

Fredag 28. mars 2008 kl 16.00

Øvelse 1. 400m fri, jenter - født 1997

1p	Vanja Sand Syversen	97	Delfana	5.28,26	399
	36,38(36,38)	1.16,66(40,28)	1.57,80(41,14)	2.40,25(42,45)	
	3.21,95(41,70)	4.04,63(42,68)	4.46,74(42,11)	5.28,26(41,52)	
2p	Ingrid Bergslid	97	Stavanger SC	5.35,83	373
	35,11(35,11)	1.16,07(40,96)	1.58,33(42,26)	2.41,22(42,89)	
	3.24,41(43,19)	4.08,75(44,34)	4.52,42(43,67)	5.35,83(43,41)	
3p	Sølvi Myklebust Indrevær	97	Florø SLK	5.37,31	368
	38,47(38,47)	1.20,27(41,80)	2.02,68(42,41)	2.46,14(43,46)	
	3.29,35(43,21)	4.12,73(43,38)	4.56,21(43,48)	5.37,31(41,10)	
4	Sandra Sola	97	Randaberg IL	5.38,13	365
	37,48(37,48)	1.19,60(42,12)	2.03,31(43,71)	2.46,80(43,49)	
	3.30,08(43,28)	4.12,72(42,64)	4.56,00(43,28)	5.38,13(42,13)	
5	Karianne Reinertsen	97	Vestkantvømmerne	5.40,25	358
	37,35(37,35)	1.19,36(42,01)	2.02,97(43,61)	2.47,14(44,17)	
	3.30,82(43,68)	4.15,16(44,34)	4.58,84(43,68)	5.40,25(41,41)	
6	Marie K. Eide Hartvedt	97	Oslo IL	5.48,90	332
	39,32(39,32)	1.22,24(42,92)	2.06,62(44,38)	2.50,42(43,80)	
	3.35,11(44,69)	4.20,30(45,19)	5.05,74(45,44)	5.48,90(43,16)	
7	Majken Antonie Smith	97	Asker SK	5.49,13	332
	39,48(39,48)	1.22,80(43,32)	2.07,15(44,35)	2.52,40(45,25)	
	3.36,62(44,22)	4.21,39(44,77)	5.06,06(44,67)	5.49,13(43,07)	
8	Carina Ekroll Bårdli	97	Moss SK	5.53,99	318
	39,55(39,55)	1.22,96(43,41)	2.07,11(44,15)	2.51,50(44,39)	
	3.36,85(45,35)	4.24,15(47,30)	5.09,01(44,86)	5.53,99(44,98)	
9	Toni G. Coudray	97	Bergens SC	5.54,63	317
	40,08(40,08)	1.24,61(44,53)	2.09,50(44,89)	2.54,86(45,36)	
	3.40,41(45,55)	4.25,85(45,44)	5.09,69(43,84)	5.54,63(44,94)	
10	Vilje Mohagen	97	Skjetten Svømming	5.55,90	313
	39,09(39,09)	1.22,60(43,51)	2.08,21(45,61)	2.54,18(45,97)	
	3.39,89(45,71)	4.25,45(45,56)	5.12,22(46,77)	5.55,90(43,68)	
11	Ida Jensen Lirhus	97	Stavanger Vannpoloklubb	5.59,28	304
	40,71(40,71)	1.25,21(44,50)	2.11,21(46,00)	2.57,58(46,37)	
	3.43,02(45,44)	4.29,28(46,26)	5.15,51(46,23)	5.59,28(43,77)	
12	Nina Staveland	97	Madla SK	6.00,17	302
	39,99(39,99)	1.23,89(43,90)	2.09,32(45,43)	2.55,92(46,60)	
		4.28,43(1.32,51)	5.15,34(46,91)	6.00,17(44,83)	
13	Birgit Kvisvik	97	IL Norodd	6.00,35	302
	40,66(40,66)	1.26,15(45,49)	2.12,51(46,36)	2.59,86(47,35)	
	3.45,01(45,15)	4.29,32(44,31)	5.13,41(44,09)	6.00,35(46,94)	
14	Ane Lee Johansen	97	Kristiansand SA	6.06,02	288
	39,03(39,03)	1.25,03(46,00)	2.11,53(46,50)	2.58,40(46,87)	
	3.45,66(47,26)	4.32,73(47,07)	5.20,08(47,35)	6.06,02(45,94)	
15	Marte Dale	97	Vestkantvømmerne	6.10,39	278
	39,43(39,43)	1.24,02(44,59)	2.10,93(46,91)	2.58,67(47,74)	
	3.46,56(47,89)	4.34,20(47,64)	5.22,96(48,76)	6.10,39(47,43)	
16	Virginia Sitta	97	Madla SK	6.10,45	278
	40,48(40,48)	1.26,17(45,69)	2.13,64(47,47)	3.02,04(48,40)	
	3.50,68(48,64)	4.37,73(47,05)	5.24,86(47,13)	6.10,45(45,59)	
17	Frida Kristensen	97	Kolbotn IL	6.21,47	254
	40,74(40,74)	1.26,26(45,52)	2.14,08(47,82)	3.02,72(48,64)	
	3.52,55(49,83)		5.32,40(1.39,85)	6.21,47(49,07)	
18	Line Henanger	97	Lambertseter SK	6.22,45	252
	40,43(40,43)	1.27,94(47,51)	2.17,26(49,32)	3.07,50(50,24)	
	3.58,11(50,61)	4.48,08(49,97)	5.37,01(48,93)	6.22,45(45,44)	

Øvelse 2. 400m fri, gutter - født 1997

1p	Fredrik Løvberg	97	Lambertseter SK	4.58,90	393ÅMØ
	33,55(33,55)	1.10,82(37,27)	1.49,00(38,18)	2.27,26(38,26)	
	3.05,52(38,26)	3.44,03(38,51)	4.22,33(38,30)	4.58,90(36,57)	
2p	Truls-Petter Müller	97	Bærumsvømmerne	5.23,23	311
	36,27(36,27)	1.16,30(40,03)	1.57,57(41,27)	2.38,79(41,22)	
	3.20,44(41,65)	4.01,96(41,52)	4.42,88(40,92)	5.23,23(40,35)	
3p	Eirik Frestad	97	Varodd SK	5.45,57	254
	37,20(37,20)	1.19,68(42,48)	2.04,33(44,65)	2.49,84(45,51)	
	3.33,97(44,13)	4.19,42(45,45)	5.04,09(44,67)	5.45,57(41,48)	
4	Jonas Hagmansen	97	SK Speed	5.49,34	246
	37,07(37,07)	1.20,21(43,14)	2.05,15(44,94)	2.51,03(45,88)	
	3.36,04(45,01)	4.22,46(46,42)	5.07,05(44,59)	5.49,34(42,29)	
5	Erik Årsland Gidskehaug	97	Bryne SK	5.49,51	246
	39,88(39,88)	1.22,55(42,67)	2.07,93(45,38)	2.53,09(45,16)	
	3.37,76(44,67)	4.23,10(45,34)	5.08,04(44,94)	5.49,51(41,47)	
6	Simen Halse Larsen	97	Vågsbygd SLK	5.52,49	240
	39,63(39,63)	1.24,04(44,41)	2.09,36(45,32)	2.55,43(46,07)	
	3.41,00(45,57)	4.25,80(44,80)	5.06,44(40,64)	5.52,49(46,05)	
7	Gord Behzadi	97	Madla SK	6.00,01	225
	39,78(39,78)	1.24,02(44,24)	2.09,77(45,75)	2.55,97(46,20)	
	3.42,94(46,97)	4.28,75(45,81)	5.14,65(45,90)	6.00,01(45,36)	
8	Oskar Lahmeyer	97	Madla SK	6.06,62	213
	40,92(40,92)	1.27,53(46,61)	2.15,36(47,83)	3.02,98(47,62)	
	3.50,60(47,62)	4.38,57(47,97)	5.23,60(45,03)	6.06,62(43,02)	
9	Ragnar Daldorff	97	Kirkenes SK	6.07,66	211
	40,88(40,88)	1.27,35(46,47)	2.15,10(47,75)	3.03,30(48,20)	
	3.49,71(46,41)	4.36,16(46,45)	5.23,32(47,16)	6.07,66(44,34)	
10	Bjørn Roar Hansen	97	Øvre Eiker SK	6.08,62	210
	38,98(38,98)	1.24,43(45,45)	2.11,95(47,52)	2.59,99(48,04)	
	3.48,67(48,68)	4.38,10(49,43)	5.23,99(45,89)	6.08,62(44,63)	
11	Adrian Etterlid Jensen	97	Stord IL	6.10,97	206
	40,82(40,82)	1.28,12(47,30)	2.14,81(46,69)	3.02,53(47,72)	
	3.50,69(48,16)	4.40,00(49,31)	5.28,46(48,46)	6.10,97(42,51)	
12	Eirik Midtun	97	Bergkameratene	6.11,95	204
	41,47(41,47)	1.28,39(46,92)	2.15,99(47,60)	3.04,54(48,55)	
	3.50,97(46,43)	4.37,66(46,69)	5.26,70(49,04)	6.11,95(45,25)	
13	Arjan Nilsen	97	Ski SK	6.12,27	203
	42,87(42,87)	1.31,11(48,24)	2.19,51(48,40)	3.07,95(48,44)	
	3.56,28(48,33)	4.44,43(48,15)	5.30,19(45,76)	6.12,27(42,08)	
14	Marius Nygård	97	Lambertseter SK	6.17,35	195
	42,91(42,91)	1.30,47(47,56)	2.19,25(48,78)	3.08,67(49,42)	
	3.57,85(49,18)	4.46,06(48,21)	5.30,39(44,33)	6.17,35(46,96)	
15	Jon Arnt Kårstad	97	Bryne SK	6.20,84	190
	42,13(42,13)	1.29,79(47,66)	2.17,23(47,44)	3.05,27(48,04)	
	3.55,61(50,34)	4.43,72(48,11)	5.34,17(50,45)	6.20,84(46,67)	
16	Mads Henry Steinland	97	Bærumsvømmerne	6.22,16	188
	40,95(40,95)	1.27,95(47,00)	2.17,00(49,05)	3.06,35(49,35)	
	3.56,25(49,90)	4.45,94(49,69)	5.35,87(49,93)	6.22,16(46,29)	
17	Erlend Søderlund	97	Trondheim SLK	6.31,35	175
	39,14(39,14)	1.25,43(46,29)	2.15,78(50,35)	3.07,62(51,84)	
	3.58,24(50,62)	4.50,07(51,83)	5.40,76(50,69)	6.31,35(50,59)	
	Kristoffer Soot	97	Ski SK	DISK	

Øvelse 3. 400m fri, jenter - født 1996

1p	Helene Strømnes	96	Kongstensvømmerne	4.59,34	527
	33,57(33,57)	1.10,40(36,83)	1.48,18(37,78)	2.26,10(37,92)	
	3.04,89(38,79)	3.43,36(38,47)	4.22,17(38,81)	4.59,34(37,17)	
2p	Tina Schütz	96	Vestkantsvømmerne	5.01,15	517
	34,18(34,18)	1.11,46(37,28)	1.49,73(38,27)	2.28,49(38,76)	
	3.07,30(38,81)	3.45,87(38,57)	4.24,40(38,53)	5.01,15(36,75)	
3p	Emilie K. Hegdal	96	Stavanger SC	5.02,33	511
	33,01(33,01)	1.09,27(36,26)	1.47,08(37,81)	2.26,05(38,97)	
	3.05,07(39,02)	3.44,58(39,51)	4.24,15(39,57)	5.02,33(38,18)	
4	Vår Celine Sjøgaard	96	Lambertseter SK	5.05,79	494
	33,80(33,80)	1.11,63(37,83)	1.50,08(38,45)	2.29,31(39,23)	
	3.08,87(39,56)	3.48,02(39,15)	4.27,09(39,07)	5.05,79(38,70)	
5	Maria Clausen	96	Madla SK	5.08,71	480
	34,32(34,32)	1.11,17(36,85)	1.50,33(39,16)	2.29,45(39,12)	
	3.09,49(40,04)	3.48,92(39,43)	4.29,02(40,10)	5.08,71(39,69)	
6	Guro Aas	96	Vågsbygd SLK	5.11,60	467
	34,26(34,26)	1.12,32(38,06)	1.51,64(39,32)	2.31,70(40,06)	
	3.12,32(40,62)	3.53,20(40,88)	4.32,47(39,27)	5.11,60(39,13)	
7	Marte Stamland	96	Poseidon	5.12,01	465
	34,79(34,79)	1.13,53(38,74)	1.53,24(39,71)	2.33,19(39,95)	
	3.13,49(40,30)	3.54,35(40,86)	4.33,91(39,56)	5.12,01(38,10)	
8	Lotte Miller	96	Madla SK	5.14,61	454
	35,35(35,35)	1.14,07(38,72)	1.53,59(39,52)	2.34,46(40,87)	
	3.15,73(41,27)	3.57,20(41,47)	4.37,18(39,98)	5.14,61(37,43)	
9	Amalie Thorstensen	96	Vågsbygd SLK	5.17,50	441
	35,70(35,70)	1.15,11(39,41)	1.55,53(40,42)	2.35,82(40,29)	
	3.16,88(41,06)	3.57,28(40,40)	4.38,04(40,76)	5.17,50(39,46)	
10	Christine Akselberg	96	Arna SLK	5.20,05	431
	35,77(35,77)	1.16,23(40,46)	1.57,27(41,04)	2.38,12(40,85)	
	3.19,59(41,47)	4.00,85(41,26)	4.41,29(40,44)	5.20,05(38,76)	
11	Vilde Tengesdal	96	Bryne SK	5.21,82	424
	35,22(35,22)	1.14,62(39,40)	1.55,30(40,68)	2.36,71(41,41)	
	3.18,32(41,61)	4.00,45(42,13)	4.42,11(41,66)	5.21,82(39,71)	
12	Nehna-Louise Møller-Pettersen	96	Oslo IL	5.22,46	421
	35,68(35,68)	1.15,97(40,29)	1.56,76(40,79)	2.37,52(40,76)	
	3.19,28(41,76)	4.00,49(41,21)	4.41,50(41,01)	5.22,46(40,96)	
13	Karoline Steffensen	96	Harstad SK	5.23,84	416
	35,42(35,42)	1.14,80(39,38)	1.55,90(41,10)	2.37,25(41,35)	
	3.19,11(41,86)	4.02,10(42,99)	4.43,03(40,93)	5.23,84(40,81)	
14	Helle Gusjås	96	Fauske SK	5.26,14	407
	36,25(36,25)	1.17,35(41,10)	1.59,19(41,84)	2.40,74(41,55)	
	3.22,62(41,88)	4.04,68(42,06)	4.47,25(42,57)	5.26,14(38,89)	
15	Nora Olsen Tangen	96	Oslo IL	5.27,46	402
	36,79(36,79)	1.17,37(40,58)	1.59,30(41,93)	2.41,17(41,87)	
	3.23,15(41,98)	4.05,60(42,45)	4.48,04(42,44)	5.27,46(39,42)	
16	Ingeborg Jørmeland	96	Stavanger SC	5.30,23	392
	34,67(34,67)	1.14,00(39,33)	1.54,60(40,60)	2.37,86(43,26)	
	3.20,89(43,03)	4.05,01(44,12)	4.48,00(42,99)	5.30,23(42,23)	
17	Selma Johanne Andreassen	96	Florø SLK	5.30,57	391
	36,99(36,99)	1.18,10(41,11)	1.59,90(41,80)	2.41,76(41,86)	
	3.24,10(42,34)	4.07,20(43,10)	4.50,03(42,83)	5.30,57(40,54)	
18	Klara Farkas	96	Lørenskog/Rælingen	5.39,38	361
	36,87(36,87)	1.17,82(40,95)	2.00,45(42,63)	2.44,29(43,84)	
	3.28,42(44,13)	4.12,85(44,43)	4.56,71(43,86)	5.39,38(42,67)	

Øvelse 4. 400m fri, gutter - født 1996

1p	Steven Knutsson	96	Kongstensvømmerne	4.54,97	409
	32,17(32,17)	1.09,34(37,17)	1.46,69(37,35)	2.24,91(38,22)	
	3.02,80(37,89)	3.40,65(37,85)	4.18,10(37,45)	4.54,97(36,87)	
2p	Simen Halvorsen	96	Florø SLK	4.59,92	389
	32,68(32,68)	1.09,30(36,62)	1.47,52(38,22)	2.26,26(38,74)	
	3.04,60(38,34)	3.43,64(39,04)	4.23,13(39,49)	4.59,92(36,79)	
3p	Morten Wee Hollund	96	Karmøy SK	5.01,29	384
	33,95(33,95)	1.13,15(39,20)	1.51,73(38,58)	2.30,33(38,60)	
	3.08,52(38,19)	3.47,09(38,57)	4.25,48(38,39)	5.01,29(35,81)	
4	Bendik Søfteland	96	Sarpsborg IL	5.03,30	377
	33,55(33,55)	1.11,32(37,77)	1.49,71(38,39)	2.28,21(38,50)	
	3.06,70(38,49)	3.45,73(39,03)	4.25,23(39,50)	5.03,30(38,07)	
5	Tage Singstad	96	Vestbyen IL	5.04,37	373
	35,39(35,39)	1.13,36(37,97)	1.52,03(38,67)	2.30,90(38,87)	
	3.09,52(38,62)	3.48,38(38,86)	4.26,89(38,51)	5.04,37(37,48)	
6	Håkon P. Ludvigsen	96	Randaberg IL	5.05,83	367
	33,07(33,07)	1.10,09(37,02)	1.48,70(38,61)	2.28,52(39,82)	
	3.07,96(39,44)	3.47,85(39,89)	4.27,63(39,78)	5.05,83(38,20)	
7	Armin Porobic	96	Karmøy SK	5.06,10	366
	34,65(34,65)	1.12,57(37,92)	1.51,95(39,38)	2.30,37(38,42)	
	3.09,03(38,66)	3.48,25(39,22)	4.27,40(39,15)	5.06,10(38,70)	
8	Sander Andersen	96	Poseidon	5.07,17	363
	33,53(33,53)	1.11,28(37,75)	1.50,11(38,83)	2.29,48(39,37)	
	3.08,88(39,40)	3.48,85(39,97)	4.28,55(39,70)	5.07,17(38,62)	
9	Ole Martin Bjørlykke	96	Aalesund SLK	5.10,12	352
	34,32(34,32)	1.12,57(38,25)	1.51,57(39,00)	2.31,02(39,45)	
	3.10,98(39,96)	3.51,14(40,16)	4.31,18(40,04)	5.10,12(38,94)	
10	Franciscus Drake Bruseth	96	Larvik SK	5.16,43	332
	35,29(35,29)	1.14,55(39,26)	1.54,74(40,19)	2.35,22(40,48)	
	3.16,36(41,14)	3.56,40(40,04)	4.36,85(40,45)	5.16,43(39,58)	
11	Knut Oscar Skipperud	96	Askimsvømmerne	5.17,35	329
	33,46(33,46)	1.13,27(39,81)	1.53,93(40,66)	2.35,14(41,21)	
	3.15,99(40,85)	3.56,96(40,97)	4.38,80(41,84)	5.17,35(38,55)	
12	Sigve Ekeli Nystuen	96	Asker SK	5.18,98	324
	34,93(34,93)	1.14,37(39,44)	1.54,54(40,17)	2.35,54(41,00)	
	3.16,80(41,26)	3.57,86(41,06)	4.39,09(41,23)	5.18,98(39,89)	
13	Sindre Aasland Ranaweera	96	Madla SK	5.23,30	311
	36,01(36,01)	1.16,29(40,28)	1.57,10(40,81)	2.38,49(41,39)	
	3.20,26(41,77)	4.02,06(41,80)	4.42,50(40,44)	5.23,30(40,80)	
14	Sander Sivertsen	96	Vestkantvømmerne	5.27,12	300
	35,29(35,29)	1.15,35(40,06)	1.56,14(40,79)	2.37,93(41,79)	
	3.20,46(42,53)	4.03,28(42,82)	4.45,93(42,65)	5.27,12(41,19)	
15	Grunde Myhrer	96	Lambertseter SK	5.29,45	294
	32,91(32,91)	1.12,65(39,74)	1.54,83(42,18)	2.37,49(42,66)	
	3.19,97(42,48)	4.03,10(43,13)	4.46,85(43,75)	5.29,45(42,60)	
16	Mathias Thorkildsen	96	Bærumsvømmerne	5.31,57	288
	35,59(35,59)	1.15,19(39,60)	1.56,80(41,61)	2.38,75(41,95)	
	3.21,67(42,92)	4.05,70(44,03)	4.49,14(43,44)	5.31,57(42,43)	
17	Kristoffer Rosmo	96	Lambertseter SK	5.37,13	274
	36,06(36,06)	1.18,53(42,47)	2.01,54(43,01)	2.44,84(43,30)	
	3.28,70(43,86)	4.12,81(44,11)	4.56,06(43,25)	5.37,13(41,07)	
	Philip R. Solheim	96	Sarpsborg IL	DISK	

