

Lørdag 11. juli 2009 kl 09.00**Øvelse 1. 400m individuell medley, damer - Direkte finale****Sponsor: Nordea****Junior**

1	Lise Sand Syversen	95	BS/Delfana	5.09,40	709
	32,21(32,21)	1.09,02(36,81)	1.50,03(41,01)	2.29,58(39,55)	
	3.14,76(45,18)	4.00,07(45,31)	4.36,54(36,47)	5.09,40(32,86)	
2	Christine M. Pedersen	93	Lambertseter SK	5.18,07	653
	32,61(32,61)	1.09,73(37,12)	1.48,73(39,00)	2.27,14(38,41)	
	3.15,64(48,50)	4.03,98(48,34)	4.41,72(37,74)	5.18,07(36,35)	
3	Andrea Hestdal	94	BS/Åstveit	5.23,21	622
	32,79(32,79)	1.11,51(38,72)	1.54,70(43,19)	2.36,88(42,18)	
	3.21,16(44,28)	4.07,77(46,61)	4.46,12(38,35)	5.23,21(37,09)	
4	Julie Torgersen Nilsen	92	Hamar IL	5.23,94	618
	35,96(35,96)	1.15,51(39,55)	1.58,56(43,05)	2.40,39(41,83)	
	3.25,47(45,08)	4.11,51(46,04)	4.48,79(37,28)	5.23,94(35,15)	
5	Susann Bjørnsen	93	Setermoen SK	5.26,47	604
	33,92(33,92)	1.14,29(40,37)	1.56,63(42,34)	2.38,45(41,82)	
	3.26,19(47,74)	4.13,39(47,20)	4.50,89(37,50)	5.26,47(35,58)	
6	Elisabeth Kristiansen	92	Haugesund SK	5.27,71	597
	33,11(33,11)	1.14,28(41,17)	1.56,75(42,47)	2.37,61(40,86)	
	3.25,25(47,64)	4.13,72(48,47)	4.52,09(38,37)	5.27,71(35,62)	
7	Stine Lise Stenseth	94	Øvre Eiker SK	5.33,90	564
	33,61(33,61)	1.14,86(41,25)	1.57,63(42,77)	2.39,42(41,79)	
	3.25,16(45,74)	4.13,79(48,63)	4.55,09(41,30)	5.33,90(38,81)	
8	Andrea Haugstad	92	Vestkantsvømmerne	5.36,02	554
	34,90(34,90)	1.14,05(39,15)	1.58,37(44,32)	2.42,60(44,23)	
	3.32,25(49,65)	4.20,50(48,25)	4.58,99(38,49)	5.36,02(37,03)	
9	Guro Knutsen	91	Øvre Eiker SK	5.39,15	538
	35,29(35,29)	1.16,81(41,52)	2.01,54(44,73)	2.45,42(43,88)	
	3.34,06(48,64)	4.23,74(49,68)	5.01,84(38,10)	5.39,15(37,31)	
10	Thea Pedersen	91	Moss SK	5.40,08	534
	34,48(34,48)	1.16,27(41,79)	1.59,24(42,97)	2.42,85(43,61)	
	3.32,27(49,42)	4.22,71(50,44)	5.01,60(38,89)	5.40,08(38,48)	
11	Maren E.J. Bakke	94	Setermoen SK	5.41,52	527
	34,97(34,97)	1.16,53(41,56)	2.03,03(46,50)	2.48,10(45,07)	
	3.33,12(45,02)	4.20,47(47,35)	5.02,44(41,97)	5.41,52(39,08)	
12	Katrine Ekstang	92	Setermoen SK	5.46,51	505
	33,89(33,89)	1.13,00(39,11)	2.01,11(48,11)	2.47,90(46,79)	
	3.39,82(51,92)	4.30,28(50,46)	5.08,47(38,19)	5.46,51(38,04)	

Senior

1	Lise Sand Syversen	95	BS/Delfana	5.09,40	709
	32,21(32,21)	1.09,02(36,81)	1.50,03(41,01)	2.29,58(39,55)	
	3.14,76(45,18)	4.00,07(45,31)	4.36,54(36,47)	5.09,40(32,86)	
2	Christine M. Pedersen	93	Lambertseter SK	5.18,07	653
	32,61(32,61)	1.09,73(37,12)	1.48,73(39,00)	2.27,14(38,41)	
	3.15,64(48,50)	4.03,98(48,34)	4.41,72(37,74)	5.18,07(36,35)	
3	Andrea Hestdal	94	BS/Åstveit	5.23,21	622
	32,79(32,79)	1.11,51(38,72)	1.54,70(43,19)	2.36,88(42,18)	
	3.21,16(44,28)	4.07,77(46,61)	4.46,12(38,35)	5.23,21(37,09)	
4	Julie Torgersen Nilsen	92	Hamar IL	5.23,94	618
	35,96(35,96)	1.15,51(39,55)	1.58,56(43,05)	2.40,39(41,83)	
	3.25,47(45,08)	4.11,51(46,04)	4.48,79(37,28)	5.23,94(35,15)	
5	Susann Bjørnsen	93	Setermoen SK	5.26,47	604
	33,92(33,92)	1.14,29(40,37)	1.56,63(42,34)	2.38,45(41,82)	
	3.26,19(47,74)	4.13,39(47,20)	4.50,89(37,50)	5.26,47(35,58)	
6	Elisabeth Kristiansen	92	Haugesund SK	5.27,71	597
	33,11(33,11)	1.14,28(41,17)	1.56,75(42,47)	2.37,61(40,86)	
	3.25,25(47,64)	4.13,72(48,47)	4.52,09(38,37)	5.27,71(35,62)	

7	Stine Lise Stenseth	94	Øvre Eiker SK	5.33,90	564
	33,61(33,61)	1.14,86(41,25)	1.57,63(42,77)	2.39,42(41,79)	
	3.25,16(45,74)	4.13,79(48,63)	4.55,09(41,30)	5.33,90(38,81)	
8	Andrea Haugstad	92	Vestkantsvømmerne	5.36,02	554
	34,90(34,90)	1.14,05(39,15)	1.58,37(44,32)	2.42,60(44,23)	
	3.32,25(49,65)	4.20,50(48,25)	4.58,99(38,49)	5.36,02(37,03)	
9	Guro Knutsen	91	Øvre Eiker SK	5.39,15	538
	35,29(35,29)	1.16,81(41,52)	2.01,54(44,73)	2.45,42(43,88)	
	3.34,06(48,64)	4.23,74(49,68)	5.01,84(38,10)	5.39,15(37,31)	
10	Thea Pedersen	91	Moss SK	5.40,08	534
	34,48(34,48)	1.16,27(41,79)	1.59,24(42,97)	2.42,85(43,61)	
	3.32,27(49,42)	4.22,71(50,44)	5.01,60(38,89)	5.40,08(38,48)	
11	Maren E.J. Bakke	94	Setermoen SK	5.41,52	527
	34,97(34,97)	1.16,53(41,56)	2.03,03(46,50)	2.48,10(45,07)	
	3.33,12(45,02)	4.20,47(47,35)	5.02,44(41,97)	5.41,52(39,08)	
12	Katrine Ekstang	92	Setermoen SK	5.46,51	505
	33,89(33,89)	1.13,00(39,11)	2.01,11(48,11)	2.47,90(46,79)	
	3.39,82(51,92)	4.30,28(50,46)	5.08,47(38,19)	5.46,51(38,04)	

Øvelse 2. 400m fri, herrer - Forsøk

Senior

1	Lars Andre Tolås	88	Bærumsvømmerne	4.10,17	719
	28,18(28,18)	59,75(31,57)	1.32,07(32,32)	2.04,77(32,70)	
	2.36,62(31,85)	3.08,83(32,21)	3.40,67(31,84)	4.10,17(29,50)	
2	Gard Kvale	84	Bergens SC	4.10,46	717
	29,05(29,05)	1.01,04(31,99)	1.32,59(31,55)	2.04,51(31,92)	
	2.36,13(31,62)	3.08,31(32,18)	3.40,36(32,05)	4.10,46(30,10)	
3	Jørgen Møllerop	88	TS/Madla SK	4.11,07	712
	28,47(28,47)	59,66(31,19)	1.31,47(31,81)	2.03,60(32,13)	
	2.36,04(32,44)	3.08,39(32,35)	3.40,44(32,05)	4.11,07(30,63)	
4	Mikkel Brudvik Sanderud	87	Lambertseter SK	4.11,34	709
	29,19(29,19)	1.00,27(31,08)	1.32,07(31,80)	2.04,29(32,22)	
	2.36,72(32,43)	3.09,04(32,32)	3.41,15(32,11)	4.11,34(30,19)	
5	Elias Damman	89	Bærumsvømmerne	4.14,90	680
	29,00(29,00)	1.00,23(31,23)	1.32,46(32,23)	2.04,94(32,48)	
	2.37,70(32,76)	3.10,64(32,94)	3.43,07(32,43)	4.14,90(31,83)	

Junior

1	Ole Martin Ree	92	TS/Sola SK	4.09,17	728
	28,78(28,78)	59,86(31,08)	1.31,83(31,97)	2.03,88(32,05)	
	2.36,13(32,25)	3.07,79(31,66)	3.39,36(31,57)	4.09,17(29,81)	
2	Vegard Nyenget Løvberg	91	Bærumsvømmerne	4.10,99	712
	28,53(28,53)	59,23(30,70)	1.31,02(31,79)	2.03,09(32,07)	
	2.35,00(31,91)	3.07,04(32,04)	3.39,44(32,40)	4.10,99(31,55)	
3	Bjarte Ravndal	91	TS/Sola SK	4.13,36	692
	29,51(29,51)	1.01,84(32,33)	1.34,11(32,27)	2.07,06(32,95)	
	2.39,16(32,10)	3.11,59(32,43)	3.42,76(31,17)	4.13,36(30,60)	
4	Kristoffer Skribeland	91	Asker SK	4.13,88	688
	29,09(29,09)	1.00,35(31,26)	1.32,56(32,21)	2.04,85(32,29)	
	2.37,36(32,51)	3.09,87(32,51)	3.42,47(32,60)	4.13,88(31,41)	
5	Martin P. Sletbakken	92	Sortland SLK	4.15,98	671
	28,84(28,84)	1.01,36(32,52)	1.33,72(32,36)	2.06,94(33,22)	
	2.39,34(32,40)	3.12,44(33,10)	3.44,39(31,95)	4.15,98(31,59)	
6	Eivind Johannesen	92	BS/Åstveit	4.16,80	665
	28,70(28,70)	1.00,53(31,83)	1.32,98(32,45)	2.05,42(32,44)	
	2.38,21(32,79)	3.11,32(33,11)	3.44,96(33,64)	4.16,80(31,84)	
7	Sander Rødje	93	Haugesund SK	4.17,21	662
	28,78(28,78)	1.00,41(31,63)	1.33,51(33,10)	2.06,82(33,31)	
	2.40,12(33,30)	3.13,30(33,18)	3.45,92(32,62)	4.17,21(31,29)	
8	Sindre Nilo	90	Sandefjord SK/NTG	4.17,71	658
	28,72(28,72)	1.00,36(31,64)	1.32,39(32,03)	2.04,55(32,16)	
	2.36,94(32,39)	3.09,92(32,98)	3.43,49(33,57)	4.17,71(34,22)	

