

Torsdag 26. Mars 2009 kl 09.00

Øvelse 1. 4*50m lag medley, damer - Forsøk

Senior

| | | | | | | |
|----|--|----|-------------------|--------|---------|-----|
| 1 | Bærumsv J1 sr. Elisabeth Jarland: Kristine Mella: Emilie N. Løvberg: Andrea Westbye: | SR | Bærumsvømmerne | | 1.58,76 | 783 |
| 2 | Asker SK J1 sr. Victoria T. Solberg: Siri Eva Kristiansen: Ingvild Snildal: Sofie Gjemmestad: | SR | Asker SK | (0,66) | 1.58,81 | 782 |
| 3 | Lambertseter SK J1 sr. Heidi Vainio Gjøen: Sara Nordenstam: Line Løvberg: Emilie Hellerud: | SR | Lambertseter SK | (0,70) | 1.59,02 | 778 |
| 4 | Bergensv. J1 sr. Katja Heinänen: Celinn Daviknes: Hanne Søfteland: Siri Løvold Magnussen: | SR | Bergensvømmerne | (0,62) | 1.59,64 | 766 |
| 5 | Team Stavanger J1 sr. Karen Stødle: Christine Ørland: Victoria S. Løken: Vibeke Brigg: | SR | Team Stavanger | (0,56) | 1.59,73 | 764 |
| 6 | Team Stavanger J3 sr. Trine Hovda: Mari Ask Rasmussen: Victoria Rung: Eva Marie W. Østerhus: | SR | Team Stavanger | (0,61) | 1.59,77 | 764 |
| 7 | Vestkantsv. J1 sr. Marthe Helene Haganes: Henriette Brekke: Stine Vindenes: Line Møllerop: | SR | Vestkantsvømmerne | (0,75) | 2.00,74 | 745 |
| 8 | Team Stavanger J2 sr. Ida Nordbø: Stine Haferkamp: Maren Kristine Jansen: Marthe Berg Sørensen: | SR | Team Stavanger | (0,62) | 2.00,75 | 745 |
| 9 | Trondheim SLK J1 sr. Monica Martinsen: Henriette Martinsen: Tove Fludal Haugan: Paulien Mulder: | SR | Trondheim SLK | (0,84) | 2.01,54 | 731 |
| 10 | IL Varg J1 sr. Anette Fidjeland: Annelin Stenersen: Rebecca Calder: Maren Ekeland: | SR | IL Varg | | 2.01,83 | 726 |
| 11 | Lambertseter SK J2 sr. Elisabeth H. Svensson: Luna Elisabeth Søgaard: Ingrid N. Knutzen: Pia Cornelia Braarud: | SR | Lambertseter SK | (0,74) | 2.02,04 | 722 |
| 12 | Bergens SLK J1 sr. Aslaug Marie Hjelmaas: Kaja Bremer: Martine Bremer: Karoline Pedersen: | SR | Bergens SLK | (0,70) | 2.03,69 | 693 |

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|----|-------------------------|----------------|--------------------|--------|---------|-----|
| 13 | Bergens SC J1 sr. | SR | Bergens SC | (0,72) | 2.04,41 | 681 |
| | Ragnhild Søfteland: | 31,09(31,09) | | | | |
| | Martha Maria Songstad: | 1.07,56(36,47) | | | | |
| | Eirin Arnesen: | 1.36,47(28,91) | | | | |
| | Ingse Bergh Monsen: | 2.04,41(27,94) | | | | |
| 14 | IL Norodd J1 sr. | SR | IL Norodd | (0,84) | 2.15,26 | 530 |
| | Ann Helen Hesjevik: | 35,38(35,38) | | | | |
| | Sofie Sagli: | 1.12,05(36,67) | | | | |
| | Monica Helen Haugen: | 1.45,05(33,00) | | | | |
| | Linda Merete Haugen: | 2.15,26(30,21) | | | | |
| 15 | Kristiansund SLK J1 sr. | SR | Kristiansund SLK | (0,79) | 2.29,31 | 394 |
| | Monica Helen Strand: | 37,32(37,32) | | | | |
| | Rachel Tømmervåg: | 1.21,25(43,93) | | | | |
| | Stine Vik Olsen: | 1.53,82(32,57) | | | | |
| | Maren Elise E. Finsaas: | 2.29,31(35,49) | | | | |
| | Vestkantstv. J2 sr. | SR | Vestkantstvømmerne | (0,69) | DISK | |
| | Marie Øverland: | 32,58(32,58) | | | | |
| | Benedicte Kausland: | | | | | |
| | Marie Reinertsen: | | | | | |
| | Andrea Haugstad: | | | | | |

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

Senior

| | | | | | |
|---|------------------------|----------------|----------------|----------------|-----|
| 1 | Elias Damman | 89 | Bærumsvømmerne | 8.28,03 | 726 |
| | 28,53(28,53) | 59,45(30,92) | 1.30,74(31,29) | 2.02,79(32,05) | |
| | 2.34,69(31,90) | 3.06,41(31,72) | 3.38,87(32,46) | 4.10,82(31,95) | |
| | 4.43,04(32,22) | 5.15,44(32,40) | 5.47,62(32,18) | 6.20,17(32,55) | |
| | 6.52,48(32,31) | 7.24,98(32,50) | 7.57,55(32,57) | 8.28,03(30,48) | |
| 2 | Eivind Johannesen | 92 | BS/Åstveit | 8.41,53 | 671 |
| | 29,11(29,11) | 1.00,87(31,76) | 1.33,40(32,53) | 2.06,24(32,84) | |
| | 2.39,17(32,93) | 3.12,13(32,96) | 3.45,15(33,02) | 4.18,11(32,96) | |
| | 4.50,98(32,87) | 5.23,95(32,97) | 5.57,37(33,42) | 6.30,83(33,46) | |
| | 7.04,03(33,20) | 7.37,06(33,03) | 8.10,14(33,08) | 8.41,53(31,39) | |
| 3 | Øyvind Gevelt | 91 | Øvre Eiker SK | 8.48,64 | 645 |
| | 30,16(30,16) | 1.02,34(32,18) | 1.35,10(32,76) | 2.08,40(33,30) | |
| | 2.41,68(33,28) | 3.14,86(33,18) | 3.48,48(33,62) | 4.21,89(33,41) | |
| | 4.55,19(33,30) | 5.28,48(33,29) | 6.01,67(33,19) | 6.34,96(33,29) | |
| | 7.09,13(34,17) | 7.43,33(34,20) | 8.16,94(33,61) | 8.48,64(31,70) | |
| 4 | Martin Berger Oterholm | 93 | Kolbotn IL | 8.52,60 | 630 |
| | 28,98(28,98) | 1.00,78(31,80) | 1.33,69(32,91) | 2.06,87(33,18) | |
| | 2.40,25(33,38) | 3.13,89(33,64) | 3.47,65(33,76) | 4.21,49(33,84) | |
| | 4.55,58(34,09) | 5.29,83(34,25) | 6.04,24(34,41) | 6.38,39(34,15) | |
| | 7.12,18(33,79) | 7.45,88(33,70) | 8.19,64(33,76) | 8.52,60(32,96) | |
| 5 | Morten Bordervich | 94 | Sola SK | 9.02,10 | 598 |
| | 29,68(29,68) | 1.02,36(32,68) | 1.35,39(33,03) | 2.08,65(33,26) | |
| | 2.42,48(33,83) | 3.16,40(33,92) | 3.50,27(33,87) | 4.24,41(34,14) | |
| | 4.58,27(33,86) | 5.33,05(34,78) | 6.07,77(34,72) | 6.42,65(34,88) | |
| | 7.17,51(34,86) | 7.53,02(35,51) | 8.28,39(35,37) | 9.02,10(33,71) | |
| 6 | Magnus Bru | 87 | Asker SK | 9.05,37 | 587 |
| | 30,79(30,79) | 1.03,56(32,77) | 1.37,06(33,50) | 2.10,79(33,73) | |
| | 2.44,54(33,75) | 3.18,17(33,63) | 3.52,17(34,00) | 4.26,54(34,37) | |
| | 5.00,98(34,44) | 5.35,38(34,40) | 6.10,30(34,92) | 6.45,23(34,93) | |
| | 7.20,37(35,14) | 7.55,22(34,85) | 8.30,45(35,23) | 9.05,37(34,92) | |

Øvelse 3. 400m fri, damer - Forsøk

Senior

| | | | | | |
|----|---------------------------|----------------|-----------------------|----------------|-----|
| 1 | Elisabeth Jarland | 85 | Bærumsvømmerne | 4.21,56 | 790 |
| | 30,43(30,43) | 1.02,80(32,37) | 1.35,70(32,90) | 2.08,63(32,93) | |
| | 2.41,67(33,04) | 3.14,89(33,22) | 3.48,43(33,54) | 4.21,56(33,13) | |
| 2 | Karoline Brudvik Sanderud | 89 | Hamar IL | 4.22,85 | 778 |
| | 30,18(30,18) | 1.02,70(32,52) | 1.35,58(32,88) | 2.08,48(32,90) | |
| | 2.41,67(33,19) | 3.15,46(33,79) | 3.49,13(33,67) | 4.22,85(33,72) | |
| 3 | Ingrid N. Knutzen | 91 | Lambertseter SK/NTG | 4.23,94 | 769 |
| | 30,87(30,87) | 1.03,51(32,64) | 1.36,56(33,05) | 2.09,83(33,27) | |
| | 2.43,24(33,41) | 3.16,83(33,59) | 3.50,63(33,80) | 4.23,94(33,31) | |
| 4 | Cecilie W. Johannessen | 90 | Karmøy SK | 4.24,69 | 762 |
| | 29,82(29,82) | 1.02,96(33,14) | 1.36,77(33,81) | 2.09,90(33,13) | |
| | 2.42,81(32,91) | 3.16,61(33,80) | 3.51,66(35,05) | 4.24,69(33,03) | |
| 5 | Lise Sand Syversen | 95 | Delfana | 4.26,47 | 747 |
| | 30,39(30,39) | 1.03,46(33,07) | 1.36,96(33,50) | 2.11,02(34,06) | |
| | 2.45,03(34,01) | 3.19,12(34,09) | 3.53,65(34,53) | 4.26,47(32,82) | |
| 6 | Gina B. Andersen | 90 | Skjetten Svømming/NTG | 4.27,56 | 738 |
| | 30,94(30,94) | 1.04,33(33,39) | 1.38,00(33,67) | 2.12,16(34,16) | |
| | 2.46,46(34,30) | 3.21,05(34,59) | 3.54,44(33,39) | 4.27,56(33,12) | |
| 7 | Victoria Rung | 92 | TS/Frisinn | 4.27,90 | 735 |
| | 30,67(30,67) | 1.03,75(33,08) | 1.37,42(33,67) | 2.11,17(33,75) | |
| | 2.45,14(33,97) | 3.19,59(34,45) | 3.54,08(34,49) | 4.27,90(33,82) | |
| 8 | Siri Anette Sønju | 92 | Øvre Eiker SK | 4.29,91 | 719 |
| | 31,41(31,41) | 1.05,01(33,60) | 1.39,08(34,07) | 2.13,39(34,31) | |
| | 2.47,59(34,20) | 3.21,78(34,19) | 3.56,33(34,55) | 4.29,91(33,58) | |
| 9 | Karoline Pedersen | 94 | Bergens SLK | 4.31,64 | 705 |
| | 31,45(31,45) | 1.05,71(34,26) | 1.40,05(34,34) | 2.14,49(34,44) | |
| | 2.49,06(34,57) | 3.23,64(34,58) | 3.58,07(34,43) | 4.31,64(33,57) | |
| 10 | Hanne Lockertsen | 94 | Tromsø SK | 4.32,24 | 700 |
| | 31,62(31,62) | 1.05,88(34,26) | 1.40,58(34,70) | 2.15,21(34,63) | |
| | 2.49,46(34,25) | 3.23,79(34,33) | 3.58,44(34,65) | 4.32,24(33,80) | |
| 11 | Pia Cornelia Braarud | 93 | Lambertseter SK | 4.32,93 | 695 |
| | 30,92(30,92) | 1.04,86(33,94) | 1.39,26(34,40) | 2.13,90(34,64) | |
| | 2.48,55(34,65) | 3.23,61(35,06) | 3.58,72(35,11) | 4.32,93(34,21) | |
| 12 | Emilie N. Løvberg | 95 | Bærumsvømmerne | 4.33,62 | 690 |
| | 30,81(30,81) | 1.05,14(34,33) | 1.40,95(35,81) | 2.16,05(35,10) | |
| | 2.51,08(35,03) | 3.26,12(35,04) | 4.00,42(34,30) | 4.33,62(33,20) | |
| 13 | Eva Marie W. Østerhus | 94 | TS/Madla SK | 4.34,81 | 681 |
| | 31,94(31,94) | 1.06,01(34,07) | 1.40,41(34,40) | 2.15,54(35,13) | |
| | 2.50,79(35,25) | 3.25,56(34,77) | 4.00,39(34,83) | 4.34,81(34,42) | |
| 14 | Emilie Hellerud | 92 | Lambertseter SK/NTG | 4.35,26 | 678 |
| | 31,92(31,92) | 1.06,14(34,22) | 1.40,89(34,75) | 2.15,69(34,80) | |
| | 2.50,90(35,21) | 3.25,93(35,03) | 4.01,29(35,36) | 4.35,26(33,97) | |
| 15 | Nora Kathrine Guthe | 91 | Asker SK | 4.35,29 | 677 |
| | 32,00(32,00) | 1.05,91(33,91) | 1.40,71(34,80) | 2.15,83(35,12) | |
| | 2.50,63(34,80) | 3.25,72(35,09) | 4.01,12(35,40) | 4.35,29(34,17) | |
| 16 | Andrea Haugstad | 92 | Vestkantsvømmerne | 4.39,24 | 649 |
| | 32,06(32,06) | 1.06,78(34,72) | 1.42,12(35,34) | 2.17,63(35,51) | |
| | 2.53,32(35,69) | 3.28,91(35,59) | 4.04,68(35,77) | 4.39,24(34,56) | |
| 17 | Ane Nygård | 95 | Stavanger SC | 4.41,51 | 633 |
| | 31,95(31,95) | 1.06,52(34,57) | 1.41,33(34,81) | 2.16,80(35,47) | |
| | 2.52,75(35,95) | 3.28,79(36,04) | 4.05,30(36,51) | 4.41,51(36,21) | |
| 18 | Monica Finnøy | 88 | BS/Bergen SLK | 4.44,93 | 611 |
| | 31,67(31,67) | 1.06,01(34,34) | 1.41,44(35,43) | 2.17,31(35,87) | |
| | 2.53,75(36,44) | 3.31,14(37,39) | 4.08,17(37,03) | 4.44,93(36,76) | |

Funksjonshemmede

| | | | | | | |
|---|-----------------|------------------|-------------------|----------------|-----|-------------|
| 1 | Linn Haugen | 87 | Vestkantsvømmerne | 5.29,04 | 396 | S9 124,73 % |
| | 36,31(36,31) | | 1.57,30(1.20,99) | 2.39,10(41,80) | | |
| | | | 4.47,56(42,85) | 5.29,04(41,48) | | |
| | | 4.04,71(1.25,61) | | | | |
| 2 | Ingrid Djupskås | 89 | Asker SK | 6.26,87 | 244 | S9 146,65 % |
| | 42,60(42,60) | 1.30,87(48,27) | 2.20,23(49,36) | 3.10,37(50,14) | | |
| | 3.59,89(49,52) | 4.49,59(49,70) | 5.39,33(49,74) | 6.26,87(47,54) | | |

Øvelse 4. 50m bryst, herrer - Forsøk**Senior**

| | | | | | |
|----|------------------------|----|-------------------|-------|-----|
| 1 | Mattis Saghaug | 90 | IL Varg/NTG | 28,68 | 788 |
| 2 | Thomas Breivoll | 77 | IL Varg | 28,93 | 768 |
| 3 | Marcus Tesdal | 90 | BS/Åstveit | 29,06 | 758 |
| 4 | Alexander Dale Oen | 85 | Vestkantsvømmerne | 29,34 | 736 |
| 5 | Bernt M. Seyffarth | 89 | Mandal SK | 29,77 | 705 |
| 6 | Alexander Møkkelbost | 87 | BS/Delfana | 29,79 | 703 |
| 7 | Robin Palm | 88 | Sarpsborg IL | 30,00 | 689 |
| 8 | Mikael Bergene | 91 | Lambertseter SK | 30,03 | 687 |
| 9 | Erling Mjøs Brattelid | 91 | TS/Sola SK | 30,37 | 664 |
| 10 | Sindre Søderlund | 91 | Trondheim SLK/NTG | 30,42 | 661 |
| 11 | Joachim André Jakobsen | 91 | Vestkantsvømmerne | 30,71 | 642 |
| 12 | Martin Steffensen | 89 | Arna SLK | 30,94 | 628 |
| 12 | Pål Gunnar Normann | 81 | Vestkantsvømmerne | 30,94 | 628 |

Øvelse 5. 50m rygg, damer - Forsøk**Senior**

| | | | | | | |
|----|---------------------------|----|-----------------------|--------|-------|-----|
| 1 | Katharina Stiberg | 88 | Bjerkvik SK | (0,45) | 27,92 | 923 |
| 2 | Ingvild Snildal | 88 | Asker SK | (0,76) | 28,63 | 856 |
| 3 | Oda Marie Siljan | 92 | Poseidon | (0,66) | 30,30 | 722 |
| 4 | Cecilie W. Johannessen | 90 | Karmøy SK | (0,61) | 30,55 | 705 |
| 5 | Heidi Vainio Gjøen | 88 | Lambertseter SK | (0,72) | 30,56 | 704 |
| 6 | Karen Stødle | 87 | Team Stavanger | (0,77) | 30,64 | 698 |
| 7 | Elisabeth H. Svensson | 91 | Lambertseter SK/NTG | (0,29) | 30,80 | 687 |
| 8 | Henriette Brekke | 88 | Vestkantsvømmerne | (0,59) | 30,81 | 687 |
| 9 | Aslaug Marie Hjelmaas | 95 | Bergens SLK | (0,70) | 30,96 | 677 |
| 10 | Camilla Moe | 92 | Ås IL | (0,70) | 31,18 | 663 |
| 11 | Seline Vike Holm | 92 | Arna SLK | (0,58) | 31,22 | 660 |
| 12 | Ina Kr. Pedersen | 89 | Sarpsborg IL | (0,67) | 31,25 | 658 |
| 13 | Ida Nordbø | 89 | TS/Madla SK | (0,65) | 31,37 | 651 |
| 14 | Trine Hovda | 90 | TS/Madla SK | (0,62) | 31,46 | 645 |
| 14 | Benedicte Kausland | 92 | Vestkantsvømmerne | (0,69) | 31,46 | 645 |
| 16 | Veronica Orheim Bjørlykke | 94 | Aalesund SLK | (0,85) | 31,52 | 641 |
| 17 | Iselin Mjølner Dahlen | 92 | Skjetten Svømming/NTG | (0,70) | 31,59 | 637 |
| 18 | Ragnhild Søfteland | 92 | Bergens SC | (0,71) | 31,63 | 635 |
| 19 | Sophia Broberg Skeltved | 92 | Tromsø SK/NTG | (0,69) | 31,74 | 628 |
| 20 | Jacqueline Knutsson | 93 | Kongstensvømmerne | (0,70) | 31,88 | 620 |
| 21 | Katja Heinänen | 90 | BS/Bergen SLK | (0,63) | 32,04 | 611 |
| 22 | Nicole T. Næsheim | 91 | Stavanger SC | (0,66) | 32,17 | 603 |
| 23 | Elisabeth Kristiansen | 92 | Haugesund SK | (0,80) | 32,24 | 599 |
| 24 | Marthe Helene Haganes | 93 | Vestkantsvømmerne | (0,70) | 32,27 | 598 |
| 25 | Paulien Mulder | 86 | Trondheim SLK | (0,76) | 32,44 | 588 |
| 26 | Vibeke Brigg | 89 | TS/Madla SK | (0,79) | 32,56 | 582 |
| 27 | Marie Øverland | 94 | Vestkantsvømmerne | (0,71) | 32,86 | 566 |
| 28 | Victoria T. Solberg | 89 | Asker SK | (0,66) | 32,91 | 563 |

Øvelse 6. 200m individuell medley, herrer - Forsøk

Senior

| | | | | | |
|----|----------------------------|----------------|-------------------|----------------|-----|
| 1 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 2.05,97 | 777 |
| | 26,78(26,78) | 58,25(31,47) | 1.34,82(36,57) | 2.05,97(31,15) | |
| 2 | Sebastian Wigstrøm | 91 | Bærumsvømmerne | 2.08,49 | 732 |
| | 28,02(28,02) | 1.01,13(33,11) | 1.37,27(36,14) | 2.08,49(31,22) | |
| 3 | Christian Thorsen | 91 | Lambertseter SK | 2.08,69 | 728 |
| | 27,98(27,98) | 1.01,33(33,35) | 1.38,95(37,62) | 2.08,69(29,74) | |
| 4 | Kristoffer Meisler | 90 | Fauske SK | 2.09,24 | 719 |
| | 29,00(29,00) | 1.02,23(33,23) | 1.38,67(36,44) | 2.09,24(30,57) | |
| 5 | Gard Kvale | 84 | Bergens SC | 2.09,27 | 719 |
| | 27,74(27,74) | 1.00,35(32,61) | 1.37,76(37,41) | 2.09,27(31,51) | |
| 6 | Jonas Kirkeberg Jostad | 92 | Hamar IL | 2.10,56 | 698 |
| | 28,73(28,73) | 1.02,07(33,34) | 1.40,69(38,62) | 2.10,56(29,87) | |
| 7 | Espen Halhjem | 92 | BS/Delfana | 2.10,96 | 691 |
| | 27,88(27,88) | 1.00,97(33,09) | 1.39,21(38,24) | 2.10,96(31,75) | |
| 8 | Carl Andreas Wathne | 91 | Bærumsvømmerne | 2.12,90 | 661 |
| | 28,35(28,35) | 1.03,62(35,27) | 1.41,95(38,33) | 2.12,90(30,95) | |
| 9 | Martin Hals | 91 | Øvre Eiker SK | 2.13,37 | 654 |
| | 29,29(29,29) | 1.04,04(34,75) | 1.42,16(38,12) | 2.13,37(31,21) | |
| 10 | Sebastian Stordal | 91 | BS/Delfana | 2.13,52 | 652 |
| | 27,86(27,86) | 1.01,73(33,87) | 1.41,95(40,22) | 2.13,52(31,57) | |
| 11 | Lars E Borsheim | 80 | TS/Madla SK | 2.13,58 | 651 |
| | 28,83(28,83) | 1.03,24(34,41) | 1.41,26(38,02) | 2.13,58(32,32) | |
| 12 | Simen Dale | 91 | BS/Delfana | 2.14,45 | 639 |
| | 29,34(29,34) | 1.04,65(35,31) | 1.41,94(37,29) | 2.14,45(32,51) | |
| 13 | Hans Østerdal | 93 | Stavanger SC | 2.14,99 | 631 |
| | 28,51(28,51) | 1.04,62(36,11) | 1.43,29(38,67) | 2.14,99(31,70) | |

Øvelse 7. 100m butterfly, damer - Forsøk

Senior

| | | | | | |
|----|---------------------|----------------|---------------------|---------|-----|
| 1 | Ingvild Snildal | 88 | Asker SK | 1.00,38 | 855 |
| | 28,64(28,64) | 1.00,38(31,74) | | | |
| 2 | Victoria S. Løken | 91 | Team Stavanger | 1.01,34 | 816 |
| | 28,34(28,34) | 1.01,34(33,00) | | | |
| 3 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 1.02,62 | 767 |
| | 28,99(28,99) | 1.02,62(33,63) | | | |
| 4 | Sara Pettersen | 91 | Fauske SK | 1.02,85 | 758 |
| | 29,31(29,31) | 1.02,85(33,54) | | | |
| 5 | Line Løvberg | 91 | Lambertseter SK/NTG | 1.03,12 | 749 |
| | 29,53(29,53) | 1.03,12(33,59) | | | |
| 6 | Anette Fidjeland | 80 | IL Varg | 1.03,77 | 726 |
| | 29,66(29,66) | 1.03,77(34,11) | | | |
| 7 | Stine Vindenes | 93 | Vestkantsvømmerne | 1.04,48 | 702 |
| | 30,45(30,45) | 1.04,48(34,03) | | | |
| 8 | Christine Ørland | 88 | TS/Madla SK | 1.04,57 | 699 |
| | 30,25(30,25) | 1.04,57(34,32) | | | |
| 9 | Karoline Eriksen | 92 | Stavanger SC | 1.04,97 | 687 |
| | 30,26(30,26) | 1.04,97(34,71) | | | |
| 10 | Jacqueline Knutsson | 93 | Kongstensvømmerne | 1.05,10 | 682 |
| | 31,01(31,01) | 1.05,10(34,09) | | | |
| 11 | Emilie N. Løvberg | 95 | Bærumsvømmerne | 1.05,21 | 679 |
| | 30,36(30,36) | 1.05,21(34,85) | | | |
| 12 | Karen Stødle | 87 | Team Stavanger | 1.05,43 | 672 |
| | 30,54(30,54) | 1.05,43(34,89) | | | |
| 13 | Victoria Rung | 92 | TS/Frisinn | 1.05,49 | 670 |
| | 30,70(30,70) | 1.05,49(34,79) | | | |
| 14 | Lise Sand Syversen | 95 | Delfana | 1.05,67 | 665 |
| | 30,83(30,83) | 1.05,67(34,84) | | | |

| | | | | | | |
|----|------------------------|----------------|-----------------------|---------|-----|----|
| 15 | Julie Borgen | 91 | Sarpsborg IL | 1.05,70 | 664 | |
| | 30,57(30,57) | 1.05,70(35,13) | | | | |
| 16 | Terese Langlo | 89 | Skjetten Svømming | 1.05,92 | 657 | |
| | 31,09(31,09) | 1.05,92(34,83) | | | | |
| 17 | Ingrid N. Knutzen | 91 | Lambertseter SK/NTG | 1.06,28 | 647 | |
| | 31,18(31,18) | 1.06,28(35,10) | | | | |
| 18 | Monica W. Johannessen | 90 | Karmøy SK | 1.06,43 | 642 | |
| | 30,61(30,61) | 1.06,43(35,82) | | | | |
| 19 | Eirin Arnesen | 93 | Bergens SC | 1.06,73 | 634 | |
| | 30,22(30,22) | 1.06,73(36,51) | | | | |
| 20 | Maren Kristine Jansen | 90 | TS/Randaberg | 1.06,74 | 633 | |
| | 30,22(30,22) | 1.06,74(36,52) | | | | |
| 21 | Guro Knutsen | 91 | Øvre Eiker SK | 1.06,84 | 631 | |
| | 31,15(31,15) | 1.06,84(35,69) | | | | |
| 22 | Line W. Lund | 91 | Moss SK | 1.07,11 | 623 | |
| | 31,43(31,43) | 1.07,11(35,68) | | | | |
| 23 | Oona Ovesen | 92 | Elverum Svømming | 1.07,64 | 608 | |
| | 31,78(31,78) | 1.07,64(35,86) | | | | |
| 24 | Ellen Magnussen | 84 | Sarpsborg IL | 1.08,10 | 596 | DF |
| | 31,64(31,64) | 1.08,10(36,46) | | | | |
| 25 | Iselin Mjøllner Dahlen | 92 | Skjetten Svømming/NTG | 1.08,10 | 596 | DE |
| | 31,87(31,87) | 1.08,10(36,23) | | | | |
| 26 | Sara Nordenstam | 83 | Lambertseter SK | 1.08,40 | 588 | |
| | 31,83(31,83) | 1.08,40(36,57) | | | | |

Funksjonshemmede

| | | | | | | |
|---|------------------|----------------|------------|---------|-----|--------------|
| 1 | Hanne Farestvedt | 93 | Åstveit SK | 1.28,74 | 269 | S14 127,39 % |
| | 40,51(40,51) | 1.28,74(48,23) | | | | |

Øvelse 8. 200m rygg, herrer - Forsøk

Senior

| | | | | | | |
|----|-------------------------|----------------|-------------------|----------------|---------|-----|
| 1 | Tor Hafnor | 91 | Bærumsvømmerne | (0,74) | 2.03,71 | 747 |
| | 29,90(29,90) | 1.01,41(31,51) | 1.32,81(31,40) | 2.03,71(30,90) | | |
| 2 | Sindre Nilo | 90 | Sandefjord SK/NTG | (0,34) | 2.04,70 | 730 |
| | 29,66(29,66) | 1.00,56(30,90) | 1.32,23(31,67) | 2.04,70(32,47) | | |
| 3 | Vegard Løvberg | 91 | Bærumsvømmerne | (0,66) | 2.04,80 | 728 |
| | 29,82(29,82) | 1.01,75(31,93) | 1.33,54(31,79) | 2.04,80(31,26) | | |
| 4 | Lars Andre Tolås | 88 | Bærumsvømmerne | (0,73) | 2.05,99 | 707 |
| | 29,70(29,70) | 1.01,97(32,27) | 1.34,06(32,09) | 2.05,99(31,93) | | |
| 5 | Lavrans Solli | 92 | Bergens SC | (0,32) | 2.06,20 | 704 |
| | 29,59(29,59) | 1.01,36(31,77) | 1.33,61(32,25) | 2.06,20(32,59) | | |
| 6 | Joar Skien Grannes | 90 | Sandnes SLK | (0,74) | 2.07,46 | 683 |
| | 29,59(29,59) | 1.01,54(31,95) | 1.34,50(32,96) | 2.07,46(32,96) | | |
| 7 | Even Vike Holm | 90 | BS/Arna | | 2.09,35 | 654 |
| | 29,95(29,95) | 1.02,46(32,51) | 1.35,84(33,38) | 2.09,35(33,51) | | |
| 8 | Julian Åsheim Mikkelsen | 93 | Ås IL | (0,80) | 2.11,11 | 628 |
| | 29,56(29,56) | 1.01,30(31,74) | 1.35,53(34,23) | 2.11,11(35,58) | | |
| 9 | Eirik Runningen | 90 | BS/Delfana | (0,51) | 2.16,36 | 558 |
| | 30,25(30,25) | 1.03,09(32,84) | 1.38,47(35,38) | 2.16,36(37,89) | | |
| 10 | Jan Aleksander Bakke | 91 | Asker SK | (0,89) | 2.17,26 | 547 |
| | 31,43(31,43) | 1.06,02(34,59) | 1.41,44(35,42) | 2.17,26(35,82) | | |
| 11 | Erlend Tveteraas | 91 | TS/Madla SK | (0,66) | 2.20,35 | 512 |
| | 31,64(31,64) | 1.06,19(34,55) | 1.42,41(36,22) | 2.20,35(37,94) | | |
| 12 | Øyvind Gevelt | 91 | Øvre Eiker SK | (0,71) | 2.21,96 | 494 |
| | 33,15(33,15) | 1.08,33(35,18) | 1.45,15(36,82) | 2.21,96(36,81) | | |

Øvelse 9. 200m bryst, damer - Forsøk

Senior

| | | | | | |
|----|---|----|--------------------|---------|-----|
| 1 | Katharina Stiberg 34,09(34,09) | 88 | Bjerkvik SK | 2.31,81 | 804 |
| 2 | Trine Austrøne Olsen 33,86(33,86) | 90 | Fauske SK | 2.33,42 | 779 |
| 3 | Sara Nordenstam 35,69(35,69) | 83 | Lambertseter SK | 2.35,35 | 750 |
| 4 | Siri Eva Kristiansen 35,28(35,28) | 93 | Asker SK | 2.35,67 | 746 |
| 5 | Celinn Daviknes 34,42(34,42) | 86 | BS/Delfana | 2.35,97 | 741 |
| 6 | Ine Charlotte Hagen 35,80(35,80) | 89 | Lørenskog/Rælingen | 2.36,26 | 737 |
| 7 | Bitte Fagermo 36,31(36,31) | 93 | Narvik SK | 2.39,72 | 690 |
| 8 | Iselin Meisler 36,44(36,44) | 90 | Fauske SK | 2.40,67 | 678 |
| 9 | Katrine Jensen 36,52(36,52) | 92 | BS/Åstveit | 2.41,79 | 664 |
| 10 | Mari Singstad 36,21(36,21) | 91 | Vestbyen IL | 2.42,08 | 661 |
| 11 | Andrea Hestdal 36,78(36,78) | 94 | Åstveit SK | 2.43,31 | 646 |
| 12 | Luna Elisabeth Sjøgaard 36,29(36,29) | 94 | Lambertseter SK | 2.43,68 | 641 |
| 13 | Lene Lykke Erichsen 37,11(37,11) | 92 | Bærumsvømmerne | 2.43,73 | 641 |
| 14 | Benedicte Kausland 37,30(37,30) | 92 | Vestkantsvømmerne | 2.45,68 | 618 |

Øvelse 10. 50m butterfly, herrer - Forsøk

Senior

| | | | | | |
|----|-----------------------------|----|--------------------|-------|-----|
| 1 | Øystein R. Hetland | 89 | Bærumsvømmerne | 24,85 | 778 |
| 2 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 25,01 | 763 |
| 3 | Christer Koch Kvam | 90 | Bærum/NTG | 25,08 | 757 |
| 4 | Mathias Sørstrand Æsøy | 90 | Florø SLK | 25,17 | 749 |
| 5 | Sander Smørdal | 85 | BS/Arna | 25,26 | 741 |
| 6 | Petter Sjødal | 79 | IL Varg | 25,30 | 737 |
| 7 | Petter Solberg | 85 | BS/Delfana | 25,35 | 733 |
| 8 | Pål Gunnar Normann | 81 | Vestkantsvømmerne | 25,50 | 720 |
| 9 | Dan Magnus Skibrek | 87 | Øvre Eiker SK | 25,53 | 717 |
| 10 | Stian S. Langeland | 89 | Bergens SC | 25,67 | 706 |
| 11 | Alexander B. Havre | 90 | Mandal SK | 25,76 | 698 |
| 12 | Marcus Tesdal | 90 | BS/Åstveit | 25,90 | 687 |
| 13 | John Hage Gaarder | 89 | Lørenskog/Rælingen | 25,94 | 684 |
| 14 | Tor Hafnor | 91 | Bærumsvømmerne | 26,25 | 660 |
| 15 | Ørjan Cato Johnsen | 85 | BS/Bergen SLK | 26,33 | 654 |
| 16 | Thor Kristian Østenå Larsen | 86 | Bergens SC | 26,79 | 621 |
| 17 | Jan Aleksander Bakke | 91 | Asker SK | 27,10 | 600 |

Øvelse 11. 4*200m fri, damer - Direkte finale

Senior

| | | | | | |
|---|------------------------|----------------|-----------------|---------|-----|
| 1 | Lambertseter SK J2 sr. | SR | Lambertseter SK | 8.37,98 | 756 |
| | Heidi Vainio Gjøen: | 30,54(30,54) | 1.02,65(32,11) | | |
| | | 1.34,46(31,81) | 2.06,50(32,04) | 2.06,50 | |
| | Elisabeth H. Svensson: | 2.35,43(28,93) | 3.08,30(32,87) | | |
| | | 3.41,76(33,46) | 4.14,41(32,65) | 2.07,91 | |
| | | 4.44,21(29,80) | 5.17,42(33,21) | | |
| | Line Løvberg: | 5.50,83(33,41) | 6.23,85(33,02) | 2.09,44 | |
| | | 6.53,44(29,59) | 7.27,45(34,01) | | |
| | Julie Rønningsen: | 8.03,10(35,65) | 8.37,98(34,88) | 2.14,13 | |
| 2 | Bergens SLK J1 sr. | SR | Bergens SLK | 8.50,86 | 702 |
| | | 30,93(30,93) | 1.04,27(33,34) | | |
| | Aslaug Marie Hjelmaas: | 1.38,25(33,98) | 2.11,38(33,13) | 2.11,38 | |
| | | 2.41,12(29,74) | 3.14,32(33,20) | | |
| | Karoline Pedersen: | 3.49,30(34,98) | 4.23,56(34,26) | 2.12,18 | |
| | | 4.52,82(29,26) | 5.25,97(33,15) | | |
| | Martine Bremer: | 6.00,12(34,15) | 6.34,45(34,33) | 2.10,89 | |
| | | 7.05,58(31,13) | 7.40,32(34,74) | | |
| | Kaja Bremer: | 8.15,59(35,27) | 8.50,86(35,27) | 2.16,41 | |
| 3 | Øvre Eiker SK J1 sr. | SR | Øvre Eiker SK | 8.58,89 | 671 |
| | | 31,55(31,55) | 1.06,22(34,67) | | |
| | Guro Knutsen: | 1.41,97(35,75) | 2.17,07(35,10) | 2.17,07 | |
| | | 2.46,97(29,90) | 3.20,49(33,52) | | |
| | Inger-Cathrine Wium: | 3.55,30(34,81) | 4.29,84(34,54) | 2.12,77 | |
| | | 4.59,40(29,56) | 5.32,22(32,82) | | |
| | Stine Lise Stenseth: | 6.07,00(34,78) | 6.42,74(35,74) | 2.12,90 | |
| | | 7.13,04(30,30) | 7.47,17(34,13) | | |
| | Siri Anette Sønju: | 8.22,83(35,66) | 8.58,89(36,06) | 2.16,15 | |
| 4 | Bergensv. J1 sr. | SR | Bergensvømmerne | 9.00,63 | 665 |
| | | 30,14(30,14) | 1.03,60(33,46) | | |
| | Hanne Søfteland: | 1.38,12(34,52) | 2.12,70(34,58) | 2.12,70 | |
| | | 2.43,30(30,60) | 3.16,69(33,39) | | |
| | Monica Finnøy: | 3.50,57(33,88) | 4.24,04(33,47) | 2.11,34 | |
| | | 4.57,02(32,98) | 5.34,23(37,21) | | |
| | Katrine Jensen: | 6.12,59(38,36) | 6.51,89(39,30) | 2.27,85 | |
| | | 7.21,86(29,97) | 7.54,72(32,86) | | |
| | Siri Løvold Magnussen: | 8.27,87(33,15) | 9.00,63(32,76) | 2.08,74 | |
| 5 | Bergens SC J1 sr. | SR | Bergens SC | 9.12,25 | 624 |
| | | 30,89(30,89) | 1.04,18(33,29) | | |
| | Ingse Bergh Monsen: | 1.38,45(34,27) | 2.11,87(33,42) | 2.11,87 | |
| | | 2.42,58(30,71) | 3.17,26(34,68) | | |
| | Hedvig Hjertaker: | 3.52,82(35,56) | 4.28,66(35,84) | 2.16,79 | |
| | | 4.59,74(31,08) | 5.35,20(35,46) | | |
| | Eirin Arnesen: | 6.12,32(37,12) | 6.49,52(37,20) | 2.20,86 | |
| | | 7.21,71(32,19) | 7.59,03(37,32) | | |
| | Eli Kristin Ølmheim: | 8.36,10(37,07) | 9.12,25(36,15) | 2.22,73 | |

Øvelse 12. 4*100m fri, herrer - Direkte finale

Senior

| | | | | | |
|---|------------------------|----------------|----------------|---------|-----|
| 1 | Team Stavanger G1 sr. | SR | Team Stavanger | 3.29,47 | 758 |
| | Jørgen Møllerop: | 24,36(24,36) | 50,63(26,27) | 50,63 | |
| | Bjarte Ravndal: | 1.15,46(24,83) | 1.43,37(27,91) | 52,74 | |
| | Ole Martin Ree: | 2.07,48(24,11) | 2.34,45(26,97) | 51,08 | |
| | Erling Mjøs Brattelid: | 3.00,60(26,15) | 3.29,47(28,87) | 55,02 | |
| 2 | IL Varg G2 sr. | SR | IL Varg | 3.30,52 | 746 |
| | Håkon Skårud Karlsen: | 25,10(25,10) | 53,32(28,22) | 53,32 | |
| | Thomas Breivoll: | 1.18,21(24,89) | 1.46,04(27,83) | 52,72 | |
| | Jari K. Mikkelsen: | 2.10,59(24,55) | 2.38,36(27,77) | 52,32 | |
| | Rune Christensen: | 3.02,97(24,61) | 3.30,52(27,55) | 52,16 | |
| 3 | Mandal SK G1 sr. | SR | Mandal SK | 3.31,89 | 732 |
| | Per Sondre Sodeland: | 25,22(25,22) | 52,57(27,35) | 52,57 | |
| | Tord Eirik Seyffarth: | 1.18,56(25,99) | 1.47,65(29,09) | 55,08 | |
| | Alexander B. Havre: | 2.12,07(24,42) | 2.40,05(27,98) | 52,40 | |
| | Bernt M. Seyffarth: | 3.04,57(24,52) | 3.31,89(27,32) | 51,84 | |

| | | | | | |
|---|------------------------|----------------|-----------------|---------|-----|
| 4 | Lambertseter SK G2 sr. | SR | Lambertseter SK | 3.33,51 | 715 |
| | Christian Thorsen: | 25,38(25,38) | 52,91(27,53) | 52,91 | |
| | Mats Andre Fredriksen: | 1.17,49(24,58) | 1.45,63(28,14) | 52,72 | |
| | David Evja: | 2.10,91(25,28) | 2.38,80(27,89) | 53,17 | |
| | Alexander Schüssler: | 3.04,18(25,38) | 3.33,51(29,33) | 54,71 | |
| 5 | Bærumsv G2 sr. | SR | Bærumsvømmerne | 3.34,19 | 709 |
| | Elias Damman: | 26,16(26,16) | 53,67(27,51) | 53,67 | |
| | Tor Hafnor: | 1.18,66(24,99) | 1.46,29(27,63) | 52,62 | |
| | Vegard Løvberg: | 2.11,72(25,43) | 2.39,78(28,06) | 53,49 | |
| | Carl Andreas Wathne: | 3.05,38(25,60) | 3.34,19(28,81) | 54,41 | |
| 6 | Bergensv. G2 sr. | SR | Bergensvømmerne | 3.36,15 | 689 |
| | Alexander Mokkelbost: | 25,74(25,74) | 54,13(28,39) | 54,13 | |
| | Petter Solberg: | 1.19,24(25,11) | 1.46,44(27,20) | 52,31 | |
| | Espen Halhjem: | 2.12,43(25,99) | 2.41,77(29,34) | 55,33 | |
| | Eirik Runningen: | 3.07,00(25,23) | 3.36,15(29,15) | 54,38 | |
| 7 | Stavanger SC G1 sr. | SR | Stavanger SC | 3.42,94 | 628 |
| | Henning S. Pryde: | 27,19(27,19) | 56,35(29,16) | 56,35 | |
| | Hans Østerdal: | 1.22,80(26,45) | 1.51,97(29,17) | 55,62 | |
| | Jørn Nygård: | 2.17,31(25,34) | 2.44,55(27,24) | 52,58 | |
| | Fredrik K Hegdal: | 3.11,79(27,24) | 3.42,94(31,15) | 58,39 | |
| 8 | IL Norodd G1 sr. | SR | IL Norodd | 4.30,81 | 350 |
| | Lasse Morch Steen: | 29,76(29,76) | 1.02,70(32,94) | 1.02,70 | |
| | Vidar Andresen Olsen: | 1.33,89(31,19) | 2.10,71(36,82) | 1.08,01 | |
| | Kristian Skjerven: | 2.42,74(32,03) | 3.21,85(39,11) | 1.11,14 | |
| | Daniel Jose Gundersen: | 3.54,20(32,35) | 4.30,81(36,61) | 1.08,96 | |