Øvelse 5. 400m fri, jenter - født 1995

1p	Lise Sand Syversen	95	Delfana	4.37,63	660
	31,36(31,36)	1.05,71(34,35)	1.40,52(34,81)	2.16,29(35,77)	
	2.51,60(35,31)	3.26,96(35,36)	4.02,34(35,38)	4.37,63(35,29)	
2p	Emilie N. Løvberg	95	Bærumsvømmerne	4.44,90	611
	31,94(31,94)	1.06,71(34,77)	1.42,44(35,73)	2.18,97(36,53)	
	2.55,35(36,38)	3.32,18(36,83)	4.08,47(36,29)	4.44,90(36,43)	
3p	Aslaug Marie Hjelmaas	95	Bergens SLK	4.45,50	607
	32,16(32,16)	1.06,90(34,74)	1.42,81(35,91)	2.19,25(36,44)	
	2.55,53(36,28)	3.32,10(36,57)	4.08,80(36,70)	4.45,50(36,70)	
4	Ane Nygård	95	Stavanger SC	4.51,48	571
	31,31(31,31)	1.06,66(35,35)	1.43,38(36,72)	2.21,20(37,82)	
	2.58,64(37,44)	3.36,52(37,88)	4.14,19(37,67)	4.51,48(37,29)	
5	Andrea Westbye	95	Bærumsvømmerne	4.51,50	570
	32,63(32,63)	1.08,19(35,56)	1.44,57(36,38)	2.21,56(36,99)	
	2.58,89(37,33)	3.36,63(37,74)	4.14,27(37,64)	4.51,50(37,23)	
6	Ingalill Urrang Naustvik	95	Karmøy SK	4.53,69	558
	33,56(33,56)	1.08,93(35,37)	1.44,38(35,45)	2.21,61(37,23)	
	2.59,12(37,51)	3.37,17(38,05)	4.16,19(39,02)	4.53,69(37,50)	
7	Mari Knutsen	95	Øvre Eiker SK	4.55,57	547
	32,62(32,62)	1.08,28(35,66)	1.45,52(37,24)	2.23,61(38,09)	
	3.02,01(38,40)	3.40,42(38,41)	4.18,90(38,48)	4.55,57(36,67)	
8	Andrine Davidsen	95	Lambertseter SK	5.02,87	508
	33,78(33,78)	1.11,19(37,41)	1.49,91(38,72)	2.29,06(39,15)	
	3.08,26(39,20)	3.47,70(39,44)	4.26,25(38,55)	5.02,87(36,62)	
9	Malin Haga	95	Stavanger SC	5.03,47	505
	32,86(32,86)	1.09,21(36,35)	1.47,63(38,42)	2.26,49(38,86)	
	3.05,48(38,99)	3.45,21(39,73)	4.24,90(39,69)	5.03,47(38,57)	
10	Elina Øverås	95	Lørenskog/Rælingen	5.04,78	499
	33,97(33,97)	1.12,25(38,28)	1.51,95(39,70)	2.31,29(39,34)	
	3.10,32(39,03)	3.49,60(39,28)	4.29,04(39,44)	5.04,78(35,74)	
11	Alida Etterlid Jensen	95	Stord IL	5.05,71	494
	34,29(34,29)	1.11,06(36,77)	1.49,60(38,54)	2.28,60(39,00)	
	3.07,84(39,24)	3.48,33(40,49)	4.28,17(39,84)	5.05,71(37,54)	
12	Eirin Jakobsen Avlund	95	Lambertseter SK	5.05,80	494
	33,45(33,45)	1.10,73(37,28)	1.50,26(39,53)	2.29,96(39,70)	
	3.09,13(39,17)	3.49,15(40,02)	4.28,36(39,21)	5.05,80(37,44)	
12	Marie Svensson	95	Skjetten Svømming	5.05,80	494
	34,96(34,96)	1.13,45(38,49)	1.52,00(38,55)	2.31,30(39,30)	
	3.10,65(39,35)	3.49,47(38,82)	4.28,45(38,98)	5.05,80(37,35)	
14	Amalie Kristiansen	95	Haugesund SK	5.06,94	489
	35,04(35,04)	1.13,76(38,72)	1.52,52(38,76)	2.31,76(39,24)	
	3.11,36(39,60)	3.50,50(39,14)	4.29,64(39,14)	5.06,94(37,30)	
15	Mari Mjølhus Kristoffersen	95	Madla SK	5.15,11	451
	35,28(35,28)	1.14,14(38,86)	1.54,24(40,10)	2.33,79(39,55)	
	3.13,67(39,88)	3.54,25(40,58)	4.35,45(41,20)	5.15,11(39,66)	
16	Caroline R. Helgesen	95	Aalesund SLK	5.19,07	435
	35,55(35,55)	1.14,53(38,98)	1.54,62(40,09)	2.35,92(41,30)	
	3.16,95(41,03)	3.57,98(41,03)	4.38,96(40,98)	5.19,07(40,11)	
17	Maren Gullvåg Aasen	95	Kristiansand SA	5.19,75	432
	35,02(35,02)	1.14,34(39,32)	1.53,54(39,20)	2.33,73(40,19)	
	3.14,40(40,67)	3.56,14(41,74)	4.38,97(42,83)	5.19,75(40,78)	
18	Maren Lootz Aarthun	95	Stavanger SC	5.25,86	408
	35,36(35,36)	1.14,59(39,23)	1.54,85(40,26)	2.36,35(41,50)	
	3.18,47(42,12)	4.01,11(42,64)	4.44,10(42,99)	5.25,86(41,76)	

Øvelse 6. 400m fri, gutter - født 1995

1p	Andreas Bjørkli	95	Setermoen SK	4.38,90	484
	30,71(30,71)	1.04,98(34,27)	1.40,88(35,90)	2.16,50(35,62)	
	2.52,27(35,77)	3.28,25(35,98)	4.04,39(36,14)	4.38,90(34,51)	
2p	Ivan Aleksander Larsen	95	Karmøy SK	4.40,97	474
	31,32(31,32)	1.06,96(35,64)	1.43,05(36,09)	2.19,23(36,18)	
	2.55,50(36,27)	3.31,70(36,20)	4.07,45(35,75)	4.40,97(33,52)	
3p	Martin Næss Kjølholdt	95	Kolbotn IL	4.41,50	471
	31,93(31,93)	1.07,32(35,39)	1.43,44(36,12)	2.19,34(35,90)	
	2.55,17(35,83)	3.31,19(36,02)	4.06,83(35,64)	4.41,50(34,67)	
4	Vebjørn Lindhjem	95	Lørenskog/Rælingen	4.41,79	470
	31,57(31,57)	1.06,30(34,73)	1.42,06(35,76)	2.17,89(35,83)	
	2.54,02(36,13)	3.30,63(36,61)	4.06,88(36,25)	4.41,79(34,91)	
5	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	4.46,53	447
	31,92(31,92)	1.06,60(34,68)	1.42,45(35,85)	2.19,27(36,82)	
	2.56,30(37,03)	3.33,41(37,11)	4.10,56(37,15)	4.46,53(35,97)	
6	Alexander Marki Mork	95	Stavanger SC	4.48,58	437
	30,93(30,93)	1.06,76(35,83)	1.43,61(36,85)	2.20,85(37,24)	
	2.58,35(37,50)	3.36,18(37,83)	4.13,49(37,31)	4.48,58(35,09)	
7	Markus Lie	95	Åstveit SK	4.48,68	437
	30,27(30,27)	1.05,23(34,96)	1.41,69(36,46)	2.18,36(36,67)	
	2.55,40(37,04)	3.33,51(38,11)	4.12,41(38,90)	4.48,68(36,27)	
8	Jakob Bernstein	95	Børumsvømmerne	4.50,71	428
	32,52(32,52)	1.09,37(36,85)	1.46,39(37,02)	2.23,41(37,02)	
	3.01,08(37,67)	3.38,16(37,08)	4.14,94(36,78)	4.50,71(35,77)	
9	Jonas Ødegård Aanby	95	Delfana	4.52,26	421
	32,70(32,70)	1.08,81(36,11)	1.45,75(36,94)	2.23,04(37,29)	
	3.00,65(37,61)	3.38,32(37,67)	4.15,95(37,63)	4.52,26(36,31)	
10	Daniel Sandhåland	95	Karmøy SK	4.53,14	417
	32,69(32,69)	1.09,21(36,52)	1.46,51(37,30)	2.24,19(37,68)	
	3.01,65(37,46)	3.39,64(37,99)	4.17,01(37,37)	4.53,14(36,13)	
11	Henrik Søfteland	95	Delfana	4.54,32	412
	34,11(34,11)	1.11,21(37,10)	1.48,76(37,55)	2.26,18(37,42)	
	3.03,61(37,43)	3.41,01(37,40)	4.18,35(37,34)	4.54,32(35,97)	
12	Andreas Manum Hagby	95	Asker SK	4.54,78	410
	33,11(33,11)	1.10,19(37,08)	1.47,34(37,15)	2.24,72(37,38)	
	3.02,79(38,07)	3.40,66(37,87)	4.18,65(37,99)	4.54,78(36,13)	
13	Erik Tobias Sollesnes	95	Kolbotn IL	4.57,40	399
	32,23(32,23)	1.09,08(36,85)	1.46,37(37,29)	2.24,57(38,20)	
	3.02,54(37,97)	3.41,14(38,60)	4.19,68(38,54)	4.57,40(37,72)	
14	Jørgen Gundersen	95	Skjetten Svømming	4.58,35	396
	34,45(34,45)	1.11,66(37,21)	1.48,95(37,29)	2.26,71(37,76)	
	3.04,82(38,11)	3.42,52(37,70)	4.21,00(38,48)	4.58,35(37,35)	
15	Eirik Nielsen	95	Poseidon	4.58,69	394
	32,20(32,20)	1.09,21(37,01)	1.47,56(38,35)	2.26,20(38,64)	
	3.04,81(38,61)	3.42,86(38,05)	4.21,65(38,79)	4.58,69(37,04)	
16	Erik Amundsen	95	Poseidon	5.03,67	375
	33,52(33,52)	1.10,69(37,17)	1.49,44(38,75)	2.28,40(38,96)	
	3.06,92(38,52)	3.46,46(39,54)	4.25,62(39,16)	5.03,67(38,05)	
17	Mark Strømme	95	Børumsvømmerne	5.07,66	361
	33,59(33,59)	1.11,69(38,10)	1.51,08(39,39)	2.29,92(38,84)	
	3.10,20(40,28)	3.51,46(41,26)	4.30,76(39,30)	5.07,66(36,90)	
18	Vedbjørn Arne Johannesen Aasheim	95	Vestkantsvømmerne	5.08,39	358
	33,02(33,02)	1.11,19(38,17)	1.49,44(38,25)	2.28,09(38,65)	
	3.08,05(39,96)	3.48,92(40,87)	4.30,50(41,58)	5.08,39(37,89)	
19	Eirik S. Jørgensen	95	Kristiansand SA	5.19,83	321
	33,81(33,81)	1.12,50(38,69)	1.52,52(40,02)	2.33,62(41,10)	
	3.15,18(41,56)	3.57,81(42,63)	4.39,73(41,92)	5.19,83(40,10)	

Øvelse 7. 400m fri, jenter - født 1994

1p	Eva Marie Østerhus	94	Madla SK	4.30,63	713
	31,13(31,13)	1.04,61(33,48)	1.38,81(34,20)	2.13,84(35,03)	
	2.48,55(34,71)	3.23,38(34,83)	3.57,77(34,39)	4.30,63(32,86)	
2p	Stine Lise Stenseth	94	Øvre Eiker SK	4.39,84	645
	31,45(31,45)	1.05,38(33,93)	1.39,92(34,54)	2.14,96(35,04)	
	2.50,66(35,70)	3.27,06(36,40)	4.03,64(36,58)	4.39,84(36,20)	
3p	Karoline Pedersen	94	Bergen SLK	4.41,40	634
	31,95(31,95)	1.06,09(34,14)	1.40,50(34,41)	2.16,06(35,56)	
	2.52,27(36,21)	3.29,05(36,78)	4.05,70(36,65)	4.41,40(35,70)	
4	Andrea Hestdal	94	Åstveit SK	4.41,93	631
	32,38(32,38)	1.07,99(35,61)	1.43,86(35,87)	2.19,69(35,83)	
	2.55,00(35,31)	3.30,88(35,88)	4.07,58(36,70)	4.41,93(34,35)	
5	Hanne Lockertsen	94	Tromsø SK	4.42,99	623
	32,15(32,15)	1.06,99(34,84)	1.42,42(35,43)	2.18,16(35,74)	
	2.54,29(36,13)	3.30,68(36,39)	4.07,48(36,80)	4.42,99(35,51)	
6	Julie Rønningsen	94	Lambertseter SK	4.45,80	605
	32,24(32,24)	1.07,56(35,32)	1.43,43(35,87)	2.19,79(36,36)	
	2.56,43(36,64)	3.33,24(36,81)	4.10,05(36,81)	4.45,80(35,75)	
7	Veronica Orheim Bjørlykke	94	Aalesund SLK	4.46,73	599
	31,63(31,63)	1.06,43(34,80)	1.42,21(35,78)	2.18,69(36,48)	
	2.55,59(36,90)	3.32,79(37,20)	4.10,17(37,38)	4.46,73(36,56)	
8	Marie Øverland	94	Vestkantvømmerne	4.50,31	577
	32,69(32,69)	1.08,68(35,99)	1.44,98(36,30)	2.22,29(37,31)	
	2.59,34(37,05)	3.37,88(38,54)	4.15,16(37,28)	4.50,31(35,15)	
9	Johanne G. Skaaland	94	Delfana	4.50,51	576
	32,84(32,84)	1.08,53(35,69)	1.45,31(36,78)	2.22,30(36,99)	
	2.59,60(37,30)	3.38,03(38,43)	4.15,22(37,19)	4.50,51(35,29)	
10	Maren E.J. Bakke	94	Setermoen SK	4.51,03	573
	33,84(33,84)	1.10,26(36,42)	1.47,10(36,84)	2.23,90(36,80)	
	3.00,93(37,03)	3.38,00(37,07)	4.15,44(37,44)	4.51,03(35,59)	
11	Luna Elisabeth Sjøgaard	94	Lambertseter SK	4.52,83	563
	34,34(34,34)	1.10,81(36,47)	1.48,66(37,85)	2.26,21(37,55)	
	3.02,84(36,63)	3.39,98(37,14)	4.16,70(36,72)	4.52,83(36,13)	
12	Birgitte Søfteland	94	Sarpsborg IL	4.53,50	559
	32,01(32,01)	1.07,70(35,69)	1.45,17(37,47)	2.23,09(37,92)	
	3.00,97(37,88)	3.38,46(37,49)	4.16,52(38,06)	4.53,50(36,98)	
13	Oda Haagensen	94	Haldens SK	4.53,96	556
	32,99(32,99)	1.09,06(36,07)	1.45,93(36,87)	2.23,23(37,30)	
	3.00,87(37,64)	3.39,00(38,13)	4.16,88(37,88)	4.53,96(37,08)	
14	Malena Martens	94	Stord IL	4.56,42	542
	32,86(32,86)	1.09,10(36,24)	1.46,28(37,18)	2.24,02(37,74)	
	3.01,81(37,79)	3.40,35(38,54)	4.19,00(38,65)	4.56,42(37,42)	
15	Marie-Elise Eriksen	94	Horten SK	5.01,78	514
	33,36(33,36)	1.10,63(37,27)	1.49,20(38,57)	2.27,96(38,76)	
	3.07,08(39,12)	3.46,21(39,13)	4.24,89(38,68)	5.01,78(36,89)	
16	Lotte Thommesen	94	Poseidon	5.02,98	508
	33,47(33,47)	1.11,10(37,63)	1.49,18(38,08)	2.27,89(38,71)	
	3.06,93(39,04)	3.46,10(39,17)	4.25,40(39,30)	5.02,98(37,58)	
16	Maren Larsen	94	Madla SK	5.02,98	508
	33,33(33,33)	1.10,33(37,00)	1.47,96(37,63)	2.26,63(38,67)	
	3.05,93(39,30)	3.45,27(39,34)	4.24,69(39,42)	5.02,98(38,29)	
18	Idha Toft Valeur	94	SK Speed	5.10,78	471
	32,99(32,99)	1.10,61(37,62)	1.49,83(39,22)	2.28,98(39,15)	
	3.09,32(40,34)	3.49,49(40,17)	4.30,09(40,60)	5.10,78(40,69)	

Øvelse 8. 400m fri, gutter - født 1994

1p	Kristoffer D. Birkeland	94	Florø SLK	4.17,35	617
	29,28(29,28)	1.01,37(32,09)	1.33,84(32,47)	2.06,45(32,61)	
	2.39,75(33,30)	3.13,18(33,43)	3.46,10(32,92)	4.17,35(31,25)	
2p	Oscar Slaatmo	94	Hamar IL	4.26,21	557
	29,68(29,68)	1.02,03(32,35)	1.35,54(33,51)	2.09,40(33,86)	
	2.43,24(33,84)	3.17,75(34,51)	3.52,30(34,55)	4.26,21(33,91)	
3p	Johan Parker Nygård	94	Kolbotn IL	4.29,24	539
	29,63(29,63)	1.02,56(32,93)	1.36,77(34,21)	2.11,13(34,36)	
	2.45,61(34,48)	3.20,38(34,77)	3.55,88(35,50)	4.29,24(33,36)	
4	Fredrik K Hegdal	94	Stavanger SC	4.32,09	522
	29,63(29,63)	1.02,93(33,30)	1.37,09(34,16)	2.11,50(34,41)	
	2.46,90(35,40)	3.22,43(35,53)	3.57,93(35,50)	4.32,09(34,16)	
5	Morten Bordervich	94	Sola SK	4.33,40	514
	31,19(31,19)	1.05,67(34,48)	1.40,55(34,88)	2.15,49(34,94)	
	2.49,63(34,14)	3.24,66(35,03)	3.59,71(35,05)	4.33,40(33,69)	
6	Henrik Wathne	94	Asker SK	4.36,25	499
	31,64(31,64)	1.05,61(33,97)	1.40,52(34,91)	2.16,01(35,49)	
	2.51,74(35,73)	3.26,87(35,13)	4.02,38(35,51)	4.36,25(33,87)	
7	Berend de Waal	94	Molde SLK	4.36,27	498
	31,17(31,17)	1.05,78(34,61)	1.41,31(35,53)	2.16,73(35,42)	
	2.52,07(35,34)	3.27,31(35,24)	3.59,04(31,73)	4.36,27(37,23)	
8	Markus Vindenes	94	Vestkantsvømmerne	4.37,06	494
	29,82(29,82)	1.03,33(33,51)	1.38,05(34,72)	2.13,19(35,14)	
	2.49,09(35,90)	3.25,28(36,19)	4.01,57(36,29)	4.37,06(35,49)	
9	Thomas Myhrer	94	Askimsvømmerne	4.40,55	476
	30,62(30,62)	1.05,80(35,18)	1.40,91(35,11)	2.16,49(35,58)	
	2.52,01(35,52)	3.28,22(36,21)	4.04,79(36,57)	4.40,55(35,76)	
10	Patrik Andre Solheim	94	Sarpsborg IL	4.40,66	475
	32,02(32,02)	1.06,69(34,67)	1.42,00(35,31)	2.17,62(35,62)	
	2.53,70(36,08)	3.29,94(36,24)	4.06,14(36,20)	4.40,66(34,52)	
11	Kim Rune Hansen	94	Øvre Eiker SK	4.41,80	470
	31,06(31,06)	1.05,70(34,64)	1.41,45(35,75)	2.17,97(36,52)	
	2.53,94(35,97)	3.30,89(36,95)	4.07,26(36,37)	4.41,80(34,54)	
12	Kjetil Flatland	94	Lørenskog/Rælingen	4.42,28	467
	32,88(32,88)	1.08,85(35,97)	1.44,89(36,04)	2.20,95(36,06)	
	2.56,76(35,81)	3.32,60(35,84)	4.07,78(35,18)	4.42,28(34,50)	
13	Simen Alvestad	94	Karmøy SK	4.42,41	467
	32,60(32,60)	1.07,91(35,31)	1.43,28(35,37)	2.18,85(35,57)	
	2.54,82(35,97)	3.31,36(36,54)	4.07,99(36,63)	4.42,41(34,42)	
14	Gaute Ravndal	94	Sola SK	4.43,08	463
	32,13(32,13)	1.07,42(35,29)	1.44,05(36,63)	2.20,74(36,69)	
	2.57,05(36,31)	3.33,30(36,25)	4.09,21(35,91)	4.43,08(33,87)	
15	Henrik Knudsen	94	Stavanger SC	4.45,56	451
	31,33(31,33)	1.06,50(35,17)	1.42,18(35,68)	2.18,93(36,75)	
	2.55,04(36,11)	3.32,17(37,13)	4.09,33(37,16)	4.45,56(36,23)	
16	Morgan Lund	94	Askimsvømmerne	4.47,45	442
	32,87(32,87)	1.09,74(36,87)	1.47,48(37,74)	2.22,93(35,45)	
	3.00,65(37,72)	3.37,67(37,02)	4.11,99(34,32)	4.47,45(35,46)	
17	Bård Løvik	94	Delfana	4.56,64	403
	33,25(33,25)	1.09,74(36,49)	1.47,13(37,39)	2.24,41(37,28)	
	3.02,50(38,09)	3.41,02(38,52)	4.19,38(38,36)	4.56,64(37,26)	
18	Christian Christiansen	94	Kristiansund SLK	5.16,04	333
	34,88(34,88)	1.13,30(38,42)	1.51,72(38,42)	2.32,25(40,53)	
	3.11,74(39,49)	3.54,03(42,29)	4.35,26(41,23)	5.16,04(40,78)	