9	Oscar Slaatmo	94	Hamar IL	4.18,29	654
	29,11(29,11)	1.00,82(31,71)	1.33,89(33,07)	2.07,48(33,59)	
	2.41,42(33,94)	3.15,37(33,95)	3.48,63(33,26)	4.18,29(29,66)	
10	Morten Bordervich	94	Sola SK	4.19,76	642
	30,03(30,03)	1.01,29(31,26)	1.33,63(32,34)	2.06,50(32,87)	
	2.39,68(33,18)	3.13,52(33,84)	3.47,13(33,61)	4.19,76(32,63)	
11	Gunnar V. Skirbekk	91	Elverum Svømming	4.19,77	642
	29,01(29,01)	1.00,54(31,53)	1.33,05(32,51)	2.05,87(32,82)	
	2.38,44(32,57)	3.11,65(33,21)	3.45,83(34,18)	4.19,77(33,94)	
12	Sindre Lilledahl	92	Haugesund SK	4.20,93	634
	29,13(29,13)	1.01,68(32,55)	1.35,41(33,73)	2.09,32(33,91)	
	2.43,35(34,03)	3.17,20(33,85)	3.50,02(32,82)	4.20,93(30,91)	
13	Odin Spangen Normann	92	IL Varg	4.20,97	634
	29,50(29,50)	1.02,76(33,26)	1.35,94(33,18)	2.09,59(33,65)	
	2.42,75(33,16)	3.16,33(33,58)	3.49,25(32,92)	4.20,97(31,72)	
14	Martin Berger Oterholm	93	Kolbotn IL	4.21,41	630
	29,22(29,22)	1.00,93(31,71)	1.34,02(33,09)	2.07,48(33,46)	
	2.41,20(33,72)	3.15,40(34,20)	3.49,36(33,96)	4.21,41(32,05)	
15	Henning S. Pryde	92	Stavanger SC	4.24,12	611
	29,86(29,86)	1.01,95(32,09)	1.35,55(33,60)	2.09,47(33,92)	
	2.44,29(34,82)	3.17,96(33,67)	3.52,14(34,18)	4.24,12(31,98)	
16	Kristian Evensen	90	Kristiansand SA	4.24,40	609
	29,32(29,32)	1.02,17(32,85)	1.36,00(33,83)	2.09,49(33,49)	
	2.43,60(34,11)	3.18,27(34,67)	3.52,62(34,35)	4.24,40(31,78)	
17	Daniel Berenett	91	IL Varg/NTG	4.25,14	604
	28,27(28,27)	59,28(31,01)	1.31,92(32,64)	2.04,97(33,05)	
	2.38,91(33,94)	3.14,12(35,21)	3.49,66(35,54)	4.25,14(35,48)	
18	Per Kristian Øyen	92	Molde SLK	4.26,27	596
	30,45(30,45)	1.03,45(33,00)	1.37,09(33,64)	2.11,21(34,12)	
	2.44,84(33,63)	3.18,83(33,99)	3.52,94(34,11)	4.26,27(33,33)	
19	Stian Werner Erichsen	90	Bærumsvømmerne	4.27,90	586
	29,47(29,47)	1.01,54(32,07)	1.34,31(32,77)	2.07,91(33,60)	
	2.41,81(33,90)	3.17,06(35,25)	3.52,89(35,83)	4.27,90(35,01)	
20	Kristoffer D. Birkeland	94	Florø SLK	4.28,19	584
	29,67(29,67)	1.02,69(33,02)	1.36,62(33,93)	2.11,29(34,67)	
	2.46,13(34,84)	3.22,07(35,94)	3.56,84(34,77)	4.28,19(31,35)	
21	Hans Andre Pedersen	92	Sandefjord SK	4.28,22	584
	29,16(29,16)	1.02,42(33,26)	1.36,81(34,39)	2.10,79(33,98)	
	2.45,43(34,64)	3.20,87(35,44)	3.55,17(34,30)	4.28,22(33,05)	
22	Ivan Aleksander Larsen	95	Karmøy SK	4.28,49	582
	30,07(30,07)	1.03,31(33,24)	1.37,84(34,53)	2.12,27(34,43)	
	2.47,23(34,96)	3.21,90(34,67)	3.56,30(34,40)	4.28,49(32,19)	
23	Per Simen Holstad Gandrud	92	Sarpsborg IL	4.29,21	577
	29,78(29,78)	1.03,17(33,39)	1.37,88(34,71)	2.12,71(34,83)	
	2.47,31(34,60)	3.21,80(34,49)	3.56,22(34,42)	4.29,21(32,99)	
24	Thorbjørn Birkeland	93	Haugesund SK	4.30,57	568
	29,50(29,50)	1.02,14(32,64)	1.36,37(34,23)	2.11,44(35,07)	
	2.46,42(34,98)	3.21,82(35,40)	3.57,60(35,78)	4.30,57(32,97)	
25	Sigvart Evjen	91	Vestbyen IL	4.30,60	568
	29,36(29,36)	1.01,94(32,58)	1.35,88(33,94)	2.10,53(34,65)	
	2.45,68(35,15)	3.21,89(36,21)	3.57,82(35,93)	4.30,60(32,78)	

Øvelse 3. 100m bryst, damer - Forsøk

Sponsor: Elkonor

Senior

1	Katharina Stiberg	88	Bjerkvik SK	1.11,87	821
	33,27(33,27)	1.11,87(38,60)			
2	Sara Nordenstam	83	Lambertseter SK	1.12,17	810
	34,22(34,22)	1.12,17(37,95)			
3	Celinn Daviknes	86	BS/Delfana	1.14,02	751
	35,03(35,03)	1.14,02(38,99)			
4	Henriette Martinsen	85	Trondheim SLK	1.14,29	743
	33,76(33,76)	1.14,29(40,53)			
5	Elisabeth Jarland	85	Bærumsvømmerne	1.14,35	741
	35,25(35,25)	1.14,35(39,10)			
6	Karoline Bergene	89	Lambertseter SK	1.15,13	718
	35,37(35,37)	1.15,13(39,76)			
7	Ine Charlotte Hagen	89	Lørenskog/Rælingen	1.17,92	644
	36,53(36,53)	1.17,92(41,39)			

Junior

1	Ingalill Urrang Naustvik	95	Karmøy SK	1.12,94	785
	34,25(34,25)	1.12,94(38,69)			
2	Trine Austrøne Olsen	90	Fauske SK	1.14,04	751
	34,57(34,57)	1.14,04(39,47)			
3	Iselin Meisler	90	Fauske SK	1.16,08	692
	35,22(35,22)	1.16,08(40,86)			
4	Kaja Bremer	93	Bergens SLK	1.16,21	688
	35,55(35,55)	1.16,21(40,66)			
5	Bitte Fagermo	93	Narvik SK	1.16,40	683
	35,98(35,98)	1.16,40(40,42)			
6	Stine Vindenes	93	Vestkantsvømmerne	1.17,25	661
	35,95(35,95)	1.17,25(41,30)			
7	Katrine Jensen	92	BS/Åstveit	1.17,50	654
	36,04(36,04)	1.17,50(41,46)			
8	Mari Singstad	91	Vestbyen IL	1.17,93	644
	36,03(36,03)	1.17,93(41,90)			
9	Luna Elisabeth Sjøgaard	94	Lambertseter SK	1.18,00	642
	37,69(37,69)	1.18,00(40,31)			
10	Lene Lykke Erichsen	92	Bærumsvømmerne	1.18,25	636
	36,43(36,43)	1.18,25(41,82)			
11	Benedicte Kausland	92	Vestkantsvømmerne	1.18,80	622
	37,24(37,24)	1.18,80(41,56)			
12	Kristine Mathingsdal Pedersen	94	Farsund SK	1.19,36	609
	38,47(38,47)	1.19,36(40,89)			
13	Tonje Stæhr Petersen	93	Moss SK	1.20,48	584
	37,22(37,22)	1.20,48(43,26)			
14	Stine Tveit	93	Trondheim SLK	1.20,56	583
	37,94(37,94)	1.20,56(42,62)			
15	Siren Bergslid	93	Stavanger SC	1.20,62	581
	37,67(37,67)	1.20,62(42,95)			
16	Julie Horn Johnsen	92	Bergens SLK	1.20,68	580
	37,38(37,38)	1.20,68(43,30)			
17	Martha Maria Songstad	94	Bergens SC	1.20,98	573
	38,87(38,87)	1.20,98(42,11)			
18	Caroline R. Helgesen	95	Aalesund SLK	1.21,67	559
	38,91(38,91)	1.21,67(42,76)			
19	Stine Mjøllhus Kristoffersen	93	TS/Frisinn	1.21,77	557
	37,33(37,33)	1.21,77(44,44)			
20	Oda Almgren Lind	95	Oslo IL	1.22,10	550
	38,74(38,74)	1.22,10(43,36)			

Funksjonshemmede

1	Sara Louise Rung 59,05(59,05)	89	Madla SK	2.11,60	133	SB4	114,92 %
2	Marianne Mæland 54,96(54,96)	86	Vågsbygd SLK	1.56,43	193	SB6	116,33 %
3	Hanne Farestvedt 48,03(48,03)	93	Åstveit SK	1.41,89	288	SB14	124,93 %
4	Tonje Immerstein 49,44(49,44)	89	Sandnes SLK	1.45,75	257	SB9	137,46 %
5	Ingrid Djupskås 1.02,26(1.02,26)	89	Asker SK	2.08,68	143	SB7	140,48 %
6	Rona Hjelmstad 59,78(59,78)	93	Skjetten Svømming	2.05,28	155	SB14	153,6 %

