(34,55)	6.47,44(34,70)	
	7.21,88(34,44)	7.56,44(34,56)	8.30,92(34,48)	9.05,31(34,39)	
	9.39,74(34,43)	10.14,08(34,34)	10.48,55(34,47)	11.23,11(34,56)	
	11.57,83(34,72)	12.32,50(34,67)	13.07,04(34,54)	13.41,83(34,79)	
	14.16,49(34,66)	14.51,23(34,74)	15.25,93(34,70)	16.00,91(34,98)	
	16.35,44(34,53)	17.07,72(32,28)			
8	Tord Gunnar Fjeld	95	Hamar IL	17.34,69	551
	31,73(31,73)	1.06,31(34,58)	1.41,11(34,80)	2.15,58(34,47)	
	2.51,06(35,48)	3.26,21(35,15)	4.01,46(35,25)	4.37,00(35,54)	
	5.12,31(35,31)	5.47,19(34,88)	6.22,29(35,10)	6.57,59(35,30)	
	7.32,85(35,26)	8.07,70(34,85)	8.42,99(35,29)	9.18,26(35,27)	
	9.53,72(35,46)	10.29,15(35,43)	11.04,38(35,23)	11.39,71(35,33)	
	12.14,87(35,16)	12.50,49(35,62)	13.26,20(35,71)	14.01,65(35,45)	
	14.37,09(35,44)	15.12,85(35,76)	15.48,52(35,67)	16.24,27(35,75)	
	16.59,81(35,54)	17.34,69(34,88)			

## Junior

1	Sindri T. Jakobsson	91	BS/Delfana	15.52,37	748
	27.75(27,75)	59,01(31,26)	1.30,55(31,54)	2.02,72(32,17)	
	2.34,54(31,82)	3.06,32(31,78)	3.38,45(32,13)	4.10,23(31,78)	
	4.42,14(31,91)	5.14,21(32,07)	5.46,37(32,16)	6.18,65(32,28)	
	6.53,00(34,35)	7.25,37(32,37)	7.57,71(32,34)	8.29,14(31,43)	
	9.01,03(31,89)	9.32,73(31,70)	10.04,88(32,15)	10.36,90(32,02)	
	11.08,91(32,01)	11.40,61(31,70)	12.12,50(31,89)	12.43,87(31,37)	
	13.15,45(31,58)	13.47,54(32,09)	14.19,38(31,84)	14.51,18(31,80)	
	15.22,82(31,64)	15.52,37(29,55)			
2	Oscar Slaatmo	94	Hamar IL	16.05,20	719
	29,14(29,14)	1.00,94(31,80)	1.33,11(32,17)	2.05,20(32,09)	
	2.37,45(32,25)	3.09,39(31,94)	3.41,74(32,35)	4.13,83(32,09)	
	4.45,77(31,94)	5.18,04(32,27)	5.50,28(32,24)	6.22,78(32,50)	
	6.55,32(32,54)	7.27,37(32,05)	7.59,60(32,23)	8.31,89(32,29)	
	9.04,37(32,48)	9.37,16(32,79)	10.09,95(32,79)	10.42,27(32,32)	
	11.14,84(32,57)	11.47,36(32,52)	12.19,83(32,47)	12.52,55(32,72)	
	13.25,02(32,47)	13.57,49(32,47)	14.29,93(32,44)	15.02,32(32,39)	
	15.34,44(32,12)	16.05,20(30,76)			
3	Martin Berger Oterholm	93	Kolbotn IL	16.07,44	714
	28,42(28,42)	59,95(31,53)	1.32,05(32,10)	2.04,23(32,18)	
	2.36,36(32,13)	3.08,68(32,32)	3.41,03(32,35)	4.13,37(32,34)	
	4.45,68(32,31)	5.18,29(32,61)	5.50,74(32,45)	6.23,24(32,50)	
	6.55,42(32,18)	7.27,79(32,37)	8.00,20(32,41)	8.32,72(32,52)	
	9.04,96(32,24)	9.37,55(32,59)	10.10,05(32,50)	10.42,61(32,56)	
	11.15,14(32,53)	11.47,99(32,85)	12.20,66(32,67)	12.53,13(32,47)	
	13.25,86(32,73)	13.58,65(32,79)	14.31,33(32,68)	15.04,09(32,76)	
	15.36,87(32,78)	16.07,44(30,57)			
4	Morten Bordervich	94	Madla SK	16.13,10	701
	28,79(28,79)	59,27(30,48)	1.30,80(31,53)	2.02,64(31,84)	
	2.34,62(31,98)	3.06,53(31,91)	3.38,80(32,27)	4.11,09(32,29)	
	4.43,48(32,39)	5.16,05(32,57)	5.48,54(32,49)	6.21,36(32,82)	
	6.53,80(32,44)	7.26,64(32,84)	7.59,39(32,75)	8.32,23(32,84)	
	9.05,02(32,79)	9.37,97(32,95)	10.10,59(32,62)	10.43,40(32,81)	
	11.16,17(32,77)	11.49,21(33,04)	12.22,36(33,15)	12.55,49(33,13)	
	13.28,94(33,45)	14.02,37(33,43)	14.35,57(33,20)	15.08,58(33,01)	
	15.41,53(32,95)	16.13,10(31,57)			
5	Erik Tobias Sollesnes	95	Kolbotn IL	16.26,09	674
	29,44(29,44)	1.01,35(31,91)	1.33,59(32,24)	2.05,97(32,38)	
	2.38,31(32,34)	3.10,98(32,67)	3.43,89(32,91)	4.17,29(33,40)	
	4.50,18(32,89)	5.24,25(34,07)	5.56,53(32,28)	6.29,79(33,26)	
	7.02,71(32,92)	7.35,63(32,92)	8.09,19(33,56)	8.42,17(32,98)	
	9.15,89(33,72)	9.48,16(32,27)	10.21,35(33,19)	10.54,67(33,32)	
	11.27,48(32,81)	12.00,69(33,21)	12.33,93(33,24)	13.07,46(33,53)	
	13.40,51(33,05)	14.14,33(33,82)	14.47,99(33,66)	15.20,79(32,80)	
	15.53,31(32,52)	16.26,09(32,78)			
6	Jonas Ødegård Aanby	95	Delfana	16.27,83	670
		1.02,02(1.02,02)	1.34,76(32,74)	2.07,98(33,22)	
	2.41,19(33,21)	3.14,23(33,04)	3.47,60(33,37)	4.21,04(33,44)	
	4.54,34(33,30)	5.27,88(33,54)	6.00,71(32,83)		
	7.07,36(1.06,65)	7.40,57(33,21)	8.13,35(32,78)	8.46,25(32,90)	
	9.19,30(33,05)	9.52,21(32,91)	10.25,49(33,28)		
	11.31,75(1.06,26)		12.37,90(1.06,15)	13.10,91(33,01)	
	13.44,47(33,56)			15.23,86(1.39,39)	
	15.55,99(32,13)	16.27,83(31,84)			
7	Øystein Fjeldberg	93	Randaberg IL	16.30,36	665
	29,14(29,14)	59,93(30,79)	1.31,79(31,86)	2.03,79(32,00)	
	2.36,53(32,74)	3.09,04(32,51)	3.41,81(32,77)	4.14,55(32,74)	
	4.47,69(33,14)	5.20,94(33,25)	5.54,31(33,37)	6.27,98(33,67)	
	7.01,30(33,32)	7.34,66(33,36)	8.08,22(33,56)	8.41,69(33,47)	
	9.15,28(33,59)	9.48,96(33,68)	10.22,49(33,53)	10.56,19(33,70)	
	11.29,97(33,78)	12.03,61(33,64)	12.37,02(33,41)	13.10,99(33,97)	
	13.44,90(33,91)	14.18,51(33,61)	14.51,46(32,95)	15.24,75(33,29)	
	15.58,27(33,52)	16.30,36(32,09)			
8	Eivind Johannesen	92	BS/Åstveit	16.33,38	659
	28,85(28,85)	1.00,41(31,56)	1.32,74(32,33)	2.05,36(32,62)	
	2.37,93(32,57)	3.10,44(32,51)	3.43,50(33,06)	4.16,83(33,33)	
	4.50,12(33,29)	5.22,87(32,75)	5.55,53(32,66)	6.28,91(33,38)	
	7.02,33(33,42)	7.36,15(33,82)	8.10,03(33,88)	8.43,87(33,84)	
	9.17,69(33,82)	9.51,68(33,99)	10.25,95(34,27)	10.59,83(33,88)	
	11.33,43(33,60)	12.07,62(34,19)	12.41,90(34,28)	13.15,44(33,54)	
	13.48,84(33,40)	14.23,16(34,32)	14.57,01(33,85)	15.30,21(33,20)	
	16.02,70(32,49)	16.33,38(30,68)			

9	Robin H. Kleiven	93	Aalesund SLK	16.40,91	645
	30,68(30,68)	1.03,18(32,50)	1.36,19(33,01)	2.09,34(33,15)	
	2.42,49(33,15)	3.15,58(33,09)	3.48,69(33,11)	4.21,74(33,05)	
	4.54,64(32,90)	5.27,47(32,83)	6.00,49(33,02)	6.33,90(33,41)	
	7.07,33(33,43)	7.41,03(33,70)	8.14,55(33,52)	8.47,83(33,28)	
	9.21,03(33,20)	9.54,42(33,39)	10.28,40(33,98)	11.02,24(33,84)	
	11.35,71(33,47)	12.09,51(33,80)	12.43,44(33,93)	13.17,47(34,03)	
	13.51,54(34,07)	14.26,21(34,67)	15.00,31(34,10)	15.35,19(34,88)	
	16.08,61(33,42)	16.40,91(32,30)			
10	Sondre Kallhovd	93	Lambertseter SK	16.49,38	628
	30,86(30,86)	1.03,87(33,01)	1.37,16(33,29)	2.11,08(33,92)	
	2.44,80(33,72)	3.18,08(33,28)	3.51,40(33,32)	4.24,83(33,43)	
	4.58,05(33,22)	5.31,60(33,55)	6.05,46(33,86)	6.39,22(33,76)	
	7.12,99(33,77)	7.46,66(33,67)	8.20,50(33,84)	8.54,32(33,82)	
	9.27,96(33,64)	10.01,95(33,99)	10.35,90(33,95)	11.09,83(33,93)	
	11.44,39(34,56)	12.18,55(34,16)	12.52,43(33,88)	13.26,45(34,02)	
	14.00,38(33,93)	14.34,78(34,40)	15.09,07(34,29)	15.42,99(33,92)	
	16.17,50(34,51)	16.49,38(31,88)			
11	Ørjan Monsen	92	Madla SK	16.55,29	618
	30,08(30,08)	1.03,03(32,95)	1.35,86(32,83)	2.09,23(33,37)	
	2.42,90(33,67)	3.16,94(34,04)	3.50,69(33,75)	4.24,53(33,84)	
	4.58,35(33,82)	5.32,51(34,16)	6.06,47(33,96)	6.40,42(33,95)	
	7.14,45(34,03)	7.48,45(34,00)	8.22,75(34,30)	8.57,06(34,31)	
	9.31,31(34,25)	10.06,06(34,75)	10.40,98(34,92)	11.15,40(34,42)	
	11.49,84(34,44)	12.24,40(34,56)	12.58,93(34,53)	13.33,58(34,65)	
	14.07,70(34,12)	14.42,03(34,33)	15.15,92(33,89)	15.49,60(33,68)	
	16.23,11(33,51)	16.55,29(32,18)			
12	Henrik Christiansen	96	Skjetten Svømming	16.55,73	617
	30,68(30,68)	1.04,26(33,58)	1.38,17(33,91)	2.12,19(34,02)	
	2.46,19(34,00)	3.20,37(34,18)	3.54,52(34,15)	4.28,66(34,14)	
	5.02,72(34,06)	5.36,95(34,23)	6.11,15(34,20)	6.45,68(34,53)	
	7.19,89(34,21)	7.53,96(34,07)	8.27,83(33,87)	9.02,39(34,56)	
	9.35,74(33,35)	10.09,88(34,14)	10.44,06(34,18)	11.18,56(34,50)	
	11.52,64(34,08)	12.26,43(33,79)	13.00,30(33,87)	13.34,04(33,74)	
	14.07,96(33,92)	14.42,09(34,13)	15.15,81(33,72)	15.49,95(34,14)	
	16.23,45(33,50)	16.55,73(32,28)			
13	Ole Martin Bjørlykke	96	Aalesund SLK	16.57,42	614
	31,08(31,08)	1.04,14(33,06)	1.37,89(33,75)	2.11,70(33,81)	
	2.45,44(33,74)	3.19,00(33,56)	3.52,77(33,77)	4.26,49(33,72)	
	5.00,36(33,87)	5.34,09(33,73)	6.07,94(33,85)	6.41,96(34,02)	
	7.15,95(33,99)	7.50,17(34,22)	8.24,14(33,97)	8.58,30(34,16)	
	9.32,67(34,37)	10.06,77(34,10)	10.40,94(34,17)	11.15,58(34,64)	
	11.49,95(34,37)	12.24,31(34,36)	12.58,70(34,39)	13.33,04(34,34)	
	14.07,47(34,43)	14.41,81(34,34)	15.15,93(34,12)	15.50,39(34,46)	
	16.24,69(34,30)	16.57,42(32,73)			
14	Andreas Bunæs	95	Haldens SK	17.01,62	606
	30,72(30,72)	1.04,57(33,85)	1.38,23(33,66)	2.12,34(34,11)	
	2.46,66(34,32)	3.20,81(34,15)	3.55,05(34,24)	4.29,41(34,36)	
	5.03,44(34,03)	5.37,62(34,18)	6.11,72(34,10)	6.46,39(34,67)	
	7.20,65(34,26)	7.55,10(34,45)	8.28,86(33,76)	9.03,21(34,35)	
	9.37,58(34,37)	10.11,88(34,30)	10.46,08(34,20)	11.20,17(34,09)	
	11.54,42(34,25)	12.28,47(34,05)	13.02,09(33,62)	13.36,78(34,69)	
	14.11,53(34,75)	14.46,33(34,80)	15.20,19(33,86)	15.54,49(34,30)	
	16.29,69(35,20)	17.01,62(31,93)			
15	Kristian Blummenfelt	94	Vestkantsvømmerne	17.06,22	598
	30,52(30,52)	1.03,99(33,47)	1.37,86(33,87)	2.12,00(34,14)	
	2.46,22(34,22)	3.20,26(34,04)	3.54,49(34,23)	4.28,81(34,32)	
	5.03,19(34,38)	5.37,41(34,22)	6.11,75(34,34)	6.45,98(34,23)	
	7.20,39(34,41)	7.54,69(34,30)	8.28,98(34,29)	9.03,16(34,18)	
	9.37,72(34,56)	10.12,07(34,35)	10.46,47(34,40)	11.21,38(34,91)	
	11.55,90(34,52)	12.30,42(34,52)	13.05,60(35,18)	13.39,83(34,23)	
	14.14,37(34,54)	14.49,42(35,05)	15.24,15(34,73)	15.58,69(34,54)	
	16.33,35(34,66)	17.06,22(32,87)			
16	Martin Næss Kjølholdt	95	Kolbotn IL	17.07,11	596
	30,47(30,47)	1.04,35(33,88)	1.38,51(34,16)	2.13,19(34,68)	
	2.47,56(34,37)	3.21,96(34,40)	3.55,89(33,93)	4.30,08(34,19)	
	5.04,24(34,16)	5.38,40(34,16)	6.12,90(34,50)	6.47,53(34,63)	
	7.21,81(34,28)	7.56,62(34,81)	8.30,93(34,31)	9.05,45(34,52)	
	9.39,85(34,40)	10.14,17(34,32)	10.48,85(34,68)	11.23,27(34,42)	
	11.57,89(34,62)	12.32,52(34,63)	13.06,95(34,43)	13.41,59(34,64)	
	14.16,17(34,58)	14.51,04(34,87)	15.26,04(35,00)	16.00,81(34,77)	
	16.35,03(34,22)	17.07,11(32,08)			