Øvelse 9. 400m fri, jenter - født 1993

1p	Siri Eva Kristiansen	93	Asker SK	4.27,09	742
	31,00(31,00)	1.04,36(33,36)	1.38,39(34,03)	2.12,16(33,77)	
	2.45,90(33,74)	3.20,05(34,15)	3.53,97(33,92)	4.27,09(33,12)	
2p	Susann Bjørnsen	93	Setermoen SK	4.33,54	690
	31,05(31,05)	1.04,66(33,61)	1.38,98(34,32)	2.13,36(34,38)	
	2.48,04(34,68)	3.23,76(35,72)	3.59,57(35,81)	4.33,54(33,97)	
3p	Jacqueline Knutsson	93	Kongstensvømmerne	4.34,48	683
	31,22(31,22)	1.05,56(34,34)	1.40,42(34,86)	2.15,53(35,11)	
	2.50,73(35,20)	3.25,92(35,19)	4.00,70(34,78)	4.34,48(33,78)	
4	Pia Cornelia Braarud	93	Lambertseter SK	4.35,07	679
	30,89(30,89)	1.04,78(33,89)	1.39,08(34,30)	2.14,44(35,36)	
	2.49,79(35,35)	3.25,44(35,65)	4.01,03(35,59)	4.35,07(34,04)	
5	Stina Kajsa Colleou	93	Lambertseter SK	4.41,34	635
	31,22(31,22)	1.05,65(34,43)	1.41,26(35,61)	2.17,29(36,03)	
	2.53,69(36,40)	3.30,42(36,73)	4.06,60(36,18)	4.41,34(34,74)	
6	Bitte Fagermo	93	Narvik SK	4.41,50	633
	31,84(31,84)	1.05,99(34,15)	1.41,51(35,52)	2.17,54(36,03)	
	2.54,01(36,47)	3.30,23(36,22)	4.06,71(36,48)	4.41,50(34,79)	
7	Stine Vindenes	93	Vestkantsvømmerne	4.44,32	615
	32,80(32,80)	1.08,65(35,85)	1.44,82(36,17)	2.20,52(35,70)	
	2.56,30(35,78)	3.32,48(36,18)	4.08,68(36,20)	4.44,32(35,64)	
8	Christiana Bjørkli	93	Trondheim SLK	4.44,90	611
	32,66(32,66)	1.07,93(35,27)	1.43,87(35,94)	2.20,05(36,18)	
	2.56,27(36,22)	3.32,55(36,28)	4.09,16(36,61)	4.44,90(35,74)	
9	Maria Bølgen	93	Bærumsvømmerne	4.48,11	591
	30,33(30,33)	1.04,88(34,55)	1.41,18(36,30)	2.18,41(37,23)	
	2.55,58(37,17)	3.33,48(37,90)	4.11,41(37,93)	4.48,11(36,70)	
10	Helene Thunes Truyen	93	Delfana	4.48,77	587
	32,11(32,11)	1.07,26(35,15)	1.43,05(35,79)	2.19,44(36,39)	
	2.57,02(37,58)	3.34,90(37,88)	4.12,35(37,45)	4.48,77(36,42)	
11	Ida Arnøy	93	Lørenskog/Rælingen	4.49,87	580
	32,54(32,54)	1.08,25(35,71)	1.44,98(36,73)	2.22,03(37,05)	
	2.58,87(36,84)	3.36,26(37,39)	4.13,30(37,04)	4.49,87(36,57)	
12	Nora Næss	93	Haldens SK	4.51,81	569
	32,71(32,71)	1.09,05(36,34)	1.45,75(36,70)	2.22,64(36,89)	
	2.59,88(37,24)	3.36,97(37,09)	4.15,14(38,17)	4.51,81(36,67)	
13	Stine Mjølhus Kristoffersen	93	TS/Frisinn	4.52,05	567
	32,77(32,77)	1.08,92(36,15)	1.45,61(36,69)	2.21,99(36,38)	
	2.59,15(37,16)	3.36,97(37,82)	4.15,08(38,11)	4.52,05(36,97)	
14	Kaja Bremer	93	Bergen SLK	4.55,74	546
	33,43(33,43)	1.09,73(36,30)	1.46,80(37,07)	2.24,29(37,49)	
	3.02,24(37,95)	3.40,27(38,03)	4.18,31(38,04)	4.55,74(37,43)	
15	Stine Vik Olsen	93	Kristiansund SLK	4.56,86	540
	32,99(32,99)	1.09,74(36,75)	1.46,97(37,23)	2.25,06(38,09)	
	3.03,23(38,17)	3.42,13(38,90)	4.20,47(38,34)	4.56,86(36,39)	
16	Stine Tveit	93	Trondheim SLK	4.57,25	538
	33,80(33,80)	1.10,94(37,14)	1.48,38(37,44)	2.26,31(37,93)	
	3.04,25(37,94)	3.42,88(38,63)	4.20,94(38,06)	4.57,25(36,31)	
17	Siren Bergslid	93	Stavanger SC	4.57,80	535
	32,61(32,61)	1.09,14(36,53)	1.46,41(37,27)	2.24,71(38,30)	
	3.02,95(38,24)	3.41,43(38,48)	4.19,66(38,23)	4.57,80(38,14)	
18	Caroline M. Mork	93	Stavanger SC	5.07,81	484
	32,13(32,13)	1.08,29(36,16)	1.46,99(38,70)	2.26,86(39,87)	
	3.07,25(40,39)	3.47,46(40,21)	4.28,20(40,74)	5.07,81(39,61)	

Øvelse 10. 400m fri, gutter - født 1993

1p	Zoltan Csernai	93	Åstveit SK	4.06,17	705	ÅMØ
	27,86(27,86)	58,64(30,78)	1.29,96(31,32)	2.01,77(31,81)		
	2.33,76(31,99)	3.05,71(31,95)	3.36,78(31,07)	4.06,17(29,39)		
2p	Sander Rødje	93	Haugesund SK	4.12,29	655	
	28,63(28,63)	1.00,43(31,80)	1.32,42(31,99)	2.04,26(31,84)		
	2.36,47(32,21)	3.08,76(32,29)	3.41,15(32,39)	4.12,29(31,14)		
3p	Hans Kristian Andersen	93	Florø SLK	4.16,04	626	
	28,60(28,60)	1.00,54(31,94)	1.33,60(33,06)	2.06,67(33,07)		
	2.39,58(32,91)	3.12,43(32,85)	3.44,98(32,55)	4.16,04(31,06)		
4	Hans Østerdal	93	Stavanger SC	4.17,25	617	
	28,71(28,71)	59,85(31,14)	1.32,21(32,36)	2.05,34(33,13)		
	2.37,82(32,48)	3.11,37(33,55)	3.44,93(33,56)	4.17,25(32,32)		
5	Thorbjørn Birkeland	93	Haugesund SK	4.17,46	616	
	28,64(28,64)	1.00,76(32,12)	1.33,09(32,33)	2.05,74(32,65)		
	2.38,86(33,12)	3.12,19(33,33)	3.45,67(33,48)	4.17,46(31,79)		
6	Mats Gøran Høgenhaug	93	Namsos SK	4.19,94	598	
	28,54(28,54)	59,76(31,22)	1.32,00(32,24)	2.05,07(33,07)		
	2.38,80(33,73)	3.13,28(34,48)	3.47,56(34,28)	4.19,94(32,38)		
7	Martin Hammer	93	Kongstensvømmerne	4.20,84	592	
	28,62(28,62)	1.00,26(31,64)	1.32,95(32,69)	2.05,92(32,97)		
	2.38,74(32,82)	3.12,56(33,82)	3.47,06(34,50)	4.20,84(33,78)		
8	Martin Berger Oterholm	93	Kolbotn IL	4.21,20	590	
	29,69(29,69)	1.02,00(32,31)	1.35,57(33,57)	2.08,82(33,25)		
	2.42,04(33,22)	3.14,95(32,91)	3.48,18(33,23)	4.21,20(33,02)		
9	Henry Emil Nordhagen	93	Bærumsvømmerne	4.23,93	572	
	29,22(29,22)	1.01,86(32,64)	1.35,27(33,41)	2.08,76(33,49)		
	2.42,53(33,77)	3.16,48(33,95)	3.50,42(33,94)	4.23,93(33,51)		
10	Øyvind L. Styrmo	93	Delfana	4.24,35	569	
	29,49(29,49)	1.02,00(32,51)	1.35,74(33,74)	2.09,53(33,79)		
	2.43,67(34,14)	3.18,33(34,66)	3.51,70(33,37)	4.24,35(32,65)		
11	Peder T. Haagensli	93	Larvik SK	4.25,79	560	
	29,46(29,46)	1.02,28(32,82)	1.35,90(33,62)	2.09,93(34,03)		
	2.43,91(33,98)	3.18,01(34,10)	3.52,59(34,58)	4.25,79(33,20)		
12	Robin Sell Dyngeland	93	Åstveit SK	4.26,13	558	
	30,02(30,02)	1.03,46(33,44)	1.37,45(33,99)	2.11,90(34,45)		
	2.45,30(33,40)	3.19,36(34,06)	3.52,86(33,50)	4.26,13(33,27)		
13	Runar Borgen	93	Bødø SK	4.27,15	551	
	29,99(29,99)	1.03,49(33,50)	1.37,37(33,88)	2.11,80(34,43)		
	2.45,89(34,09)	3.20,42(34,53)	3.54,46(34,04)	4.27,15(32,69)		
14	Eirik Standal Thoresen	93	Asker SK	4.27,92	547	
	29,69(29,69)	1.02,56(32,87)	1.36,22(33,66)	2.10,27(34,05)		
	2.44,37(34,10)	3.19,18(34,81)	3.54,04(34,86)	4.27,92(33,88)		
15	Ingvar V. Skirbekk	93	Elverum Svømming	4.29,39	538	
	30,58(30,58)	1.03,89(33,31)	1.37,39(33,50)	2.11,18(33,79)		
	2.44,98(33,80)	3.19,75(34,77)	3.54,90(35,15)	4.29,39(34,49)		
16	Christopher Wolf	93	Vestbyen IL	4.31,53	525	
	30,02(30,02)	1.03,53(33,51)	1.37,65(34,12)	2.12,23(34,58)		
	2.47,26(35,03)	3.22,25(34,99)	3.57,66(35,41)	4.31,53(33,87)		
17	Håkon Brennhagen	93	Skjetten Svømming	4.38,62	486	
	31,58(31,58)	1.06,52(34,94)	1.42,10(35,58)	2.17,56(35,46)		
	2.53,16(35,60)	3.28,99(35,83)	4.04,77(35,78)	4.38,62(33,85)		
18	Christian Juvik	93	Stavanger SC	4.40,83	475	
	30,35(30,35)	1.05,67(35,32)	1.41,85(36,18)	2.17,78(35,93)		
	2.53,26(35,48)	3.29,59(36,33)	4.05,83(36,24)	4.40,83(35,00)		

Lørdag 29. mars 2008 kl 10.00**Øvelse 11. 100m rygg, jenter - født 1997**

1p	Ingrid Bergslid 39,38(39,38)	97	Stavanger SC	(0,78)	1.20,84	376
2p	Marie K. Eide Hartvedt 41,45(41,45)	97	Oslo IL	(0,78)	1.23,25	344
3p	Vilje Mohagen 40,54(40,54)	97	Skjetten Svømming	(0,75)	1.23,84	337
4	Karianne Reinertsen 40,35(40,35)	97	Vestkantsvømmerne	(0,68)	1.23,98	335
5	Marte Dale 42,18(42,18)	97	Vestkantsvømmerne	(0,73)	1.25,82	314
6	Sandra Sola 42,45(42,45)	97	Randaberg IL	(0,83)	1.26,39	308
7	Vanja Sand Syversen 43,09(43,09)	97	Delfana	(0,79)	1.26,56	306
8	Frida Kristensen 42,20(42,20)	97	Kolbotn IL	(0,81)	1.27,83	293
9	Nina Staveland 42,99(42,99)	97	Madla SK	(0,70)	1.28,17	289
10	Ane Lee Johansen 43,75(43,75)	97	Kristiansand SA	(0,77)	1.28,82	283
11	Ida Jensen Lirhus 43,65(43,65)	97	Stavanger Vannpoloklubb(0,83)		1.29,24	279
12	Sølvi Myklebust Indrevær 43,81(43,81)	97	Florø SLK	(0,78)	1.29,26	279
13	Virginia Sitta 44,08(44,08)	97	Madla SK	(0,74)	1.29,44	277
14	Toni G. Coudray 44,11(44,11)	97	Bergens SC	(0,71)	1.30,38	269
15	Line Henanger 44,89(44,89)	97	Lambertseter SK	(0,87)	1.31,93	255
16	Birgit Kvisvik 45,11(45,11)	97	IL Norodd	(0,66)	1.32,55	250
17	Majken Antonie Smith 45,35(45,35)	97	Asker SK	(0,71)	1.33,26	245
18	Carina Ekroll Bårdli 45,97(45,97)	97	Moss SK	(0,84)	1.36,01	224

Øvelse 12. 100m rygg, gutter - født 1997

1p	Fredrik Løvberg 37,03(37,03)	97	Lambertseter SK	(0,65)	1.16,23	305 ÅMØ
2p	Truls-Petter Müller 42,18(42,18)	97	Bærumsvømmerne	(0,72)	1.25,99	212
3p	Erik Årsland Gidskehaug 42,94(42,94)	97	Bryne SK	(0,65)	1.27,50	201
4	Eirik Frestad 41,84(41,84)	97	Varodd SK	(0,63)	1.28,40	195
5	Jon Arnt Kårstad 43,42(43,42)	97	Bryne SK	(0,58)	1.28,81	193
6	Eirik Midtun 43,66(43,66)	97	Bergkameratene	(0,72)	1.29,28	190
7	Marius Nygård 43,32(43,32)	97	Lambertseter SK	(0,70)	1.30,00	185
8	Simen Halse Larsen 44,20(44,20)	97	Vågsbygd SLK	(0,78)	1.30,05	185
9	Oskar Lahmeyer 44,40(44,40)	97	Madla SK	(0,65)	1.30,59	182
10	Ragnar Daldorff 44,37(44,37)	97	Kirkenes SK	(0,72)	1.30,88	180

11	Kristoffer Soot	97	Ski SK	(0,88)	1.31,38	177
	43,62(43,62)	1.31,38(47,76)				
12	Jonas Hageman	97	SK Speed	(0,66)	1.31,57	176
	44,39(44,39)	1.31,57(47,18)				
13	Adrian Etterlid Jensen	97	Stord IL	(0,70)	1.31,76	175
	44,92(44,92)	1.31,76(46,84)				
14	Gord Behzadi	97	Madla SK	(0,77)	1.35,35	156
	46,38(46,38)	1.35,35(48,97)				
15	Mads Henry Steinland	97	Bærumsvømmerne	(0,72)	1.36,63	149
	45,87(45,87)	1.36,63(50,76)				
16	Bjørn Roar Hansen	97	Øvre Eiker SK	(0,63)	1.39,62	136
	48,25(48,25)	1.39,62(51,37)				
17	Erlend Søderlund	97	Trondheim SLK	(0,68)	1.41,24	130
	49,46(49,46)	1.41,24(51,78)				
18	Arjan Nilsen	97	Ski SK	(0,91)	1.42,07	127
	50,99(50,99)	1.42,07(51,08)				

Øvelse 13. 200m rygg, jenter - født 1996

1p	Emilie K. Hegdal	96	Stavanger SC	(0,80)	2.35,81	521ÅMØ
	35,37(35,37)	1.14,31(38,94)	1.55,28(40,97)	2.35,81(40,53)		
2p	Vår Celine Sjøgaard	96	Lambertseter SK	(0,61)	2.39,56	485
	37,75(37,75)	1.18,65(40,90)	1.59,10(40,45)	2.39,56(40,46)		
3p	Lotte Miller	96	Madla SK	(0,75)	2.39,78	483
	37,68(37,68)	1.18,05(40,37)	1.59,39(41,34)	2.39,78(40,39)		
4	Tina Schütz	96	Vestkantvømmerne	(0,74)	2.40,70	475
	37,86(37,86)	1.19,03(41,17)	2.00,14(41,11)	2.40,70(40,56)		
5	Maria Clausen	96	Madla SK	(0,80)	2.42,07	463
	39,15(39,15)	1.19,69(40,54)	2.01,57(41,88)	2.42,07(40,50)		
6	Karoline Steffensen	96	Harstad SK	(0,68)	2.44,29	445
	38,81(38,81)	1.21,54(42,73)	2.04,61(43,07)	2.44,29(39,68)		
7	Marte Stamland	96	Poseidon	(0,73)	2.47,18	422
	39,22(39,22)	1.22,56(43,34)	2.06,77(44,21)	2.47,18(40,41)		
8	Helene Strømnes	96	Kongstenvømmerne	(0,92)	2.47,90	416
	39,32(39,32)	1.22,05(42,73)	2.05,74(43,69)	2.47,90(42,16)		
9	Helle Gusjås	96	Fauske SK	(1,01)	2.48,63	411
	40,54(40,54)	1.22,77(42,23)	2.06,78(44,01)	2.48,63(41,85)		
10	Nora Olsen Tangen	96	Oslo IL	(0,82)	2.48,69	411
	39,58(39,58)	1.22,19(42,61)	2.06,29(44,10)	2.48,69(42,40)		
11	Christine Akselberg	96	Arna SLK	(0,81)	2.49,22	407
	39,89(39,89)	1.22,88(42,99)	2.06,88(44,00)	2.49,22(42,34)		
12	Amalie Thorstensen	96	Vågsbygd SLK	(0,69)	2.49,62	404
	40,06(40,06)	1.23,10(43,04)	2.06,81(43,71)	2.49,62(42,81)		
13	Nehna-Louise Møller-Pettersen	96	Oslo IL	(0,76)	2.52,34	385
	40,66(40,66)	1.24,64(43,98)	2.09,24(44,60)	2.52,34(43,10)		
14	Vilde Tengedal	96	Bryne SK	(0,68)	2.52,78	382
	40,82(40,82)	1.25,40(44,58)	2.09,54(44,14)	2.52,78(43,24)		
15	Selma Johanne Andreassen	96	Florø SLK	(0,76)	2.57,98	350
	43,36(43,36)	1.28,86(45,50)	2.14,39(45,53)	2.57,98(43,59)		
16	Guro Aas	96	Vågsbygd SLK	(0,88)	2.58,40	347
	41,94(41,94)	1.26,49(44,55)	2.12,98(46,49)	2.58,40(45,42)		
	Klara Farkas	96	Lørenskog/Rælingen		DISK	
	Ingeborg Jørmeland	96	Stavanger SC		DISK	

Øvelse 14. 200m rygg, gutter - født 1996

1p	Philip R. Solheim	96	Sarpsborg IL	(0,71)	2.36,45	369
	36,00(36,00)	1.15,81(39,81)	1.56,87(41,06)	2.36,45(39,58)		
2p	Håkon P. Ludvigsen	96	Randaberg IL	(0,68)	2.42,48	330
	37,15(37,15)	1.18,55(41,40)	2.01,86(43,31)	2.42,48(40,62)		
3p	Sander Andersen	96	Poseidon	(0,85)	2.43,76	322
	38,69(38,69)	1.20,68(41,99)	2.02,86(42,18)	2.43,76(40,90)		
4	Armin Porobic	96	Karmøy SK	(0,74)	2.44,11	320
	38,76(38,76)	1.21,05(42,29)	2.04,01(42,96)	2.44,11(40,10)		
5	Steven Knutsson	96	Kongstensvømmerne	(0,68)	2.44,18	319
	38,46(38,46)	1.20,72(42,26)	2.03,65(42,93)	2.44,18(40,53)		
6	Bendik Søfteland	96	Sarpsborg IL	(0,72)	2.46,32	307
	39,97(39,97)	1.21,98(42,01)	2.05,39(43,41)	2.46,32(40,93)		
7	Mathias Thorkildsen	96	Bærumsvømmerne	(0,75)	2.48,78	294
	39,67(39,67)	1.22,35(42,68)	2.06,13(43,78)	2.48,78(42,65)		
8	Sander Sivertsen	96	Vestkantsvømmerne	(0,71)	2.49,52	290
	39,05(39,05)	1.22,28(43,23)	2.06,65(44,37)	2.49,52(42,87)		
9	Knut Oscar Skipperud	96	Askimsvømmerne	(0,66)	2.50,85	283
	40,22(40,22)	1.24,25(44,03)	2.07,93(43,68)	2.50,85(42,92)		
10	Morten Wee Hollund	96	Karmøy SK	(0,74)	2.51,74	279
	40,49(40,49)	1.24,97(44,48)	2.09,51(44,54)	2.51,74(42,23)		
11	Franciscus Drake Bruseth	96	Larvik SK	(0,63)	2.51,82	279
	39,16(39,16)	1.21,68(42,52)	2.06,19(44,51)	2.51,82(45,63)		
12	Ole Martin Bjørlykke	96	Aalesund SLK	(0,66)	2.52,01	278
	40,75(40,75)	1.23,80(43,05)	2.08,00(44,20)	2.52,01(44,01)		
13	Tage Singstad	96	Vestbyen IL	(0,60)	2.52,06	277
	39,93(39,93)	1.23,65(43,72)	2.08,31(44,66)	2.52,06(43,75)		
14	Grunde Myhrer	96	Lambertseter SK	(0,62)	2.52,24	277
	39,28(39,28)	1.22,40(43,12)	2.07,69(45,29)	2.52,24(44,55)		
15	Sindre Aasland Ranaweera	96	Madla SK	(0,76)	2.54,73	265
	41,74(41,74)	1.25,89(44,15)	2.09,86(43,97)	2.54,73(44,87)		
16	Kristoffer Rosmo	96	Lambertseter SK	(0,78)	2.55,29	262
	41,28(41,28)	1.26,35(45,07)	2.11,96(45,61)	2.55,29(43,33)		
17	Sigve Ekeli Nystuen	96	Asker SK	(0,76)	2.56,50	257
	42,06(42,06)	1.27,51(45,45)	2.12,73(45,22)	2.56,50(43,77)		
18	Simen Halvorsen	96	Florø SLK	(0,88)	2.57,57	252
	40,91(40,91)	1.26,09(45,18)	2.12,08(45,99)	2.57,57(45,49)		