Øvelse 4. 100m butterfly, herrer - Forsøk

Senior

1	Øystein R. Hetland 26,03(26,03)	89	Bærumsvømmerne	56,69	782
2	Alexander Broberg Skeltved 26,62(26,62)	87	Vestkantsvømmerne	57,03	768
3	Stian S. Langeland 26,89(26,89)	89	Bergens SC	57,52	749
4	Gard Kvale 26,80(26,80)	84	Bergens SC	57,66	743
5	Robin Palm 28,30(28,30)	88	Sarpsborg IL	59,99	660
6	Martin Skramstad 27,77(27,77)	89	Hamar IL	1.00,63	639
7	Jari K. Mikkelsen 28,39(28,39)	88	IL Varg	1.02,39	587
8	John Hage Gaarder 27,50(27,50)	89	Lørenskog/Rælingen	1.02,63	580

Junior

1	Christer Koch Kvam 25,49(25,49)	90	Bærum/NTG	56,85	775
2	Mattis Saghaug 25,94(25,94)	90	IL Varg/NTG	56,91	773
3	Tor Hafnor 27,82(27,82)	91	Bærumsvømmerne	58,42	715
4	Sebastian Stordal 28,59(28,59)	91	BS/Delfana	59,03	693
5	Erlend Ulveseter 27,62(27,62)	92	Åstveit SK	59,06	692
6	Alexander B. Havre 26,81(26,81)	90	Mandal SK	59,36	681
7	Erling Mjøs Brattelid 27,95(27,95)	91	TS/Sola SK	59,97	661
8	Sindre Eilertsen 28,53(28,53)	90	Lambertseter SK	1.00,17	654
9	Ole Martin Ree 27,71(27,71)	92	TS/Sola SK	1.00,22	652
10	Fredrik K Hegdal 27,92(27,92)	94	Stavanger SC	1.00,24	652
11	Martin Gundersen 28,95(28,95)	93	IL Varg	1.00,37	647
12	Martin P. Sletbakken 28,30(28,30)	92	Sortland SLK	1.00,91	630

13	Carl Andreas Wathne 28,40(28,40)	91	Bærumsvømmerne	1.00,98	628
14	Thomas Myhrer 28,79(28,79)	94	Sarpsborg IL	1.01,79	604
15	Martin Hammer 28,53(28,53)	93	Kongstensvømmerne	1.01,91	600
16	Jan-Tore Jessen Eikrem 28,26(28,26)	91	IL Varg	1.01,94	599
17	Øyvind Gevelt 28,71(28,71)	91	Øvre Eiker SK	1.02,26	590
18	Øyvind L. Styrmo 29,15(29,15)	93	Delfana	1.02,39	587
19	Jon Erik Sønning 28,87(28,87)	91	Oslo IL	1.02,80	575
20	Åsmund Karlsen 28,63(28,63)	92	Eid SK	1.02,81	575
21	Christer M. Hagen 28,66(28,66)	91	Fauske SK	1.04,13	540
22	Martin Berger Oterholm 29,95(29,95)	93	Kolbotn IL	1.04,37	534
23	Geir T. Kristiansen 29,00(29,00)	90	Larvik SK	1.04,56	529
24	Berend de Waal 29,61(29,61)	94	IL Norodd	1.04,76	524
25	Henning Kaland 29,70(29,70)	92	Oslo IL	1.05,30	512
	Jan Aleksander Bakke	91	Asker SK		DISK
	Kjetil Berg	91	Vennesla SK		DISK

Øvelse 5. 200m fri, damer - Forsøk**Sponsor: BB Elektro****Senior**

1	Ingvild Snildal 28,40(28,40)	88	Asker SK	2.01,97	890
2	Margrete Nyhus Ulvestad 29,67(29,67)	88	Molde SLK	2.09,20	749
3	Sofie Gjemmestad 29,76(29,76)	89	Asker SK	2.11,66	708
4	Elisabeth Jarland 30,37(30,37)	85	Bærumsvømmerne	2.12,46	695

Junior

1	Cecilie W. Johannessen 28,45(28,45)	90	Karmøy SK	2.03,55	857
2	Monica W. Johannessen 29,53(29,53)	90	Karmøy SK	2.06,46	799
3	Elin Slaatmo 30,94(30,94)	92	Hamar IL	2.07,85	773
4	Gina B. Andersen 30,50(30,50)	90	Skjetten Svømming/NTG	2.07,86	773
5	Elisabeth H. Svensson 30,52(30,52)	91	Lambertseter SK/NTG	2.08,20	767
6	Ingrid N. Knutzen 30,74(30,74)	91	Lambertseter SK/NTG	2.08,89	754
7	Victoria Rung 30,11(30,11)	92	TS/Frisinn	2.09,47	744
8	Karoline Pedersen 31,17(31,17)	94	Bergens SLK	2.10,43	728

9	Veronica Orheim Bjørlykke	94	Aalesund SLK	2.10,88	721
	29,83(29,83)	1.02,29(32,46)	1.36,34(34,05)	2.10,88(34,54)	
10	Pia Cornelia Braarud	93	Lambertseter SK	2.11,04	718
	30,58(30,58)	1.03,81(33,23)	1.37,82(34,01)	2.11,04(33,22)	
11	Emilie Hellerud	92	Lambertseter SK/NTG	2.11,33	713
	30,76(30,76)	1.04,02(33,26)	1.37,58(33,56)	2.11,33(33,75)	
12	Birgitte Elise Søfteland	94	Sarpsborg IL	2.11,44	711
	30,75(30,75)	1.03,68(32,93)	1.37,66(33,98)	2.11,44(33,78)	
13	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	2.11,50	710
	30,68(30,68)	1.03,92(33,24)	1.38,24(34,32)	2.11,50(33,26)	
14	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.11,59	709
	29,88(29,88)	1.03,46(33,58)	1.37,54(34,08)	2.11,59(34,05)	
15	Line W. Lund	91	Moss SK	2.12,14	700
	30,59(30,59)	1.03,64(33,05)	1.37,25(33,61)	2.12,14(34,89)	
16	Nora Kathrine Guthe	91	Asker SK	2.14,91	658
	31,15(31,15)	1.05,32(34,17)	1.40,12(34,80)	2.14,91(34,79)	
17	Susann Bjørnsen	93	Setermoen SK	2.15,37	651
	31,07(31,07)	1.05,20(34,13)	1.40,26(35,06)	2.15,37(35,11)	
18	Hanne Søfteland	92	BS/Delfana	2.15,65	647
	31,69(31,69)	1.06,13(34,44)	1.41,35(35,22)	2.15,65(34,30)	
19	Hanne Lockertsen	94	Tromsø SK	2.15,70	646
	31,60(31,60)	1.05,81(34,21)	1.40,77(34,96)	2.15,70(34,93)	
20	Ingse Bergh Monsen	92	Bergens SC	2.16,37	637
	31,94(31,94)	1.06,26(34,32)	1.41,65(35,39)	2.16,37(34,72)	
21	Terese Fosby	92	Sarpsborg IL	2.16,77	631
	30,65(30,65)	1.04,94(34,29)	1.40,96(36,02)	2.16,77(35,81)	
22	Siri Anette Sønju	92	Øvre Eiker SK	2.17,08	627
	31,46(31,46)	1.05,07(33,61)	1.40,73(35,66)	2.17,08(36,35)	
23	Stine Lise Stensteth	94	Øvre Eiker SK	2.17,75	618
	31,50(31,50)	1.05,87(34,37)	1.41,85(35,98)	2.17,75(35,90)	

Øvelse 6. 200m individuell medley, herrer - Forsøk

Senior

1	Eirik Ravnar	89	Hamar IL	2.07,50	826
	27,32(27,32)	1.00,08(32,76)	1.37,31(37,23)	2.07,50(30,19)	
2	Alexander Broberg Skeltved	87	Vestkantvømmerne	2.10,29	774
	27,51(27,51)	1.00,90(33,39)	1.38,72(37,82)	2.10,29(31,57)	

Junior

1	Christian Thorsen	91	Lambertseter SK	2.14,34	706
	29,07(29,07)	1.05,67(36,60)	1.44,23(38,56)	2.14,34(30,11)	
2	Kristoffer Meisler	90	Fauske SK	2.14,44	705
	29,41(29,41)	1.04,58(35,17)	1.42,74(38,16)	2.14,44(31,70)	
3	Vegard Nyenget Løvberg	91	Bærumsvømmerne	2.14,50	704
	28,90(28,90)	1.02,33(33,43)	1.43,12(40,79)	2.14,50(31,38)	
4	Carl Andreas Wathne	91	Bærumsvømmerne	2.15,97	681
	28,71(28,71)	1.04,92(36,21)	1.44,87(39,95)	2.15,97(31,10)	
5	Jonas Kirkeberg Jostad	92	Hamar IL	2.16,37	675
	29,62(29,62)	1.04,93(35,31)	1.44,92(39,99)	2.16,37(31,45)	
6	Martin Hals	91	Øvre Eiker SK	2.16,80	669
	29,42(29,42)	1.05,58(36,16)	1.44,81(39,23)	2.16,80(31,99)	
7	Hans Kristian Andersen	93	Florø SLK	2.17,14	664
	28,68(28,68)	1.05,56(36,88)	1.43,48(37,92)	2.17,14(33,66)	
8	Markus Vindenes	94	Vestkantvømmerne	2.18,24	648
	29,16(29,16)	1.05,23(36,07)	1.44,94(39,71)	2.18,24(33,30)	
9	Hans Østerdal	93	Stavanger SC	2.18,96	638
	28,78(28,78)	1.06,90(38,12)	1.46,69(39,79)	2.18,96(32,27)	
10	Fredrik K Hegdal	94	Stavanger SC	2.19,32	633
	29,38(29,38)	1.05,65(36,27)	1.49,40(43,75)	2.19,32(29,92)	
11	Martin Hammer	93	Kongstensvømmerne	2.19,77	627
	28,79(28,79)	1.07,58(38,79)	1.48,79(41,21)	2.19,77(30,98)	

12	Joachim André Jakobsen	91	Vestkantsvømmerne	2.19,92	625
	30,02(30,02)	1.06,83(36,81)	1.47,15(40,32)	2.19,92(32,77)	
13	Alexander Schüssler	92	Lambertseter SK	2.20,10	623
	30,39(30,39)	1.07,41(37,02)	1.47,27(39,86)	2.20,10(32,83)	
14	Runar Borgen	93	Bodø SK	2.21,00	611
	29,19(29,19)	1.05,36(36,17)	1.48,36(43,00)	2.21,00(32,64)	
15	Andreas Mathingsdal Pedersen	92	Farsund SK	2.21,75	601
	30,96(30,96)	1.09,53(38,57)	1.50,04(40,51)	2.21,75(31,71)	
16	Joakim I. Larsen	92	Trondheim SLK	2.23,76	576
	31,69(31,69)	1.08,83(37,14)	1.50,74(41,91)	2.23,76(33,02)	
17	Kristoffer Skribeland	91	Asker SK	2.24,14	572
	30,39(30,39)	1.09,05(38,66)	1.53,52(44,47)	2.24,14(30,62)	
18	Hans Andre Pedersen	92	Sandefjord SK	2.24,20	571
	30,68(30,68)	1.07,67(36,99)	1.52,37(44,70)	2.24,20(31,83)	
19	Gunnar V. Skirbekk	91	Elverum Svømming	2.24,48	568
	29,59(29,59)	1.09,54(39,95)	1.53,05(43,51)	2.24,48(31,43)	
20	Jon Erik Sønning	91	Oslo IL	2.26,95	539
	31,48(31,48)	1.10,36(38,88)	1.52,70(42,34)	2.26,95(34,25)	
21	Kristoffer D. Birkeland	94	Florø SLK	2.27,31	535
	30,10(30,10)	1.10,40(40,30)	1.53,14(42,74)	2.27,31(34,17)	
	Erik Vassøy Olsen	91	Stavanger SC	DISK	
	Espen Halhjem	92	BS/Delfana	DISK	