Torsdag 26. Mars 2009 kl 17.30

Øvelse 1. 4*50m lag medley, damer - Finale

Senior

| | | | | | | |
|---|------------------------|----------------|-----------------|--------|---------|-----|
| 1 | Team Stavanger J1 sr. | SR | Team Stavanger | (0,60) | 1.56,29 | 834 |
| | Karen Stødle: | 30,11(30,11) | | | | |
| | Mari Ask Rasmussen: | 1.02,18(32,07) | | | | |
| | Victoria S. Løken: | 1.29,66(27,48) | | | | |
| | Vibeke Brigg: | 1.56,29(26,63) | | | | |
| 2 | Lambertseter SK J1 sr. | SR | Lambertseter SK | (0,65) | 1.57,29 | 813 |
| | Heidi Vainio Gjøn: | 30,03(30,03) | | | | |
| | Sara Nordenstam: | 1.01,72(31,69) | | | | |
| | Line Løvberg: | 1.30,14(28,42) | | | | |
| | Emilie Hellerud: | 1.57,29(27,15) | | | | |
| 3 | Asker SK J1 sr. | SR | Asker SK | (0,69) | 1.57,93 | 800 |
| | Victoria T. Solberg: | 32,13(32,13) | | | | |
| | Siri Eva Kristiansen: | 1.05,53(33,40) | | | | |
| | Ingvild Snildal: | 1.31,68(26,15) | | | | |
| | Sofie Gjemmestad: | 1.57,93(26,25) | | | | |
| 4 | Bærumsv J1 sr. | SR | Bærumsvømmerne | (0,66) | 1.58,19 | 795 |
| | Elisabeth Jarland: | 30,00(30,00) | | | | |
| | Kristine Mella: | 1.02,37(32,37) | | | | |
| | Emilie N. Løvberg: | 1.30,89(28,52) | | | | |
| | Andrea Westbye: | 1.58,19(27,30) | | | | |
| 5 | Bergensv. J1 sr. | SR | Bergensvømmerne | (0,58) | 1.58,57 | 787 |
| | Katja Heinänen: | 31,97(31,97) | | | | |
| | Celinn Daviknes: | 1.04,50(32,53) | | | | |
| | Hanne Søfteland: | 1.32,93(28,43) | | | | |
| | Siri Løvold Magnussen: | 1.58,57(25,64) | | | | |
| 6 | Team Stavanger J3 sr. | SR | Team Stavanger | (0,65) | 1.59,93 | 761 |
| | Ida Nordbø: | 31,58(31,58) | | | | |
| | Stine Haferkamp: | 1.04,11(32,53) | | | | |
| | Maren Kristine Jansen: | 1.32,96(28,85) | | | | |
| | Marthe Berg Sørensen: | 1.59,93(26,97) | | | | |

Øvelse 2. 800m fri, herrer - Direkte finale

Senior

| | | | | | |
|---|-------------------------|----------------|-----------------|----------------|-----|
| 1 | Jørgen Møllerop | 88 | TS/Madla SK | 8.10,26 | 808 |
| | 27,54(27,54) | 57,72(30,18) | 1.28,00(30,28) | 1.58,30(30,30) | |
| | 2.28,77(30,47) | 2.59,37(30,60) | 3.30,31(30,94) | 4.01,07(30,76) | |
| | 4.31,88(30,81) | 5.02,97(31,09) | 5.34,11(31,14) | 6.05,33(31,22) | |
| | 6.36,49(31,16) | 7.07,80(31,31) | 7.39,75(31,95) | 8.10,26(30,51) | |
| 2 | Jørn Nygård | 92 | Stavanger SC | 8.17,26 | 775 |
| | 28,10(28,10) | 58,83(30,73) | 1.29,51(30,68) | 2.00,89(31,38) | |
| | 2.31,62(30,73) | 3.02,75(31,13) | 3.34,22(31,47) | 4.05,53(31,31) | |
| | 4.37,84(32,31) | 5.09,63(31,79) | 5.41,37(31,74) | 6.13,15(31,78) | |
| | 6.45,10(31,95) | 7.16,76(31,66) | 7.48,00(31,24) | 8.17,26(29,26) | |
| 3 | Robert Aronsen | 86 | Bærumsvømmerne | 8.19,14 | 766 |
| | 28,54(28,54) | 59,37(30,83) | 1.30,26(30,89) | 2.01,54(31,28) | |
| | 2.33,04(31,50) | 3.04,38(31,34) | 3.35,99(31,61) | 4.07,52(31,53) | |
| | 4.38,92(31,40) | 5.10,41(31,49) | 5.42,21(31,80) | 6.14,06(31,85) | |
| | 6.46,23(32,17) | 7.18,16(31,93) | 7.50,03(31,87) | 8.19,14(29,11) | |
| 4 | Mikkel Brudvik Sanderud | 87 | Lambertseter SK | 8.27,38 | 729 |
| | 28,31(28,31) | 58,82(30,51) | 1.29,76(30,94) | 2.01,27(31,51) | |
| | 2.32,64(31,37) | 3.03,97(31,33) | 3.35,64(31,67) | 4.07,37(31,73) | |
| | 4.39,18(31,81) | 5.11,56(32,38) | 5.44,42(32,86) | 6.17,64(33,22) | |
| | 6.50,73(33,09) | 7.23,82(33,09) | 7.55,60(31,78) | 8.27,38(31,78) | |
| 5 | Elias Damman | 89 | Bærumsvømmerne | 8.28,03 | 726 |
| | 28,53(28,53) | 59,45(30,92) | 1.30,74(31,29) | 2.02,79(32,05) | |
| | 2.34,69(31,90) | 3.06,41(31,72) | 3.38,87(32,46) | 4.10,82(31,95) | |
| | 4.43,04(32,22) | 5.15,44(32,40) | 5.47,62(32,18) | 6.20,17(32,55) | |
| | 6.52,48(32,31) | 7.24,98(32,50) | 7.57,55(32,57) | 8.28,03(30,48) | |

| | | | | | |
|----|------------------------|----------------|-------------------|----------------|-----|
| 6 | Sindre Nilo | 90 | Sandefjord SK/NTG | 8.29,05 | 722 |
| | 27,90(27,90) | 58,49(30,59) | 1.29,74(31,25) | 2.01,11(31,37) | |
| | 2.32,65(31,54) | 3.04,35(31,70) | 3.36,38(32,03) | 4.08,44(32,06) | |
| | 4.40,69(32,25) | 5.13,37(32,68) | 5.46,04(32,67) | 6.18,50(32,46) | |
| | 6.51,01(32,51) | 7.23,82(32,81) | 7.56,78(32,96) | 8.29,05(32,27) | |
| 7 | Daniel Berenett | 91 | IL Varg/NTG | 8.35,94 | 693 |
| | 28,41(28,41) | 59,10(30,69) | 1.30,05(30,95) | 2.01,82(31,77) | |
| | 2.33,34(31,52) | 3.04,97(31,63) | 3.37,23(32,26) | 4.09,68(32,45) | |
| | 4.42,23(32,55) | 5.14,92(32,69) | 5.47,87(32,95) | 6.21,59(33,72) | |
| | 6.54,94(33,35) | 7.28,89(33,95) | 8.02,61(33,72) | 8.35,94(33,33) | |
| 8 | Eivind Johannesen | 92 | BS/Åstveit | 8.41,53 | 671 |
| | 29,11(29,11) | 1.00,87(31,76) | 1.33,40(32,53) | 2.06,24(32,84) | |
| | 2.39,17(32,93) | 3.12,13(32,96) | 3.45,15(33,02) | 4.18,11(32,96) | |
| | 4.50,98(32,87) | 5.23,95(32,97) | 5.57,37(33,42) | 6.30,83(33,46) | |
| | 7.04,03(33,20) | 7.37,06(33,03) | 8.10,14(33,08) | 8.41,53(31,39) | |
| 9 | Øyvind Gevelt | 91 | Øvre Eiker SK | 8.48,64 | 645 |
| | 30,16(30,16) | 1.02,34(32,18) | 1.35,10(32,76) | 2.08,40(33,30) | |
| | 2.41,68(33,28) | 3.14,86(33,18) | 3.48,48(33,62) | 4.21,89(33,41) | |
| | 4.55,19(33,30) | 5.28,48(33,29) | 6.01,67(33,19) | 6.34,96(33,29) | |
| | 7.09,13(34,17) | 7.43,33(34,20) | 8.16,94(33,61) | 8.48,64(31,70) | |
| 10 | Martin Berger Oterholm | 93 | Kolbotn IL | 8.52,60 | 630 |
| | 28,98(28,98) | 1.00,78(31,80) | 1.33,69(32,91) | 2.06,87(33,18) | |
| | 2.40,25(33,38) | 3.13,89(33,64) | 3.47,65(33,76) | 4.21,49(33,84) | |
| | 4.55,58(34,09) | 5.29,83(34,25) | 6.04,24(34,41) | 6.38,39(34,15) | |
| | 7.12,18(33,79) | 7.45,88(33,70) | 8.19,64(33,76) | 8.52,60(32,96) | |
| 11 | Morten Bordervich | 94 | Sola SK | 9.02,10 | 598 |
| | 29,68(29,68) | 1.02,36(32,68) | 1.35,39(33,03) | 2.08,65(33,26) | |
| | 2.42,48(33,83) | 3.16,40(33,92) | 3.50,27(33,87) | 4.24,41(34,14) | |
| | 4.58,27(33,86) | 5.33,05(34,78) | 6.07,77(34,72) | 6.42,65(34,88) | |
| | 7.17,51(34,86) | 7.53,02(35,51) | 8.28,39(35,37) | 9.02,10(33,71) | |
| 12 | Magnus Bru | 87 | Asker SK | 9.05,37 | 587 |
| | 30,79(30,79) | 1.03,56(32,77) | 1.37,06(33,50) | 2.10,79(33,73) | |
| | 2.44,54(33,75) | 3.18,17(33,63) | 3.52,17(34,00) | 4.26,54(34,37) | |
| | 5.00,98(34,44) | 5.35,38(34,40) | 6.10,30(34,92) | 6.45,23(34,93) | |
| | 7.20,37(35,14) | 7.55,22(34,85) | 8.30,45(35,23) | 9.05,37(34,92) | |

Øvelse 3. 400m fri, damer - Finale

Senior

| | | | | | |
|---|---------------------------|----------------|-----------------------|----------------|-----|
| 1 | Karoline Brudvik Sanderud | 89 | Hamar IL | 4.17,68 | 826 |
| | 29,86(29,86) | 1.01,66(31,80) | 1.33,88(32,22) | 2.06,25(32,37) | |
| | 2.38,81(32,56) | 3.11,51(32,70) | 3.44,54(33,03) | 4.17,68(33,14) | |
| 2 | Cecilie W. Johannessen | 90 | Karmøy SK | 4.19,77 | 806 |
| | 29,70(29,70) | 1.01,96(32,26) | 1.34,64(32,68) | 2.07,57(32,93) | |
| | 2.40,15(32,58) | 3.13,68(33,53) | 3.47,08(33,40) | 4.19,77(32,69) | |
| 3 | Elisabeth Jarland | 85 | Bærumsvømmerne | 4.21,59 | 789 |
| | 30,86(30,86) | 1.03,67(32,81) | 1.36,50(32,83) | 2.09,32(32,82) | |
| | 2.42,28(32,96) | 3.15,31(33,03) | 3.48,55(33,24) | 4.21,59(33,04) | |
| 4 | Ingrid N. Knutzen | 91 | Lambertseter SK/NTG | 4.24,02 | 768 |
| | 30,89(30,89) | 1.03,73(32,84) | 1.36,96(33,23) | 2.10,33(33,37) | |
| | 2.44,15(33,82) | 3.17,83(33,68) | 3.51,33(33,50) | 4.24,02(32,69) | |
| 5 | Lise Sand Syversen | 95 | Delfana | 4.25,67 | 754 |
| | 30,56(30,56) | 1.04,16(33,60) | 1.37,82(33,66) | 2.11,52(33,70) | |
| | 2.45,23(33,71) | 3.19,21(33,98) | 3.52,61(33,40) | 4.25,67(33,06) | |
| 6 | Gina B. Andersen | 90 | Skjetten Svømming/NTG | 4.29,27 | 724 |
| | 30,12(30,12) | 1.03,12(33,00) | 1.36,40(33,28) | 2.10,54(34,14) | |
| | 2.44,98(34,44) | 3.20,00(35,02) | 3.55,07(35,07) | 4.29,27(34,20) | |

Øvelse 4. 50m bryst, herrer - Finale**Senior**

| | | | | | |
|---|----------------------|----|-------------------|-------|-----|
| 1 | Alexander Dale Oen | 85 | Vestkantsvømmerne | 27,12 | 932 |
| 2 | Thomas Breivoll | 77 | IL Varg | 28,67 | 789 |
| 3 | Mattis Saghaug | 90 | IL Varg/NTG | 29,15 | 751 |
| 4 | Bernt M. Seyffarth | 89 | Mandal SK | 29,30 | 739 |
| 5 | Marcus Tesdal | 90 | BS/Åstveit | 29,71 | 709 |
| 6 | Alexander Mokkelbost | 87 | BS/Delfana | 30,48 | 657 |

Funksjonshemmede

| | | | | | | |
|---|------------------|----|-------------|-------|-----|--------------|
| 1 | Roar Mellemseter | 92 | Sunndal SLK | 45,71 | 194 | SB8 133,93 % |
|---|------------------|----|-------------|-------|-----|--------------|

Øvelse 5. 50m rygg, damer - Finale**Senior**

| | | | | | | | |
|---|------------------------|----|---------------------|--------|-------|-----|----|
| 1 | Katharina Stiberg | 88 | Bjerkvik SK | (0,59) | 27,63 | 952 | NR |
| 2 | Heidi Vainio Gjøen | 88 | Lambertseter SK | (0,67) | 30,04 | 741 | |
| 3 | Karen Stødle | 87 | Team Stavanger | (0,56) | 30,10 | 737 | |
| 4 | Oda Marie Siljan | 92 | Poseidon | (0,74) | 30,16 | 732 | |
| 5 | Cecilie W. Johannessen | 90 | Karmøy SK | (0,59) | 30,30 | 722 | |
| 6 | Elisabeth H. Svensson | 91 | Lambertseter SK/NTG | (0,69) | 30,50 | 708 | |

Funksjonshemmede

| | | | | | | | |
|---|------------------|----|-------------------|--------|-------|-----|--------------|
| 1 | Tonje Immerstein | 89 | Sandnes SLK | (0,60) | 40,08 | 312 | S10 113,57 % |
| 2 | Linn Haugen | 87 | Vestkantsvømmerne | (1,04) | 42,02 | 270 | S9 123,81 % |
| 3 | Hanne Farestvedt | 93 | Åstveit SK | | 41,72 | 276 | S14 128,13 % |
| 4 | Ingrid Djupskås | 89 | Asker SK | (0,82) | 44,42 | 229 | S9 130,88 % |

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

| | | | | | |
|---|----------------------------|----------------|-------------------|----------------|-----|
| 1 | Gard Kvale | 84 | Bergens SC | 1.59,07 | 920 |
| | 25,82(25,82) | 55,47(29,65) | 1.30,09(34,62) | 1.59,07(28,98) | |
| 2 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 2.01,84 | 858 |
| | 26,37(26,37) | 58,13(31,76) | 1.32,93(34,80) | 2.01,84(28,91) | |
| 3 | Sebastian Wigstrøm | 91 | Bærumsvømmerne | 2.07,03 | 757 |
| | 27,78(27,78) | 1.01,03(33,25) | 1.36,41(35,38) | 2.07,03(30,62) | |
| 4 | Kristoffer Meisler | 90 | Fauske SK | 2.08,94 | 724 |
| | 28,53(28,53) | 1.01,64(33,11) | 1.38,00(36,36) | 2.08,94(30,94) | |
| 5 | Christian Thorsen | 91 | Lambertseter SK | 2.09,70 | 712 |
| | 27,88(27,88) | 1.01,54(33,66) | 1.39,52(37,98) | 2.09,70(30,18) | |
| 6 | Jonas Kirkeberg Jostad | 92 | Hamar IL | 2.12,12 | 673 |
| | 28,84(28,84) | 1.01,92(33,08) | 1.40,66(38,74) | 2.12,12(31,46) | |

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

| | | | | | | |
|---|-------------------------------------|----|---------------------|---------|-----|----|
| 1 | Ingvild Snildal 27,78(27,78) | 88 | Asker SK | 58,81 | 926 | NR |
| 2 | Victoria S. Løken 27,82(27,82) | 91 | Team Stavanger | 1.00,21 | 863 | |
| 3 | Maria Gullvåg Aasen 28,74(28,74) | 92 | Kristiansand SA/NTG | 1.02,00 | 790 | |
| 4 | Line Løvberg 29,23(29,23) | 91 | Lambertseter SK/NTG | 1.02,09 | 787 | |
| 5 | Anette Fidjeland 29,01(29,01) | 80 | IL Varg | 1.02,76 | 762 | |
| | Sara Pettersen | 91 | Fauske SK | DISK | | |

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

| | | | | | | |
|---|------------------------------------|----|-------------------|--------|---------|---------|
| 1 | Lars Andre Tolås 28,64(28,64) | 88 | Bærumsvømmerne | (0,69) | 2.02,12 | 777 |
| 2 | Tor Hafnor 29,75(29,75) | 91 | Bærumsvømmerne | (0,72) | 2.02,42 | 771 NJR |
| 3 | Lavrans Solli 29,49(29,49) | 92 | Bergens SC | (0,69) | 2.03,70 | 748 |
| 4 | Vegard Løvberg 29,81(29,81) | 91 | Bærumsvømmerne | (0,66) | 2.04,57 | 732 |
| 5 | Joar Skien Grannes 29,13(29,13) | 90 | Sandnes SLK | (0,70) | 2.08,63 | 665 |
| 6 | Sindre Nilo 30,29(30,29) | 90 | Sandefjord SK/NTG | (0,69) | 2.11,89 | 617 |

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

| | | | | | |
|---|--------------------------------------|----|--------------------|---------|-----|
| 1 | Sara Nordenstam 33,68(33,68) | 83 | Lambertseter SK | 2.26,23 | 900 |
| 2 | Katharina Stiberg 33,50(33,50) | 88 | Bjerkvik SK | 2.29,23 | 846 |
| 3 | Trine Austrøne Olsen 34,33(34,33) | 90 | Fauske SK | 2.31,18 | 814 |
| 4 | Siri Eva Kristiansen 35,61(35,61) | 93 | Asker SK | 2.35,17 | 753 |
| 5 | Celinn Daviknes 35,00(35,00) | 86 | BS/Delfana | 2.36,95 | 727 |
| 6 | Ine Charlotte Hagen 36,08(36,08) | 89 | Lørenskog/Rælingen | 2.38,76 | 703 |

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

| | | | | | |
|---|----------------------------|----|-------------------|-------|-----|
| 1 | Petter Sjødal | 79 | IL Varg | 24,52 | 810 |
| 2 | Øystein R. Hetland | 89 | Bærumsvømmerne | 24,75 | 787 |
| 3 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 24,99 | 765 |
| 4 | Christer Koch Kvam | 90 | Bærum/NTG | 25,04 | 760 |
| 5 | Mathias Sørstrand Æsøy | 90 | Florø SLK | 25,14 | 751 |
| 6 | Petter Solberg | 85 | BS/Delfana | 25,31 | 736 |

Funksjonshemmede

| | | | | | | |
|---|------------------|----|-------------|-------|-----|-------------|
| 1 | Roar Mellemseier | 92 | Sunndal SLK | 40,15 | 184 | S9 140,43 % |
|---|------------------|----|-------------|-------|-----|-------------|

Øvelse 11. 4*200m fri, damer - Direkte finale**Senior**

| | | | | | |
|---|------------------------|----------------|-------------------|---------|-----|
| 1 | Asker SK J1 sr. | SR | Asker SK | 8.24,03 | 821 |
| | | 29,09(29,09) | 1.01,77(32,68) | | |
| | Sofie Gjemmestad: | 1.35,78(34,01) | 2.10,10(34,32) | 2.10,10 | |
| | | 2.39,59(29,49) | 3.11,83(32,24) | | |
| | Nora Kathrine Guthe: | 3.44,98(33,15) | 4.17,64(32,66) | 2.07,54 | |
| | | 4.47,61(29,97) | 5.19,38(31,77) | | |
| | Siri Eva Kristiansen: | 5.52,11(32,73) | 6.25,62(33,51) | 2.07,98 | |
| | | 6.52,90(27,28) | 7.23,32(30,42) | | |
| | Ingvild Snildal: | 7.53,82(30,50) | 8.24,03(30,21) | 1.58,41 | |
| 2 | Team Stavanger J1 sr. | SR | Team Stavanger | 8.24,15 | 820 |
| | | 29,63(29,63) | 1.01,82(32,19) | | |
| | Victoria Rung: | 1.34,68(32,86) | 2.07,64(32,96) | 2.07,64 | |
| | | 2.35,98(28,34) | 3.06,65(30,67) | | |
| | Victoria S. Løken: | 3.38,40(31,75) | 4.09,82(31,42) | 2.02,18 | |
| | | 4.38,83(29,01) | 5.11,83(33,00) | | |
| | Karen Stødle: | 5.45,37(33,54) | 6.18,64(33,27) | 2.08,82 | |
| | | 6.48,04(29,40) | 7.19,97(31,93) | | |
| | Eva Marie W. Østerhus: | 7.52,58(32,61) | 8.24,15(31,57) | 2.05,51 | |
| 3 | Lambertseter SK J1 sr. | SR | Lambertseter SK | 8.29,75 | 793 |
| | | 29,77(29,77) | 1.02,37(32,60) | | |
| | Pia Cornelia Braarud: | 1.35,77(33,40) | 2.08,38(32,61) | 2.08,38 | |
| | | 2.37,18(28,80) | 3.10,07(32,89) | | |
| | Emilie Hellerud: | 3.44,02(33,95) | 4.17,45(33,43) | 2.09,07 | |
| | | 4.46,05(28,60) | 5.17,75(31,70) | | |
| | Ingrid N. Knutzen: | 5.50,12(32,37) | 6.22,87(32,75) | 2.05,42 | |
| | | 6.51,91(29,04) | 7.24,42(32,51) | | |
| | Sara Nordenstam: | 7.57,49(33,07) | 8.29,75(32,26) | 2.06,88 | |
| 4 | Vestkantsv. J1 sr. | SR | Vestkantsvømmerne | 8.32,65 | 780 |
| | | 27,19(27,19) | 57,49(30,30) | | |
| | Henriette Brekke: | 1.29,07(31,58) | 2.00,14(31,07) | 2.00,14 | |
| | | 2.30,54(30,40) | 3.04,06(33,52) | | |
| | Stine Vindenes: | 3.38,16(34,10) | 4.12,17(34,01) | 2.12,03 | |
| | | 4.41,53(29,36) | 5.14,15(32,62) | | |
| | Andrea Haugstad: | 5.47,62(33,47) | 6.20,75(33,13) | 2.08,58 | |
| | | 6.50,73(29,98) | 7.23,92(33,19) | | |
| | Marie Reinertsen: | 7.58,41(34,49) | 8.32,65(34,24) | 2.11,90 | |
| 5 | Bærumsv J1 sr. | SR | Bærumsvømmerne | 8.34,53 | 771 |
| | | 29,88(29,88) | 1.03,12(33,24) | | |
| | Emilie N. Løvberg: | 1.37,51(34,39) | 2.11,31(33,80) | 2.11,31 | |
| | | 2.39,86(28,55) | 3.11,13(31,27) | | |
| | Elisabeth Jarland: | 3.43,68(32,55) | 4.15,48(31,80) | 2.04,17 | |
| | | 4.44,07(28,59) | 5.16,59(32,52) | | |
| | Kristine Mella: | 5.50,81(34,22) | 6.24,53(33,72) | 2.09,05 | |
| | | 6.53,52(28,99) | 7.26,77(33,25) | | |
| | Andrea Westbye: | 8.00,73(33,96) | 8.34,53(33,80) | 2.10,00 | |

| | | | | | |
|----|--------------------------|----------------|-------------------|---------|-----|
| 6 | Lambertseter SK J2 sr. | SR | Lambertseter SK | 8.37,98 | 756 |
| | Heidi Vainio Gjøen: | 30,54(30,54) | 1.02,65(32,11) | | |
| | | 1.34,46(31,81) | 2.06,50(32,04) | 2.06,50 | |
| | Elisabeth H. Svensson: | 2.35,43(28,93) | 3.08,30(32,87) | | |
| | | 3.41,76(33,46) | 4.14,41(32,65) | 2.07,91 | |
| | | 4.44,21(29,80) | 5.17,42(33,21) | | |
| | Line Løvberg: | 5.50,83(33,41) | 6.23,85(33,02) | 2.09,44 | |
| | | 6.53,44(29,59) | 7.27,45(34,01) | | |
| | Julie Rønningsen: | 8.03,10(35,65) | 8.37,98(34,88) | 2.14,13 | |
| 7 | Bergens SLK J1 sr. | SR | Bergens SLK | 8.50,86 | 702 |
| | Aslaug Marie Hjelmaas: | 30,93(30,93) | 1.04,27(33,34) | | |
| | | 1.38,25(33,98) | 2.11,38(33,13) | 2.11,38 | |
| | | 2.41,12(29,74) | 3.14,32(33,20) | | |
| | Karoline Pedersen: | 3.49,30(34,98) | 4.23,56(34,26) | 2.12,18 | |
| | | 4.52,82(29,26) | 5.25,97(33,15) | | |
| | Martine Bremer: | 6.00,12(34,15) | 6.34,45(34,33) | 2.10,89 | |
| | | 7.05,58(31,13) | 7.40,32(34,74) | | |
| | Kaja Bremer: | 8.15,59(35,27) | 8.50,86(35,27) | 2.16,41 | |
| 8 | Skjetten Svømming J1 sr. | SR | Skjetten Svømming | 8.52,07 | 698 |
| | Gina B. Andersen: | 29,31(29,31) | 1.01,86(32,55) | | |
| | | 1.34,78(32,92) | 2.06,67(31,89) | 2.06,67 | |
| | | 2.37,36(30,69) | 3.11,16(33,80) | | |
| | Iselin Mjøllner Dahlen: | 3.46,34(35,18) | 4.21,61(35,27) | 2.14,94 | |
| | | 4.52,91(31,30) | 5.26,38(33,47) | | |
| | Terese Langlo: | 6.00,26(33,88) | 6.34,31(34,05) | 2.12,70 | |
| | | 7.05,82(31,51) | 7.40,62(34,80) | | |
| | Helene Solberg: | 8.16,51(35,89) | 8.52,07(35,56) | 2.17,76 | |
| 9 | Øvre Eiker SK J1 sr. | SR | Øvre Eiker SK | 8.58,89 | 671 |
| | Guro Knutsen: | 31,55(31,55) | 1.06,22(34,67) | | |
| | | 1.41,97(35,75) | 2.17,07(35,10) | 2.17,07 | |
| | | 2.46,97(29,90) | 3.20,49(33,52) | | |
| | Inger-Cathrine Wium: | 3.55,30(34,81) | 4.29,84(34,54) | 2.12,77 | |
| | | 4.59,40(29,56) | 5.32,22(32,82) | | |
| | Stine Lise Stenseth: | 6.07,00(34,78) | 6.42,74(35,74) | 2.12,90 | |
| | | 7.13,04(30,30) | 7.47,17(34,13) | | |
| | Siri Anette Sønju: | 8.22,83(35,66) | 8.58,89(36,06) | 2.16,15 | |
| 10 | Bergensv. J1 sr. | SR | Bergensvømmerne | 9.00,63 | 665 |
| | Hanne Søfteland: | 30,14(30,14) | 1.03,60(33,46) | | |
| | | 1.38,12(34,52) | 2.12,70(34,58) | 2.12,70 | |
| | | 2.43,30(30,60) | 3.16,69(33,39) | | |
| | Monica Finnøy: | 3.50,57(33,88) | 4.24,04(33,47) | 2.11,34 | |
| | | 4.57,02(32,98) | 5.34,23(37,21) | | |
| | Katrine Jensen: | 6.12,59(38,36) | 6.51,89(39,30) | 2.27,85 | |
| | | 7.21,86(29,97) | 7.54,72(32,86) | | |
| | Siri Løvold Magnussen: | 8.27,87(33,15) | 9.00,63(32,76) | 2.08,74 | |
| 11 | Bergens SC J1 sr. | SR | Bergens SC | 9.12,25 | 624 |
| | Ingse Bergh Monsen: | 30,89(30,89) | 1.04,18(33,29) | | |
| | | 1.38,45(34,27) | 2.11,87(33,42) | 2.11,87 | |
| | | 2.42,58(30,71) | 3.17,26(34,68) | | |
| | Hedvig Hjertaker: | 3.52,82(35,56) | 4.28,66(35,84) | 2.16,79 | |
| | | 4.59,74(31,08) | 5.35,20(35,46) | | |
| | Eirin Arnesen: | 6.12,32(37,12) | 6.49,52(37,20) | 2.20,86 | |
| | | 7.21,71(32,19) | 7.59,03(37,32) | | |
| | Eli Kristin Ølmheim: | 8.36,10(37,07) | 9.12,25(36,15) | 2.22,73 | |

Øvelse 12. 4*100m fri, herrer - Direkte finale

Senior

| | | | | | |
|---|------------------------|----------------|----------------|---------|-----|
| 1 | Bærumsv G1 sr. | SR | Bærumsvømmerne | 3.23,85 | 822 |
| | Øystein R. Hetland: | 24,30(24,30) | 51.05(26,75) | 51,05 | |
| | Christer Koch Kvam: | 1.14,91(23,86) | 1.41,19(26,28) | 50,14 | |
| | Lars Andre Tolås: | 2.05,46(24,27) | 2.32,16(26,70) | 50,97 | |
| | Stian Werner Erichsen: | 2.56,88(24,72) | 3.23,85(26,97) | 51,69 | |
| 2 | IL Varg G1 sr. | SR | IL Varg | 3.23,91 | 821 |
| | Mattis Saghaug: | 24,64(24,64) | 52.20(27,56) | 52,20 | |
| | Petter Sjødal: | 1.16,35(24,15) | 1.42,46(26,11) | 50,26 | |
| | Karl Otto Bratt: | 2.06,24(23,78) | 2.33,65(27,41) | 51,19 | |
| | Jonas Noreng Ravn: | 2.57,20(23,55) | 3.23,91(26,71) | 50,26 | |

| | | | | | |
|----|------------------------------|----------------|-------------------|---------|-----|
| 3 | Bergensv. G1 sr. | SR | Bergensvømmerne | 3.26,79 | 787 |
| | Sander Smørdal: | 23,69(23,69) | 49,48(25,79) | 49,48 | |
| | Ørjan Cato Johnsen: | 1.13,99(24,51) | 1.41,44(27,45) | 51,96 | |
| | Even Vike Holm: | 2.06,61(25,17) | 2.34,49(27,88) | 53,05 | |
| | Marcus Tesdal: | 2.59,00(24,51) | 3.26,79(27,79) | 52,30 | |
| 4 | Vestkantsv. G1 sr. | SR | Vestkantsvømmerne | 3.29,04 | 762 |
| | Alexander Dale Oen: | 24,98(24,98) | 52,20(27,22) | 52,20 | |
| | Alexander Broberg Skeltved: | 1.16,95(24,75) | 1.43,86(26,91) | 51,66 | |
| | Pål Gunnar Normann: | 2.08,53(24,67) | 2.35,98(27,45) | 52,12 | |
| | Joachim André Jakobsen: | 3.01,35(25,37) | 3.29,04(27,69) | 53,06 | |
| 5 | Team Stavanger G1 sr. | SR | Team Stavanger | 3.29,47 | 758 |
| | Jørgen Møllerop: | 24,36(24,36) | 50,63(26,27) | 50,63 | |
| | Bjarte Ravndal: | 1.15,46(24,83) | 1.43,37(27,91) | 52,74 | |
| | Ole Martin Ree: | 2.07,48(24,11) | 2.34,45(26,97) | 51,08 | |
| | Erling Mjøs Brattelid: | 3.00,60(26,15) | 3.29,47(28,87) | 55,02 | |
| 6 | Lambertseter SK G1 sr. | SR | Lambertseter SK | 3.29,55 | 757 |
| | Mikael Bergene: | 24,84(24,84) | 52,13(27,29) | 52,13 | |
| | Petter Braarud: | 1.16,17(24,04) | 1.43,83(27,66) | 51,70 | |
| | Sindre Eilertsen: | 2.08,15(24,32) | 2.36,09(27,94) | 52,26 | |
| | Mikkel Brudvik Sanderud: | 3.01,51(25,42) | 3.29,55(28,04) | 53,46 | |
| 7 | IL Varg G2 sr. | SR | IL Varg | 3.30,52 | 746 |
| | Håkon Skårud Karlsen: | 25,10(25,10) | 53,32(28,22) | 53,32 | |
| | Thomas Breivoll: | 1.18,21(24,89) | 1.46,04(27,83) | 52,72 | |
| | Jari K. Mikkelsen: | 2.10,59(24,55) | 2.38,36(27,77) | 52,32 | |
| | Rune Christensen: | 3.02,97(24,61) | 3.30,52(27,55) | 52,16 | |
| 8 | Bergens SC G1 sr. | SR | Bergens SC | 3.31,54 | 736 |
| | Gard Kvale: | 23,94(23,94) | 49,44(25,50) | 49,44 | |
| | Stian S. Langeland: | 1.14,64(25,20) | 1.42,64(28,00) | 53,20 | |
| | Lavrans Solli: | 2.08,24(25,60) | 2.36,87(28,63) | 54,23 | |
| | Thor Kristian Østenå Larsen: | 3.02,70(25,83) | 3.31,54(28,84) | 54,67 | |
| 9 | Mandal SK G1 sr. | SR | Mandal SK | 3.31,89 | 732 |
| | Per Sondre Sodeland: | 25,22(25,22) | 52,57(27,35) | 52,57 | |
| | Tord Eirik Seyffarth: | 1.18,56(25,99) | 1.47,65(29,09) | 55,08 | |
| | Alexander B. Havre: | 2.12,07(24,42) | 2.40,05(27,98) | 52,40 | |
| | Bernt M. Seyffarth: | 3.04,57(24,52) | 3.31,89(27,32) | 51,84 | |
| 10 | Lambertseter SK G2 sr. | SR | Lambertseter SK | 3.33,51 | 715 |
| | Christian Thorsen: | 25,38(25,38) | 52,91(27,53) | 52,91 | |
| | Mats Andre Fredriksen: | 1.17,49(24,58) | 1.45,63(28,14) | 52,72 | |
| | David Evja: | 2.10,91(25,28) | 2.38,80(27,89) | 53,17 | |
| | Alexander Schüssler: | 3.04,18(25,38) | 3.33,51(29,33) | 54,71 | |
| 11 | Bærumsv G2 sr. | SR | Bærumsvømmerne | 3.34,19 | 709 |
| | Elias Damman: | 26,16(26,16) | 53,67(27,51) | 53,67 | |
| | Tor Hafnor: | 1.18,66(24,99) | 1.46,29(27,63) | 52,62 | |
| | Vegard Løvberg: | 2.11,72(25,43) | 2.39,78(28,06) | 53,49 | |
| | Carl Andreas Wathne: | 3.05,38(25,60) | 3.34,19(28,81) | 54,41 | |
| 12 | Bergensv. G2 sr. | SR | Bergensvømmerne | 3.36,15 | 689 |
| | Alexander Mokkelbost: | 25,74(25,74) | 54,13(28,39) | 54,13 | |
| | Petter Solberg: | 1.19,24(25,11) | 1.46,44(27,20) | 52,31 | |
| | Espen Halhjem: | 2.12,43(25,99) | 2.41,77(29,34) | 55,33 | |
| | Eirik Runningen: | 3.07,00(25,23) | 3.36,15(29,15) | 54,38 | |
| 13 | Stavanger SC G1 sr. | SR | Stavanger SC | 3.42,94 | 628 |
| | Henning S. Pryde: | 27,19(27,19) | 56,35(29,16) | 56,35 | |
| | Hans Østerdal: | 1.22,80(26,45) | 1.51,97(29,17) | 55,62 | |
| | Jørn Nygård: | 2.17,31(25,34) | 2.44,55(27,24) | 52,58 | |
| | Fredrik K Hegdal: | 3.11,79(27,24) | 3.42,94(31,15) | 58,39 | |
| 14 | IL Norodd G1 sr. | SR | IL Norodd | 4.30,81 | 350 |
| | Lasse Morch Steen: | 29,76(29,76) | 1.02,70(32,94) | 1.02,70 | |
| | Vidar Andresen Olsen: | 1.33,89(31,19) | 2.10,71(36,82) | 1.08,01 | |
| | Kristian Skjerven: | 2.42,74(32,03) | 3.21,85(39,11) | 1.11,14 | |
| | Daniel Jose Gundersen: | 3.54,20(32,35) | 4.30,81(36,61) | 1.08,96 | |