Øvelse 15. 200m rygg, jenter - født 1995

1p	Aslaug Marie Hjelmaas	95	Bergen SLK	(0,69)	2.32,69	554
	35,14(35,14)	1.13,69(38,55)	1.53,76(40,07)	2.32,69(38,93)		
2p	Eirin Jakobsen Avlund	95	Lambertseter SK	(0,80)	2.33,04	550
	35,95(35,95)	1.14,37(38,42)	1.54,08(39,71)	2.33,04(38,96)		
3p	Emilie N. Løvberg	95	Bærumsvømmerne	(0,73)	2.33,72	543
	35,83(35,83)	1.14,12(38,29)	1.54,14(40,02)	2.33,72(39,58)		
4	Lise Sand Syversen	95	Delfana	(0,60)	2.36,56	514
	36,23(36,23)	1.16,02(39,79)	1.56,79(40,77)	2.36,56(39,77)		
5	Andrea Westbye	95	Bærumsvømmerne	(0,67)	2.36,93	510
	37,01(37,01)	1.16,57(39,56)	1.57,09(40,52)	2.36,93(39,84)		
6	Andrine Davidsen	95	Lambertseter SK	(0,66)	2.37,54	504
	36,51(36,51)	1.16,56(40,05)	1.57,55(40,99)	2.37,54(39,99)		
7	Amalie Kristiansen	95	Haugesund SK	(0,85)	2.39,36	487
	38,01(38,01)	1.18,03(40,02)	1.58,86(40,83)	2.39,36(40,50)		
8	Marie Svensson	95	Skjetten Svømming	(0,92)	2.41,64	467
	38,34(38,34)	1.19,11(40,77)	2.00,76(41,65)	2.41,64(40,88)		
9	Ingalill Urrang Naustvik	95	Karmøy SK	(0,84)	2.42,16	462
	38,10(38,10)	1.19,20(41,10)	2.02,09(42,89)	2.42,16(40,07)		
10	Mari Knutsen	95	Øvre Eiker SK	(0,79)	2.43,33	452
	39,38(39,38)	1.21,23(41,85)	2.03,09(41,86)	2.43,33(40,24)		
11	Elina Øverås	95	Lørenskog/Rælingen	(0,64)	2.45,38	436
	39,99(39,99)	1.22,24(42,25)	2.04,43(42,19)	2.45,38(40,95)		

12	Mari Mjølhus Kristoffersen	95	Madla SK	(0,81)	2.46,11	430
	39,35(39,35)	1.20,80(41,45)	2.03,64(42,84)	2.46,11(42,47)		
13	Malin Haga	95	Stavanger SC	(0,83)	2.46,75	425
	38,39(38,39)	1.20,12(41,73)	2.03,33(43,21)	2.46,75(43,42)		
14	Ane Nygård	95	Stavanger SC	(0,87)	2.47,23	421
	38,56(38,56)	1.21,06(42,50)	2.04,46(43,40)	2.47,23(42,77)		
15	Alida Etterlid Jensen	95	Stord IL	(1,08)	2.47,49	419
	40,19(40,19)	1.22,04(41,85)	2.05,38(43,34)	2.47,49(42,11)		
16	Maren Lootz Aarthun	95	Stavanger SC	(0,66)	2.48,17	414
	40,10(40,10)	1.22,30(42,20)	2.05,89(43,59)	2.48,17(42,28)		
17	Caroline R. Helgesen	95	Aalesund SLK	(0,73)	2.49,62	404
	39,48(39,48)	1.22,59(43,11)	2.06,41(43,82)	2.49,62(43,21)		
18	Maren Gullvåg Aasen	95	Kristiansand SA	(0,73)	2.53,22	379
	41,04(41,04)	1.24,34(43,30)	2.09,52(45,18)	2.53,22(43,70)		

Øvelse 16. 200m rygg, gutter - født 1995

1p	Markus Lie	95	Åstveit SK	(0,71)	2.28,40	433
	34,92(34,92)	1.12,07(37,15)	1.50,40(38,33)	2.28,40(38,00)		
2p	Alexander Marki Mork	95	Stavanger SC	(0,79)	2.33,16	394
	35,90(35,90)	1.15,20(39,30)	1.55,13(39,93)	2.33,16(38,03)		
3p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	(0,59)	2.34,44	384
	36,53(36,53)	1.16,12(39,59)	1.55,80(39,68)	2.34,44(38,64)		
4	Erik Amundsen	95	Poseidon	(0,77)	2.35,36	377
	36,25(36,25)	1.15,72(39,47)	1.55,83(40,11)	2.35,36(39,53)		
5	Eirik S. Jørgensen	95	Kristiansand SA	(0,73)	2.36,55	369
	36,97(36,97)	1.16,45(39,48)	1.57,13(40,68)	2.36,55(39,42)		
6	Erik Tobias Sollesnes	95	Kolbotn IL	(0,72)	2.36,71	367
	37,29(37,29)	1.16,89(39,60)	1.57,02(40,13)	2.36,71(39,69)		
7	Andreas Bjørkli	95	Setermoen SK	(0,77)	2.37,66	361
	36,80(36,80)	1.16,60(39,80)	1.57,15(40,55)	2.37,66(40,51)		
8	Henrik Søfteland	95	Delfana	(0,69)	2.39,38	349
	38,11(38,11)	1.18,94(40,83)	2.00,31(41,37)	2.39,38(39,07)		
9	Jakob Bernstein	95	Bærumsvømmerne	(0,55)	2.40,05	345
	37,53(37,53)	1.18,99(41,46)	2.00,25(41,26)	2.40,05(39,80)		
10	Daniel Sandhåland	95	Karmøy SK	(0,80)	2.41,25	337
	37,91(37,91)	1.18,63(40,72)	2.00,57(41,94)	2.41,25(40,68)		
11	Jonas Ødegård Aanby	95	Delfana	(0,66)	2.42,03	332
	38,80(38,80)	1.19,77(40,97)	2.01,36(41,59)	2.42,03(40,67)		
12	Eirik Nielsen	95	Poseidon	(0,79)	2.43,49	324
	38,08(38,08)	1.20,02(41,94)	2.02,77(42,75)	2.43,49(40,72)		
13	Mark Strømme	95	Bærumsvømmerne	(0,68)	2.44,39	318
	37,44(37,44)	1.19,88(42,44)	2.03,09(43,21)	2.44,39(41,30)		
14	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	(0,73)	2.45,05	314
	37,88(37,88)	1.20,04(42,16)	2.02,91(42,87)	2.45,05(42,14)		
15	Jørgen Gundersen	95	Skjetten Svømming	(0,68)	2.45,25	313
	40,36(40,36)	1.21,82(41,46)	2.03,90(42,08)	2.45,25(41,35)		
16	Martin Næss Kjølholdt	95	Kolbotn IL	(0,91)	2.45,26	313
	39,67(39,67)	1.21,63(41,96)	2.03,81(42,18)	2.45,26(41,45)		
17	Ivan Aleksander Larsen	95	Karmøy SK	(0,76)	2.47,61	300
	39,61(39,61)	1.23,38(43,77)	2.06,91(43,53)	2.47,61(40,70)		
18	Vedbjørn Arne Johannesen Aasheim	95	Vestkantsvømmerne	(0,64)	2.47,76	299
	40,21(40,21)	1.22,44(42,23)	2.05,74(43,30)	2.47,76(42,02)		
19	Andreas Manum Hagby	95	Asker SK	(0,67)	2.49,64	290
	39,69(39,69)	1.22,62(42,93)	2.06,65(44,03)	2.49,64(42,99)		

Øvelse 17. 200m rygg, jenter - født 1994

1p	Eva Marie Østerhus	94	Madla SK	(0,85)	2.26,46	628
	34,98(34,98)	1.12,02(37,04)	1.49,62(37,60)		2.26,46(36,84)	
2p	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,64)	2.30,82	575
	34,69(34,69)	1.12,34(37,65)	1.51,67(39,33)		2.30,82(39,15)	
3p	Andrea Hestdal	94	Åstveit SK	(0,76)	2.31,52	567
	36,52(36,52)	1.14,88(38,36)	1.53,79(38,91)		2.31,52(37,73)	
4	Luna Elisabeth Søggaard	94	Lambertseter SK	(0,86)	2.32,49	556
	36,91(36,91)	1.15,59(38,68)	1.54,43(38,84)		2.32,49(38,06)	
5	Hanne Lockertsen	94	Tromsø SK	(0,75)	2.35,26	527
	36,45(36,45)	1.15,00(38,55)	1.55,02(40,02)		2.35,26(40,24)	
6	Marie Øverland	94	Vestkantsvømmerne	(0,73)	2.35,73	522
	36,33(36,33)	1.15,69(39,36)	1.55,75(40,06)		2.35,73(39,98)	
7	Lotte Thommesen	94	Poseidon	(0,81)	2.36,16	518
	35,74(35,74)	1.14,93(39,19)	1.55,65(40,72)		2.36,16(40,51)	
8	Stine Lise Stenseth	94	Øvre Eiker SK	(0,76)	2.36,58	514
	36,60(36,60)	1.15,95(39,35)	1.56,21(40,26)		2.36,58(40,37)	
9	Birgitte Søfteland	94	Sarpsborg IL	(0,77)	2.37,54	504
	36,49(36,49)	1.16,84(40,35)	1.58,68(41,84)		2.37,54(38,86)	
10	Karoline Pedersen	94	Bergen SLK	(0,81)	2.38,26	497
	37,67(37,67)	1.17,46(39,79)	1.58,15(40,69)		2.38,26(40,11)	
11	Marie-Elise Eriksen	94	Horten SK	(0,71)	2.38,30	497
	37,32(37,32)	1.17,30(39,98)	1.58,08(40,78)		2.38,30(40,22)	
12	Julie Rønningsen	94	Lambertseter SK	(0,89)	2.38,32	497
	36,02(36,02)	1.16,15(40,13)	1.58,00(41,85)		2.38,32(40,32)	
13	Oda Haagensen	94	Haldens SK	(0,65)	2.39,36	487
	36,74(36,74)	1.17,49(40,75)	1.58,87(41,38)		2.39,36(40,49)	
14	Maren Larsen	94	Madla SK	(0,78)	2.40,53	477
	37,23(37,23)	1.17,59(40,36)	1.59,79(42,20)		2.40,53(40,74)	
15	Malena Martens	94	Stord IL	(0,74)	2.43,32	452
	38,51(38,51)	1.19,88(41,37)	2.02,06(42,18)		2.43,32(41,26)	
16	Johanne G. Skaaland	94	Delfana	(0,88)	2.44,48	443
	38,75(38,75)	1.20,65(41,90)	2.03,56(42,91)		2.44,48(40,92)	
17	Idha Toft Valeur	94	SK Speed	(0,74)	2.45,13	438
	37,02(37,02)	1.18,32(41,30)	2.02,03(43,71)		2.45,13(43,10)	
18	Maren E.J. Bakke	94	Setermoen SK	(0,82)	2.46,49	427
	39,81(39,81)	1.21,78(41,97)	2.04,54(42,76)		2.46,49(41,95)	

Øvelse 18. 200m rygg, gutter - født 1994

1p	Henrik Knudsen	94	Stavanger SC	(0,74)	2.21,77	496
	32,58(32,58)	1.07,91(35,33)	1.44,97(37,06)		2.21,77(36,80)	
2p	Henrik Wathne	94	Asker SK	(0,84)	2.26,66	448
	34,69(34,69)	1.12,15(37,46)	1.49,96(37,81)		2.26,66(36,70)	
3p	Gaute Ravndal	94	Sola SK	(0,85)	2.26,81	447
	34,43(34,43)	1.12,22(37,79)	1.50,28(38,06)		2.26,81(36,53)	
4	Markus Vindenes	94	Vestkantsvømmerne	(0,65)	2.27,39	442
	33,76(33,76)	1.10,67(36,91)	1.49,55(38,88)		2.27,39(37,84)	
5	Kristoffer D. Birkeland	94	Florø SLK	(0,81)	2.27,97	437
	34,59(34,59)	1.12,25(37,66)	1.50,73(38,48)		2.27,97(37,24)	
6	Kjetil Flatland	94	Lørenskog/Rælingen	(0,58)	2.28,93	428
	35,71(35,71)	1.13,33(37,62)	1.51,59(38,26)		2.28,93(37,34)	
7	Fredrik K Hegdal	94	Stavanger SC	(0,89)	2.29,74	421
	34,19(34,19)	1.12,53(38,34)	1.52,48(39,95)		2.29,74(37,26)	
8	Simen Alvestad	94	Karmøy SK	(0,65)	2.30,88	412
	35,50(35,50)	1.13,51(38,01)	1.52,91(39,40)		2.30,88(37,97)	
9	Oscar Slaatmo	94	Hamar IL	(0,79)	2.31,18	409
	35,96(35,96)	1.15,19(39,23)	1.53,95(38,76)		2.31,18(37,23)	
10	Morten Bordervich	94	Sola SK	(0,75)	2.33,10	394
	36,98(36,98)	1.16,18(39,20)	1.55,88(39,70)		2.33,10(37,22)	
11	Bård Løvik	94	Delfana	(0,69)	2.33,72	389
	35,96(35,96)	1.14,04(38,08)	1.53,90(39,86)		2.33,72(39,82)	
12	Thomas Myhrer	94	Askimsvømmerne	(0,78)	2.34,37	384
	35,17(35,17)	1.14,85(39,68)	1.55,30(40,45)		2.34,37(39,07)	

13	Johan Parker Nygård	94	Kolbotn IL	(0,71)	2.34,96	380
	36,62(36,62)	1.16,26(39,64)	1.57,11(40,85)		2.34,96(37,85)	
14	Christian Christiansen	94	Kristiansund SLK	(0,79)	2.35,32	377
	35,12(35,12)	1.13,39(38,27)	1.53,68(40,29)		2.35,32(41,64)	
15	Patrik Andre Solheim	94	Sarpsborg IL	(0,82)	2.38,63	354
	37,44(37,44)	1.16,98(39,54)	1.57,89(40,91)		2.38,63(40,74)	
16	Kim Rune Hansen	94	Øvre Eiker SK	(0,74)	2.40,88	340
	38,53(38,53)	1.18,89(40,36)	2.00,31(41,42)		2.40,88(40,57)	
17	Morgan Lund	94	Askimsvømmerne	(0,68)	2.42,95	327
	37,43(37,43)	1.19,28(41,85)	2.01,69(42,41)		2.42,95(41,26)	
	Berend de Waal	94	Molde SLK			DISK

Øvelse 19. 200m rygg, jenter - født 1993

1p	Siri Eva Kristiansen	93	Asker SK	(0,85)	2.21,81	691 ÅMØ
	34,96(34,96)	1.10,27(35,31)	1.45,53(35,26)		2.21,81(36,28)	
2p	Bitte Fagermo	93	Narvik SK	(0,95)	2.24,63	652
	34,70(34,70)	1.11,40(36,70)	1.48,43(37,03)		2.24,63(36,20)	
3p	Jacqueline Knutsson	93	Kongstensvømmerne	(0,79)	2.25,87	635
	33,71(33,71)	1.10,78(37,07)	1.48,96(38,18)		2.25,87(36,91)	
4	Stine Mjølhus Kristoffersen	93	TS/Frisinn	(0,72)	2.28,66	600
	35,32(35,32)	1.12,76(37,44)	1.50,87(38,11)		2.28,66(37,79)	
5	Helene Thunes Truyen	93	Delfana	(0,82)	2.31,64	565
	36,18(36,18)	1.14,10(37,92)	1.52,95(38,85)		2.31,64(38,69)	
6	Kaja Bremer	93	Bergen SLK	(0,74)	2.33,60	544
	36,59(36,59)	1.15,27(38,68)	1.54,64(39,37)		2.33,60(38,96)	
7	Nora Næss	93	Haldens SK	(0,93)	2.33,75	542
	36,58(36,58)	1.15,56(38,98)	1.55,42(39,86)		2.33,75(38,33)	
8	Pia Cornelia Braarud	93	Lambertseter SK	(0,82)	2.33,90	541
	36,38(36,38)	1.15,42(39,04)	1.55,05(39,63)		2.33,90(38,85)	
9	Stina Kajsa Colleou	93	Lambertseter SK	(0,74)	2.35,45	525
	36,63(36,63)	1.15,92(39,29)	1.56,06(40,14)		2.35,45(39,39)	
10	Susann Bjørnsen	93	Setermoen SK	(0,84)	2.36,32	516
	36,70(36,70)	1.16,58(39,88)	1.56,85(40,27)		2.36,32(39,47)	
11	Stine Vindenes	93	Vestkantsvømmerne	(0,80)	2.37,01	509
	36,42(36,42)	1.15,98(39,56)	1.56,36(40,38)		2.37,01(40,65)	
12	Stine Tveit	93	Trondheim SLK	(0,75)	2.37,27	507
	37,36(37,36)	1.16,73(39,37)	1.57,12(40,39)		2.37,27(40,15)	
13	Ida Arnøy	93	Lørenskog/Rælingen	(0,80)	2.37,34	506
	36,28(36,28)	1.15,95(39,67)	1.56,99(41,04)		2.37,34(40,35)	
14	Christiana Bjørkli	93	Trondheim SLK	(0,72)	2.37,96	500
	37,49(37,49)	1.17,04(39,55)	1.57,12(40,08)		2.37,96(40,84)	
15	Maria Bølgen	93	Bærumsvømmerne	(0,88)	2.37,97	500
	36,55(36,55)	1.16,55(40,00)	1.57,38(40,83)		2.37,97(40,59)	
16	Stine Vik Olsen	93	Kristiansund SLK	(1,08)	2.39,36	487
	37,70(37,70)	1.18,65(40,95)	1.59,80(41,15)		2.39,36(39,56)	
17	Caroline M. Mork	93	Stavanger SC	(0,68)	2.41,64	467
	36,65(36,65)	1.17,50(40,85)	1.59,95(42,45)		2.41,64(41,69)	
18	Siren Bergslid	93	Stavanger SC	(0,81)	2.41,88	465
	38,19(38,19)	1.19,08(40,89)	2.00,52(41,44)		2.41,88(41,36)	