Øvelse 7. 50m rygg, damer - Forsøk

Sponsor: Ricoh

Senior

1	Ingvild Snildal	88	Asker SK	(0,72)	28,98	941	NR
2	Katharina Stiberg	88	Bjerkvik SK	(0,59)	30,34	820	
3	Henriette Brekke	88	Vestkantsvømmerne	(0,63)	31,60	725	
4	Heidi Vainio Gjøen	88	Lambertseter SK	(0,71)	31,84	709	
5	Ina Kr. Pedersen	89	Sarpsborg IL	(0,73)	32,64	658	
6	Margrete Nyhus Ulvestad	88	Molde SLK	(0,70)	33,07	633	

Junior

1	Cecilie W. Johannessen	90	Karmøy SK	(0,60)	30,51	806	
2	Aslaug Marie Hjelmaas	95	Bergens SLK		31,49	733	
2	Oda Marie Siljan	92	Poseidon	(0,69)	31,49	733	
4	Marit Vala	90	Lambertseter SK	(0,73)	31,71	718	
5	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,79)	31,86	708	
6	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,69)	31,89	706	
7	Ragnhild Søfteland	92	Bergens SC	(0,69)	32,59	661	
8	Seline Vike Holm	92	BS/Arna	(0,55)	32,67	656	
9	Trine Hovda	90	TS/Madla SK	(0,69)	32,73	653	
10	Julie Borgen	91	Sarpsborg IL	(0,75)	32,75	652	
11	Nicole T. Næsheim	91	Stavanger SC	(0,72)	32,76	651	
12	Camilla Moe	92	Ås IL	(0,70)	32,90	643	
13	Benedicte Kausland	92	Vestkantsvømmerne	(0,69)	33,06	633	
14	Elisabeth Kristiansen	92	Haugesund SK	(0,79)	33,21	625	
14	Helene Eikeskog Burger	92	Kolbotn IL	(0,74)	33,21	625	
14	Cecilie Lorgen Lübbe	90	Aalesund SLK	(0,69)	33,21	625	
17	Marthe Helene Haganes	93	Vestkantsvømmerne	(0,72)	33,25	623	
18	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	(0,66)	33,37	616	
19	Katrine Jensen	92	BS/Åstveit	(0,53)	33,38	615	
20	Camilla W. Kristiansen	92	Ski SK	(0,74)	33,54	607	

20	Jacqueline Knutsson	93	Kongstensvømmerne	(0,69)	33,54	607
22	Vanessa Tuxen	92	Sola SK	(0,61)	33,62	602
23	Marie Øverland	94	Vestkantsvømmerne	(0,71)	33,66	600
24	Lotte Thommesen	94	Poseidon	(0,70)	33,80	593
25	Helene Solberg	91	Skjetten Svømming	(0,70)	34,06	579
26	Oona Ovesen	92	Elverum Svømming	(0,57)	34,27	569
27	Thea Pedersen	91	Moss SK	(0,72)	34,46	559
28	Lotte Miller	96	Madla SK	(0,78)	34,86	540

Øvelse 8. 50m bryst, herrer - Forsøk

Sponsor: SSK Distribusjon

Senior

1	Alexander Dale Oen	85	Vestkantsvømmerne		29,13	846
2	Bernt M. Seyffarth	89	Mandal SK		30,17	762
3	Thomas Breivoll	77	IL Varg		30,53	735
4	Jonatan Saghaug	84	IL Varg		30,58	732
5	Alexander Mokkelbost	87	BS/Delfana		30,85	712
6	Karl Otto Bratt	78	IL Varg		30,88	710
7	Erlend Wærnes	86	Vestbyen IL		30,95	706
8	Lars Erik Dæhli	82	Hamar IL		30,99	703
9	Robin Palm	88	Sarpsborg IL		31,12	694
10	Steen Frenk Johansen	86	Vågsbygd SLK		31,49	670
11	Øystein Andresen	69	Moss SK		31,64	660
12	Ole-Wilhelm Norseng	88	Hamar IL		32,81	592

Junior

1	Mattis Saghaug	90	IL Varg/NTG		29,54	812
2	Marcus Tesdal	90	BS/Åstveit		29,74	795
3	Erling Mjøs Brattelid	91	TS/Sola SK		30,31	751
4	Sindre Søderlund	91	Trondheim SLK/NTG		30,46	740
5	John Lekhmus	91	Tromsø SK		30,47	739
6	Simen Dale	91	BS/Delfana		31,58	664
7	Mathias Sørstrand Æsøy	90	Florø SLK		31,59	664
8	Per Sondre Sodeland	91	Mandal SK		31,90	644
9	Christopher Williams	92	Bergens SLK		31,94	642
10	Joachim André Jakobsen	91	Vestkantsvømmerne		32,03	637
11	Hans Østerdal	93	Stavanger SC		32,19	627
12	Aleksander Sire	93	Modum SK		32,23	625
13	Markus Vindenes	94	Vestkantsvømmerne		32,35	618
14	Daniel Ommedal	92	Eid SK		32,49	610
14	Adrian A. Skogvold	91	Tverlandet IL		32,49	610
16	Håvard Hole	93	Delfana		32,55	606
17	Robin H. Kleiven	93	Aalesund SLK		32,63	602
18	Tore Skauge Bysting	92	Lørenskog/Rælingen		32,66	600
19	Sondre Bryn	92	Åstveit SK		32,74	596
20	Hans Kristian Andersen	93	Florø SLK		32,82	592
21	Martin Gundersen	93	IL Varg		32,83	591
22	Berend de Waal	94	IL Norodd		33,08	578
23	Andreas Linnerud	91	Bærumsvømmerne		33,67	548
24	Christopher Wolf	93	Vestbyen IL		33,87	538

Øvelse 9. 4*100m fri, damer - Junior

Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	3.59,60	766
	Emma Isdahl:	29,11(29,11)	1.01,49(32,38)	1.01,49	
	Emilie Hellerud:	1.30,29(28,80)	2.01,65(31,36)	1.00,16	
	Elisabeth H. Svensson:	2.30,03(28,38)	3.00,07(30,04)	58,42	
	Ingrid N. Knutzen:	3.28,48(28,41)	3.59,60(31,12)	59,53	
2	Lambertseter SK J2 jr.	JR	Lambertseter SK	4.02,74	736
	Pia Cornelia Braarud:	29,61(29,61)	1.00,22(30,61)	1.00,22	
	Line Løvberg:	1.29,33(29,11)	2.01,39(32,06)	1.01,17	
	Christine M. Pedersen:	2.30,42(29,03)	3.02,47(32,05)	1.01,08	
	Marit Vala:	3.30,22(27,75)	4.02,74(32,52)	1.00,27	
3	Team Stavanger J1 jr.	JR	Team Stavanger	4.03,21	732
	Trine Hovda:	29,81(29,81)	1.01,67(31,86)	1.01,67	
	Marthe Berg Sørensen:	1.30,52(28,85)	2.02,04(31,52)	1.00,37	
	Maren Kristine Jansen:	2.30,99(28,95)	3.04,15(33,16)	1.02,11	
	Victoria Rung:	3.32,03(27,88)	4.03,21(31,18)	59,06	
4	Bergens SLK J1 jr.	JR	Bergens SLK	4.06,87	700
	Kaja Bremer:	30,42(30,42)	1.02,64(32,22)	1.02,64	
	Aslaug Marie Hjelmaas:	1.30,61(27,97)	2.01,70(31,09)	59,06	
	Karoline Pedersen:	2.30,96(29,26)	3.03,95(32,99)	1.02,25	
	Martine Bremer:	3.33,65(29,70)	4.06,87(33,22)	1.02,92	
5	Bergensv. J1 jr.	JR	Bergensvømmerne	4.07,08	698
	Hanne Søfteland:	29,31(29,31)	1.01,39(32,08)	1.01,39	
	Seline Vike Holm:	1.30,78(29,39)	2.04,42(33,64)	1.03,03	
	Andrea Hestdal:	2.33,51(29,09)	3.06,45(32,94)	1.02,03	
	Lise Sand Syversen:	3.35,69(29,24)	4.07,08(31,39)	1.00,63	
6	Vestkantv. J1 jr.	JR	Vestkantvømmerne	4.08,73	684
	Stine Vindenes:	29,77(29,77)	1.02,32(32,55)	1.02,32	
	Benedicte Kausland:	1.32,57(30,25)	2.05,02(32,45)	1.02,70	
	Marthe Helene Haganen:	2.34,02(29,00)	3.06,95(32,93)	1.01,93	
	Andrea Haugstad:	3.36,13(29,18)	4.08,73(32,60)	1.01,78	
7	Bærumsv J1 jr.	JR	Bærumsvømmerne	4.09,03	682
	Emilie Nyenget Løvberg:	29,56(29,56)	1.00,91(31,35)	1.00,91	
	Kristine Mella:	1.30,91(30,00)	2.04,98(34,07)	1.04,07	
	Andrea Westbye:	2.34,45(29,47)	3.06,84(32,39)	1.01,86	
	Maria Bølgen:	3.36,02(29,18)	4.09,03(33,01)	1.02,19	
8	Stavanger SC J1 jr.	JR	Stavanger SC	4.13,37	647
	Nicole T. Næsheim:	30,12(30,12)	1.02,01(31,89)	1.02,01	
	Karoline Eriksen:	1.32,39(30,38)	2.05,28(32,89)	1.03,27	
	Caroline M. Mork:	2.36,12(30,84)	3.11,36(35,24)	1.06,08	
	Ane Nygård:	3.40,79(29,43)	4.13,37(32,58)	1.02,01	
9	Asker SK J1 jr.	JR	Asker SK	4.14,01	642
	Nora Kathrine Guthe:	29,74(29,74)	1.01,74(32,00)	1.01,74	
	Helene Nordmark Skuterud:	1.32,07(30,33)	2.06,38(34,31)	1.04,64	
	Marte K. Bolstad:	2.36,33(29,95)	3.10,45(34,12)	1.04,07	
	Mette Mellbye Larsen:	3.40,37(29,92)	4.14,01(33,64)	1.03,56	
10	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	4.14,17	641
	Stine Lise Stenseth:	30,65(30,65)	1.03,61(32,96)	1.03,61	
	Inger-Cathrine Wium:	1.34,10(30,49)	2.07,95(33,85)	1.04,34	
	Guro Knutsen:	2.38,06(30,11)	3.11,63(33,57)	1.03,68	
	Siri Anette Sønju:	3.41,63(30,00)	4.14,17(32,54)	1.02,54	
11	Moss SK J1 jr.	JR	Moss SK	4.16,42	624
	Marte Elise Brinchmann:	30,84(30,84)	1.04,42(33,58)	1.04,42	
	Line W. Lund:	1.33,25(28,83)	2.05,55(32,30)	1.01,13	
	Tonje Stæhr Petersen:	2.36,52(30,97)	3.11,93(35,41)	1.06,38	
	Thea Pedersen:	3.42,42(30,49)	4.16,42(34,00)	1.04,49	
12	Bergens SC J1 jr.	JR	Bergens SC	4.16,76	622
	Hedvig Hjertaker:	30,11(30,11)	1.03,28(33,17)	1.03,28	
	Eirin Arnesen:	1.32,77(29,49)	2.06,33(33,56)	1.03,05	
	Eli Kristin Ølmheim:	2.36,35(30,02)	3.10,96(34,61)	1.04,63	
	Ingse Bergh Monsen:	3.42,00(31,04)	4.16,76(34,76)	1.05,80	
13	Vestkantv. J2 jr.	JR	Vestkantvømmerne	4.16,84	621
	Sara N. Gjelsvik:	30,39(30,39)	1.03,78(33,39)	1.03,78	
	Marie Øverland:	1.34,79(31,01)	2.10,64(35,85)	1.06,86	
	Juni Rugland:	2.40,29(29,65)	3.13,83(33,54)	1.03,19	
	Marie Reinertsen:	3.43,49(29,66)	4.16,84(33,35)	1.03,01	

