

Øvelse 1 50 BRYST KVINNER

| | | | |
|------|----------------------------|-----|----------|
| 1983 | Line Kokkim | LRK | 00:46.50 |
| 1985 | Helga Bysting | LRK | 00:44.47 |
| 1988 | Marte Try | LRK | 00:39.34 |
| | Ine Rasen | LRK | 00:43.03 |
| 1989 | Isabel Vika | LRK | 00:46.00 |
| | Anne Bysting | LRK | 00:46.00 |
| | Ine Charlotte Hagen | LRK | 00:43.90 |
| | Mari Vollan | LRK | 00:46.97 |
| 1990 | Victoria Elisenberg Breiby | LRK | 00:51.65 |
| | Cecilia Vu | LRK | 01:04.41 |
| 1991 | Kaja Johnsen | LRK | 00:58.13 |
| | Ida Elvedal | USK | 00:54.65 |
| | Line Therese Frilseth | LRK | 00:59.18 |
| | Victoria Rønningen | LRK | 00:55.88 |
| 1992 | Ingrid F. Forbord | GIF | 00:52.00 |
| | Silje Engelberg | GIF | 00:55.93 |
| | Therese Tåsåsen | GIF | 00:57.84 |
| | Eirin Sundby | LRK | 00:54.59 |
| | Line Ulven Lundberg | LRK | Uteble |
| | Thea Merete Eriksen | FSK | 01:05.03 |
| | Silje Gundersen | ESK | 00:58.91 |
| 1993 | Hanna Nodland Aasen | GIF | 01:01.81 |
| | Eline Ganer Holmen | FSK | 01:00.04 |
| | Anette Lomsnes | FSK | 00:57.53 |
| | Mette Aas | LRK | 00:52.65 |
| | Karoline Bjørnstadjordet | LRK | 00:59.59 |
| | Christina Campo | LRK | 01:10.82 |

Øvelse 1 50 BRYST KVINNER

1994

| | | |
|------------------------|-----|-----------------|
| Julie Stigen | LRK | 01:09.75 |
| Ingrid Marsteen Alstad | LRK | 01:23.40 |
| Maja Marsteen Alstad | LRK | 01:21.78 |
| Therese Nordal | LRK | 00:54.44 |
| Ida Undheim Smestad | LRK | 00:58.75 |
| Anne-Marte Thorsen | LRK | 01:11.78 |
| Pernille von Ubisch | LRK | 01:01.07 |
| Vivi Vu | LRK | 01:14.25 |

1995

| | | |
|-----------------------|-----|-----------------|
| Rebecca Holt Clasen | LRK | 00:59.62 |
| Sandra Wolter Paulsen | LRK | 01:24.37 |

Øvelse 2 50 BRYST MENN

| | | | |
|------|--------------------|-----|----------|
| 1979 | Kristian Thorsvald | LRK | 00:34.56 |
|------|--------------------|-----|----------|

| | | | |
|------|-------------------|-----|-----------------|
| 1990 | Martin Åsheim | LRK | 00:36.88 |
| | Kristoffer Hansen | LRK | 00:50.00 |

| | | | |
|------|-----------------------|-----|-----------------|
| 1991 | Andre K. Lindhjem | LRK | 01:00.81 |
| | Jahr Per Christoffer | GIF | 00:46.09 |
| | Alexander Fabian Dahl | LRK | 01:00.16 |
| | Lasse Busch Evensen | LRK | 00:58.56 |
| | Arhur Selvik | LRK | 00:56.55 |

| | | | |
|------|----------------|-----|-----------------|
| 1993 | Timmie Almerud | LRK | 00:56.16 |
| | Håvar Marsteen | LRK | 00:59.09 |

| | | | |
|------|-----------------------|-----|-----------------|
| 1994 | Kristoffer Johnsen | LRK | 01:07.72 |
| | Halfdan Magnus Garder | LRK | 00:58.25 |
| | Anders Arnøy | LRK | 01:12.41 |

| | | | |
|------|------------------------|-----|-----------------|
| 1995 | Robin Alexander Nasset | LRK | Uteble |
| | Fredrik Gran Nilsen | LRK | 01:12.72 |