Øvelse 20. 200m rygg, gutter - født 1993

1p	Zoltan Csernai	93	Åstveit SK	(0,70)	2.12,32	611	ÅMØ
	30,98(30,98)	1.04,02(33,04)	1.38,71(34,69)		2.12,32(33,61)		
2p	Sander Rødje	93	Haugesund SK	(0,74)	2.13,42	596	
	30,42(30,42)	1.02,98(32,56)	1.37,77(34,79)		2.13,42(35,65)		
3p	Mats Gøran Høgenhaug	93	Namsos SK	(0,69)	2.16,72	554	
	32,02(32,02)	1.06,74(34,72)	1.42,10(35,36)		2.16,72(34,62)		
4	Hans Østerdal	93	Stavanger SC	(0,72)	2.17,59	543	
	32,45(32,45)	1.07,75(35,30)	1.43,31(35,56)		2.17,59(34,28)		
5	Runar Borgen	93	Bodø SK	(0,69)	2.20,08	515	
	31,84(31,84)	1.07,04(35,20)	1.43,64(36,60)		2.20,08(36,44)		
6	Øyvind L. Styrmo	93	Delfana	(0,71)	2.20,76	507	
	33,01(33,01)	1.08,75(35,74)	1.44,98(36,23)		2.20,76(35,78)		
7	Hans Kristian Andersen	93	Florø SLK	(0,73)	2.21,33	501	
	32,99(32,99)	1.08,84(35,85)	1.45,79(36,95)		2.21,33(35,54)		
8	Eirik Standal Thoresen	93	Asker SK	(0,76)	2.22,69	487	
	32,93(32,93)	1.09,08(36,15)	1.46,35(37,27)		2.22,69(36,34)		
9	Robin Sell Dyngeland	93	Åstveit SK	(0,72)	2.23,46	479	
	35,01(35,01)	1.10,58(35,57)	1.47,18(36,60)		2.23,46(36,28)		
10	Christian Juvik	93	Stavanger SC	(0,86)	2.26,75	448	
	32,77(32,77)	1.09,47(36,70)	1.47,21(37,74)		2.26,75(39,54)		
11	Thorbjørn Birkeland	93	Haugesund SK	(0,68)	2.26,91	446	
	34,49(34,49)	1.11,86(37,37)	1.49,70(37,84)		2.26,91(37,21)		
12	Håkon Brennhagen	93	Skjetten Svømming	(0,70)	2.27,79	438	
	35,44(35,44)	1.12,33(36,89)	1.50,34(38,01)		2.27,79(37,45)		
13	Martin Hammer	93	Kongstensvømmerne	(0,77)	2.28,39	433	
	34,57(34,57)	1.11,93(37,36)	1.50,66(38,73)		2.28,39(37,73)		
14	Martin Berger Oterholm	93	Kolbotn IL	(0,68)	2.28,40	433	
	35,11(35,11)	1.12,60(37,49)	1.51,10(38,50)		2.28,40(37,30)		
15	Christopher Wolf	93	Vestbyen IL	(0,79)	2.28,71	430	
	35,86(35,86)	1.12,95(37,09)			2.28,71(1.15,76)		
16	Peder T. Haagensli	93	Larvik SK	(0,83)	2.29,96	419	
	35,29(35,29)	1.13,21(37,92)	1.51,94(38,73)		2.29,96(38,02)		
17	Ingvar V. Skirbekk	93	Elverum Svømming	(0,70)	2.35,82	374	
	36,63(36,63)	1.15,42(38,79)	1.56,10(40,68)		2.35,82(39,72)		
	Henry Emil Nordhagen	93	Bærumsvømmerne				DISK

Lørdag 29. mars 2008 kl 15.00**Øvelse 21. 100m bryst, jenter - født 1997**

1p	Marie K. Eide Hartvedt	97	Oslo IL	1.31,10	378
	43,65(43,65)	1.31,10(47,45)			
2p	Ane Lee Johansen	97	Kristiansand SA	1.32,60	360
	43,98(43,98)	1.32,60(48,62)			
3p	Ingrid Bergslid	97	Stavanger SC	1.33,06	355
	44,74(44,74)	1.33,06(48,32)			
4	Karianne Reinertsen	97	Vestkantsvømmerne	1.35,76	326
	45,40(45,40)	1.35,76(50,36)			
5	Majken Antonie Smith	97	Asker SK	1.37,19	311
	46,69(46,69)	1.37,19(50,50)			
6	Line Henanger	97	Lambertseter SK	1.37,22	311
	46,23(46,23)	1.37,22(50,99)			
7	Carina Ekroll Bårdli	97	Moss SK	1.39,63	289
	46,25(46,25)	1.39,63(53,38)			
8	Marte Dale	97	Vestkantsvømmerne	1.40,74	280
	48,49(48,49)	1.40,74(52,25)			
9	Vanja Sand Syversen	97	Delfana	1.41,07	277
	48,34(48,34)	1.41,07(52,73)			
10	Birgit Kvisvik	97	IL Norodd	1.41,57	273
	48,30(48,30)	1.41,57(53,27)			
11	Virginia Sitta	97	Madla SK	1.43,10	261
	50,03(50,03)	1.43,10(53,07)			
12	Sandra Sola	97	Randaberg IL	1.43,27	259
	49,98(49,98)	1.43,27(53,29)			
13	Nina Staveland	97	Madla SK	1.43,73	256
	49,81(49,81)	1.43,73(53,92)			
14	Toni G. Coudray	97	Bergens SC	1.49,88	215
	52,06(52,06)	1.49,88(57,82)			
15	Vilje Mohagen	97	Skjetten Svømming	1.50,46	212
	52,05(52,05)	1.50,46(58,41)			
16	Sølvi Myklebust Indrevær	97	Florø SLK	1.51,42	206
	53,37(53,37)	1.51,42(58,05)			
17	Frida Kristensen	97	Kolbotn IL	1.52,78	199
	53,34(53,34)	1.52,78(59,44)			
	Ida Jensen Lirhus	97	Stavanger Vannpoloklubb	DISK	

Øvelse 22. 100m bryst, gutter - født 1997

1p	Fredrik Løvberg	97	Lambertseter SK	1.28,52	288ÅMØ
	40,98(40,98)	1.28,52(47,54)			
2p	Adrian Etterlid Jensen	97	Stord IL	1.34,17	239
	44,04(44,04)	1.34,17(50,13)			
3p	Jon Arnt Kårstad	97	Bryne SK	1.38,11	211
	46,98(46,98)	1.38,11(51,13)			
4	Erik Årslund Gidskehaug	97	Bryne SK	1.38,75	207
	47,32(47,32)	1.38,75(51,43)			
5	Gord Behzadi	97	Madla SK	1.39,18	204
	47,04(47,04)	1.39,18(52,14)			
6	Ragnar Daldorff	97	Kirkenes SK	1.40,83	194
	48,58(48,58)	1.40,83(52,25)			
7	Mads Henry Steinland	97	Bærumsvømmerne	1.41,47	191
	48,22(48,22)	1.41,47(53,25)			
8	Kristoffer Soot	97	Ski SK	1.44,82	173
	49,49(49,49)	1.44,82(55,33)			
9	Jonas Hagemansen	97	SK Speed	1.44,88	173
	50,36(50,36)	1.44,88(54,52)			
10	Eirik Midtun	97	Bergkameratene	1.45,56	169
	51,26(51,26)	1.45,56(54,30)			

11	Truls-Petter Müller 51,94(51,94)	97	Bærumsvømmerne	1.46,24	166
12	Marius Nygård 50,38(50,38)	97	Lambertseter SK	1.46,72	164
13	Arjan Nilsen 53,14(53,14)	97	Ski SK	1.46,91	163
14	Erlend Søderlund 54,37(54,37)	97	Trondheim SLK	1.53,96	134
15	Oskar Lahmeyer 56,61(56,61)	97	Madla SK	1.57,34	123
16	Simen Halse Larsen 57,60(57,60)	97	Vågsbygd SLK	1.59,43	117
	Bjørn Roar Hansen	97	Øvre Eiker SK	DISK	
	Eirik Frestad	97	Varodd SK	DISK	

Øvelse 23. 200m bryst, jenter - født 1996

1p	Maria Clausen 41,87(41,87)	96	Madla SK	2.58,74	492
2p	Amalie Thorstensen 41,97(41,97)	96	Vågsbygd SLK	3.00,18	481
3p	Tina Schütz 43,57(43,57)	96	Vestkantsvømmerne	3.08,95	417
4	Emilie K. Hegdal 42,43(42,43)	96	Stavanger SC	3.11,07	403
5	Nehna-Louise Møller-Pettersen 44,16(44,16)	96	Oslo IL	3.11,34	401
6	Vår Celine Søgaard 44,36(44,36)	96	Lambertseter SK	3.14,42	382
7	Helle Gusjås 44,71(44,71)	96	Fauske SK	3.14,50	382
8	Vilde Tengedal 45,88(45,88)	96	Bryne SK	3.15,15	378
9	Klara Farkas 44,29(44,29)	96	Lørenskog/Rælingen	3.15,69	375
10	Lotte Miller 44,86(44,86)	96	Madla SK	3.15,91	374
11	Karoline Steffensen 45,24(45,24)	96	Harstad SK	3.16,63	370
12	Selma Johanne Andreassen 45,70(45,70)	96	Florø SLK	3.17,08	367
13	Christine Akselberg 44,49(44,49)	96	Arna SLK	3.18,37	360
14	Marte Stamland 44,57(44,57)	96	Poseidon	3.19,31	355
15	Guro Aas 43,84(43,84)	96	Vågsbygd SLK	3.19,41	354
16	Ingeborg Jørmeland 44,42(44,42)	96	Stavanger SC	3.20,36	349
17	Helene Strømnes 45,53(45,53)	96	Kongstensvømmerne	3.24,32	329
18	Nora Olsen Tangen 47,52(47,52)	96	Oslo IL	3.29,66	305

Øvelse 24. 200m bryst, gutter - født 1996

1p	Bendik Søfteland	96	Sarpsborg IL	3.01,81	339
	41,90(41,90)	1.28,75(46,85)	2.16,49(47,74)	3.01,81(45,32)	
2p	Grunde Myhrer	96	Lambertseter SK	3.02,52	336
	41,01(41,01)	1.27,87(46,86)	2.15,22(47,35)	3.02,52(47,30)	
3p	Mathias Thorkildsen	96	Bærumsvømmerne	3.03,58	330
	41,62(41,62)	1.28,14(46,52)	2.15,55(47,41)	3.03,58(48,03)	
4	Armin Porobic	96	Karmøy SK	3.06,73	313
	42,99(42,99)	1.32,18(49,19)	2.20,70(48,52)	3.06,73(46,03)	
5	Sindre Aasland Ranaweera	96	Madla SK	3.09,99	297
	43,59(43,59)	1.31,43(47,84)	2.20,60(49,17)	3.09,99(49,39)	
6	Sander Andersen	96	Poseidon	3.10,64	294
	43,47(43,47)	1.32,04(48,57)	2.21,62(49,58)	3.10,64(49,02)	
7	Franciscus Drake Bruseth	96	Larvik SK	3.11,51	290
	44,93(44,93)	1.34,14(49,21)	2.23,77(49,63)	3.11,51(47,74)	
8	Simen Halvorsen	96	Florø SLK	3.12,03	288
	42,55(42,55)	1.31,21(48,66)	2.21,97(50,76)	3.12,03(50,06)	
9	Philip R. Solheim	96	Sarpsborg IL	3.13,26	283
	44,75(44,75)	1.34,23(49,48)	2.24,88(50,65)	3.13,26(48,38)	
10	Steven Knutsson	96	Kongstensvømmerne	3.15,24	274
	45,01(45,01)	1.35,00(49,99)	2.25,31(50,31)	3.15,24(49,93)	
11	Sander Sivertsen	96	Vestkantsvømmerne	3.16,27	270
	43,86(43,86)	1.34,59(50,73)	2.25,93(51,34)	3.16,27(50,34)	
12	Morten Wee Hollund	96	Karmøy SK	3.16,54	269
	45,08(45,08)	1.36,59(51,51)	2.28,71(52,12)	3.16,54(47,83)	
13	Ole Martin Bjørlykke	96	Aalesund SLK	3.17,33	265
	44,52(44,52)	1.34,00(49,48)	2.25,31(51,31)	3.17,33(52,02)	
14	Tage Singstad	96	Vestbyen IL	3.20,79	252
	46,27(46,27)	1.37,79(51,52)	2.29,62(51,83)	3.20,79(51,17)	
15	Kristoffer Rosmo	96	Lambertseter SK	3.24,35	239
	45,90(45,90)	1.38,08(52,18)	2.31,99(53,91)	3.24,35(52,36)	
16	Sigve Ekei Nystuen	96	Asker SK	3.27,29	229
	48,08(48,08)	1.41,09(53,01)	2.34,33(53,24)	3.27,29(52,96)	
17	Håkon P. Ludvigsen	96	Randaberg IL	3.28,00	227
	47,47(47,47)	1.40,78(53,31)	2.35,49(54,71)	3.28,00(52,51)	
18	Knut Oscar Skipperud	96	Askimsvømmerne	3.29,93	220
	47,55(47,55)	1.41,77(54,22)	2.36,38(54,61)	3.29,93(53,55)	

Øvelse 25. 200m bryst, jenter - født 1995

1p	Ingalill Urrang Naustvik	95	Karmøy SK	2.46,45	610 ÅMØ
	37,53(37,53)	1.19,56(42,03)	2.03,68(44,12)	2.46,45(42,77)	
2p	Aslaug Marie Hjelmaas	95	Bergen SLK	2.57,31	504
	40,89(40,89)	1.25,75(44,86)	2.11,49(45,74)	2.57,31(45,82)	
3p	Ane Nygård	95	Stavanger SC	3.00,85	475
	40,54(40,54)	1.26,21(45,67)	2.13,88(47,67)	3.00,85(46,97)	
4	Lise Sand Syversen	95	Delfana	3.01,43	471
	42,42(42,42)	1.28,77(46,35)	2.15,37(46,60)	3.01,43(46,06)	
5	Marie Svensson	95	Skjetten Svømming	3.01,53	470
	42,18(42,18)	1.28,41(46,23)	2.15,51(47,10)	3.01,53(46,02)	
6	Maren Lootz Aarthun	95	Stavanger SC	3.02,29	464
	39,13(39,13)	1.25,35(46,22)	2.13,54(48,19)	3.02,29(48,75)	
7	Maren Gullvåg Aasen	95	Kristiansand SA	3.02,36	464
	41,52(41,52)	1.27,56(46,04)	2.14,73(47,17)	3.02,36(47,63)	
8	Mari Mjølhus Kristoffersen	95	Madla SK	3.03,09	458
	40,82(40,82)	1.25,96(45,14)	2.13,71(47,75)	3.03,09(49,38)	
9	Emilie N. Løvberg	95	Bærumsvømmerne	3.03,14	458
	41,53(41,53)	1.28,72(47,19)	2.16,50(47,78)	3.03,14(46,64)	
10	Caroline R. Helgesen	95	Aalesund SLK	3.04,80	445
	41,48(41,48)	1.27,63(46,15)	2.16,11(48,48)	3.04,80(48,69)	
11	Alida Etterlid Jensen	95	Stord IL	3.04,97	444
	42,82(42,82)	1.30,03(47,21)	2.17,73(47,70)	3.04,97(47,24)	

12	Andrea Westbye	95	Bærumsvømmerne	3.07,47	427
	43,11(43,11)	1.29,61(46,50)	2.18,16(48,55)	3.07,47(49,31)	
13	Amalie Kristiansen	95	Haugesund SK	3.08,36	421
	44,12(44,12)	1.32,63(48,51)	2.20,92(48,29)	3.08,36(47,44)	
14	Eirin Jakobsen Avlund	95	Lambertseter SK	3.10,20	409
	43,28(43,28)	1.31,39(48,11)	2.20,91(49,52)	3.10,20(49,29)	
15	Elina Øverås	95	Lørenskog/Rælingen	3.13,27	389
	43,62(43,62)	1.33,21(49,59)	2.24,03(50,82)	3.13,27(49,24)	
16	Malin Haga	95	Stavanger SC	3.16,86	368
	43,37(43,37)	1.32,61(49,24)	2.23,91(51,30)	3.16,86(52,95)	
17	Mari Knutsen	95	Øvre Eiker SK	3.20,76	347
	45,73(45,73)	1.37,26(51,53)	2.29,59(52,33)	3.20,76(51,17)	
18	Andrine Davidsen	95	Lambertseter SK	3.32,18	294
	47,21(47,21)	1.41,61(54,40)	2.37,85(56,24)	3.32,18(54,33)	

Øvelse 26. 200m bryst, gutter - født 1995

1p	Markus Lie	95	Åstveit SK	2.51,01	408
	39,05(39,05)	1.22,74(43,69)	2.06,77(44,03)	2.51,01(44,24)	
2p	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.54,67	383
	40,11(40,11)	1.25,08(44,97)	2.09,54(44,46)	2.54,67(45,13)	
3p	Andreas Manum Hagby	95	Asker SK	2.55,31	379
	39,40(39,40)	1.23,91(44,51)	2.09,45(45,54)	2.55,31(45,86)	
4	Eirik Nielsen	95	Poseidon	2.58,87	357
	40,43(40,43)	1.26,08(45,65)	2.12,80(46,72)	2.58,87(46,07)	
5	Ivan Aleksander Larsen	95	Karmøy SK	2.59,29	354
	40,86(40,86)	1.27,28(46,42)	2.14,34(47,06)	2.59,29(44,95)	
6	Vedbjørn Arne Johannesen Aasheim	95	Vestkantsvømmerne	3.00,98	344
	40,60(40,60)	1.27,53(46,93)	2.14,79(47,26)	3.00,98(46,19)	
7	Alexander Marki Mork	95	Stavanger SC	3.02,11	338
	40,48(40,48)	1.27,44(46,96)	2.15,53(48,09)	3.02,11(46,58)	
8	Daniel Sandhåland	95	Karmøy SK	3.02,12	338
	41,11(41,11)	1.27,17(46,06)	2.14,54(47,37)	3.02,12(47,58)	
9	Vebjørn Lindhjem	95	Lørenskog/Rælingen	3.02,52	336
	41,76(41,76)	1.28,47(46,71)	2.15,88(47,41)	3.02,52(46,64)	
10	Andreas Bjørkli	95	Setermoen SK	3.02,98	333
	41,93(41,93)	1.28,39(46,46)	2.15,93(47,54)	3.02,98(47,05)	
11	Jonas Ødegård Aanby	95	Delfana	3.03,54	330
	42,81(42,81)	1.29,29(46,48)	2.16,81(47,52)	3.03,54(46,73)	
12	Mark Strømme	95	Bærumsvømmerne	3.09,91	298
	41,86(41,86)	1.31,07(49,21)	2.20,39(49,32)	3.09,91(49,52)	
13	Erik Tobias Sollesnes	95	Kolbotn IL	3.10,33	296
	44,43(44,43)	1.33,56(49,13)	2.22,71(49,15)	3.10,33(47,62)	
14	Eirik S. Jørgensen	95	Kristiansand SA	3.10,39	296
	45,25(45,25)	1.33,39(48,14)	2.22,23(48,84)	3.10,39(48,16)	
15	Jørgen Gundersen	95	Skjetten Svømming	3.11,69	290
	45,80(45,80)	1.35,52(49,72)	2.24,07(48,55)	3.11,69(47,62)	
16	Erik Amundsen	95	Poseidon	3.13,57	281
	44,33(44,33)	1.34,44(50,11)	2.24,41(49,97)	3.13,57(49,16)	
17	Henrik Søfteland	95	Delfana	3.17,62	264
	46,03(46,03)	1.36,75(50,72)	2.27,64(50,89)	3.17,62(49,98)	
18	Jakob Bernstein	95	Bærumsvømmerne	3.17,84	263
	44,67(44,67)	1.36,40(51,73)	2.27,29(50,89)	3.17,84(50,55)	
19	Martin Næss Kjølholdt	95	Kolbotn IL	3.17,89	263
	46,78(46,78)	1.38,44(51,66)	2.28,83(50,39)	3.17,89(49,06)	

Øvelse 27. 200m bryst, jenter - født 1994

1p	Luna Elisabeth Søgaard	94	Lambertseter SK	2.41,70	665
	37,33(37,33)	1.18,70(41,37)	2.00,22(41,52)	2.41,70(41,48)	
2p	Andrea Hestdal	94	Åstveit SK	2.43,65	642
	37,36(37,36)	1.19,45(42,09)	2.01,37(41,92)	2.43,65(42,28)	
3p	Stine Lise Stenseth	94	Øvre Eiker SK	2.50,51	567
	38,34(38,34)	1.21,35(43,01)	2.05,29(43,94)	2.50,51(45,22)	
4	Maren Larsen	94	Madla SK	2.51,80	555
	38,78(38,78)	1.22,32(43,54)	2.07,30(44,98)	2.51,80(44,50)	
5	Maren E.J. Bakke	94	Setermoen SK	2.54,98	525
	38,73(38,73)	1.22,79(44,06)	2.08,87(46,08)	2.54,98(46,11)	
6	Oda Haagensen	94	Haldens SK	2.55,76	518
	39,20(39,20)	1.23,72(44,52)	2.09,39(45,67)	2.55,76(46,37)	
7	Birgitte Søfteland	94	Sarpsborg IL	2.56,12	515
	40,33(40,33)	1.25,49(45,16)	2.11,41(45,92)	2.56,12(44,71)	
8	Veronica Orheim Bjørlykke	94	Aalesund SLK	2.56,92	508
	40,67(40,67)	1.25,31(44,64)	2.10,91(45,60)	2.56,92(46,01)	
9	Eva Marie Østerhus	94	Madla SK	2.58,27	496
	41,93(41,93)	1.27,63(45,70)	2.13,31(45,68)	2.58,27(44,96)	
10	Lotte Thommesen	94	Poseidon	3.00,49	478
	41,69(41,69)	1.27,90(46,21)	2.14,64(46,74)	3.00,49(45,85)	
11	Marie-Elise Eriksen	94	Horten SK	3.00,54	478
	41,28(41,28)	1.27,07(45,79)	2.14,11(47,04)	3.00,54(46,43)	
12	Malena Martens	94	Stord IL	3.03,02	459
	42,11(42,11)	1.27,86(45,75)	2.15,32(47,46)	3.03,02(47,70)	
13	Julie Rønningsen	94	Lambertseter SK	3.03,64	454
	41,35(41,35)	1.27,98(46,63)	2.16,38(48,40)	3.03,64(47,26)	
14	Idha Toft Valeur	94	SK Speed	3.05,27	442
	41,84(41,84)	1.28,29(46,45)	2.17,02(48,73)	3.05,27(48,25)	
15	Marie Øverland	94	Vestkantsvømmerne	3.05,66	439
	42,83(42,83)	1.30,06(47,23)	2.17,99(47,93)	3.05,66(47,67)	
16	Johanne G. Skaaland	94	Delfana	3.06,07	436
	42,16(42,16)	1.29,61(47,45)	2.18,40(48,79)	3.06,07(47,67)	
17	Karoline Pedersen	94	Bergens SLK	3.06,53	433
	42,93(42,93)	1.29,86(46,93)	2.17,88(48,02)	3.06,53(48,65)	
	Hanne Lockertsen	94	Tromsø SK	BRUTT	