14	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	4.18,07	613
	Helene Solberg:	30,33(30,33)	1.02,77(32,44)	1.02,77	
	Iselin Mjøllner Dahlen:	1.33,37(30,60)	2.07,57(34,20)	1.04,80	
	Marie Svensson:	2.38,70(31,13)	3.13,00(34,30)	1.05,43	
	Christiane Sandbye:	3.43,44(30,44)	4.18,07(34,63)	1.05,07	
15	Aalesunds SLK J1 jr.	JR	Aalesund SLK	4.20,41	596
	Cecilie Lorgen Lübbe:	31,25(31,25)	1.05,43(34,18)	1.05,43	
	Veronica Orheim Bjørlykke:	1.34,26(28,83)	2.06,40(32,14)	1.00,97	
	Natalie Lorgen Lübbe:	2.38,08(31,68)	3.13,64(35,56)	1.07,24	
	Gerd Anne Solibakke:	3.44,49(30,85)	4.20,41(35,92)	1.06,77	
16	Oslo IL J1 jr.	JR	Oslo IL	4.31,25	527
	Gry Bernakiewicz:	32,74(32,74)	1.08,55(35,81)	1.08,55	
	Kristin Blyverket:	1.38,04(29,49)	2.12,16(34,12)	1.03,61	
	Nora Matheson:	2.45,60(33,44)	3.23,57(37,97)	1.11,41	
	Oda Almgren Lind:	3.55,59(32,02)	4.31,25(35,66)	1.07,68	
17	Skjetten Svømming J2 jr.	JR	Skjetten Svømming	4.33,22	516
	Susanne Fornasari:	31,65(31,65)	1.06,92(35,27)	1.06,92	
	Christina Dahl:	1.39,60(32,68)	2.16,38(36,78)	1.09,46	
	Mischa van der Linden:	2.49,07(32,69)	3.25,68(36,61)	1.09,30	
	Pernille Mørch:	3.57,92(32,24)	4.33,22(35,30)	1.07,54	
18	Setermoen SK J1 jr.	JR	Setermoen SK	4.35,37	504
	Susann Bjørnsen:	29,94(29,94)	1.03,41(33,47)	1.03,41	
	Maren Anne Lundberg:	1.37,33(33,92)	2.17,47(40,14)	1.14,06	
	Katrine Ekstang:	2.49,09(31,62)	3.24,54(35,45)	1.07,07	
	Maren E.J. Bakke:	3.58,58(34,04)	4.35,37(36,79)	1.10,83	
19	Ski SK J1 jr.	JR	Ski SK	4.39,78	481
	Camilla W. Kristiansen:	31,14(31,14)	1.04,73(33,59)	1.04,73	
	Tone Garby:	1.39,04(34,31)	2.19,73(40,69)	1.15,00	
	Henriette With Bjørnstad:	2.51,83(32,10)	3.27,48(35,65)	1.07,75	
	Gina Struksnæs Sand:	4.02,17(34,69)	4.39,78(37,61)	1.12,30	
20	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	4.45,99	450
	Aurora Brandtzæg:	32,05(32,05)	1.06,51(34,46)	1.06,51	
	Rebecca Holt Clasen:	1.41,58(35,07)	2.23,55(41,97)	1.17,04	
	Klara Farkas:	2.56,32(32,77)	3.33,07(36,75)	1.09,52	
	Ida Armøy:	4.07,55(34,48)	4.45,99(38,44)	1.12,92	

Øvelse 10. 4*200m fri, herrer - Junior

Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	7.53,63	754
		27,66(27,66)	57,73(30,07)		
	Vegard Nyenget Løvberg:	1.28,53(30,80)	1.58,42(29,89)	1.58,42	
		2.25,63(27,21)	2.56,54(30,91)		
	Tor Hafnor:	3.26,98(30,44)	3.56,39(29,41)	1.57,97	
		4.23,49(27,10)	4.53,12(29,63)		
	Christer Koch Kvam:	5.23,43(30,31)	5.52,91(29,48)	1.56,52	
		6.19,80(26,89)	6.49,91(30,11)		
	Stian Werner Erichsen:	7.21,85(31,94)	7.53,63(31,78)	2.00,72	
2	Lambertseter SK G1 jr.	JR	Lambertseter SK	8.01,72	717
		28,18(28,18)	57,77(29,59)		
	Mikael Bergene:	1.28,23(30,46)	1.59,80(31,57)	1.59,80	
		2.25,83(26,03)	2.55,38(29,55)		
	Christian Thorsen:	3.25,39(30,01)	3.55,13(29,74)	1.55,33	
		4.23,62(28,49)	4.55,03(31,41)		
	Sindre Eilertsen:	5.27,13(32,10)	5.59,22(32,09)	2.04,09	
		6.27,15(27,93)	6.58,39(31,24)		
	David Evja:	7.30,43(32,04)	8.01,72(31,29)	2.02,50	
3	Bergensv. G1 jr.	JR	Bergensvømmerne	8.06,74	695
		27,53(27,53)	57,84(30,31)		
	Even Vike Holm:	1.29,55(31,71)	2.01,59(32,04)	2.01,59	
		2.28,36(26,77)	2.59,16(30,80)		
	Marcus Tesdal:	3.31,77(32,61)	4.03,04(31,27)	2.01,45	
		4.30,10(27,06)	5.00,77(30,67)		
	Eivind Johannesen:	5.32,55(31,78)	6.03,38(30,83)	2.00,34	
		6.31,15(27,77)	7.02,36(31,21)		
	Sebastian Stordal:	7.34,58(32,22)	8.06,74(32,16)	2.03,36	