Fredag 27. Mars 2009 kl 09.00

Øvelse 13. 4*50m lag medley, herrer - Forsøk

Senior

| | | | | | | |
|----|-----------------------------|----------------|-------------------|--------|---------|-----|
| 1 | IL Varg G1 sr. | SR | IL Varg | | 1.43,04 | 783 |
| | Petter Sjødal: | 26,74(26,74) | | | | |
| | Mattis Saghaug: | 54,79(28,05) | | | | |
| | Bjørnar Gaasvik: | 1.19,65(24,86) | | | | |
| | Jari K. Mikkelsen: | 1.43,04(23,39) | | | | |
| 2 | Bergensv. G1 sr. | SR | Bergensvømmerne | | 1.43,57 | 771 |
| | Even Vike Holm: | 27,62(27,62) | | | | |
| | Marcus Tesdal: | 56,12(28,50) | | | | |
| | Petter Solberg: | 1.21,37(25,25) | | | | |
| | Sander Smørdal: | 1.43,57(22,20) | | | | |
| 3 | IL Varg G2 sr. | SR | IL Varg | (0,60) | 1.44,50 | 751 |
| | Karl Otto Bratt: | 27,33(27,33) | | | | |
| | Thomas Breivoll: | 55,30(27,97) | | | | |
| | Jonas Noreng Ravn: | 1.20,38(25,08) | | | | |
| | Håkon Skårud Karlsen: | 1.44,50(24,12) | | | | |
| 4 | Vestkantsv. G1 sr. | SR | Vestkantsvømmerne | (0,68) | 1.44,65 | 748 |
| | Kim Torry Simmenes: | 27,50(27,50) | | | | |
| | Alexander Dale Oen: | 55,97(28,47) | | | | |
| | Alexander Broberg Skeltved: | 1.21,10(25,13) | | | | |
| | Pål Gunnar Normann: | 1.44,65(23,55) | | | | |
| 5 | Team Stavanger G1 sr. | SR | Team Stavanger | (0,60) | 1.46,27 | 714 |
| | Jørgen Møllerop: | 27,50(27,50) | | | | |
| | Erling Mjøs Brattelid: | 56,54(29,04) | | | | |
| | Ole Martin Ree: | 1.22,29(25,75) | | | | |
| | Bjarte Ravndal: | 1.46,27(23,98) | | | | |
| 6 | Lambertseter SK G1 sr. | SR | Lambertseter SK | (0,75) | 1.47,04 | 699 |
| | Mats Andre Fredriksen: | 28,34(28,34) | | | | |
| | Mikael Bergene: | 57,65(29,31) | | | | |
| | Sindre Eilertsen: | 1.23,78(26,13) | | | | |
| | Petter Braarud: | 1.47,04(23,26) | | | | |
| 7 | Bergensv. G2 sr. | SR | Bergensvømmerne | | 1.47,41 | 691 |
| | Eirik Runningen: | 28,72(28,72) | | | | |
| | Alexander Mokkelbost: | 58,20(29,48) | | | | |
| | Sebastian Stordal: | 1.23,77(25,57) | | | | |
| | Ørjan Cato Johnsen: | 1.47,41(23,64) | | | | |
| 8 | Bærumsv G2 sr. | SR | Bærumsvømmerne | (0,63) | 1.48,48 | 671 |
| | Vegard Løvberg: | 27,76(27,76) | | | | |
| | Daniel Aronsen: | 58,82(31,06) | | | | |
| | Tor Hafnor: | 1.23,74(24,92) | | | | |
| | Carl Andreas Wathne: | 1.48,48(24,74) | | | | |
| 9 | Mandal SK G1 sr. | SR | Mandal SK | (0,67) | 1.48,78 | 666 |
| | Alexander B. Havre: | 27,85(27,85) | | | | |
| | Bernt M. Seyffarth: | 57,31(29,46) | | | | |
| | Tord Eirik Seyffarth: | 1.25,42(28,11) | | | | |
| | Per Sondre Sodeland: | 1.48,78(23,36) | | | | |
| 10 | Vestbyen IL G1 sr. | SR | Vestbyen IL | (0,67) | 1.51,45 | 619 |
| | Emil Brennløkken: | 28,97(28,97) | | | | |
| | Erlend Wærnes: | 59,94(30,97) | | | | |
| | Øystein Gaasvik: | 1.27,16(27,22) | | | | |
| | Erlend Alvestad: | 1.51,45(24,29) | | | | |
| 11 | Lambertseter SK G2 sr. | SR | Lambertseter SK | (0,61) | 1.51,77 | 614 |
| | Alexander Schüssler: | 29,51(29,51) | | | | |
| | Christian Thorsen: | 1.00,69(31,18) | | | | |
| | David Evja: | 1.27,89(27,20) | | | | |
| | Mikkel Brudvik Sanderud: | 1.51,77(23,88) | | | | |
| 12 | Stavanger SC G1 sr. | SR | Stavanger SC | (0,70) | 1.56,42 | 543 |
| | Christian Juvik: | 30,17(30,17) | | | | |
| | Hans Østerdal: | 1.02,00(31,83) | | | | |
| | Fredrik K Hegdal: | 1.30,83(28,83) | | | | |
| | Henning S. Pryde: | 1.56,42(25,59) | | | | |

| | | | | | | |
|----|----------------------------------|----------------|------------------|--------|---------|-----|
| 13 | Kristiansund SLK G1 sr. | SR | Kristiansund SLK | (0,80) | 2.08,94 | 399 |
| | Christian Christiansen: | 30,21(30,21) | | | | |
| | Harald M Aarsund: | 1.05,57(35,36) | | | | |
| | Ole Christian Reid Dybvikstrand: | | 1.36,31(30,74) | | | |
| | Kjell Inge Bruseth: | 2.08,94(32,63) | | | | |
| 14 | IL Norodd G1 sr. | SR | IL Norodd | (0,71) | 2.20,95 | 306 |
| | Daniel Jose Gundersen: | 41,36(41,36) | | | | |
| | Vidar Andresen Olsen: | 1.19,98(38,62) | | | | |
| | Lasse Morch Steen: | 1.49,60(29,62) | | | | |
| | Kristian Skjerven: | 2.20,95(31,35) | | | | |
| | Bærumsv G1 sr. | SR | Bærumsvømmerne | (0,68) | DISK | |
| | Lars Andre Tolås: | 26,74(26,74) | | | | |
| | Sebastian Wigstrøm: | 56,87(30,13) | | | | |
| | Christer Koch Kvam: | 1.21,80(24,93) | | | | |
| | Øystein R. Hetland: | | | | | |

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

Senior

| | | | | | | |
|----|------------------------|----------------|-------------------|----------------|---------|-----|
| 1 | Siri Anette Sønju | 92 | Øvre Eiker SK | | 9.08,81 | 743 |
| | 31,44(31,44) | 1.04,81(33,37) | 1.38,89(34,08) | 2.13,33(34,44) | | |
| | 2.47,89(34,56) | 3.22,55(34,66) | 3.57,37(34,82) | 4.32,36(34,99) | | |
| | 5.07,22(34,86) | 5.41,78(34,56) | 6.16,69(34,91) | 6.51,66(34,97) | | |
| | 7.26,33(34,67) | 8.00,99(34,66) | 8.35,27(34,28) | 9.08,81(33,54) | | |
| 2 | Andrea Haugstad | 92 | Vestkantsvømmerne | | 9.16,38 | 713 |
| | 31,51(31,51) | 1.05,24(33,73) | 1.39,96(34,72) | 2.14,80(34,84) | | |
| | 2.49,62(34,82) | 3.24,47(34,85) | 3.59,72(35,25) | 4.35,00(35,28) | | |
| | 5.10,25(35,25) | 5.45,23(34,98) | 6.20,61(35,38) | 6.55,84(35,23) | | |
| | 7.31,22(35,38) | 8.07,12(35,90) | 8.42,26(35,14) | 9.16,38(34,12) | | |
| 3 | Hanne Lockertsen | 94 | Tromsø SK | | 9.19,82 | 700 |
| | 32,18(32,18) | 1.06,49(34,31) | 1.41,39(34,90) | 2.15,98(34,59) | | |
| | 2.50,95(34,97) | 3.26,10(35,15) | 4.01,37(35,27) | 4.36,74(35,37) | | |
| | 5.12,14(35,40) | 5.47,82(35,68) | 6.23,52(35,70) | 6.59,14(35,62) | | |
| | 7.34,57(35,43) | 8.10,12(35,55) | 8.45,45(35,33) | 9.19,82(34,37) | | |
| 4 | Julie Torgersen Nilsen | 92 | Hamar IL | | 9.21,07 | 695 |
| | 33,03(33,03) | 1.08,37(35,34) | 1.43,80(35,43) | 2.19,30(35,50) | | |
| | 2.54,82(35,52) | 3.30,08(35,26) | 4.05,33(35,25) | 4.40,79(35,46) | | |
| | 5.16,00(35,21) | 5.51,87(35,87) | 6.26,80(34,93) | 7.02,03(35,23) | | |
| | 7.37,74(35,71) | 8.12,90(35,16) | 8.48,44(35,54) | 9.21,07(32,63) | | |
| 5 | Pia Cornelia Braarud | 93 | Lambertseter SK | | 9.24,13 | 684 |
| | 32,02(32,02) | 1.06,91(34,89) | 1.42,42(35,51) | 2.18,04(35,62) | | |
| | 2.53,46(35,42) | 3.28,95(35,49) | 4.04,83(35,88) | 4.40,74(35,91) | | |
| | 5.16,56(35,82) | 5.52,44(35,88) | 6.28,38(35,94) | 7.04,31(35,93) | | |
| | 7.40,03(35,72) | 8.15,32(35,29) | 8.50,75(35,43) | 9.24,13(33,38) | | |
| 6 | Andrea Westbye | 95 | Bærumsvømmerne | | 9.24,18 | 684 |
| | 32,19(32,19) | 1.07,41(35,22) | 1.43,08(35,67) | 2.18,60(35,52) | | |
| | 2.54,10(35,50) | 3.29,78(35,68) | 4.05,88(36,10) | 4.41,70(35,82) | | |
| | 5.17,09(35,39) | 5.52,83(35,74) | 6.28,38(35,55) | 7.03,90(35,52) | | |
| | 7.39,80(35,90) | 8.15,13(35,33) | 8.50,91(35,78) | 9.24,18(33,27) | | |
| 7 | Emilie N. Løvberg | 95 | Bærumsvømmerne | | 9.26,61 | 675 |
| | 30,54(30,54) | 1.04,90(34,36) | 1.40,31(35,41) | 2.15,97(35,66) | | |
| | 2.51,54(35,57) | 3.27,73(36,19) | 4.03,74(36,01) | 4.39,79(36,05) | | |
| | 5.15,92(36,13) | 5.51,88(35,96) | 6.28,09(36,21) | 7.04,03(35,94) | | |
| | 7.40,14(36,11) | 8.16,19(36,05) | 8.52,17(35,98) | 9.26,61(34,44) | | |
| 8 | Karoline Pedersen | 94 | Bergens SLK | | 9.27,99 | 670 |
| | 32,10(32,10) | 1.06,66(34,56) | 1.41,72(35,06) | 2.16,87(35,15) | | |
| | 2.52,39(35,52) | 3.27,59(35,20) | 4.03,39(35,80) | 4.39,08(35,69) | | |
| | 5.15,30(36,22) | 5.51,73(36,43) | 6.27,88(36,15) | 7.04,03(36,15) | | |
| | 7.40,32(36,29) | 8.16,77(36,45) | 8.53,19(36,42) | 9.27,99(34,80) | | |
| 9 | Marthe Berg Sørensen | 92 | TS/Frisinn | | 9.33,91 | 649 |
| | 32,01(32,01) | 1.06,83(34,82) | 1.42,67(35,84) | 2.18,95(36,28) | | |
| | 2.55,22(36,27) | 3.31,49(36,27) | 4.07,90(36,41) | 4.44,68(36,78) | | |
| | 5.20,96(36,28) | 5.57,24(36,28) | 6.33,96(36,72) | 7.10,45(36,49) | | |
| | 7.47,10(36,65) | 8.23,53(36,43) | 8.59,58(36,05) | 9.33,91(34,33) | | |
| 10 | Inger-Cathrine Wium | 92 | Øvre Eiker SK | | 9.34,13 | 649 |
| | 31,85(31,85) | 1.06,72(34,87) | 1.42,57(35,85) | 2.19,20(36,63) | | |
| | 2.55,62(36,42) | 3.32,43(36,81) | 4.09,02(36,59) | 4.45,39(36,37) | | |
| | 5.21,89(36,50) | 5.58,21(36,32) | 6.34,55(36,34) | 7.10,86(36,31) | | |
| | 7.47,32(36,46) | 8.23,49(36,17) | 8.59,70(36,21) | 9.34,13(34,43) | | |

| | | | | | |
|----|---------------------|----------------|----------------|----------------|-----|
| 11 | Stine Lise Stenseth | 94 | Øvre Eiker SK | 9.58,58 | 572 |
| | 32,43(32,43) | 1.07,31(34,88) | 1.42,94(35,63) | 2.19,19(36,25) | |
| | 2.55,73(36,54) | 3.32,99(37,26) | 4.10,59(37,60) | 4.49,03(38,44) | |
| | 5.27,57(38,54) | 6.06,45(38,88) | 6.45,23(38,78) | 7.24,17(38,94) | |
| | 8.03,33(39,16) | 8.42,22(38,89) | 9.20,94(38,72) | 9.58,58(37,64) | |

Øvelse 15. 400m fri, herrer - Forsøk

Senior

| | | | | | |
|----|------------------------|----------------|------------------|----------------|-----|
| 1 | Jørn Nygård | 92 | Stavanger SC | 4.00,20 | 759 |
| | 26,71(26,71) | 55,92(29,21) | 1.26,14(30,22) | 1.58,06(31,92) | |
| | 2.29,87(31,81) | 3.00,79(30,92) | 3.30,72(29,93) | 4.00,20(29,48) | |
| 2 | Robert Aronsen | 86 | Bærumsvømmerne | 4.00,74 | 754 |
| | 27,33(27,33) | 56,74(29,41) | 1.27,13(30,39) | 1.57,73(30,60) | |
| | 2.28,31(30,58) | 2.59,29(30,98) | 3.30,89(31,60) | 4.00,74(29,85) | |
| 3 | Gard Kvale | 84 | Bergens SC | 4.03,43 | 729 |
| | 27,56(27,56) | 57,34(29,78) | 1.27,58(30,24) | 1.58,39(30,81) | |
| | 2.29,28(30,89) | 3.00,94(31,66) | 3.32,23(31,29) | 4.03,43(31,20) | |
| 4 | Jørgen Møllerop | 88 | TS/Madla SK | 4.03,60 | 727 |
| | 28,12(28,12) | 58,56(30,44) | 1.29,28(30,72) | 2.00,16(30,88) | |
| | 2.30,77(30,61) | 3.01,76(30,99) | 3.33,02(31,26) | 4.03,60(30,58) | |
| 5 | Tor Hafnor | 91 | Bærumsvømmerne | 4.04,16 | 722 |
| | 28,35(28,35) | 59,43(31,08) | 1.31,09(31,66) | 2.02,47(31,38) | |
| | 2.33,40(30,93) | 3.04,80(31,40) | 3.35,22(30,42) | 4.04,16(28,94) | |
| 6 | Ole Martin Ree | 92 | TS/Sola SK | 4.05,77 | 708 |
| | 28,48(28,48) | 58,89(30,41) | 1.29,86(30,97) | 2.01,03(31,17) | |
| | 2.32,04(31,01) | 3.03,41(31,37) | 3.35,02(31,61) | 4.05,77(30,75) | |
| 7 | Elias Damman | 89 | Bærumsvømmerne | 4.07,12 | 697 |
| | 28,66(28,66) | 59,00(30,34) | 1.30,48(31,48) | 2.02,41(31,93) | |
| | 2.34,17(31,76) | 3.06,18(32,01) | 3.37,57(31,39) | 4.07,12(29,55) | |
| 8 | Stian Werner Erichsen | 90 | Bærumsvømmerne | 4.07,14 | 696 |
| | 28,13(28,13) | 58,74(30,61) | 1.29,87(31,13) | 2.01,17(31,30) | |
| | 2.32,32(31,15) | 3.04,48(32,16) | 3.36,55(32,07) | 4.07,14(30,59) | |
| 9 | Vegard Løvberg | 91 | Bærumsvømmerne | 4.09,84 | 674 |
| | 28,04(28,04) | 58,99(30,95) | 1.30,62(31,63) | 2.02,53(31,91) | |
| | 2.34,39(31,86) | 3.06,72(32,33) | 3.38,92(32,20) | 4.09,84(30,92) | |
| 10 | Bjarte Ravndal | 91 | TS/Sola SK | 4.10,89 | 666 |
| | 28,25(28,25) | 1.00,18(31,93) | 1.32,20(32,02) | 2.04,81(32,61) | |
| | 2.36,28(31,47) | 3.08,40(32,12) | 3.39,93(31,53) | 4.10,89(30,96) | |
| 11 | Daniel Berenett | 91 | IL Varg/NTG | 4.11,79 | 659 |
| | 28,05(28,05) | 58,76(30,71) | 1.30,00(31,24) | 2.02,15(32,15) | |
| | 2.33,59(31,44) | 3.06,05(32,46) | 3.39,29(33,24) | 4.11,79(32,50) | |
| 12 | Martin Berger Oterholm | 93 | Kolbotn IL | 4.18,20 | 611 |
| | 28,61(28,61) | 59,45(30,84) | 1.31,50(32,05) | 2.04,31(32,81) | |
| | 2.37,42(33,11) | 3.11,16(33,74) | 3.45,06(33,90) | 4.18,20(33,14) | |
| 13 | Magnus Bru | 87 | Asker SK | 4.19,20 | 604 |
| | 29,91(29,91) | 1.01,96(32,05) | 1.34,58(32,62) | 2.07,22(32,64) | |
| | 2.40,20(32,98) | 3.13,08(32,88) | 3.46,51(33,43) | 4.19,20(32,69) | |
| 14 | Gunnar V. Skirbekk | 91 | Elverum Svømming | 4.21,73 | 586 |
| | 28,94(28,94) | 1.00,33(31,39) | 1.32,62(32,29) | 2.05,27(32,65) | |
| | 2.38,60(33,33) | 3.12,47(33,87) | 3.47,33(34,86) | 4.21,73(34,40) | |

Funksjonshemmede

| | | | | | | |
|---|------------------|----------------|----------------|----------------|-----|--------------|
| 1 | Roar Mellemseier | 92 | Sunddal SLK | 5.58,29 | 228 | S9 139,4 % |
| | 36,62(36,62) | 1.19,32(42,70) | 2.04,96(45,64) | 2.52,08(47,12) | | |
| | 3.37,95(45,87) | 4.26,04(48,09) | 5.13,61(47,57) | 5.58,29(44,68) | | |
| 2 | Ola Riise | 77 | Asker SK | 7.11,41 | 131 | S14 163,34 % |
| | 41,17(41,17) | 1.31,52(50,35) | 2.25,38(53,86) | 3.21,02(55,64) | | |
| | 4.17,54(56,52) | 5.16,42(58,88) | 6.14,79(58,37) | 7.11,41(56,62) | | |

Øvelse 16. 50m bryst, damer - Forsøk**Senior**

| | | | | | |
|----|-------------------------|----|--------------------|-------|-----|
| 1 | Katharina Stiberg | 88 | Bjerkvik SK | 31,91 | 856 |
| 2 | Henriette Martinsen | 85 | Trondheim SLK | 32,29 | 827 |
| 3 | Henriette Brekke | 88 | Vestkantsvømmerne | 32,50 | 811 |
| 4 | Mari Ask Rasmussen | 86 | TS/Stavanger VPK | 32,60 | 803 |
| 5 | Iselin Meisler | 90 | Fauske SK | 33,06 | 770 |
| 6 | Sara Nordenstam | 83 | Lambertseter SK | 33,35 | 750 |
| 7 | Celinn Daviknes | 86 | BS/Delfana | 33,36 | 750 |
| 8 | Siri Eva Kristiansen | 93 | Asker SK | 33,54 | 738 |
| 9 | Stine Haferkamp | 83 | TS/Madla SK | 33,74 | 724 |
| 10 | Kristine Mella | 90 | Bærumsvømmerne | 33,92 | 713 |
| 11 | Ina Kr. Pedersen | 89 | Sarpsborg IL | 34,03 | 706 |
| 12 | Sophia Broberg Skeltved | 92 | Tromsø SK/NTG | 34,17 | 697 |
| 13 | Mari Singstad | 91 | Vestbyen IL | 34,55 | 675 |
| 14 | Kaja Bremer | 93 | Bergens SLK | 34,57 | 673 |
| 15 | Bitte Fagermo | 93 | Narvik SK | 34,65 | 669 |
| 16 | Ine Charlotte Hagen | 89 | Lørenskog/Rælingen | 35,09 | 644 |
| 17 | Maria Farestvedt | 90 | BS/Åstveit | 35,12 | 642 |
| 18 | Lene Lykke Erichsen | 92 | Bærumsvømmerne | 35,34 | 630 |

Øvelse 17. 50m rygg, herrer - Forsøk**Senior**

| | | | | | | |
|----|-------------------------|----|--------------------|--------|-------|-----|
| 1 | Lars Andre Tolås | 88 | Bærumsvømmerne | (0,67) | 26,41 | 718 |
| 2 | Petter Sjødal | 79 | IL Varg | | 26,69 | 695 |
| 3 | Mikael Bergene | 91 | Lambertseter SK | (0,55) | 26,87 | 681 |
| 4 | Lavrans Solli | 92 | Bergens SC | (0,67) | 26,88 | 681 |
| 5 | Julian Åsheim Mikkelsen | 93 | Ås IL | (0,65) | 27,48 | 637 |
| 5 | John Hage Gaarder | 89 | Lørenskog/Rælingen | (0,65) | 27,48 | 637 |
| 7 | Alexander B. Havre | 90 | Mandal SK | (0,64) | 27,58 | 630 |
| 8 | Even Vike Holm | 90 | BS/Arna | (0,67) | 27,66 | 625 |
| 9 | Joar Skien Grannes | 90 | Sandnes SLK | (0,68) | 27,85 | 612 |
| 10 | Martin Skramstad | 89 | Hamar IL | (0,66) | 28,30 | 583 |
| 11 | Mathias Sørstrand Æsøy | 90 | Florø SLK | (0,65) | 28,34 | 581 |
| 12 | Emil Brennløkken | 89 | Vestbyen IL | (0,68) | 28,39 | 578 |
| 13 | Jan Aleksander Bakke | 91 | Asker SK | (0,78) | 28,44 | 575 |
| 14 | Mats Andre Fredriksen | 85 | Lambertseter SK | (0,74) | 28,65 | 562 |

Øvelse 18. 200m individuell medley, damer - Forsøk**Senior**

| | | | | | |
|---|---------------------------|----------------|----------------|----------------|-----|
| 1 | Ingvild Snildal | 88 | Asker SK | 2.14,44 | 890 |
| | 29,13(29,13) | 1.02,47(33,34) | 1.42,87(40,40) | 2.14,44(31,57) | |
| 2 | Trine Austrøne Olsen | 90 | Fauske SK | 2.20,48 | 780 |
| | 30,60(30,60) | 1.06,35(35,75) | 1.46,15(39,80) | 2.20,48(34,33) | |
| 3 | Karoline Brudvik Sanderud | 89 | Hamar IL | 2.21,43 | 764 |
| | 30,16(30,16) | 1.07,37(37,21) | 1.47,37(40,00) | 2.21,43(34,06) | |
| 4 | Siri Eva Kristiansen | 93 | Asker SK | 2.23,34 | 734 |
| | 32,95(32,95) | 1.10,43(37,48) | 1.49,83(39,40) | 2.23,34(33,51) | |
| 5 | Sophia Broberg Skeltved | 92 | Tromsø SK/NTG | 2.23,53 | 731 |
| | 31,58(31,58) | 1.07,60(36,02) | 1.48,06(40,46) | 2.23,53(35,47) | |

| | | | | | |
|----|---------------------|----------------|---------------------|----------------|-----|
| 6 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 2.24,26 | 720 |
| | 30,46(30,46) | 1.06,45(35,99) | 1.50,07(43,62) | 2.24,26(34,19) | |
| 7 | Victoria Rung | 92 | TS/Frisinn | 2.24,56 | 716 |
| | 31,14(31,14) | 1.08,00(36,86) | 1.51,25(43,25) | 2.24,56(33,31) | |
| 8 | Terese Langlo | 89 | Skjetten Svømming | 2.24,60 | 715 |
| | 32,31(32,31) | 1.09,89(37,58) | 1.50,45(40,56) | 2.24,60(34,15) | |
| 9 | Nora Kathrine Guthe | 91 | Asker SK | 2.24,74 | 713 |
| | 31,79(31,79) | 1.08,53(36,74) | 1.51,05(42,52) | 2.24,74(33,69) | |
| 10 | Bitte Fagermo | 93 | Narvik SK | 2.25,12 | 707 |
| | 31,75(31,75) | 1.09,57(37,82) | 1.50,20(40,63) | 2.25,12(34,92) | |
| 11 | Andrea Hestdal | 94 | Åstveit SK | 2.25,64 | 700 |
| | 32,69(32,69) | 1.11,26(38,57) | 1.51,62(40,36) | 2.25,64(34,02) | |
| 12 | Oona Ovesen | 92 | Elverum Svømming | 2.26,56 | 687 |
| | 31,45(31,45) | 1.08,56(37,11) | 1.52,56(44,00) | 2.26,56(34,00) | |
| 13 | Elin Slaatmo | 92 | Hamar IL | 2.29,43 | 648 |
| | 31,73(31,73) | 1.10,71(38,98) | 1.56,34(45,63) | 2.29,43(33,09) | |
| 14 | Ellen Magnussen | 84 | Sarpsborg IL | 2.30,56 | 633 |
| | 31,86(31,86) | 1.11,62(39,76) | 1.55,07(43,45) | 2.30,56(35,49) | |
| 15 | Martine Bremer | 90 | Bergens SLK | 2.32,78 | 606 |
| | 33,11(33,11) | 1.13,10(39,99) | 1.59,06(45,96) | 2.32,78(33,72) | |

Øvelse 19. 100m butterfly, herrer - Forsøk

Senior

| | | | | | |
|----|----------------------------|----------------|--------------------|---------|-----|
| 1 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 55,41 | 774 |
| | 26,11(26,11) | 55,41(29,30) | | | |
| 2 | Christer Koch Kvam | 90 | Bærum/NTG | 55,55 | 768 |
| | 25,91(25,91) | 55,55(29,64) | | | |
| 3 | Øystein R. Hetland | 89 | Bærumsvømmerne | 56,67 | 724 |
| | 26,38(26,38) | 56,67(30,29) | | | |
| 4 | Stian S. Langeland | 89 | Bergens SC | 56,73 | 721 |
| | 26,47(26,47) | 56,73(30,26) | | | |
| 5 | Petter Solberg | 85 | BS/Delfana | 56,90 | 715 |
| | 26,17(26,17) | 56,90(30,73) | | | |
| 6 | Jonas Noreng Ravn | 83 | IL Varg | 56,94 | 713 |
| | 26,31(26,31) | 56,94(30,63) | | | |
| 7 | Tor Hafnor | 91 | Bærumsvømmerne | 57,48 | 693 |
| | 27,42(27,42) | 57,48(30,06) | | | |
| 8 | Pål Gunnar Normann | 81 | Vestkantsvømmerne | 57,95 | 677 |
| | 25,95(25,95) | 57,95(32,00) | | | |
| 9 | Øivind A. S. Reinertsen | 88 | Bergens SC | 57,97 | 676 |
| | 26,42(26,42) | 57,97(31,55) | | | |
| 10 | Erlend Ulveseter | 92 | Åstveit SK | 58,48 | 658 |
| | 27,43(27,43) | 58,48(31,05) | | | |
| 11 | Sebastian Stordal | 91 | BS/Delfana | 58,72 | 650 |
| | 27,39(27,39) | 58,72(31,33) | | | |
| 12 | Alexander B. Havre | 90 | Mandal SK | 59,00 | 641 |
| | 27,01(27,01) | 59,00(31,99) | | | |
| 13 | Sindre Eilertsen | 90 | Lambertseter SK | 59,66 | 620 |
| | 27,57(27,57) | 59,66(32,09) | | | |
| 14 | John Hage Gaarder | 89 | Lørenskog/Rælingen | 59,68 | 620 |
| | 27,25(27,25) | 59,68(32,43) | | | |
| 15 | Christian Juvik | 93 | Stavanger SC | 59,90 | 613 |
| | 27,58(27,58) | 59,90(32,32) | | | |
| 16 | Jari K. Mikkelsen | 88 | IL Varg | 1.00,15 | 605 |
| | 27,75(27,75) | 1.00,15(32,40) | | | |

Øvelse 20. 200m rygg, damer - Forsøk

Senior

| | | | | | | |
|----|---------------------------|----------------|-----------------------|----------------|----------------|-----|
| 1 | Heidi Vainio Gjøen | 88 | Lambertseter SK | (0,69) | 2.15,36 | 795 |
| | 32,02(32,02) | 1.05,95(33,93) | | 1.40,26(34,31) | 2.15,36(35,10) | |
| 2 | Elisabeth Jarland | 85 | Bærumsvømmerne | (0,71) | 2.15,93 | 785 |
| | 32,13(32,13) | 1.06,07(33,94) | | 1.41,03(34,96) | 2.15,93(34,90) | |
| 3 | Oda Marie Siljan | 92 | Poseidon | (0,79) | 2.19,07 | 733 |
| | 31,95(31,95) | 1.06,52(34,57) | | 1.42,68(36,16) | 2.19,07(36,39) | |
| 4 | Gina B. Andersen | 90 | Skjetten Svømming/NTG | (0,63) | 2.19,67 | 724 |
| | 33,38(33,38) | 1.08,52(35,14) | | 1.44,68(36,16) | 2.19,67(34,99) | |
| 5 | Elisabeth H. Svensson | 91 | Lambertseter SK/NTG | (0,67) | 2.20,51 | 711 |
| | 32,68(32,68) | 1.07,62(34,94) | | 1.43,78(36,16) | 2.20,51(36,73) | |
| 6 | Iselin Mjøllner Dahlen | 92 | Skjetten Svømming/NTG | (0,67) | 2.21,31 | 699 |
| | 33,36(33,36) | 1.08,91(35,55) | | 1.45,04(36,13) | 2.21,31(36,27) | |
| 7 | Veronica Orheim Bjørlykke | 94 | Aalesund SLK | (0,87) | 2.21,73 | 693 |
| | 32,91(32,91) | 1.08,29(35,38) | | 1.45,32(37,03) | 2.21,73(36,41) | |
| 8 | Seline Vike Holm | 92 | Arna SLK | (0,59) | 2.23,07 | 673 |
| | 33,26(33,26) | 1.09,35(36,09) | | 1.46,44(37,09) | 2.23,07(36,63) | |
| 9 | Ragnhild Sjøfteland | 92 | Bergens SC | (0,72) | 2.23,98 | 661 |
| | 33,21(33,21) | 1.08,57(35,36) | | 1.46,09(37,52) | 2.23,98(37,89) | |
| 10 | Jacqueline Knutsson | 93 | Kongstensvømmerne | (0,68) | 2.24,17 | 658 |
| | 33,07(33,07) | 1.09,02(35,95) | | 1.46,83(37,81) | 2.24,17(37,34) | |
| 11 | Aslaug Marie Hjelmaas | 95 | Bergens SLK | (0,75) | 2.24,37 | 655 |
| | 33,09(33,09) | 1.08,41(35,32) | | 1.46,01(37,60) | 2.24,37(38,36) | |
| 12 | Oona Ovesen | 92 | Elverum Svømming | (0,67) | 2.25,12 | 645 |
| | 34,61(34,61) | 1.11,17(36,56) | | 1.48,63(37,46) | 2.25,12(36,49) | |
| 13 | Sara Nordenstam | 83 | Lambertseter SK | (0,71) | 2.25,61 | 639 |
| | 33,50(33,50) | 1.10,41(36,91) | | 1.48,17(37,76) | 2.25,61(37,44) | |
| 14 | Katja Heinänen | 90 | BS/Bergen SLK | (0,61) | 2.25,81 | 636 |
| | 34,30(34,30) | 1.11,37(37,07) | | 1.48,62(37,25) | 2.25,81(37,19) | |
| 15 | Trine Hovda | 90 | TS/Madla SK | (0,59) | 2.27,11 | 619 |
| | 33,08(33,08) | 1.09,30(36,22) | | 1.47,73(38,43) | 2.27,11(39,38) | |
| 16 | Elisabeth Kristiansen | 92 | Haugesund SK | (0,68) | 2.27,37 | 616 |
| | 34,06(34,06) | 1.11,28(37,22) | | 1.49,69(38,41) | 2.27,37(37,68) | |
| 17 | Eva Marie W. Østerhus | 94 | TS/Madla SK | (0,77) | 2.27,49 | 615 |
| | 34,66(34,66) | 1.11,60(36,94) | | 1.49,62(38,02) | 2.27,49(37,87) | |
| 18 | Victoria T. Solberg | 89 | Asker SK | (0,65) | 2.28,32 | 604 |
| | 33,70(33,70) | 1.10,87(37,17) | | 1.49,13(38,26) | 2.28,32(39,19) | |
| 19 | Camilla Moe | 92 | Ås IL | (0,76) | 2.30,03 | 584 |
| | 35,08(35,08) | 1.13,31(38,23) | | 1.51,44(38,13) | 2.30,03(38,59) | |
| 20 | Thea Pedersen | 91 | Moss SK | (0,72) | 2.32,02 | 561 |
| | 34,53(34,53) | 1.12,53(38,00) | | 1.52,43(39,90) | 2.32,02(39,59) | |

Øvelse 21. 200m bryst, herrer - Forsøk

Senior

| | | | | | | |
|---|------------------------|----------------|-------------------|----------------|----------------|-----|
| 1 | Mattis Saghaug | 90 | IL Varg/NTG | | 2.15,23 | 826 |
| | 30,20(30,20) | 1.04,29(34,09) | | 1.39,49(35,20) | 2.15,23(35,74) | |
| 2 | Alexander Dale Oen | 85 | Vestkantsvømmerne | | 2.17,15 | 791 |
| | 30,00(30,00) | 1.04,02(34,02) | | 1.39,44(35,42) | 2.17,15(37,71) | |
| 3 | Gard Kvale | 84 | Bergens SC | | 2.19,50 | 752 |
| | 31,01(31,01) | 1.06,01(35,00) | | 1.42,40(36,39) | 2.19,50(37,10) | |
| 4 | Sebastian Wigstrøm | 91 | Bærumsvømmerne | | 2.21,66 | 718 |
| | 31,50(31,50) | 1.07,09(35,59) | | 1.43,69(36,60) | 2.21,66(37,97) | |
| 5 | Robin Palm | 88 | Sarpsborg IL | | 2.23,73 | 688 |
| | 32,11(32,11) | 1.08,55(36,44) | | 1.45,74(37,19) | 2.23,73(37,99) | |
| 6 | Joachim André Jakobsen | 91 | Vestkantsvømmerne | | 2.26,34 | 651 |
| | 33,30(33,30) | 1.11,00(37,70) | | 1.48,38(37,38) | 2.26,34(37,96) | |
| 7 | Kristoffer Meisler | 90 | Fauske SK | | 2.26,98 | 643 |
| | 33,15(33,15) | 1.10,31(37,16) | | 1.48,21(37,90) | 2.26,98(38,77) | |

| | | | | | |
|----|------------------------|----------------|-------------------|----------------|-----|
| 8 | Simen Dale | 91 | BS/Delfana | 2.27,28 | 639 |
| | 32,56(32,56) | 1.08,92(36,36) | 1.47,06(38,14) | 2.27,28(40,22) | |
| 9 | Daniel Aronsen | 86 | Bærumsvømmerne | 2.28,47 | 624 |
| | 32,89(32,89) | 1.10,63(37,74) | 1.49,63(39,00) | 2.28,47(38,84) | |
| 10 | Erling Mjøs Brattelid | 91 | TS/Sola SK | 2.28,66 | 621 |
| | 32,68(32,68) | 1.09,96(37,28) | 1.48,72(38,76) | 2.28,66(39,94) | |
| 11 | Magnus Klæboe Nordgård | 89 | Tromsø SK | 2.28,97 | 617 |
| | 33,23(33,23) | 1.11,19(37,96) | 1.49,96(38,77) | 2.28,97(39,01) | |
| 12 | Markus Vindenes | 94 | Vestkantsvømmerne | 2.29,62 | 609 |
| | 33,78(33,78) | 1.12,05(38,27) | 1.50,86(38,81) | 2.29,62(38,76) | |
| 13 | Espen Halhjem | 92 | BS/Delfana | 2.30,36 | 601 |
| | 33,53(33,53) | 1.11,60(38,07) | 1.50,86(39,26) | 2.30,36(39,50) | |
| 14 | Martin Hals | 91 | Øvre Eiker SK | 2.30,98 | 593 |
| | 34,46(34,46) | 1.12,45(37,99) | 1.51,24(38,79) | 2.30,98(39,74) | |
| 15 | Lars E Borsheim | 80 | TS/Madla SK | 2.31,71 | 585 |
| | 33,18(33,18) | 1.11,11(37,93) | 1.50,74(39,63) | 2.31,71(40,97) | |
| 16 | Håvard Hole | 93 | Delfana | 2.33,51 | 564 |
| | 33,64(33,64) | 1.12,13(38,49) | 1.52,04(39,91) | 2.33,51(41,47) | |
| 17 | Hans Østerdal | 93 | Stavanger SC | 2.36,00 | 538 |
| | 34,50(34,50) | 1.13,54(39,04) | 1.54,36(40,82) | 2.36,00(41,64) | |

Øvelse 22. 50m butterfly, damer - Forsøk

Senior

| | | | | | |
|----|-----------------------|----|-----------------------|-------|-----|
| 1 | Ingvild Snildal | 88 | Asker SK | 26,76 | 877 |
| 2 | Katharina Stiberg | 88 | Bjerkvik SK | 26,86 | 867 |
| 3 | Henriette Brekke | 88 | Vestkantsvømmerne | 27,76 | 786 |
| 4 | Victoria S. Løken | 91 | Team Stavanger | 28,15 | 753 |
| 5 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 28,32 | 740 |
| 6 | Anette Fidjeland | 80 | IL Varg | 28,57 | 721 |
| 7 | Siri Løvdal Magnussen | 86 | BS/Delfana | 28,79 | 704 |
| 8 | Maren Kristine Jansen | 90 | TS/Randaberg | 28,87 | 698 |
| 9 | Sara Nordenstam | 83 | Lambertseter SK | 29,11 | 681 |
| 10 | Sara Pettersen | 91 | Fauske SK | 29,18 | 676 |
| 11 | Hanne Søfteland | 92 | BS/Delfana | 29,21 | 674 |
| 12 | Christine Ørland | 88 | TS/Madla SK | 29,37 | 663 |
| 13 | Stine Vindenes | 93 | Vestkantsvømmerne | 29,43 | 659 |
| 14 | Elise Strømsvik | 87 | Vestbyen IL | 29,46 | 657 |
| 14 | Karen Stødle | 87 | Team Stavanger | 29,46 | 657 |
| 16 | Karoline Eriksen | 92 | Stavanger SC | 29,47 | 657 |
| 17 | Eirin Arnesen | 93 | Bergens SC | 29,59 | 649 |
| 18 | Monica W. Johannessen | 90 | Karmøy SK | 29,65 | 645 |
| 18 | Emilie N. Løvberg | 95 | Bærumsvømmerne | 29,65 | 645 |
| 20 | Ida Nordbø | 89 | TS/Madla SK | 29,86 | 631 |
| 21 | Rebecca Calder | 87 | IL Varg | 29,88 | 630 |
| 22 | Ina Kr. Pedersen | 89 | Sarpsborg IL | 29,89 | 629 |
| 23 | Iselin Mjølner Dahlen | 92 | Skjetten Svømming/NTG | 29,90 | 629 |
| 23 | Line Løvberg | 91 | Lambertseter SK/NTG | 29,90 | 629 |
| 25 | Siv Fiske | 92 | Tromsø SK/NTG | 29,91 | 628 |
| 26 | Julie Borgen | 91 | Sarpsborg IL | 29,95 | 625 |
| 27 | Guro Knutsen | 91 | Øvre Eiker SK | 30,02 | 621 |
| 28 | Lise Sand Syversen | 95 | Delfana | 30,07 | 618 |
| 29 | Kari Flottorp | 80 | IL Varg | 30,84 | 573 |
| 30 | Kristine Mella | 90 | Bærumsvømmerne | 30,88 | 571 |
| 31 | Elisabeth Kristiansen | 92 | Haugesund SK | 31,05 | 561 |

Øvelse 23. 4*200m fri, herrer - Direkte finale – Foreløpig før siste heat

Senior

| | | | | | |
|---|--------------------------|----------------|-----------------|---------|-----|
| 1 | Lambertseter SK G2 sr. | SR | Lambertseter SK | 7.51,65 | 723 |
| | David Evja: | 27,99(27,99) | 58,33(30,34) | 1.58,22 | |
| | | 1.28,81(30,48) | 1.58,22(29,41) | | |
| | Mats Andre Fredriksen: | 2.24,61(26,39) | 2.54,82(30,21) | 1.57,57 | |
| | | 3.25,55(30,73) | 3.55,79(30,24) | | |
| | Mikkel Brudvik Sanderud: | 4.21,91(26,12) | 4.51,20(29,29) | 1.56,29 | |
| | | 5.22,33(31,13) | 5.52,08(29,75) | | |
| | Alexander Schüssler: | 6.18,74(26,66) | 6.49,51(30,77) | 1.59,57 | |
| | | 7.20,34(30,83) | 7.51,65(31,31) | | |
| 2 | Bergensv. G2 sr. | SR | Bergensvømmerne | 8.01,59 | 680 |
| | Eivind Johannesen: | 27,87(27,87) | 58,42(30,55) | 1.59,85 | |
| | | 1.29,24(30,82) | 1.59,85(30,61) | | |
| | Eirik Runningen: | 2.27,22(27,37) | 2.57,81(30,59) | 2.00,18 | |
| | | 3.28,89(31,08) | 4.00,03(31,14) | | |
| | Alexander Mokkelbost: | 4.26,42(26,39) | 4.56,56(30,14) | 1.58,82 | |
| | | 5.27,45(30,89) | 5.58,85(31,40) | | |
| | Espen Halhjem: | 6.26,80(27,95) | 6.57,26(30,46) | 2.02,74 | |
| | | 7.29,61(32,35) | 8.01,59(31,98) | | |
| 3 | Stavanger SC G1 sr. | SR | Stavanger SC | 8.24,23 | 592 |
| | Henning S. Pryde: | 28,33(28,33) | 58,90(30,57) | 2.00,28 | |
| | | 1.30,25(31,35) | 2.00,28(30,03) | | |
| | Hans Østerdal: | 2.28,29(28,01) | 3.00,13(31,84) | 2.07,15 | |
| | | 3.33,54(33,41) | 4.07,43(33,89) | | |
| | Fredrik K Hegdal: | 4.34,46(27,03) | 5.05,90(31,44) | 2.03,54 | |
| | | 5.38,68(32,78) | 6.10,97(32,29) | | |
| | Christian Juvik: | 6.40,39(29,42) | 7.14,13(33,74) | 2.13,26 | |
| | | 7.49,26(35,13) | 8.24,23(34,97) | | |