17	Jørgen Gundersen	95	Lørenskog/Rælingen	17.07,72	595
	31,14(31,14)	1.04,75(33,61)	1.38,86(34,11)	2.13,10(34,24)	
	2.47,17(34,07)	3.21,25(34,08)	3.55,18(33,93)	4.29,45(34,27)	
	5.03,80(34,35)	5.38,19(34,39)	6.12,74(34,55)	6.47,44(34,70)	
	7.21,88(34,44)	7.56,44(34,56)	8.30,92(34,48)	9.05,31(34,39)	
	9.39,74(34,43)	10.14,08(34,34)	10.48,55(34,47)	11.23,11(34,56)	
	11.57,83(34,72)	12.32,50(34,67)	13.07,04(34,54)	13.41,83(34,79)	
	14.16,49(34,66)	14.51,23(34,74)	15.25,93(34,70)	16.00,91(34,98)	
	16.35,44(34,53)	17.07,72(32,28)			
18	Jostein Dalshov Kringlen	94	Kristiansand SA	17.17,51	579
	30,54(30,54)	1.03,96(33,42)	1.38,30(34,34)	2.12,41(34,11)	
	2.46,74(34,33)	3.21,17(34,43)	3.55,66(34,49)	4.30,30(34,64)	
	5.05,20(34,90)	5.40,22(35,02)	6.15,27(35,05)	6.50,22(34,95)	
	7.25,51(35,29)	8.00,91(35,40)	8.35,43(34,52)	9.11,02(35,59)	
	9.45,90(34,88)	10.20,74(34,84)	10.56,08(35,34)	11.30,81(34,73)	
	12.06,08(35,27)	12.40,90(34,82)	13.15,67(34,77)	13.50,55(34,88)	
	14.25,02(34,47)	15.00,01(34,99)	15.34,82(34,81)	16.09,58(34,76)	
	16.43,84(34,26)	17.17,51(33,67)			
19	Tord Gunnar Fjeld	95	Hamar IL	17.34,69	551
	31,73(31,73)	1.06,31(34,58)	1.41,11(34,80)	2.15,58(34,47)	
	2.51,06(35,48)	3.26,21(35,15)	4.01,46(35,25)	4.37,00(35,54)	
	5.12,31(35,31)	5.47,19(34,88)	6.22,29(35,10)	6.57,59(35,30)	
	7.32,85(35,26)	8.07,70(34,85)	8.42,99(35,29)	9.18,26(35,27)	
	9.53,72(35,46)	10.29,15(35,43)	11.04,38(35,23)	11.39,71(35,33)	
	12.14,87(35,16)	12.50,49(35,62)	13.26,20(35,71)	14.01,65(35,45)	
	14.37,09(35,44)	15.12,85(35,76)	15.48,52(35,67)	16.24,27(35,75)	
	16.59,81(35,54)	17.34,69(34,88)			
20	Sven Berg	92	Bergens SLK	17.53,76	522
	31,03(31,03)	1.04,61(33,58)	1.39,07(34,46)	2.14,33(35,26)	
	2.49,59(35,26)	3.24,60(35,01)	4.00,10(35,50)	4.35,59(35,49)	
	5.11,74(36,15)	5.47,53(35,79)	6.23,58(36,05)	6.59,67(36,09)	
	7.35,92(36,25)	8.12,27(36,35)	8.48,35(36,08)	9.24,55(36,20)	
	10.00,47(35,92)	10.36,66(36,19)	11.12,95(36,29)	11.49,49(36,54)	
	12.25,55(36,06)	13.02,08(36,53)	13.38,45(36,37)	14.14,84(36,39)	
	14.51,73(36,89)	15.28,52(36,79)	16.04,99(36,47)	16.41,34(36,35)	
	17.17,72(36,38)	17.53,76(36,04)			

### Øvelse 35. 4\*100m lag medley, damer - Junior

#### Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	(0,76)	4.14,39	800
	Andrine Davidsen:	31,77(31,77)	1.05,82(34,05)	1.05,82		
	Stina Kajsa Colleou:	1.38,85(33,03)	2.16,02(37,17)	1.10,20		
	Line Løvberg:	2.44,84(28,82)	3.18,16(33,32)	1.02,14		
	Victoria S. Løken:	3.44,84(26,68)	4.14,39(29,55)	56,23		
2	Lambertseter SK J2 jr.	JR	Lambertseter SK	(0,67)	4.21,41	738
	Christine M. Pedersen:	31,58(31,58)	1.05,13(33,55)	1.05,13		
	Luna Elisabeth Sjøgaard:	1.38,46(33,33)	2.17,13(38,67)	1.12,00		
	Elisabeth H. Svensson:	2.46,74(29,61)	3.22,62(35,88)	1.05,49		
	Emilie Hellerud:	3.50,63(28,01)	4.21,41(30,78)	58,79		
3	Tromsø SK J1 jr.	JR	Tromsø SK	(0,82)	4.25,80	702
	Ina Kvenshagen Gimse:	32,67(32,67)	1.06,42(33,75)	1.06,42		
	Sophia Broberg Skeltved:	1.41,79(35,37)	2.21,67(39,88)	1.15,25		
	Siv Fiske:	2.51,75(30,08)	3.27,19(35,44)	1.05,52		
	Hanne Lockertsen:	3.55,59(28,40)	4.25,80(30,21)	58,61		
4	Bergensv. J1 jr.	JR	Bergensvømmerne	(0,66)	4.26,00	700
	Seline Vike Holm:	32,77(32,77)	1.08,03(35,26)	1.08,03		
	Katrine Jensen:	1.42,66(34,63)	2.22,57(39,91)	1.14,54		
	Lise Sand Syversen:	2.52,10(29,53)	3.26,88(34,78)	1.04,31		
	Karoline Pedersen:	3.54,96(28,08)	4.26,00(31,04)	59,12		
5	Asker SK J1 jr.	JR	Asker SK	(0,73)	4.26,70	695
	Oda Marie Siljan:	32,01(32,01)	1.06,06(34,05)	1.06,06		
	Majken Antonie Smith:	1.41,82(35,76)	2.23,94(42,12)	1.17,88		
	Mette Mellbye Larsen:	2.53,93(29,99)	3.28,24(34,31)	1.04,30		
	Nora Kathrine Guthe:	3.56,03(27,79)	4.26,70(30,67)	58,46		
6	Asker SK J2 jr.	JR	Asker SK	(0,63)	4.28,28	682
	Helene Nordmark Skuterud:	32,40(32,40)	1.07,78(35,38)	1.07,78		
	Mari Nerdrum:	1.43,98(36,20)	2.24,20(40,22)	1.16,42		
	Helene Solberg:	2.53,61(29,41)	3.28,61(35,00)	1.04,41		
	Marte K. Bolstad:	3.57,27(28,66)	4.28,28(31,01)	59,67		

7	Vestkant sv. J1 jr.	JR	Vestkant svømmerne	(0,64)	4.29,10	676
	Benedicte Kausland:	31,93(31,93)	1.07,00(35,07)	1.07,00		
	Elida Høle:	1.42,17(35,17)	2.24,13(41,96)	1.17,13		
	Stine Vindenes:	2.54,42(30,29)	3.29,12(34,70)	1.04,99		
	Andrea Haugstad:	3.57,53(28,41)	4.29,10(31,57)	59,98		
8	Madla SK J2 jr.	JR	Madla SK	(0,61)	4.33,20	646
	Vanessa Tuxen:	33,40(33,40)	1.09,20(35,80)	1.09,20		
	Renate Aasland Ranaweera:	1.44,66(35,46)	2.26,66(42,00)	1.17,46		
	Eva Marie W. Østerhus:	2.57,77(31,11)	3.34,04(36,27)	1.07,38		
	María Thompson Clausen:	4.02,27(28,23)	4.33,20(30,93)	59,16		
9	Delfana J1 jr.	JR	Delfana	(0,76)	4.33,45	644
	Helene Thunes Truyen:	33,02(33,02)	1.08,39(35,37)	1.08,39		
	Tone Lill Evanger:	1.43,60(35,21)	2.24,60(41,00)	1.16,21		
	Marie Reinertsen:	2.56,05(31,45)				
	Lisa Skogeng:	4.01,72(1.05,67)	4.33,45(31,73)			
10	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	(1,02)	4.37,68	615
	Fanny Moen Pettersen:	33,75(33,75)	1.08,84(35,09)	1.08,84		
	Stine Lise Stenseth:	1.44,45(35,61)	2.27,25(42,80)	1.18,41		
	Siri Anette Sønju:	2.58,63(31,38)	3.35,08(36,45)	1.07,83		
	Ellen Camilla Hansen:	4.04,98(29,90)	4.37,68(32,70)	1.02,60		
11	Trondhjem SLK J1 jr.	JR	Trondhjem SLK	(0,58)	4.39,49	604
	Åse Nytrø:	33,45(33,45)	1.09,72(36,27)	1.09,72		
	Stine Tveit:	1.44,42(34,70)	2.24,81(40,39)	1.15,09		
	Viktoria Juel:	2.56,74(31,93)	3.34,60(37,86)	1.09,79		
	Malin Schanke Tømmervik:	4.04,97(30,37)	4.39,49(34,52)	1.04,89		
12	Oslo IL J1 jr.	JR	Oslo IL	(0,76)	4.42,83	582
	Gry Bernakiewicz:	34,26(34,26)	1.11,55(37,29)	1.11,55		
	Oda Almgren Lind:	1.48,97(37,42)	2.31,64(42,67)	1.20,09		
	Kristin Blyverket:	3.02,15(30,51)	3.38,26(36,11)	1.06,62		
	Stina Victoria Nordberg:	4.08,72(30,46)	4.42,83(34,11)	1.04,57		
13	Madla SK J3 jr.	JR	Madla SK	(0,65)	4.44,90	570
	Nina Staveland:	35,50(35,50)	1.12,80(37,30)	1.12,80		
	Stine Mjøllhus Kristoffersen:	1.47,86(35,06)	2.28,66(40,80)	1.15,86		
	Ingrid Bergslid:	3.01,51(32,85)	3.39,94(38,43)	1.11,28		
	Mari Mjøllhus Kristoffersen:	4.11,65(31,71)	4.44,90(33,25)	1.04,96		
14	SK Speed J1 jr.	JR	SK Speed	(0,76)	4.48,38	549
	Sara Boukili:	34,35(34,35)	1.10,05(35,70)	1.10,05		
	Sara Torp Myhre:	1.47,68(37,63)	2.30,19(42,51)	1.20,14		
	Hege Strøm Haukeland:	3.00,76(30,57)	3.36,25(35,49)	1.06,06		
	Andrea Kvalheim:	4.10,34(34,09)	4.48,38(38,04)	1.12,13		
15	Bærums sv J2 jr.	JR	Bærums svømmerne	(0,71)	5.02,74	475
	Amanda Essebo:	37,29(37,29)	1.15,92(38,63)	1.15,92		
	Lene Lykke Erichsen:	1.51,11(35,19)	2.30,65(39,54)	1.14,73		
	Rebekka Wiik Eckhoff:	3.07,11(36,46)	3.53,84(46,73)	1.23,19		
	Kine Hvidsten:	4.27,32(33,48)	5.02,74(35,42)	1.08,90		
	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,87)	DISK	
	Marie Svensson:	34,88(34,88)	1.12,96(38,08)	1.12,96		
	Rebecca Holt Clasen:	1.49,68(36,72)	2.32,07(42,39)	1.19,11		
	Christine Tuyen Tran Thanh:	3.08,46(36,39)	3.53,71(45,25)	1.21,64		
	Susanne Fornasari:					
	Vestkant sv. J2 jr.	JR	Vestkant svømmerne	(0,77)	DISK	
	Marie Øverland:	34,24(34,24)	1.10,99(36,75)	1.10,99		
	Malin Dahle:	1.46,67(35,68)	2.30,14(43,47)	1.19,15		
	Andrea Strømsnes:					
	Nicole T. Næsheim:					
	Madla SK J1 jr.	JR	Madla SK	(0,75)	DISK	
	Lotte Miller:	32,21(32,21)	1.07,00(34,79)	1.07,00		
	Maren Larsen:	1.41,41(34,41)	2.22,27(40,86)	1.15,27		
	Victoria Rung:					
	Marthe Berg Sørensen:					
	Stavanger SC J1 jr.	JR	Stavanger SC	(0,65)	DISK	
	Rebecca Holst:	31,51(31,51)	1.04,69(33,18)	1.04,69		
	Siren Bergslid:	1.40,32(35,63)	2.21,60(41,28)	1.16,91		
	Emilie K. Hegdal:	2.52,36(30,76)	3.28,50(36,14)	1.06,90		
	Ane Nygård:					

# Søndag 21. november 2010 kl 09.00

## Øvelse 36. 400m individuell medley, herrer - Direkte finale – Foreløpig før siste heat

### Yngre junior

1	Markus Lie	95	Åstveit SK	4.47,25	601
	31,01(31,01)	1.06,71(35,70)	1.42,47(35,76)	2.17,91(35,44)	
	2.58,00(40,09)	3.39,29(41,29)	4.13,40(34,11)	4.47,25(33,85)	
2	Sander Andersen	96	Poseidon	4.51,56	575
	30,39(30,39)	1.04,81(34,42)	1.40,30(35,49)	2.15,65(35,35)	
	2.57,45(41,80)	3.40,73(43,28)	4.16,39(35,66)	4.51,56(35,17)	
3	Daniel Sandhåland	95	Karmøy SK	4.55,04	555
	30,73(30,73)	1.06,99(36,26)	1.43,94(36,95)	2.21,88(37,94)	
	3.04,38(42,50)	3.48,11(43,73)	4.21,99(33,88)	4.55,04(33,05)	
4	Sindre Aasland Ranaweera	96	Madla SK	5.03,98	507
	32,36(32,36)	1.08,86(36,50)	1.47,59(38,73)	2.25,90(38,31)	
	3.07,98(42,08)	3.52,60(44,62)	4.29,08(36,48)	5.03,98(34,90)	
5	Henrik Christiansen	96	Skjetten Svømming	5.06,25	496
	33,92(33,92)	1.12,62(38,70)	1.52,63(40,01)	2.31,46(38,83)	
	3.15,52(44,06)	3.57,82(42,30)	4.33,15(35,33)	5.06,25(33,10)	