4	Team Stavanger G1 jr.	JR	Team Stavanger	8.07,28	693
		27,86(27,86)	57,97(30,11)		
	Ole Martin Ree:	1.28,08(30,11)	1.57,02(28,94)	1.57,02	
		2.23,23(26,21)	2.52,77(29,54)		
	Bjarte Ravndal:	3.23,14(30,37)	3.53,56(30,42)	1.56,54	
		4.22,36(28,80)	4.53,99(31,63)		
	Erling Mjøs Brattelid:	5.26,68(32,69)	5.57,57(30,89)	2.04,01	
		6.25,57(28,00)	6.57,80(32,23)		
	Erlend Tveteraas:	7.32,64(34,84)	8.07,28(34,64)	2.09,71	
5	IL Varg G1 jr.	JR	IL Varg	8.10,09	681
		27,04(27,04)	56,42(29,38)		
	Mattis Saghaug:	1.27,30(30,88)	1.58,87(31,57)	1.58,87	
		2.25,64(26,77)	2.56,82(31,18)		
	Daniel Berenett:	3.28,64(31,82)	4.01,24(32,60)	2.02,37	
		4.29,17(27,93)	5.00,52(31,35)		
	Odin Spangen Normann:	5.32,19(31,67)	6.03,25(31,06)	2.02,01	
		6.31,26(28,01)	7.02,95(31,69)		
	Martin Gundersen:	7.36,57(33,62)	8.10,09(33,52)	2.06,84	
6	Bærumsv G2 jr.	JR	Bærumsvømmerne	8.25,23	621
		27,85(27,85)	59,50(31,65)		
	Carl Andreas Wathne:	1.31,65(32,15)	2.03,15(31,50)	2.03,15	
		2.29,82(26,67)	3.01,47(31,65)		
	Henry Emil Nordhagen:	3.35,23(33,76)	4.08,92(33,69)	2.05,77	
		4.36,92(28,00)	5.09,27(32,35)		
	Henrik Wathne:	5.42,55(33,28)	6.15,84(33,29)	2.06,92	
		6.44,85(29,01)	7.18,02(33,17)		
	Andreas Linnerud:	7.51,57(33,55)	8.25,23(33,66)	2.09,39	
7	Stavanger SC G1 jr.	JR	Stavanger SC	8.32,11	597
		28,99(28,99)	1.00,83(31,84)		
	Henning S. Pryde:	1.33,76(32,93)	2.05,96(32,20)	2.05,96	
		2.34,17(28,21)	3.07,33(33,16)		
	Hans Østerdal:	3.41,19(33,86)	4.14,69(33,50)	2.08,73	
		4.43,68(28,99)	5.15,66(31,98)		
	Per Øystein Turøy:	5.47,82(32,16)	6.20,05(32,23)	2.05,36	
		6.48,28(28,23)	7.22,21(33,93)		
	Fredrik K Hegdal:	7.58,00(35,79)	8.32,11(34,11)	2.12,06	
8	Oslo IL G1 jr.	JR	Oslo IL	8.36,53	581
		29,19(29,19)	1.01,91(32,72)		
	Zakarias Nouri:	1.35,32(33,41)	2.08,08(32,76)	2.08,08	
		2.38,08(30,00)	3.11,14(33,06)		
	Henning Kaland:	3.44,97(33,83)	4.17,80(32,83)	2.09,72	
		4.46,08(28,28)	5.18,57(32,49)		
	Lars Nymoen:	5.52,95(34,38)	6.26,41(33,46)	2.08,61	
		6.55,98(29,57)	7.28,56(32,58)		
	Jon Erik Sønning:	8.03,01(34,45)	8.36,53(33,52)	2.10,12	
9	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	8.37,92	577
		28,91(28,91)	1.01,01(32,10)		
	Joachim André Jakobsen:	1.33,12(32,11)	2.05,07(31,95)	2.05,07	
		2.34,45(29,38)	3.07,47(33,02)		
	Markus Vindenes:	3.41,39(33,92)	4.14,04(32,65)	2.08,97	
		4.42,84(28,80)	5.15,56(32,72)		
	Kristoffer Brekke:	5.49,46(33,90)	6.22,65(33,19)	2.08,61	
		6.53,14(30,49)	7.28,12(34,98)		
	Kristian Blummenfelt:	8.03,79(35,67)	8.37,92(34,13)	2.15,27	
10	Åstveit SK G1 jr.	JR	Åstveit SK	8.40,27	569
		28,99(28,99)	1.01,22(32,23)		
	Jonas Jensen:	1.34,84(33,62)	2.08,48(33,64)	2.08,48	
		2.37,84(29,36)	3.11,31(33,47)		
	Sondre Bryn:	3.46,85(35,54)	4.20,91(34,06)	2.12,43	
		4.50,32(29,41)	5.24,17(33,85)		
	Markus Lie:	5.59,18(35,01)	6.33,60(34,42)	2.12,69	
		7.02,03(28,43)	7.33,71(31,68)		
	Erlend Ulveseter:	8.07,06(33,35)	8.40,27(33,21)	2.06,67	
11	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	8.44,08	557
		28,87(28,87)	1.01,01(32,14)		
	Jarl André Bergsvenkerud:	1.35,25(34,24)	2.08,61(33,36)	2.08,61	
		2.37,55(28,94)	3.11,09(33,54)		
	Tore Skauge Bysting:	3.44,58(33,49)	4.16,68(32,10)	2.08,07	
		4.47,20(30,52)	5.22,29(35,09)		
	Kjetil Flatland:	5.57,85(35,56)	6.32,15(34,30)	2.15,47	
		7.01,47(29,32)	7.35,18(33,71)		
	Vebjørn Lindhjem:	8.10,10(34,92)	8.44,08(33,98)	2.11,93	

	JR				
12	Delfana G1 jr.	JR	Delfana	8.47,00	547
		29,14(29,14)	1.01,01(31,87)		
	Øyvind L. Styrmo:	1.33,83(32,82)	2.07,28(33,45)	2.07,28	
		2.36,19(28,91)	3.09,50(33,31)		
	Marius Thorsø:	3.45,19(35,69)	4.18,04(32,85)	2.10,76	
		4.45,94(27,90)	5.19,41(33,47)		
	Håvard Hole:	5.56,03(36,62)	6.32,88(36,85)	2.14,84	
		7.03,12(30,24)	7.36,35(33,23)		
	Henrik Søfteland:	8.11,64(35,29)	8.47,00(35,36)	2.14,12	
13	Larvik SK G1 jr.	JR	Larvik SK	8.47,66	545
		28,92(28,92)	1.01,04(32,12)		
	Jørgen Aagaard-Nilsen Wiik:	1.34,39(33,35)	2.06,79(32,40)	2.06,79	
		2.34,90(28,11)	3.07,15(32,25)		
	Geir T. Kristiansen:	3.40,47(33,32)	4.13,86(33,39)	2.07,07	
		4.44,31(30,45)	5.18,96(34,65)		
	Peder T. Haagensli:	5.55,97(37,01)	6.33,49(37,52)	2.19,63	
		7.03,47(29,98)	7.38,53(35,06)		
	Martin Schau:	8.13,84(35,31)	8.47,66(33,82)	2.14,17	
14	Ski SK G1 jr.	JR	Ski SK	9.35,38	421
		31,68(31,68)	1.06,36(34,68)		
	Sven Peder Oseth:	1.43,79(37,43)	2.19,72(35,93)	2.19,72	
		2.49,81(30,09)	3.25,03(35,22)		
	Einar Norum:	4.02,52(37,49)	4.40,32(37,80)	2.20,60	
		5.13,37(33,05)	5.51,58(38,21)		
	Kristian Bjelbøle Bakken:	6.31,57(39,99)	7.09,59(38,02)	2.29,27	
		7.40,98(31,39)	8.18,53(37,55)		
	Anders Struksnæs Sand:	8.59,53(41,00)	9.35,38(35,85)	2.25,79	

Lørdag 11. juli 2009 kl 17.00

Øvelse 1. 400m individuell medley, damer - Direkte finale

Sponsor: Nordea

Junior

1	Trine Austrøne Olsen	90	Fauske SK	5.04,03	747
	32,47(32,47)	1.07,46(34,99)	1.45,80(38,34)	2.25,10(39,30)	
	3.08,58(43,48)	3.51,51(42,93)	4.28,26(36,75)	5.04,03(35,77)	
2	Lise Sand Syversen	95	BS/Delfana	5.09,40	709
	32,21(32,21)	1.09,02(36,81)	1.50,03(41,01)	2.29,58(39,55)	
	3.14,76(45,18)	4.00,07(45,31)	4.36,54(36,47)	5.09,40(32,86)	
3	Line Løvberg	91	Lambertseter SK/NTG	5.10,51	702
	31,81(31,81)	1.07,94(36,13)	1.48,41(40,47)	2.28,03(39,62)	
	3.14,60(46,57)	4.01,28(46,68)	4.35,96(34,68)	5.10,51(34,55)	
4	Oona Ovesen	92	Elverum Svømming	5.13,30	683
	31,80(31,80)	1.09,76(37,96)	1.49,25(39,49)	2.28,35(39,10)	
	3.15,13(46,78)	4.02,28(47,15)	4.38,48(36,20)	5.13,30(34,82)	
5	Jacqueline Knutsson	93	Kongstensvømmerne	5.13,72	680
	32,23(32,23)	1.10,01(37,78)	1.51,15(41,14)	2.33,25(42,10)	
	3.16,52(43,27)	4.02,35(45,83)	4.38,63(36,28)	5.13,72(35,09)	
6	Bitte Fagermo	93	Narvik SK	5.14,95	672
	34,00(34,00)	1.12,59(38,59)	1.53,84(41,25)	2.34,08(40,24)	
	3.22,52(42,55)	4.00,30(43,67)	4.38,37(38,07)	5.14,95(36,58)	
7	Christine M. Pedersen	93	Lambertseter SK	5.18,07	653
	32,61(32,61)	1.09,73(37,12)	1.48,73(39,00)	2.27,14(38,41)	
	3.15,64(48,50)	4.03,98(48,34)	4.41,72(37,74)	5.18,07(36,35)	
8	Siri Anette Sønju	92	Øvre Eiker SK	5.22,94	624
	32,87(32,87)	1.11,49(38,62)	1.54,98(43,49)	2.36,47(41,49)	
	3.22,52(46,05)	4.09,48(46,96)	4.46,64(37,16)	5.22,94(36,30)	
9	Andrea Hestdal	94	BS/Åstveit	5.23,21	622
	32,79(32,79)	1.11,51(38,72)	1.54,70(43,19)	2.36,88(42,18)	
	3.21,16(44,28)	4.07,77(46,61)	4.46,12(38,35)	5.23,21(37,09)	
10	Julie Torgersen Nilsen	92	Hamar IL	5.23,94	618
	35,96(35,96)	1.15,51(39,55)	1.58,56(43,05)	2.40,39(41,83)	
	3.25,47(45,08)	4.11,51(46,04)	4.48,79(37,28)	5.23,94(35,15)	
11	Susann Bjørnsen	93	Setermoen SK	5.26,47	604
	33,92(33,92)	1.14,29(40,37)	1.56,63(42,34)	2.38,45(41,82)	
	3.26,19(47,74)	4.13,39(47,20)	4.50,89(37,50)	5.26,47(35,58)	
12	Elisabeth Kristiansen	92	Haugesund SK	5.27,71	597
	33,11(33,11)	1.14,28(41,17)	1.56,75(42,47)	2.37,61(40,86)	
	3.25,25(47,64)	4.13,72(48,47)	4.52,09(38,37)	5.27,71(35,62)	
13	Stine Lise Stenseth	94	Øvre Eiker SK	5.33,90	564
	33,61(33,61)	1.14,86(41,25)	1.57,63(42,77)	2.39,42(41,79)	
	3.25,16(45,74)	4.13,79(48,63)	4.55,09(41,30)	5.33,90(38,81)	
14	Andrea Haugstad	92	Vestkantsvømmerne	5.36,02	554
	34,90(34,90)	1.14,05(39,15)	1.58,37(44,32)	2.42,60(44,23)	
	3.32,25(49,65)	4.20,50(48,25)	4.58,99(38,49)	5.36,02(37,03)	
15	Guro Knutsen	91	Øvre Eiker SK	5.39,15	538
	35,29(35,29)	1.16,81(41,52)	2.01,54(44,73)	2.45,42(43,88)	
	3.34,06(48,64)	4.23,74(49,68)	5.01,84(38,10)	5.39,15(37,31)	
16	Thea Pedersen	91	Moss SK	5.40,08	534
	34,48(34,48)	1.16,27(41,79)	1.59,24(42,97)	2.42,85(43,61)	
	3.32,27(49,42)	4.22,71(50,44)	5.01,60(38,89)	5.40,08(38,48)	
17	Maren E.J. Bakke	94	Setermoen SK	5.41,52	527
	34,97(34,97)	1.16,53(41,56)	2.03,03(46,50)	2.48,10(45,07)	
	3.33,12(45,02)	4.20,47(47,35)	5.02,44(41,97)	5.41,52(39,08)	
18	Katrine Ekstang	92	Setermoen SK	5.46,51	505
	33,89(33,89)	1.13,00(39,11)	2.01,11(48,11)	2.47,90(46,79)	
	3.39,82(51,92)	4.30,28(50,46)	5.08,47(38,19)	5.46,51(38,04)	