Øvelse 3 25 FRI KVINNER

| | | | |
|------|----------------------------|-----|----------|
| 1983 | Line Kokkim | LRK | 00:15.56 |
| 1990 | Victoria Elisenberg Breiby | LRK | 00:20.15 |
| 1991 | Line Therese Frilseth | LRK | 00:21.41 |
| | Victoria Rønningen | LRK | 00:18.75 |
| 1992 | Therese Tåsåsen | GIF | 00:19.06 |
| | Ingrid F. Forbord | GIF | 00:21.81 |
| | Isabel Lima Dahl | LRK | 00:18.44 |
| | Marita Fritzner | LRK | 00:21.44 |
| | Silje Gundersen | ESK | 00:20.94 |
| 1993 | Hanna Nodland Aasen | GIF | 00:18.81 |
| | Jeanette Erlandsen | LRK | 00:20.07 |
| | Karoline Bjørnstadjordet | LRK | 00:24.38 |
| | Iselin Høgbakk Ophus | FSK | 00:24.44 |
| | Helene Bakken | LRK | 00:29.03 |
| | Christina Campo | LRK | 00:32.40 |
| 1994 | Pernille von Ubisch | LRK | 00:24.90 |
| | Ingrid Marsteen Alstad | LRK | 00:26.60 |
| | Maja Marsteen Alstad | LRK | 00:32.09 |
| | Aurora Brandtzæg | LRK | 00:22.16 |
| | Yliana Syversen | FSK | 00:24.47 |
| | Julie Stigen | LRK | 00:27.07 |

Øvelse 4 25 FRI MENN

| | | | |
|------|--------------------------|-----|----------|
| 1988 | André Østby | LRK | 00:14.19 |
| 1989 | Thomas Rognø Trosten | LRK | 00:14.56 |
| 1990 | Sigurd Hage Gaarder | LRK | 00:15.28 |
| 1991 | Helge Bråten | LRK | 00:17.75 |
| | Andre K. Lindhjem | LRK | 00:19.84 |
| 1992 | Mats Steinseth | GIF | 00:14.91 |
| | Kim Erik Ottesen | USK | 00:29.06 |
| | Carl Gullik Nakken | USK | 00:23.63 |
| 1993 | Timmie Almerud | LRK | 00:22.78 |
| 1994 | Vebjørn K. Heggdal | LRK | 00:17.78 |
| | Kristoffer Johnsen | LRK | 00:24.44 |
| | Anders Arnøy | LRK | 00:41.34 |
| | Robin Jørgensen | LRK | 00:30.97 |
| 1995 | Vebjørn Lindhjem | LRK | 00:23.22 |
| | Fredrik Gran Nilsen | LRK | 00:27.10 |
| | Lars Myrvold | LRK | 00:30.78 |
| | Jarl Andre Bergsvenkerud | LRK | 00:23.43 |

Øvelse 5 25 BUTTERFLY KVINNER

| | | | |
|------|-------------------|-----|-----------------|
| 1985 | Helga Bysting | LRK | 00:15.60 |
| 1989 | Isabel Vika | LRK | 00:19.40 |
| 1991 | Kaja Johnsen | LRK | 00:23.93 |
| 1992 | Isabel Lima Dahl | LRK | 00:21.19 |
| | Eirin Sundby | LRK | 00:22.12 |
| | Ingrid F. Forbord | GIF | 00:24.22 |
| | Marita Fritzner | LRK | 00:26.05 |
| 1993 | Helene Bakken | LRK | 00:31.72 |
| 1994 | Julie Løkstad | LRK | 00:23.31 |

Øvelse 6 25 BUTTERFLY MENN

| | | | |
|------|--------------------|-----|-----------------|
| 1979 | Kristian Thorsvald | LRK | 00:12.16 |
|------|--------------------|-----|-----------------|

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|------|--------------|-----|---------------|
| 1982 | Stiv Sisevic | LRK | Uteble |
|------|--------------|-----|---------------|

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|------|---------------|-----|----------|
| 1985 | André U. Dahl | LRK | 00:16.28 |
|------|---------------|-----|----------|

| | | | |
|------|-------------|-----|-----------------|
| 1988 | André Østby | LRK | 00:15.97 |
|------|-------------|-----|-----------------|

| | | | |
|------|-----------------------|-----|-----------------|
| 1990 | Kjetil Marstrander | GIF | 00:20.66 |
| | Ragnar W. Sørensen | LRK | Uteble |
| | Christian B Bergersen | LRK | 00:14.84 |

| | | | |
|------|--------------|-----|-----------------|
| 1991 | Helge Bråten | LRK | 00:19.50 |
|------|--------------|-----|-----------------|

| | | | |
|------|---------------------|-----|-----------------|
| 1992 | Mats Steinseth | GIF | 00:16.73 |
| | Håkon Bøhler Fuglu | USK | 00:25.62 |
| | Tore Skauge Bysting | LRK | 00:16.93 |

| | | | |
|------|--------------------|-----|-----------------|
| 1994 | Kristoffer Johnsen | LRK | 00:32.28 |
| | Robin Jørgensen | LRK | 00:44.79 |

| | | | |
|------|------------------------|-----|---------------|
| 1995 | Robin Alexander Nesset | LRK | Uteble |
|------|------------------------|-----|---------------|