### Junior

1	Markus Lie	95	Åstveit SK	4.47,25	601
	31,01(31,01)	1.06,71(35,70)	1.42,47(35,76)	2.17,91(35,44)	
	2.58,00(40,09)	3.39,29(41,29)	4.13,40(34,11)	4.47,25(33,85)	
2	Andreas Mathingsdal Pedersen	92	Farsund SK	4.48,62	593
	30,90(30,90)	1.06,62(35,72)	1.45,35(38,73)	2.23,89(38,54)	
	3.03,14(39,25)	3.42,50(39,36)	4.15,45(32,95)	4.48,62(33,17)	
3	Gunnar V. Skirbekk	91	Elverum Svømming	4.49,11	590
	31,59(31,59)	1.06,14(34,55)	1.44,00(37,86)	2.20,52(36,52)	
	2.59,52(39,00)	3.40,09(40,57)	4.15,32(35,23)	4.49,11(33,79)	
4	Martin B. Lund	92	Elverum Svømming	4.49,22	589
	30,92(30,92)	1.06,86(35,94)	1.44,30(37,44)	2.21,00(36,70)	
	3.01,21(40,21)	3.42,12(40,91)	4.16,18(34,06)	4.49,22(33,04)	
5	Hans Andre Pedersen	92	Sandefjord SK	4.51,44	576
	31,63(31,63)	1.08,65(37,02)	1.46,15(37,50)	2.23,10(36,95)	
	3.04,77(41,67)	3.47,05(42,28)	4.20,65(33,60)	4.51,44(30,79)	
6	Sander Andersen	96	Poseidon	4.51,56	575
	30,39(30,39)	1.04,81(34,42)	1.40,30(35,49)	2.15,65(35,35)	
	2.57,45(41,80)	3.40,73(43,28)	4.16,39(35,66)	4.51,56(35,17)	
7	Øystein Fjeldberg	93	Randaberg IL	4.51,68	574
	31,42(31,42)	1.07,55(36,13)	1.44,12(36,57)	2.20,72(36,60)	
	3.04,68(43,96)	3.48,46(43,78)	4.20,63(32,17)	4.51,68(31,05)	
8	Daniel Sandhåland	95	Karmøy SK	4.55,04	555
	30,73(30,73)	1.06,99(36,26)	1.43,94(36,95)	2.21,88(37,94)	
	3.04,38(42,50)	3.48,11(43,73)	4.21,99(33,88)	4.55,04(33,05)	
9	Norbert Prokopiak	94	Modum/NTG	5.01,73	519
	31,51(31,51)	1.08,14(36,63)	1.45,47(37,33)	2.24,02(38,55)	
	3.06,20(42,18)	3.51,00(44,80)	4.28,06(37,06)	5.01,73(33,67)	
10	Martin Schau	91	Larvik SK	5.01,82	518
	31,66(31,66)	1.08,46(36,80)	1.48,73(40,27)	2.28,60(39,87)	
	3.10,94(42,34)	3.53,49(42,55)	4.28,94(35,45)	5.01,82(32,88)	
11	Sindre Aasland Ranaweera	96	Madla SK	5.03,98	507
	32,36(32,36)	1.08,86(36,50)	1.47,59(38,73)	2.25,90(38,31)	
	3.07,98(42,08)	3.52,60(44,62)	4.29,08(36,48)	5.03,98(34,90)	
12	Henrik Christiansen	96	Skjetten Svømming	5.06,25	496
	33,92(33,92)	1.12,62(38,70)	1.52,63(40,01)	2.31,46(38,83)	
	3.15,52(44,06)	3.57,82(42,30)	4.33,15(35,33)	5.06,25(33,10)	
	Per Simen Holstad Gandrud	92	Sarpsborg IL	DISK	

## Øvelse 37. 4\*50m fri, damer - UM

## Yngre junior

1	Asker SK J1 jr.	JR	Asker SK	1.51,01	687
	Rikke Nagell-Kleven:	28,76(28,76)			
	Elise Næss Olsen:	56,47(27,71)			
	Mette Mellbye Larsen:	1.23,55(27,08)			
	Marte K. Bolstad:	1.51,01(27,46)			
2	Delfana J1 jr.	JR	Delfana	1.53,10	650
	Lisa Skogeng:	28,35(28,35)			
	Vilde Stordal:	57,01(28,66)			
	Karianne Reinertsen:	1.24,90(27,89)			
	Elin Haugland:	1.53,10(28,20)			
3	Madla SK J1 jr.	JR	Madla SK	1.53,13	649
	Maria Thompson Clausen:	27,38(27,38)			
	Lotte Miller:	54,50(27,12)			
	Susanne Sekkesæter:	1.23,71(29,21)			
	Mari Mjøllhus Kristoffersen:	1.53,13(29,42)			
4	Stavanger SC J1 jr.	JR	Stavanger SC	1.53,92	636
	Ane Nygård:	28,38(28,38)			
	Ingeborg Jørmeland:	57,32(28,94)			
	Malin Haga:	1.25,87(28,55)			
	Emilie K. Hegdal:	1.53,92(28,05)			
5	Vågsbygd SLK J1 jr.	JR	Vågsbygd SLK	1.54,32	629
	Elise Fjeldstad:	28,36(28,36)			
	Amalie Thorstensen:	56,91(28,55)			
	Johanne Ausland:	1.25,57(28,66)			
	Guro Aas:	1.54,32(28,75)			
6	Lambertseter SK J1 jr.	JR	Lambertseter SK	1.54,50	626
	Vår Celine Søgaard:	29,11(29,11)			
	Malene M. Pedersen:	57,48(28,37)			
	Anna Lundgren:	1.25,68(28,20)			
	Andrine Davidsen:	1.54,50(28,82)			
7	Bærumsv J1 jr.	JR	Bærumsvømmerne	1.54,65	624
	Emilie Nyenget Løvberg:	27,23(27,23)			
	Helle Backer:	56,58(29,35)			
	Amanda Essebo:	1.27,14(30,56)			
	Andrea Westbye:	1.54,65(27,51)			
8	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	1.58,00	572
	Elina Øverås:	29,11(29,11)			
	Christine Tuyen Tran Thanh:	59,68(30,57)			
	Eline Sundby Kinn:	1.29,15(29,47)			
	Marie Svensson:	1.58,00(28,85)			
9	Oslo IL J1 jr.	JR	Oslo IL	1.59,00	558
	Stina Victoria Nordberg:	29,57(29,57)			
	Oda Almgren Lind:	58,50(28,93)			
	Nehna-Louise Møller-Pettersen:	1.27,16(28,66)			
	Gesine Laake:	1.59,00(31,84)			
10	Poseidon J1 jr.	JR	Poseidon	2.00,47	538
	Sara Louise Pedersen:	28,68(28,68)			
	Marte Stamland:	57,19(28,51)			
	Marte Fjellet:	1.27,82(30,63)			
	Marie Malvik:	2.00,47(32,65)			
11	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	2.01,14	529
	Elida Hole:	29,10(29,10)			
	Tina Schütz:	1.00,02(30,92)			
	Marte Dale:	1.28,76(28,74)			
	Vanja Strand:	2.01,14(32,38)			
12	Delfana J2 jr.	JR	Delfana	2.01,79	521
	Frida Hinna:	31,43(31,43)			
	Stina Dahl:	1.02,23(30,80)			
	Sandra Bernhoft:	1.32,74(30,51)			
	Tone Lill Evanger:	2.01,79(29,05)			
13	Løren/Rælingen J2 jr.	JR	Lørenskog/Rælingen	2.06,20	468
	Maren Grobe:	31,61(31,61)			
	Sandra W Paulsen:	1.02,97(31,36)			
	Rebecca Holt Clasen:	1.34,94(31,97)			
	Kamilla Øverås:	2.06,20(31,26)			

14	Åstveit SK J1 jr.	JR	Åstveit SK	2.07,76	451
	Stina Heimmes:	30,69(30,69)			
	Iselin Helløy:	1.02,94(32,25)			
	Lisa M.B. Laukli:	1.36,96(34,02)			
	Ingeborg Liseth Pedersen:	2.07,76(30,80)			
15	Delfana J3 jr.	JR	Delfana	2.08,81	440
	Martine Heimdal:	32,45(32,45)			
	Julie Sundstrøm:	1.04,86(32,41)			
	Helene Dale Johnsen:	1.36,46(31,60)			
	Vanja Sand Syversen:	2.08,81(32,35)			
16	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	2.08,86	439
	Elin Fossheim:	32,07(32,07)			
	Maria Teige:	1.03,81(31,74)			
	Thea Søreng:	1.37,44(33,63)			
	Charlotte Mathisen Lie:	2.08,86(31,42)			
	Bergens SC J1 jr.	JR	Bergens SC	DISK	
	Henriette Dahl:	31,98(31,98)			
	Toni G. Coudray:	1.02,70(30,72)			
	Sandra Milena Gjermundnes:	1.37,72(35,02)			
	Cecilia Eide Songstad:				

### Øvelse 38. 200m fri, herrer

#### Eldre junior

1	Jørn Nygård	92	Stavanger SC	1.50,25	796
	25,55(25,55)	53,24(27,69)	1.21,81(28,57)	1.50,25(28,44)	
2	Ole Martin Ree	92	Madla SK	1.57,71	654
	26,50(26,50)	55,99(29,49)	1.26,74(30,75)	1.57,71(30,97)	
3	Sander Rødje	93	Haugesund SK	1.57,83	652
	27,17(27,17)	56,37(29,20)	1.27,02(30,65)	1.57,83(30,81)	
4	Oscar Slaatmo	94	Hamar IL	1.57,99	649
	28,03(28,03)	57,84(29,81)	1.28,39(30,55)	1.57,99(29,60)	
5	Kristoffer D. Birkeland	94	Bærum/NTG	1.58,34	643
	27,62(27,62)	57,73(30,11)	1.28,41(30,68)	1.58,34(29,93)	
6	Morten Bordervich	94	Madla SK	1.58,45	642
	27,81(27,81)	58,23(30,42)	1.28,32(30,09)	1.58,45(30,13)	
7	Fredrik K Hegdal	94	Stavanger SC	1.58,59	639
	26,90(26,90)	56,63(29,73)	1.28,09(31,46)	1.58,59(30,50)	
8	Odin Spangen Normann	92	IL Varg	1.58,67	638
	27,47(27,47)	57,63(30,16)	1.28,47(30,84)	1.58,67(30,20)	
9	Jonas Kirkeberg Jostad	92	Hamar IL	1.59,23	629
	26,73(26,73)	55,21(28,48)	1.26,14(30,93)	1.59,23(33,09)	
10	Martin Berger Oterholm	93	Kolbotn IL	2.00,08	616
	27,57(27,57)	57,39(29,82)	1.28,65(31,26)	2.00,08(31,43)	
11	Martin Hammer	93	Kongsten/NTG	2.00,47	610
	27,16(27,16)	57,21(30,05)	1.28,66(31,45)	2.00,47(31,81)	
12	Eivind Johannesen	92	BS/Åstveit	2.02,27	583
	27,75(27,75)	58,41(30,66)	1.30,07(31,66)	2.02,27(32,20)	
13	Johan Parker Nygaard	94	Kolbotn IL	2.09,68	489
	28,11(28,11)	1.00,47(32,36)	1.35,15(34,68)	2.09,68(34,53)	
14	Gunnar V. Skirbekk	91	Elverum Svømming	2.13,13	452
	29,49(29,49)	1.02,40(32,91)	1.37,57(35,17)	2.13,13(35,56)	

#### Yngre junior

1	Erik Tobias Sollesnes	95	Kolbotn IL	1.58,98	633
	28,07(28,07)	58,19(30,12)	1.29,20(31,01)	1.58,98(29,78)	
2	Jonas Ødegård Aanby	95	Delfana	1.59,29	628
	27,08(27,08)	56,65(29,57)	1.27,87(31,22)	1.59,29(31,42)	
3	Vebjørn Lindhjem	95	Lørenskog/Rælingen	2.01,55	594
	28,32(28,32)	59,16(30,84)	1.30,34(31,18)	2.01,55(31,21)	
4	Ivan Aleksander Larsen	95	Karmøy SK	2.02,04	587
	28,65(28,65)	59,12(30,47)	1.31,13(32,01)	2.02,04(30,91)	
5	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.03,75	563
	27,93(27,93)	58,22(30,29)	1.29,84(31,62)	2.03,75(33,91)	

## Øvelse 39. 200m butterfly, damer

## Eldre junior

1	Victoria Rung	92	Madla SK	2.22,19	659
	31,46(31,46)	1.06,98(35,52)	1.44,12(37,14)	2.22,19(38,07)	
2	Line Løvberg	91	Lambertseter SK	2.22,53	654
	31,45(31,45)	1.07,22(35,77)	1.44,76(37,54)	2.22,53(37,77)	
3	Jacqueline Knutsson	93	Kongsten/NTG	2.23,61	640
	31,06(31,06)	1.06,85(35,79)	1.45,32(38,47)	2.23,61(38,29)	
4	Stine Vindenes	93	Vestkantsvømmerne	2.23,93	635
	31,72(31,72)	1.07,72(36,00)	1.44,91(37,19)	2.23,93(39,02)	
5	Marthe Berg Sørensen	92	Madla SK	2.27,68	588
	32,27(32,27)	1.09,30(37,03)	1.48,12(38,82)	2.27,68(39,56)	
6	Kristin Blyverket	92	Oslo IL	2.28,63	577
	33,43(33,43)	1.11,86(38,43)	1.50,67(38,81)	2.28,63(37,96)	
7	Nora Næss	93	Haldens SK	2.30,06	561
	32,08(32,08)	1.09,70(37,62)	1.48,97(39,27)	2.30,06(41,09)	
8	Maren E.J. Bakke	94	Setermoen SK	2.30,17	559
	32,78(32,78)	1.11,04(38,26)	1.50,33(39,29)	2.30,17(39,84)	
9	Eva Marie W. Østerhus	94	Madla SK	2.31,13	549
	32,44(32,44)	1.10,26(37,82)	1.50,14(39,88)	2.31,13(40,99)	
10	Hege Strøm Haukeland	94	SK Speed/NTG	2.32,87	530
	33,03(33,03)	1.11,35(38,32)	1.50,72(39,37)	2.32,87(42,15)	
11	Hanne Sofie L. Nilsen	94	Kristiansand SA	2.35,56	503
	33,31(33,31)	1.13,02(39,71)	1.54,30(41,28)	2.35,56(41,26)	
12	Oda Emilie Haagensen	94	Sarpsborg IL	2.36,47	495
	32,86(32,86)	1.11,14(38,28)	1.52,30(41,16)	2.36,47(44,17)	
13	Sara Petrine Veierød	93	Bergens SC	2.43,80	431
	34,48(34,48)	1.14,67(40,19)	1.57,86(43,19)	2.43,80(45,94)	

## Yngre junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.20,66	681
	31,33(31,33)	1.06,42(35,09)	1.42,37(35,95)	2.20,66(38,29)	
2	Lise Sand Syversen	95	BS/Delfana	2.23,39	643
	31,67(31,67)	1.07,56(35,89)	1.45,43(37,87)	2.23,39(37,96)	
3	Elin Haugland	96	Delfana	2.27,36	592
	32,47(32,47)	1.09,70(37,23)	1.48,54(38,84)	2.27,36(38,82)	
4	Mette Mellbye Larsen	95	Asker SK	2.30,81	552
	32,73(32,73)	1.10,14(37,41)	1.49,45(39,31)	2.30,81(41,36)	
5	Vilde Stordal	95	Delfana	2.31,85	541
	33,02(33,02)	1.11,31(38,29)	1.51,57(40,26)	2.31,85(40,28)	
6	Klara Farkas	96	Lørenskog/Rælingen	2.32,17	538
	33,76(33,76)	1.11,61(37,85)	1.50,68(39,07)	2.32,17(41,49)	
7	Vilde Tengesdal	96	Bryne SK	2.33,19	527
	33,30(33,30)	1.12,53(39,23)	1.52,74(40,21)	2.33,19(40,45)	
8	Ingrid Bergslid	97	Madla SK	2.33,83	520
	34,42(34,42)	1.13,21(38,79)	1.53,10(39,89)	2.33,83(40,73)	
9	Amalie Thorstensen	96	Vågsbygd SLK	2.34,37	515
	33,18(33,18)	1.11,39(38,21)	1.51,93(40,54)	2.34,37(42,44)	
10	Eline Mathilde Swensen	96	Ski SK	2.37,73	483
	35,03(35,03)	1.14,67(39,64)	1.55,59(40,92)	2.37,73(42,14)	
11	Nina Staveland	97	Madla SK	2.39,16	470
	35,55(35,55)	1.14,99(39,44)	1.56,31(41,32)	2.39,16(42,85)	
12	Ina Andersen Steinsland	96	Vågsbygd SLK	2.46,97	407
	36,48(36,48)	1.19,21(42,73)	2.03,58(44,37)	2.46,97(43,39)	