Øvelse 24. 4*100m fri, damer - Direkte finale – Foreløpig før siste heat

Senior

| | | | | | |
|---|--------------------------|----------------|-------------------|---------|-----|
| 1 | Bærumsv J1 sr. | SR | Bærumsvømmerne | 3.57,88 | 748 |
| | Elisabeth Jarland: | 28,41(28,41) | 58,33(29,92) | 58,33 | |
| | Emilie N. Løvberg: | 1.26,64(28,31) | 1.58,46(31,82) | 1.00,13 | |
| | Kristine Mella: | 2.26,91(28,45) | 2.57,76(30,85) | 59,30 | |
| | Andrea Westbye: | 3.26,12(28,36) | 3.57,88(31,76) | 1.00,12 | |
| 2 | Bergens SLK J1 sr. | SR | Bergens SLK | 4.00,13 | 727 |
| | Kaja Bremer: | 30,05(30,05) | 1.01,42(31,37) | 1.01,42 | |
| | Karoline Pedersen: | 1.29,77(28,35) | 2.01,53(31,76) | 1.00,11 | |
| | Aslaug Marie Hjelmaas: | 2.29,80(28,27) | 3.01,11(31,31) | 59,58 | |
| | Martine Bremer: | 3.29,14(28,03) | 4.00,13(30,99) | 59,02 | |
| 3 | Vestkantsv. J2 sr. | SR | Vestkantsvømmerne | 4.02,60 | 705 |
| | Marie Reinertsen: | 30,05(30,05) | 1.01,96(31,91) | 1.01,96 | |
| | Marthe Helene Haganes: | 1.30,84(28,88) | 2.01,61(30,77) | 59,65 | |
| | Line Møllerop: | 2.30,65(29,04) | 3.01,73(31,08) | 1.00,12 | |
| | Marie Øverland: | 3.30,56(28,83) | 4.02,60(32,04) | 1.00,87 | |
| 4 | Lambertseter SK J2 sr. | SR | Lambertseter SK | 4.03,37 | 699 |
| | Pia Cornelia Braarud: | 29,12(29,12) | 1.00,30(31,18) | 1.00,30 | |
| | Line Løvberg: | 1.29,31(29,01) | 2.00,94(31,63) | 1.00,64 | |
| | Sara Nordenstam: | 2.30,69(29,75) | 3.03,47(32,78) | 1.02,53 | |
| | Merete Løvberg: | 3.32,30(28,83) | 4.03,37(31,07) | 59,90 | |
| 5 | Bergensv. J1 sr. | SR | Bergensvømmerne | 4.03,57 | 697 |
| | Hanne Søfteland: | 29,66(29,66) | 1.01,04(31,38) | 1.01,04 | |
| | Monica Finnøy: | 1.29,95(28,91) | 2.01,98(32,03) | 1.00,94 | |
| | Siri Løvold Magnussen: | 2.30,31(28,33) | 3.01,14(30,83) | 59,16 | |
| | Katrine Jensen: | 3.30,31(29,17) | 4.03,57(33,26) | 1.02,43 | |
| 6 | Skjetten Svømming J1 sr. | SR | Skjetten Svømming | 4.06,91 | 669 |
| | Terese Langlo: | 29,58(29,58) | 1.00,90(31,32) | 1.00,90 | |
| | Helene Solberg: | 1.30,34(29,44) | 2.02,32(31,98) | 1.01,42 | |
| | Iselin Mjøllner Dahlen: | 2.32,02(29,70) | 3.04,69(32,67) | 1.02,37 | |
| | Marie Svensson: | 3.33,90(29,21) | 4.06,91(33,01) | 1.02,22 | |

| | | | | | |
|---|----------------------|----------------|----------------|---------|-----|
| 7 | Bergens SC J1 sr. | SR | Bergens SC | 4.10,07 | 644 |
| | Hedvig Hjertaker: | 29,97(29,97) | 1.02,82(32,85) | 1.02,82 | |
| | Ingse Bergh Monsen: | 1.32,36(29,54) | 2.04,77(32,41) | 1.01,95 | |
| | Eirin Arnesen: | 2.33,97(29,20) | 3.06,09(32,12) | 1.01,32 | |
| | Eli Kristin Ølmheim: | 3.35,60(29,51) | 4.10,07(34,47) | 1.03,98 | |
| 8 | Øvre Eiker SK J1 sr. | SR | Øvre Eiker SK | 4.12,09 | 629 |
| | Inger-Cathrine Wium: | 30,75(30,75) | 1.03,61(32,86) | 1.03,61 | |
| | Guro Knutsen: | 1.33,57(29,96) | 2.05,99(32,42) | 1.02,38 | |
| | Stine Lise Stenseth: | 2.35,15(29,16) | 3.07,64(32,49) | 1.01,65 | |
| | Siri Anette Sønju: | 3.38,14(30,50) | 4.12,09(33,95) | 1.04,45 | |
| 9 | IL Norodd J1 sr. | SR | IL Norodd | 4.25,33 | 539 |
| | Monica Helen Haugen: | 31,26(31,26) | 1.05,09(33,83) | 1.05,09 | |
| | Linda Merete Haugen: | 1.36,08(30,99) | 2.11,10(35,02) | 1.06,01 | |
| | Sofie Sagli: | 2.42,41(31,31) | 3.16,97(34,56) | 1.05,87 | |
| | Ann Helen Hesjevik: | 3.48,91(31,94) | 4.25,33(36,42) | 1.08,36 | |

Fredag 27. mars 2009 kl 17.00

Øvelse 13. 4*50m lag medley, herrer - Finale

Senior

| | | | | | | |
|---|-----------------------------|----------------|-------------------|--------|---------|-----|
| 1 | Vestkantsv. G1 sr. | SR | Vestkantsvømmerne | (0,63) | 1.40,17 | 853 |
| | Kim Torry Simmenes: | 26,43(26,43) | | | | |
| | Alexander Dale Oen: | 52,76(26,33) | | | | |
| | Alexander Broberg Skeltved: | 1.17,04(24,28) | | | | |
| | Pål Gunnar Normann: | 1.40,17(23,13) | | | | |
| 2 | IL Varg G1 sr. | SR | IL Varg | | 1.40,42 | 846 |
| | Petter Sjødal: | 25,40(25,40) | | | | |
| | Thomas Breivoll: | 53,11(27,71) | | | | |
| | Jonas Noreng Ravn: | 1.17,80(24,69) | | | | |
| | Karl Otto Bratt: | 1.40,42(22,62) | | | | |
| 3 | Bergensv. G1 sr. | SR | Bergensvømmerne | (0,71) | 1.43,09 | 782 |
| | Even Vike Holm: | 27,59(27,59) | | | | |
| | Marcus Tesdal: | 56,60(29,01) | | | | |
| | Petter Solberg: | 1.21,44(24,84) | | | | |
| | Sander Smørdal: | 1.43,09(21,65) | | | | |
| 4 | IL Varg G2 sr. | SR | IL Varg | (0,68) | 1.44,89 | 742 |
| | Jari K. Mikkelsen: | 28,47(28,47) | | | | |
| | Mattis Saghaug: | 56,60(28,13) | | | | |
| | Bjørnar Gaasvik: | 1.21,07(24,47) | | | | |
| | Håkon Skårud Karlsen: | 1.44,89(23,82) | | | | |
| 5 | Lambertseter SK G1 sr. | SR | Lambertseter SK | (0,73) | 1.45,70 | 726 |
| | Mats Andre Fredriksen: | 27,49(27,49) | | | | |
| | Mikael Bergene: | 56,43(28,94) | | | | |
| | Sindre Eilertsen: | 1.22,24(25,81) | | | | |
| | Petter Braarud: | 1.45,70(23,46) | | | | |
| 6 | Team Stavanger G1 sr. | SR | Team Stavanger | (0,63) | 1.49,75 | 648 |
| | Erlend Tveteraas: | 29,03(29,03) | | | | |
| | Erling Mjøs Brattelid: | 58,26(29,23) | | | | |
| | Lars E Borsheim: | 1.25,65(27,39) | | | | |
| | Bjarte Ravndal: | 1.49,75(24,10) | | | | |

Øvelse 14. 800m fri, damer - Direkte finale

Senior

| | | | | | |
|---|------------------------|----------------|---------------------|----------------|-----|
| 1 | Elin Slaatmo | 92 | Hamar IL | 8.44,26 | 852 |
| | 30,19(30,19) | 1.02,00(31,81) | 1.34,24(32,24) | 2.06,82(32,58) | |
| | 2.39,67(32,85) | 3.12,78(33,11) | 3.45,78(33,00) | 4.19,01(33,23) | |
| | 4.52,47(33,46) | 5.25,56(33,09) | 5.59,04(33,48) | 6.32,31(33,27) | |
| | 7.05,86(33,55) | 7.39,34(33,48) | 8.12,81(33,47) | 8.44,26(31,45) | |
| 2 | Cecilie W. Johannessen | 90 | Karmøy SK | 9.01,98 | 771 |
| | 30,20(30,20) | 1.03,59(33,39) | 1.38,50(34,91) | 2.12,77(34,27) | |
| | 2.46,83(34,06) | 3.21,09(34,26) | 3.55,70(34,61) | 4.30,46(34,76) | |
| | 5.04,26(33,80) | 5.38,35(34,09) | 6.12,00(33,65) | 6.46,01(34,01) | |
| | 7.20,07(34,06) | 7.54,04(33,97) | 8.28,90(34,86) | 9.01,98(33,08) | |
| 3 | Ingrid N. Knutzen | 91 | Lambertseter SK/NTG | 9.03,41 | 765 |
| | 30,81(30,81) | 1.03,42(32,61) | 1.36,89(33,47) | 2.10,81(33,92) | |
| | 2.44,95(34,14) | 3.19,23(34,28) | 3.53,53(34,30) | 4.27,85(34,32) | |
| | 5.02,43(34,58) | 5.37,06(34,63) | 6.12,10(35,04) | 6.46,95(34,85) | |
| | 7.21,60(34,65) | 7.55,86(34,26) | 8.30,35(34,49) | 9.03,41(33,06) | |
| 4 | Siri Anette Sønju | 92 | Øvre Eiker SK | 9.08,81 | 743 |
| | 31,44(31,44) | 1.04,81(33,37) | 1.38,89(34,08) | 2.13,33(34,44) | |
| | 2.47,89(34,56) | 3.22,55(34,66) | 3.57,37(34,82) | 4.32,36(34,99) | |
| | 5.07,22(34,86) | 5.41,78(34,56) | 6.16,69(34,91) | 6.51,66(34,97) | |
| | 7.26,33(34,67) | 8.00,99(34,66) | 8.35,27(34,28) | 9.08,81(33,54) | |
| 5 | Lise Sand Syversen | 95 | Delfana | 9.11,04 | 734 |
| | 31,40(31,40) | 1.05,34(33,94) | 1.39,46(34,12) | 2.14,10(34,64) | |
| | 2.48,83(34,73) | 3.23,46(34,63) | 3.58,58(35,12) | 4.33,74(35,16) | |
| | 5.08,48(34,74) | 5.43,68(35,20) | 6.18,82(35,14) | 6.54,23(35,41) | |
| | 7.29,43(35,20) | 8.04,60(35,17) | 8.38,99(34,39) | 9.11,04(32,05) | |

| | | | | | |
|----|------------------------|----------------|-------------------|----------------|-----|
| 6 | Eva Marie W. Østerhus | 94 | TS/Madla SK | 9.13,68 | 723 |
| | 31,01(31,01) | 1.04,25(33,24) | 1.38,14(33,89) | 2.12,79(34,65) | |
| | 2.47,75(34,96) | 3.22,92(35,17) | 3.58,28(35,36) | 4.33,94(35,66) | |
| | 5.09,62(35,68) | 5.45,08(35,46) | 6.20,42(35,34) | 6.55,51(35,09) | |
| | 7.30,64(35,13) | 8.05,59(34,95) | 8.40,30(34,71) | 9.13,68(33,38) | |
| 7 | Andrea Haugstad | 92 | Vestkantsvømmerne | 9.16,38 | 713 |
| | 31,51(31,51) | 1.05,24(33,73) | 1.39,96(34,72) | 2.14,80(34,84) | |
| | 2.49,62(34,82) | 3.24,47(34,85) | 3.59,72(35,25) | 4.35,00(35,28) | |
| | 5.10,25(35,25) | 5.45,23(34,98) | 6.20,61(35,38) | 6.55,84(35,23) | |
| | 7.31,22(35,38) | 8.07,12(35,90) | 8.42,26(35,14) | 9.16,38(34,12) | |
| 8 | Hanne Lockertsen | 94 | Tromsø SK | 9.19,82 | 700 |
| | 32,18(32,18) | 1.06,49(34,31) | 1.41,39(34,90) | 2.15,98(34,59) | |
| | 2.50,95(34,97) | 3.26,10(35,15) | 4.01,37(35,27) | 4.36,74(35,37) | |
| | 5.12,14(35,40) | 5.47,82(35,68) | 6.23,52(35,70) | 6.59,14(35,62) | |
| | 7.34,57(35,43) | 8.10,12(35,55) | 8.45,45(35,33) | 9.19,82(34,37) | |
| 9 | Julie Torgersen Nilsen | 92 | Hamar IL | 9.21,07 | 695 |
| | 33,03(33,03) | 1.08,37(35,34) | 1.43,80(35,43) | 2.19,30(35,50) | |
| | 2.54,82(35,52) | 3.30,08(35,26) | 4.05,33(35,25) | 4.40,79(35,46) | |
| | 5.16,00(35,21) | 5.51,87(35,87) | 6.26,80(34,93) | 7.02,03(35,23) | |
| | 7.37,74(35,71) | 8.12,90(35,16) | 8.48,44(35,54) | 9.21,07(32,63) | |
| 10 | Pia Cornelia Braarud | 93 | Lambertseter SK | 9.24,13 | 684 |
| | 32,02(32,02) | 1.06,91(34,89) | 1.42,42(35,51) | 2.18,04(35,62) | |
| | 2.53,46(35,42) | 3.28,95(35,49) | 4.04,83(35,88) | 4.40,74(35,91) | |
| | 5.16,56(35,82) | 5.52,44(35,88) | 6.28,38(35,94) | 7.04,31(35,93) | |
| | 7.40,03(35,72) | 8.15,32(35,29) | 8.50,75(35,43) | 9.24,13(33,38) | |
| 11 | Andrea Westbye | 95 | Bærumsvømmerne | 9.24,18 | 684 |
| | 32,19(32,19) | 1.07,41(35,22) | 1.43,08(35,67) | 2.18,60(35,52) | |
| | 2.54,10(35,50) | 3.29,78(35,68) | 4.05,88(36,10) | 4.41,70(35,82) | |
| | 5.17,09(35,39) | 5.52,83(35,74) | 6.28,38(35,55) | 7.03,90(35,52) | |
| | 7.39,80(35,90) | 8.15,13(35,33) | 8.50,91(35,78) | 9.24,18(33,27) | |
| 12 | Emilie N. Løvberg | 95 | Bærumsvømmerne | 9.26,61 | 675 |
| | 30,54(30,54) | 1.04,90(34,36) | 1.40,31(35,41) | 2.15,97(35,66) | |
| | 2.51,54(35,57) | 3.27,73(36,19) | 4.03,74(36,01) | 4.39,79(36,05) | |
| | 5.15,92(36,13) | 5.51,88(35,96) | 6.28,09(36,21) | 7.04,03(35,94) | |
| | 7.40,14(36,11) | 8.16,19(36,05) | 8.52,17(35,98) | 9.26,61(34,44) | |
| 13 | Karoline Pedersen | 94 | Bergens SLK | 9.27,99 | 670 |
| | 32,10(32,10) | 1.06,66(34,56) | 1.41,72(35,06) | 2.16,87(35,15) | |
| | 2.52,39(35,52) | 3.27,59(35,20) | 4.03,39(35,80) | 4.39,08(35,69) | |
| | 5.15,30(36,22) | 5.51,73(36,43) | 6.27,88(36,15) | 7.04,03(36,15) | |
| | 7.40,32(36,29) | 8.16,77(36,45) | 8.53,19(36,42) | 9.27,99(34,80) | |
| 14 | Monica Finnøy | 88 | BS/Bergen SLK | 9.30,37 | 662 |
| | 32,00(32,00) | 1.06,14(34,14) | 1.41,01(34,87) | 2.16,39(35,38) | |
| | 2.51,75(35,36) | 3.27,10(35,35) | 4.02,57(35,47) | 4.38,33(35,76) | |
| | 5.13,75(35,42) | 5.49,96(36,21) | 6.26,38(36,42) | 7.03,37(36,99) | |
| | 7.40,35(36,98) | 8.17,20(36,85) | 8.54,21(37,01) | 9.30,37(36,16) | |
| 15 | Marthe Berg Sørensen | 92 | TS/Frisinn | 9.33,91 | 649 |
| | 32,01(32,01) | 1.06,83(34,82) | 1.42,67(35,84) | 2.18,95(36,28) | |
| | 2.55,22(36,27) | 3.31,49(36,27) | 4.07,90(36,41) | 4.44,68(36,78) | |
| | 5.20,96(36,28) | 5.57,24(36,28) | 6.33,96(36,72) | 7.10,45(36,49) | |
| | 7.47,10(36,65) | 8.23,53(36,43) | 8.59,58(36,05) | 9.33,91(34,33) | |
| 16 | Inger-Cathrine Wium | 92 | Øvre Eiker SK | 9.34,13 | 649 |
| | 31,85(31,85) | 1.06,72(34,87) | 1.42,57(35,85) | 2.19,20(36,63) | |
| | 2.55,62(36,42) | 3.32,43(36,81) | 4.09,02(36,59) | 4.45,39(36,37) | |
| | 5.21,89(36,50) | 5.58,21(36,32) | 6.34,55(36,34) | 7.10,86(36,31) | |
| | 7.47,32(36,46) | 8.23,49(36,17) | 8.59,70(36,21) | 9.34,13(34,43) | |
| 17 | Stine Lise Stenseth | 94 | Øvre Eiker SK | 9.58,58 | 572 |
| | 32,43(32,43) | 1.07,31(34,88) | 1.42,94(35,63) | 2.19,19(36,25) | |
| | 2.55,73(36,54) | 3.32,99(37,26) | 4.10,59(37,60) | 4.49,03(38,44) | |
| | 5.27,57(38,54) | 6.06,45(38,88) | 6.45,23(38,78) | 7.24,17(38,94) | |
| | 8.03,33(39,16) | 8.42,22(38,89) | 9.20,94(38,72) | 9.58,58(37,64) | |

Øvelse 15. 400m fri, herrer - Finale**Senior**

| | | | | | |
|---|-----------------|----------------|----------------|----------------|-----|
| 1 | Gard Kvale | 84 | Bergens SC | 3.52,89 | 832 |
| | 26,43(26,43) | 54,44(28,01) | 1.23,18(28,74) | 1.52,46(29,28) | |
| | 2.22,17(29,71) | 2.52,55(30,38) | 3.22,84(30,29) | 3.52,89(30,05) | |
| 2 | Jørgen Møllerop | 88 | TS/Madla SK | 3.55,41 | 806 |
| | 26,86(26,86) | 55,91(29,05) | 1.25,18(29,27) | 1.54,73(29,55) | |
| | 2.25,09(30,36) | 2.55,36(30,27) | 3.26,08(30,72) | 3.55,41(29,33) | |
| 3 | Ole Martin Ree | 92 | TS/Sola SK | 3.58,96 | 771 |
| | 27,45(27,45) | 56,97(29,52) | 1.27,11(30,14) | 1.57,28(30,17) | |
| | 2.27,48(30,20) | 2.57,89(30,41) | 3.28,55(30,66) | 3.58,96(30,41) | |
| 4 | Jørn Nygård | 92 | Stavanger SC | 4.02,05 | 741 |
| | 27,34(27,34) | 57,13(29,79) | 1.27,64(30,51) | 1.58,67(31,03) | |
| | 2.29,52(30,85) | 3.00,61(31,09) | 3.31,78(31,17) | 4.02,05(30,27) | |
| 5 | Robert Aronsen | 86 | Bærumsvømmerne | 4.05,50 | 711 |
| | 27,48(27,48) | 56,65(29,17) | 1.27,10(30,45) | 1.58,85(31,75) | |
| | 2.30,37(31,52) | 3.02,52(32,15) | 3.34,73(32,21) | 4.05,50(30,77) | |
| 6 | Tor Hafnor | 91 | Bærumsvømmerne | 4.09,20 | 679 |
| | 28,41(28,41) | 59,14(30,73) | 1.30,66(31,52) | 2.01,39(30,73) | |
| | 2.32,42(31,03) | 3.02,92(30,50) | 3.32,58(29,66) | 4.09,20(36,62) | |

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

| | | | | | |
|---|---------------------|----|-------------------|-------|-----|
| 1 | Katharina Stiberg | 88 | Bjerkvik SK | 31,83 | 863 |
| 2 | Henriette Martinsen | 85 | Trondheim SLK | 31,88 | 859 |
| 3 | Henriette Brekke | 88 | Vestkantsvømmerne | 32,48 | 812 |
| 4 | Mari Ask Rasmussen | 86 | TS/Stavanger VPK | 32,71 | 795 |
| 5 | Iselin Meisler | 90 | Fauske SK | 32,86 | 784 |
| 6 | Sara Nordenstam | 83 | Lambertseter SK | 33,04 | 772 |

Funksjonshemmede

| | | | | | | |
|---|------------------|----|--------------|-------|-----|---------------|
| 1 | Marianne Mæland | 86 | Vågsbygd SLK | 53,24 | 184 | SB6 113,49 % |
| 2 | Tonje Immerstein | 89 | Sandnes SLK | 45,77 | 290 | SB9 118,64 % |
| 3 | Hanne Farestvedt | 93 | Åstveit SK | 48,14 | 249 | SB14 130,78 % |
| 4 | Ingrid Djupskås | 89 | Asker SK | 59,27 | 133 | SB7 133,88 % |

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

| | | | | | | |
|---|-------------------------|----|--------------------|--------|-------|-----|
| 1 | Petter Sjødal | 79 | IL Varg | (0,65) | 25,62 | 786 |
| 2 | Mikael Bergene | 91 | Lambertseter SK | (0,55) | 26,54 | 707 |
| 3 | Lars Andre Tolås | 88 | Bærumsvømmerne | (0,67) | 26,64 | 699 |
| 4 | Lavrans Solli | 92 | Bergens SC | (0,66) | 26,91 | 678 |
| 5 | John Hage Gaarder | 89 | Lørenskog/Rælingen | (0,64) | 27,12 | 663 |
| 6 | Julian Åsheim Mikkelsen | 93 | Ås IL | (0,65) | 27,66 | 625 |

Funksjonshemmede

| | | | | | |
|------------------|----|-------------|--------|------|----|
| Roar Mellemseter | 92 | Sunddal SLK | (0,89) | DISK | S9 |
|------------------|----|-------------|--------|------|----|

Øvelse 18. 200m individuell medley, damer - Finale**Senior**

| | | | | | |
|---|---------------------------|----------------|----------------|----------------|-----|
| 1 | Ingvild Snildal | 88 | Asker SK | 2.15,63 | 867 |
| | 29,01(29,01) | 1.02,62(33,61) | 1.43,47(40,85) | 2.15,63(32,16) | |
| 2 | Karoline Brudvik Sanderud | 89 | Hamar IL | 2.17,11 | 839 |
| | 29,56(29,56) | 1.05,04(35,48) | 1.44,18(39,14) | 2.17,11(32,93) | |
| 3 | Trine Austrøne Olsen | 90 | Fauske SK | 2.18,67 | 811 |
| | 30,61(30,61) | 1.05,90(35,29) | 1.45,09(39,19) | 2.18,67(33,58) | |
| 4 | Siri Eva Kristiansen | 93 | Asker SK | 2.22,49 | 747 |
| | 31,71(31,71) | 1.08,77(37,06) | 1.48,88(40,11) | 2.22,49(33,61) | |
| 5 | Sophia Broberg Skeltved | 92 | Tromsø SK/NTG | 2.24,64 | 714 |
| | 31,93(31,93) | 1.08,40(36,47) | 1.48,93(40,53) | 2.24,64(35,71) | |
| 6 | Victoria Rung | 92 | TS/Frisinn | 2.24,67 | 714 |
| | 30,95(30,95) | 1.07,76(36,81) | 1.51,10(43,34) | 2.24,67(33,57) | |

Øvelse 19. 100m butterfly, herrer - Finale**Senior**

| | | | | | |
|---|----------------------------|--------------|-------------------|-------|-----|
| 1 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 54,57 | 811 |
| | 25,52(25,52) | 54,57(29,05) | | | |
| 2 | Øystein R. Hetland | 89 | Bærumsvømmerne | 54,63 | 808 |
| | 25,16(25,16) | 54,63(29,47) | | | |
| 3 | Christer Koch Kvam | 90 | Bærum/NTG | 55,87 | 755 |
| | 25,89(25,89) | 55,87(29,98) | | | |
| 4 | Jonas Noreng Ravn | 83 | IL Varg | 56,28 | 739 |
| | 26,03(26,03) | 56,28(30,25) | | | |
| 5 | Stian S. Langeland | 89 | Bergens SC | 56,29 | 738 |
| | 26,14(26,14) | 56,29(30,15) | | | |
| 6 | Petter Solberg | 85 | BS/Delfana | 57,15 | 706 |
| | 25,90(25,90) | 57,15(31,25) | | | |

Øvelse 20. 200m rygg, damer - Finale**Senior**

| | | | | | | |
|---|------------------------|----------------|-----------------------------|----------------|---------|-----|
| 1 | Heidi Vainio Gjøen | 88 | Lambertseter SK | (0,65) | 2.15,14 | 799 |
| | 32,29(32,29) | 1.06,60(34,31) | 1.40,97(34,37) | 2.15,14(34,17) | | |
| 2 | Elisabeth Jarland | 85 | Bærumsvømmerne | (0,69) | 2.15,20 | 798 |
| | 32,45(32,45) | 1.06,64(34,19) | 1.41,20(34,56) | 2.15,20(34,00) | | |
| 3 | Gina B. Andersen | 90 | Skjetten Svømming/NTG(0,67) | 2.16,01 | 784 | |
| | 32,54(32,54) | 1.06,93(34,39) | 1.42,03(35,10) | 2.16,01(33,98) | | |
| 4 | Elisabeth H. Svensson | 91 | Lambertseter SK/NTG | 2.18,36 | 745 | |
| | 32,78(32,78) | 1.08,71(35,93) | 1.44,41(35,70) | 2.18,36(33,95) | | |
| 5 | Oda Marie Siljan | 92 | Poseidon | (0,69) | 2.20,08 | 717 |
| | 32,49(32,49) | 1.08,06(35,57) | 1.44,89(36,83) | 2.20,08(35,19) | | |
| 6 | Iselin Mjøllner Dahlen | 92 | Skjetten Svømming/NTG(0,66) | 2.23,71 | 664 | |
| | 33,16(33,16) | 1.08,65(35,49) | 1.45,83(37,18) | 2.23,71(37,88) | | |

Øvelse 21. 200m bryst, herrer - Finale

Senior

| | | | | | |
|---|------------------------|----------------|-------------------|----------------|-----|
| 1 | Alexander Dale Oen | 85 | Vestkantsvømmerne | 2.11,51 | 898 |
| | 29,26(29,26) | 1.02,54(33,28) | 1.36,35(33,81) | 2.11,51(35,16) | |
| 2 | Gard Kvale | 84 | Bergens SC | 2.12,91 | 870 |
| | 30,72(30,72) | 1.04,38(33,66) | 1.38,79(34,41) | 2.12,91(34,12) | |
| 3 | Mattis Saghaug | 90 | IL Varg/NTG | 2.15,63 | 818 |
| | 29,99(29,99) | 1.04,16(34,17) | 1.39,90(35,74) | 2.15,63(35,73) | |
| 4 | Sebastian Wigstrøm | 91 | Bærumsvømmerne | 2.22,05 | 712 |
| | 31,91(31,91) | 1.07,86(35,95) | 1.44,31(36,45) | 2.22,05(37,74) | |
| 5 | Robin Palm | 88 | Sarpsborg IL | 2.24,11 | 682 |
| | 31,99(31,99) | 1.08,07(36,08) | 1.46,17(38,10) | 2.24,11(37,94) | |
| 6 | Joachim André Jakobsen | 91 | Vestkantsvømmerne | 2.27,39 | 638 |
| | 32,70(32,70) | 1.10,09(37,39) | 1.48,58(38,49) | 2.27,39(38,81) | |

Øvelse 22. 50m butterfly, damer - Finale

Senior

| | | | | | | |
|---|---------------------|----|---------------------|-------|-----|----|
| 1 | Katharina Stiberg | 88 | Bjerkvik SK | 26,16 | 939 | NR |
| 2 | Ingvild Snildal | 88 | Asker SK | 26,46 | 907 | |
| 3 | Henriette Brekke | 88 | Vestkantsvømmerne | 27,44 | 813 | |
| 4 | Victoria S. Løken | 91 | Team Stavanger | 27,52 | 806 | |
| 5 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 28,15 | 753 | |
| 6 | Anette Fidjeland | 80 | IL Varg | 28,22 | 748 | |

Funksjonshemmede

| | | | | | | |
|---|------------------|----|-------------------|-------|-----|--------------|
| 1 | Hanne Farestvedt | 93 | Åstveit SK | 39,09 | 281 | S14 125,89 % |
| 2 | Linn Haugen | 87 | Vestkantsvømmerne | 41,02 | 243 | S9 125,98 % |

Øvelse 23. 4*200m fri, herrer - Direkte finale

Senior

| | | | | | |
|---|------------------------|----------------|-----------------|---------|-----|
| 1 | Bærumsv G1 sr. | SR | Bærumsvømmerne | 7.28,81 | 840 |
| | | 26,61(26,61) | 54,91(28,30) | | |
| | Stian Werner Erichsen: | 1.24,05(29,14) | 1.54,54(30,49) | 1.54,54 | |
| | | 2.19,25(24,71) | 2.47,56(28,31) | | |
| | Øystein R. Hetland: | 3.16,69(29,13) | 3.46,12(29,43) | 1.51,58 | |
| | | 4.12,05(25,93) | 4.40,81(28,76) | | |
| | Christer Koch Kvam: | 5.09,88(29,07) | 5.38,30(28,42) | 1.52,18 | |
| | | 6.03,74(25,44) | 6.31,92(28,18) | | |
| | Lars Andre Tolås: | 6.59,94(28,02) | 7.28,81(28,87) | 1.50,51 | |
| 2 | Lambertseter SK G1 sr. | SR | Lambertseter SK | 7.36,22 | 799 |
| | | 27,02(27,02) | 55,69(28,67) | | |
| | Christian Thorsen: | 1.24,14(28,45) | 1.52,90(28,76) | 1.52,90 | |
| | | 2.18,76(25,86) | 2.47,80(29,04) | | |
| | Mikael Bergene: | 3.16,88(29,08) | 3.45,61(28,73) | 1.52,71 | |
| | | 4.11,96(26,35) | 4.40,74(28,78) | | |
| | Petter Braarud: | 5.10,22(29,48) | 5.38,89(28,67) | 1.53,28 | |
| | | 6.05,57(26,68) | 6.35,33(29,76) | | |
| | Sindre Eilertsen: | 7.05,73(30,40) | 7.36,22(30,49) | 1.57,33 | |

| | | | | | |
|---|--------------------------|----------------|-----------------|---------|-----|
| 3 | Bergens SC G1 sr. | SR | Bergens SC | 7.37,96 | 790 |
| | | 27,15(27,15) | 56,90(29,75) | | |
| | Øivind A. S. Reinertsen: | 1.27,38(30,48) | 1.58,21(30,83) | 1.58,21 | |
| | | 2.25,03(26,82) | 2.54,44(29,41) | | |
| | Stian S. Langeland: | 3.24,49(30,05) | 3.54,25(29,76) | 1.56,04 | |
| | | 4.19,88(25,63) | 4.49,66(29,78) | | |
| | Lavrans Solli: | 5.20,53(30,87) | 5.51,55(31,02) | 1.57,30 | |
| | | 6.15,88(24,33) | 6.42,94(27,06) | | |
| | Gard Kvale: | 7.10,64(27,70) | 7.37,96(27,32) | 1.46,41 | |
| 4 | Bergensv. G1 sr. | SR | Bergensvømmerne | 7.38,61 | 787 |
| | | 25,69(25,69) | 53,33(27,64) | | |
| | Sander Smørdal: | 1.21,49(28,16) | 1.50,32(28,83) | 1.50,32 | |
| | | 2.16,27(25,95) | 2.45,46(29,19) | | |
| | Marcus Tesdal: | 3.15,99(30,53) | 3.47,26(31,27) | 1.56,94 | |
| | | 4.13,35(26,09) | 4.42,58(29,23) | | |
| | Even Vike Holm: | 5.12,72(30,14) | 5.42,08(29,36) | 1.54,82 | |
| | | 6.08,58(26,50) | 6.37,97(29,39) | | |
| | Sebastian Stordal: | 7.08,47(30,50) | 7.38,61(30,14) | 1.56,53 | |
| 5 | Team Stavanger G1 sr. | SR | Team Stavanger | 7.40,11 | 779 |
| | | 26,22(26,22) | 54,49(28,27) | | |
| | Ole Martin Ree: | 1.23,45(28,96) | 1.52,34(28,89) | 1.52,34 | |
| | | 2.18,12(25,78) | 2.48,07(29,95) | | |
| | Bjarte Ravndal: | 3.18,62(30,55) | 3.49,03(30,41) | 1.56,69 | |
| | | 4.15,94(26,91) | 4.46,58(30,64) | | |
| | Lars E Borsheim: | 5.18,40(31,82) | 5.50,51(32,11) | 2.01,48 | |
| | | 6.15,13(24,62) | 6.43,04(27,91) | | |
| | Jørgen Møllerop: | 7.11,31(28,27) | 7.40,11(28,80) | 1.49,60 | |
| 6 | Bærumsv G2 sr. | SR | Bærumsvømmerne | 7.43,84 | 761 |
| | | 27,37(27,37) | 57,15(29,78) | | |
| | Tor Hafnor: | 1.27,45(30,30) | 1.58,13(30,68) | 1.58,13 | |
| | | 2.24,76(26,63) | 2.54,50(29,74) | | |
| | Robert Aronsen: | 3.24,87(30,37) | 3.54,49(29,62) | 1.56,36 | |
| | | 4.20,52(26,03) | 4.49,38(28,86) | | |
| | Vegard Løvberg: | 5.19,10(29,72) | 5.49,09(29,99) | 1.54,60 | |
| | | 6.15,19(26,10) | 6.44,30(29,11) | | |
| | Elias Damman: | 7.14,07(29,77) | 7.43,84(29,77) | 1.54,75 | |
| 7 | Lambertseter SK G2 sr. | SR | Lambertseter SK | 7.51,65 | 723 |
| | | 27,99(27,99) | 58,33(30,34) | | |
| | David Evja: | 1.28,81(30,48) | 1.58,22(29,41) | 1.58,22 | |
| | | 2.24,61(26,39) | 2.54,82(30,21) | | |
| | Mats Andre Fredriksen: | 3.25,55(30,73) | 3.55,79(30,24) | 1.57,57 | |
| | | 4.21,91(26,12) | 4.51,20(29,29) | | |
| | Mikkel Brudvik Sanderud: | 5.22,33(31,13) | 5.52,08(29,75) | 1.56,29 | |
| | | 6.18,74(26,66) | 6.49,51(30,77) | | |
| | Alexander Schüssler: | 7.20,34(30,83) | 7.51,65(31,31) | 1.59,57 | |
| 8 | Bergensv. G2 sr. | SR | Bergensvømmerne | 8.01,59 | 680 |
| | | 27,87(27,87) | 58,42(30,55) | | |
| | Eivind Johannesen: | 1.29,24(30,82) | 1.59,85(30,61) | 1.59,85 | |
| | | 2.27,22(27,37) | 2.57,81(30,59) | | |
| | Eirik Runningen: | 3.28,89(31,08) | 4.00,03(31,14) | 2.00,18 | |
| | | 4.26,42(26,39) | 4.56,56(30,14) | | |
| | Alexander Mokkelbost: | 5.27,45(30,89) | 5.58,85(31,40) | 1.58,82 | |
| | | 6.26,80(27,95) | 6.57,26(30,46) | | |
| | Espen Halhjem: | 7.29,61(32,35) | 8.01,59(31,98) | 2.02,74 | |
| 9 | Stavanger SC G1 sr. | SR | Stavanger SC | 8.24,23 | 592 |
| | | 28,33(28,33) | 58,90(30,57) | | |
| | Henning S. Pryde: | 1.30,25(31,35) | 2.00,28(30,03) | 2.00,28 | |
| | | 2.28,29(28,01) | 3.00,13(31,84) | | |
| | Hans Østerdal: | 3.33,54(33,41) | 4.07,43(33,89) | 2.07,15 | |
| | | 4.34,46(27,03) | 5.05,90(31,44) | | |
| | Fredrik K Hegdal: | 5.38,68(32,78) | 6.10,97(32,29) | 2.03,54 | |
| | | 6.40,39(29,42) | 7.14,13(33,74) | | |
| | Christian Juvik: | 7.49,26(35,13) | 8.24,23(34,97) | 2.13,26 | |

Øvelse 24. 4*100m fri, damer - Direkte finale

Senior

| | | | | | | |
|----|--------------------------|----------------|-------------------|---------|---------|-----|
| 1 | Asker SK J1 sr. | SR | Asker SK | | 3.50,58 | 822 |
| | Siri Eva Kristiansen: | 28,76(28,76) | 59,06(30,30) | 59,06 | | |
| | Nora Kathrine Guthe: | 1.27,15(28,09) | 1.58,04(30,89) | 58,98 | | |
| | Sofie Gjemmestad: | 2.25,18(27,14) | 2.56,04(30,86) | 58,00 | | |
| | Ingvild Snildal: | 3.22,51(26,47) | 3.50,58(28,07) | 54,54 | | |
| 2 | Team Stavanger J1 sr. | SR | Team Stavanger | | 3.51,33 | 814 |
| | Victoria S. Løken: | 27,01(27,01) | 56,13(29,12) | 56,13 | | |
| | Vibeke Brigg: | 1.23,09(26,96) | 1.54,34(31,25) | 58,21 | | |
| | Karen Stødle: | 2.21,90(27,56) | 2.53,14(31,24) | 58,80 | | |
| | Trine Hovda: | 3.20,56(27,42) | 3.51,33(30,77) | 58,19 | | |
| 3 | Vestkantsv. J1 sr. | SR | Vestkantsvømmerne | | 3.52,67 | 800 |
| | Henriette Brekke: | 25,94(25,94) | 55,05(29,11) | 55,05 | | |
| | Andrea Haugstad: | 1.23,29(28,24) | 1.54,40(31,11) | 59,35 | | |
| | Benedicte Kausland: | 2.22,83(28,43) | 2.53,41(30,58) | 59,01 | | |
| | Stine Vindenes: | 3.21,61(28,20) | 3.52,67(31,06) | 59,26 | | |
| 4 | Lambertseter SK J1 sr. | SR | Lambertseter SK | | 3.57,45 | 752 |
| | Heidi Vainio Gjøen: | 29,13(29,13) | 1.00,16(31,03) | 1.00,16 | | |
| | Elisabeth H. Svensson: | 1.28,68(28,52) | 1.59,35(30,67) | 59,19 | | |
| | Emilie Hellerud: | 2.27,63(28,28) | 2.59,14(31,51) | 59,79 | | |
| | Ingrid N. Knutzen: | 3.27,11(27,97) | 3.57,45(30,34) | 58,31 | | |
| 5 | Bærumsv J1 sr. | SR | Bærumsvømmerne | | 3.57,88 | 748 |
| | Elisabeth Jarland: | 28,41(28,41) | 58,33(29,92) | 58,33 | | |
| | Emilie N. Løvberg: | 1.26,64(28,31) | 1.58,46(31,82) | 1.00,13 | | |
| | Kristine Mella: | 2.26,91(28,45) | 2.57,76(30,85) | 59,30 | | |
| | Andrea Westbye: | 3.26,12(28,36) | 3.57,88(31,76) | 1.00,12 | | |
| 6 | IL Varg J1 sr. | SR | IL Varg | | 4.00,07 | 728 |
| | Kari Flottorp: | 29,52(29,52) | 1.01,76(32,24) | 1.01,76 | | |
| | Anette Fidjeland: | 1.29,83(28,07) | 1.59,75(29,92) | 57,99 | | |
| | Maren Ekeland: | 2.28,28(28,53) | 3.00,03(31,75) | 1.00,28 | | |
| | Rebecca Calder: | 3.28,23(28,20) | 4.00,07(31,84) | 1.00,04 | | |
| 7 | Bergens SLK J1 sr. | SR | Bergens SLK | | 4.00,13 | 727 |
| | Kaja Bremer: | 30,05(30,05) | 1.01,42(31,37) | 1.01,42 | | |
| | Karoline Pedersen: | 1.29,77(28,35) | 2.01,53(31,76) | 1.00,11 | | |
| | Aslaug Marie Hjelmaas: | 2.29,80(28,27) | 3.01,11(31,31) | 59,58 | | |
| | Martine Bremer: | 3.29,14(28,03) | 4.00,13(30,99) | 59,02 | | |
| 8 | Team Stavanger J2 sr. | SR | Team Stavanger | | 4.01,32 | 717 |
| | Victoria Rung: | 28,79(28,79) | 59,78(30,99) | 59,78 | | |
| | Christine Ørland: | 1.28,72(28,94) | 2.00,70(31,98) | 1.00,92 | | |
| | Marthe Berg Sørensen: | 2.29,50(28,80) | 3.01,19(31,69) | 1.00,49 | | |
| | Eva Marie W. Østerhus: | 3.30,01(28,82) | 4.01,32(31,31) | 1.00,13 | | |
| 9 | Vestkantsv. J2 sr. | SR | Vestkantsvømmerne | | 4.02,60 | 705 |
| | Marie Reinertsen: | 30,05(30,05) | 1.01,96(31,91) | 1.01,96 | | |
| | Marthe Helene Haganes: | 1.30,84(28,88) | 2.01,61(30,77) | 59,65 | | |
| | Line Møllerop: | 2.30,65(29,04) | 3.01,73(31,08) | 1.00,12 | | |
| | Marie Øverland: | 3.30,56(28,83) | 4.02,60(32,04) | 1.00,87 | | |
| 10 | Lambertseter SK J2 sr. | SR | Lambertseter SK | | 4.03,37 | 699 |
| | Pia Cornelia Braarud: | 29,12(29,12) | 1.00,30(31,18) | 1.00,30 | | |
| | Line Løvberg: | 1.29,31(29,01) | 2.00,94(31,63) | 1.00,64 | | |
| | Sara Nordenstam: | 2.30,69(29,75) | 3.03,47(32,78) | 1.02,53 | | |
| | Merete Løvberg: | 3.32,30(28,83) | 4.03,37(31,07) | 59,90 | | |
| 11 | Bergensv. J1 sr. | SR | Bergensvømmerne | | 4.03,57 | 697 |
| | Hanne Sjøfteland: | 29,66(29,66) | 1.01,04(31,38) | 1.01,04 | | |
| | Monica Finnøy: | 1.29,95(28,91) | 2.01,98(32,03) | 1.00,94 | | |
| | Siri Løvold Magnussen: | 2.30,31(28,33) | 3.01,14(30,83) | 59,16 | | |
| | Katrine Jensen: | 3.30,31(29,17) | 4.03,57(33,26) | 1.02,43 | | |
| 12 | Skjetten Svømming J1 sr. | SR | Skjetten Svømming | | 4.06,91 | 669 |
| | Terese Langlo: | 29,58(29,58) | 1.00,90(31,32) | 1.00,90 | | |
| | Helene Solberg: | 1.30,34(29,44) | 2.02,32(31,98) | 1.01,42 | | |
| | Iselin Mjøllner Dahlen: | 2.32,02(29,70) | 3.04,69(32,67) | 1.02,37 | | |
| | Marie Svensson: | 3.33,90(29,21) | 4.06,91(33,01) | 1.02,22 | | |
| 13 | Bergens SC J1 sr. | SR | Bergens SC | | 4.10,07 | 644 |
| | Hedvig Hjertaker: | 29,97(29,97) | 1.02,82(32,85) | 1.02,82 | | |
| | Ingse Bergh Monsen: | 1.32,36(29,54) | 2.04,77(32,41) | 1.01,95 | | |
| | Eirin Arnesen: | 2.33,97(29,20) | 3.06,09(32,12) | 1.01,32 | | |
| | Eli Kristin Ølmheim: | 3.35,60(29,51) | 4.10,07(34,47) | 1.03,98 | | |