Øvelse 7 100 FRI KVINNER

| | | | |
|------|---------------------|-----|-----------------|
| 1983 | Line Kokkim | LRK | 01:17.28 |
| 1986 | Maria Østby | LRK | 01:06.31 |
| 1988 | Ine Rasen | LRK | 01:12.03 |
| 1989 | Anne Bysting | LRK | 01:16.53 |
| | Ine Charlotte Hagen | LRK | 01:19.84 |
| | Mari Vollan | LRK | Uteble |
| 1991 | Ida Elvedal | USK | 01:48.25 |
| 1992 | Silje Engelberg | GIF | 01:39.00 |
| | Therese Tåsåsen | GIF | 01:38.78 |
| | Isabel Lima Dahl | LRK | 01:35.78 |
| 1993 | Mette Aas | LRK | 01:37.19 |
| | Ida Arnøy | LRK | 01:40.87 |
| 1994 | Julie Løkstad | LRK | 01:55.57 |

Øvelse 8 100 FRI MENN

| | | | |
|------|-----------------------|-----|----------|
| 1985 | André U. Dahl | LRK | 01:15.66 |
| 1990 | Christian B Bergersen | LRK | 01:06.34 |
| | Ragnar W. Sørensen | LRK | Uteble |
| 1991 | Jahr Per Christoffer | GIF | 01:23.94 |
| | Alexander Fabian Dahl | LRK | 01:49.69 |
| | Arhur Selvik | LRK | 01:40.13 |
| 1992 | Håkon Bøhler Fuglu | USK | 01:42.65 |
| 1993 | Eirik Lindhjem | LRK | 01:33.25 |
| 1994 | Kjetil Flatland | LRK | 01:44.28 |
| 1995 | Jørgen Gundersen | ESK | 01:32.25 |
| | Vebjørn Lindhjem | LRK | 01:55.25 |

Øvelse 9 4x25 MEDLEY BLANDET

| Å | | | |
|---|---------------|-----|----------|
| | LRK A-PARTI | LRK | 01:27.19 |
| | LRK A-PARTI 2 | LRK | 01:20.29 |
| | LRK B-PARTI | LRK | 01:35.03 |
| | LRK C-PARTI | LRK | 01:58.59 |
| | LRK D-PARTI | LRK | 02:14.00 |
| | ULLENSAKER | USK | 02:00.63 |

Øvelse 10 4x25 FRI BLANDET

| | | |
|-------------|-----|----------|
| LRK A-PARTI | LRK | 01:30.82 |
| LRK B-PARTI | LRK | Uteble |

| | | |
|-------------|-----|----------|
| LRK C-PARTI | LRK | 01:35.44 |
| LRK D-PARTI | LRK | 01:49.05 |

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|---------------|-----|----------|
| Gjelleråsen 1 | GIF | 01:33.85 |
| Gjelleråsen 2 | GIF | 01:36.88 |

Øvelse 11 50 FRI KVINNER

| | | | |
|------|----------------------------|-----|-----------------|
| 1985 | Helga Bysting | LRK | 00:32.53 |
| 1986 | Hanne Bergman | LRK | 00:37.44 |
| | Maria Østby | LRK | 00:30.31 |
| 1988 | Ine Rasen | LRK | 00:32.44 |
| 1989 | Mari Vollan | LRK | 00:36.09 |
| | Anne Bysting | LRK | 00:33.60 |
| 1990 | Victoria Elisenberg Breiby | LRK | 00:43.81 |
| 1991 | Kaja Johnsen | LRK | 00:44.97 |
| 1992 | Eirin Sundby | LRK | 00:42.06 |
| | Line Ulven Lundberg | LRK | Uteble |
| 1993 | Jeanette Erlandsen | LRK | 01:02.13 |
| 1994 | Pernille von Ubisch | LRK | 00:55.65 |
| | Therese Nordal | LRK | 00:50.72 |
| | Aurora Brandtzæg | LRK | 01:01.60 |
| | Ida Undheim Smestad | LRK | 00:51.31 |
| | Anne-Marte Thorsen | LRK | 00:48.40 |
| 1995 | Sandra Wolter Paulsen | LRK | 01:15.53 |
| | Rebecca Holt Clasen | LRK | 00:58.50 |