## Øvelse 40. 100m rygg, herrer

## Eldre junior

1	Runar Borgen	93	Tromsø SK/NTG	(0,69)	59,54	590
	28,40(28,40)	59,54(31,14)				
2	Lavrans Solli	92	Bergens SC	(0,62)	59,57	590
	28,52(28,52)	59,57(31,05)				
3	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,72)	59,73	585
	28,95(28,95)	59,73(30,78)				
4	Henning Kaland	92	Oslo IL	(0,64)	1.00,62	559
	29,51(29,51)	1.00,62(31,11)				
5	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,70)	1.00,71	557
	29,44(29,44)	1.00,71(31,27)				
6	Christian Christiansen	94	Kristiansund SLK/NTG	(0,75)	1.00,80	554
	29,19(29,19)	1.00,80(31,61)				
7	Henrik Wathne	94	Bærumsvømmerne	(0,70)	1.01,12	546
	29,79(29,79)	1.01,12(31,33)				
8	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,64)	1.01,27	542
	29,41(29,41)	1.01,27(31,86)				
9	Thomas Brustveit	93	Sandnes SLK	(0,72)	1.01,52	535
	30,07(30,07)	1.01,52(31,45)				
10	Andreas Bergman	93	Asker SK	(0,74)	1.02,19	518
	29,94(29,94)	1.02,19(32,25)				
11	Glenn Skjæveland	92	Sandnes SLK	(0,66)	1.02,43	512
	29,59(29,59)	1.02,43(32,84)				
12	Sondre Kallhovd	93	Lambertseter SK	(0,64)	1.02,51	510
	30,51(30,51)	1.02,51(32,00)				
13	Fredrik K Hegdal	94	Stavanger SC	(0,69)	1.02,52	510
	30,17(30,17)	1.02,52(32,35)				
14	Marius Thorsø	93	Delfana	(0,68)	1.02,66	507
	31,13(31,13)	1.02,66(31,53)				
15	Åsmund Karlsen	92	Eid SK	(0,72)	1.02,75	504
	30,28(30,28)	1.02,75(32,47)				
16	Kristoffer Brekke	91	Vestkantsvømmerne	(0,71)	1.04,02	475
	31,07(31,07)	1.04,02(32,95)				
17	Daniel B. Havre	93	Mandal SK	(0,67)	1.04,06	474
	30,29(30,29)	1.04,06(33,77)				
18	Fredrik Tronvoll	93	Vestbyen IL	(0,75)	1.04,21	471
	31,05(31,05)	1.04,21(33,16)				
19	Gunnar Evjen	93	Vestbyen IL	(0,72)	1.04,66	461
	31,84(31,84)	1.04,66(32,82)				
20	Hans Andre Pedersen	92	Sandefjord SK	(0,72)	1.04,78	458
	31,41(31,41)	1.04,78(33,37)				
21	Aksel Øvern	93	Lambertseter SK	(0,56)	1.04,97	454
	31,06(31,06)	1.04,97(33,91)				
22	Norbert Prokopiak	94	Modum/NTG	(0,63)	1.05,07	452
	30,49(30,49)	1.05,07(34,58)				
23	Sindre Lilledahl	92	Haugesund SK	(0,65)	1.06,25	429
	31,71(31,71)	1.06,25(34,54)				

## Yngre junior

1	Markus Lie	95	Åstveit SK	(0,62)	1.00,82	554
	29,68(29,68)	1.00,82(31,14)				
2	Vebjørn Lindhjem	95	Lørenskog/Rælingen	(0,68)	1.01,87	526
	30,54(30,54)	1.01,87(31,33)				
3	Andreas Bunæs	95	Haldens SK	(0,62)	1.03,18	494
	30,97(30,97)	1.03,18(32,21)				
4	Grunde Myhrer	96	Oslo IL	(0,61)	1.03,23	493
	30,67(30,67)	1.03,23(32,56)				
5	Henrik Søfteland	95	Delfana	(0,65)	1.04,15	472
	31,36(31,36)	1.04,15(32,79)				
6	Daniel Sandhåland	95	Karmøy SK	(0,66)	1.04,41	466
	31,42(31,42)	1.04,41(32,99)				
7	Alexander Marki Mork	95	Stavanger SC	(0,62)	1.04,49	465
	31,48(31,48)	1.04,49(33,01)				

## Funksjonshemmede

1	Edvard Aasjord Møkleby 40,74(40,74)	95	Bodø SK	(0,86)	1.25,52	199	S9 135,02 %

## Øvelse 41. 100m fri, damer

## Eldre junior

1	Victoria S. Løken 27,41(27,41)	91	Lambertseter SK		57,25	758
2	Susann Bjørnsen 28,27(28,27)	93	Setermoen SK/NTG		57,57	745
3	Stine Lise Stenseth 28,49(28,49)	94	Øvre Eiker SK		58,40	714
4	Emilie Hellerud 29,01(29,01)	92	Lambertseter SK/NTG		59,17	687
5	Veronica Orheim Bjørlykke 28,59(28,59)	94	Aalesund SLK		59,27	683
6	Elisabeth H. Svensson 28,75(28,75)	91	Lambertseter SK		59,33	681
7	Siv Fiske 29,24(29,24)	92	Tromsø SK/NTG		59,40	679
8	Victoria Rung 28,85(28,85)	92	Madla SK		59,62	671
9	Nora Kathrine Guthe 28,69(28,69)	91	Asker SK		59,75	667
10	Maria Wigestrands 29,22(29,22)	94	Sola SK		59,88	662
11	Birgitte Elise Søfteland 29,18(29,18)	94	Sarpsborg IL		1.00,20	652
12	Christine M. Pedersen 28,90(28,90)	93	Lambertseter SK		1.00,24	651
13	Karoline Pedersen 29,20(29,20)	94	BS/Delfana		1.00,25	650
14	Elisabeth Kristiansen 28,58(28,58)	92	Haugesund SK		1.00,54	641
15	Ingrid N. Knutzen 29,61(29,61)	91	Lambertseter SK		1.00,71	636
16	Tonje Riise 29,87(29,87)	93	Lakselv SK/NTG		1.01,93	599
17	Nicole T. Næsheim 29,85(29,85)	91	Vestkantsvømmerne		1.01,99	597
18	Terese Fosby 29,74(29,74)	92	Sarpsborg IL		1.02,04	596
19	Marthe Berg Sørensen 29,62(29,62)	92	Madla SK		1.02,23	590
20	Kjersti Dalen 31,11(31,11)	93	Bærumsvømmerne		1.04,41	532
21	Jeanette Erlandsen 31,78(31,78)	93	Lørenskog/Rælingen		1.04,62	527
	Stine Vindenes	93	Vestkantsvømmerne		BRUTT	

## Yngre junior

1	Maria Thompson Clausen 28,88(28,88)	96	Madla SK	59,34	681
2	Pernille Berntsen 28,89(28,89)	95	Førde IL	1.00,12	655
3	Sara Louise Pedersen 29,18(29,18)	96	Poseidon	1.00,21	652
4	Amalie Kristiansen 29,18(29,18)	95	Haugesund SK	1.00,45	644
5	Ane Nygård 29,25(29,25)	95	Stavanger SC	1.00,91	629
6	Aslaug Marie Hjelmaas 29,01(29,01)	95	Bergens SLK	1.01,16	622
7	Vilde Tengedal 29,59(29,59)	96	Bryne SK	1.01,23	620
8	Ina Kvenshagen Gimse 29,63(29,63)	95	Tromsø SK	1.01,35	616
9	Marte K. Bolstad 29,60(29,60)	95	Asker SK	1.01,69	606
10	Ellen Camilla Hansen 30,04(30,04)	95	Øvre Eiker SK	1.01,74	604
11	Patricia Baay Kristoffersen 30,04(30,04)	96	Sandefjord SK	1.01,76	604
12	Elise Næss Olsen 30,31(30,31)	97	Asker SK	1.01,86	601
13	Lisa Skogeng 29,93(29,93)	96	Delfana	1.02,14	593
14	Elida Hole 29,62(29,62)	96	Vestkantsvømmerne	1.02,35	587
15	Elisabeth Støver 29,97(29,97)	96	Modum SK	1.02,66	578
16	Anna Lundgren 30,09(30,09)	95	Lambertseter SK	1.03,19	564
17	Oda Gjerde 30,90(30,90)	95	Bryne SK	1.03,67	551
18	Elina Øverås 30,91(30,91)	95	Lørenskog/Rælingen	1.05,57	505
19	Ingeborg Jørmeland 31,22(31,22)	96	Stavanger SC	1.05,84	498

## Funksjonshemmede

1	Hanne Farestvedt 35,93(35,93)	93	Åstveit SK	1.16,23	321	S14 122,14 %
2	Rona Hjelmsstad 38,26(38,26)	93	Skjetten Svømming	1.20,02	278	S14 128,22 %

**Øvelse 42. 50m fri, herrer****Eldre junior**

1	Bjarte Ravndal	91	Madla SK	24,03	654
2	Ole Martin Ree	92	Madla SK	24,06	652
3	Jørn Nygård	92	Stavanger SC	24,18	642
4	Markus Vindenes	94	Vestkantsvømmerne	24,52	616
5	Gaute Ravndal	94	Madla SK	24,60	610
6	Hans Østerdal	93	Stavanger SC	24,61	609
7	Jonas Kirkeberg Jostad	92	Hamar IL	24,70	602
8	Erlend Ulveseter	92	BS/Åstveit	24,71	602
9	Martin Hammer	93	Kongsten/NTG	24,83	593
10	Christian Tronvoll	94	Vestbyen IL	24,91	587
11	Håkon Andersen	92	Kristiansand SA	24,97	583
12	Jan Aleksander Bakke	91	Asker SK	25,00	581
13	Julian Åsheim Mikkelsen	93	Ås IL/NTG	25,02	580
14	Mathias Madsen	92	Lambertseter SK	25,07	576
15	Aleksander Sire	93	Modum/NTG	25,25	564
16	Berend de Waal	94	IL Norodd	25,32	559
17	Henry Emil Nordhagen	93	Bærumsvømmerne	25,34	558
18	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	25,43	552
19	David Evja	92	Lambertseter SK	25,62	540
20	Thomas Myhrer	94	Sarpsborg IL/NTG	25,75	532
21	Odin Spangen Normann	92	IL Varg	25,77	530
22	Fredrik Tronvoll	93	Vestbyen IL	26,31	498

**Yngre junior**

1	Erik Tobias Sollesnes	95	Kolbotn IL	24,90	588
2	Alexander Marki Mork	95	Stavanger SC	25,23	565

**Øvelse 43. 100m bryst, damer****Eldre junior**

1	Siri Eva Kristiansen	93	Bærumsvømmerne	1.10,93	759
	33,57(33,57)		1.10,93(37,36)		
2	Stina Kajsa Colleou	93	Lambertseter SK	1.11,92	728
	34,14(34,14)		1.11,92(37,78)		
3	Kaja Bremer	93	Bergens SLK	1.13,16	692
	34,38(34,38)		1.13,16(38,78)		
4	Luna Elisabeth Sjøgaard	94	Lambertseter SK	1.13,38	686
	34,89(34,89)		1.13,38(38,49)		
5	Mari Singstad	91	Vestbyen IL	1.14,23	662
	34,82(34,82)		1.14,23(39,41)		
6	Sophia Broberg Skeltved	92	Tromsø SK/NTG	1.14,72	650
	35,18(35,18)		1.14,72(39,54)		
7	Katrine Jensen	92	BS/Åstveit	1.14,87	646
	35,55(35,55)		1.14,87(39,32)		
8	Maren Larsen	94	Madla SK	1.15,58	628
	34,82(34,82)		1.15,58(40,76)		
9	Ida-Marie Dybdahl	94	Larvik SK	1.15,78	623
	35,78(35,78)		1.15,78(40,00)		
10	Lene Lykke Erichsen	92	Bærumsvømmerne	1.16,41	607
	36,33(36,33)		1.16,41(40,08)		
11	Maren E.J. Bakke	94	Setermoen SK	1.16,75	599
	36,45(36,45)		1.16,75(40,30)		
12	Stine Tveit	93	Trondhjem SLK	1.17,05	592
	36,58(36,58)		1.17,05(40,47)		

13	Stine Vindenes 36,35(36,35)	93	Vestkantsvømmerne	1.17,26	588
14	Bitte Fagermo 36,85(36,85)	93	Narvik SK/NTG	1.17,30	587
15	Stine Mjølhus Kristoffersen 36,51(36,51)	93	Madla SK	1.17,70	578
16	Renate Aasland Ranaweera 37,21(37,21)	91	Madla SK	1.17,88	574
17	Kristine Mathingsdal Pedersen 36,74(36,74)	94	Farsund SK	1.18,20	567
18	Siren Bergslid 37,32(37,32)	93	Stavanger SC	1.18,31	564
19	Therese Tronerud 36,34(36,34)	93	Egersund SK	1.18,33	564
20	Julie Torgersen Nilsen 37,93(37,93)	92	Hamar IL	1.19,31	543
21	Andrea Hestdal 37,81(37,81)	94	BS/Åstveit	1.20,46	520

## Yngre junior

1	Ingalill Urrang Naustvik 33,92(33,92)	95	Karmøy SK	1.12,36	715
2	Malene M. Pedersen 35,67(35,67)	96	Lambertseter SK	1.14,88	645
3	Rikke Nagell-Kleven 35,84(35,84)	95	Asker SK	1.15,00	642
4	Amalie Thorstensen 36,20(36,20)	96	Vågsbygd SLK	1.16,38	608
5	Karina Brunstad Fet 35,56(35,56)	95	Aalesund SLK	1.16,77	599
6	Guro Aas 36,30(36,30)	96	Vågsbygd SLK	1.16,85	597
7	Mari Nerdrum 36,85(36,85)	95	Asker SK	1.17,28	587
8	Tone Lill Evanger 36,30(36,30)	96	Delfana	1.17,36	585
9	Pernille Berntsen 37,23(37,23)	95	Førde IL	1.18,50	560
10	Majken Antonie Smith 37,62(37,62)	97	Asker SK	1.19,55	538
11	Elida Hole 37,83(37,83)	96	Vestkantsvømmerne	1.20,24	524
12	Rebecca Holt Clasen 37,73(37,73)	95	Lørenskog/Rælingen	1.20,36	522
13	Stina Victoria Nordberg 38,03(38,03)	96	Oslo IL	1.20,40	521
14	Lisa Spiering 38,13(38,13)	95	Drammen SK	1.20,95	511

## Funksjonshemmede

1	Mina Marie Heyerdahl Klausen 54,40(54,40)	97	Drammen SK	1.55,43	176 SB7 126,85 %
2	Rona Hjelmstad 57,33(57,33)	93	Skjetten Svømming	2.00,14	156 SB14 147,3 %

**Øvelse 44. 100m individuell medley, herrer****Eldre junior**

1	Sverre Næss	92	Sarpsborg IL	59,82	658
	26,39(26,39)	59,82(33,43)			
2	Sebastian Wigstrøm	91	Bærumsvømmerne	1.00,01	652
	28,07(28,07)	1.00,01(31,94)			
3	Markus Vindenes	94	Vestkantsvømmerne	1.00,37	640
	28,11(28,11)	1.00,37(32,26)			
4	Jonas Kirkeberg Jostad	92	Hamar IL	1.00,45	638
	27,90(27,90)	1.00,45(32,55)			
5	Runar Borgen	93	Tromsø SK/NTG	1.00,68	630
	27,36(27,36)	1.00,68(33,32)			
6	John Lekhmus	91	Tromsø SK	1.01,35	610
	28,75(28,75)	1.01,35(32,60)			
7	Espen Halhjem	92	BS/Delfana	1.01,48	606
	27,88(27,88)	1.01,48(33,60)			
8	Sebastian Stordal	91	BS/Delfana	1.03,38	553
	29,09(29,09)	1.03,38(34,29)			

**Yngre junior**

1	Markus Lie	95	Åstveit SK	1.01,93	593
	28,80(28,80)	1.01,93(33,13)			
2	Eirik Nielsen	95	Poseidon	1.02,49	577
	29,03(29,03)	1.02,49(33,46)			
3	Grunde Myhrer	96	Oslo IL	1.03,04	562
	28,99(28,99)	1.03,04(34,05)			
4	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	1.04,17	533
	30,41(30,41)	1.04,17(33,76)			