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|----|----------------------|----------------|----------------|---------|---------|-----|
| 14 | Øvre Eiker SK J1 sr. | SR | Øvre Eiker SK | | 4.12,09 | 629 |
| | Inger-Cathrine Wium: | 30,75(30,75) | 1.03,61(32,86) | 1.03,61 | | |
| | Guro Knutsen: | 1.33,57(29,96) | 2.05,99(32,42) | 1.02,38 | | |
| | Stine Lise Stenseth: | 2.35,15(29,16) | 3.07,64(32,49) | 1.01,65 | | |
| | Siri Anette Sønju: | 3.38,14(30,50) | 4.12,09(33,95) | 1.04,45 | | |
| 15 | IL Norodd J1 sr. | SR | IL Norodd | | 4.25,33 | 539 |
| | Monica Helen Haugen: | 31,26(31,26) | 1.05,09(33,83) | 1.05,09 | | |
| | Linda Merete Haugen: | 1.36,08(30,99) | 2.11,10(35,02) | 1.06,01 | | |
| | Sofie Sagli: | 2.42,41(31,31) | 3.16,97(34,56) | 1.05,87 | | |
| | Ann Helen Hesjevik: | 3.48,91(31,94) | 4.25,33(36,42) | 1.08,36 | | |

Lørdag 28. mars 2009 kl 09.00

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

Senior

| | | | | | |
|---|-------------------------|----------------|---------------------|----------------|-----|
| 1 | Jacqueline Knutsson | 93 | Kongstensvømmerne | 4.59,19 | 745 |
| | 31,44(31,44) | 1.07,73(36,29) | 1.46,49(38,76) | 2.24,75(38,26) | |
| | 3.06,98(42,23) | 3.50,33(43,35) | 4.25,12(34,79) | 4.59,19(34,07) | |
| 2 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 5.06,74 | 692 |
| | 30,93(30,93) | 1.07,68(36,75) | 1.46,89(39,21) | 2.26,26(39,37) | |
| | 3.11,19(44,93) | 3.57,01(45,82) | 4.32,77(35,76) | 5.06,74(33,97) | |
| 3 | Sophia Broberg Skeltved | 92 | Tromsø SK/NTG | 5.08,62 | 679 |
| | 33,16(33,16) | 1.11,09(37,93) | 1.51,27(40,18) | 2.30,57(39,30) | |
| | 3.12,69(42,12) | 3.55,34(42,65) | 4.32,51(37,17) | 5.08,62(36,11) | |
| 4 | Andrea Hestdal | 94 | Åstveit SK | 5.11,29 | 662 |
| | 32,97(32,97) | 1.10,98(38,01) | 1.51,91(40,93) | 2.32,10(40,19) | |
| | 3.14,40(42,30) | 3.58,22(43,82) | 4.35,02(36,80) | 5.11,29(36,27) | |
| 5 | Julie Torgersen Nilsen | 92 | Hamar IL | 5.15,00 | 639 |
| | 35,43(35,43) | 1.14,08(38,65) | 1.54,38(40,30) | 2.35,29(40,91) | |
| | 3.19,05(43,76) | 4.03,43(44,38) | 4.40,09(36,66) | 5.15,00(34,91) | |
| 6 | Guro Knutsen | 91 | Øvre Eiker SK | 5.26,10 | 576 |
| | 33,03(33,03) | 1.11,48(38,45) | 1.54,29(42,81) | 2.35,95(41,66) | |
| | 3.23,20(47,25) | 4.11,00(47,80) | 4.49,11(38,11) | 5.26,10(36,99) | |
| | Lise Sand Syversen | 95 | Delfana | DISK | |

Øvelse 26. 4*50m fri, herrer - Forsøk

Senior

| | | | | | |
|---|-----------------------------|----------------|-------------------|---------|-----|
| 1 | IL Varg G1 sr. | SR | IL Varg | 1.32,24 | 810 |
| | Mattis Saghaug: | 23,38(23,38) | | | |
| | Petter Sjødal: | 46,26(22,88) | | | |
| | Jari K. Mikkelsen: | 1.09,44(23,18) | | | |
| | Karl Otto Bratt: | 1.32,24(22,80) | | | |
| 2 | Bergensv. G1 sr. | SR | Bergensvømmerne | 1.33,35 | 781 |
| | Sander Smørdal: | 22,98(22,98) | | | |
| | Ørjan Cato Johnsen: | 46,40(23,42) | | | |
| | Petter Solberg: | 1.09,62(23,22) | | | |
| | Eirik Runningen: | 1.33,35(23,73) | | | |
| 3 | Bærumsv G1 sr. | SR | Bærumsvømmerne | 1.34,19 | 761 |
| | Christer Koch Kvam: | 23,92(23,92) | | | |
| | Øystein R. Hetland: | 46,64(22,72) | | | |
| | Lars Andre Tolås: | 1.09,88(23,24) | | | |
| | Stian Werner Erichsen: | 1.34,19(24,31) | | | |
| 4 | Lambertseter SK G1 sr. | SR | Lambertseter SK | 1.34,83 | 745 |
| | Mikael Bergene: | 24,07(24,07) | | | |
| | Petter Braarud: | 47,62(23,55) | | | |
| | Christian Thorsen: | 1.11,30(23,68) | | | |
| | Sindre Eilertsen: | 1.34,83(23,53) | | | |
| 5 | IL Varg G2 sr. | SR | IL Varg | 1.34,93 | 743 |
| | Håkon Skårud Karlsen: | 24,54(24,54) | | | |
| | Bjørnar Gaasvik: | 48,15(23,61) | | | |
| | Jonas Noreng Ravn: | 1.11,34(23,19) | | | |
| | Rune Christensen: | 1.34,93(23,59) | | | |
| 6 | Vestkantsv. G1 sr. | SR | Vestkantsvømmerne | 1.35,32 | 734 |
| | Alexander Dale Oen: | 23,88(23,88) | | | |
| | Alexander Broberg Skeltved: | 47,46(23,58) | | | |
| | Kim Torry Simmenes: | 1.11,11(23,65) | | | |
| | Joachim André Jakobsen: | 1.35,32(24,21) | | | |

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|----|----------------------------------|----------------|------------------|---------|-----|
| 7 | Team Stavanger G1 sr. | SR | Team Stavanger | 1.35,78 | 723 |
| | Jørgen Møllerop: | 23,57(23,57) | | | |
| | Bjarte Ravndal: | 47,39(23,82) | | | |
| | Ole Martin Ree: | 1.10,76(23,37) | | | |
| | Erling Mjøs Brattelid: | 1.35,78(25,02) | | | |
| 8 | Mandal SK G1 sr. | SR | Mandal SK | 1.36,35 | 711 |
| | Per Sondre Sodeland: | 24,10(24,10) | | | |
| | Tord Eirik Seyffarth: | 49,28(25,18) | | | |
| | Alexander B. Havre: | 1.12,76(23,48) | | | |
| | Bernt M. Seyffarth: | 1.36,35(23,59) | | | |
| 9 | Bergensv. G2 sr. | SR | Bergensvømmerne | 1.37,20 | 692 |
| | Espen Halhjem: | 25,37(25,37) | | | |
| | Alexander Mokkelbost: | 49,51(24,14) | | | |
| | Even Vike Holm: | 1.13,68(24,17) | | | |
| | Marcus Tesdal: | 1.37,20(23,52) | | | |
| 10 | Lambertseter SK G2 sr. | SR | Lambertseter SK | 1.37,24 | 691 |
| | David Evja: | 24,91(24,91) | | | |
| | Mats Andre Fredriksen: | 48,50(23,59) | | | |
| | Mikkel Brudvik Sanderud: | 1.12,56(24,06) | | | |
| | Alexander Schüssler: | 1.37,24(24,68) | | | |
| 11 | Vestbyen IL G1 sr. | SR | Vestbyen IL | 1.37,61 | 683 |
| | Erlend Alvestad: | 23,84(23,84) | | | |
| | Per Alexander Fladvad: | 48,75(24,91) | | | |
| | Emil Brennløkken: | 1.13,22(24,47) | | | |
| | Erlend Wærnes: | 1.37,61(24,39) | | | |
| 12 | Bærumsv G2 sr. | SR | Bærumsvømmerne | 1.38,68 | 661 |
| | Tor Hafnor: | 24,50(24,50) | | | |
| | Robert Aronsen: | 48,58(24,08) | | | |
| | Vegard Løvberg: | 1.14,13(25,55) | | | |
| | Carl Andreas Wathne: | 1.38,68(24,55) | | | |
| 13 | Stavanger SC G1 sr. | SR | Stavanger SC | 1.42,97 | 582 |
| | Hans Østerdal: | 25,28(25,28) | | | |
| | Jørn Nygård: | 51,09(25,81) | | | |
| | Henning S. Pryde: | 1.16,62(25,53) | | | |
| | Christian Juvik: | 1.42,97(26,35) | | | |
| 14 | Kristiansund SLK G1 sr. | SR | Kristiansund SLK | 1.55,25 | 415 |
| | Harald M Aarsund: | 27,83(27,83) | | | |
| | Ole Christian Reid Dybvikstrand: | | 55,23(27,40) | | |
| | Christian Christensen: | 1.22,04(26,81) | | | |
| | Kjell Inge Bruseth: | 1.55,25(33,21) | | | |
| 15 | IL Norodd G1 sr. | SR | IL Norodd | 2.01,10 | 358 |
| | Lasse Morch Steen: | 28,57(28,57) | | | |
| | Daniel Jose Gundersen: | 59,33(30,76) | | | |
| | Vidar Andresen Olsen: | 1.29,66(30,33) | | | |
| | Kristian Skjerven: | 2.01,10(31,44) | | | |

Øvelse 27. 200m fri, damer - Forsøk

Senior

| | | | | | |
|---|------------------------|----------------|-----------------------|----------------|-----|
| 1 | Henriette Brekke | 88 | Vestkantsvømmerne | 2.02,94 | 822 |
| | 28,20(28,20) | 58,91(30,71) | 1.30,43(31,52) | 2.02,94(32,51) | |
| 2 | Gina B. Andersen | 90 | Skjetten Svømming/NTG | 2.04,59 | 790 |
| | 29,84(29,84) | 1.01,00(31,16) | 1.32,85(31,85) | 2.04,59(31,74) | |
| 3 | Cecilie W. Johannessen | 90 | Karmøy SK | 2.04,64 | 789 |
| | 29,22(29,22) | 1.00,77(31,55) | 1.32,78(32,01) | 2.04,64(31,86) | |
| 4 | Elisabeth Jarland | 85 | Bærumsvømmerne | 2.04,66 | 789 |
| | 29,35(29,35) | 1.01,10(31,75) | 1.33,14(32,04) | 2.04,66(31,52) | |
| 5 | Elin Slaatmo | 92 | Hamar IL | 2.04,97 | 783 |
| | 29,86(29,86) | 1.01,47(31,61) | 1.33,90(32,43) | 2.04,97(31,07) | |
| 6 | Victoria S. Løken | 91 | Team Stavanger | 2.05,99 | 764 |
| | 29,49(29,49) | 1.01,04(31,55) | 1.33,73(32,69) | 2.05,99(32,26) | |
| 7 | Ingrid N. Knutzen | 91 | Lambertseter SK/NTG | 2.06,17 | 761 |
| | 29,77(29,77) | 1.01,17(31,40) | 1.33,94(32,77) | 2.06,17(32,23) | |
| 8 | Victoria Rung | 92 | TS/Frisinn | 2.08,42 | 721 |
| | 30,09(30,09) | 1.02,53(32,44) | 1.35,62(33,09) | 2.08,42(32,80) | |

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|----|---------------------------------------|----|---------------------------------------|---------|-----|
| 9 | Pia Cornelia Braarud 30,13(30,13) | 93 | Lambertseter SK 1.36,09(33,21) | 2.08,92 | 713 |
| | 1.02,88(32,75) | | 2.08,92(32,83) | | |
| 10 | Eva Marie W. Østerhus 30,01(30,01) | 94 | TS/Madla SK 1.36,41(33,48) | 2.09,15 | 709 |
| | 1.02,93(32,92) | | 2.09,15(32,74) | | |
| 11 | Karoline Pedersen 29,87(29,87) | 94 | Bergens SLK 1.36,25(33,66) | 2.09,67 | 701 |
| | 1.02,59(32,72) | | 2.09,67(33,42) | | |
| 12 | Nora Kathrine Guthe 30,11(30,11) | 91 | Asker SK 1.35,96(33,62) | 2.09,75 | 699 |
| | 1.02,34(32,23) | | 2.09,75(33,79) | | |
| 13 | Line W. Lund 29,93(29,93) | 91 | Moss SK 1.35,48(33,35) | 2.09,85 | 698 |
| | 1.02,13(32,20) | | 2.09,85(34,37) | | |
| 14 | Sofie Gjemmestad 30,06(30,06) | 89 | Asker SK 1.36,40(33,54) | 2.10,21 | 692 |
| | 1.02,86(32,80) | | 2.10,21(33,81) | | |
| 15 | Martine Bremer 30,09(30,09) | 90 | Bergens SLK 1.37,05(33,79) | 2.10,78 | 683 |
| | 1.03,26(33,17) | | 2.10,78(33,73) | | |
| 16 | Emilie Hellerud 30,19(30,19) | 92 | Lambertseter SK/NTG 1.37,06(33,95) | 2.10,82 | 682 |
| | 1.03,11(32,92) | | 2.10,82(33,76) | | |
| 17 | Monica Finnøy 30,50(30,50) | 88 | BS/Bergen SLK 1.37,32(34,04) | 2.11,23 | 676 |
| | 1.03,28(32,78) | | 2.11,23(33,91) | | |

Øvelse 28. 200m butterfly, herrer - Forsøk

Senior

| | | | | | |
|----|--|----|-------------------------------------|---------|-----|
| 1 | Alexander Broberg Skeltved 28,05(28,05) | 87 | Vestkantsvømmerne 1.31,94(32,06) | 2.03,87 | 751 |
| | 59,88(31,83) | | 2.03,87(31,93) | | |
| 2 | Øivind A. S. Reinertsen 28,31(28,31) | 88 | Bergens SC 1.33,60(33,04) | 2.06,09 | 712 |
| | 1.00,56(32,25) | | 2.06,09(32,49) | | |
| 3 | Stian S. Langeland 27,35(27,35) | 89 | Bergens SC 1.31,92(33,04) | 2.06,48 | 705 |
| | 58,88(31,53) | | 2.06,48(34,56) | | |
| 4 | Sebastian Stordal 27,86(27,86) | 91 | BS/Delfana 1.33,73(33,63) | 2.07,14 | 694 |
| | 1.00,10(32,24) | | 2.07,14(33,41) | | |
| 5 | Tor Hafnor 28,83(28,83) | 91 | Bærumsvømmerne 1.34,92(33,03) | 2.07,41 | 690 |
| | 1.01,89(33,06) | | 2.07,41(32,49) | | |
| 6 | Gard Kvale 28,31(28,31) | 84 | Bergens SC 1.34,07(33,40) | 2.08,64 | 670 |
| | 1.00,67(32,36) | | 2.08,64(34,57) | | |
| 7 | Ole Martin Ree 28,97(28,97) | 92 | TS/Sola SK 1.35,95(34,02) | 2.10,09 | 648 |
| | 1.01,93(32,96) | | 2.10,09(34,14) | | |
| 8 | Christian Thorsen 29,44(29,44) | 91 | Lambertseter SK 1.37,88(34,65) | 2.11,94 | 621 |
| | 1.03,23(33,79) | | 2.11,94(34,06) | | |
| 9 | Carl Andreas Wathne 29,51(29,51) | 91 | Bærumsvømmerne 1.37,47(34,36) | 2.13,64 | 598 |
| | 1.03,11(33,60) | | 2.13,64(36,17) | | |
| 10 | Oscar Slaatmo 30,28(30,28) | 94 | Hamar IL 1.39,71(35,06) | 2.14,75 | 583 |
| | 1.04,65(34,37) | | 2.14,75(35,04) | | |
| 11 | Jan Aleksander Bakke 29,14(29,14) | 91 | Asker SK 1.37,09(35,06) | 2.15,36 | 575 |
| | 1.02,03(32,89) | | 2.15,36(38,27) | | |
| 12 | Espen Halhjem 28,92(28,92) | 92 | BS/Delfana 1.38,87(36,15) | 2.15,50 | 573 |
| | 1.02,72(33,80) | | 2.15,50(36,63) | | |
| 13 | Fredrik K Hegdal 29,57(29,57) | 94 | Stavanger SC 1.40,30(36,49) | 2.17,07 | 554 |
| | 1.03,81(34,24) | | 2.17,07(36,77) | | |
| 14 | Lars E Borsheim 29,26(29,26) | 80 | TS/Madla SK 1.39,91(36,34) | 2.17,50 | 549 |
| | 1.03,57(34,31) | | 2.17,50(37,59) | | |
| 15 | Christer M. Hagen 30,31(30,31) | 91 | Fauske SK 1.39,16(35,02) | 2.17,85 | 544 |
| | 1.04,14(33,83) | | 2.17,85(38,69) | | |
| 16 | Martin Hals 30,04(30,04) | 91 | Øvre Eiker SK 1.41,25(36,36) | 2.19,11 | 530 |
| | 1.04,89(34,85) | | 2.19,11(37,86) | | |
| 17 | Erlend Ulveseter 29,57(29,57) | 92 | Åstveit SK 1.41,42(36,68) | 2.19,32 | 527 |
| | 1.04,74(35,17) | | 2.19,32(37,90) | | |
| 18 | Jonas Kirkeberg Jostad 30,81(30,81) | 92 | Hamar IL 1.40,69(36,40) | 2.19,78 | 522 |
| | 1.04,29(33,48) | | 2.19,78(39,09) | | |
| 19 | Morten Bordervich 31,60(31,60) | 94 | Sola SK 1.44,09(36,81) | 2.21,05 | 508 |
| | 1.07,28(35,68) | | 2.21,05(36,96) | | |
| | Christian Juvik | 93 | Stavanger SC | DISK | |

Øvelse 29. 100m rygg, damer - Forsøk

Senior

| | | | | | | | |
|----|---|----|-----------------------|--------|---------|-----|----|
| 1 | Katharina Stiberg 28,44(28,44) | 88 | Bjerkvik SK | | 59,56 | 940 | NR |
| 2 | Oda Marie Siljan 30,78(30,78) | 92 | Poseidon | (0,69) | 1.04,16 | 752 | |
| 3 | Heidi Vainio Gjøen 31,41(31,41) | 88 | Lambertseter SK | (0,67) | 1.04,32 | 746 | |
| 4 | Elisabeth H. Svensson 31,43(31,43) | 91 | Lambertseter SK/NTG | (0,66) | 1.04,36 | 745 | |
| 5 | Karen Stødle 31,95(31,95) | 87 | Team Stavanger | | 1.05,52 | 706 | |
| 6 | Aslaug Marie Hjelmaas 31,91(31,91) | 95 | Bergens SLK | (0,74) | 1.05,80 | 697 | |
| 7 | Ragnhild Søfteland 31,92(31,92) | 92 | Bergens SC | (0,66) | 1.06,10 | 688 | |
| 8 | Camilla Moe 32,55(32,55) | 92 | Ås IL | (0,74) | 1.06,50 | 675 | |
| 9 | Iselin Mjøllner Dahlen 32,25(32,25) | 92 | Skjetten Svømming/NTG | (0,69) | 1.06,69 | 670 | |
| 10 | Veronica Orheim Bjørlykke 32,69(32,69) | 94 | Aalesund SLK | (0,82) | 1.07,29 | 652 | |
| 11 | Seline Vike Holm 32,61(32,61) | 92 | Arna SLK | (0,56) | 1.07,57 | 644 | |
| 12 | Marthe Helene Haganen 33,09(33,09) | 93 | Vestkantsvømmerne | (0,66) | 1.07,65 | 642 | |
| 13 | Katja Heinänen 33,29(33,29) | 90 | BS/Bergen SLK | (0,60) | 1.07,68 | 641 | |
| 14 | Trine Hovda 32,42(32,42) | 90 | TS/Madla SK | (0,59) | 1.07,96 | 633 | |
| 15 | Nicole T. Næsheim 33,41(33,41) | 91 | Stavanger SC | (0,66) | 1.08,03 | 631 | |
| 16 | Benedicte Kausland 32,75(32,75) | 92 | Vestkantsvømmerne | (0,69) | 1.08,25 | 625 | |
| 17 | Jacqueline Knutsson 32,63(32,63) | 93 | Kongstensvømmerne | (0,72) | 1.08,42 | 620 | |
| 18 | Elisabeth Kristiansen 33,23(33,23) | 92 | Haugesund SK | (0,73) | 1.08,57 | 616 | |
| 19 | Julie Borgen 33,20(33,20) | 91 | Sarpsborg IL | (0,81) | 1.08,81 | 610 | |
| 20 | Monica W. Johannessen 33,24(33,24) | 90 | Karmøy SK | (0,71) | 1.09,45 | 593 | |
| 21 | Ida Nordbø 33,46(33,46) | 89 | TS/Madla SK | (0,66) | 1.10,28 | 572 | |
| 22 | Marie Øverland 34,16(34,16) | 94 | Vestkantsvømmerne | (0,71) | 1.10,40 | 569 | |
| 23 | Thea Pedersen 34,03(34,03) | 91 | Moss SK | (0,76) | 1.10,65 | 563 | |
| 24 | Victoria T. Solberg 33,62(33,62) | 89 | Asker SK | (0,68) | 1.11,08 | 553 | |

Funksjonshemmede

| | | | | | | | |
|---|----------------------------------|----|-------------------|--------|---------|-----|--------------|
| 1 | Tonje Immerstein 42,32(42,32) | 89 | Sandnes SLK | (0,64) | 1.27,77 | 293 | S10 124,37 % |
| 2 | Linn Haugen 44,19(44,19) | 87 | Vestkantsvømmerne | (1,02) | 1.31,22 | 261 | S9 131,63 % |
| 3 | Hanne Farestvedt 44,96(44,96) | 93 | Åstveit SK | | 1.33,41 | 243 | S14 133,9 % |
| 4 | Ingrid Djupskås 46,11(46,11) | 89 | Asker SK | (0,83) | 1.34,31 | 236 | S9 136,09 % |

Øvelse 30. 100m fri, herrer - Forsøk

Senior

| | | | | | | |
|----|---|--------------|----|--------------------|-------|-----|
| 1 | Sander Smørdal 24,49(24,49) | 50,45(25,96) | 85 | BS/Arna | 50,45 | 808 |
| 2 | Øystein R. Hetland 24,53(24,53) | 50,96(26,43) | 89 | Bærumsvømmerne | 50,96 | 784 |
| 3 | Lars Andre Tolås 25,00(25,00) | 51,37(26,37) | 88 | Bærumsvømmerne | 51,37 | 765 |
| 4 | Jørgen Møllerop 24,88(24,88) | 51,56(26,68) | 88 | TS/Madla SK | 51,56 | 757 |
| 5 | Bernt M. Seyffarth 24,77(24,77) | 51,77(27,00) | 89 | Mandal SK | 51,77 | 748 |
| 6 | Jonas Noreng Ravn 25,25(25,25) | 52,24(26,99) | 83 | IL Varg | 52,24 | 728 |
| 7 | Petter Solberg 25,57(25,57) | 52,33(26,76) | 85 | BS/Delfana | 52,33 | 724 |
| 8 | Christer Koch Kvam 25,67(25,67) | 52,38(26,71) | 90 | Bærum/NTG | 52,38 | 722 |
| 9 | Mikkel Tørud Lang 25,26(25,26) | 52,73(27,47) | 90 | Ullensakersv | 52,73 | 708 |
| 10 | Petter Braarud 26,01(26,01) | 53,01(27,00) | 89 | Lambertseter SK | 53,01 | 696 |
| 11 | Stian Werner Erichsen 25,51(25,51) | 53,16(27,65) | 90 | Bærumsvømmerne | 53,16 | 691 |
| 12 | Even Vike Holm 25,85(25,85) | 53,35(27,50) | 90 | BS/Arna | 53,35 | 683 |
| 13 | John Hage Gaarder 25,82(25,82) | 53,37(27,55) | 89 | Lørenskog/Rælingen | 53,37 | 682 |
| 14 | Jørn Nygård 26,23(26,23) | 53,44(27,21) | 92 | Stavanger SC | 53,44 | 680 |
| 15 | Mikkel Brudvik Sanderud 26,55(26,55) | 53,51(26,96) | 87 | Lambertseter SK | 53,51 | 677 |
| 16 | Martin Skramstad 25,59(25,59) | 53,58(27,99) | 89 | Hamar IL | 53,58 | 674 |
| 17 | Bjarte Ravndal 25,58(25,58) | 53,99(28,41) | 91 | TS/Sola SK | 53,99 | 659 |
| 18 | Alexander B. Havre 25,76(25,76) | 54,18(28,42) | 90 | Mandal SK | 54,18 | 652 |
| 19 | Joachim André Jakobsen 26,59(26,59) | 55,17(28,58) | 91 | Vestkantsvømmerne | 55,17 | 618 |
| | Mikael Bergene | | 91 | Lambertseter SK | BRUTT | |

Funksjonshemmede

| | | | | | | | |
|---|----------------------------------|----------------|----|-------------|---------|-----|--------------|
| 1 | Roar Mellemseter 36,38(36,38) | 1.17,97(41,59) | 92 | Sunddal SLK | 1.17,97 | 219 | S9 140,99 % |
| 2 | Ola Riise 36,89(36,89) | 1.22,34(45,45) | 77 | Asker SK | 1.22,34 | 185 | S14 148,79 % |

Øvelse 31. 50m fri, damer - Forsøk

Senior

| | | | | | |
|----|------------------------|----|---------------------|-------|--------|
| 1 | Henriette Brekke | 88 | Vestkantsvømmerne | 25,65 | 850 |
| 2 | Cecilie W. Johannessen | 90 | Karmøy SK | 26,14 | 803 |
| 3 | Sofie Gjemmestad | 89 | Asker SK | 26,58 | 764 |
| 4 | Siri Løvold Magnussen | 86 | BS/Delfana | 26,71 | 753 |
| 5 | Victoria S. Løken | 91 | Team Stavanger | 26,93 | 734 DF |
| 6 | Hanne Søfteland | 92 | BS/Delfana | 26,93 | 734 DE |
| 7 | Ina Kr. Pedersen | 89 | Sarpsborg IL | 27,10 | 720 |
| 8 | Elise Strømsvik | 87 | Vestbyen IL | 27,12 | 719 |
| 9 | Karen Stødle | 87 | Team Stavanger | 27,27 | 707 |
| 10 | Martine Bremer | 90 | Bergens SLK | 27,33 | 702 |
| 11 | Emilie N. Løvberg | 95 | Bærumsvømmerne | 27,38 | 699 |
| 12 | Monica W. Johannessen | 90 | Karmøy SK | 27,49 | 690 |
| 12 | Aslaug Marie Hjelmaas | 95 | Bergens SLK | 27,49 | 690 |
| 14 | Siv Fiske | 92 | Tromsø SK/NTG | 27,67 | 677 |
| 15 | Emilie Hellerud | 92 | Lambertseter SK/NTG | 27,78 | 669 |
| 16 | Kristine Mella | 90 | Bærumsvømmerne | 27,92 | 659 |
| 17 | Vibeke Brigg | 89 | TS/Madla SK | 27,94 | 657 |
| 18 | Nora Kathrine Guthe | 91 | Asker SK | 27,97 | 655 |
| 19 | Line W. Lund | 91 | Moss SK | 27,99 | 654 |
| 20 | Rebecca Calder | 87 | IL Varg | 28,03 | 651 |

Øvelse 32. 100m bryst, herrer - Forsøk

Senior

| | | | | | |
|----|------------------------|----------------|-------------------|---------|-----|
| 1 | Alexander Dale Oen | 85 | Vestkantsvømmerne | 1.03,45 | 782 |
| | 29,62(29,62) | 1.03,45(33,83) | | | |
| 2 | Thomas Breivoll | 77 | IL Varg | 1.04,00 | 762 |
| | 29,59(29,59) | 1.04,00(34,41) | | | |
| 3 | Mattis Saghaug | 90 | IL Varg/NTG | 1.04,77 | 735 |
| | 30,41(30,41) | 1.04,77(34,36) | | | |
| 4 | Kristoffer Meisler | 90 | Fauske SK | 1.05,51 | 710 |
| | 30,78(30,78) | 1.05,51(34,73) | | | |
| 5 | Erling Mjøs Brattelid | 91 | TS/Sola SK | 1.05,55 | 709 |
| | 31,12(31,12) | 1.05,55(34,43) | | | |
| 6 | Marcus Tesdal | 90 | BS/Åstveit | 1.05,88 | 698 |
| | 30,78(30,78) | 1.05,88(35,10) | | | |
| 7 | Robin Palm | 88 | Sarpsborg IL | 1.06,08 | 692 |
| | 31,21(31,21) | 1.06,08(34,87) | | | |
| 8 | Sebastian Wigstrøm | 91 | Bærumsvømmerne | 1.06,24 | 687 |
| | 30,91(30,91) | 1.06,24(35,33) | | | |
| 9 | Alexander Møkkelbost | 87 | BS/Delfana | 1.06,49 | 679 |
| | 31,08(31,08) | 1.06,49(35,41) | | | |
| 10 | Sindre Søderlund | 91 | Trondheim SLK/NTG | 1.07,25 | 656 |
| | 31,29(31,29) | 1.07,25(35,96) | | | |
| 11 | Simen Dale | 91 | BS/Delfana | 1.07,30 | 655 |
| | 31,40(31,40) | 1.07,30(35,90) | | | |
| 12 | Bernt M. Seyffarth | 89 | Mandal SK | 1.07,53 | 648 |
| | 31,36(31,36) | 1.07,53(36,17) | | | |
| 13 | Markus Vindenes | 94 | Vestkantsvømmerne | 1.07,93 | 637 |
| | 32,53(32,53) | 1.07,93(35,40) | | | |
| 14 | Robert Aronsen | 86 | Bærumsvømmerne | 1.07,98 | 635 |
| | 31,62(31,62) | 1.07,98(36,36) | | | |
| 15 | Joachim André Jakobsen | 91 | Vestkantsvømmerne | 1.08,05 | 634 |
| | 32,57(32,57) | 1.08,05(35,48) | | | |

| | | | | | |
|----|-----------------------------------|----|----------------|---------|-----|
| 16 | Daniel Aronsen 31,73(31,73) | 86 | Bærumsvømmerne | 1.08,36 | 625 |
| 17 | Martin Steffensen 31,70(31,70) | 89 | Arna SLK | 1.10,45 | 571 |
| 18 | Hans Østerdal 33,28(33,28) | 93 | Stavanger SC | 1.11,05 | 557 |

Funksjonshemmede

| | | | | | |
|---|----------------------------------|----|-------------|---------|------------------|
| 1 | Roar Mellemseter 48,30(48,30) | 92 | Sunddal SLK | 1.39,08 | 205 SB8 147,86 % |
|---|----------------------------------|----|-------------|---------|------------------|

Øvelse 33. 100m individuell medley, damer - Forsøk

Senior

| | | | | | |
|----|---|----|---------------------|---------|-----|
| 1 | Elisabeth Jarland 30,00(30,00) | 85 | Bærumsvømmerne | 1.04,07 | 820 |
| 2 | Katharina Stiberg 29,75(29,75) | 88 | Bjerkvik SK | 1.04,11 | 819 |
| 3 | Maria Gullvåg Aasen 29,19(29,19) | 92 | Kristiansand SA/NTG | 1.05,16 | 780 |
| 4 | Trine Austrøne Olsen 30,26(30,26) | 90 | Fauske SK | 1.05,41 | 771 |
| 5 | Siri Eva Kristiansen 31,50(31,50) | 93 | Asker SK | 1.06,01 | 750 |
| 6 | Henriette Martinsen 31,19(31,19) | 85 | Trondheim SLK | 1.06,04 | 749 |
| 7 | Ina Kr. Pedersen 30,68(30,68) | 89 | Sarpsborg IL | 1.06,15 | 745 |
| 8 | Mari Ask Rasmussen 31,83(31,83) | 86 | TS/Stavanger VPK | 1.06,53 | 733 |
| 9 | Sara Pettersen 30,41(30,41) | 91 | Fauske SK | 1.06,86 | 722 |
| 10 | Sophia Broberg Skeltved 31,86(31,86) | 92 | Tromsø SK/NTG | 1.08,39 | 674 |
| 11 | Andrea Hestdal 32,87(32,87) | 94 | Åstveit SK | 1.08,65 | 667 |
| 12 | Nora Kathrine Guthe 32,66(32,66) | 91 | Asker SK | 1.08,98 | 657 |
| 13 | Bitte Fagermo 32,17(32,17) | 93 | Narvik SK | 1.09,09 | 654 |
| 14 | Oona Ovesen 32,51(32,51) | 92 | Elverum Svømming | 1.10,39 | 619 |
| 15 | Ellen Magnussen 33,20(33,20) | 84 | Sarpsborg IL | 1.10,50 | 616 |
| 16 | Maren Kristine Jansen 32,31(32,31) | 90 | TS/Randaberg | 1.11,07 | 601 |

Funksjonshemmede

| | | | | | |
|---|---------------------------------|----|----------|---------|------------------|
| 1 | Ingrid Djupskås 47,58(47,58) | 89 | Asker SK | 1.43,61 | 194 SM8 124,01 % |
|---|---------------------------------|----|----------|---------|------------------|

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

Senior

| | | | | | |
|---|------------------------|-----------------|-----------------|-----------------|-----|
| 1 | Elias Damman | 89 | Bærumsvømmerne | 16.10,00 | 726 |
| | 28,87(28,87) | 59,60(30,73) | 1.31,17(31,57) | 2.03,28(32,11) | |
| | 2.35,60(32,32) | 3.07,96(32,36) | 3.40,59(32,63) | 4.13,02(32,43) | |
| | 4.45,81(32,79) | 5.18,44(32,63) | 5.51,10(32,66) | 6.23,64(32,54) | |
| | 6.56,15(32,51) | 7.28,76(32,61) | 8.01,72(32,96) | 8.34,26(32,54) | |
| | 9.06,78(32,52) | 9.39,42(32,64) | 10.12,35(32,93) | 10.44,97(32,62) | |
| | 11.17,73(32,76) | 11.50,75(33,02) | 12.23,52(32,77) | 12.56,55(33,03) | |
| | 13.29,31(32,76) | 14.02,14(32,83) | 14.35,09(32,95) | 15.07,83(32,74) | |
| | 15.39,62(31,79) | 16.10,00(30,38) | | | |
| 2 | Eivind Johannesen | 92 | BS/Åstveit | 16.14,40 | 716 |
| | 29,43(29,43) | 1.01,67(32,24) | 1.34,04(32,37) | 2.06,52(32,48) | |
| | 2.38,69(32,17) | 3.10,97(32,28) | 3.43,41(32,44) | 4.15,81(32,40) | |
| | 4.48,36(32,55) | 5.21,09(32,73) | 5.53,56(32,47) | 6.26,02(32,46) | |
| | 6.58,77(32,75) | 7.31,42(32,65) | 8.04,19(32,77) | 8.36,76(32,57) | |
| | 9.09,47(32,71) | 9.42,22(32,75) | 10.15,20(32,98) | 10.48,17(32,97) | |
| | 11.20,83(32,66) | 11.53,70(32,87) | 12.26,51(32,81) | 12.59,29(32,78) | |
| | 13.32,06(32,77) | 14.04,84(32,78) | 14.37,61(32,77) | 15.10,08(32,47) | |
| | 15.43,26(33,18) | 16.14,40(31,14) | | | |
| 3 | Oscar Slaatmo | 94 | Hamar IL | 16.32,92 | 677 |
| | 28,80(28,80) | 1.00,57(31,77) | 1.33,48(32,91) | 2.06,17(32,69) | |
| | 2.38,97(32,80) | 3.11,32(32,35) | 3.44,27(32,95) | 4.17,03(32,76) | |
| | 4.50,22(33,19) | 5.23,20(32,98) | 5.56,41(33,21) | 6.30,05(33,64) | |
| | 7.03,52(33,47) | 7.36,94(33,42) | 8.10,63(33,69) | 8.43,53(32,90) | |
| | 9.16,89(33,36) | 9.51,16(34,27) | 10.24,82(33,66) | 10.58,46(33,64) | |
| | 11.32,21(33,75) | 12.06,05(33,84) | 12.40,30(34,25) | 13.14,33(34,03) | |
| | 13.48,39(34,06) | 14.21,33(32,94) | 14.55,20(33,87) | 15.28,41(33,21) | |
| | 16.01,83(33,42) | 16.32,92(31,09) | | | |
| 4 | Øyvind Gevelt | 91 | Øvre Eiker SK | 16.47,71 | 647 |
| | 31,00(31,00) | 1.03,99(32,99) | 1.36,99(33,00) | 2.09,99(33,00) | |
| | 2.43,13(33,14) | 3.16,29(33,16) | 3.49,64(33,35) | 4.23,00(33,36) | |
| | 4.56,64(33,64) | 5.30,49(33,85) | 6.04,47(33,98) | 6.38,37(33,90) | |
| | 7.12,25(33,88) | 7.45,88(33,63) | 8.19,69(33,81) | 8.53,49(33,80) | |
| | 9.27,15(33,66) | 10.01,60(34,45) | 10.35,96(34,36) | 11.10,36(34,40) | |
| | 11.43,48(33,12) | 12.16,94(33,46) | 12.50,27(33,33) | 13.23,81(33,54) | |
| | 13.57,81(34,00) | 14.31,97(34,16) | 15.06,17(34,20) | 15.40,22(34,05) | |
| | 16.14,41(34,19) | 16.47,71(33,30) | | | |
| 5 | Magnus Bru | 87 | Asker SK | 16.50,78 | 641 |
| | 30,84(30,84) | 1.03,80(32,96) | 1.37,00(33,20) | 2.10,27(33,27) | |
| | 2.43,29(33,02) | 3.16,46(33,17) | 3.50,18(33,72) | 4.24,03(33,85) | |
| | 4.57,98(33,95) | 5.31,60(33,62) | 6.05,82(34,22) | 6.39,83(34,01) | |
| | 7.13,93(34,10) | 7.48,14(34,21) | 8.22,11(33,97) | 8.55,86(33,75) | |
| | 9.30,13(34,27) | 10.04,33(34,20) | 10.38,32(33,99) | 11.12,13(33,81) | |
| | 11.46,14(34,01) | 12.20,06(33,92) | 12.54,18(34,12) | 13.28,14(33,96) | |
| | 14.02,05(33,91) | 14.35,91(33,86) | 15.10,07(34,16) | 15.44,22(34,15) | |
| | 16.17,81(33,59) | 16.50,78(32,97) | | | |
| 6 | Morten Bordervich | 94 | Sola SK | 16.59,13 | 626 |
| | 30,50(30,50) | 1.03,55(33,05) | 1.36,66(33,11) | 2.10,22(33,56) | |
| | 2.44,42(34,20) | 3.18,24(33,82) | 3.52,45(34,21) | 4.26,52(34,07) | |
| | 5.00,56(34,04) | 5.34,95(34,39) | 6.09,34(34,39) | 6.43,97(34,63) | |
| | 7.18,41(34,44) | 7.52,97(34,56) | 8.27,27(34,30) | 9.01,81(34,54) | |
| | 9.36,29(34,48) | 10.10,38(34,09) | 10.44,79(34,41) | 11.19,45(34,66) | |
| | 11.52,72(33,27) | 12.27,07(34,35) | 13.01,50(34,43) | 13.35,97(34,47) | |
| | 14.10,58(34,61) | 14.44,91(34,33) | 15.18,80(33,89) | 15.53,03(34,23) | |
| | 16.26,84(33,81) | 16.59,13(32,29) | | | |
| 7 | Martin Berger Oterholm | 93 | Kolbotn IL | 16.59,26 | 626 |
| | 30,22(30,22) | 1.03,78(33,56) | 1.37,19(33,41) | 2.10,62(33,43) | |
| | 2.43,88(33,26) | 3.17,41(33,53) | 3.51,34(33,93) | 4.25,52(34,18) | |
| | 4.59,78(34,26) | 5.33,88(34,10) | 6.08,10(34,22) | 6.42,59(34,49) | |
| | 7.16,25(33,66) | 7.50,48(34,23) | 8.24,65(34,17) | 8.58,93(34,28) | |
| | 9.33,42(34,49) | 10.07,96(34,54) | 10.42,52(34,56) | 11.17,00(34,48) | |
| | 11.50,54(33,54) | 12.24,16(33,62) | 12.58,48(34,32) | 13.32,75(34,27) | |
| | 14.07,26(34,51) | 14.41,77(34,51) | 15.16,53(34,76) | 15.51,12(34,59) | |
| | 16.25,55(34,43) | 16.59,26(33,71) | | | |

| | | | | | |
|---|-------------------|-----------------|-----------------|-----------------|-----|
| 8 | Christer M. Hagen | 91 | Fauske SK | 17.18,55 | 591 |
| | 31,37(31,37) | 1.04,83(33,46) | 1.39,01(34,18) | 2.13,54(34,53) | |
| | 2.47,94(34,40) | 3.22,69(34,75) | 3.57,66(34,97) | 4.32,55(34,89) | |
| | 5.07,19(34,64) | 5.41,71(34,52) | 6.16,30(34,59) | 6.50,85(34,55) | |
| | 7.25,74(34,89) | 8.00,70(34,96) | 8.35,03(34,33) | 9.10,54(35,51) | |
| | 9.45,13(34,59) | 10.19,83(34,70) | 10.54,99(35,16) | 11.30,22(35,23) | |
| | 12.05,27(35,05) | 12.40,07(34,80) | 13.15,02(34,95) | 13.50,02(35,00) | |
| | 14.24,92(34,90) | 14.59,65(34,73) | 15.34,62(34,97) | 16.09,68(35,06) | |
| | 16.44,50(34,82) | 17.18,55(34,05) | | | |
| 9 | Henning S. Pryde | 92 | Stavanger SC | 18.04,10 | 520 |
| | 30,08(30,08) | 1.02,71(32,63) | 1.36,30(33,59) | 2.10,65(34,35) | |
| | 2.45,33(34,68) | 3.20,49(35,16) | 3.55,58(35,09) | 4.30,85(35,27) | |
| | 5.07,10(36,25) | 5.43,77(36,67) | 6.20,56(36,79) | 6.57,55(36,99) | |
| | 7.34,69(37,14) | 8.11,20(36,51) | 8.48,16(36,96) | 9.24,86(36,70) | |
| | 10.01,26(36,40) | 10.38,71(37,45) | 11.16,15(37,44) | 11.53,81(37,66) | |
| | 12.32,16(38,35) | 13.09,43(37,27) | 13.46,68(37,25) | 14.23,93(37,25) | |
| | 15.00,67(36,74) | 15.37,84(37,17) | 16.15,05(37,21) | 16.52,17(37,12) | |
| | 17.28,70(36,53) | 18.04,10(35,40) | | | |