Senior

1	Sara Nordenstam	83	Lambertseter SK	4.46,12	897
	30,76(30,76)	1.05,49(34,73)	1.44,21(38,72)	2.21,41(37,20)	
	2.58,94(37,53)	3.37,17(38,23)	4.12,45(35,28)	4.46,12(33,67)	
2	Karoline Brudvik Sanderud	89	Hamar IL	4.55,55	814
	29,79(29,79)	1.03,91(34,12)	1.42,42(38,51)	2.21,29(38,87)	
	3.01,76(40,47)	3.44,86(43,10)	4.20,62(35,76)	4.55,55(34,93)	
3	Trine Austrøne Olsen	90	Fauske SK	5.04,03	747
	32,47(32,47)	1.07,46(34,99)	1.45,80(38,34)	2.25,10(39,30)	
	3.08,58(43,48)	3.51,51(42,93)	4.28,26(36,75)	5.04,03(35,77)	
4	Lise Sand Syversen	95	BS/Delfana	5.09,40	709
	32,21(32,21)	1.09,02(36,81)	1.50,03(41,01)	2.29,58(39,55)	
	3.14,76(45,18)	4.00,07(45,31)	4.36,54(36,47)	5.09,40(32,86)	
5	Line Løvberg	91	Lambertseter SK/NTG	5.10,51	702
	31,81(31,81)	1.07,94(36,13)	1.48,41(40,47)	2.28,03(39,62)	
	3.14,60(46,57)	4.01,28(46,68)	4.35,96(34,68)	5.10,51(34,55)	
6	Oona Ovesen	92	Elverum Svømming	5.13,30	683
	31,80(31,80)	1.09,76(37,96)	1.49,25(39,49)	2.28,35(39,10)	
	3.15,13(46,78)	4.02,28(47,15)	4.38,48(36,20)	5.13,30(34,82)	
7	Jacqueline Knutsson	93	Kongstensvømmerne	5.13,72	680
	32,23(32,23)	1.10,01(37,78)	1.51,15(41,14)	2.33,25(42,10)	
	3.16,52(43,27)	4.02,35(45,83)	4.38,63(36,28)	5.13,72(35,09)	
8	Bitte Fagermo	93	Narvik SK	5.14,95	672
	34,00(34,00)	1.12,59(38,59)	1.53,84(41,25)	2.34,08(40,24)	
	3.16,63(42,55)	4.00,30(43,67)	4.38,37(38,07)	5.14,95(36,58)	
9	Christine M. Pedersen	93	Lambertseter SK	5.18,07	653
	32,61(32,61)	1.09,73(37,12)	1.48,73(39,00)	2.27,14(38,41)	
	3.15,64(48,50)	4.03,98(48,34)	4.41,72(37,74)	5.18,07(36,35)	
10	Siri Anette Sønju	92	Øvre Eiker SK	5.22,94	624
	32,87(32,87)	1.11,49(38,62)	1.54,98(43,49)	2.36,47(41,49)	
	3.22,52(46,05)	4.09,48(46,96)	4.46,64(37,16)	5.22,94(36,30)	
11	Andrea Hestdal	94	BS/Åstveit	5.23,21	622
	32,79(32,79)	1.11,51(38,72)	1.54,70(43,19)	2.36,88(42,18)	
	3.21,16(44,28)	4.07,77(46,61)	4.46,12(38,35)	5.23,21(37,09)	
12	Julie Torgersen Nilsen	92	Hamar IL	5.23,94	618
	35,96(35,96)	1.15,51(39,55)	1.58,56(43,05)	2.40,39(41,83)	
	3.25,47(45,08)	4.11,51(46,04)	4.48,79(37,28)	5.23,94(35,15)	
13	Susann Bjørnsen	93	Setermoen SK	5.26,47	604
	33,92(33,92)	1.14,29(40,37)	1.56,63(42,34)	2.38,45(41,82)	
	3.26,19(47,74)	4.13,39(47,20)	4.50,89(37,50)	5.26,47(35,58)	
14	Elisabeth Kristiansen	92	Haugesund SK	5.27,71	597
	33,11(33,11)	1.14,28(41,17)	1.56,75(42,47)	2.37,61(40,86)	
	3.25,25(47,64)	4.13,72(48,47)	4.52,09(38,37)	5.27,71(35,62)	
15	Stine Lise Stenseth	94	Øvre Eiker SK	5.33,90	564
	33,61(33,61)	1.14,86(41,25)	1.57,63(42,77)	2.39,42(41,79)	
	3.25,16(45,74)	4.13,79(48,63)	4.55,09(41,30)	5.33,90(38,81)	
16	Andrea Haugstad	92	Vestkantsvømmerne	5.36,02	554
	34,90(34,90)	1.14,05(39,15)	1.58,37(44,32)	2.42,60(44,23)	
	3.32,25(49,65)	4.20,50(48,25)	4.58,99(38,49)	5.36,02(37,03)	
17	Guro Knutsen	91	Øvre Eiker SK	5.39,15	538
	35,29(35,29)	1.16,81(41,52)	2.01,54(44,73)	2.45,42(43,88)	
	3.34,06(48,64)	4.23,74(49,68)	5.01,84(38,10)	5.39,15(37,31)	
18	Thea Pedersen	91	Moss SK	5.40,08	534
	34,48(34,48)	1.16,27(41,79)	1.59,24(42,97)	2.42,85(43,61)	
	3.32,27(49,42)	4.22,71(50,44)	5.01,60(38,89)	5.40,08(38,48)	
19	Maren E.J. Bakke	94	Setermoen SK	5.41,52	527
	34,97(34,97)	1.16,53(41,56)	2.03,03(46,50)	2.48,10(45,07)	
	3.33,12(45,02)	4.20,47(47,35)	5.02,44(41,97)	5.41,52(39,08)	
20	Katrine Ekstang	92	Setermoen SK	5.46,51	505
	33,89(33,89)	1.13,00(39,11)	2.01,11(48,11)	2.47,90(46,79)	
	3.39,82(51,92)	4.30,28(50,46)	5.08,47(38,19)	5.46,51(38,04)	

Øvelse 2. 400m fri, herrer - Finale

Senior

1	Gard Kvale	84	Bergens SC	3.55,29	865
	27,43(27,43)	56,74(29,31)	1.26,52(29,78)	1.56,43(29,91)	
	2.26,54(30,11)	2.56,41(29,87)	3.26,29(29,88)	3.55,29(29,00)	
2	Jørgen Møllerop	88	TS/Madla SK	4.05,56	761
	27,86(27,86)	58,01(30,15)	1.28,77(30,76)	1.59,97(31,20)	
	2.31,40(31,43)	3.03,13(31,73)	3.35,05(31,92)	4.05,56(30,51)	
3	Mikkel Brudvik Sanderud	87	Lambertseter SK	4.05,72	759
	28,73(28,73)	59,55(30,82)	1.30,89(31,34)	2.02,13(31,24)	
	2.33,65(31,52)	3.05,11(31,46)	3.37,41(32,30)	4.05,72(28,31)	
4	Ole Martin Ree	92	TS/Sola SK	4.08,56	733
	28,70(28,70)	1.00,05(31,35)	1.31,69(31,64)	2.03,65(31,96)	
	2.35,71(32,06)	3.07,50(31,79)	3.38,53(31,03)	4.08,56(30,03)	
5	Lars Andre Tolås	88	Bærumsvømmerne	4.10,18	719
	28,24(28,24)	59,49(31,25)	1.32,03(32,54)	2.04,24(32,21)	
	2.36,18(31,94)	3.08,50(32,32)	3.40,01(31,51)	4.10,18(30,17)	
6	Bjarte Ravndal	91	TS/Sola SK	4.15,81	673
	28,68(28,68)	1.00,68(32,00)	1.32,95(32,27)	2.06,64(33,69)	
	2.39,55(32,91)	3.11,84(32,29)	3.43,72(31,88)	4.15,81(32,09)	
7	Kristoffer Skribeland	91	Asker SK	4.17,41	660
	29,15(29,15)	1.01,35(32,20)	1.33,78(32,43)	2.06,82(33,04)	
	2.39,51(32,69)	3.12,71(33,20)	3.45,52(32,81)	4.17,41(31,89)	
	Vegard Nyenget Løvberg	91	Bærumsvømmerne	BRUTT	

Øvelse 3. 100m bryst, damer - Finale

Sponsor: Elkonor

Senior

1	Katharina Stiberg	88	Bjerkvik SK	1.09,06	925	NR
	32,06(32,06)	1.09,06(37,00)				
2	Sara Nordenstam	83	Lambertseter SK	1.10,47	871	
	33,53(33,53)	1.10,47(36,94)				
3	Henriette Martinsen	85	Trondheim SLK	1.11,51	833	
	33,33(33,33)	1.11,51(38,18)				
4	Elisabeth Jarland	85	Bærumsvømmerne	1.12,88	787	
	34,27(34,27)	1.12,88(38,61)				
5	Celinn Daviknes	86	BS/Delfana	1.12,90	786	
	34,45(34,45)	1.12,90(38,45)				
6	Ingalill Urrang Naustvik	95	Karmøy SK	1.13,02	782	
	34,32(34,32)	1.13,02(38,70)				
7	Karoline Bergene	89	Lambertseter SK	1.14,56	735	
	34,31(34,31)	1.14,56(40,25)				
8	Trine Austrøne Olsen	90	Fauske SK	1.14,83	727	
	35,48(35,48)	1.14,83(39,35)				

Øvelse 4. 100m butterfly, herrer - Finale**Senior**

1	Øystein R. Hetland 25,61(25,61)	89	Bærumsvømmerne	55,48	834
2	Gard Kvale 25,85(25,85)	84	Bergens SC	55,52	833
3	Alexander Broberg Skeltved 26,53(26,53)	87	Vestkantsvømmerne	55,84	818
4	Christer Koch Kvam 25,75(25,75)	90	Bærum/NTG	56,16	804
5	Stian S. Langeland 26,28(26,28)	89	Bergens SC	57,27	758
6	Tor Hafnor 27,08(27,08)	91	Bærumsvømmerne	57,64	744
7	Sebastian Stordal 27,70(27,70)	91	BS/Delfana	59,25	685
	Mattis Saghaug	90	IL Varg/NTG	BRUTT	