**Funksjonshemmede**

1	Bendik Savstad	95	Tverlandet IL	1.18,88	287SM10 136,75 %
	36,56(36,56)	1.18,88(42,32)			

**Øvelse 45. 1500m fri, damer - Direkte finale – Foreløpig før siste heat****Yngre junior**

1	Oda Gjerde	95	Bryne SK	17.50,44	691
	32,17(32,17)	1.06,62(34,45)	1.40,98(34,36)	2.16,51(35,53)	
	2.51,60(35,09)	3.26,94(35,34)	4.02,85(35,91)	4.38,93(36,08)	
	5.15,01(36,08)	5.50,89(35,88)	6.26,80(35,91)	7.02,88(36,08)	
	7.39,14(36,26)	8.15,15(36,01)	8.51,02(35,87)	9.27,33(36,31)	
	10.04,16(36,83)	10.40,04(35,88)	11.16,16(36,12)	11.52,18(36,02)	
	12.28,29(36,11)	13.04,34(36,05)	13.40,36(36,02)	14.16,70(36,34)	
	14.52,75(36,05)	15.28,61(35,86)	16.04,32(35,71)	16.40,20(35,88)	
	17.16,19(35,99)	17.50,44(34,25)			
2	Tina Schütz	96	Vestkantsvømmerne	17.51,80	688
	32,93(32,93)	1.08,17(35,24)	1.43,80(35,63)	2.19,45(35,65)	
	2.55,54(36,09)	3.31,50(35,96)	4.07,31(35,81)	4.43,15(35,84)	
	5.19,86(36,71)	5.55,93(36,07)	6.31,76(35,83)	7.07,84(36,08)	
	7.43,66(35,82)	8.19,61(35,95)	8.55,63(36,02)	9.31,61(35,98)	
	10.07,47(35,86)	10.43,47(36,00)	11.19,35(35,88)	11.55,21(35,86)	
	12.31,12(35,91)	13.06,83(35,71)	13.42,89(36,06)	14.18,80(35,91)	
	14.54,71(35,91)	15.30,46(35,75)	16.06,31(35,85)	16.42,11(35,80)	
	17.17,69(35,58)	17.51,80(34,11)			

3	Stina Victoria Nordberg	96	Oslo IL	20.01,64	488
	33,88(33,88)	1.11,44(37,56)	1.50,10(38,66)	2.28,59(38,49)	
	3.07,67(39,08)	3.47,39(39,72)	4.27,32(39,93)	5.07,29(39,97)	
	5.48,28(40,99)	6.28,41(40,13)	7.08,43(40,02)	7.48,70(40,27)	
	8.29,99(41,29)	9.10,40(40,41)	9.50,78(40,38)	10.32,08(41,30)	
	11.13,18(41,10)	11.54,80(41,62)	12.35,80(41,00)	13.16,63(40,83)	
	13.57,96(41,33)	14.39,25(41,29)	15.19,79(40,54)	16.00,40(40,61)	
	16.41,17(40,77)	17.22,28(41,11)	18.02,95(40,67)	18.42,81(39,86)	
	19.22,66(39,85)	20.01,64(38,98)			

## Junior

1	Oda Gjerde	95	Bryne SK	17.50,44	691
	32,17(32,17)	1.06,62(34,45)	1.40,98(34,36)	2.16,51(35,53)	
	2.51,60(35,09)	3.26,94(35,34)	4.02,85(35,91)	4.38,93(36,08)	
	5.15,01(36,08)	5.50,89(35,88)	6.26,80(35,91)	7.02,88(36,08)	
	7.39,14(36,26)	8.15,15(36,01)	8.51,02(35,87)	9.27,33(36,31)	
	10.04,16(36,83)	10.40,04(35,88)	11.16,16(36,12)	11.52,18(36,02)	
	12.28,29(36,11)	13.04,34(36,05)	13.40,36(36,02)	14.16,70(36,34)	
	14.52,75(36,05)	15.28,61(35,86)	16.04,32(35,71)	16.40,20(35,88)	
	17.16,19(35,99)	17.50,44(34,25)			
2	Tina Schütz	96	Vestkantvømmerne	17.51,80	688
	32,93(32,93)	1.08,17(35,24)	1.43,80(35,63)	2.19,45(35,65)	
	2.55,54(36,09)	3.31,50(35,96)	4.07,31(35,81)	4.43,15(35,84)	
	5.19,86(36,71)	5.55,93(36,07)	6.31,76(35,83)	7.07,84(36,08)	
	7.43,66(35,82)	8.19,61(35,95)	8.55,63(36,02)	9.31,61(35,98)	
	10.07,47(35,86)	10.43,47(36,00)	11.19,35(35,88)	11.55,21(35,86)	
	12.31,12(35,91)	13.06,83(35,71)	13.42,89(36,06)	14.18,80(35,91)	
	14.54,71(35,91)	15.30,46(35,75)	16.06,31(35,85)	16.42,11(35,80)	
	17.17,69(35,58)	17.51,80(34,11)			
3	Anna Forsstrøm	94	Haldens SK	17.59,94	673
	32,17(32,17)	1.07,46(35,29)	1.43,53(36,07)	2.19,91(36,38)	
	2.55,96(36,05)	3.32,26(36,30)	4.08,78(36,52)	4.45,61(36,83)	
	5.22,04(36,43)	5.58,47(36,43)	6.35,15(36,68)	7.11,62(36,47)	
	7.48,62(37,00)	8.25,31(36,69)	9.02,33(37,02)	9.38,67(36,34)	
	10.14,81(36,14)	10.51,26(36,45)	11.27,23(35,97)	12.03,10(35,87)	
	12.39,05(35,95)	13.15,46(36,41)	13.51,14(35,68)	14.27,89(36,75)	
	15.03,92(36,03)	15.39,89(35,97)	16.15,49(35,60)	16.51,21(35,72)	
	17.26,05(34,84)	17.59,94(33,89)			
4	Julie Rønningsen	94	Lambertseter SK	18.05,52	662
	32,32(32,32)	1.07,47(35,15)	1.43,02(35,55)	2.19,08(36,06)	
	2.55,02(35,94)	3.30,76(35,74)	4.06,74(35,98)	4.43,23(36,49)	
	5.19,79(36,56)	5.56,17(36,38)	6.32,58(36,41)	7.09,32(36,74)	
	7.45,90(36,58)	8.22,72(36,82)	8.59,39(36,67)	9.36,09(36,70)	
	10.12,56(36,47)	10.48,73(36,17)	11.25,40(36,67)	12.01,71(36,31)	
	12.38,16(36,45)	13.14,66(36,50)	13.51,27(36,61)	14.27,89(36,62)	
	15.04,33(36,44)	15.41,29(36,96)	16.17,76(36,47)	16.54,15(36,39)	
	17.31,12(36,97)	18.05,52(34,40)			
5	Elisabeth Kristiansen	92	Haugesund SK	18.37,98	606
	32,96(32,96)	1.10,05(37,09)	1.47,71(37,66)	2.25,44(37,73)	
	3.03,18(37,74)	3.41,59(38,41)	4.19,50(37,91)	4.57,44(37,94)	
	5.35,25(37,81)	6.13,52(38,27)	6.51,35(37,83)	7.29,68(38,33)	
	8.07,73(38,05)	8.45,40(37,67)	9.23,05(37,65)	9.59,75(36,70)	
	10.36,50(36,75)	11.13,43(36,93)	11.50,27(36,84)	12.27,75(37,48)	
	13.04,95(37,20)	13.42,35(37,40)	14.19,43(37,08)	14.57,26(37,83)	
	15.34,95(37,69)	16.12,16(37,21)	16.49,45(37,29)	17.26,21(36,76)	
	18.02,88(36,67)	18.37,98(35,10)			
6	Irja Gravdahl	94	Trondhjem SLK	18.55,12	579
	33,22(33,22)	1.10,01(36,79)	1.47,46(37,45)	2.24,72(37,26)	
	3.01,47(36,75)	3.38,60(37,13)	4.15,97(37,37)	4.53,63(37,66)	
	5.31,20(37,57)	6.08,90(37,70)	6.46,94(38,04)	7.24,82(37,88)	
	8.02,74(37,92)	8.40,81(38,07)	9.18,74(37,93)	9.56,74(38,00)	
	10.34,92(38,18)	11.12,82(37,90)	11.51,00(38,18)	12.29,44(38,44)	
	13.08,06(38,62)	13.46,63(38,57)	14.25,33(38,70)	15.04,19(38,86)	
	15.42,84(38,65)	16.21,31(38,47)	16.59,80(38,49)	17.38,68(38,88)	
	18.17,22(38,54)	18.55,12(37,90)			

7	Malin Schanke Tømmervik	94	Trondhjem SLK	19.03,54	566
	32,93(32,93)	1.09,95(37,02)	1.47,64(37,69)	2.25,20(37,56)	
	3.03,02(37,82)	3.41,19(38,17)	4.18,77(37,58)	4.56,52(37,75)	
	5.35,02(38,50)	6.12,96(37,94)	6.50,93(37,97)	7.29,08(38,15)	
	8.07,39(38,31)	8.45,19(37,80)	9.23,39(38,20)	10.01,12(37,73)	
	10.39,89(38,77)	11.18,39(38,50)	11.58,37(39,98)	12.37,26(38,89)	
	13.16,16(38,90)	13.55,29(39,13)	14.34,05(38,76)	15.12,52(38,47)	
	15.52,36(39,84)	16.30,92(38,56)	17.10,26(39,34)	17.48,74(38,48)	
	18.27,03(38,29)	19.03,54(36,51)			
8	Stina Victoria Nordberg	96	Oslo IL	20.01,64	488
	33,88(33,88)	1.11,44(37,56)	1.50,10(38,66)	2.28,59(38,49)	
	3.07,67(39,08)	3.47,39(39,72)	4.27,32(39,93)	5.07,29(39,97)	
	5.48,28(40,99)	6.28,41(40,13)	7.08,43(40,02)	7.48,70(40,27)	
	8.29,99(41,29)	9.10,40(40,41)	9.50,78(40,38)	10.32,08(41,30)	
	11.13,18(41,10)	11.54,80(41,62)	12.35,80(41,00)	13.16,63(40,83)	
	13.57,96(41,33)	14.39,25(41,29)	15.19,79(40,54)	16.00,40(40,61)	
	16.41,17(40,77)	17.22,28(41,11)	18.02,95(40,67)	18.42,81(39,86)	
	19.22,66(39,85)	20.01,64(38,98)			
	Jacqueline Knutsson	93	Kongsten/NTG	BRUTT	

## Øvelse 46. 4\*100m lag medley, herrer - UM

### Yngre junior

1	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,64)	4.10,62	565
	Vebjørn Lindhjem:	30,22(30,22)	1.01,91(31,69)	1.01,91		
	Jørgen Scheie Bråthen:	1.34,20(32,29)	2.11,69(37,49)	1.09,78		
	Jørgen Gundersen:	2.40,96(29,27)	3.15,42(34,46)	1.03,73		
	Jarl André Bergsvenkerud:	3.41,62(26,20)	4.10,62(29,00)	55,20		
2	Karmøy SK G1 jr.	JR	Karmøy SK	(0,71)	4.11,42	559
	Daniel Sandhåland:	30,61(30,61)	1.03,19(32,58)	1.03,19		
	Ivan Aleksander Larsen:	1.36,13(32,94)	2.14,03(37,90)	1.10,84		
	Morten Wee Hollund:	2.42,33(28,30)	3.13,88(31,55)	59,85		
	Harald Goa Fagerheim:	3.41,20(27,32)	4.11,42(30,22)	57,54		
3	Poseidon G1 jr.	JR	Poseidon	(0,61)	4.14,40	540
	Sander Andersen:	30,95(30,95)	1.03,30(32,35)	1.03,30		
	Eirik Nielsen:	1.35,80(32,50)	2.13,25(37,45)	1.09,95		
	Philip Budd:	2.42,48(29,23)	3.15,77(33,29)	1.02,52		
	Casper Buan Helgesen:	3.43,33(27,56)	4.14,40(31,07)	58,63		
4	Bærumsv G1 jr.	JR	Bærumsvømmerne	(0,68)	4.16,23	528
	Iver Hvidsten:	32,49(32,49)	1.06,63(34,14)	1.06,63		
	Mads Henry Steinland:	1.39,26(32,63)	2.18,48(39,22)	1.11,85		
	Jakob Bernstein:	2.47,06(28,58)	3.19,92(32,86)	1.01,44		
	Mathias Thorkildsen:	3.46,25(26,33)	4.16,23(29,98)	56,31		
5	Haldens SK G1 jr.	JR	Haldens SK	(0,68)	4.21,73	496
	Andreas Bunæs:	31,19(31,19)	1.04,28(33,09)	1.04,28		
	Ole-Marius Bunæs:	1.39,02(34,74)	2.19,56(40,54)	1.15,28		
	Jacob W. Berger:	2.48,99(29,43)	3.24,42(35,43)	1.04,86		
	David Engen:	3.51,24(26,82)	4.21,73(30,49)	57,31		
6	Delfana G1 jr.	JR	Delfana	(0,63)	4.22,10	494
	Henrik Søfteland:	31,09(31,09)	1.03,39(32,30)	1.03,39		
	Alexander Johnsgaard:	1.38,03(34,64)	2.17,20(39,17)	1.13,81		
	Jonas Ødegård Aanby:	2.46,69(29,49)	3.22,85(36,16)	1.05,65		
	Andreas Reinertsen:	3.51,05(28,20)	4.22,10(31,05)	59,25		
7	Stavanger SC G1 jr.	JR	Stavanger SC	(0,67)	4.23,84	484
	Anders Lindanger:	32,85(32,85)	1.08,79(35,94)	1.08,79		
	Alexander Marki Mork:	1.41,15(32,36)	2.19,45(38,30)	1.10,66		
	Olav Ravndal Skjølingstad:	2.48,03(28,58)	3.26,99(38,96)	1.07,54		
	Ole Martin Turøy:	3.53,64(26,65)	4.23,84(30,20)	56,85		
8	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	(0,56)	4.29,48	454
	Martin Hjelmsstad:	32,88(32,88)	1.09,17(36,29)	1.09,17		
	Morgan B. Johansen:	1.43,67(34,50)	2.24,32(40,65)	1.15,15		
	Daniel Nesbø:	2.54,96(30,64)	3.32,28(37,32)	1.07,96		
	Henrik Christiansen:	3.59,46(27,18)	4.29,48(30,02)	57,20		

9	Asker SK G1 jr.	JR	Asker SK	(0,60)	4.32,32	440
	Sigve Ekeli Nystuen:	32,01(32,01)	1.06,24(34,23)	1.06,24		
	Andreas Manum Hagby:	1.38,40(32,16)	2.15,61(37,21)	1.09,37		
	Tinus Sola Flagstad :	2.50,71(35,10)	3.31,06(40,35)	1.15,45		
	Nils Lervik:	3.59,90(28,84)	4.32,32(32,42)	1.01,26		
10	Bergens SC G1 jr.	JR	Bergens SC	(0,64)	4.32,69	438
	Eirik Johnsen:	34,36(34,36)	1.10,38(36,02)	1.10,38		
	Johan Markus Mowinckel:	1.43,69(33,31)	2.22,92(39,23)	1.12,54		
	Michael Gutierrez Irgens:	2.54,55(31,63)	3.32,92(38,37)	1.10,00		
	Håkon Wulf Haugen:	4.00,69(27,77)	4.32,69(32,00)	59,77		
11	Aalesund SLK G1 jr.	JR	Aalesund SLK	(0,59)	4.33,41	435
	Kevin Peraca:	32,13(32,13)	1.06,79(34,66)	1.06,79		
	Sigurd Holten Bøen:	1.40,87(34,08)	2.21,80(40,93)	1.15,01		
	Ole Martin Bjørlykke:	2.52,26(30,46)	3.29,94(37,68)	1.08,14		
	Aksel Haagensen:	3.59,90(29,96)	4.33,41(33,51)	1.03,47		
12	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	(0,62)	4.35,90	423
	Sander Sivertsen:	30,90(30,90)	1.05,13(34,23)	1.05,13		
	Vedbjørn Arne J. Aasheim:	1.39,29(34,16)	2.18,13(38,84)	1.13,00		
	Sigve Innselset:	2.50,18(32,05)	3.29,71(39,53)	1.11,58		
	Andreas Nordvik:	4.00,71(31,00)	4.35,90(35,19)	1.06,19		
13	Ski SK G1 jr.	JR	Ski SK	(0,83)	5.00,66	327
	Kristoffer Soot:	36,50(36,50)	1.16,24(39,74)	1.16,24		
	Morten Molin Wang:	1.53,31(37,07)	2.35,59(42,28)	1.19,35		
	Arjan Nilsen:	3.13,09(37,50)	3.54,26(41,17)	1.18,67		
	Eirik Nilsen:	4.25,50(31,24)	5.00,66(35,16)	1.06,40		