Øvelse 35. 4*100m lag medley, damer - Direkte finale – Foreløpig før siste heat

Senior

| | | | | | | |
|---|--------------------------|----------------|-------------------|---------|---------|-----|
| 1 | Bærumsv J1 sr. | SR | Bærumsvømmerne | (0,70) | 4.22,45 | 748 |
| | Elisabeth Jarland: | 31,63(31,63) | 1.04,11(32,48) | 1.04,11 | | |
| | Kristine Mella: | 1.37,62(33,51) | 2.16,44(38,82) | 1.12,33 | | |
| | Emilie N. Løvberg: | 2.46,91(30,47) | 3.22,14(35,23) | 1.05,70 | | |
| | Andrea Westbye: | 3.50,74(28,60) | 4.22,45(31,71) | 1.00,31 | | |
| 2 | Bergensv. J1 sr. | SR | Bergensvømmerne | (0,57) | 4.25,20 | 725 |
| | Katja Heinänen: | 33,68(33,68) | 1.08,23(34,55) | 1.08,23 | | |
| | Celinn Daviknes: | 1.40,71(32,48) | 2.18,66(37,95) | 1.10,43 | | |
| | Hanne Søfteland: | 2.49,29(30,63) | 3.26,40(37,11) | 1.07,74 | | |
| | Siri Løvold Magnussen: | 3.54,24(27,84) | 4.25,20(30,96) | 58,80 | | |
| 3 | Lambertseter SK J2 sr. | SR | Lambertseter SK | (0,74) | 4.31,10 | 678 |
| | Elisabeth H. Svensson: | 33,04(33,04) | 1.08,20(35,16) | 1.08,20 | | |
| | Luna Elisabeth Sjøgaard: | 1.42,82(34,62) | 2.23,28(40,46) | 1.15,08 | | |
| | Merete Løvberg: | 2.53,75(30,47) | 3.31,13(37,38) | 1.07,85 | | |
| | Pia Cornelia Braarud: | 3.59,85(28,72) | 4.31,10(31,25) | 59,97 | | |
| 4 | Bergens SLK J1 sr. | SR | Bergens SLK | (0,70) | 4.32,07 | 671 |
| | Aslaug Marie Hjelmaas: | 32,10(32,10) | 1.06,60(34,50) | 1.06,60 | | |
| | Kaja Bremer: | 1.40,94(34,34) | 2.20,88(39,94) | 1.14,28 | | |
| | Martine Bremer: | 2.52,82(31,94) | 3.31,98(39,16) | 1.11,10 | | |
| | Karoline Pedersen: | 4.00,63(28,65) | 4.32,07(31,44) | 1.00,09 | | |
| 5 | Skjetten Svømming J1 sr. | SR | Skjetten Svømming | (0,72) | 4.33,81 | 658 |
| | Iselin Mjøllner Dahlen: | 32,66(32,66) | 1.07,01(34,35) | 1.07,01 | | |
| | Terese Langlo: | 1.42,83(35,82) | 2.24,46(41,63) | 1.17,45 | | |
| | Helene Solberg: | 2.55,19(30,73) | 3.31,94(36,75) | 1.07,48 | | |
| | Marie Svensson: | 4.01,23(29,29) | 4.33,81(32,58) | 1.01,87 | | |
| 6 | Bergens SC J1 sr. | SR | Bergens SC | (0,61) | 4.34,48 | 653 |
| | Ragnhild Søfteland: | 33,02(33,02) | 1.08,35(35,33) | 1.08,35 | | |
| | Martha Maria Songstad: | 1.45,47(37,12) | 2.28,51(43,04) | 1.20,16 | | |
| | Eirin Arnesen: | 2.58,11(29,60) | 3.33,11(35,00) | 1.04,60 | | |
| | Ingse Bergh Monsen: | 4.02,45(29,34) | 4.34,48(32,03) | 1.01,37 | | |
| 7 | Vestkantv. J2 sr. | SR | Vestkantvømmerne | (0,73) | 4.38,41 | 626 |
| | Marie Øverland: | 33,96(33,96) | 1.09,48(35,52) | 1.09,48 | | |
| | Andrea Haugstad: | 1.45,98(36,50) | 2.28,40(42,42) | 1.18,92 | | |
| | Marie Reinertsen: | 3.00,49(32,09) | 3.37,92(37,43) | 1.09,52 | | |
| | Line Møllerop: | 4.06,29(28,37) | 4.38,41(32,12) | 1.00,49 | | |
| 8 | Øvre Eiker SK J1 sr. | SR | Øvre Eiker SK | (0,67) | 4.41,30 | 607 |
| | Siri Anette Sønju: | 34,02(34,02) | 1.10,37(36,35) | 1.10,37 | | |
| | Stine Lise Stenseth: | 1.46,51(36,14) | 2.29,97(43,46) | 1.19,60 | | |
| | Guro Knutsen: | 3.01,84(31,87) | 3.37,98(36,14) | 1.08,01 | | |
| | Inger-Cathrine Wium: | 4.08,27(30,29) | 4.41,30(33,03) | 1.03,32 | | |
| 9 | IL Norodd J1 sr. | SR | IL Norodd | (0,83) | 4.54,97 | 526 |
| | Ann Helen Hesjevik: | 36,09(36,09) | 1.15,64(39,55) | 1.15,64 | | |
| | Sofie Sagli: | 1.52,42(36,78) | 2.33,89(41,47) | 1.18,25 | | |
| | Monica Helen Haugen: | 3.08,12(34,23) | 3.48,23(40,11) | 1.14,34 | | |
| | Linda Merete Haugen: | 4.19,92(31,69) | 4.54,97(35,05) | 1.06,74 | | |

Lørdag 28. mars 2009 kl 17.00

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

Senior

| | | | | | |
|----|---------------------------|----------------|---------------------|----------------|-----|
| 1 | Karoline Brudvik Sanderud | 89 | Hamar IL | 4.46,67 | 847 |
| | 29,99(29,99) | 1.03,55(33,56) | 1.40,36(36,81) | 2.17,04(36,68) | |
| | 2.56,80(39,76) | 3.37,83(41,03) | 4.13,01(35,18) | 4.46,67(33,66) | |
| 2 | Trine Austrøne Olsen | 90 | Fauske SK | 4.52,36 | 799 |
| | 31,33(31,33) | 1.07,64(36,31) | 1.44,79(37,15) | 2.20,81(36,02) | |
| | 3.01,07(40,26) | 3.42,43(41,36) | 4.17,79(35,36) | 4.52,36(34,57) | |
| 3 | Jacqueline Knutsson | 93 | Kongstensvømmerne | 4.59,19 | 745 |
| | 31,44(31,44) | 1.07,73(36,29) | 1.46,49(38,76) | 2.24,75(38,26) | |
| | 3.06,98(42,23) | 3.50,33(43,35) | 4.25,12(34,79) | 4.59,19(34,07) | |
| 4 | Line Løvberg | 91 | Lambertseter SK/NTG | 5.00,27 | 737 |
| | 31,17(31,17) | 1.06,87(35,70) | 1.45,33(38,46) | 2.23,74(38,41) | |
| | 3.08,16(44,42) | 3.52,65(44,49) | 4.27,07(34,42) | 5.00,27(33,20) | |
| 5 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 5.06,74 | 692 |
| | 30,93(30,93) | 1.07,68(36,75) | 1.46,89(39,21) | 2.26,26(39,37) | |
| | 3.11,19(44,93) | 3.57,01(45,82) | 4.32,77(35,76) | 5.06,74(33,97) | |
| 6 | Bitte Fagermo | 93 | Narvik SK | 5.07,75 | 685 |
| | 32,82(32,82) | 1.10,80(37,98) | 1.50,15(39,35) | 2.28,81(38,66) | |
| | 3.10,77(41,96) | 3.54,20(43,43) | 4.31,74(37,54) | 5.07,75(36,01) | |
| 7 | Sophia Broberg Skeltved | 92 | Tromsø SK/NTG | 5.08,62 | 679 |
| | 33,16(33,16) | 1.11,09(37,93) | 1.51,27(40,18) | 2.30,57(39,30) | |
| | 3.12,69(42,12) | 3.55,34(42,65) | 4.32,51(37,17) | 5.08,62(36,11) | |
| 8 | Siri Anette Sønju | 92 | Øvre Eiker SK | 5.08,75 | 678 |
| | 32,40(32,40) | 1.09,90(37,50) | 1.50,54(40,64) | 2.29,47(38,93) | |
| | 3.13,08(43,61) | 3.58,05(44,97) | 4.34,25(36,20) | 5.08,75(34,50) | |
| 9 | Andrea Hestdal | 94 | Åstveit SK | 5.11,29 | 662 |
| | 32,97(32,97) | 1.10,98(38,01) | 1.51,91(40,93) | 2.32,10(40,19) | |
| | 3.14,40(42,30) | 3.58,22(43,82) | 4.35,02(36,80) | 5.11,29(36,27) | |
| 10 | Oona Ovesen | 92 | Elverum Svømming | 5.13,27 | 649 |
| | 31,78(31,78) | 1.09,25(37,47) | 1.47,73(38,48) | 2.26,52(38,79) | |
| | 3.13,75(47,23) | 4.01,36(47,61) | 4.38,09(36,73) | 5.13,27(35,18) | |
| 11 | Julie Torgersen Nilsen | 92 | Hamar IL | 5.15,00 | 639 |
| | 35,43(35,43) | 1.14,08(38,65) | 1.54,38(40,30) | 2.35,29(40,91) | |
| | 3.19,05(43,76) | 4.03,43(44,38) | 4.40,09(36,66) | 5.15,00(34,91) | |
| 12 | Guro Knutsen | 91 | Øvre Eiker SK | 5.26,10 | 576 |
| | 33,03(33,03) | 1.11,48(38,45) | 1.54,29(42,81) | 2.35,95(41,66) | |
| | 3.23,20(47,25) | 4.11,00(47,80) | 4.49,11(38,11) | 5.26,10(36,99) | |
| | Lise Sand Syversen | 95 | Delfana | DISK | |

Øvelse 26. 4*50m fri, herrer - Finale

Senior

| | | | | | | |
|---|------------------------|----------------|-----------------|---------|-----|----|
| 1 | IL Varg G1 sr. | SR | IL Varg | 1.31,17 | 839 | NR |
| | Mattis Saghaug: | 23,42(23,42) | | | | |
| | Petter Sjødal: | 45,82(22,40) | | | | |
| | Karl Otto Bratt: | 1.08,56(22,74) | | | | |
| | Jonas Noreng Ravn: | 1.31,17(22,61) | | | | |
| 2 | Bærumsv G1 sr. | SR | Bærumsvømmerne | 1.32,29 | 809 | |
| | Øystein R. Hetland: | 22,85(22,85) | | | | |
| | Christer Koch Kvam: | 45,80(22,95) | | | | |
| | Lars Andre Tolås: | 1.09,00(23,20) | | | | |
| | Stian Werner Erichsen: | 1.32,29(23,29) | | | | |
| 3 | Bergensv. G1 sr. | SR | Bergensvømmerne | 1.32,42 | 805 | |
| | Sander Smørdal: | 22,90(22,90) | | | | |
| | Petter Solberg: | 45,92(23,02) | | | | |
| | Ørjan Cato Johnsen: | 1.09,14(23,22) | | | | |
| | Marcus Tesdal: | 1.32,42(23,28) | | | | |

| | | | | | |
|---|-------------------------|----------------|-------------------|---------|-----|
| 4 | Lambertseter SK G1 sr. | SR | Lambertseter SK | 1.34,84 | 745 |
| | Petter Braarud: | 24,07(24,07) | | | |
| | Mikael Bergene: | 47,11(23,04) | | | |
| | Mats Andre Fredriksen: | 1.11,07(23,96) | | | |
| | Sindre Eilertsen: | 1.34,84(23,77) | | | |
| 5 | Vestkantsv. G1 sr. | SR | Vestkantsvømmerne | 1.35,14 | 738 |
| | Alexander Dale Oen: | 23,70(23,70) | | | |
| | Pål Gunnar Normann: | 47,12(23,42) | | | |
| | Kim Torry Simmenes: | 1.10,87(23,75) | | | |
| | Joachim André Jakobsen: | 1.35,14(24,27) | | | |
| 6 | IL Varg G2 sr. | SR | IL Varg | 1.36,20 | 714 |
| | Håkon Skårud Karlsen: | 24,61(24,61) | | | |
| | Bjørnar Gaasvik: | 47,98(23,37) | | | |
| | Daniel Berenett: | 1.12,68(24,70) | | | |
| | Jari K. Mikkelsen: | 1.36,20(23,52) | | | |

Øvelse 27. 200m fri, damer - Finale

Senior

| | | | | | |
|---|------------------------|----------------|-----------------------|----------------|-----|
| 1 | Cecilie W. Johannessen | 90 | Karmøy SK | 2.00,72 | 868 |
| | 28,31(28,31) | 58,57(30,26) | 1.29,53(30,96) | 2.00,72(31,19) | |
| 2 | Victoria S. Løken | 91 | Team Stavanger | 2.02,90 | 823 |
| | 28,18(28,18) | 58,59(30,41) | 1.30,60(32,01) | 2.02,90(32,30) | |
| 3 | Gina B. Andersen | 90 | Skjetten Svømming/NTG | 2.03,62 | 809 |
| | 29,22(29,22) | 1.00,46(31,24) | 1.32,46(32,00) | 2.03,62(31,16) | |
| 4 | Elisabeth Jarland | 85 | Bærumsvømmerne | 2.04,23 | 797 |
| | 29,39(29,39) | 1.00,77(31,38) | 1.32,87(32,10) | 2.04,23(31,36) | |
| 5 | Elin Slaatmo | 92 | Hamar IL | 2.04,54 | 791 |
| | 29,22(29,22) | 1.01,13(31,91) | 1.33,59(32,46) | 2.04,54(30,95) | |
| 6 | Henriette Brekke | 88 | Vestkantsvømmerne | 2.04,60 | 790 |
| | 27,37(27,37) | 57,58(30,21) | 1.30,34(32,76) | 2.04,60(34,26) | |

Øvelse 28. 200m butterfly, herrer - Finale

Senior

| | | | | | | |
|---|----------------------------|----------------|-------------------|----------------|-----|----|
| 1 | Gard Kvale | 84 | Bergens SC | 1.58,28 | 862 | NR |
| | 26,75(26,75) | 56,85(30,10) | 1.27,30(30,45) | 1.58,28(30,98) | | |
| 2 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 2.00,51 | 815 | |
| | 26,81(26,81) | 57,48(30,67) | 1.28,63(31,15) | 2.00,51(31,88) | | |
| 3 | Tor Hafnor | 91 | Bærumsvømmerne | 2.04,17 | 745 | |
| | 28,14(28,14) | 1.00,09(31,95) | 1.32,57(32,48) | 2.04,17(31,60) | | |
| 4 | Stian S. Langeland | 89 | Bergens SC | 2.04,25 | 744 | |
| | 27,44(27,44) | 58,62(31,18) | 1.30,86(32,24) | 2.04,25(33,39) | | |
| 5 | Øivind A. S. Reinertsen | 88 | Bergens SC | 2.05,93 | 714 | |
| | 27,81(27,81) | 59,83(32,02) | 1.32,13(32,30) | 2.05,93(33,80) | | |
| 6 | Sebastian Stordal | 91 | BS/Delfana | 2.06,76 | 700 | |
| | 27,97(27,97) | 1.00,20(32,23) | 1.33,56(33,36) | 2.06,76(33,20) | | |

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

| | | | | | | |
|---|-----------------------|----------------|---------------------|--------|---------|-----|
| 1 | Heidi Vainio Gjøen | 88 | Lambertseter SK | (0,71) | 1.03,23 | 786 |
| | 31,19(31,19) | 1.03,23(32,04) | | | | |
| 2 | Elisabeth H. Svensson | 91 | Lambertseter SK/NTG | (0,66) | 1.04,09 | 755 |
| | 31,79(31,79) | 1.04,09(32,30) | | | | |
| 3 | Karen Stødle | 87 | Team Stavanger | (0,57) | 1.04,21 | 750 |
| | 31,31(31,31) | 1.04,21(32,90) | | | | |
| 4 | Oda Marie Siljan | 92 | Poseidon | (0,74) | 1.05,10 | 720 |
| | 31,41(31,41) | 1.05,10(33,69) | | | | |
| 5 | Aslaug Marie Hjelmaas | 95 | Bergens SLK | (0,70) | 1.05,85 | 696 |
| | 31,53(31,53) | 1.05,85(34,32) | | | | |
| 6 | Ragnhild Søfteland | 92 | Bergens SC | (0,66) | 1.06,60 | 672 |
| | 32,17(32,17) | 1.06,60(34,43) | | | | |

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

| | | | | | | |
|---|--------------------|--------------|----------------|--|-------|-----|
| 1 | Sander Smørddal | 85 | BS/Arna | | 49,01 | 881 |
| | 23,54(23,54) | 49,01(25,47) | | | | |
| 2 | Øystein R. Hetland | 89 | Bærumsvømmerne | | 50,99 | 783 |
| | 24,33(24,33) | 50,99(26,66) | | | | |
| 3 | Jørgen Møllerop | 88 | TS/Madla SK | | 51,33 | 767 |
| | 24,68(24,68) | 51,33(26,65) | | | | |
| 4 | Bernt M. Seyffarth | 89 | Mandal SK | | 51,61 | 755 |
| | 24,38(24,38) | 51,61(27,23) | | | | |
| 5 | Jonas Noreng Ravn | 83 | IL Varg | | 51,78 | 747 |
| | 24,97(24,97) | 51,78(26,81) | | | | |
| 6 | Lars Andre Tolås | 88 | Bærumsvømmerne | | 51,89 | 743 |
| | 25,26(25,26) | 51,89(26,63) | | | | |

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

| | | | | | | |
|---|------------------------|----|-------------------|--|-------|-----|
| 1 | Henriette Brekke | 88 | Vestkantsvømmerne | | 25,28 | 888 |
| 2 | Cecilie W. Johannessen | 90 | Karmøy SK | | 25,82 | 833 |
| 3 | Victoria S. Løken | 91 | Team Stavanger | | 26,30 | 788 |
| 4 | Sofie Gjemmestad | 89 | Asker SK | | 26,60 | 762 |
| 5 | Siri Løvold Magnussen | 86 | BS/Delfana | | 26,82 | 743 |
| 6 | Hanne Søfteland | 92 | BS/Delfana | | 26,99 | 729 |

Funksjonshemmede

| | | | | | | |
|---|------------------|----|-------------------|-------|-----|--------------|
| 1 | Linn Haugen | 87 | Vestkantsvømmerne | 34,34 | 354 | S9 118,25 % |
| 2 | Hanne Farestvedt | 93 | Åstveit SK | 34,40 | 352 | S14 118,83 % |
| 3 | Tonje Immerstein | 89 | Sandnes SLK | 35,66 | 316 | S10 125,39 % |
| 4 | Marianne Mæland | 86 | Vågsbygd SLK | 43,02 | 180 | S7 128,3 % |
| 5 | Ingrid Djupskås | 89 | Asker SK | 39,27 | 236 | S9 135,23 % |

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

| | | | | | |
|---|---------------------------------------|----|-------------------|---------|-----|
| 1 | Alexander Dale Oen 27,74(27,74) | 85 | Vestkantsvømmerne | 58,89 | 978 |
| 2 | Thomas Breivoll 29,16(29,16) | 77 | IL Varg | 1.02,75 | 808 |
| 3 | Mattis Saghaug 29,42(29,42) | 90 | IL Varg/NTG | 1.02,84 | 805 |
| 4 | Marcus Tesdal 29,57(29,57) | 90 | BS/Åstveit | 1.03,55 | 778 |
| 5 | Erling Mjøs Brattelid 30,49(30,49) | 91 | TS/Sola SK | 1.05,09 | 724 |
| 6 | Kristoffer Meisler 30,59(30,59) | 90 | Fauske SK | 1.05,50 | 710 |

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

| | | | | | | |
|---|--------------------------------------|----|---------------------|---------|-----|----|
| 1 | Katharina Stiberg 27,11(27,11) | 88 | Bjerkvik SK | 1.00,37 | 981 | NR |
| 2 | Elisabeth Jarland 31,09(31,09) | 85 | Bærumsvømmerne | 1.04,27 | 813 | |
| 3 | Siri Eva Kristiansen 30,70(30,70) | 93 | Asker SK | 1.05,30 | 775 | |
| 4 | Maria Gullvåg Aasen 29,37(29,37) | 92 | Kristiansand SA/NTG | 1.05,45 | 770 | |
| 5 | Trine Austrøne Olsen 30,33(30,33) | 90 | Fauske SK | 1.05,54 | 766 | |
| 6 | Ina Kr. Pedersen 30,52(30,52) | 89 | Sarpsborg IL | 1.05,79 | 758 | |

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

| | | | | | |
|---|---|----|--|----------|-----|
| 1 | Gard Kvale 28,28(28,28) 2.32,66(30,93) 4.35,29(30,66) 6.37,06(30,31) 8.38,97(30,36) 10.40,11(30,47) 12.46,59(32,04) 14.55,87(32,51) | 84 | Bergens SC 1.30,25(31,14) 3.33,83(30,31) 5.36,39(30,46) 7.37,96(30,34) 9.39,54(30,24) 11.42,33(31,55) 13.51,07(32,40) | 15.27,83 | 830 |
| 2 | Robert Aronsen 28,41(28,41) 2.32,82(31,14) 4.36,64(31,11) 6.44,11(32,16) 8.52,03(31,78) 11.00,19(32,04) 13.08,89(32,42) 15.17,73(32,16) | 86 | Bærumsvømmerne 1.30,25(31,26) 3.34,52(30,78) 5.40,16(32,03) 7.48,43(32,33) 9.56,24(31,96) 12.04,35(32,32) 14.13,60(32,35) | 15.47,90 | 778 |
| 3 | Jørn Nygård 28,77(28,77) 2.34,10(31,43) 4.42,15(32,25) 6.50,39(32,25) 8.59,19(32,41) 11.08,19(31,93) 13.19,00(32,64) 15.28,06(31,84) | 92 | Stavanger SC 1.31,21(31,22) 3.38,04(32,07) 5.46,30(32,09) 7.54,82(32,56) 10.03,96(32,41) 12.13,67(32,64) 14.23,97(32,54) | 15.58,26 | 753 |

| | | | | | |
|----|-------------------------|-----------------|-------------------|-----------------|-----|
| 4 | Vegard Løvberg | 91 | Bærumsvømmerne | 16.09,26 | 728 |
| | 28,52(28,52) | 1.00,39(31,87) | 1.32,49(32,10) | 2.05,17(32,68) | |
| | 2.37,74(32,57) | 3.09,97(32,23) | 3.42,58(32,61) | 4.15,06(32,48) | |
| | 4.47,87(32,81) | 5.20,43(32,56) | 5.53,09(32,66) | 6.25,57(32,48) | |
| | 6.58,15(32,58) | 7.30,85(32,70) | 8.03,51(32,66) | 8.36,00(32,49) | |
| | 9.08,44(32,44) | 9.40,75(32,31) | 10.13,25(32,50) | 10.45,75(32,50) | |
| | 11.18,39(32,64) | 11.51,05(32,66) | 12.23,67(32,62) | 12.56,54(32,87) | |
| | 13.28,81(32,27) | 14.01,44(32,63) | 14.33,71(32,27) | 15.06,12(32,41) | |
| | 15.38,53(32,41) | 16.09,26(30,73) | | | |
| 5 | Elias Damman | 89 | Bærumsvømmerne | 16.10,00 | 726 |
| | 28,87(28,87) | 59,60(30,73) | 1.31,17(31,57) | 2.03,28(32,11) | |
| | 2.35,60(32,32) | 3.07,96(32,36) | 3.40,59(32,63) | 4.13,02(32,43) | |
| | 4.45,81(32,79) | 5.18,44(32,63) | 5.51,10(32,66) | 6.23,64(32,54) | |
| | 6.56,15(32,51) | 7.28,76(32,61) | 8.01,72(32,96) | 8.34,26(32,54) | |
| | 9.06,78(32,52) | 9.39,42(32,64) | 10.12,35(32,93) | 10.44,97(32,62) | |
| | 11.17,73(32,76) | 11.50,75(33,02) | 12.23,52(32,77) | 12.56,55(33,03) | |
| | 13.29,31(32,76) | 14.02,14(32,83) | 14.35,09(32,95) | 15.07,83(32,74) | |
| | 15.39,62(31,79) | 16.10,00(30,38) | | | |
| 6 | Eivind Johannesen | 92 | BS/Åstveit | 16.14,40 | 716 |
| | 29,43(29,43) | 1.01,67(32,24) | 1.34,04(32,37) | 2.06,52(32,48) | |
| | 2.38,69(32,17) | 3.10,97(32,28) | 3.43,41(32,44) | 4.15,81(32,40) | |
| | 4.48,36(32,55) | 5.21,09(32,73) | 5.53,56(32,47) | 6.26,02(32,46) | |
| | 6.58,77(32,75) | 7.31,42(32,65) | 8.04,19(32,77) | 8.36,76(32,57) | |
| | 9.09,47(32,71) | 9.42,22(32,75) | 10.15,20(32,98) | 10.48,17(32,97) | |
| | 11.20,83(32,66) | 11.53,70(32,87) | 12.26,51(32,81) | 12.59,29(32,78) | |
| | 13.32,06(32,77) | 14.04,84(32,78) | 14.37,61(32,77) | 15.10,08(32,47) | |
| | 15.43,26(33,18) | 16.14,40(31,14) | | | |
| 7 | Mikkel Brudvik Sanderud | 87 | Lambertseter SK | 16.22,16 | 699 |
| | 28,90(28,90) | 1.00,37(31,47) | 1.32,56(32,19) | 2.05,20(32,64) | |
| | 2.37,65(32,45) | 3.10,04(32,39) | 3.42,29(32,25) | 4.15,15(32,86) | |
| | 4.47,96(32,81) | 5.20,65(32,69) | 5.53,53(32,88) | 6.26,26(32,73) | |
| | 6.59,51(33,25) | 7.32,41(32,90) | 8.05,49(33,08) | 8.39,00(33,51) | |
| | 9.11,63(32,63) | 9.45,03(33,40) | 10.18,36(33,33) | 10.51,98(33,62) | |
| | 11.25,32(33,34) | 11.58,53(33,21) | 12.32,12(33,59) | 13.05,44(33,32) | |
| | 13.38,41(32,97) | 14.12,18(33,77) | 14.45,58(33,40) | 15.17,38(31,80) | |
| | 15.49,59(32,21) | 16.22,16(32,57) | | | |
| 8 | Oscar Slaatmo | 94 | Hamar IL | 16.32,92 | 677 |
| | 28,80(28,80) | 1.00,57(31,77) | 1.33,48(32,91) | 2.06,17(32,69) | |
| | 2.38,97(32,80) | 3.11,32(32,35) | 3.44,27(32,95) | 4.17,03(32,76) | |
| | 4.50,22(33,19) | 5.23,20(32,98) | 5.56,41(33,21) | 6.30,05(33,64) | |
| | 7.03,52(33,47) | 7.36,94(33,42) | 8.10,63(33,69) | 8.43,53(32,90) | |
| | 9.16,89(33,36) | 9.51,16(34,27) | 10.24,82(33,66) | 10.58,46(33,64) | |
| | 11.32,21(33,75) | 12.06,05(33,84) | 12.40,30(34,25) | 13.14,33(34,03) | |
| | 13.48,39(34,06) | 14.21,33(32,94) | 14.55,20(33,87) | 15.28,41(33,21) | |
| | 16.01,83(33,42) | 16.32,92(31,09) | | | |
| 9 | Sindre Nilo | 90 | Sandefjord SK/NTG | 16.33,92 | 675 |
| | 29,09(29,09) | 1.00,69(31,60) | 1.32,78(32,09) | 2.05,08(32,30) | |
| | 2.37,33(32,25) | 3.09,74(32,41) | 3.42,19(32,45) | 4.14,76(32,57) | |
| | 4.47,89(33,13) | 5.21,14(33,25) | 5.54,00(32,86) | 6.27,62(33,62) | |
| | 7.01,15(33,53) | 7.34,56(33,41) | 8.08,26(33,70) | 8.42,19(33,93) | |
| | 9.15,96(33,77) | 9.49,81(33,85) | 10.23,52(33,71) | 10.57,28(33,76) | |
| | 11.31,17(33,89) | 12.05,15(33,98) | 12.39,24(34,09) | 13.12,95(33,71) | |
| | 13.46,39(33,44) | 14.20,18(33,79) | 14.53,83(33,65) | 15.27,67(33,84) | |
| | 16.01,20(33,53) | 16.33,92(32,72) | | | |
| 10 | Øyvind Gevelt | 91 | Øvre Eiker SK | 16.47,71 | 647 |
| | 31,00(31,00) | 1.03,99(32,99) | 1.36,99(33,00) | 2.09,99(33,00) | |
| | 2.43,13(33,14) | 3.16,29(33,16) | 3.49,64(33,35) | 4.23,00(33,36) | |
| | 4.56,64(33,64) | 5.30,49(33,85) | 6.04,47(33,98) | 6.38,37(33,90) | |
| | 7.12,25(33,88) | 7.45,88(33,63) | 8.19,69(33,81) | 8.53,49(33,80) | |
| | 9.27,15(33,66) | 10.01,60(34,45) | 10.35,96(34,36) | 11.10,36(34,40) | |
| | 11.43,48(33,12) | 12.16,94(33,46) | 12.50,27(33,33) | 13.23,81(33,54) | |
| | 13.57,81(34,00) | 14.31,97(34,16) | 15.06,17(34,20) | 15.40,22(34,05) | |
| | 16.14,41(34,19) | 16.47,71(33,30) | | | |
| 11 | Magnus Bru | 87 | Asker SK | 16.50,78 | 641 |
| | 30,84(30,84) | 1.03,80(32,96) | 1.37,00(33,20) | 2.10,27(33,27) | |
| | 2.43,29(33,02) | 3.16,46(33,17) | 3.50,18(33,72) | 4.24,03(33,85) | |
| | 4.57,98(33,95) | 5.31,60(33,62) | 6.05,82(34,22) | 6.39,83(34,01) | |
| | 7.13,93(34,10) | 7.48,14(34,21) | 8.22,11(33,97) | 8.55,86(33,75) | |
| | 9.30,13(34,27) | 10.04,33(34,20) | 10.38,32(33,99) | 11.12,13(33,81) | |
| | 11.46,14(34,01) | 12.20,06(33,92) | 12.54,18(34,12) | 13.28,14(33,96) | |
| | 14.02,05(33,91) | 14.35,91(33,86) | 15.10,07(34,16) | 15.44,22(34,15) | |
| | 16.17,81(33,59) | 16.50,78(32,97) | | | |

| | | | | | |
|----|------------------------|-----------------|-----------------|-----------------|-----|
| 12 | Morten Bordervich | 94 | Sola SK | 16.59,13 | 626 |
| | 30,50(30,50) | 1.03,55(33,05) | 1.36,66(33,11) | 2.10,22(33,56) | |
| | 2.44,42(34,20) | 3.18,24(33,82) | 3.52,45(34,21) | 4.26,52(34,07) | |
| | 5.00,56(34,04) | 5.34,95(34,39) | 6.09,34(34,39) | 6.43,97(34,63) | |
| | 7.18,41(34,44) | 7.52,97(34,56) | 8.27,27(34,30) | 9.01,81(34,54) | |
| | 9.36,29(34,48) | 10.10,38(34,09) | 10.44,79(34,41) | 11.19,45(34,66) | |
| | 11.52,72(33,27) | 12.27,07(34,35) | 13.01,50(34,43) | 13.35,97(34,47) | |
| | 14.10,58(34,61) | 14.44,91(34,33) | 15.18,80(33,89) | 15.53,03(34,23) | |
| | 16.26,84(33,81) | 16.59,13(32,29) | | | |
| 13 | Martin Berger Oterholm | 93 | Kolbotn IL | 16.59,26 | 626 |
| | 30,22(30,22) | 1.03,78(33,56) | 1.37,19(33,41) | 2.10,62(33,43) | |
| | 2.43,88(33,26) | 3.17,41(33,53) | 3.51,34(33,93) | 4.25,52(34,18) | |
| | 4.59,78(34,26) | 5.33,88(34,10) | 6.08,10(34,22) | 6.42,59(34,49) | |
| | 7.16,25(33,66) | 7.50,48(34,23) | 8.24,65(34,17) | 8.58,93(34,28) | |
| | 9.33,42(34,49) | 10.07,96(34,54) | 10.42,52(34,56) | 11.17,00(34,48) | |
| | 11.50,54(33,54) | 12.24,16(33,62) | 12.58,48(34,32) | 13.32,75(34,27) | |
| | 14.07,26(34,51) | 14.41,77(34,51) | 15.16,53(34,76) | 15.51,12(34,59) | |
| | 16.25,55(34,43) | 16.59,26(33,71) | | | |
| 14 | Christer M. Hagen | 91 | Fauske SK | 17.18,55 | 591 |
| | 31,37(31,37) | 1.04,83(33,46) | 1.39,01(34,18) | 2.13,54(34,53) | |
| | 2.47,94(34,40) | 3.22,69(34,75) | 3.57,66(34,97) | 4.32,55(34,89) | |
| | 5.07,19(34,64) | 5.41,71(34,52) | 6.16,30(34,59) | 6.50,85(34,55) | |
| | 7.25,74(34,89) | 8.00,70(34,96) | 8.35,03(34,33) | 9.10,54(35,51) | |
| | 9.45,13(34,59) | 10.19,83(34,70) | 10.54,99(35,16) | 11.30,22(35,23) | |
| | 12.05,27(35,05) | 12.40,07(34,80) | 13.15,02(34,95) | 13.50,02(35,00) | |
| | 14.24,92(34,90) | 14.59,65(34,73) | 15.34,62(34,97) | 16.09,68(35,06) | |
| | 16.44,50(34,82) | 17.18,55(34,05) | | | |
| 15 | Henning S. Pryde | 92 | Stavanger SC | 18.04,10 | 520 |
| | 30,08(30,08) | 1.02,71(32,63) | 1.36,30(33,59) | 2.10,65(34,35) | |
| | 2.45,33(34,68) | 3.20,49(35,16) | 3.55,58(35,09) | 4.30,85(35,27) | |
| | 5.07,10(36,25) | 5.43,77(36,67) | 6.20,56(36,79) | 6.57,55(36,99) | |
| | 7.34,69(37,14) | 8.11,20(36,51) | 8.48,16(36,96) | 9.24,86(36,70) | |
| | 10.01,26(36,40) | 10.38,71(37,45) | 11.16,15(37,44) | 11.53,81(37,66) | |
| | 12.32,16(38,35) | 13.09,43(37,27) | 13.46,68(37,25) | 14.23,93(37,25) | |
| | 15.00,67(36,74) | 15.37,84(37,17) | 16.15,05(37,21) | 16.52,17(37,12) | |
| | 17.28,70(36,53) | 18.04,10(35,40) | | | |

Øvelse 35. 4*100m lag medley, damer - Direkte finale

Senior

| | | | | | | | |
|---|------------------------|----------------|-------------------|---------|---------|-----|----|
| 1 | Lambertseter SK J1 sr. | SR | Lambertseter SK | (0,70) | 4.10,72 | 858 | NR |
| | Heidi Vainio Gjøen: | 30,76(30,76) | 1.02,57(31,81) | 1.02,57 | | | |
| | Sara Nordenstam: | 1.34,45(31,88) | 2.11,02(36,57) | 1.08,45 | | | |
| | Line Løvberg: | 2.39,35(28,33) | 3.12,61(33,26) | 1.01,59 | | | |
| | Ingrid N. Knutzen: | 3.40,16(27,55) | 4.10,72(30,56) | 58,11 | | | |
| 2 | Team Stavanger J1 sr. | SR | Team Stavanger | (0,57) | 4.14,79 | 817 | |
| | Karen Stødle: | 31,68(31,68) | 1.04,75(33,07) | 1.04,75 | | | |
| | Mari Ask Rasmussen: | 1.36,84(32,09) | 2.15,09(38,25) | 1.10,34 | | | |
| | Victoria S. Løken: | 2.43,41(28,32) | 3.16,19(32,78) | 1.01,10 | | | |
| | Vibeke Brigg: | 3.43,50(27,31) | 4.14,79(31,29) | 58,60 | | | |
| 3 | Bærumsv J1 sr. | SR | Bærumsvømmerne | (0,70) | 4.22,45 | 748 | |
| | Elisabeth Jarland: | 31,63(31,63) | 1.04,11(32,48) | 1.04,11 | | | |
| | Kristine Mella: | 1.37,62(33,51) | 2.16,44(38,82) | 1.12,33 | | | |
| | Emilie N. Løvberg: | 2.46,91(30,47) | 3.22,14(35,23) | 1.05,70 | | | |
| | Andrea Westbye: | 3.50,74(28,60) | 4.22,45(31,71) | 1.00,31 | | | |
| 4 | Bergensv. J1 sr. | SR | Bergensvømmerne | (0,57) | 4.25,20 | 725 | |
| | Katja Heinänen: | 33,68(33,68) | 1.08,23(34,55) | 1.08,23 | | | |
| | Celinn Daviknes: | 1.40,71(32,48) | 2.18,66(37,95) | 1.10,43 | | | |
| | Hanne Søfteland: | 2.49,29(30,63) | 3.26,40(37,11) | 1.07,74 | | | |
| | Siri Løvold Magnussen: | 3.54,24(27,84) | 4.25,20(30,96) | 58,80 | | | |
| 5 | Vestkantsv. J1 sr. | SR | Vestkantsvømmerne | (0,68) | 4.25,28 | 724 | |
| | Marthe Helene Haganæs: | 32,81(32,81) | 1.08,53(35,72) | 1.08,53 | | | |
| | Henriette Brekke: | 1.41,63(33,10) | 2.21,34(39,71) | 1.12,81 | | | |
| | Stine Vindenes: | 2.50,70(29,36) | 3.24,91(34,21) | 1.03,57 | | | |
| | Benedicte Kausland: | 3.53,52(28,61) | 4.25,28(31,76) | 1.00,37 | | | |