Øvelse 28. 200m bryst, gutter - født 1994

1p	Markus Vindenes	94	Vestkantsvømmerne	2.37,80	519
	35,54(35,54)	1.15,61(40,07)	1.56,84(41,23)	2.37,80(40,96)	
2p	Kristoffer D. Birkeland	94	Florø SLK	2.41,52	484
	35,64(35,64)	1.16,08(40,44)	1.58,88(42,80)	2.41,52(42,64)	
3p	Kjetil Flatland	94	Lørenskog/Rælingen	2.43,53	467
	37,82(37,82)	1.20,27(42,45)	2.02,41(42,14)	2.43,53(41,12)	
4	Berend de Waal	94	Molde SLK	2.44,11	462
	36,20(36,20)	1.18,52(42,32)	2.01,88(43,36)	2.44,11(42,23)	
5	Fredrik K Hegdal	94	Stavanger SC	2.47,06	438
	37,92(37,92)	1.20,56(42,64)	2.03,72(43,16)	2.47,06(43,34)	
6	Oscar Slaatmo	94	Hamar IL	2.49,34	420
	36,88(36,88)	1.20,16(43,28)	2.04,92(44,76)	2.49,34(44,42)	
7	Johan Parker Nygård	94	Kolbotn IL	2.52,73	396
	38,80(38,80)	1.24,11(45,31)	2.09,04(44,93)	2.52,73(43,69)	
8	Henrik Wathne	94	Asker SK	2.54,39	385
	39,24(39,24)	1.23,06(43,82)	2.08,13(45,07)	2.54,39(46,26)	
9	Bård Løvik	94	Delfana	2.54,67	383
	40,32(40,32)	1.24,85(44,53)	2.09,90(45,05)	2.54,67(44,77)	
10	Gaute Ravndal	94	Sola SK	2.59,33	354
	40,75(40,75)	1.25,97(45,22)	2.13,35(47,38)	2.59,33(45,98)	
11	Henrik Knudsen	94	Stavanger SC	2.59,42	353
	40,23(40,23)	1.26,48(46,25)	2.13,55(47,07)	2.59,42(45,87)	
12	Morten Bordervich	94	Sola SK	3.02,42	336
	42,18(42,18)	1.29,62(47,44)	2.16,58(46,96)	3.02,42(45,84)	

13	Morgan Lund	94	Askimsvømmerne	3.02,73	334
	41,66(41,66)	1.29,61(47,95)	2.17,89(48,28)	3.02,73(44,84)	
14	Thomas Myhrer	94	Askimsvømmerne	3.03,83	328
	41,22(41,22)	1.28,81(47,59)	2.17,10(48,29)	3.03,83(46,73)	
15	Patrik Andre Solheim	94	Sarpsborg IL	3.04,25	326
	42,13(42,13)	1.28,46(46,33)	2.16,35(47,89)	3.04,25(47,90)	
16	Kim Rune Hansen	94	Øvre Eiker SK	3.05,92	317
	42,55(42,55)	1.30,03(47,48)	2.18,54(48,51)	3.05,92(47,38)	
17	Simen Alvestad	94	Karmøy SK	3.07,46	310
	42,01(42,01)	1.29,74(47,73)	2.18,29(48,55)	3.07,46(49,17)	
18	Christian Christiansen	94	Kristiansund SLK	3.24,57	238
	44,10(44,10)	1.35,47(51,37)	2.29,37(53,90)	3.24,57(55,20)	

Øvelse 29. 200m bryst, jenter - født 1993

1p	Stina Kajsa Colleou	93	Lambertseter SK	2.36,00	741 ÅMØ
	35,84(35,84)	1.14,69(38,85)	1.55,10(40,41)	2.36,00(40,90)	
2p	Siri Eva Kristiansen	93	Asker SK	2.40,47	681
	37,64(37,64)	1.17,67(40,03)	1.58,20(40,53)	2.40,47(42,27)	
3p	Bitte Fagermo	93	Narvik SK	2.40,86	676
	36,50(36,50)	1.17,31(40,81)	1.58,87(41,56)	2.40,86(41,99)	
4	Stine Vindenes	93	Vestkantsvømmerne	2.43,12	648
	36,83(36,83)	1.18,27(41,44)	2.00,35(42,08)	2.43,12(42,77)	
5	Stine Mjølhus Kristoffersen	93	TS/Frisinn	2.43,57	643
	37,74(37,74)	1.19,13(41,39)	2.00,74(41,61)	2.43,57(42,83)	
6	Pia Cornelia Braarud	93	Lambertseter SK	2.45,31	623
	37,08(37,08)	1.18,85(41,77)	2.02,06(43,21)	2.45,31(43,25)	
7	Susann Bjørnsen	93	Setermoen SK	2.47,05	603
	37,33(37,33)	1.20,01(42,68)	2.03,90(43,89)	2.47,05(43,15)	
8	Stine Tveit	93	Trondheim SLK	2.47,53	598
	38,15(38,15)	1.21,09(42,94)	2.04,08(42,99)	2.47,53(43,45)	
9	Jacqueline Knutsson	93	Kongstensvømmerne	2.50,06	572
	38,49(38,49)	1.22,27(43,78)	2.06,64(44,37)	2.50,06(43,42)	
10	Siren Bergslid	93	Stavanger SC	2.50,32	569
	38,68(38,68)	1.21,56(42,88)	2.06,06(44,50)	2.50,32(44,26)	
11	Caroline M. Mork	93	Stavanger SC	2.55,51	520
	38,49(38,49)	1.22,96(44,47)	2.08,98(46,02)	2.55,51(46,53)	
12	Kaja Bremer	93	Bergen SLK	2.56,81	509
	40,05(40,05)	1.24,86(44,81)	2.11,09(46,23)	2.56,81(45,72)	
13	Christiana Bjørkli	93	Trondheim SLK	2.56,83	509
	40,49(40,49)	1.24,92(44,43)	2.10,37(45,45)	2.56,83(46,46)	
14	Stine Vik Olsen	93	Kristiansund SLK	3.03,39	456
	42,16(42,16)	1.28,84(46,68)	2.16,41(47,57)	3.03,39(46,98)	
15	Helene Thunes Truyen	93	Delfana	3.03,79	453
	42,31(42,31)	1.28,80(46,49)	2.16,25(47,45)	3.03,79(47,54)	
16	Maria Bølgen	93	Bærumsvømmerne	3.06,95	430
	41,42(41,42)	1.29,03(47,61)	2.18,42(49,39)	3.06,95(48,53)	
17	Nora Næss	93	Haldens SK	3.11,36	401
	44,06(44,06)	1.32,93(48,87)	2.22,59(49,66)	3.11,36(48,77)	
18	Ida Arnøy	93	Lørenskog/Rælingen	3.21,52	343
	45,04(45,04)	1.36,76(51,72)	2.28,39(51,63)	3.21,52(53,13)	

Øvelse 30. 200m bryst, gutter - født 1993

1p	Hans Kristian Andersen	93	Florø SLK	2.23,77	687	ÅMØ
	32,72(32,72)	1.10,21(37,49)	1.47,63(37,42)	2.23,77(36,14)		
2p	Zoltan Csernai	93	Åstveit SK	2.30,90	594	
	34,42(34,42)	1.13,55(39,13)	1.52,93(39,38)	2.30,90(37,97)		
3p	Hans Østerdal	93	Stavanger SC	2.32,78	572	
	33,72(33,72)	1.12,39(38,67)	1.52,35(39,96)	2.32,78(40,43)		
4	Mats Gøran Høgenhaug	93	Namsos SK	2.36,94	528	
	35,08(35,08)	1.15,29(40,21)	1.56,80(41,51)	2.36,94(40,14)		
5	Christopher Wolf	93	Vestbyen IL	2.37,95	518	
	35,51(35,51)	1.15,42(39,91)	1.57,06(41,64)	2.37,95(40,89)		
6	Martin Hammer	93	Kongstensvømmerne	2.38,79	510	
	34,71(34,71)	1.14,49(39,78)	1.56,18(41,69)	2.38,79(42,61)		
7	Runar Borgen	93	Bodø SK	2.43,28	469	
	36,30(36,30)	1.18,05(41,75)	2.00,62(42,57)	2.43,28(42,66)		
8	Peder T. Haagensli	93	Larvik SK	2.44,23	461	
	37,62(37,62)	1.20,28(42,66)	2.02,94(42,66)	2.44,23(41,29)		
9	Ingvar V. Skirbekk	93	Elverum Svømming	2.45,60	449	
	38,47(38,47)	1.20,97(42,50)	2.03,68(42,71)	2.45,60(41,92)		
9	Håkon Brennhagen	93	Skjetten Svømming	2.45,60	449	
	38,94(38,94)	1.21,74(42,80)	2.03,90(42,16)	2.45,60(41,70)		
11	Thorbjørn Birkeland	93	Haugesund SK	2.48,03	430	
	37,61(37,61)	1.20,89(43,28)	2.05,34(44,45)	2.48,03(42,69)		
12	Sander Rødje	93	Haugesund SK	2.48,11	430	
	38,25(38,25)	1.22,52(44,27)	2.06,98(44,46)	2.48,11(41,13)		
13	Henry Emil Nordhagen	93	Bærumsvømmerne	2.48,58	426	
	35,85(35,85)	1.18,18(42,33)	2.02,98(44,80)	2.48,58(45,60)		
14	Martin Berger Oterholm	93	Kolbotn IL	2.50,14	414	
	39,82(39,82)	1.23,18(43,36)	2.06,68(43,50)	2.50,14(43,46)		
15	Eirik Standal Thoresen	93	Asker SK	2.50,19	414	
	37,16(37,16)	1.19,40(42,24)	2.04,21(44,81)	2.50,19(45,98)		
16	Øyvind L. Styrmo	93	Delfana	2.55,01	381	
	39,15(39,15)	1.23,80(44,65)	2.09,95(46,15)	2.55,01(45,06)		
17	Christian Juvik	93	Stavanger SC	3.06,24	316	
	39,49(39,49)	1.26,45(46,96)	2.16,46(50,01)	3.06,24(49,78)		
18	Robin Sell Dyngeland	93	Åstveit SK	3.07,24	311	
	40,88(40,88)	1.27,47(46,59)	2.16,27(48,80)	3.07,24(50,97)		

Søndag 30. mars 2008 kl 10.00**Øvelse 31. 50m butterfly, jenter - født 1997**

1p	Marie K. Eide Hartvedt	97	Oslo IL	36,81	337
2p	Karianne Reinertsen	97	Vestkantsvømmerne	38,35	298
3p	Ingrid Bergslid	97	Stavanger SC	38,60	292
4	Nina Staveland	97	Madla SK	39,88	265
5	Vanja Sand Syversen	97	Delfana	40,06	261
6	Line Henanger	97	Lambertseter SK	41,14	241
7	Ida Jensen Lirhus	97	Stavanger Vannpoloklubb	41,55	234
8	Birgit Kvisvik	97	IL Norodd	41,62	233
9	Ane Lee Johansen	97	Kristiansand SA	42,41	220
10	Carina Ekroll Bårdli	97	Moss SK	42,59	217
11	Frida Kristensen	97	Kolbotn IL	43,66	202
12	Vilje Mohagen	97	Skjetten Svømming	43,74	200
13	Virginia Sitta	97	Madla SK	43,85	199
14	Sandra Sola	97	Randaberg IL	44,45	191
15	Marte Dale	97	Vestkantsvømmerne	45,54	178
16	Majken Antonie Smith	97	Asker SK	46,97	162
17	Sølvi Myklebust Indrevær	97	Florø SLK	47,15	160
	Toni G. Coudray	97	Bergens SC	DISK	

Øvelse 32. 50m butterfly, gutter - født 1997

1p	Fredrik Løvberg	97	Lambertseter SK	33,31	323ÅMØ
2p	Eirik Frestad	97	Varodd SK	38,57	208
3p	Eirik Midtun	97	Bergkameratene	38,87	203
4	Simen Halse Larsen	97	Vågsbygd SLK	40,46	180
5	Jonas Hagemansen	97	SK Speed	40,71	177
5	Jon Arnt Kårstad	97	Bryne SK	40,71	177
7	Mads Henry Steinland	97	Bærumsvømmerne	40,87	174
8	Ragnar Daldorff	97	Kirkenes SK	41,42	168
9	Oskar Lahmeyer	97	Madla SK	42,40	156
10	Kristoffer Soot	97	Ski SK	42,55	155
11	Erik Årslund Gidskehaug	97	Bryne SK	43,25	147
12	Bjørn Roar Hansen	97	Øvre Eiker SK	44,29	137
13	Marius Nygård	97	Lambertseter SK	44,30	137
14	Adrian Etterlid Jensen	97	Stord IL	44,47	135
15	Truls-Petter Müller	97	Bærumsvømmerne	45,40	127
16	Arjan Nilsen	97	Ski SK	45,76	124
17	Erlend Søderlund	97	Trondheim SLK	46,60	118
18	Gord Behzadi	97	Madla SK	47,88	108

Øvelse 33. 100m butterfly, jenter - født 1996

1p	Emilie K. Hegdal	96	Stavanger SC	1.13,94	466 ÅMØ
	33,97(33,97)	1.13,94(39,97)			
2p	Amalie Thorstensen	96	Vågsbygd SLK	1.16,28	424
	35,76(35,76)	1.16,28(40,52)			
3p	Tina Schütz	96	Vestkantsvømmerne	1.17,50	404
	35,61(35,61)	1.17,50(41,89)			
4	Christine Akselberg	96	Arna SLK	1.19,44	375
	36,67(36,67)	1.19,44(42,77)			
5	Vår Celine Sjøgaard	96	Lambertseter SK	1.19,69	372
	36,87(36,87)	1.19,69(42,82)			
6	Lotte Miller	96	Madla SK	1.21,67	345
	37,01(37,01)	1.21,67(44,66)			
7	Helle Gusjås	96	Fauske SK	1.23,20	327
	39,19(39,19)	1.23,20(44,01)			
8	Helene Strømnes	96	Kongstensvømmerne	1.24,11	316
	38,80(38,80)	1.24,11(45,31)			
9	Vilde Tengedal	96	Bryne SK	1.24,43	313
	38,98(38,98)	1.24,43(45,45)			
10	Karoline Steffensen	96	Harstad SK	1.24,94	307
	38,71(38,71)	1.24,94(46,23)			
11	Nora Olsen Tangen	96	Oslo IL	1.25,24	304
	39,39(39,39)	1.25,24(45,85)			
12	Klara Farkas	96	Lørenskog/Rælingen	1.26,27	293
	39,32(39,32)	1.26,27(46,95)			
13	Maria Clausen	96	Madla SK	1.26,34	292
	35,40(35,40)	1.26,34(50,94)			
14	Nehna-Louise Møller-Pettersen	96	Oslo IL	1.26,65	289
	39,13(39,13)	1.26,65(47,52)			
15	Guro Aas	96	Vågsbygd SLK	1.27,19	284
	40,07(40,07)	1.27,19(47,12)			
16	Selma Johanne Andreassen	96	Florø SLK	1.30,99	250
	42,00(42,00)	1.30,99(48,99)			
17	Marte Stamland	96	Poseidon	1.32,66	236
	42,80(42,80)	1.32,66(49,86)			
18	Ingeborg Jørmeland	96	Stavanger SC	1.32,96	234
	41,46(41,46)	1.32,96(51,50)			

Øvelse 34. 100m butterfly, gutter - født 1996

1p	Morten Wee Hollund	96	Karmøy SK	1.14,04	324
	35,20(35,20)	1.14,04(38,84)			
2p	Håkon P. Ludvigsen	96	Randaberg IL	1.16,40	295
	34,29(34,29)	1.16,40(42,11)			
3p	Armin Porobic	96	Karmøy SK	1.17,02	288
	35,79(35,79)	1.17,02(41,23)			
4	Sander Sivertsen	96	Vestkantsvømmerne	1.17,65	281
	35,61(35,61)	1.17,65(42,04)			
5	Sander Andersen	96	Poseidon	1.19,45	262
	36,91(36,91)	1.19,45(42,54)			
6	Grunde Myhrer	96	Lambertseter SK	1.20,14	256
	35,44(35,44)	1.20,14(44,70)			
7	Steven Knutsson	96	Kongstensvømmerne	1.20,97	248
	37,84(37,84)	1.20,97(43,13)			
8	Philip R. Solheim	96	Sarpsborg IL	1.21,92	239
	36,71(36,71)	1.21,92(45,21)			
9	Bendik Søfteland	96	Sarpsborg IL	1.23,29	228
	38,04(38,04)	1.23,29(45,25)			
10	Mathias Thorkildsen	96	Bærumsvømmerne	1.23,46	226
	38,15(38,15)	1.23,46(45,31)			
11	Simen Halvorsen	96	Florø SLK	1.24,89	215
	38,31(38,31)	1.24,89(46,58)			

12	Ole Martin Bjørlykke	96	Aalesund SLK	1.26,39	204
	39,54(39,54)	1.26,39(46,85)			
13	Sindre Aasland Ranaweera	96	Madla SK	1.27,09	199
	39,83(39,83)	1.27,09(47,26)			
14	Knut Oscar Skipperud	96	Askimsvømmerne	1.27,92	193
	39,85(39,85)	1.27,92(48,07)			
15	Sigve Ekei Nystuen	96	Asker SK	1.30,20	179
	41,01(41,01)	1.30,20(49,19)			
16	Franciscus Drake Bruseth	96	Larvik SK	1.32,69	165
	42,47(42,47)	1.32,69(50,22)			
17	Kristoffer Rosmo	96	Lambertseter SK	1.40,60	129
	45,82(45,82)	1.40,60(54,78)			
	Tage Singstad	96	Vestbyen IL	DISK	

Øvelse 35. 100m butterfly, jenter - født 1995

1p	Emilie N. Løvberg	95	Bærumsvømmerne	1.08,26	592ÅMØ
	32,00(32,00)	1.08,26(36,26)			
2p	Ane Nygård	95	Stavanger SC	1.12,25	499
	32,91(32,91)	1.12,25(39,34)			
3p	Lise Sand Syversen	95	Delfana	1.12,29	498
	33,71(33,71)	1.12,29(38,58)			
4	Ingallil Urrang Naustvik	95	Karmøy SK	1.12,62	492
	33,77(33,77)	1.12,62(38,85)			
5	Aslaug Marie Hjelmaas	95	Bergens SLK	1.13,23	479
	33,41(33,41)	1.13,23(39,82)			
6	Eirin Jakobsen Avlund	95	Lambertseter SK	1.14,12	462
	34,04(34,04)	1.14,12(40,08)			
7	Mari Knutsen	95	Øvre Eiker SK	1.15,62	435
	35,44(35,44)	1.15,62(40,18)			
8	Andrea Westbye	95	Bærumsvømmerne	1.15,90	430
	35,36(35,36)	1.15,90(40,54)			
9	Andrine Davidsen	95	Lambertseter SK	1.17,88	398
	36,15(36,15)	1.17,88(41,73)			
10	Maren Gullvåg Aasen	95	Kristiansand SA	1.18,46	390
	36,09(36,09)	1.18,46(42,37)			
11	Mari Mjølhus Kristoffersen	95	Madla SK	1.19,12	380
	36,05(36,05)	1.19,12(43,07)			
12	Malin Haga	95	Stavanger SC	1.20,03	367
	36,38(36,38)	1.20,03(43,65)			
13	Alida Etterlid Jensen	95	Stord IL	1.20,61	359
	37,23(37,23)	1.20,61(43,38)			
14	Elina Øverås	95	Lørenskog/Rælingen	1.23,96	318
	38,42(38,42)	1.23,96(45,54)			
15	Amalie Kristiansen	95	Haugesund SK	1.24,96	307
	38,42(38,42)	1.24,96(46,54)			
16	Caroline R. Helgesen	95	Aalesund SLK	1.28,52	271
	39,11(39,11)	1.28,52(49,41)			
17	Marie Svensson	95	Skjetten Svømming	1.31,26	247
	39,81(39,81)	1.31,26(51,45)			
18	Maren Lootz Aarthun	95	Stavanger SC	1.31,76	243
	39,99(39,99)	1.31,76(51,77)			