# Søndag 21. november 2010 kl 16.00

## Øvelse 36. 400m individuell medley, herrer - Direkte finale

### Yngre junior

1	Markus Lie	95	Åstveit SK	4.47,25	601
	31,01(31,01)	1.06,71(35,70)	1.42,47(35,76)	2.17,91(35,44)	
	2.58,00(40,09)	3.39,29(41,29)	4.13,40(34,11)	4.47,25(33,85)	
2	Sander Andersen	96	Poseidon	4.51,56	575
	30,39(30,39)	1.04,81(34,42)	1.40,30(35,49)	2.15,65(35,35)	
	2.57,45(41,80)	3.40,73(43,28)	4.16,39(35,66)	4.51,56(35,17)	
3	Daniel Sandhåland	95	Karmøy SK	4.55,04	555
	30,73(30,73)	1.06,99(36,26)	1.43,94(36,95)	2.21,88(37,94)	
	3.04,38(42,50)	3.48,11(43,73)	4.21,99(33,88)	4.55,04(33,05)	
4	Sindre Aasland Ranaweera	96	Madla SK	5.03,98	507
	32,36(32,36)	1.08,86(36,50)	1.47,59(38,73)	2.25,90(38,31)	
	3.07,98(42,08)	3.52,60(44,62)	4.29,08(36,48)	5.03,98(34,90)	
5	Henrik Christiansen	96	Skjetten Svømming	5.06,25	496
	33,92(33,92)	1.12,62(38,70)	1.52,63(40,01)	2.31,46(38,83)	
	3.15,52(44,06)	3.57,82(42,30)	4.33,15(35,33)	5.06,25(33,10)	

### Junior

1	Sverre Næss	92	Sarpsborg IL	4.23,78	776
	27,13(27,13)	59,64(32,51)	1.34,89(35,25)	2.09,99(35,10)	
	2.46,02(36,03)	3.21,97(35,95)	3.53,05(31,08)	4.23,78(30,73)	
2	Sindri T. Jakobsson	91	BS/Delfana	4.28,01	740
	27,44(27,44)	59,61(32,17)	1.33,98(34,37)	2.09,01(35,03)	
	2.47,02(38,01)	3.25,67(38,65)	3.57,25(31,58)	4.28,01(30,76)	
3	Christian Thorsen	91	Lambertseter SK	4.34,35	690
	29,17(29,17)	1.02,54(33,37)	1.38,76(36,22)	2.14,72(35,96)	
	2.53,70(38,98)	3.32,25(38,55)	4.03,68(31,43)	4.34,35(30,67)	
4	Sebastian Stordal	91	BS/Delfana	4.39,25	654
	28,34(28,34)	1.01,67(33,33)	1.37,50(35,83)	2.13,25(35,75)	
	2.54,50(41,25)	3.35,13(40,63)	4.07,61(32,48)	4.39,25(31,64)	
5	Espen Halhjem	92	BS/Delfana	4.41,63	638
	28,37(28,37)	1.02,38(34,01)	1.39,12(36,74)	2.14,82(35,70)	
	2.55,66(40,84)	3.36,52(40,86)	4.09,47(32,95)	4.41,63(32,16)	
6	Morten Bordervich	94	Madla SK	4.42,17	634
	30,67(30,67)	1.05,48(34,81)	1.40,87(35,39)	2.15,69(34,82)	
	2.58,07(42,38)	3.40,52(42,45)	4.11,84(31,32)	4.42,17(30,33)	
7	Markus Lie	95	Åstveit SK	4.47,25	601
	31,01(31,01)	1.06,71(35,70)	1.42,47(35,76)	2.17,91(35,44)	
	2.58,00(40,09)	3.39,29(41,29)	4.13,40(34,11)	4.47,25(33,85)	
8	Sindre Lilledahl	92	Haugesund SK	4.48,33	594
	30,84(30,84)	1.06,12(35,28)	1.42,39(36,27)	2.17,65(35,26)	
	3.00,48(42,83)	3.42,94(42,46)	4.16,39(33,45)	4.48,33(31,94)	
9	Andreas Mathingsdal Pedersen	92	Farsund SK	4.48,62	593
	30,90(30,90)	1.06,62(35,72)	1.45,35(38,73)	2.23,89(38,54)	
	3.03,14(39,25)	3.42,50(39,36)	4.15,45(32,95)	4.48,62(33,17)	
10	Gunnar V. Skirbekk	91	Elverum Svømming	4.49,11	590
	31,59(31,59)	1.06,14(34,55)	1.44,00(37,86)	2.20,52(36,52)	
	2.59,52(39,00)	3.40,09(40,57)	4.15,32(35,23)	4.49,11(33,79)	
11	Martin B. Lund	92	Elverum Svømming	4.49,22	589
	30,92(30,92)	1.06,86(35,94)	1.44,30(37,44)	2.21,00(36,70)	
	3.01,21(40,21)	3.42,12(40,91)	4.16,18(34,06)	4.49,22(33,04)	
12	Hans Andre Pedersen	92	Sandefjord SK	4.51,44	576
	31,63(31,63)	1.08,65(37,02)	1.46,15(37,50)	2.23,10(36,95)	
	3.04,77(41,67)	3.47,05(42,28)	4.20,65(33,60)	4.51,44(30,79)	
13	Sander Andersen	96	Poseidon	4.51,56	575
	30,39(30,39)	1.04,81(34,42)	1.40,30(35,49)	2.15,65(35,35)	
	2.57,45(41,80)	3.40,73(43,28)	4.16,39(35,66)	4.51,56(35,17)	
14	Øystein Fjeldberg	93	Randaberg IL	4.51,68	574
	31,42(31,42)	1.07,55(36,13)	1.44,12(36,57)	2.20,72(36,60)	
	3.04,68(43,96)	3.48,46(43,78)	4.20,63(32,17)	4.51,68(31,05)	

15	Daniel Sandhåland	95	Karmøy SK	4.55,04	555
	30,73(30,73)	1.06,99(36,26)	1.43,94(36,95)	2.21,88(37,94)	
	3.04,38(42,50)	3.48,11(43,73)	4.21,99(33,88)	4.55,04(33,05)	
16	Norbert Prokopiak	94	Modum/NTG	5.01,73	519
	31,51(31,51)	1.08,14(36,63)	1.45,47(37,33)	2.24,02(38,55)	
	3.06,20(42,18)	3.51,00(44,80)	4.28,06(37,06)	5.01,73(33,67)	
17	Martin Schau	91	Larvik SK	5.01,82	518
	31,66(31,66)	1.08,46(36,80)	1.48,73(40,27)	2.28,60(39,87)	
	3.10,94(42,34)	3.53,49(42,55)	4.28,94(35,45)	5.01,82(32,88)	
18	Sindre Aasland Ranaweera	96	Madla SK	5.03,98	507
	32,36(32,36)	1.08,86(36,50)	1.47,59(38,73)	2.25,90(38,31)	
	3.07,98(42,08)	3.52,60(44,62)	4.29,08(36,48)	5.03,98(34,90)	
19	Henrik Christiansen	96	Skjetten Svømming	5.06,25	496
	33,92(33,92)	1.12,62(38,70)	1.52,63(40,01)	2.31,46(38,83)	
	3.15,52(44,06)	3.57,82(42,30)	4.33,15(35,33)	5.06,25(33,10)	
	Per Simen Holstad Gandrud	92	Sarpsborg IL	DISK	

### Øvelse 37. 4\*50m fri, damer - Junior

#### Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	1.47,64	754
	Victoria S. Løken:	26,80(26,80)			
	Emma Isdahl:	53,86(27,06)			
	Emilie Hellerud:	1.20,78(26,92)			
	Elisabeth H. Svensson:	1.47,64(26,86)			
2	Madla SK J1 jr.	JR	Madla SK	1.48,61	734
	Victoria Rung:	27,76(27,76)			
	Maria Thompson Clausen:	54,71(26,95)			
	Lotte Miller:	1.21,80(27,09)			
	Marthe Berg Sørensen:	1.48,61(26,81)			
3	Asker SK J1 jr.	JR	Asker SK	1.48,95	727
	Oda Marie Siljan:	27,76(27,76)			
	Helene Solberg:	55,14(27,38)			
	Mette Mellbye Larsen:	1.22,57(27,43)			
	Nora Kathrine Guthe:	1.48,95(26,38)			
4	Bærumsv J1 jr.	JR	Bærumsvømmerne	1.50,26	701
	Emilie Nyenget Løvberg:	27,37(27,37)			
	Andrea Westbye:	55,15(27,78)			
	Kjersti Dalen:	1.23,62(28,47)			
	Siri Eva Kristiansen:	1.50,26(26,64)			
5	Tromsø SK J1 jr.	JR	Tromsø SK	1.51,03	687
	Siv Fiske:	27,95(27,95)			
	Sophia Broberg Skeltved:	55,55(27,60)			
	Ina Kvenshagen Gimse:	1.23,68(28,13)			
	Hanne Lockertsen:	1.51,03(27,35)			
6	Stavanger SC J1 jr.	JR	Stavanger SC	1.51,13	685
	Rebecca Holst:	27,60(27,60)			
	Emilie K. Hegdal:	55,54(27,94)			
	Siren Bergslid:	1.24,06(28,52)			
	Ane Nygård:	1.51,13(27,07)			
7	Bergensv. J1 jr.	JR	Bergensvømmerne	1.51,21	684
	Katrine Jensen:	28,28(28,28)			
	Karoline Pedersen:	55,64(27,36)			
	Hanne Søfteland:	1.24,01(28,37)			
	Lise Sand Syversen:	1.51,21(27,20)			
8	Lambertseter SK J2 jr.	JR	Lambertseter SK	1.51,68	675
	Christine M. Pedersen:	27,98(27,98)			
	Ingrid N. Knutzen:	56,26(28,28)			
	Julie Rønningsen:	1.23,72(27,46)			
	Anna Lundgren:	1.51,68(27,96)			
9	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	1.51,86	672
	Benedicte Kausland:	28,37(28,37)			
	Nicole T. Næsheim:	56,01(27,64)			
	Andrea Haugstad:	1.23,64(27,63)			
	Marthe Helene Haganes:	1.51,86(28,22)			

10	Madla SK J2 jr.	JR	Madla SK	1.53,13	649
	Maren Larsen:	28,95(28,95)			
	Vanessa Tuxen:	56,18(27,23)			
	Stine Mjølhus Kristoffersen:	1.24,77(28,59)			
	Renate Aasland Ranaweera:	1.53,13(28,36)			
11	Delfana J1 jr.	JR	Delfana	1.53,16	649
	Marie Reinertsen:	28,49(28,49)			
	Lisa Skogeng:	56,52(28,03)			
	Karianne Reinertsen:	1.24,66(28,14)			
	Helene Thunes Truyen:	1.53,16(28,50)			
12	Trondhjem SLK J1 jr.	JR	Trondhjem SLK	1.55,39	612
	Viktoria Juel:	28,85(28,85)			
	Stine Tveit:	57,36(28,51)			
	Åse Nytrø:	1.25,88(28,52)			
	Malin Schanke Tømmervik:	1.55,39(29,51)			
13	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	1.56,64	593
	Susanne Fornasari:	29,77(29,77)			
	Marie Svensson:	58,46(28,69)			
	Klara Farkas:	1.27,80(29,34)			
	Jeanette Erlandsen:	1.56,64(28,84)			
14	Oslo IL J1 jr.	JR	Oslo IL	1.56,82	590
	Kristin Blyverket:	28,97(28,97)			
	Nehna-Louise Møller-Pettersen:	58,39(29,42)			
	Oda Almgren Lind:	1.27,40(29,01)			
	Gry Bernakiewicz:	1.56,82(29,42)			
15	Vestkantsv. J3 jr.	JR	Vestkantsvømmerne	1.58,58	564
	Andrea Strømsnes:	29,99(29,99)			
	Malin Dahle:	59,62(29,63)			
	Tina Schütz:	1.29,91(30,29)			
	Ida Louise G. Borlaug:	1.58,58(28,67)			
16	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	1.58,69	562
	Marie Øverland:	29,31(29,31)			
	Charlotte Mathisen Lie:	1.00,98(31,67)			
	Marte Dale:	1.30,02(29,04)			
	Elida Hole:	1.58,69(28,67)			
17	Arna SLK J1 jr.	JR	Arna SLK	1.58,74	562
	Marte K Haukeland:	29,32(29,32)			
	Anna Thorsen:	59,59(30,27)			
	Christine Akselberg:	1.29,62(30,03)			
	Oda J. Midtun:	1.58,74(29,12)			
18	SK Speed J1 jr.	JR	SK Speed	1.59,37	553
	Hege Strøm Haukeland:	28,50(28,50)			
	Sara Boukili:	56,77(28,27)			
	Sara Torp Myhre:	1.26,68(29,91)			
	Andrea Kvalheim:	1.59,37(32,69)			
19	Madla SK J3 jr.	JR	Madla SK	2.01,01	531
	Susanne Sekkesæter:	30,24(30,24)			
	Line Nilsson:	1.00,32(30,08)			
	Nina Staveland:	1.31,03(30,71)			
	Ingrid Bergslid:	2.01,01(29,98)			
20	Bærumsv J2 jr.	JR	Bærumsvømmerne	2.03,05	505
	Helle Backer:	29,36(29,36)			
	Amanda Essebo:	1.00,49(31,13)			
	Rebekka Wiik Eckhoff:	1.31,04(30,55)			
	Kine Hvidsten:	2.03,05(32,01)			

**Øvelse 38. 200m fri, herrer - Finale****Junior**

1	Ole Martin Ree	92	Madla SK	1.49,88	804
	25,04(25,04)	52,36(27,32)	1.20,75(28,39)	1.49,88(29,13)	
2	Jørn Nygård	92	Stavanger SC	1.50,37	793
	25,72(25,72)	52,91(27,19)	1.21,68(28,77)	1.50,37(28,69)	
3	Sander Rødje	93	Haugesund SK	1.55,83	686
	26,87(26,87)	56,10(29,23)	1.25,89(29,79)	1.55,83(29,94)	
4	Oscar Slaatmo	94	Hamar IL	1.56,66	672
	27,76(27,76)	57,54(29,78)	1.27,46(29,92)	1.56,66(29,20)	
5	Kristoffer D. Birkeland	94	Bærum/NTG	1.57,20	662
	27,29(27,29)	57,17(29,88)	1.27,40(30,23)	1.57,20(29,80)	
6	Morten Bordervich	94	Madla SK	1.57,94	650
	28,00(28,00)	57,93(29,93)	1.28,18(30,25)	1.57,94(29,76)	
7	Fredrik K Hegdal	94	Stavanger SC	2.02,26	583
	26,87(26,87)	57,41(30,54)	1.29,70(32,29)	2.02,26(32,56)	

**Øvelse 39. 200m butterfly, damer - Finale****Junior**

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.19,66	696
	31,59(31,59)	1.07,38(35,79)	1.44,40(37,02)	2.19,66(35,26)	
2	Victoria Rung	92	Madla SK	2.20,14	688
	31,25(31,25)	1.06,62(35,37)	1.43,12(36,50)	2.20,14(37,02)	
3	Jacqueline Knutsson	93	Kongsten/NTG	2.20,42	684
	31,07(31,07)	1.06,80(35,73)	1.43,23(36,43)	2.20,42(37,19)	
4	Lise Sand Syversen	95	BS/Delfana	2.20,46	684
	31,44(31,44)	1.07,32(35,88)	1.44,14(36,82)	2.20,46(36,32)	
5	Line Løvberg	91	Lambertseter SK	2.20,90	677
	31,18(31,18)	1.06,99(35,81)	1.43,91(36,92)	2.20,90(36,99)	
6	Stine Vindenes	93	Vestkantsvømmerne	2.23,31	644
	32,04(32,04)	1.07,86(35,82)	1.45,29(37,43)	2.23,31(38,02)	
7	Marthe Berg Sørensen	92	Madla SK	2.27,46	591
	32,53(32,53)	1.09,53(37,00)	1.48,17(38,64)	2.27,46(39,29)	