Øvelse 12 50 FRI MENN

| | | | |
|------|------------------------|-----|-----------------|
| 1985 | André U. Dahl | LRK | 00:35.03 |
| 1988 | André Østby | LRK | 00:32.12 |
| 1989 | John Hage Gaarder | LRK | 00:28.97 |
| | Thomas Rognø Trosten | LRK | 00:32.43 |
| 1990 | Kjetil Marstrander | GIF | 00:38.60 |
| | Martin Åsheim | LRK | 00:28.62 |
| | Kristoffer Hansen | LRK | 00:37.97 |
| 1991 | Helge Bråten | LRK | 00:41.50 |
| | Lasse Busch Evensen | LRK | 00:53.69 |
| 1992 | Tore Skauge Bysting | LRK | 00:35.44 |
| 1993 | Håvar Marsteen | LRK | 00:57.88 |
| | Eirik Lindhjem | LRK | 00:42.53 |
| 1994 | Vebjørn K. Heggdal | LRK | 00:48.44 |
| | Stian Bakken | LRK | 00:58.31 |
| | Kjetil Flatland | LRK | 00:47.31 |
| | Halfdan Magnus Garder | LRK | 00:49.88 |
| 1995 | Jørgen Gundersen | ESK | 00:41.78 |
| | Vebjørn Lindhjem | LRK | 00:50.72 |
| | Robin Alexander Nesset | LRK | Uteble |

Øvelse 13 25 BRYST KVINNER

| | | | |
|------|----------------------|-----|-----------------|
| 1986 | Hanne Bergmann | LRK | 00:21.43 |
| 1988 | Marte Try | LRK | 00:17.81 |
| 1989 | Isabel Vika | LRK | 00:20.22 |
| 1992 | Thea Merete Eriksen | FSK | 00:29.10 |
| | Marita Fritzner | LRK | 00:25.50 |
| 1993 | Hanna Nodland Aasen | GIF | 00:26.97 |
| | Iselin Høgbakk Ophus | FSK | 00:32.69 |
| | Anette Lomsnes | FSK | 00:25.53 |
| | Helene Bakken | LRK | 00:33.72 |
| | Eline Ganer Holmen | FSK | 00:27.03 |
| 1994 | Yliana Syversen | FSK | 00:30.78 |
| 1995 | Anina Eriksen | FSK | 00:41.72 |

Øvelse 14 25 BRYST MENN

| | | | |
|------|--------------------------|-----|-----------------|
| 1989 | Thomas Rognø Trosten | LRK | 00:20.00 |
| 1993 | Timmie Almerud | LRK | 00:25.72 |
| 1994 | Halfdan Magnus Garder | LRK | 00:26.81 |
| | Anders Arnøy | LRK | 00:31.37 |
| | Stian Bakken | LRK | 00:31.09 |
| 1995 | Lars Myrvold | LRK | 00:32.56 |
| | Jarl Andre Bergsvenkerud | LRK | 00:34.19 |

Øvelse 15 25 RYGG KVINNER

| | | | |
|------|------------------------|-----|-----------------|
| 1988 | Marte Try | LRK | 00:18.44 |
| 1990 | Cecilia Vu | LRK | 00:32.09 |
| 1991 | Ida Elvedal | USK | 00:23.25 |
| | Line Therese Frilseth | LRK | 00:23.91 |
| 1992 | Thea Merete Eriksen | FSK | 00:25.56 |
| 1993 | Iselin Høgbakk Ophus | FSK | 00:28.53 |
| | Jeanette Erlandsen | LRK | 00:31.22 |
| 1994 | Anne-Marte Thorsen | LRK | 00:24.78 |
| | Ida Undheim Smestad | LRK | 00:27.96 |
| | Therese Nordal | LRK | 00:27.03 |
| | Julie Stigen | LRK | 00:29.87 |
| | Aurora Brandtzæg | LRK | 00:33.58 |
| | Ingrid Marsteen Alstad | LRK | 00:30.37 |
| | Maja Marsteen Alstad | LRK | 00:33.35 |
| | Julie Løkstad | LRK | 00:26.41 |
| | Vivi Vu | LRK | 00:28.94 |
| 1995 | Yvonia Syvertsen | FSK | 00:26.05 |
| | Sandra Wolter Paulsen | LRK | 00:36.31 |
| | Rebecca Holt Clasen | LRK | 00:31.75 |