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|----|--------------------------|----------------|-------------------|---------|---------|-----|
| 6 | Lambertseter SK J2 sr. | SR | Lambertseter SK | (0,74) | 4.31,10 | 678 |
| | Elisabeth H. Svensson: | 33,04(33,04) | 1.08,20(35,16) | 1.08,20 | | |
| | Luna Elisabeth Sjøgaard: | 1.42,82(34,62) | 2.23,28(40,46) | 1.15,08 | | |
| | Merete Løvberg: | 2.53,75(30,47) | 3.31,13(37,38) | 1.07,85 | | |
| | Pia Cornelia Braarud: | 3.59,85(28,72) | 4.31,10(31,25) | 59,97 | | |
| 7 | Bergens SLK J1 sr. | SR | Bergens SLK | (0,70) | 4.32,07 | 671 |
| | Aslaug Marie Hjelmaas: | 32,10(32,10) | 1.06,60(34,50) | 1.06,60 | | |
| | Kaja Bremer: | 1.40,94(34,34) | 2.20,88(39,94) | 1.14,28 | | |
| | Martine Bremer: | 2.52,82(31,94) | 3.31,98(39,16) | 1.11,10 | | |
| | Karoline Pedersen: | 4.00,63(28,65) | 4.32,07(31,44) | 1.00,09 | | |
| 8 | Skjetten Svømming J1 sr. | SR | Skjetten Svømming | (0,72) | 4.33,81 | 658 |
| | Iselin Mjøllner Dahlen: | 32,66(32,66) | 1.07,01(34,35) | 1.07,01 | | |
| | Terese Langlo: | 1.42,83(35,82) | 2.24,46(41,63) | 1.17,45 | | |
| | Helene Solberg: | 2.55,19(30,73) | 3.31,94(36,75) | 1.07,48 | | |
| | Marie Svensson: | 4.01,23(29,29) | 4.33,81(32,58) | 1.01,87 | | |
| 9 | Bergens SC J1 sr. | SR | Bergens SC | (0,61) | 4.34,48 | 653 |
| | Ragnhild Søfteland: | 33,02(33,02) | 1.08,35(35,33) | 1.08,35 | | |
| | Martha Maria Songstad: | 1.45,47(37,12) | 2.28,51(43,04) | 1.20,16 | | |
| | Eirin Arnesen: | 2.58,11(29,60) | 3.33,11(35,00) | 1.04,60 | | |
| | Ingse Bergh Monsen: | 4.02,45(29,34) | 4.34,48(32,03) | 1.01,37 | | |
| 10 | Vestkantsv. J2 sr. | SR | Vestkantsvømmerne | (0,73) | 4.38,41 | 626 |
| | Marie Øverland: | 33,96(33,96) | 1.09,48(35,52) | 1.09,48 | | |
| | Andrea Haugstad: | 1.45,98(36,50) | 2.28,40(42,42) | 1.18,92 | | |
| | Marie Reinertsen: | 3.00,49(32,09) | 3.37,92(37,43) | 1.09,52 | | |
| | Line Møllerop: | 4.06,29(28,37) | 4.38,41(32,12) | 1.00,49 | | |
| 11 | Øvre Eiker SK J1 sr. | SR | Øvre Eiker SK | (0,67) | 4.41,30 | 607 |
| | Siri Anette Sønju: | 34,02(34,02) | 1.10,37(36,35) | 1.10,37 | | |
| | Stine Lise Stenseth: | 1.46,51(36,14) | 2.29,97(43,46) | 1.19,60 | | |
| | Guro Knutsen: | 3.01,84(31,87) | 3.37,98(36,14) | 1.08,01 | | |
| | Inger-Cathrine Wium: | 4.08,27(30,29) | 4.41,30(33,03) | 1.03,32 | | |
| 12 | IL Norodd J1 sr. | SR | IL Norodd | (0,83) | 4.54,97 | 526 |
| | Ann Helen Hesjevik: | 36,09(36,09) | 1.15,64(39,55) | 1.15,64 | | |
| | Sofie Sagli: | 1.52,42(36,78) | 2.33,89(41,47) | 1.18,25 | | |
| | Monica Helen Haugen: | 3.08,12(34,23) | 3.48,23(40,11) | 1.14,34 | | |
| | Linda Merete Haugen: | 4.19,92(31,69) | 4.54,97(35,05) | 1.06,74 | | |
| | IL Varg J1 sr. | SR | IL Varg | (0,76) | DISK | |
| | Rebecca Calder: | 32,47(32,47) | 1.07,29(34,82) | 1.07,29 | | |
| | Annelin Stenersen: | 1.41,09(33,80) | 2.19,87(38,78) | 1.12,58 | | |
| | Anette Fidjeland: | 2.47,81(27,94) | 3.21,48(33,67) | 1.01,61 | | |
| | Maren Ekeland: | | | | | |
| | Team Stavanger J2 sr. | SR | Team Stavanger | (0,61) | DISK | |
| | Trine Hovda: | 32,12(32,12) | 1.07,99(35,87) | 1.07,99 | | |
| | Stine Haferkamp: | | | | | |
| | Christine Ørland: | | | | | |
| | Victoria Rung: | | | | | |

Søndag 29. mars 2009 kl 09.00

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

Senior

| | | | | | |
|---|------------------------|----------------|-------------------|----------------|-----|
| 1 | Robert Aronsen | 86 | Bærumsvømmerne | 4.32,65 | 735 |
| | 28,61(28,61) | 1.01,39(32,78) | 1.38,46(37,07) | 2.14,66(36,20) | |
| | 2.51,95(37,29) | 3.30,88(38,93) | 4.02,95(32,07) | 4.32,65(29,70) | |
| 2 | Sebastian Stordal | 91 | BS/Delfana | 4.41,12 | 671 |
| | 28,61(28,61) | 1.02,06(33,45) | 1.37,83(35,77) | 2.13,50(35,67) | |
| | 2.55,38(41,88) | 3.36,82(41,44) | 4.09,31(32,49) | 4.41,12(31,81) | |
| 3 | Vegard Løvberg | 91 | Bærumsvømmerne | 4.42,21 | 663 |
| | 29,17(29,17) | 1.03,33(34,16) | 1.39,56(36,23) | 2.14,95(35,39) | |
| | 2.56,41(41,46) | 3.39,13(42,72) | 4.11,80(32,67) | 4.42,21(30,41) | |
| 4 | Espen Halhjem | 92 | BS/Delfana | 4.43,58 | 653 |
| | 28,79(28,79) | 1.03,07(34,28) | 1.39,34(36,27) | 2.15,35(36,01) | |
| | 2.55,99(40,64) | 3.36,80(40,81) | 4.10,76(33,96) | 4.43,58(32,82) | |
| 5 | Martin Hals | 91 | Øvre Eiker SK | 4.44,27 | 649 |
| | 30,15(30,15) | 1.04,78(34,63) | 1.41,98(37,20) | 2.18,68(36,70) | |
| | 2.58,98(40,30) | 3.39,62(40,64) | 4.12,86(33,24) | 4.44,27(31,41) | |
| 6 | Joachim André Jakobsen | 91 | Vestkantsvømmerne | 4.48,78 | 619 |
| | 31,52(31,52) | 1.08,29(36,77) | 1.47,06(38,77) | 2.24,06(37,00) | |
| | 3.02,64(38,58) | 3.42,02(39,38) | 4.16,02(34,00) | 4.48,78(32,76) | |
| 7 | Lars E Borsheim | 80 | TS/Madla SK | 4.52,73 | 594 |
| | 29,41(29,41) | 1.04,07(34,66) | 1.41,84(37,77) | 2.19,17(37,33) | |
| | 3.00,22(41,05) | 3.42,48(42,26) | 4.17,70(35,22) | 4.52,73(35,03) | |
| | Carl Andreas Wathne | 91 | Bærumsvømmerne | BRUTT | |

Øvelse 37. 4*50m fri, damer - Forsøk

Senior

| | | | | | |
|---|------------------------|----------------|-------------------|---------|-----|
| 1 | Asker SK J1 sr. | SR | Asker SK | 1.47,12 | 801 |
| | Sofie Gjemmestad: | 27,14(27,14) | | | |
| | Nora Kathrine Guthe: | 55,10(27,96) | | | |
| | Ingvild Snildal: | 1.20,45(25,35) | | | |
| | Siri Eva Kristiansen: | 1.47,12(26,67) | | | |
| 2 | Bergensv. J1 sr. | SR | Bergensvømmerne | 1.48,79 | 765 |
| | Hanne Søfteland: | 27,24(27,24) | | | |
| | Siri Løvold Magnussen: | 53,46(26,22) | | | |
| | Monica Finnøy: | 1.20,94(27,48) | | | |
| | Katrine Jensen: | 1.48,79(27,85) | | | |
| 3 | Vestkantsv. J1 sr. | SR | Vestkantsvømmerne | 1.48,83 | 764 |
| | Stine Vindenes: | 28,62(28,62) | | | |
| | Henriette Brekke: | 54,37(25,75) | | | |
| | Line Møllerop: | 1.21,66(27,29) | | | |
| | Marthe Helene Haganen: | 1.48,83(27,17) | | | |
| 4 | Lambertseter SK J1 sr. | SR | Lambertseter SK | 1.48,98 | 761 |
| | Emilie Hellerud: | 27,75(27,75) | | | |
| | Elisabeth H. Svensson: | 54,17(26,42) | | | |
| | Merete Løvberg: | 1.21,55(27,38) | | | |
| | Ingrid N. Knutzen: | 1.48,98(27,43) | | | |
| 5 | Bergens SLK J1 sr. | SR | Bergens SLK | 1.49,48 | 750 |
| | Aslaug Marie Hjelmaas: | 27,35(27,35) | | | |
| | Karoline Pedersen: | 55,27(27,92) | | | |
| | Kaja Bremer: | 1.22,53(27,26) | | | |
| | Martine Bremer: | 1.49,48(26,95) | | | |
| 6 | Bærumsv J1 sr. | SR | Bærumsvømmerne | 1.49,52 | 749 |
| | Emilie N. Løvberg: | 27,63(27,63) | | | |
| | Elisabeth Jarland: | 54,51(26,88) | | | |
| | Kristine Mella: | 1.21,79(27,28) | | | |
| | Andrea Westbye: | 1.49,52(27,73) | | | |

| | | | | | |
|----|--------------------------|----------------|-------------------|---------|-----|
| 7 | Team Stavanger J1 sr. | SR | Team Stavanger | 1.49,57 | 748 |
| | Mari Ask Rasmussen: | 27,58(27,58) | | | |
| | Karen Stødle: | 54,65(27,07) | | | |
| | Vibeke Brigg: | 1.22,44(27,79) | | | |
| | Victoria Rung: | 1.49,57(27,13) | | | |
| 8 | IL Varg J1 sr. | SR | IL Varg | 1.50,69 | 726 |
| | Kari Flottorp: | 29,04(29,04) | | | |
| | Anette Fidjeland: | 55,87(26,83) | | | |
| | Maren Ekeland: | 1.23,51(27,64) | | | |
| | Rebecca Calder: | 1.50,69(27,18) | | | |
| 9 | Team Stavanger J2 sr. | SR | Team Stavanger | 1.51,23 | 715 |
| | Trine Hovda: | 28,06(28,06) | | | |
| | Christine Ørland: | 55,62(27,56) | | | |
| | Marthe Berg Sørensen: | 1.23,48(27,86) | | | |
| | Eva Marie W. Østerhus: | 1.51,23(27,75) | | | |
| 10 | Vestkantv. J2 sr. | SR | Vestkantvømmerne | 1.51,49 | 710 |
| | Marie Øverland: | 28,51(28,51) | | | |
| | Andrea Haugstad: | 56,06(27,55) | | | |
| | Benedicte Kausland: | 1.23,46(27,40) | | | |
| | Marie Reinertsen: | 1.51,49(28,03) | | | |
| 11 | Trondheim SLK J1 sr. | SR | Trondheim SLK | 1.51,57 | 709 |
| | Tove Fludal Haugan: | 28,43(28,43) | | | |
| | Paulien Mulder: | 55,81(27,38) | | | |
| | Monica Martinsen: | 1.24,22(28,41) | | | |
| | Henriette Martinsen: | 1.51,57(27,35) | | | |
| 12 | Lambertseter SK J2 sr. | SR | Lambertseter SK | 1.52,28 | 695 |
| | Pia Cornelia Braarud: | 28,02(28,02) | | | |
| | Line Løvberg: | 55,67(27,65) | | | |
| | Luna Elisabeth Sjøgaard: | 1.23,95(28,28) | | | |
| | Julie Rønningsen: | 1.52,28(28,33) | | | |
| 13 | Bergens SC J1 sr. | SR | Bergens SC | 1.53,68 | 670 |
| | Hedvig Hjertaker: | 28,20(28,20) | | | |
| | Eirin Arnesen: | 56,43(28,23) | | | |
| | Ingse Bergh Monsen: | 1.25,07(28,64) | | | |
| | Eli Kristin Ølmheim: | 1.53,68(28,61) | | | |
| 14 | Skjetten Svømming J1 sr. | SR | Skjetten Svømming | 1.54,90 | 649 |
| | Helene Solberg: | 29,27(29,27) | | | |
| | Marie Svensson: | 58,13(28,86) | | | |
| | Iselin Mjøllner Dahlen: | 1.26,73(28,60) | | | |
| | Gina B. Andersen: | 1.54,90(28,17) | | | |
| 15 | IL Norodd J1 sr. | SR | IL Norodd | 2.03,25 | 526 |
| | Sofie Sagli: | 30,97(30,97) | | | |
| | Monica Helen Haugen: | 1.00,86(29,89) | | | |
| | Ann Helen Hesjevik: | 1.32,37(31,51) | | | |
| | Linda Merete Haugen: | 2.03,25(30,88) | | | |
| | Kristiansund SLK J1 sr. | SR | Kristiansund SLK | DISK | |
| | Maren Elise E. Finsaas: | | | | |
| | Stine Vik Olsen: | | | | |
| | Monica Helen Strand: | | | | |
| | Rachel Tømmervåg: | | | | |

Øvelse 38. 200m fri, herrer - Forsøk

Senior

| | | | | | |
|---|--------------------|--------------|----------------|----------------|-----|
| 1 | Gard Kvale | 84 | Bergens SC | 1.52,59 | 773 |
| | 26,36(26,36) | 54,88(28,52) | 1.23,64(28,76) | 1.52,59(28,95) | |
| 2 | Mattis Saghaug | 90 | IL Varg/NTG | 1.52,70 | 771 |
| | 25,67(25,67) | 54,03(28,36) | | 1.52,70(58,67) | |
| 3 | Ole Martin Ree | 92 | TS/Sola SK | 1.52,90 | 767 |
| | 26,24(26,24) | 54,65(28,41) | 1.23,44(28,79) | 1.52,90(29,46) | |
| 4 | Jørgen Møllerop | 88 | TS/Madla SK | 1.53,11 | 762 |
| | 26,37(26,37) | 55,20(28,83) | 1.24,61(29,41) | 1.53,11(28,50) | |
| 5 | Jørn Nygård | 92 | Stavanger SC | 1.53,39 | 757 |
| | 26,56(26,56) | 54,92(28,36) | 1.24,27(29,35) | 1.53,39(29,12) | |
| 6 | Christer Koch Kvam | 90 | Bærum/NTG | 1.53,50 | 754 |
| | 26,81(26,81) | 54,92(28,11) | 1.24,00(29,08) | 1.53,50(29,50) | |
| 7 | Mikkel Tørud Lang | 90 | Ullensakersv | 1.54,56 | 734 |
| | 27,17(27,17) | 55,84(28,67) | 1.25,29(29,45) | 1.54,56(29,27) | |

| | | | | | |
|----|-----------------------|----------------|-----------------|----------------|-----|
| 8 | Elias Damman | 89 | Bærumsvømmerne | 1.55,13 | 723 |
| | 26,92(26,92) | 55,99(29,07) | 1.25,71(29,72) | 1.55,13(29,42) | |
| 9 | Øystein R. Hetland | 89 | Bærumsvømmerne | 1.56,44 | 699 |
| | 26,51(26,51) | 55,62(29,11) | 1.25,83(30,21) | 1.56,44(30,61) | |
| 10 | Petter Braarud | 89 | Lambertseter SK | 1.56,95 | 690 |
| | 27,10(27,10) | 56,44(29,34) | 1.27,26(30,82) | 1.56,95(29,69) | |
| 11 | Stian Werner Erichsen | 90 | Bærumsvømmerne | 1.57,43 | 681 |
| | 26,35(26,35) | 54,73(28,38) | 1.25,31(30,58) | 1.57,43(32,12) | |
| 12 | Håkon Skårud Karlsen | 79 | IL Varg | 1.57,46 | 681 |
| | 27,11(27,11) | 56,76(29,65) | 1.27,19(30,43) | 1.57,46(30,27) | |
| 13 | Kristoffer Skribeland | 91 | Asker SK | 1.58,25 | 667 |
| | 27,51(27,51) | 57,18(29,67) | 1.28,00(30,82) | 1.58,25(30,25) | |
| 14 | Tor Hafnor | 91 | Bærumsvømmerne | 1.58,41 | 664 |
| | 27,32(27,32) | 57,25(29,93) | 1.27,97(30,72) | 1.58,41(30,44) | |
| 15 | Daniel Berenett | 91 | IL Varg/NTG | 1.59,52 | 646 |
| | 27,09(27,09) | 56,88(29,79) | 1.27,73(30,85) | 1.59,52(31,79) | |
| 16 | Bjarte Ravndal | 91 | TS/Sola SK | 2.02,64 | 598 |
| | 26,88(26,88) | 57,91(31,03) | 1.30,41(32,50) | 2.02,64(32,23) | |
| 17 | Magnus Bru | 87 | Asker SK | 2.03,69 | 583 |
| | 28,99(28,99) | 1.00,12(31,13) | 1.32,15(32,03) | 2.03,69(31,54) | |

Øvelse 39. 200m butterfly, damer - Forsøk

Senior

| | | | | | |
|----|---------------------------|----------------|---------------------|----------------|-----|
| 1 | Karoline Brudvik Sanderud | 89 | Hamar IL | 2.16,52 | 774 |
| | 30,80(30,80) | 1.04,82(34,02) | 1.40,57(35,75) | 2.16,52(35,95) | |
| 2 | Line Løvberg | 91 | Lambertseter SK/NTG | 2.17,30 | 761 |
| | 30,81(30,81) | 1.05,47(34,66) | 1.41,54(36,07) | 2.17,30(35,76) | |
| 3 | Stine Vindenes | 93 | Vestkantsvømmerne | 2.20,51 | 710 |
| | 31,75(31,75) | 1.07,44(35,69) | 1.43,82(36,38) | 2.20,51(36,69) | |
| 4 | Victoria Rung | 92 | TS/Frisinn | 2.21,05 | 702 |
| | 31,58(31,58) | 1.07,58(36,00) | 1.44,25(36,67) | 2.21,05(36,80) | |
| 5 | Lise Sand Syversen | 95 | Delfana | 2.23,64 | 664 |
| | 31,25(31,25) | 1.08,17(36,92) | 1.45,57(37,40) | 2.23,64(38,07) | |
| 6 | Victoria S. Løken | 91 | Team Stavanger | 2.24,36 | 654 |
| | 29,46(29,46) | 1.04,51(35,05) | 1.43,19(38,68) | 2.24,36(41,17) | |
| 7 | Terese Langlo | 89 | Skjetten Svømming | 2.24,79 | 649 |
| | 32,56(32,56) | 1.09,61(37,05) | 1.46,97(37,36) | 2.24,79(37,82) | |
| 8 | Emilie N. Løvberg | 95 | Bærumsvømmerne | 2.24,98 | 646 |
| | 31,90(31,90) | 1.08,52(36,62) | 1.46,83(38,31) | 2.24,98(38,15) | |
| 9 | Jacqueline Knutsson | 93 | Kongstensvømmerne | 2.25,65 | 637 |
| | 31,49(31,49) | 1.08,56(37,07) | 1.47,44(38,88) | 2.25,65(38,21) | |
| 10 | Karoline Eriksen | 92 | Stavanger SC | 2.27,26 | 616 |
| | 32,20(32,20) | 1.09,79(37,59) | 1.47,11(37,32) | 2.27,26(40,15) | |
| 11 | Julie Borgen | 91 | Sarpsborg IL | 2.27,45 | 614 |
| | 32,08(32,08) | 1.09,47(37,39) | 1.48,15(38,68) | 2.27,45(39,30) | |
| 11 | Maria Gullvåg Aasen | 92 | Kristiansand SA/NTG | 2.27,45 | 614 |
| | 31,74(31,74) | 1.08,63(36,89) | 1.47,09(38,46) | 2.27,45(40,36) | |
| 13 | Christine Ørland | 88 | TS/Madla SK | 2.28,43 | 602 |
| | 31,55(31,55) | 1.08,26(36,71) | 1.47,03(38,77) | 2.28,43(41,40) | |
| 14 | Oona Ovesen | 92 | Elverum Svømming | 2.29,09 | 594 |
| | 31,76(31,76) | 1.09,32(37,56) | 1.48,87(39,55) | 2.29,09(40,22) | |
| 15 | Maren Gramvik | 90 | Vågsbygd SLK | 2.29,40 | 590 |
| | 33,01(33,01) | 1.09,61(36,60) | 1.48,14(38,53) | 2.29,40(41,26) | |
| 16 | Siri Anette Sønju | 92 | Øvre Eiker SK | 2.29,88 | 585 |
| | 32,57(32,57) | 1.09,80(37,23) | 1.48,94(39,14) | 2.29,88(40,94) | |
| 17 | Seline Vike Holm | 92 | Arna SLK | 2.31,50 | 566 |
| | 31,69(31,69) | 1.09,36(37,67) | 1.49,43(40,07) | 2.31,50(42,07) | |
| 18 | Guro Knutsen | 91 | Øvre Eiker SK | 2.33,27 | 547 |
| | 33,24(33,24) | 1.11,33(38,09) | 1.52,12(40,79) | 2.33,27(41,15) | |
| 19 | Nora Næss | 93 | Haldens SK | 2.36,85 | 510 |
| | 32,92(32,92) | 1.12,24(39,32) | 1.54,80(42,56) | 2.36,85(42,05) | |
| 20 | Ellen Magnussen | 84 | Sarpsborg IL | 2.36,98 | 509 |
| | 34,07(34,07) | 1.13,52(39,45) | 1.54,92(41,40) | 2.36,98(42,06) | |

Øvelse 40. 100m rygg, herrer - Forsøk**Senior**

| | | | | | | |
|----|---|----|--------------------|--------|---------|-----|
| 1 | Lars Andre Tolås 27,47(27,47) | 88 | Bærumsvømmerne | (0,67) | 56,91 | 734 |
| 2 | Lavrans Solli 28,05(28,05) | 92 | Bergens SC | (0,67) | 57,80 | 700 |
| 3 | Petter Sjødal 28,17(28,17) | 79 | IL Varg | (0,90) | 58,39 | 679 |
| 4 | Mats Andre Fredriksen 28,11(28,11) | 85 | Lambertseter SK | (0,70) | 58,65 | 670 |
| 5 | Julian Åsheim Mikkelsen 28,47(28,47) | 93 | Ås IL | (0,63) | 58,78 | 666 |
| 6 | John Hage Gaarder 28,88(28,88) | 89 | Lørenskog/Rælingen | (0,60) | 59,13 | 654 |
| 7 | Vegard Løvberg 29,40(29,40) | 91 | Bærumsvømmerne | (0,70) | 59,26 | 650 |
| 8 | Even Vike Holm 28,98(28,98) | 90 | BS/Arna | | 59,85 | 631 |
| 9 | Joar Skien Grannes 28,62(28,62) | 90 | Sandnes SLK | (0,68) | 1.00,33 | 616 |
| 10 | Alexander B. Havre 29,32(29,32) | 90 | Mandal SK | (0,68) | 1.00,91 | 598 |
| 11 | Emil Brennløkken 29,38(29,38) | 89 | Vestbyen IL | (0,68) | 1.01,66 | 577 |
| 12 | Martin Skramstad 29,66(29,66) | 89 | Hamar IL | (0,65) | 1.02,24 | 561 |

Funksjonshemmede

| | | | | | | | |
|---|---------------------------|----|----------|--------|---------|-----|--------------|
| 1 | Ola Riise 46,18(46,18) | 77 | Asker SK | (0,78) | 1.37,70 | 145 | S14 153,13 % |
|---|---------------------------|----|----------|--------|---------|-----|--------------|

Øvelse 41. 100m fri, damer - Forsøk**Senior**

| | | | | | | |
|----|--|----|---------------------|--|---------|-----|
| 1 | Ingvild Snildal 27,25(27,25) | 88 | Asker SK | | 55,50 | 865 |
| 2 | Sofie Gjemmestad 27,91(27,91) | 89 | Asker SK | | 57,78 | 766 |
| 3 | Cecilie W. Johannessen 27,75(27,75) | 90 | Karmøy SK | | 57,94 | 760 |
| 4 | Henriette Brekke 27,98(27,98) | 88 | Vestkantsvømmerne | | 58,23 | 749 |
| 5 | Ina Kr. Pedersen 28,12(28,12) | 89 | Sarpsborg IL | | 58,34 | 745 |
| 6 | Aslaug Marie Hjelmaas 28,21(28,21) | 95 | Bergens SLK | | 59,47 | 703 |
| 7 | Nora Kathrine Guthe 29,04(29,04) | 91 | Asker SK | | 59,90 | 688 |
| 8 | Monica W. Johannessen 28,75(28,75) | 90 | Karmøy SK | | 1.00,02 | 684 |
| 9 | Martine Bremer 29,17(29,17) | 90 | Bergens SLK | | 1.00,28 | 675 |
| 10 | Ingrid N. Knutzen 29,40(29,40) | 91 | Lambertseter SK/NTG | | 1.00,42 | 670 |
| 11 | Elise Strømsvik 28,96(28,96) | 87 | Vestbyen IL | | 1.00,45 | 669 |
| 12 | Line W. Lund 28,75(28,75) | 91 | Moss SK | | 1.00,56 | 666 |

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|----|---------------------------------------|----|---------------------|---------|-----|
| 13 | Siri Løvold Magnussen 29,19(29,19) | 86 | BS/Delfana | 1.00,86 | 656 |
| 14 | Karoline Pedersen 29,63(29,63) | 94 | Bergens SLK | 1.00,95 | 653 |
| 15 | Karen Stødle 29,01(29,01) | 87 | Team Stavanger | 1.01,41 | 638 |
| 16 | Maren Ekeland 29,88(29,88) | 86 | IL Varg | 1.01,50 | 636 |
| 17 | Emilie Hellerud 29,54(29,54) | 92 | Lambertseter SK/NTG | 1.01,76 | 628 |
| 18 | Rebecca Calder 29,52(29,52) | 87 | IL Varg | 1.02,10 | 617 |

Funksjonshemmede

| | | | | | | |
|---|----------------------------------|----|-------------------|---------|-----|--------------|
| 1 | Linn Haugen 35,81(35,81) | 87 | Vestkantsvømmerne | 1.14,35 | 359 | S9 121,73 % |
| 2 | Hanne Farestvedt 36,92(36,92) | 93 | Åstveit SK | 1.19,54 | 294 | S14 127,45 % |
| 3 | Tonje Immerstein 37,21(37,21) | 89 | Sandnes SLK | 1.19,20 | 297 | S10 128,63 % |
| 4 | Ingrid Djupskås 40,74(40,74) | 89 | Asker SK | 1.26,43 | 229 | S9 141,5 % |

Øvelse 42. 50m fri, herrer - Forsøk

Senior

| | | | | | |
|----|------------------------|----|--------------------|-------|-----|
| 1 | Sander Smørdal | 85 | BS/Arna | 22,64 | 831 |
| 2 | Øystein R. Hetland | 89 | Bærumsvømmerne | 23,08 | 784 |
| 3 | Christer Koch Kvam | 90 | Bærum/NTG | 23,80 | 715 |
| 4 | Petter Solberg | 85 | BS/Delfana | 23,81 | 714 |
| 5 | Karl Otto Bratt | 78 | IL Varg | 23,89 | 707 |
| 6 | Erlend Alvestad | 88 | Vestbyen IL | 24,00 | 698 |
| 6 | Jari K. Mikkelsen | 88 | IL Varg | 24,00 | 698 |
| 6 | Bernt M. Seyffarth | 89 | Mandal SK | 24,00 | 698 |
| 9 | Mikael Bergene | 91 | Lambertseter SK | 24,04 | 694 |
| 10 | Mattis Saghaug | 90 | IL Varg/NTG | 24,06 | 692 |
| 10 | Mathias Sørstrand Æsøy | 90 | Florø SLK | 24,06 | 692 |
| 12 | Alexander B. Havre | 90 | Mandal SK | 24,20 | 680 |
| 13 | Per Sondre Sodeland | 91 | Mandal SK | 24,24 | 677 |
| 13 | Ørjan Cato Johnsen | 85 | BS/Bergen SLK | 24,24 | 677 |
| 15 | John Hage Gaarder | 89 | Lørenskog/Rælingen | 24,40 | 664 |
| 16 | Elias Damman | 89 | Bærumsvømmerne | 24,63 | 645 |
| 17 | Martin Skramstad | 89 | Hamar IL | 24,78 | 634 |
| 18 | Erlend Wærnes | 86 | Vestbyen IL | 24,79 | 633 |
| 19 | Bjarte Ravndal | 91 | TS/Sola SK | 25,21 | 602 |
| 20 | Emil Brennløkken | 89 | Vestbyen IL | 26,87 | 497 |
| | Dan Magnus Skibrek | 87 | Øvre Eiker SK | DISK | |

Øvelse 43. 100m bryst, damer - Forsøk

Senior

| | | | | | |
|----|---|----|--------------------|---------|-----|
| 1 | Katharina Stiberg 32,52(32,52) | 88 | Bjerkvik SK | 1.09,24 | 862 |
| 2 | Henriette Martinsen 33,22(33,22) | 85 | Trondheim SLK | 1.10,43 | 819 |
| 3 | Elisabeth Jarland 33,66(33,66) | 85 | Bærumsvømmerne | 1.10,83 | 805 |
| 4 | Sara Nordenstam 33,90(33,90) | 83 | Lambertseter SK | 1.10,96 | 801 |
| 5 | Trine Austrøne Olsen 33,79(33,79) | 90 | Fauske SK | 1.11,12 | 795 |
| 6 | Iselin Meisler 33,34(33,34) | 90 | Fauske SK | 1.11,45 | 784 |
| 7 | Celinn Daviknes 33,63(33,63) | 86 | BS/Delfana | 1.11,63 | 779 |
| 8 | Mari Ask Rasmussen 33,50(33,50) | 86 | TS/Stavanger VPK | 1.11,66 | 778 |
| 9 | Siri Eva Kristiansen 34,78(34,78) | 93 | Asker SK | 1.12,38 | 755 |
| 10 | Annelin Stenersen 34,26(34,26) | 81 | IL Varg | 1.13,48 | 721 |
| 11 | Mari Singstad 34,60(34,60) | 91 | Vestbyen IL | 1.13,75 | 713 |
| 12 | Kristine Mella 34,66(34,66) | 90 | Bærumsvømmerne | 1.13,82 | 711 |
| 13 | Stine Haferkamp 34,93(34,93) | 83 | TS/Madla SK | 1.14,00 | 706 |
| 14 | Katrine Jensen 35,35(35,35) | 92 | BS/Åstveit | 1.14,77 | 684 |
| 15 | Ine Charlotte Hagen 35,47(35,47) | 89 | Lørenskog/Rælingen | 1.15,17 | 674 |
| 16 | Lene Lykke Erichsen 35,65(35,65) | 92 | Bærumsvømmerne | 1.15,34 | 669 |
| 17 | Sophia Broberg Skeltved 34,97(34,97) | 92 | Tromsø SK/NTG | 1.15,64 | 661 |
| 18 | Bitte Fagermo 35,66(35,66) | 93 | Narvik SK | 1.16,01 | 651 |
| 19 | Benedicte Kausland 36,08(36,08) | 92 | Vestkantsvømmerne | 1.16,53 | 638 |
| | Maria Farestvedt | 90 | BS/Åstveit | BRUTT | |

Funksjonshemmede

| | | | | | | |
|---|-------------------------------------|----|--------------|---------|-----|--------------|
| 1 | Marianne Mæland 55,33(55,33) | 86 | Vågsbygd SLK | 1.57,25 | 177 | SB6 117,14 % |
| 2 | Tonje Immerstein 45,82(45,82) | 89 | Sandnes SLK | 1.38,24 | 301 | SB9 127,7 % |
| 3 | Ingrid Djupskås 1.02,93(1.02,93) | 89 | Asker SK | 2.10,07 | 130 | SB7 142 % |

Øvelse 44. 100m individuell medley, herrer - Forsøk**Senior**

| | | | | | |
|----|------------------------|----------------|-------------------|---------|-----|
| 1 | Gard Kvale | 84 | Bergens SC | 57,20 | 794 |
| | 26,76(26,76) | 57,20(30,44) | | | |
| 2 | Lars Andre Tolås | 88 | Bærumsvømmerne | 57,96 | 763 |
| | 27,39(27,39) | 57,96(30,57) | | | |
| 3 | Alexander Dale Oen | 85 | Vestkantsvømmerne | 59,00 | 723 |
| | 28,10(28,10) | 59,00(30,90) | | | |
| 4 | Mathias Sørstrand Æsøy | 90 | Florø SLK | 59,09 | 720 |
| | 28,24(28,24) | 59,09(30,85) | | | |
| 5 | Kristoffer Meisler | 90 | Fauske SK | 59,51 | 705 |
| | 28,43(28,43) | 59,51(31,08) | | | |
| 6 | Mats Andre Fredriksen | 85 | Lambertseter SK | 59,90 | 691 |
| | 28,10(28,10) | 59,90(31,80) | | | |
| 7 | Ole Martin Ree | 92 | TS/Sola SK | 59,94 | 690 |
| | 27,96(27,96) | 59,94(31,98) | | | |
| 8 | Robin Palm | 88 | Sarpsborg IL | 1.00,48 | 671 |
| | 28,77(28,77) | 1.00,48(31,71) | | | |
| 9 | Håkon Skårud Karlsen | 79 | IL Varg | 1.01,03 | 653 |
| | 28,65(28,65) | 1.01,03(32,38) | | | |
| 10 | Robert Aronsen | 86 | Bærumsvømmerne | 1.01,56 | 637 |
| | 28,83(28,83) | 1.01,56(32,73) | | | |
| 11 | Bernt M. Seyffarth | 89 | Mandal SK | 1.01,57 | 636 |
| | 28,81(28,81) | 1.01,57(32,76) | | | |
| 12 | Martin Hals | 91 | Øvre Eiker SK | 1.01,77 | 630 |
| | 29,25(29,25) | 1.01,77(32,52) | | | |
| 13 | Alexander Møkkelbost | 87 | BS/Delfana | 1.01,97 | 624 |
| | 28,77(28,77) | 1.01,97(33,20) | | | |
| 14 | Alexander B. Havre | 90 | Mandal SK | 1.02,69 | 603 |
| | 27,76(27,76) | 1.02,69(34,93) | | | |
| | Mikael Bergene | 91 | Lambertseter SK | BRUTT | |

Funksjonshemmede

| | | | | | |
|---|------------------|----------------|-------------|---------|------------------|
| 1 | Roar Mellemseter | 92 | Sunddal SLK | 1.28,71 | 212 SM9 142,87 % |
| | 42,22(42,22) | 1.28,71(46,49) | | | |
| | Ola Riise | 77 | Asker SK | DISK | SM14 |

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

| | | | | | |
|---|------------------|-----------------|-----------------|-----------------|-----|
| 1 | Hanne Lockertsen | 94 | Tromsø SK | 17.44,24 | 723 |
| | 31,88(31,88) | 1.06,16(34,28) | 1.40,60(34,44) | 2.15,47(34,87) | |
| | 2.50,45(34,98) | 3.25,69(35,24) | 4.01,02(35,33) | 4.36,02(35,00) | |
| | 5.11,09(35,07) | 5.46,58(35,49) | 6.21,99(35,41) | 6.57,40(35,41) | |
| | 7.33,30(35,90) | 8.08,62(35,32) | 8.44,18(35,56) | 9.19,96(35,78) | |
| | 9.55,94(35,98) | 10.32,11(36,17) | 11.08,05(35,94) | 11.44,06(36,01) | |
| | 12.19,89(35,83) | 12.55,81(35,92) | 13.32,36(36,55) | 14.08,48(36,12) | |
| | 14.44,86(36,38) | 15.21,01(36,15) | 15.57,03(36,02) | 16.33,03(36,00) | |
| | 17.08,97(35,94) | 17.44,24(35,27) | | | |
| 2 | Andrea Westbye | 95 | Bærumsvømmerne | 17.47,74 | 715 |
| | 32,50(32,50) | 1.07,54(35,04) | 1.43,06(35,52) | 2.18,74(35,68) | |
| | 2.54,16(35,42) | 3.29,66(35,50) | 4.05,01(35,35) | 4.40,53(35,52) | |
| | 5.16,06(35,53) | 5.51,64(35,58) | 6.27,64(36,00) | 7.03,52(35,88) | |
| | 7.39,44(35,92) | 8.15,63(36,19) | 8.51,72(36,09) | 9.27,42(35,70) | |
| | 10.03,17(35,75) | 10.39,13(35,96) | 11.15,18(36,05) | 11.51,15(35,97) | |
| | 12.27,20(36,05) | 13.03,00(35,80) | 13.39,26(36,26) | 14.15,29(36,03) | |
| | 14.51,39(36,10) | 15.27,03(35,64) | 16.03,02(35,99) | 16.38,73(35,71) | |
| | 17.14,38(35,65) | 17.47,74(33,36) | | | |

| | | | | | |
|---|------------------------|-----------------|-----------------|------------------|-----|
| 3 | Julie Torgersen Nilsen | 92 | Hamar IL | 17.48,20 | 715 |
| | 32,82(32,82) | 1.08,38(35,56) | 1.43,12(34,74) | 2.18,30(35,18) | |
| | 2.53,55(35,25) | 3.28,76(35,21) | 4.04,26(35,50) | 4.39,45(35,19) | |
| | 5.15,18(35,73) | 5.51,29(36,11) | 6.27,54(36,25) | 7.03,32(35,78) | |
| | 7.39,43(36,11) | 8.15,11(35,68) | 8.51,02(35,91) | 9.27,24(36,22) | |
| | 10.03,53(36,29) | 10.39,08(35,55) | 11.15,20(36,12) | 11.51,17(35,97) | |
| | 12.26,85(35,68) | 13.02,85(36,00) | 13.39,11(36,26) | 14.14,87(35,76) | |
| | 14.51,32(36,45) | 15.26,94(35,62) | 16.03,09(36,15) | 16.39,17(36,08) | |
| | 17.15,15(35,98) | 17.48,20(33,05) | | | |
| 4 | Karoline Pedersen | 94 | Bergens SLK | 17.54,46 | 702 |
| | 32,65(32,65) | 1.07,63(34,98) | 1.43,51(35,88) | 2.19,39(35,88) | |
| | 2.55,01(35,62) | 3.30,31(35,30) | | 4.41,76(1,11,45) | |
| | 5.17,40(35,64) | 5.53,06(35,66) | 6.28,93(35,87) | 7.04,72(35,79) | |
| | 7.40,47(35,75) | 8.16,51(36,04) | 8.52,43(35,92) | 9.28,24(35,81) | |
| | 10.04,13(35,89) | 10.40,29(36,16) | 11.16,52(36,23) | 11.52,72(36,20) | |
| | 12.29,01(36,29) | 13.05,41(36,40) | 13.41,71(36,30) | 14.18,33(36,62) | |
| | 14.54,71(36,38) | 15.31,39(36,68) | 16.07,34(35,95) | 16.43,58(36,24) | |
| | 17.19,49(35,91) | 17.54,46(34,97) | | | |
| 5 | Marthe Berg Sørensen | 92 | TS/Frisinn | 18.02,56 | 686 |
| | 32,13(32,13) | 1.06,98(34,85) | 1.42,47(35,49) | 2.18,02(35,55) | |
| | 2.54,00(35,98) | 3.30,25(36,25) | 4.06,25(36,00) | 4.42,52(36,27) | |
| | 5.18,47(35,95) | 5.55,18(36,71) | 6.31,51(36,33) | 7.08,04(36,53) | |
| | 7.44,64(36,60) | 8.21,29(36,65) | 8.58,34(37,05) | 9.34,74(36,40) | |
| | 10.11,22(36,48) | 10.48,08(36,86) | 11.24,32(36,24) | 12.00,85(36,53) | |
| | 12.37,52(36,67) | 13.14,01(36,49) | 13.50,31(36,30) | 14.26,90(36,59) | |
| | 15.03,48(36,58) | 15.40,36(36,88) | 16.16,72(36,36) | 16.52,79(36,07) | |
| | 17.28,10(35,31) | 18.02,56(34,46) | | | |
| 6 | Inger-Cathrine Wium | 92 | Øvre Eiker SK | 18.16,35 | 661 |
| | 32,64(32,64) | 1.08,15(35,51) | 1.44,43(36,28) | 2.20,74(36,31) | |
| | 2.57,67(36,93) | 3.34,38(36,71) | 4.11,20(36,82) | 4.48,04(36,84) | |
| | 5.24,85(36,81) | 6.01,66(36,81) | 6.38,51(36,85) | 7.15,28(36,77) | |
| | 7.52,38(37,10) | 8.29,39(37,01) | 9.06,52(37,13) | 9.43,49(36,97) | |
| | 10.20,10(36,61) | 10.57,24(37,14) | 11.34,45(37,21) | 12.11,38(36,93) | |
| | 12.48,53(37,15) | 13.25,65(37,12) | 14.02,09(36,44) | 14.38,83(36,74) | |
| | 15.15,40(36,57) | 15.51,87(36,47) | 16.28,31(36,44) | 17.04,64(36,33) | |
| | 17.40,60(35,96) | 18.16,35(35,75) | | | |
| 7 | Julie Rønningsen | 94 | Lambertseter SK | 18.21,45 | 652 |
| | 33,07(33,07) | 1.08,70(35,63) | 1.44,64(35,94) | 2.20,56(35,92) | |
| | 2.56,73(36,17) | 3.33,47(36,74) | 4.09,89(36,42) | 4.46,49(36,60) | |
| | 5.23,23(36,74) | 6.00,40(37,17) | 6.36,93(36,53) | 7.13,99(37,06) | |
| | 7.51,06(37,07) | 8.28,36(37,30) | 9.05,66(37,30) | 9.42,96(37,30) | |
| | 10.20,22(37,26) | 10.57,76(37,54) | 11.34,81(37,05) | 12.12,24(37,43) | |
| | 12.49,23(36,99) | 13.26,79(37,56) | 14.03,78(36,99) | 14.41,02(37,24) | |
| | 15.18,28(37,26) | 15.55,38(37,10) | 16.32,60(37,22) | 17.09,40(36,80) | |
| | 17.46,29(36,89) | 18.21,45(35,16) | | | |