**Øvelse 40. 100m rygg, herrer - Finale****Junior**

1	Lavrans Solli	92	Bergens SC	(0,78)	54,90	753
	26,80(26,80)	54,90(28,10)				
2	Runar Borgen	93	Tromsø SK/NTG	(0,62)	57,43	658
	27,90(27,90)	57,43(29,53)				
3	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,69)	57,72	648
	28,41(28,41)	57,72(29,31)				
4	Christian Christiansen	94	Kristiansund SLK/NTG	(0,82)	59,40	595
	28,87(28,87)	59,40(30,53)				
5	Henning Kaland	92	Oslo IL	(0,67)	1.01,01	549
	29,78(29,78)	1.01,01(31,23)				
6	Markus Lie	95	Åstveit SK	(0,63)	1.01,06	547
	29,34(29,34)	1.01,06(31,72)				
7	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,69)	1.01,18	544
	29,26(29,26)	1.01,18(31,92)				

**Øvelse 41. 100m fri, damer - Finale****Junior**

1	Susann Bjørnsen 28,06(28,06)	93	Setermoen SK/NTG	57,18	761
2	Victoria S. Løken 27,74(27,74)	91	Lambertseter SK	57,65	742
3	Stine Lise Stenseth 28,24(28,24)	94	Øvre Eiker SK	57,85	735
4	Maria Thompson Clausen 28,83(28,83)	96	Madla SK	59,56	673
5	Emilie Hellerud 28,66(28,66)	92	Lambertseter SK/NTG	59,62	671
6	Siv Fiske 29,41(29,41)	92	Tromsø SK/NTG	1.00,28	649
7	Elisabeth H. Svensson 28,92(28,92)	91	Lambertseter SK	1.00,34	647

**Øvelse 42. 50m fri, herrer - Finale****Junior**

1	Ole Martin Ree	92	Madla SK	23,72	680
2	Bjarte Ravndal	91	Madla SK	23,76	677
3	Jørn Nygård	92	Stavanger SC	24,42	623
4	Gaute Ravndal	94	Madla SK	24,45	621
5	Markus Vindenes	94	Vestkantsvømmerne	24,48	619
6	Hans Østerdal	93	Stavanger SC	24,75	599
7	Jonas Kirkeberg Jostad	92	Hamar IL	24,76	598

**Funksjonshemmede**

1	Bendik Savstad	95	Tverlandet IL	29,40	357	S10 124,52 %
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**Øvelse 43. 100m bryst, damer - Finale****Junior**

1	Stina Kajsa Colleou 33,90(33,90)	93	Lambertseter SK	1.11,05	755
2	Siri Eva Kristiansen 34,00(34,00)	93	Bærumsvømmerne	1.11,73	734
3	Kaja Bremer 34,42(34,42)	93	Bergens SLK	1.12,27	718
4	Luna Elisabeth Sjøgaard 34,89(34,89)	94	Lambertseter SK	1.12,85	701
5	Ingalill Urrang Naustvik 34,71(34,71)	95	Karmøy SK	1.12,90	699
6	Mari Singstad 34,54(34,54)	91	Vestbyen IL	1.13,72	676
7	Sophia Broberg Skeltved 35,55(35,55)	92	Tromsø SK/NTG	1.14,88	645

## Øvelse 44. 100m individuell medley, herrer - Finale

## Junior

1	Sverre Næss	92	Sarpsborg IL	55,53	823
	25,36(25,36)	55,53(30,17)			
2	Markus Vindenes	94	Vestkantsvømmerne	59,14	681
	28,23(28,23)	59,14(30,91)			
3	Sebastian Wigstrøm	91	Bærumsvømmerne	59,39	672
	28,64(28,64)	59,39(30,75)			
4	Runar Borgen	93	Tromsø SK/NTG	59,55	667
	27,26(27,26)	59,55(32,29)			
5	Jonas Kirkeberg Jostad	92	Hamar IL	1.00,02	651
	27,88(27,88)	1.00,02(32,14)			
6	John Lekhmus	91	Tromsø SK	1.01,34	610
	29,16(29,16)	1.01,34(32,18)			
7	Markus Lie	95	Åstveit SK	1.02,22	585
	29,23(29,23)	1.02,22(32,99)			

## Øvelse 45. 1500m fri, damer - Direkte finale

## Yngre junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	17.15,83	762
	31,47(31,47)	1.05,01(33,54)	1.39,11(34,10)	2.13,14(34,03)	
	2.47,30(34,16)	3.21,45(34,15)	3.55,75(34,30)	4.30,37(34,62)	
	5.04,84(34,47)	5.39,49(34,65)	6.14,07(34,58)	6.48,62(34,55)	
	7.23,32(34,70)	7.58,22(34,90)	8.32,93(34,71)	9.07,56(34,63)	
	9.42,78(35,22)	10.17,64(34,86)	10.52,68(35,04)	11.27,61(34,93)	
	12.02,42(34,81)	12.37,43(35,01)	13.12,65(35,22)	13.47,94(35,29)	
	14.23,14(35,20)	14.58,36(35,22)	15.33,40(35,04)	16.08,04(34,64)	
	16.42,14(34,10)	17.15,83(33,69)			
2	Elin Haugland	96	Delfana	17.36,00	719
	31,22(31,22)	1.05,44(34,22)	1.40,12(34,68)	2.14,85(34,73)	
	2.49,97(35,12)	3.25,21(35,24)	4.00,69(35,48)	4.36,08(35,39)	
	5.12,41(36,33)	5.47,54(35,13)	6.23,05(35,51)	6.58,56(35,51)	
	7.34,24(35,68)	8.10,02(35,78)	8.45,42(35,40)	9.20,80(35,38)	
	9.56,36(35,56)	10.32,27(35,91)	11.07,81(35,54)	11.43,28(35,47)	
	12.18,97(35,69)	12.54,66(35,69)	13.30,13(35,47)	14.05,33(35,20)	
	14.40,64(35,31)	15.16,94(36,30)	15.52,33(35,39)	16.27,22(34,89)	
	17.02,29(35,07)	17.36,00(33,71)			
3	Oda Gjerde	95	Bryne SK	17.50,44	691
	32,17(32,17)	1.06,62(34,45)	1.40,98(34,36)	2.16,51(35,53)	
	2.51,60(35,09)	3.26,94(35,34)	4.02,85(35,91)	4.38,93(36,08)	
	5.15,01(36,08)	5.50,89(35,88)	6.26,80(35,91)	7.02,88(36,08)	
	7.39,14(36,26)	8.15,15(36,01)	8.51,02(35,87)	9.27,33(36,31)	
	10.04,16(36,83)	10.40,04(35,88)	11.16,16(36,12)	11.52,18(36,02)	
	12.28,29(36,11)	13.04,34(36,05)	13.40,36(36,02)	14.16,70(36,34)	
	14.52,75(36,05)	15.28,61(35,86)	16.04,32(35,71)	16.40,20(35,88)	
	17.16,19(35,99)	17.50,44(34,25)			
4	Tina Schütz	96	Vestkantsvømmerne	17.51,80	688
	32,93(32,93)	1.08,17(35,24)	1.43,80(35,63)	2.19,45(35,65)	
	2.55,54(36,09)	3.31,50(35,96)	4.07,31(35,81)	4.43,15(35,84)	
	5.19,86(36,71)	5.55,93(36,07)	6.31,76(35,83)	7.07,84(36,08)	
	7.43,66(35,82)	8.19,61(35,95)	8.55,63(36,02)	9.31,61(35,98)	
	10.07,47(35,86)	10.43,47(36,00)	11.19,35(35,88)	11.55,21(35,86)	
	12.31,12(35,91)	13.06,83(35,71)	13.42,89(36,06)	14.18,80(35,91)	
	14.54,71(35,91)	15.30,46(35,75)	16.06,31(35,85)	16.42,11(35,80)	
	17.17,69(35,58)	17.51,80(34,11)			
5	Stina Victoria Nordberg	96	Oslo IL	20.01,64	488
	33,88(33,88)	1.11,44(37,56)	1.50,10(38,66)	2.28,59(38,49)	
	3.07,67(39,08)	3.47,39(39,72)	4.27,32(39,93)	5.07,29(39,97)	
	5.48,28(40,99)	6.28,41(40,13)	7.08,43(40,02)	7.48,70(40,27)	
	8.29,99(41,29)	9.10,40(40,41)	9.50,78(40,38)	10.32,08(41,30)	
	11.13,18(41,10)	11.54,80(41,62)	12.35,80(41,00)	13.16,63(40,83)	
	13.57,96(41,33)	14.39,25(41,29)	15.19,79(40,54)	16.00,40(40,61)	
	16.41,17(40,77)	17.22,28(41,11)	18.02,95(40,67)	18.42,81(39,86)	
	19.22,66(39,85)	20.01,64(38,98)			
	Andrea Westbye	95	Bærumsvømmerne	BRUTT	

## Junior

1	Elin Slaatmo	92	Hamar IL	16.49,91	822
	30.33(30,33)	1.03,02(32,69)	1.35,61(32,59)	2.08,59(32,98)	
	2.42,00(33,41)	3.15,54(33,54)	3.49,02(33,48)	4.22,79(33,77)	
	4.56,84(34,05)	5.30,76(33,92)	6.04,69(33,93)	6.38,61(33,92)	
	7.12,72(34,11)	7.46,71(33,99)	8.20,60(33,89)	8.54,51(33,91)	
	9.28,17(33,66)	10.02,17(34,00)	10.36,33(34,16)	11.10,29(33,96)	
	11.44,32(34,03)	12.18,65(34,33)	12.52,59(33,94)	13.27,07(34,48)	
	14.01,11(34,04)	14.35,03(33,92)	15.09,39(34,36)	15.43,76(34,37)	
	16.17,58(33,82)	16.49,91(32,33)			
2	Veronica Orheim Bjørlykke	94	Aalesund SLK	17.08,02	780
	31.59(31,59)	1.05,12(33,53)	1.39,43(34,31)	2.13,78(34,35)	
	2.47,83(34,05)	3.21,83(34,00)	3.55,90(34,07)	4.29,95(34,05)	
	5.04,12(34,17)	5.38,21(34,09)	6.12,47(34,26)	6.46,62(34,15)	
	7.20,89(34,27)	7.55,13(34,24)	8.29,50(34,37)	9.03,83(34,33)	
	9.38,24(34,41)	10.12,55(34,31)	10.47,22(34,67)	11.22,11(34,89)	
	11.56,84(34,73)	12.31,88(35,04)	13.06,87(34,99)	13.41,63(34,76)	
	14.16,41(34,78)	14.51,10(34,69)	15.25,38(34,28)	16.00,50(35,12)	
	16.34,98(34,48)	17.08,02(33,04)			
3	Ellen Camilla Hansen	95	Øvre Eiker SK	17.15,83	762
	31.47(31,47)	1.05,01(33,54)	1.39,11(34,10)	2.13,14(34,03)	
	2.47,30(34,16)	3.21,45(34,15)	3.55,75(34,30)	4.30,37(34,62)	
	5.04,84(34,47)	5.39,49(34,65)	6.14,07(34,58)	6.48,62(34,55)	
	7.23,32(34,70)	7.58,22(34,90)	8.32,93(34,71)	9.07,56(34,63)	
	9.42,78(35,22)	10.17,64(34,86)	10.52,68(35,04)	11.27,61(34,93)	
	12.02,42(34,81)	12.37,43(35,01)	13.12,65(35,22)	13.47,94(35,29)	
	14.23,14(35,20)	14.58,36(35,22)	15.33,40(35,04)	16.08,04(34,64)	
	16.42,14(34,10)	17.15,83(33,69)			
4	Elin Haugland	96	Delfana	17.36,00	719
	31.22(31,22)	1.05,44(34,22)	1.40,12(34,68)	2.14,85(34,73)	
	2.49,97(35,12)	3.25,21(35,24)	4.00,69(35,48)	4.36,08(35,39)	
	5.12,41(36,33)	5.47,54(35,13)	6.23,05(35,51)	6.58,56(35,51)	
	7.34,24(35,68)	8.10,02(35,78)	8.45,42(35,40)	9.20,80(35,38)	
	9.56,36(35,56)	10.32,27(35,91)	11.07,81(35,54)	11.43,28(35,47)	
	12.18,97(35,69)	12.54,66(35,69)	13.30,13(35,47)	14.05,33(35,20)	
	14.40,64(35,31)	15.16,94(36,30)	15.52,33(35,39)	16.27,22(34,89)	
	17.02,29(35,07)	17.36,00(33,71)			
5	Siri Anette Sønju	92	Øvre Eiker SK/NTG	17.38,75	714
	31.28(31,28)	1.05,17(33,89)	1.39,49(34,32)	2.14,51(35,02)	
	2.49,81(35,30)	3.24,84(35,03)	4.00,16(35,32)	4.35,52(35,36)	
	5.11,01(35,49)	5.46,45(35,44)	6.21,70(35,25)	6.56,80(35,10)	
	7.32,26(35,46)	8.07,87(35,61)	8.43,23(35,36)	9.18,65(35,42)	
	9.54,15(35,50)	10.29,99(35,84)	11.05,51(35,52)	11.41,14(35,63)	
	12.17,00(35,86)	12.52,54(35,54)	13.28,49(35,95)	14.04,60(36,11)	
	14.40,70(36,10)	15.16,97(36,27)	15.52,79(35,82)	16.28,50(35,71)	
	17.03,95(35,45)	17.38,75(34,80)			
6	Oda Gjerde	95	Bryne SK	17.50,44	691
	32.17(32,17)	1.06,62(34,45)	1.40,98(34,36)	2.16,51(35,53)	
	2.51,60(35,09)	3.26,94(35,34)	4.02,85(35,91)	4.38,93(36,08)	
	5.15,01(36,08)	5.50,89(35,88)	6.26,80(35,91)	7.02,88(36,08)	
	7.39,14(36,26)	8.15,15(36,01)	8.51,02(35,87)	9.27,33(36,31)	
	10.04,16(36,83)	10.40,04(35,88)	11.16,16(36,12)	11.52,18(36,02)	
	12.28,29(36,11)	13.04,34(36,05)	13.40,36(36,02)	14.16,70(36,34)	
	14.52,75(36,05)	15.28,61(35,86)	16.04,32(35,71)	16.40,20(35,88)	
	17.16,19(35,99)	17.50,44(34,25)			
7	Tina Schütz	96	Vestkantsvømmerne	17.51,80	688
	32,93(32,93)	1.08,17(35,24)	1.43,80(35,63)	2.19,45(35,65)	
	2.55,54(36,09)	3.31,50(35,96)	4.07,31(35,81)	4.43,15(35,84)	
	5.19,86(36,71)	5.55,93(36,07)	6.31,76(35,83)	7.07,84(36,08)	
	7.43,66(35,82)	8.19,61(35,95)	8.55,63(36,02)	9.31,61(35,98)	
	10.07,47(35,86)	10.43,47(36,00)	11.19,35(35,88)	11.55,21(35,86)	
	12.31,12(35,91)	13.06,83(35,71)	13.42,89(36,06)	14.18,80(35,91)	
	14.54,71(35,91)	15.30,46(35,75)	16.06,31(35,85)	16.42,11(35,80)	
	17.17,69(35,58)	17.51,80(34,11)			
8	Andrea Haugstad	92	Vestkantsvømmerne	17.56,06	680
	31,98(31,98)	1.06,64(34,66)	1.42,45(35,81)	2.18,61(36,16)	
	2.54,41(35,80)	3.30,28(35,87)	4.06,23(35,95)	4.42,31(36,08)	
	5.18,42(36,11)	5.54,73(36,31)	6.30,60(35,87)	7.06,55(35,95)	
	7.42,52(35,97)	8.18,67(36,15)	8.54,71(36,04)	9.30,65(35,94)	
	10.06,84(36,19)	10.42,85(36,01)	11.19,13(36,28)	11.54,89(35,76)	
	12.30,77(35,88)	13.07,05(36,28)	13.43,10(36,05)	14.19,26(36,16)	
	14.55,88(36,62)	15.32,46(36,58)	16.08,72(36,26)	16.45,11(36,39)	
	17.20,95(35,84)	17.56,06(35,11)			