Øvelse 36. 100m butterfly, gutter - født 1995

1p	Vebjørn Lindhjem 34,42(34,42)	95	Lørenskog/Rælingen	1.12,02	352
2p	Markus Lie 33,40(33,40)	95	Åstveit SK	1.12,32	348
3p	Henrik Søfteland 35,07(35,07)	95	Delfana	1.13,65	329
4	Daniel Sandhåland 35,46(35,46)	95	Karmøy SK	1.14,17	323
5	Alexander Marki Mork 34,94(34,94)	95	Stavanger SC	1.15,07	311
6	Ivan Aleksander Larsen 34,13(34,13)	95	Karmøy SK	1.15,34	308
7	Andreas Bjørkli 34,07(34,07)	95	Setermoen SK	1.15,48	306
8	Jakob Bernstein 35,03(35,03)	95	Bærumsvømmerne	1.16,48	294
9	Eirik Nielsen 36,11(36,11)	95	Poseidon	1.19,02	267
10	Jonas Ødegård Aanby 37,05(37,05)	95	Delfana	1.19,36	263
11	Eirik S. Jørgensen 36,53(36,53)	95	Kristiansand SA	1.19,73	260
12	Martin Næss Kjølholdt 37,01(37,01)	95	Kolbotn IL	1.20,03	257
13	Mark Strømme 37,19(37,19)	95	Bærumsvømmerne	1.20,18	255
14	Vedbjørn Arne Johannesen Aasheim 37,35(37,35)	95	Vestkantsvømmerne	1.21,28	245
15	Erik Tobias Sollesnes 38,47(38,47)	95	Kolbotn IL	1.21,31	245
16	Jarl André Bergsvenkerud 37,02(37,02)	95	Lørenskog/Rælingen	1.22,63	233
17	Andreas Manum Hagby 38,44(38,44)	95	Asker SK	1.23,92	222
18	Jørgen Gundersen 39,68(39,68)	95	Skjetten Svømming	1.24,27	220
19	Erik Amundsen 40,44(40,44)	95	Poseidon	1.29,32	184

Øvelse 37. 100m butterfly, jenter - født 1994

1p	Andrea Hestdal 33,65(33,65)	94	Åstveit SK	1.10,58	535
2p	Birgitte Søfteland 33,72(33,72)	94	Sarpsborg IL	1.11,08	524
3p	Eva Marie Østerhus 33,54(33,54)	94	Madla SK	1.11,24	521
4	Oda Haagensen 33,42(33,42)	94	Haldens SK	1.12,14	501
5	Lotte Thommesen 33,53(33,53)	94	Poseidon	1.12,72	489
6	Malena Martens 33,80(33,80)	94	Stord IL	1.12,73	489
7	Veronica Orheim Bjørlykke 33,61(33,61)	94	Aalesund SLK	1.13,01	484
8	Idha Toft Valeur 33,38(33,38)	94	SK Speed	1.13,34	477
9	Karoline Pedersen 34,22(34,22)	94	Bergen SLK	1.13,38	476
10	Hanne Lockertsen 34,07(34,07)	94	Tromsø SK	1.13,95	465

11	Stine Lise Stenseth 34,26(34,26)	94	Øvre Eiker SK	1.13,98	465
12	Luna Elisabeth Sjøgaard 34,89(34,89)	94	Lambertseter SK	1.14,40	457
13	Marie Øverland 33,97(33,97)	94	Vestkantsvømmerne	1.14,46	456
14	Maren Larsen 35,05(35,05)	94	Madla SK	1.14,81	450
15	Johanne G. Skaaland 35,07(35,07)	94	Delfana	1.16,14	426
16	Maren E.J. Bakke 35,85(35,85)	94	Setermoen SK	1.16,87	414
17	Julie Rønningsen 35,42(35,42)	94	Lambertseter SK	1.17,50	404
18	Marie-Elise Eriksen 36,89(36,89)	94	Horten SK	1.19,21	379

Øvelse 38. 100m butterfly, gutter - født 1994

1p	Berend de Waal 30,12(30,12)	94	Molde SLK	1.04,26	496
2p	Kristoffer D. Birkeland 30,37(30,37)	94	Florø SLK	1.05,09	477
3p	Fredrik K Hegdal 30,43(30,43)	94	Stavanger SC	1.05,94	459
4	Thomas Myhrer 31,05(31,05)	94	Askimsvømmerne	1.07,28	432
5	Kjetil Flatland 32,59(32,59)	94	Lørenskog/Rælingen	1.09,20	397
6	Markus Vindenes 32,80(32,80)	94	Vestkantsvømmerne	1.09,36	394
7	Henrik Wathne 32,76(32,76)	94	Asker SK	1.10,05	383
8	Gaute Ravndal 33,44(33,44)	94	Sola SK	1.11,27	364
9	Morten Bordervich 33,46(33,46)	94	Sola SK	1.11,42	361
10	Henrik Knudsen 32,71(32,71)	94	Stavanger SC	1.11,96	353
11	Oscar Slaatmo 32,88(32,88)	94	Hamar IL	1.12,52	345
12	Bård Løvik 35,54(35,54)	94	Delfana	1.14,11	323
13	Morgan Lund 34,63(34,63)	94	Askimsvømmerne	1.14,31	321
14	Kim Rune Hansen 34,39(34,39)	94	Øvre Eiker SK	1.14,41	319
15	Johan Parker Nygård 34,11(34,11)	94	Kolbotn IL	1.14,90	313
16	Patrik Andre Solheim 36,54(36,54)	94	Sarpsborg IL	1.19,09	266
17	Simen Alvestad 34,46(34,46)	94	Karmøy SK	1.20,42	253
18	Christian Christiansen 36,70(36,70)	94	Kristiansund SLK	1.25,28	212

Øvelse 39. 100m butterfly, jenter - født 1993

1p	Siri Eva Kristiansen 32,28(32,28)	93	Asker SK	1.06,40	643
2p	Stine Vindenes 31,39(31,39)	93	Vestkantsvømmerne	1.06,47	641
3p	Jacqueline Knutsson 31,98(31,98)	93	Kongstensvømmerne	1.07,68	607
4	Nora Næss 32,05(32,05)	93	Haldens SK	1.08,04	598
5	Susann Bjørnsen 33,11(33,11)	93	Setermoen SK	1.08,64	582
6	Caroline M. Mørk 32,49(32,49)	93	Stavanger SC	1.09,93	551
7	Stine Mjølhus Kristoffersen 33,00(33,00)	93	TS/Frisinn	1.10,22	544
8	Bitte Fagermo 32,76(32,76)	93	Narvik SK	1.10,50	537
9	Christiana Bjørkli 33,32(33,32)	93	Trondheim SLK	1.10,95	527
10	Kaja Bremer 34,09(34,09)	93	Bergen SLK	1.11,43	517
11	Pia Cornelia Braarud 33,36(33,36)	93	Lambertseter SK	1.12,00	504
12	Stina Kajsa Colleou 34,79(34,79)	93	Lambertseter SK	1.13,84	468
13	Helene Thunes Truyen 34,70(34,70)	93	Delfana	1.14,15	462
14	Maria Bølgen 33,99(33,99)	93	Bærumsvømmerne	1.15,01	446
15	Siren Bergslid 35,61(35,61)	93	Stavanger SC	1.15,92	430
16	Stine Vik Olsen 34,04(34,04)	93	Kristiansund SLK	1.15,98	429
17	Stine Tveit 35,80(35,80)	93	Trondheim SLK	1.16,71	417
	Ida Arnøy	93	Lørenskog/Rælingen	BRUTT	

Øvelse 40. 100m butterfly, gutter - født 1993

1p	Zoltan Csernai 28,40(28,40)	93	Åstveit SK	59,32	631ÅMØ
2p	Christian Juvik 27,75(27,75)	93	Stavanger SC	59,55	624
3p	Sander Rødje 29,23(29,23)	93	Haugesund SK	1.01,04	579
4	Mats Gøran Høgenhaug 28,61(28,61)	93	Namsos SK	1.02,14	549
5	Hans Kristian Andersen 29,13(29,13)	93	Florø SLK	1.02,79	532
6	Hans Østerdal 29,16(29,16)	93	Stavanger SC	1.02,87	530
7	Øyvind L. Styrmo 29,58(29,58)	93	Delfana	1.03,19	522
8	Martin Hammer 29,04(29,04)	93	Kongstensvømmerne	1.04,03	502
9	Robin Sell Dyngeland 30,59(30,59)	93	Åstveit SK	1.05,83	461
10	Henry Emil Nordhagen 30,83(30,83)	93	Bærumsvømmerne	1.06,02	458
11	Runar Borgen 31,31(31,31)	93	Bodø SK	1.06,95	439
12	Martin Berger Oterholm 30,95(30,95)	93	Kolbotn IL	1.06,97	438

13	Thorbjørn Birkeland 31,14(31,14)	93	Haugesund SK	1.07,48	428
14	Håkon Brennhagen 33,81(33,81)	93	Skjetten Svømming	1.10,66	373
15	Ingvar V. Skirbekk 34,05(34,05)	93	Elverum Svømming	1.12,44	346
16	Christopher Wolf 32,06(32,06)	93	Vestbyen IL	1.13,31	334
17	Peder T. Haagensli 35,12(35,12)	93	Larvik SK	1.18,49	272
	Eirik Standal Thoresen	93	Asker SK	BRUTT	

Søndag 30. mars 2008 kl 14.00

Øvelse 41. 200m individuell medley, jenter - født 1997

1p	Ingrid Bergslid	97	Stavanger SC	2.55,72	398
	40,29(40,29)	1.23,20(42,91)	2.15,27(52,07)	2.55,72(40,45)	
2p	Marie K. Eide Hartvedt	97	Oslo IL	2.57,00	390
	39,34(39,34)	1.24,05(44,71)	2.15,02(50,97)	2.57,00(41,98)	
3p	Vanja Sand Syversen	97	Delfana	3.00,78	366
	41,55(41,55)	1.26,79(45,24)	2.19,87(53,08)	3.00,78(40,91)	
4	Karianne Reinertsen	97	Vestkantsvømmerne	3.01,33	362
	40,81(40,81)	1.26,06(45,25)	2.20,69(54,63)	3.01,33(40,64)	
5	Nina Staveland	97	Madla SK	3.07,32	329
	42,65(42,65)	1.29,31(46,66)	2.25,29(55,98)	3.07,32(42,03)	
6	Sandra Sola	97	Randaberg IL	3.07,74	326
	44,56(44,56)	1.31,07(46,51)	2.26,37(55,30)	3.07,74(41,37)	
7	Ida Jensen Lirhus	97	Stavanger Vannpoloklubb	3.10,67	312
	43,64(43,64)	1.32,32(48,68)	2.29,11(56,79)	3.10,67(41,56)	
8	Majken Antonie Smith	97	Asker SK	3.10,73	311
	46,86(46,86)	1.35,46(48,60)	2.28,64(53,18)	3.10,73(42,09)	
9	Marte Dale	97	Vestkantsvømmerne	3.11,39	308
	45,77(45,77)	1.33,01(47,24)	2.27,83(54,82)	3.11,39(43,56)	
10	Ane Lee Johansen	97	Kristiansand SA	3.11,67	307
	46,25(46,25)	1.36,21(49,96)	2.28,75(52,54)	3.11,67(42,92)	
11	Vilje Mohagen	97	Skjetten Svømming	3.12,94	301
	45,93(45,93)	1.30,77(44,84)	2.29,39(58,62)	3.12,94(43,55)	
12	Line Henanger	97	Lambertseter SK	3.14,27	295
	43,52(43,52)	1.35,26(51,74)	2.30,04(54,78)	3.14,27(44,23)	
13	Virginia Sitta	97	Madla SK	3.15,99	287
	46,07(46,07)	1.35,78(49,71)	2.31,97(56,19)	3.15,99(44,02)	
14	Birgit Kvisvik	97	IL Norodd	3.17,55	280
	46,41(46,41)	1.38,89(52,48)	2.34,01(55,12)	3.17,55(43,54)	
15	Toni G. Coudray	97	Bergens SC	3.19,88	270
	50,04(50,04)	1.36,50(46,46)	2.36,02(59,52)	3.19,88(43,86)	
16	Sølvi Myklebust Indrevær	97	Florø SLK	3.22,08	262
	50,65(50,65)	1.40,27(49,62)	2.39,41(59,14)	3.22,08(42,67)	
17	Frida Kristensen	97	Kolbotn IL	3.23,80	255
	45,57(45,57)	1.36,78(51,21)	2.37,66(1.00,88)	3.23,80(46,14)	
18	Carina Ekroll Bårdli	97	Moss SK	3.24,62	252
	45,91(45,91)	1.38,25(52,34)	2.36,44(58,19)	3.24,62(48,18)	

Øvelse 42. 200m individuell medley, gutter - født 1997

1p	Fredrik Løvberg	97	Lambertseter SK	2.40,24	377ÅMØ
	35,15(35,15)	1.17,88(42,73)	2.04,25(46,37)	2.40,24(35,99)	
2p	Eirik Frestad	97	Varodd SK	3.07,80	234
	42,51(42,51)	1.31,67(49,16)	2.28,92(57,25)	3.07,80(38,88)	
3p	Ragnar Daldorff	97	Kirkenes SK	3.08,74	231
	44,03(44,03)	1.33,16(49,13)	2.26,45(53,29)	3.08,74(42,29)	
4	Jon Arnt Kårstad	97	Bryne SK	3.08,93	230
	44,12(44,12)	1.34,13(50,01)	2.27,30(53,17)	3.08,93(41,63)	
5	Eirik Midtun	97	Bergkameratene	3.09,05	229
	40,95(40,95)	1.28,95(48,00)	2.25,31(56,36)	3.09,05(43,74)	
6	Truls-Petter Müller	97	Bærumsvømmerne	3.09,91	226
	45,93(45,93)	1.32,11(46,18)	2.32,24(1.00,13)	3.09,91(37,67)	
7	Erik Årslund Gidskehaug	97	Bryne SK	3.10,44	224
	46,24(46,24)	1.34,20(47,96)	2.28,08(53,88)	3.10,44(42,36)	
8	Jonas Hageman	97	SK Speed	3.13,55	214
	43,75(43,75)	1.32,62(48,87)	2.32,69(1.00,07)	3.13,55(40,86)	
9	Kristoffer Soot	97	Ski SK	3.14,06	212
	43,45(43,45)	1.32,58(49,13)	2.31,88(59,30)	3.14,06(42,18)	
10	Gord Behzadi	97	Madla SK	3.15,93	206
	48,61(48,61)	1.39,72(51,11)	2.33,48(53,76)	3.15,93(42,45)	

11	Simen Halse Larsen	97	Vågsbygd SLK	3.18,17	199
	44,20(44,20)	1.34,49(50,29)	2.37,18(1.02,69)	3.18,17(40,99)	
12	Mads Henry Steinland	97	Bærumsvømmerne	3.18,26	199
	43,71(43,71)	1.35,35(51,64)	2.31,86(56,51)	3.18,26(46,40)	
13	Oskar Lahmeyer	97	Madla SK	3.19,62	195
	47,10(47,10)	1.36,02(48,92)	2.37,77(1.01,75)	3.19,62(41,85)	
14	Bjørn Roar Hansen	97	Øvre Eiker SK	3.21,69	189
	45,67(45,67)	1.37,76(52,09)	2.40,05(1.02,29)	3.21,69(41,64)	
15	Arjan Nilsen	97	Ski SK	3.30,05	167
	50,24(50,24)	1.44,99(54,75)	2.44,75(59,76)	3.30,05(45,30)	
16	Erlend Søderlund	97	Trondheim SLK	3.39,43	147
	48,37(48,37)	1.46,03(57,66)	2.50,96(1.04,93)	3.39,43(48,47)	
	Marius Nygård	97	Lambertseter SK	DISK	
	Adrian Etterlid Jensen	97	Stord IL	DISK	

Øvelse 43. 200m individuell medley, jenter - født 1996

1p	Maria Clausen	96	Madla SK	2.38,37	544ÅMØ
	36,44(36,44)	1.17,09(40,65)	2.02,19(45,10)	2.38,37(36,18)	
2p	Emilie K. Hegdal	96	Stavanger SC	2.41,21	516
	34,80(34,80)	1.13,36(38,56)	2.02,95(49,59)	2.41,21(38,26)	
3p	Amalie Thorstensen	96	Vågsbygd SLK	2.44,24	488
	36,92(36,92)	1.19,34(42,42)	2.06,54(47,20)	2.44,24(37,70)	
4	Tina Schütz	96	Vestkantsvømmerne	2.44,44	486
	37,56(37,56)	1.19,68(42,12)	2.08,10(48,42)	2.44,44(36,34)	
5	Vår Celine Sjøgaard	96	Lambertseter SK	2.47,43	460
	37,37(37,37)	1.19,13(41,76)	2.09,68(50,55)	2.47,43(37,75)	
6	Lotte Miller	96	Madla SK	2.48,60	451
	37,86(37,86)	1.20,03(42,17)	2.10,78(50,75)	2.48,60(37,82)	
7	Karoline Steffensen	96	Harstad SK	2.49,71	442
	37,46(37,46)	1.20,02(42,56)	2.11,71(51,69)	2.49,71(38,00)	
8	Vilde Tengedal	96	Bryne SK	2.50,06	439
	36,71(36,71)	1.21,09(44,38)	2.10,58(49,49)	2.50,06(39,48)	
9	Christine Akselberg	96	Arna SLK	2.51,43	429
	37,86(37,86)	1.21,51(43,65)	2.12,56(51,05)	2.51,43(38,87)	
10	Helene Strømnes	96	Kongstensvømmerne	2.51,99	425
	38,52(38,52)	1.21,96(43,44)	2.14,11(52,15)	2.51,99(37,88)	
11	Helle Gusjås	96	Fauske SK	2.52,61	420
	40,11(40,11)	1.25,07(44,96)	2.14,18(49,11)	2.52,61(38,43)	
12	Klara Farkas	96	Lørenskog/Rælingen	2.52,90	418
	38,84(38,84)	1.21,84(43,00)	2.13,43(51,59)	2.52,90(39,47)	
13	Marte Stamland	96	Poseidon	2.54,44	407
	41,43(41,43)	1.25,47(44,04)	2.17,25(51,78)	2.54,44(37,19)	
14	Nora Olsen Tangen	96	Oslo IL	2.55,54	399
	39,62(39,62)	1.22,34(42,72)	2.15,38(53,04)	2.55,54(40,16)	
15	Nehna-Louise Møller-Pettersen	96	Oslo IL	2.57,08	389
	39,35(39,35)	1.24,42(45,07)	2.18,00(53,58)	2.57,08(39,08)	
16	Guro Aas	96	Vågsbygd SLK	2.57,22	388
	40,57(40,57)	1.26,44(45,87)	2.17,85(51,41)	2.57,22(39,37)	
17	Selma Johanne Andreassen	96	Florø SLK	2.58,61	379
	41,33(41,33)	1.29,69(48,36)	2.18,46(48,77)	2.58,61(40,15)	
18	Ingeborg Jørmeland	96	Stavanger SC	3.00,60	367
	40,92(40,92)	1.24,96(44,04)	2.18,23(53,27)	3.00,60(42,37)	

Øvelse 44. 200m individuell medley, gutter - født 1996

1p	Philip R. Solheim	96	Sarpsborg IL	2.40,97	372
	37,12(37,12)	1.16,30(39,18)	2.07,07(50,77)	2.40,97(33,90)	
2p	Bendik Søfteland	96	Sarpsborg IL	2.42,54	361
	37,83(37,83)	1.19,40(41,57)	2.06,36(46,96)	2.42,54(36,18)	
3p	Armin Porobic	96	Karmøy SK	2.42,57	361
	37,19(37,19)	1.19,06(41,87)	2.06,57(47,51)	2.42,57(36,00)	
4	Grunde Myhrer	96	Lambertseter SK	2.44,54	348
	35,78(35,78)	1.18,06(42,28)	2.06,58(48,52)	2.44,54(37,96)	
5	Steven Knutsson	96	Kongstensvømmerne	2.46,80	334
	38,07(38,07)	1.20,28(42,21)	2.10,17(49,89)	2.46,80(36,63)	
6	Sander Andersen	96	Poseidon	2.48,43	325
	38,23(38,23)	1.20,49(42,26)	2.10,40(49,91)	2.48,43(38,03)	
7	Håkon P. Ludvigsen	96	Randaberg IL	2.48,67	323
	35,08(35,08)	1.18,37(43,29)	2.11,81(53,44)	2.48,67(36,86)	
8	Sander Sivertsen	96	Vestkantsvømmerne	2.49,12	321
	35,80(35,80)	1.20,53(44,73)	2.11,52(50,99)	2.49,12(37,60)	
9	Tage Singstad	96	Vestbyen IL	2.50,32	314
	36,83(36,83)	1.20,69(43,86)	2.13,35(52,66)	2.50,32(36,97)	
10	Sindre Aasland Ranaweera	96	Madla SK	2.51,18	309
	40,73(40,73)	1.24,90(44,17)	2.12,50(47,60)	2.51,18(38,68)	
11	Morten Wee Hollund	96	Karmøy SK	2.51,88	305
	36,59(36,59)	1.20,96(44,37)	2.14,19(53,23)	2.51,88(37,69)	
12	Franciscus Drake Bruseth	96	Larvik SK	2.51,99	305
	39,53(39,53)	1.25,32(45,79)	2.16,11(50,79)	2.51,99(35,88)	
13	Mathias Thorkildsen	96	Bærumsvømmerne	2.52,24	304
	38,53(38,53)	1.21,95(43,42)	2.10,50(48,55)	2.52,24(41,74)	
14	Knut Oscar Skipperud	96	Askimsvømmerne	2.52,38	303
	39,15(39,15)	1.23,93(44,78)	2.15,94(52,01)	2.52,38(36,44)	
15	Ole Martin Bjørlykke	96	Aalesund SLK	2.54,26	293
	39,16(39,16)	1.24,18(45,02)	2.15,35(51,17)	2.54,26(38,91)	
16	Sigve Ekeli Nystuen	96	Asker SK	2.59,52	268
	40,83(40,83)	1.27,10(46,27)	2.21,83(54,73)	2.59,52(37,69)	
17	Kristoffer Rosmo	96	Lambertseter SK	3.03,80	250
	43,96(43,96)	1.31,33(47,37)	2.22,47(51,14)	3.03,80(41,33)	
	Simen Halvorsen	96	Florø SLK	BRUTT	