Øvelse 46. 4*100m lag medley, herrer - Direkte finale – Foreløpig før siste heat

Senior

| | | | | | | |
|---|--------------------------|----------------|-----------------|---------|---------|-----|
| 1 | Lambertseter SK G1 sr. | SR | Lambertseter SK | (0,73) | 3.51,26 | 748 |
| | Mats Andre Fredriksen: | 28,27(28,27) | 58,78(30,51) | 58,78 | | |
| | Mikael Bergene: | 1.28,47(29,69) | 2.03,19(34,72) | 1.04,41 | | |
| | Sindre Eilertsen: | 2.28,93(25,74) | 3.00,24(31,31) | 57,05 | | |
| | Petter Braarud: | 3.24,45(24,21) | 3.51,26(26,81) | 51,02 | | |
| 2 | Bærumsv G2 sr. | SR | Bærumsvømmerne | (0,73) | 3.52,77 | 734 |
| | Vegard Løvberg: | 28,51(28,51) | 58,58(30,07) | 58,58 | | |
| | Daniel Aronsen: | 1.29,47(30,89) | 2.05,56(36,09) | 1.06,98 | | |
| | Tor Hafnor: | 2.30,92(25,36) | 3.00,98(30,06) | 55,42 | | |
| | Stian Werner Erichsen: | 3.25,29(24,31) | 3.52,77(27,48) | 51,79 | | |
| 3 | Bergensv. G2 sr. | SR | Bergensvømmerne | (0,55) | 4.01,60 | 656 |
| | Eirik Runningen: | 29,46(29,46) | 1.02,13(32,67) | 1.02,13 | | |
| | Alexander Mokkelbost: | 1.33,04(30,91) | 2.08,85(35,81) | 1.06,72 | | |
| | Sebastian Stordal: | 2.34,95(26,10) | 3.06,06(31,11) | 57,21 | | |
| | Ørjan Cato Johnsen: | 3.31,97(25,91) | 4.01,60(29,63) | 55,54 | | |
| 4 | Lambertseter SK G2 sr. | SR | Lambertseter SK | (0,64) | 4.04,39 | 634 |
| | Alexander Schüssler: | 29,55(29,55) | 1.02,29(32,74) | 1.02,29 | | |
| | Christian Thorsen: | 1.33,43(31,14) | 2.10,21(36,78) | 1.07,92 | | |
| | David Evja: | 2.37,37(27,16) | 3.10,32(32,95) | 1.00,11 | | |
| | Mikkel Brudvik Sanderud: | 3.35,86(25,54) | 4.04,39(28,53) | 54,07 | | |

| | | | | | | |
|---|------------------------|----------------|----------------|---------|---------|-----|
| 5 | IL Norodd G1 sr. | SR | IL Norodd | (0,80) | 5.15,30 | 295 |
| | Vidar Andresen Olsen: | 42,56(42,56) | 1.28,34(45,78) | 1.28,34 | | |
| | Kristian Skjerven: | 2.08,95(40,61) | 2.58,50(49,55) | 1.30,16 | | |
| | Lasse Morch Steen: | 3.29,07(30,57) | 4.06,21(37,14) | 1.07,71 | | |
| | Daniel Jose Gundersen: | 4.38,37(32,16) | 5.15,30(36,93) | 1.09,09 | | |

Øvelse 42. 50m fri, herrer - Omsvøm**Senior**

| | | | | | |
|---|--------------------|----|-------------|-------|-----|
| 1 | Erlend Alvestad | 88 | Vestbyen IL | 23,90 | 706 |
| 2 | Jari K. Mikkelsen | 88 | IL Varg | 23,92 | 705 |
| 3 | Bernt M. Seyffarth | 89 | Mandal SK | 24,00 | 698 |

Søndag 29. mars 2009 kl 16.00

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

Senior

| | | | | | |
|----|----------------------------|----------------|-------------------|----------------|-----|
| 1 | Alexander Broberg Skeltved | 87 | Vestkantsvømmerne | 4.21,82 | 830 |
| | 27,71(27,71) | 59,33(31,62) | 1.33,73(34,40) | 2.07,48(33,75) | |
| | 2.44,32(36,84) | 3.21,17(36,85) | 3.52,21(31,04) | 4.21,82(29,61) | |
| 2 | Robert Aronsen | 86 | Bærumsvømmerne | 4.32,65 | 735 |
| | 28,61(28,61) | 1.01,39(32,78) | 1.38,46(37,07) | 2.14,66(36,20) | |
| | 2.51,95(37,29) | 3.30,88(38,93) | 4.02,95(32,07) | 4.32,65(29,70) | |
| 3 | Christian Thorsen | 91 | Lambertseter SK | 4.33,86 | 726 |
| | 29,50(29,50) | 1.02,52(33,02) | 1.38,31(35,79) | 2.14,22(35,91) | |
| | 2.53,19(38,97) | 3.32,58(39,39) | 4.04,31(31,73) | 4.33,86(29,55) | |
| 4 | Sebastian Wigstrøm | 91 | Bærumsvømmerne | 4.34,59 | 720 |
| | 28,05(28,05) | 1.00,40(32,35) | 1.35,06(34,66) | 2.10,11(35,05) | |
| | 2.47,80(37,69) | 3.27,93(40,13) | 4.02,32(34,39) | 4.34,59(32,27) | |
| 5 | Kristoffer Meisler | 90 | Fauske SK | 4.38,82 | 688 |
| | 29,57(29,57) | 1.04,00(34,43) | 1.39,61(35,61) | 2.14,21(34,60) | |
| | 2.53,27(39,06) | 3.34,02(40,75) | 4.07,23(33,21) | 4.38,82(31,59) | |
| 6 | Sebastian Stordal | 91 | BS/Delfana | 4.41,12 | 671 |
| | 28,61(28,61) | 1.02,06(33,45) | 1.37,83(35,77) | 2.13,50(35,67) | |
| | 2.55,38(41,88) | 3.36,82(41,44) | 4.09,31(32,49) | 4.41,12(31,81) | |
| 7 | Vegard Løvberg | 91 | Bærumsvømmerne | 4.42,21 | 663 |
| | 29,17(29,17) | 1.03,33(34,16) | 1.39,56(36,23) | 2.14,95(35,39) | |
| | 2.56,41(41,46) | 3.39,13(42,72) | 4.11,80(32,67) | 4.42,21(30,41) | |
| 8 | Jonas Kirkeberg Jostad | 92 | Hamar IL | 4.42,52 | 661 |
| | 30,35(30,35) | 1.04,48(34,13) | 1.39,62(35,14) | 2.14,44(34,82) | |
| | 2.55,46(41,02) | 3.37,14(41,68) | 4.10,29(33,15) | 4.42,52(32,23) | |
| 9 | Espen Halhjem | 92 | BS/Delfana | 4.43,58 | 653 |
| | 28,79(28,79) | 1.03,07(34,28) | 1.39,34(36,27) | 2.15,35(36,01) | |
| | 2.55,99(40,64) | 3.36,80(40,81) | 4.10,76(33,96) | 4.43,58(32,82) | |
| 10 | Martin Hals | 91 | Øvre Eiker SK | 4.44,27 | 649 |
| | 30,15(30,15) | 1.04,78(34,63) | 1.41,98(37,20) | 2.18,68(36,70) | |
| | 2.58,98(40,30) | 3.39,62(40,64) | 4.12,86(33,24) | 4.44,27(31,41) | |
| 11 | Joachim André Jakobsen | 91 | Vestkantsvømmerne | 4.48,78 | 619 |
| | 31,52(31,52) | 1.08,29(36,77) | 1.47,06(38,77) | 2.24,06(37,00) | |
| | 3.02,64(38,58) | 3.42,02(39,38) | 4.16,02(34,00) | 4.48,78(32,76) | |
| 12 | Lars E Borsheim | 80 | TS/Madla SK | 4.52,73 | 594 |
| | 29,41(29,41) | 1.04,07(34,66) | 1.41,84(37,77) | 2.19,17(37,33) | |
| | 3.00,22(41,05) | 3.42,48(42,26) | 4.17,70(35,22) | 4.52,73(35,03) | |
| | Sindre Nilo | 90 | Sandefjord SK/NTG | BRUTT | |
| | Carl Andreas Wathne | 91 | Bærumsvømmerne | BRUTT | |

Øvelse 37. 4*50m fri, damer - Finale

Senior

| | | | | | |
|---|------------------------|----------------|-------------------|---------|-----|
| 1 | Asker SK J1 sr. | SR | Asker SK | 1.46,01 | 826 |
| | Ingvild Snildal: | 26,05(26,05) | | | |
| | Nora Kathrine Guthe: | 52,92(26,87) | | | |
| | Sofie Gjemmestad: | 1.19,29(26,37) | | | |
| | Siri Eva Kristiansen: | 1.46,01(26,72) | | | |
| 2 | Vestkantsv. J1 sr. | SR | Vestkantsvømmerne | 1.47,26 | 798 |
| | Henriette Brekke: | 25,60(25,60) | | | |
| | Marthe Helene Haganes: | 53,00(27,40) | | | |
| | Line Møllerop: | 1.19,96(26,96) | | | |
| | Benedicte Kausland: | 1.47,26(27,30) | | | |
| 3 | Bergensv. J1 sr. | SR | Bergensvømmerne | 1.48,22 | 777 |
| | Hanne Søfteland: | 27,24(27,24) | | | |
| | Siri Løvold Magnussen: | 53,29(26,05) | | | |
| | Monica Finnøy: | 1.20,40(27,11) | | | |
| | Katrine Jensen: | 1.48,22(27,82) | | | |

| | | | | | |
|---|------------------------|----------------|-----------------|---------|-----|
| 4 | Lambertseter SK J1 sr. | SR | Lambertseter SK | 1.48,47 | 771 |
| | Emilie Hellerud: | 27,88(27,88) | | | |
| | Ingrid N. Knutzen: | 55,12(27,24) | | | |
| | Merete Løvberg: | 1.21,94(26,82) | | | |
| | Elisabeth H. Svensson: | 1.48,47(26,53) | | | |
| 5 | Bærumsv J1 sr. | SR | Bærumsvømmerne | 1.49,30 | 754 |
| | Elisabeth Jarland: | 27,56(27,56) | | | |
| | Emilie N. Løvberg: | 54,35(26,79) | | | |
| | Kristine Mella: | 1.21,38(27,03) | | | |
| | Andrea Westbye: | 1.49,30(27,92) | | | |
| | Bergens SLK J1 sr. | SR | Bergens SLK | DISK | |
| | Martine Bremer: | 27,31(27,31) | | | |
| | Aslaug Marie Hjelmaas: | 54,23(26,92) | | | |
| | Kaja Bremer: | | | | |
| | Karoline Pedersen: | | | | |

Øvelse 38. 200m fri, herrer - Finale

Senior

| | | | | | | |
|---|--------------------|--------------|----------------|----------------|-----|----|
| 1 | Gard Kvale | 84 | Bergens SC | 1.46,18 | 922 | NR |
| | 25,25(25,25) | 52,12(26,87) | 1.19,16(27,04) | 1.46,18(27,02) | | |
| 2 | Jørgen Møllerop | 88 | TS/Madla SK | 1.50,31 | 822 | |
| | 25,63(25,63) | 53,73(28,10) | 1.22,35(28,62) | 1.50,31(27,96) | | |
| 3 | Ole Martin Ree | 92 | TS/Sola SK | 1.51,49 | 796 | |
| | 26,09(26,09) | 54,12(28,03) | 1.22,47(28,35) | 1.51,49(29,02) | | |
| 4 | Mattis Saghaug | 90 | IL Varg/NTG | 1.53,80 | 749 | |
| | 26,80(26,80) | 56,14(29,34) | 1.24,64(28,50) | 1.53,80(29,16) | | |
| 5 | Jørn Nygård | 92 | Stavanger SC | 1.54,77 | 730 | |
| | 26,25(26,25) | 54,89(28,64) | 1.24,64(29,75) | 1.54,77(30,13) | | |
| 6 | Christer Koch Kvam | 90 | Bærum/NTG | 1.54,97 | 726 | |
| | 26,33(26,33) | 55,22(28,89) | 1.24,65(29,43) | 1.54,97(30,32) | | |

Øvelse 39. 200m butterfly, damer - Finale

Senior

| | | | | | | |
|---|---------------------------|----------------|---------------------|----------------|-----|--|
| 1 | Karoline Brudvik Sanderud | 89 | Hamar IL | 2.12,98 | 837 | |
| | 30,15(30,15) | 1.03,31(33,16) | 1.37,48(34,17) | 2.12,98(35,50) | | |
| 2 | Line Løvberg | 91 | Lambertseter SK/NTG | 2.17,29 | 761 | |
| | 30,71(30,71) | 1.04,82(34,11) | 1.40,46(35,64) | 2.17,29(36,83) | | |
| 3 | Stine Vindenes | 93 | Vestkantsvømmerne | 2.19,06 | 732 | |
| | 30,88(30,88) | 1.05,69(34,81) | 1.41,78(36,09) | 2.19,06(37,28) | | |
| 4 | Victoria S. Løken | 91 | Team Stavanger | 2.20,07 | 716 | |
| | 30,05(30,05) | 1.03,92(33,87) | 1.40,68(36,76) | 2.20,07(39,39) | | |
| 5 | Victoria Rung | 92 | TS/Frisinn | 2.23,10 | 672 | |
| | 31,72(31,72) | 1.07,71(35,99) | 1.44,53(36,82) | 2.23,10(38,57) | | |
| 6 | Terese Langlo | 89 | Skjetten Svømming | 2.24,59 | 651 | |
| | 32,73(32,73) | 1.09,44(36,71) | 1.46,68(37,24) | 2.24,59(37,91) | | |

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

| | | | | | | |
|---|-------------------------|--------------|--------------------|--------|-------|-----|
| 1 | Petter Sjødal | 79 | IL Varg | | 55,28 | 801 |
| | 26,35(26,35) | 55,28(28,93) | | | | |
| 2 | Lars Andre Tolås | 88 | Bærumsvømmerne | (0,70) | 56,95 | 732 |
| | 27,68(27,68) | 56,95(29,27) | | | | |
| 3 | Lavrans Solli | 92 | Bergens SC | (0,72) | 57,18 | 723 |
| | 28,12(28,12) | 57,18(29,06) | | | | |
| 4 | John Hage Gaarder | 89 | Lørenskog/Rælingen | (0,68) | 58,37 | 680 |
| | 28,65(28,65) | 58,37(29,72) | | | | |
| 5 | Mats Andre Fredriksen | 85 | Lambertseter SK | (0,71) | 58,63 | 671 |
| | 27,97(27,97) | 58,63(30,66) | | | | |
| 6 | Julian Åsheim Mikkelsen | 93 | Ås IL | (0,66) | 59,19 | 652 |
| | 28,05(28,05) | 59,19(31,14) | | | | |

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

| | | | | | | | |
|---|------------------------|--------------|-------------------|--|-------|-----|----|
| 1 | Ingvild Snildal | 88 | Asker SK | | 54,99 | 889 | NR |
| | 27,04(27,04) | 54,99(27,95) | | | | | |
| 2 | Cecilie W. Johannessen | 90 | Karmøy SK | | 56,46 | 822 | |
| | 27,32(27,32) | 56,46(29,14) | | | | | |
| 3 | Sofie Gjemmestad | 89 | Asker SK | | 57,73 | 768 | |
| | 27,80(27,80) | 57,73(29,93) | | | | | |
| 4 | Henriette Brekke | 88 | Vestkantsvømmerne | | 58,03 | 757 | |
| | 27,56(27,56) | 58,03(30,47) | | | | | |
| 5 | Ina Kr. Pedersen | 89 | Sarpsborg IL | | 58,41 | 742 | |
| | 28,01(28,01) | 58,41(30,40) | | | | | |
| 6 | Aslaug Marie Hjelmaas | 95 | Bergens SLK | | 59,45 | 704 | |
| | 28,25(28,25) | 59,45(31,20) | | | | | |

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

| | | | | | | |
|---|--------------------|----|----------------|--|-------|-----|
| 1 | Sander Smørdal | 85 | BS/Arna | | 22,28 | 872 |
| 2 | Øystein R. Hetland | 89 | Bærumsvømmerne | | 23,05 | 787 |
| 3 | Erlend Alvestad | 88 | Vestbyen IL | | 23,53 | 740 |
| 4 | Petter Solberg | 85 | BS/Delfana | | 23,75 | 720 |
| 5 | Karl Otto Bratt | 78 | IL Varg | | 23,79 | 716 |
| 6 | Christer Koch Kvam | 90 | Bærum/NTG | | 23,85 | 711 |

Funksjonshemmede

| | | | | | | | |
|---|------------------|----|------------|--|-------|-----|-------------|
| 1 | Roar Mellemseter | 92 | Sundal SLK | | 34,19 | 241 | S9 134,93 % |
|---|------------------|----|------------|--|-------|-----|-------------|

Øvelse 43. 100m bryst, damer - Finale**Senior**

| | | | | | | |
|---|--------------------------------------|----|-----------------|---------|-----|----|
| 1 | Katharina Stiberg 31,97(31,97) | 88 | Bjerkvik SK | 1.07,53 | 929 | NR |
| 2 | Henriette Martinsen 32,59(32,59) | 85 | Trondheim SLK | 1.08,43 | 893 | |
| 3 | Trine Austrøne Olsen 33,68(33,68) | 90 | Fauske SK | 1.10,82 | 806 | |
| 4 | Elisabeth Jarland 33,72(33,72) | 85 | Bærumsvømmerne | 1.10,93 | 802 | |
| 5 | Sara Nordenstam 33,76(33,76) | 83 | Lambertseter SK | 1.12,23 | 759 | |
| 6 | Iselin Meisler 34,25(34,25) | 90 | Fauske SK | 1.12,52 | 750 | |

Øvelse 44. 100m individuell medley, herrer - Finale**Senior**

| | | | | | | |
|---|--|----|-------------------|---------|-----|--|
| 1 | Gard Kvale 25,70(25,70) | 84 | Bergens SC | 54,83 | 901 | |
| 2 | Alexander Dale Oen 26,45(26,45) | 85 | Vestkantsvømmerne | 56,13 | 840 | |
| 3 | Mathias Sørstrand Æsøy 26,90(26,90) | 90 | Florø SLK | 59,15 | 718 | |
| 4 | Mats Andre Fredriksen 27,43(27,43) | 85 | Lambertseter SK | 59,30 | 712 | |
| 5 | Robin Palm 29,03(29,03) | 88 | Sarpsborg IL | 1.00,69 | 664 | |
| 6 | Kristoffer Meisler 28,58(28,58) | 90 | Fauske SK | 1.00,91 | 657 | |

Øvelse 44. 100m individuell medley, herrer - Finale**Senior**

| | | | | | | |
|---|--|----|-------------------|---------|-----|--|
| 1 | Gard Kvale 25,70(25,70) | 84 | Bergens SC | 54,83 | 901 | |
| 2 | Alexander Dale Oen 26,45(26,45) | 85 | Vestkantsvømmerne | 56,13 | 840 | |
| 3 | Mathias Sørstrand Æsøy 26,90(26,90) | 90 | Florø SLK | 59,15 | 718 | |
| 4 | Mats Andre Fredriksen 27,43(27,43) | 85 | Lambertseter SK | 59,30 | 712 | |
| 5 | Robin Palm 29,03(29,03) | 88 | Sarpsborg IL | 1.00,69 | 664 | |
| 6 | Kristoffer Meisler 28,58(28,58) | 90 | Fauske SK | 1.00,91 | 657 | |

Øvelse 45. 1500m fri, damer - Direkte finale

Senior

| | | | | | |
|---|--------------------|-----------------|-----------------------|-----------------|-----|
| 1 | Elin Slaatmo | 92 | Hamar IL | 16.42,17 | 865 |
| | 30,19(30,19) | 1.02,46(32,27) | 1.34,76(32,30) | 2.07,43(32,67) | |
| | 2.40,61(33,18) | 3.13,85(33,24) | 3.47,16(33,31) | 4.20,45(33,29) | |
| | 4.54,02(33,57) | 5.27,73(33,71) | 6.01,49(33,76) | 6.35,12(33,63) | |
| | 7.08,82(33,70) | 7.42,25(33,43) | 8.16,02(33,77) | 8.49,80(33,78) | |
| | 9.23,43(33,63) | 9.57,14(33,71) | 10.30,86(33,72) | 11.04,37(33,51) | |
| | 11.38,45(34,08) | 12.12,25(33,80) | 12.46,18(33,93) | 13.20,15(33,97) | |
| | 13.54,10(33,95) | 14.27,92(33,82) | 15.01,94(34,02) | 15.35,63(33,69) | |
| | 16.09,68(34,05) | 16.42,17(32,49) | | | |
| 2 | Gina B. Andersen | 90 | Skjetten Svømming/NTG | 16.54,52 | 834 |
| | 30,59(30,59) | 1.03,19(32,60) | 1.36,24(33,05) | 2.09,94(33,70) | |
| | 2.43,55(33,61) | 3.17,26(33,71) | 3.51,39(34,13) | 4.25,60(34,21) | |
| | 4.59,60(34,00) | 5.33,70(34,10) | 6.07,84(34,14) | 6.41,72(33,88) | |
| | 7.15,79(34,07) | 7.49,88(34,09) | 8.24,25(34,37) | 8.58,60(34,35) | |
| | 9.33,09(34,49) | 10.07,49(34,40) | 10.41,81(34,32) | 11.15,90(34,09) | |
| | 11.50,27(34,37) | 12.24,38(34,11) | 12.58,27(33,89) | 13.31,97(33,70) | |
| | 14.06,04(34,07) | 14.39,80(33,76) | 15.13,69(33,89) | 15.47,65(33,96) | |
| | 16.21,79(34,14) | 16.54,52(32,73) | | | |
| 3 | Lise Sand Syversen | 95 | Delfana | 17.15,50 | 784 |
| | 31,36(31,36) | 1.04,80(33,44) | 1.39,45(34,65) | 2.13,94(34,49) | |
| | 2.48,51(34,57) | 3.23,17(34,66) | 3.57,96(34,79) | 4.32,90(34,94) | |
| | 5.07,54(34,64) | 5.42,55(35,01) | 6.17,51(34,96) | 6.52,44(34,93) | |
| | 7.27,14(34,70) | 8.01,74(34,60) | 8.36,39(34,65) | 9.11,53(35,14) | |
| | 9.46,42(34,89) | 10.21,37(34,95) | 10.55,98(34,61) | 11.30,85(34,87) | |
| | 12.05,73(34,88) | 12.40,67(34,94) | 13.15,53(34,86) | 13.50,45(34,92) | |
| | 14.25,04(34,59) | 14.59,65(34,61) | 15.34,25(34,60) | 16.08,70(34,45) | |
| | 16.43,02(34,32) | 17.15,50(32,48) | | | |
| 4 | Ingrid N. Knutzen | 91 | Lambertseter SK/NTG | 17.21,36 | 771 |
| | 31,42(31,42) | 1.05,24(33,82) | 1.40,06(34,82) | 2.14,56(34,50) | |
| | 2.49,06(34,50) | 3.23,72(34,66) | 3.58,41(34,69) | 4.33,50(35,09) | |
| | 5.08,05(34,55) | 5.43,05(35,00) | 6.17,76(34,71) | 6.52,86(35,10) | |
| | 7.27,89(35,03) | 8.02,62(34,73) | 8.37,78(35,16) | 9.12,81(35,03) | |
| | 9.47,62(34,81) | 10.22,86(35,24) | 10.57,95(35,09) | 11.32,99(35,04) | |
| | 12.08,21(35,22) | 12.43,03(34,82) | 13.17,96(34,93) | 13.53,22(35,26) | |
| | 14.27,82(34,60) | 15.02,62(34,80) | 15.37,39(34,77) | 16.12,68(35,29) | |
| | 16.47,44(34,76) | 17.21,36(33,92) | | | |
| 5 | Siri Anette Sønju | 92 | Øvre Eiker SK | 17.29,77 | 753 |
| | 31,09(31,09) | 1.04,73(33,64) | 1.39,18(34,45) | 2.13,58(34,40) | |
| | 2.48,61(35,03) | 3.23,41(34,80) | 3.58,45(35,04) | 4.33,22(34,77) | |
| | 5.08,09(34,87) | 5.43,10(35,01) | 6.18,25(35,15) | 6.53,20(34,95) | |
| | 7.28,29(35,09) | 8.03,48(35,19) | 8.38,80(35,32) | 9.13,95(35,15) | |
| | 9.48,92(34,97) | 10.24,15(35,23) | 10.59,48(35,33) | 11.34,58(35,10) | |
| | 12.10,09(35,51) | 12.45,50(35,41) | 13.21,13(35,63) | 13.56,40(35,27) | |
| | 14.32,06(35,66) | 15.07,84(35,78) | 15.43,55(35,71) | 16.19,31(35,76) | |
| | 16.55,12(35,81) | 17.29,77(34,65) | | | |
| 6 | Andrea Haugstad | 92 | Vestkantsvømmerne | 17.35,03 | 742 |
| | 31,93(31,93) | 1.06,20(34,27) | 1.40,87(34,67) | 2.15,61(34,74) | |
| | 2.50,59(34,98) | 3.25,62(35,03) | 4.01,22(35,60) | 4.36,49(35,27) | |
| | 5.11,85(35,36) | 5.47,34(35,49) | 6.22,84(35,50) | 6.58,56(35,72) | |
| | 7.34,02(35,46) | 8.09,43(35,41) | 8.44,94(35,51) | 9.20,48(35,54) | |
| | 9.56,04(35,56) | 10.31,42(35,38) | 11.07,18(35,76) | 11.42,53(35,35) | |
| | 12.17,97(35,44) | 12.53,19(35,22) | 13.28,56(35,37) | 14.04,02(35,46) | |
| | 14.39,08(35,06) | 15.14,47(35,39) | 15.49,90(35,43) | 16.25,56(35,66) | |
| | 17.00,77(35,21) | 17.35,03(34,26) | | | |
| 7 | Hanne Lockertsen | 94 | Tromsø SK | 17.44,24 | 723 |
| | 31,88(31,88) | 1.06,16(34,28) | 1.40,60(34,44) | 2.15,47(34,87) | |
| | 2.50,45(34,98) | 3.25,69(35,24) | 4.01,02(35,33) | 4.36,02(35,00) | |
| | 5.11,09(35,07) | 5.46,58(35,49) | 6.21,99(35,41) | 6.57,40(35,41) | |
| | 7.33,30(35,90) | 8.08,62(35,32) | 8.44,18(35,56) | 9.19,96(35,78) | |
| | 9.55,94(35,98) | 10.32,11(36,17) | 11.08,05(35,94) | 11.44,06(36,01) | |
| | 12.19,89(35,83) | 12.55,81(35,92) | 13.32,36(36,55) | 14.08,48(36,12) | |
| | 14.44,86(36,38) | 15.21,01(36,15) | 15.57,03(36,02) | 16.33,03(36,00) | |
| | 17.08,97(35,94) | 17.44,24(35,27) | | | |

| | | | | | |
|----|------------------------|-----------------|-----------------|------------------|-----|
| 8 | Andrea Westbye | 95 | Bærumsvømmerne | 17.47,74 | 715 |
| | 32.50(32,50) | 1.07,54(35,04) | 1.43,06(35,52) | 2.18,74(35,68) | |
| | 2.54,16(35,42) | 3.29,66(35,50) | 4.05,01(35,35) | 4.40,53(35,52) | |
| | 5.16,06(35,53) | 5.51,64(35,58) | 6.27,64(36,00) | 7.03,52(35,88) | |
| | 7.39,44(35,92) | 8.15,63(36,19) | 8.51,72(36,09) | 9.27,42(35,70) | |
| | 10.03,17(35,75) | 10.39,13(35,96) | 11.15,18(36,05) | 11.51,15(35,97) | |
| | 12.27,20(36,05) | 13.03,00(35,80) | 13.39,26(36,26) | 14.15,29(36,03) | |
| | 14.51,39(36,10) | 15.27,03(35,64) | 16.03,02(35,99) | 16.38,73(35,71) | |
| | 17.14,38(35,65) | 17.47,74(33,36) | | | |
| 9 | Julie Torgersen Nilsen | 92 | Hamar IL | 17.48,20 | 715 |
| | 32,82(32,82) | 1.08,38(35,56) | 1.43,12(34,74) | 2.18,30(35,18) | |
| | 2.53,55(35,25) | 3.28,76(35,21) | 4.04,26(35,50) | 4.39,45(35,19) | |
| | 5.15,18(35,73) | 5.51,29(36,11) | 6.27,54(36,25) | 7.03,32(35,78) | |
| | 7.39,43(36,11) | 8.15,11(35,68) | 8.51,02(35,91) | 9.27,24(36,22) | |
| | 10.03,53(36,29) | 10.39,08(35,55) | 11.15,20(36,12) | 11.51,17(35,97) | |
| | 12.26,85(35,68) | 13.02,85(36,00) | 13.39,11(36,26) | 14.14,87(35,76) | |
| | 14.51,32(36,45) | 15.26,94(35,62) | 16.03,09(36,15) | 16.39,17(36,08) | |
| | 17.15,15(35,98) | 17.48,20(33,05) | | | |
| 10 | Karoline Pedersen | 94 | Bergens SLK | 17.54,46 | 702 |
| | 32,65(32,65) | 1.07,63(34,98) | 1.43,51(35,88) | 2.19,39(35,88) | |
| | 2.55,01(35,62) | 3.30,31(35,30) | | 4.41,76(1,11,45) | |
| | 5.17,40(35,64) | 5.53,06(35,66) | 6.28,93(35,87) | 7.04,72(35,79) | |
| | 7.40,47(35,75) | 8.16,51(36,04) | 8.52,43(35,92) | 9.28,24(35,81) | |
| | 10.04,13(35,89) | 10.40,29(36,16) | 11.16,52(36,23) | 11.52,72(36,20) | |
| | 12.29,01(36,29) | 13.05,41(36,40) | 13.41,71(36,30) | 14.18,33(36,62) | |
| | 14.54,71(36,38) | 15.31,39(36,68) | 16.07,34(35,95) | 16.43,58(36,24) | |
| | 17.19,49(35,91) | 17.54,46(34,97) | | | |
| 11 | Marthe Berg Sørensen | 92 | TS/Frisinn | 18.02,56 | 686 |
| | 32,13(32,13) | 1.06,98(34,85) | 1.42,47(35,49) | 2.18,02(35,55) | |
| | 2.54,00(35,98) | 3.30,25(36,25) | 4.06,25(36,00) | 4.42,52(36,27) | |
| | 5.18,47(35,95) | 5.55,18(36,71) | 6.31,51(36,33) | 7.08,04(36,53) | |
| | 7.44,64(36,60) | 8.21,29(36,65) | 8.58,34(37,05) | 9.34,74(36,40) | |
| | 10.11,22(36,48) | 10.48,08(36,86) | 11.24,32(36,24) | 12.00,85(36,53) | |
| | 12.37,52(36,67) | 13.14,01(36,49) | 13.50,31(36,30) | 14.26,90(36,59) | |
| | 15.03,48(36,58) | 15.40,36(36,88) | 16.16,72(36,36) | 16.52,79(36,07) | |
| | 17.28,10(35,31) | 18.02,56(34,46) | | | |
| 12 | Inger-Cathrine Wium | 92 | Øvre Eiker SK | 18.16,35 | 661 |
| | 32,64(32,64) | 1.08,15(35,51) | 1.44,43(36,28) | 2.20,74(36,31) | |
| | 2.57,67(36,93) | 3.34,38(36,71) | 4.11,20(36,82) | 4.48,04(36,84) | |
| | 5.24,85(36,81) | 6.01,66(36,81) | 6.38,51(36,85) | 7.15,28(36,77) | |
| | 7.52,38(37,10) | 8.29,39(37,01) | 9.06,52(37,13) | 9.43,49(36,97) | |
| | 10.20,10(36,61) | 10.57,24(37,14) | 11.34,45(37,21) | 12.11,38(36,93) | |
| | 12.48,53(37,15) | 13.25,65(37,12) | 14.02,09(36,44) | 14.38,83(36,74) | |
| | 15.15,40(36,57) | 15.51,87(36,47) | 16.28,31(36,44) | 17.04,64(36,33) | |
| | 17.40,60(35,96) | 18.16,35(35,75) | | | |
| 13 | Julie Rønningsen | 94 | Lambertseter SK | 18.21,45 | 652 |
| | 33,07(33,07) | 1.08,70(35,63) | 1.44,64(35,94) | 2.20,56(35,92) | |
| | 2.56,73(36,17) | 3.33,47(36,74) | 4.09,89(36,42) | 4.46,49(36,60) | |
| | 5.23,23(36,74) | 6.00,40(37,17) | 6.36,93(36,53) | 7.13,99(37,06) | |
| | 7.51,06(37,07) | 8.28,36(37,30) | 9.05,66(37,30) | 9.42,96(37,30) | |
| | 10.20,22(37,26) | 10.57,76(37,54) | 11.34,81(37,05) | 12.12,24(37,43) | |
| | 12.49,23(36,99) | 13.26,79(37,56) | 14.03,78(36,99) | 14.41,02(37,24) | |
| | 15.18,28(37,26) | 15.55,38(37,10) | 16.32,60(37,22) | 17.09,40(36,80) | |
| | 17.46,29(36,89) | 18.21,45(35,16) | | | |

Øvelse 46. 4*100m lag medley, herrer - Direkte finale

Senior

| | | | | | | |
|----|------------------------------|----------------|-------------------|---------|---------|-----|
| 1 | Vestkantsv. G1 sr. | SR | Vestkantsvømmerne | (0,66) | 3.41,18 | 855 |
| | Kim Torry Simmenes: | 27,06(27,06) | 56,97(29,91) | 56,97 | | |
| | Alexander Dale Oen: | 1.24,24(27,27) | 1.55,71(31,47) | 58,74 | | |
| | Alexander Broberg Skeltved: | 2.20,65(24,94) | 2.49,27(28,62) | 53,56 | | |
| | Pål Gunnar Normann: | 3.13,65(24,38) | 3.41,18(27,53) | 51,91 | | |
| 2 | IL Varg G1 sr. | SR | IL Varg | | 3.42,83 | 837 |
| | Petter Sjødal: | 26,86(26,86) | 55,25(28,39) | 55,25 | | |
| | Thomas Breivoll: | 1.23,72(28,47) | 1.57,79(34,07) | 1.02,54 | | |
| | Jonas Noreng Ravn: | 2.22,19(24,40) | 2.51,97(29,78) | 54,18 | | |
| | Karl Otto Bratt: | 3.15,77(23,80) | 3.42,83(27,06) | 50,86 | | |
| 3 | Bergensv. G1 sr. | SR | Bergensvømmerne | | 3.45,91 | 803 |
| | Even Vike Holm: | 28,13(28,13) | 58,52(30,39) | 58,52 | | |
| | Marcus Tesdal: | 1.27,91(29,39) | 2.01,88(33,97) | 1.03,36 | | |
| | Petter Solberg: | 2.27,35(25,47) | 2.57,65(30,30) | 55,77 | | |
| | Sander Smørdal: | 3.20,47(22,82) | 3.45,91(25,44) | 48,26 | | |
| 4 | Bærumsv G1 sr. | SR | Bærumsvømmerne | (0,67) | 3.49,33 | 767 |
| | Lars Andre Tolås: | 27,86(27,86) | 57,41(29,55) | 57,41 | | |
| | Sebastian Wigstrøm: | 1.27,78(30,37) | 2.03,25(35,47) | 1.05,84 | | |
| | Christer Koch Kvam: | 2.28,09(24,84) | 2.58,16(30,07) | 54,91 | | |
| | Øystein R. Hetland: | 3.22,02(23,86) | 3.49,33(27,31) | 51,17 | | |
| 5 | Lambertseter SK G1 sr. | SR | Lambertseter SK | (0,73) | 3.51,26 | 748 |
| | Mats Andre Fredriksen: | 28,27(28,27) | 58,78(30,51) | 58,78 | | |
| | Mikael Bergene: | 1.28,47(29,69) | 2.03,19(34,72) | 1.04,41 | | |
| | Sindre Eilertsen: | 2.28,93(25,74) | 3.00,24(31,31) | 57,05 | | |
| | Petter Braarud: | 3.24,45(24,21) | 3.51,26(26,81) | 51,02 | | |
| 6 | Bergens SC G1 sr. | SR | Bergens SC | (0,63) | 3.51,37 | 747 |
| | Lavrans Solli: | 28,71(28,71) | 58,58(29,87) | 58,58 | | |
| | Gard Kvale: | 1.27,85(29,27) | 2.00,90(33,05) | 1.02,32 | | |
| | Stian S. Langeland: | 2.26,61(25,71) | 2.57,08(30,47) | 56,18 | | |
| | Thor Kristian Østenå Larsen: | 3.22,58(25,50) | 3.51,37(28,79) | 54,29 | | |
| 7 | Bærumsv G2 sr. | SR | Bærumsvømmerne | (0,73) | 3.52,77 | 734 |
| | Vegard Løvberg: | 28,51(28,51) | 58,58(30,07) | 58,58 | | |
| | Daniel Aronsen: | 1.29,47(30,89) | 2.05,56(36,09) | 1.06,98 | | |
| | Tor Hafnor: | 2.30,92(25,36) | 3.00,98(30,06) | 55,42 | | |
| | Stian Werner Erichsen: | 3.25,29(24,31) | 3.52,77(27,48) | 51,79 | | |
| 8 | Team Stavanger G1 sr. | SR | Team Stavanger | (0,65) | 3.54,37 | 719 |
| | Jørgen Møllerop: | 28,07(28,07) | 57,94(29,87) | 57,94 | | |
| | Erling Mjøs Brattelid: | 1.27,92(29,98) | 2.03,57(35,65) | 1.05,63 | | |
| | Ole Martin Ree: | 2.30,21(26,64) | 3.01,74(31,53) | 58,17 | | |
| | Bjarte Ravndal: | 3.26,08(24,34) | 3.54,37(28,29) | 52,63 | | |
| 9 | Bergensv. G2 sr. | SR | Bergensvømmerne | (0,55) | 4.01,60 | 656 |
| | Eirik Runningen: | 29,46(29,46) | 1.02,13(32,67) | 1.02,13 | | |
| | Alexander Mokkelbost: | 1.33,04(30,91) | 2.08,85(35,81) | 1.06,72 | | |
| | Sebastian Stordal: | 2.34,95(26,10) | 3.06,06(31,11) | 57,21 | | |
| | Ørjan Cato Johnsen: | 3.31,97(25,91) | 4.01,60(29,63) | 55,54 | | |
| 10 | Lambertseter SK G2 sr. | SR | Lambertseter SK | (0,64) | 4.04,39 | 634 |
| | Alexander Schüssler: | 29,55(29,55) | 1.02,29(32,74) | 1.02,29 | | |
| | Christian Thorsen: | 1.33,43(31,14) | 2.10,21(36,78) | 1.07,92 | | |
| | David Evja: | 2.37,37(27,16) | 3.10,32(32,95) | 1.00,11 | | |
| | Mikkel Brudvik Sanderud: | 3.35,86(25,54) | 4.04,39(28,53) | 54,07 | | |
| 11 | IL Norodd G1 sr. | SR | IL Norodd | (0,80) | 5.15,30 | 295 |
| | Vidar Andresen Olsen: | 42,56(42,56) | 1.28,34(45,78) | 1.28,34 | | |
| | Kristian Skjerven: | 2.08,95(40,61) | 2.58,50(49,55) | 1.30,16 | | |
| | Lasse Morch Steen: | 3.29,07(30,57) | 4.06,21(37,14) | 1.07,71 | | |
| | Daniel Jose Gundersen: | 4.38,37(32,16) | 5.15,30(36,93) | 1.09,09 | | |