9	Anna Forsstrøm	94	Haldens SK	17.59,94	673
	32,17(32,17)	1.07,46(35,29)	1.43,53(36,07)	2.19,91(36,38)	
	2.55,96(36,05)	3.32,26(36,30)	4.08,78(36,52)	4.45,61(36,83)	
	5.22,04(36,43)	5.58,47(36,43)	6.35,15(36,68)	7.11,62(36,47)	
	7.48,62(37,00)	8.25,31(36,69)	9.02,33(37,02)	9.38,67(36,34)	
	10.14,81(36,14)	10.51,26(36,45)	11.27,23(35,97)	12.03,10(35,87)	
	12.39,05(35,95)	13.15,46(36,41)	13.51,14(35,68)	14.27,89(36,75)	
	15.03,92(36,03)	15.39,89(35,97)	16.15,49(35,60)	16.51,21(35,72)	
	17.26,05(34,84)	17.59,94(33,89)			
10	Julie Rønningsen	94	Lambertseter SK	18.05,52	662
	32,32(32,32)	1.07,47(35,15)	1.43,02(35,55)	2.19,08(36,06)	
	2.55,02(35,94)	3.30,76(35,74)	4.06,74(35,98)	4.43,23(36,49)	
	5.19,79(36,56)	5.56,17(36,38)	6.32,58(36,41)	7.09,32(36,74)	
	7.45,90(36,58)	8.22,72(36,82)	8.59,39(36,67)	9.36,09(36,70)	
	10.12,56(36,47)	10.48,73(36,17)	11.25,40(36,67)	12.01,71(36,31)	
	12.38,16(36,45)	13.14,66(36,50)	13.51,27(36,61)	14.27,89(36,62)	
	15.04,33(36,44)	15.41,29(36,96)	16.17,76(36,47)	16.54,15(36,39)	
	17.31,12(36,97)	18.05,52(34,40)			
11	Elisabeth Kristiansen	92	Haugesund SK	18.37,98	606
	32,96(32,96)	1.10,05(37,09)	1.47,71(37,66)	2.25,44(37,73)	
	3.03,18(37,74)	3.41,59(38,41)	4.19,50(37,91)	4.57,44(37,94)	
	5.35,25(37,81)	6.13,52(38,27)	6.51,35(37,83)	7.29,68(38,33)	
	8.07,73(38,05)	8.45,40(37,67)	9.23,05(37,65)	9.59,75(36,70)	
	10.36,50(36,75)	11.13,43(36,93)	11.50,27(36,84)	12.27,75(37,48)	
	13.04,95(37,20)	13.42,35(37,40)	14.19,43(37,08)	14.57,26(37,83)	
	15.34,95(37,69)	16.12,16(37,21)	16.49,45(37,29)	17.26,21(36,76)	
	18.02,88(36,67)	18.37,98(35,10)			
12	Irja Gravdahl	94	Trondhjem SLK	18.55,12	579
	33,22(33,22)	1.10,01(36,79)	1.47,46(37,45)	2.24,72(37,26)	
	3.01,47(36,75)	3.38,60(37,13)	4.15,97(37,37)	4.53,63(37,66)	
	5.31,20(37,57)	6.08,90(37,70)	6.46,94(38,04)	7.24,82(37,88)	
	8.02,74(37,92)	8.40,81(38,07)	9.18,74(37,93)	9.56,74(38,00)	
	10.34,92(38,18)	11.12,82(37,90)	11.51,00(38,18)	12.29,44(38,44)	
	13.08,06(38,62)	13.46,63(38,57)	14.25,33(38,70)	15.04,19(38,86)	
	15.42,84(38,65)	16.21,31(38,47)	16.59,80(38,49)	17.38,68(38,88)	
	18.17,22(38,54)	18.55,12(37,90)			
13	Malin Schanke Tømmervik	94	Trondhjem SLK	19.03,54	566
	32,93(32,93)	1.09,95(37,02)	1.47,64(37,69)	2.25,20(37,56)	
	3.03,02(37,82)	3.41,19(38,17)	4.18,77(37,58)	4.56,52(37,75)	
	5.35,02(38,50)	6.12,96(37,94)	6.50,93(37,97)	7.29,08(38,15)	
	8.07,39(38,31)	8.45,19(37,80)	9.23,39(38,20)	10.01,12(37,73)	
	10.39,89(38,77)	11.18,39(38,50)	11.58,37(39,98)	12.37,26(38,89)	
	13.16,16(38,90)	13.55,29(39,13)	14.34,05(38,76)	15.12,52(38,47)	
	15.52,36(39,84)	16.30,92(38,56)	17.10,26(39,34)	17.48,74(38,48)	
	18.27,03(38,29)	19.03,54(36,51)			
14	Stina Victoria Nordberg	96	Oslo IL	20.01,64	488
	33,88(33,88)	1.11,44(37,56)	1.50,10(38,66)	2.28,59(38,49)	
	3.07,67(39,08)	3.47,39(39,72)	4.27,32(39,93)	5.07,29(39,97)	
	5.48,28(40,99)	6.28,41(40,13)	7.08,43(40,02)	7.48,70(40,27)	
	8.29,99(41,29)	9.10,40(40,41)	9.50,78(40,38)	10.32,08(41,30)	
	11.13,18(41,10)	11.54,80(41,62)	12.35,80(41,00)	13.16,63(40,83)	
	13.57,96(41,33)	14.39,25(41,29)	15.19,79(40,54)	16.00,40(40,61)	
	16.41,17(40,77)	17.22,28(41,11)	18.02,95(40,67)	18.42,81(39,86)	
	19.22,66(39,85)	20.01,64(38,98)			
	Jacqueline Knutsson	93	Kongsten/NTG	BRUTT	
	Andrea Westbye	95	Bærumsvømmerne	BRUTT	

## Øvelse 46. 4\*100m lag medley, herrer - Junior

## Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	(0,68)	3.49,83	732
	Vegard Nyenget Løvberg:	27,99(27,99)	57,69(29,70)	57,69		
	Sebastian Wigstrøm:	1.27,17(29,48)	2.00,86(33,69)	1.03,17		
	Tor Hafnor:	2.26,39(25,53)	2.56,94(30,55)	56,08		
	Kristoffer D. Birkeland:	3.22,08(25,14)	3.49,83(27,75)	52,89		
2	Bergensv. G1 jr.	JR	Bergensvømmerne	(0,60)	3.51,07	720
	Espen Halhjem:	28,75(28,75)	1.00,65(31,90)	1.00,65		
	Erling Mjøs Brattelid:	1.29,92(29,27)	2.04,63(34,71)	1.03,98		
	Sindri T. Jakobsson:	2.29,86(25,23)	2.59,12(29,26)	54,49		
	Erlend Ulveseter:	3.23,25(24,13)	3.51,07(27,82)	51,95		
3	Stavanger SC G1 jr.	JR	Stavanger SC	(0,59)	3.55,45	681
	Per Øystein Turøy:	29,53(29,53)	1.01,21(31,68)	1.01,21		
	Hans Østerdal:	1.31,21(30,00)	2.06,36(35,15)	1.05,15		
	Fredrik K Hegdal:	2.32,99(26,63)	3.04,18(31,19)	57,82		
	Jørn Nygård:	3.28,49(24,31)	3.55,45(26,96)	51,27		
4	Lambertseter SK G1 jr.	JR	Lambertseter SK	(0,66)	3.57,77	661
	Sondre Kallhovd:	30,17(30,17)	1.01,44(31,27)	1.01,44		
	Kristian Nygård:	1.32,30(30,86)	2.08,30(36,00)	1.06,86		
	Christian Thorsen:	2.34,38(26,08)	3.04,87(30,49)	56,57		
	Mathias Madsen:	3.29,68(24,81)	3.57,77(28,09)	52,90		
5	Madla SK G1 jr.	JR	Madla SK	(0,70)	3.59,19	650
	Bjarte Ravndal:	29,24(29,24)	1.00,72(31,48)	1.00,72		
	Øyvind Malde:	1.31,83(31,11)	2.09,05(37,22)	1.08,33		
	Gaute Ravndal:	2.36,22(27,17)	3.08,45(32,23)	59,40		
	Ole Martin Ree:	3.32,36(23,91)	3.59,19(26,83)	50,74		
6	Bærumsv G2 jr.	JR	Bærumsvømmerne	(0,72)	4.07,50	586
	Henrik Wathne:	29,41(29,41)	1.00,93(31,52)	1.00,93		
	Henry Emil Nordhagen:	1.32,31(31,38)	2.09,98(37,67)	1.09,05		
	Carl Andreas Wathne:	2.37,25(27,27)	3.10,33(33,08)	1.00,35		
	Iver Hvidsten:	3.37,35(27,02)	4.07,50(30,15)	57,17		
7	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	(0,81)	4.08,49	579
	Kristoffer Brekke:	29,94(29,94)	1.02,45(32,51)	1.02,45		
	Markus Vindenes:	1.32,62(30,17)	2.08,68(36,06)	1.06,23		
	Sander Sivertsen:	2.37,57(28,89)	3.10,64(33,07)	1.01,96		
	Vedbjørn Arne J. Aasheim:	3.37,45(26,81)	4.08,49(31,04)	57,85		
8	Madla SK G2 jr.	JR	Madla SK	(0,56)	4.09,77	570
	Marius Karstad:	30,40(30,40)	1.03,31(32,91)	1.03,31		
	Sindre Aasland Ranaweera:	1.35,41(32,10)	2.12,97(37,56)	1.09,66		
	Kacper Domanski:	2.41,76(28,79)	3.14,86(33,10)	1.01,89		
	Ørjan Monsen:	3.41,71(26,85)	4.09,77(28,06)	54,91		
9	Lambertseter SK G2 jr.	JR	Lambertseter SK	(0,61)	4.09,90	570
	Kristian Henanger:	30,81(30,81)	1.04,77(33,96)	1.04,77		
	Didrik Nygård:	1.36,76(31,99)	2.14,54(37,78)	1.09,77		
	Torbjørn Øvrebø:	2.42,92(28,38)	3.16,22(33,30)	1.01,68		
	David Evja:	3.41,82(25,60)	4.09,90(28,08)	53,68		
10	Stavanger SC G2 jr.	JR	Stavanger SC	(0,67)	4.10,20	568
	Henrik Knudsen:	30,82(30,82)	1.02,10(31,28)	1.02,10		
	Trond Vasslag:	1.34,43(32,33)	2.12,33(37,90)	1.10,23		
	Alexander Marki Mork:	2.40,48(28,15)	3.14,51(34,03)	1.02,18		
	Henning S. Pryde:	3.40,98(26,47)	4.10,20(29,22)	55,69		
11	Vestbyen IL G1 jr.	JR	Vestbyen IL	(0,69)	4.10,94	563
	Gunnar Evjen:	31,87(31,87)	1.05,12(33,25)	1.05,12		
	Christoffer Tofte Hamborg:	1.36,72(31,60)	2.14,10(37,38)	1.08,98		
	Christian Tronvoll:	2.41,98(27,88)	3.15,56(33,58)	1.01,46		
	Fredrik Tronvoll:	3.41,31(25,75)	4.10,94(29,63)	55,38		
12	Asker SK G1 jr.	JR	Asker SK	(0,68)	4.11,76	557
	Andreas Bergman:	30,37(30,37)	1.02,99(32,62)	1.02,99		
	Andreas Manum Hagby:	1.35,63(32,64)	2.14,07(38,44)	1.11,08		
	Jan Aleksander Bakke:	2.40,99(26,92)	3.13,65(32,66)	59,58		
	Sigve Ekeli Nystuen:	3.40,86(27,21)	4.11,76(30,90)	58,11		
13	Kristiansand SA G1 jr.	JR	Kristiansand SA	(0,33)	4.13,69	544
	Eirik S. Jørgensen:	31,26(31,26)	1.06,78(35,52)	1.06,78		
	Nicolai Gerrard:	1.38,44(31,66)	2.15,92(37,48)	1.09,14		
	Jostein Dalshov Kringlen:	2.45,36(29,44)	3.20,38(35,02)	1.04,46		
	Håkon Andersen:	3.45,72(25,34)	4.13,69(27,97)	53,31		

14	Delfana G1 jr.	JR	Delfana	(0,62)	4.15,17	535
	Henrik Søfteland:	31,25(31,25)	1.03,79(32,54)	1.03,79		
	Jonas Ødegård Aanby:	1.37,30(33,51)	2.16,71(39,41)	1.12,92		
	Bård Løvik:	2.44,90(28,19)	3.19,28(34,38)	1.02,57		
	Marius Thorsø:	3.45,24(25,96)	4.15,17(29,93)	55,89		
15	Elverum IL G1 jr.	JR	Elverum Svømming	(0,75)	4.15,67	532
	Martin B. Lund:	30,79(30,79)	1.03,95(33,16)	1.03,95		
	Ingvar V. Skirbekk:	1.36,61(32,66)	2.14,80(38,19)	1.10,85		
	Gunnar V. Skirbekk:	2.43,59(28,79)	3.16,71(33,12)	1.01,91		
	Håkon B Lund:	3.44,31(27,60)	4.15,67(31,36)	58,96		
16	Bergens SLK G1 jr.	JR	Bergens SLK	(0,69)	4.20,94	500
	Sven Berg:	31,21(31,21)	1.05,74(34,53)	1.05,74		
	Christopher Williams:	1.37,18(31,44)	2.14,54(37,36)	1.08,80		
	Anders Færø:	2.43,41(28,87)	3.19,62(36,21)	1.05,08		
	Lars Berg:	3.48,73(29,11)	4.20,94(32,21)	1.01,32		
17	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,69)	4.21,41	498
	Gard Ruben Fauske:	33,22(33,22)	1.08,55(35,33)	1.08,55		
	Jarl André Bergsvenkerud:	1.41,82(33,27)	2.20,12(38,30)	1.11,57		
	Vebjørn Lindhjem:	2.49,48(29,36)	3.23,30(33,82)	1.03,18		
	Jørgen Gundersen:	3.50,90(27,60)	4.21,41(30,51)	58,11		
18	Larvik SK G1 jr.	JR	Larvik SK	(0,60)	4.22,32	492
	Jørgen Aagaard-Nilsen Wiik:	29,46(29,46)	1.01,28(31,82)	1.01,28		
	Johannes Aagaard-Nilsen Wiik:	1.35,92(34,64)	2.18,14(42,22)	1.16,86		
	Martin Schau:	2.47,67(29,53)	3.22,12(34,45)	1.03,98		
	Jonathan Støtvig Schøning:	3.50,36(28,24)	4.22,32(31,96)	1.00,20		
19	Aalesund SLK G1 jr.	JR	Aalesund SLK	(0,66)	4.33,44	435
	Kevin Peraca:	33,02(33,02)	1.08,88(35,86)	1.08,88		
	Robin H. Kleiven:	1.41,49(32,61)	2.18,73(37,24)	1.09,85		
	Ole Martin Bjørlykke:	2.50,57(31,84)	3.27,92(37,35)	1.09,19		
	Sigurd Holten Bøen:	3.58,10(30,18)	4.33,44(35,34)	1.05,52		
20	Ski SK G1 jr.	JR	Ski SK	(0,89)	4.33,76	433
	Sven Peder Oseth:	33,55(33,55)	1.09,74(36,19)	1.09,74		
	Emil Gran:	1.44,09(34,35)	2.24,32(40,23)	1.14,58		
	Einar Norum:	2.53,07(28,75)	3.27,74(34,67)	1.03,42		
	Eirik Nilsen:	3.59,21(31,47)	4.33,76(34,55)	1.06,02		