Øvelse 16 25 RYGG MENN

| | | | |
|------|--------------------------|-----|-----------------|
| 1985 | Christian Glans | LRK | 00:14.79 |
| 1989 | John Hage Gaarder | LRK | 00:16.81 |
| 1990 | Sigurd Hage Gaarder | LRK | 00:19.01 |
| 1991 | Lasse Busch Evensen | LRK | 00:27.09 |
| | Alexander Fabian Dahl | LRK | 00:24.81 |
| 1992 | Atle Sørå Johansen | FSK | 00:28.12 |
| | Kim Erik Ottesen | USK | 00:28.19 |
| | Carl Gullik Nakken | USK | 00:24.03 |
| 1993 | Håvar Marsteen | LRK | 00:29.31 |
| 1995 | Jarl Andre Bergsvenkerud | LRK | 00:28.72 |
| | Lars Myrvold | LRK | 00:29.78 |

Øvelse 17 100 MEDLEY KVINNER

| | | | |
|-------|---------------------|-----|-----------------|
| 1986 | Maria Østby | LRK | 01:16.68 |
| <hr/> | | | |
| 1988 | Ine Rasen | LRK | 01:25.46 |
| | Marte Try | LRK | 01:17.93 |
| <hr/> | | | |
| 1989 | Ine Charlotte Hagen | LRK | 01:27.22 |
| <hr/> | | | |
| 1992 | Silje Engelberg | GIF | 01:51.28 |
| | Silje Gundersen | ESK | 01:54.69 |
| <hr/> | | | |
| 1993 | Ida Arnøy | LRK | 01:54.25 |
| | Mette Aas | LRK | 01:48.04 |

Øvelse 18 100 MEDLEY MENN

| | | | |
|------|--------------------|-----|----------|
| 1979 | Kristian Thorsvald | LRK | 01:04.28 |
|------|--------------------|-----|----------|

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|------|-----------------|-----|----------|
| 1985 | Christian Glans | LRK | 01:03.69 |
|------|-----------------|-----|----------|

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|------|-------------------|-----|-----------------|
| 1989 | John Hage Gaarder | LRK | 01:15.16 |
|------|-------------------|-----|-----------------|

| | | | |
|------|-----------------------|-----|-----------------|
| 1990 | Kjetil Marstrander | GIF | 01:36.78 |
| | Christian B Bergersen | LRK | 01:21.28 |
| | Sigurd Hage Gaarder | LRK | 01:26.41 |
| | Ragnar W. Sørensen | LRK | Uteble |
| | Martin Åsheim | LRK | 01:11.66 |

| | | | |
|------|--------------|-----|-----------------|
| 1991 | Arhur Selvik | LRK | 01:51.10 |
|------|--------------|-----|-----------------|

| | | | |
|------|---------------------|-----|-----------------|
| 1992 | Mats Steinseth | GIF | 01:28.16 |
| | Håkon Bøhler Fuglu | USK | 02:06.47 |
| | Tore Skauge Bysting | LRK | 01:27.53 |

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|------|----------------|-----|---------------|
| 1993 | Eirik Lindhjem | LRK | Uteble |
|------|----------------|-----|---------------|

| | | | |
|------|-----------------|-----|----------|
| 1994 | Kjetil Flatland | LRK | 02:00.13 |
|------|-----------------|-----|----------|

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|------|------------------|-----|-----------------|
| 1995 | Jørgen Gundersen | ESK | 01:50.28 |
|------|------------------|-----|-----------------|

Øvelse 19 4x25 FRI KVINNER

| | | |
|-----|-----|----------|
| GIF | GIF | 01:19.97 |
|-----|-----|----------|

Å

| | | |
|-------------|-----|----------|
| LRK A-PARTI | LRK | 00:58.97 |
| LRK C-PARTI | LRK | 01:15.85 |
| LRK D-PARTI | LRK | 01:27.88 |
| LRK-B-PARTI | LRK | 01:06.85 |

Øvelse 20 4x25 FRI MENN

LRK

Å

| | | |
|-------------|-----|---------------|
| GIF | GIF | 01:02.53 |
| LRK A-PARTI | LRK | 00:52.75 |
| LRK B-PARTI | LRK | 01:00.72 |
| LRK C-PARTI | LRK | Uteble |
| LRK D-PARTI | LRK | 01:21.25 |