Øvelse 45. 200m individuell medley, jenter - født 1995

1p	Aslaug Marie Hjelmaas	95	Bergen SLK	2.30,52	634
	33,41(33,41)	1.10,13(36,72)	1.55,96(45,83)	2.30,52(34,56)	
2p	Emilie N. Løvberg	95	Bærumsvømmerne	2.33,47	598
	32,89(32,89)	1.11,79(38,90)	1.59,89(48,10)	2.33,47(33,58)	
3p	Ingalill Urrang Naustvik	95	Karmøy SK	2.33,56	597
	34,07(34,07)	1.16,13(42,06)	1.59,41(43,28)	2.33,56(34,15)	
4	Lise Sand Syversen	95	Delfana	2.33,59	597
	33,66(33,66)	1.14,20(40,54)	1.59,61(45,41)	2.33,59(33,98)	
5	Ane Nygård	95	Stavanger SC	2.38,98	538
	33,23(33,23)	1.15,06(41,83)	2.01,94(46,88)	2.38,98(37,04)	
6	Eirin Jakobsen Avlund	95	Lambertseter SK	2.40,35	524
	34,40(34,40)	1.14,90(40,50)	2.03,08(48,18)	2.40,35(37,27)	
7	Andrea Westbye	95	Bærumsvømmerne	2.40,36	524
	35,68(35,68)	1.15,62(39,94)	2.05,24(49,62)	2.40,36(35,12)	
8	Mari Mjøllhus Kristoffersen	95	Madla SK	2.42,78	501
	36,13(36,13)	1.18,87(42,74)	2.05,37(46,50)	2.42,78(37,41)	
9	Alida Etterlid Jensen	95	Stord IL	2.43,35	496
	37,64(37,64)	1.19,30(41,66)	2.07,14(47,84)	2.43,35(36,21)	
10	Amalie Kristiansen	95	Haugesund SK	2.45,18	479
	36,94(36,94)	1.18,81(41,87)	2.07,50(48,69)	2.45,18(37,68)	
11	Malin Haga	95	Stavanger SC	2.45,26	479
	35,86(35,86)	1.16,80(40,94)	2.07,94(51,14)	2.45,26(37,32)	

12	Elina Øverås	95	Lørenskog/Rælingen	2.46,85	465
	37,96(37,96)	1.21,73(43,77)	2.10,56(48,83)	2.46,85(36,29)	
13	Maren Gullvåg Aasen	95	Kristiansand SA	2.47,03	464
	35,95(35,95)	1.19,38(43,43)	2.07,77(48,39)	2.47,03(39,26)	
14	Caroline R. Helgesen	95	Aalesund SLK	2.47,19	462
	39,12(39,12)	1.22,95(43,83)	2.08,20(45,25)	2.47,19(38,99)	
15	Andrine Davidsen	95	Lambertseter SK	2.47,44	460
	36,79(36,79)	1.15,81(39,02)	2.09,98(54,17)	2.47,44(37,46)	
16	Marie Svensson	95	Skjetten Svømming	2.47,98	456
	39,45(39,45)	1.21,21(41,76)	2.09,49(48,28)	2.47,98(38,49)	
17	Mari Knutsen	95	Øvre Eiker SK	2.48,60	451
	35,64(35,64)	1.19,31(43,67)	2.11,28(51,97)	2.48,60(37,32)	
18	Maren Lootz Aarthun	95	Stavanger SC	2.48,91	448
	39,34(39,34)	1.23,68(44,34)	2.06,83(43,15)	2.48,91(42,08)	

Øvelse 46. 200m individuell medley, gutter - født 1995

1p	Markus Lie	95	Åstveit SK	2.30,36	457
	33,59(33,59)	1.11,04(37,45)	1.55,32(44,28)	2.30,36(35,04)	
2p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	2.34,70	419
	35,02(35,02)	1.14,13(39,11)	2.01,17(47,04)	2.34,70(33,53)	
3p	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.35,47	413
	35,80(35,80)	1.16,56(40,76)	2.00,99(44,43)	2.35,47(34,48)	
4	Andreas Bjørkli	95	Setermoen SK	2.36,43	405
	34,10(34,10)	1.14,87(40,77)	2.00,84(45,97)	2.36,43(35,59)	
5	Jonas Ødegård Aanby	95	Delfana	2.39,66	381
	35,76(35,76)	1.17,12(41,36)	2.03,96(46,84)	2.39,66(35,70)	
6	Eirik S. Jørgensen	95	Kristiansand SA	2.40,19	377
	35,72(35,72)	1.14,91(39,19)	2.04,35(49,44)	2.40,19(35,84)	
7	Erik Tobias Sollesnes	95	Kolbotn IL	2.40,55	375
	37,46(37,46)	1.16,62(39,16)	2.05,51(48,89)	2.40,55(35,04)	
8	Daniel Sandhåland	95	Karmøy SK	2.41,51	368
	36,51(36,51)	1.17,55(41,04)	2.05,40(47,85)	2.41,51(36,11)	
9	Eirik Nielsen	95	Poseidon	2.42,16	364
	36,23(36,23)	1.19,37(43,14)	2.05,67(46,30)	2.42,16(36,49)	
10	Andreas Manum Hagby	95	Asker SK	2.42,59	361
	36,71(36,71)	1.18,60(41,89)	2.04,76(46,16)	2.42,59(37,83)	
11	Vedbjørn Arne Johannesen Aasheim	95	Vestkantsvømmerne	2.43,71	354
	37,36(37,36)	1.18,70(41,34)	2.06,78(48,08)	2.43,71(36,93)	
12	Jakob Bernstein	95	Bærumsvømmerne	2.44,01	352
	34,85(34,85)	1.18,12(43,27)	2.08,37(50,25)	2.44,01(35,64)	
13	Ivan Aleksander Larsen	95	Karmøy SK	2.44,76	347
	35,39(35,39)	1.21,80(46,41)	2.09,54(47,74)	2.44,76(35,22)	
14	Henrik Søfteland	95	Delfana	2.45,77	341
	36,13(36,13)	1.18,36(42,23)	2.09,55(51,19)	2.45,77(36,22)	
15	Jørgen Gundersen	95	Skjetten Svømming	2.46,55	336
	37,26(37,26)	1.20,24(42,98)	2.10,62(50,38)	2.46,55(35,93)	
16	Erik Amundsen	95	Poseidon	2.48,99	321
	39,23(39,23)	1.19,86(40,63)	2.11,40(51,54)	2.48,99(37,59)	
17	Mark Strømme	95	Bærumsvømmerne	2.49,02	321
	36,68(36,68)	1.20,69(44,01)	2.11,67(50,98)	2.49,02(37,35)	
18	Martin Næss Kjølholdt	95	Kolbotn IL	2.53,21	298
	38,17(38,17)	1.22,26(44,09)	2.15,76(53,50)	2.53,21(37,45)	
	Alexander Marki Mork	95	Stavanger SC	DISK	

Øvelse 47. 200m individuell medley, jenter - født 1994

1p	Andrea Hestdal	94	Åstveit SK	2.28,58	659
	33,17(33,17)	1.12,30(39,13)	1.54,13(41,83)	2.28,58(34,45)	
2p	Eva Marie Østerhus	94	Madla SK	2.28,92	654
	33,55(33,55)	1.12,17(38,62)	1.56,12(43,95)	2.28,92(32,80)	
3p	Stine Lise Stenseth	94	Øvre Eiker SK	2.29,18	651
	33,27(33,27)	1.11,66(38,39)	1.54,92(43,26)	2.29,18(34,26)	
4	Luna Elisabeth Søgaaard	94	Lambertseter SK	2.31,17	626
	34,60(34,60)	1.14,22(39,62)	1.55,43(41,21)	2.31,17(35,74)	
5	Veronica Orheim Bjørlykke	94	Aalesund SLK	2.34,22	589
	33,78(33,78)	1.12,01(38,23)	1.58,58(46,57)	2.34,22(35,64)	
6	Hanne Lockertsen	94	Tromsø SK	2.35,61	574
	33,30(33,30)	1.11,62(38,32)	2.01,03(49,41)	2.35,61(34,58)	
7	Birgitte Søfteland	94	Sarpsborg IL	2.36,29	566
	33,67(33,67)	1.13,50(39,83)	1.59,48(45,98)	2.36,29(36,81)	
8	Maren Larsen	94	Madla SK	2.37,49	553
	34,47(34,47)	1.14,87(40,40)	1.59,56(44,69)	2.37,49(37,93)	
9	Oda Haagensen	94	Haldens SK	2.37,53	553
	34,22(34,22)	1.14,93(40,71)	2.00,75(45,82)	2.37,53(36,78)	
10	Malena Martens	94	Stord IL	2.38,52	543
	33,71(33,71)	1.15,34(41,63)	2.01,86(46,52)	2.38,52(36,66)	
11	Marie Øverland	94	Vestkantsvømmerne	2.38,86	539
	33,77(33,77)	1.13,98(40,21)	2.03,54(49,56)	2.38,86(35,32)	
12	Marie-Elise Eriksen	94	Horten SK	2.38,90	539
	36,38(36,38)	1.16,18(39,80)	2.01,74(45,56)	2.38,90(37,16)	
13	Karoline Pedersen	94	Bergens SLK	2.39,28	535
	34,53(34,53)	1.15,42(40,89)	2.04,26(48,84)	2.39,28(35,02)	
14	Julie Rønningsen	94	Lambertseter SK	2.39,56	532
	35,52(35,52)	1.15,56(40,04)	2.03,53(47,97)	2.39,56(36,03)	
15	Maren E.J. Bakke	94	Setermoen SK	2.40,03	527
	35,85(35,85)	1.18,65(42,80)	2.03,02(44,37)	2.40,03(37,01)	
16	Johanne G. Skaaland	94	Delfana	2.41,21	516
	35,41(35,41)	1.17,47(42,06)	2.05,91(48,44)	2.41,21(35,30)	
17	Lotte Thommesen	94	Poseidon	2.41,38	514
	34,62(34,62)	1.16,40(41,78)	2.03,86(47,46)	2.41,38(37,52)	
18	Idha Toft Valeur	94	SK Speed	2.47,97	456
	34,65(34,65)	1.17,79(43,14)	2.08,25(50,46)	2.47,97(39,72)	

Øvelse 48. 200m individuell medley, gutter - født 1994

1p	Kristoffer D. Birkeland	94	Florø SLK	2.20,02	565
	29,80(29,80)	1.06,99(37,19)	1.47,56(40,57)	2.20,02(32,46)	
2p	Markus Vindenes	94	Vestkantsvømmerne	2.24,27	517
	32,03(32,03)	1.09,64(37,61)	1.50,23(40,59)	2.24,27(34,04)	
3p	Kjetil Flatland	94	Lørenskog/Rælingen	2.28,21	477
	32,99(32,99)	1.11,08(38,09)	1.54,12(43,04)	2.28,21(34,09)	
4	Fredrik K Hegdal	94	Stavanger SC	2.29,65	463
	31,28(31,28)	1.10,86(39,58)	1.56,13(45,27)	2.29,65(33,52)	
5	Henrik Wathne	94	Asker SK	2.30,09	459
	32,45(32,45)	1.10,17(37,72)	1.55,28(45,11)	2.30,09(34,81)	
6	Gaute Ravndal	94	Sola SK	2.30,75	453
	33,45(33,45)	1.11,37(37,92)	1.57,76(46,39)	2.30,75(32,99)	
7	Berend de Waal	94	Molde SLK	2.30,76	453
	31,25(31,25)	1.11,82(40,57)	1.57,57(45,75)	2.30,76(33,19)	
8	Johan Parker Nygård	94	Kolbotn IL	2.32,12	441
	33,90(33,90)	1.13,74(39,84)	1.58,84(45,10)	2.32,12(33,28)	
9	Henrik Knudsen	94	Stavanger SC	2.32,75	435
	34,03(34,03)	1.11,04(37,01)	1.58,45(47,41)	2.32,75(34,30)	
10	Morten Bordervich	94	Sola SK	2.33,50	429
	33,69(33,69)	1.12,59(38,90)	1.59,57(46,98)	2.33,50(33,93)	
11	Bård Løvik	94	Delfana	2.36,32	406
	35,82(35,82)	1.16,07(40,25)	2.00,53(44,46)	2.36,32(35,79)	

12	Patrik Andre Solheim	94	Sarpsborg IL	2.36,88	402
	35,01(35,01)	1.15,62(40,61)	2.02,68(47,06)	2.36,88(34,20)	
13	Thomas Myhrer	94	Askimsvømmerne	2.37,93	394
	32,66(32,66)	1.13,86(41,20)	2.02,54(48,68)	2.37,93(35,39)	
14	Morgan Lund	94	Askimsvømmerne	2.40,14	378
	34,57(34,57)	1.17,21(42,64)	2.04,19(46,98)	2.40,14(35,95)	
15	Simen Alvestad	94	Karmøy SK	2.40,26	377
	34,41(34,41)	1.14,17(39,76)	2.03,13(48,96)	2.40,26(37,13)	
16	Kim Rune Hansen	94	Øvre Eiker SK	2.40,63	374
	34,86(34,86)	1.17,15(42,29)	2.06,26(49,11)	2.40,63(34,37)	
17	Christian Christiansen	94	Kristiansund SLK	2.48,14	326
	34,86(34,86)	1.14,14(39,28)	2.08,53(54,39)	2.48,14(39,61)	
	Oscar Slaatmo	94	Hamar IL	BRUTT	

Øvelse 49. 200m individuell medley, jenter - født 1993

1p	Siri Eva Kristiansen	93	Asker SK	2.22,66	745 ÅMØ
	32,49(32,49)	1.08,99(36,50)	1.50,12(41,13)	2.22,66(32,54)	
2p	Bitte Fagermo	93	Narvik SK	2.25,45	703
	32,24(32,24)	1.10,45(38,21)	1.50,83(40,38)	2.25,45(34,62)	
3p	Susann Bjørnsen	93	Setermoen SK	2.27,21	678
	32,69(32,69)	1.11,68(38,99)	1.54,54(42,86)	2.27,21(32,67)	
4	Stine Mjølhus Kristoffersen	93	TS/Frisinn	2.28,20	664
	32,89(32,89)	1.10,65(37,76)	1.52,92(42,27)	2.28,20(35,28)	
5	Stina Kajsa Colleou	93	Lambertseter SK	2.28,37	662
	34,23(34,23)	1.13,27(39,04)	1.53,95(40,68)	2.28,37(34,42)	
6	Stine Vindenes	93	Vestkantvømmerne	2.28,45	661
	31,62(31,62)	1.10,09(38,47)	1.53,45(43,36)	2.28,45(35,00)	
7	Pia Cornelia Braarud	93	Lambertseter SK	2.29,17	651
	33,44(33,44)	1.12,96(39,52)	1.55,99(43,03)	2.29,17(33,18)	
8	Jacqueline Knutsson	93	Kongstensvømmerne	2.30,42	635
	33,05(33,05)	1.11,39(38,34)	1.55,28(43,89)	2.30,42(35,14)	
9	Kaja Bremer	93	Bergen SLK	2.33,82	594
	34,39(34,39)	1.14,45(40,06)	1.58,62(44,17)	2.33,82(35,20)	
10	Caroline M. Mork	93	Stavanger SC	2.33,88	593
	32,39(32,39)	1.12,82(40,43)	1.58,36(45,54)	2.33,88(35,52)	
11	Stine Tveit	93	Trondheim SLK	2.34,54	586
	35,64(35,64)	1.15,06(39,42)	1.58,24(43,18)	2.34,54(36,30)	
12	Siren Bergslid	93	Stavanger SC	2.35,40	576
	34,68(34,68)	1.15,64(40,96)	1.59,53(43,89)	2.35,40(35,87)	
13	Helene Thunes Truyen	93	Delfana	2.35,57	574
	34,23(34,23)	1.12,46(38,23)	1.59,63(47,17)	2.35,57(35,94)	
14	Christiana Bjørkli	93	Trondheim SLK	2.35,90	570
	34,24(34,24)	1.14,26(40,02)	1.59,96(45,70)	2.35,90(35,94)	
15	Nora Næss	93	Haldens SK	2.38,96	538
	33,23(33,23)	1.13,94(40,71)	2.02,99(49,05)	2.38,96(35,97)	
16	Maria Bølgen	93	Bærumsvømmerne	2.40,39	524
	35,54(35,54)	1.16,51(40,97)	2.05,28(48,77)	2.40,39(35,11)	
17	Stine Vik Olsen	93	Kristiansund SLK	2.41,16	516
	34,89(34,89)	1.16,05(41,16)	2.04,69(48,64)	2.41,16(36,47)	

Øvelse 50. 200m individuell medley, gutter - født 1993

1p	Zoltan Csernai	93	Åstveit SK	2.09,85	709ÅMØ
	28,46(28,46)	1.02,09(33,63)	1.41,67(39,58)	2.09,85(28,18)	
2p	Hans Kristian Andersen	93	Florø SLK	2.12,63	665
	29,44(29,44)	1.04,54(35,10)	1.40,79(36,25)	2.12,63(31,84)	
3p	Hans Østerdal	93	Stavanger SC	2.15,43	625
	29,17(29,17)	1.04,76(35,59)	1.43,20(38,44)	2.15,43(32,23)	
4	Sander Rødje	93	Haugesund SK	2.16,43	611
	29,34(29,34)	1.03,78(34,44)	1.44,95(41,17)	2.16,43(31,48)	
5	Mats Gøran Høgenhaug	93	Namsos SK	2.18,38	586
	28,23(28,23)	1.04,94(36,71)	1.47,45(42,51)	2.18,38(30,93)	
6	Martin Hammer	93	Kongstensvømmerne	2.19,63	570
	28,75(28,75)	1.05,71(36,96)	1.46,66(40,95)	2.19,63(32,97)	
7	Runar Borgen	93	Bodø SK	2.22,06	541
	30,21(30,21)	1.05,68(35,47)	1.47,98(42,30)	2.22,06(34,08)	
8	Øyvind L. Styrmo	93	Delfana	2.22,12	541
	29,85(29,85)	1.06,06(36,21)	1.49,43(43,37)	2.22,12(32,69)	
9	Robin Sell Dyngeland	93	Åstveit SK	2.23,50	525
	30,70(30,70)	1.06,85(36,15)	1.50,48(43,63)	2.23,50(33,02)	
10	Thorbjørn Birkeland	93	Haugesund SK	2.23,59	524
	30,92(30,92)	1.08,52(37,60)	1.52,24(43,72)	2.23,59(31,35)	
11	Eirik Standal Thoresen	93	Asker SK	2.23,95	520
	30,70(30,70)	1.07,78(37,08)	1.50,79(43,01)	2.23,95(33,16)	
12	Henry Emil Nordhagen	93	Bærumsvømmerne	2.26,00	499
	30,20(30,20)	1.05,54(35,34)	1.50,35(44,81)	2.26,00(35,65)	
13	Martin Berger Oterholm	93	Kolbotn IL	2.26,74	491
	31,74(31,74)	1.10,90(39,16)	1.54,85(43,95)	2.26,74(31,89)	
14	Christopher Wolf	93	Vestbyen IL	2.26,89	490
	32,56(32,56)	1.12,03(39,47)	1.52,88(40,85)	2.26,89(34,01)	
15	Ingvar V. Skirbekk	93	Elverum Svømming	2.26,99	489
	33,61(33,61)	1.13,34(39,73)	1.55,13(41,79)	2.26,99(31,86)	
16	Håkon Brennhagen	93	Skjetten Svømming	2.27,60	483
	33,03(33,03)	1.11,44(38,41)	1.53,83(42,39)	2.27,60(33,77)	
17	Peder T. Haagensli	93	Larvik SK	2.29,50	464
	36,21(36,21)	1.16,25(40,04)	1.57,54(41,29)	2.29,50(31,96)	
18	Christian Juvik	93	Stavanger SC	2.37,27	399
	28,05(28,05)	1.09,11(41,06)	2.00,87(51,76)	2.37,27(36,40)	