Øvelse 5. 200m fri, damer - Finale**Sponsor: BB Elektro****Senior**

1	Cecilie W. Johannessen 28,37(28,37)	90	Karmøy SK	2.01,83	893
2	Ingvild Snildal 28,51(28,51)	88	Asker SK	2.02,08	888
3	Elin Slaatmo 30,19(30,19)	92	Hamar IL	2.05,80	811
4	Margrete Nyhus Ulvestad 29,73(29,73)	88	Molde SLK	2.06,94	790
5	Ingrid N. Knutzen 31,10(31,10)	91	Lambertseter SK/NTG	2.08,04	770
6	Gina B. Andersen 30,45(30,45)	90	Skjetten Svømming/NTG	2.08,15	768
7	Monica W. Johannessen 29,40(29,40)	90	Karmøy SK	2.08,93	754
8	Elisabeth H. Svensson 30,65(30,65)	91	Lambertseter SK/NTG	2.09,39	746

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

1	Eirik Ravnan 27,51(27,51)	89	Hamar IL	2.07,83	820
2	Alexander Broberg Skeltved 27,08(27,08)	87	Vestkantsvømmerne	2.08,55	806
3	Kristoffer Meisler 27,96(27,96)	90	Fauske SK	2.13,40	721
4	Vegard Nyenget Løvberg 28,89(28,89)	91	Bærumsvømmerne	2.14,00	712
5	Christian Thorsen 29,11(29,11)	91	Lambertseter SK	2.15,71	685
6	Martin Hals 29,01(29,01)	91	Øvre Eiker SK	2.15,92	682
7	Carl Andreas Wathne 28,46(28,46)	91	Bærumsvømmerne	2.16,01	680
8	Hans Kristian Andersen 28,62(28,62)	93	Florø SLK	2.18,08	650

Øvelse 7. 50m rygg, damer - Finale**Sponsor: Ricoh****Senior**

1	Ingvild Snildal	88	Asker SK	(0,66)	28,67	972	NR
2	Katharina Stiberg	88	Bjerkvik SK	(0,59)	29,35	906	
3	Cecilie W. Johannessen	90	Karmøy SK	(0,59)	30,27	825	
4	Heidi Vainio Gjøen	88	Lambertseter SK	(0,71)	30,95	772	
5	Marit Vala	90	Lambertseter SK	(0,81)	31,30	747	
6	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,80)	31,38	741	
7	Oda Marie Siljan	92	Poseidon	(0,96)	31,39	740	
8	Henriette Brekke	88	Vestkantsvømmerne	(0,64)	31,57	727	

Funksjonshemmede

1	Mariann Vestbøstad	84	Vestkantsvømmerne	(0,66)	39,66	367	S8 106,58 %
2	Tonje Immerstein	89	Sandnes SLK	(0,66)	41,10	329	S10 116,46 %
3	Ingvill S. Hilleren	90	Vestkantsvømmerne	(1,24)	49,58	187	S7 124,39 %
4	Hanne Farestvedt	93	Åstveit SK	(0,72)	42,14	306	S14 129,42 %
5	Ingrid Djupskås	89	Asker SK	(0,77)	44,27	264	S9 130,44 %
6	Linn Haugen	87	Vestkantsvømmerne	(0,89)	44,54	259	S9 131,23 %
7	Rona Hjelmsstad	93	Skjetten Svømming	(0,88)	45,27	246	S14 139,04 %

Øvelse 8. 50m bryst, herrer - Finale**Senior**

1	Alexander Dale Oen	85	Vestkantsvømmerne		28,31	922	
2	Mattis Saghaug	90	IL Varg/NTG		29,53	812	
3	Marcus Tesdal	90	BS/Åstveit		29,83	788	
4	Bernt M. Seyffarth	89	Mandal SK		30,04	772	
5	Erling Mjøs Brattelid	91	TS/Sola SK		30,37	747	
6	John Lekhmus	91	Tromsø SK		30,48	739	
7	Thomas Breivoll	77	IL Varg		30,49	738	
8	Sindre Søderlund	91	Trondheim SLK/NTG		30,62	729	

Øvelse 9. 4*100m fri, damer - Senior**Senior**

1	Lambertseter SK J1 sr.	SR	Lambertseter SK		3.58,41	777	NJR
	Pia Cornelia Braarud:	29,54(29,54)	1.00,17(30,63)	1.00,17			
	Emilie Hellerud:	1.29,01(28,84)	2.00,35(31,34)	1.00,18			
	Elisabeth H. Svensson:	2.29,06(28,71)	2.59,34(30,28)	58,99			
	Ingrid N. Knutzen:	3.27,56(28,22)	3.58,41(30,85)	59,07			
2	Lambertseter SK J2 sr.	SR	Lambertseter SK		4.01,50	748	
	Heidi Vainio Gjøen:	29,53(29,53)	1.00,58(31,05)	1.00,58			
	Emma Isdahl:	1.29,60(29,02)	2.00,95(31,35)	1.00,37			
	Christine M. Pedersen:	2.29,78(28,83)	3.01,11(31,33)	1.00,16			
	Sara Nordenstam:	3.30,29(29,18)	4.01,50(31,21)	1.00,39			
3	Vestkantsv. J1 sr.	SR	Vestkantsvømmerne		4.02,62	737	
	Henriette Brekke:	27,68(27,68)	56,74(29,06)	56,74			
	Stine Vindenes:	1.26,66(29,92)	1.58,66(32,00)	1.01,92			
	Andrea Haugstad:	2.27,84(29,18)	3.01,32(33,48)	1.02,66			
	Marthe Helene Haganes:	3.29,95(28,63)	4.02,62(32,67)	1.01,30			

4	Bærumsv J1 sr.	SR	Bærumsvømmerne	4.03,65	728
	Emilie Nyenget Løvberg:	29,23(29,23)	1.00,82(31,59)	1.00,82	
	Elisabeth Jarland:	1.29,01(28,19)	1.59,67(30,66)	58,85	
	Karolina Orleanski:	2.29,38(29,71)	3.01,56(32,18)	1.01,89	
	Andrea Westbye:	3.31,02(29,46)	4.03,65(32,63)	1.02,09	
5	Team Stavanger J1 sr.	SR	Team Stavanger	4.03,68	728
	Trine Hovda:	29,28(29,28)	1.01,75(32,47)	1.01,75	
	Marthe Berg Sørensen:	1.30,45(28,70)	2.02,51(32,06)	1.00,76	
	Kristine Risanger Røsland:	2.31,93(29,42)	3.04,67(32,74)	1.02,16	
	Victoria Rung:	3.32,86(28,19)	4.03,68(30,82)	59,01	
6	Sarpsborg IL J1 sr.	SR	Sarpsborg IL	4.07,86	691
	Ina Kr. Pedersen:	28,56(28,56)	59,45(30,89)	59,45	
	Birgitte Elise Søfteland:	1.29,13(29,68)	2.02,07(32,94)	1.02,62	
	Terese Fosby:	2.31,22(29,15)	3.04,00(32,78)	1.01,93	
	Julie Borgen:	3.34,23(30,23)	4.07,86(33,63)	1.03,86	
7	Stavanger SC J1 sr.	SR	Stavanger SC	4.11,62	661
	Nicole T. Næsheim:	30,08(30,08)	1.02,52(32,44)	1.02,52	
	Hege Harestad:	1.32,63(30,11)	2.05,78(33,15)	1.03,26	
	Karoline Eriksen:	2.36,35(30,57)	3.09,64(33,29)	1.03,86	
	Ane Nygård:	3.39,53(29,89)	4.11,62(32,09)	1.01,98	
8	Bergens SC J1 sr.	SR	Bergens SC	4.12,82	652
	Eirin Arnesen:	29,97(29,97)	1.03,72(33,75)	1.03,72	
	Hedvig Hjertaker:	1.32,96(29,24)	2.05,33(32,37)	1.01,61	
	Eli Kristin Ølmheim:	2.35,03(29,70)	3.09,47(34,44)	1.04,14	
	Ingse Bergh Monsen:	3.39,65(30,18)	4.12,82(33,17)	1.03,35	
9	Vestkantv. J2 sr.	SR	Vestkantvømmerne	4.15,38	632
	Juni Rugland:	30,35(30,35)	1.04,60(34,25)	1.04,60	
	Sara N. Gjelsvik:	1.34,91(30,31)	2.08,28(33,37)	1.03,68	
	Marie Reinertsen:	2.38,27(29,99)	3.12,16(33,89)	1.03,88	
	Benedicte Kausland:	3.41,96(29,80)	4.15,38(33,42)	1.03,22	
10	Aalesunds SLK J1 sr.	SR	Aalesund SLK	4.20,51	595
	Veronica Orheim Bjørlykke:	28,80(28,80)	1.01,87(33,07)	1.01,87	
	Natalie Lorgen Lübbe:	1.33,40(31,53)	2.09,33(35,93)	1.07,46	
	Caroline R. Helgesen:	2.39,73(30,40)	3.14,41(34,68)	1.05,08	
	Gerd Anne Solibakke:	3.45,45(31,04)	4.20,51(35,06)	1.06,10	
11	Løren/Rælingen J1 sr.	SR	Lørenskog/Rælingen	4.21,31	590
	Jeanette Erlandsen:	30,75(30,75)	1.04,46(33,71)	1.04,46	
	Ine Charlotte Hagen:	1.36,00(31,54)	2.11,22(35,22)	1.06,76	
	Aurora Brandtzæg:	2.42,40(31,18)	3.16,37(33,97)	1.05,15	
	Elina Øverås:	3.47,01(30,64)	4.21,31(34,30)	1.04,94	
12	SK Speed J1 sr.	SR	SK Speed	4.39,45	482
	Hege Strøm Haukeland:	32,13(32,13)	1.08,73(36,60)	1.08,73	
	Sara Boukili:	1.40,58(31,85)	2.16,75(36,17)	1.08,02	
	Marianne Strøm:	2.51,09(34,34)	3.30,75(39,66)	1.14,00	
	Rebecca Nilsen:	4.03,36(32,61)	4.39,45(36,09)	1.08,70	
	Bergensv. J1 sr.	SR	Bergensvømmerne	DISK	
	Hanne Søfteland:	29,87(29,87)	1.02,18(32,31)	1.02,18	
	Siri Løvold Magnussen:				
	Monica Finny:				
	Lise Sand Syversen:				

Øvelse 10. 4*200m fri, herrer - Senior

Senior

1	Bærumsv G1 sr.	SR	Bærumsvømmerne	7.47,28	786
	Lars Andre Tolås:	26,51(26,51)	56,27(29,76)	1.56,32	
		1.26,47(30,20)	1.56,32(29,85)		
		2.22,56(26,24)	2.51,70(29,14)		
	Christer Koch Kvam:	3.21,89(30,19)	3.51,79(29,90)	1.55,47	
		4.17,44(25,65)	4.46,51(29,07)		
	Øystein R. Hetland:	5.17,87(31,36)	5.49,91(32,04)	1.58,12	
		6.16,61(26,70)	6.47,28(30,67)		
	Tor Hafnor:	7.17,43(30,15)	7.47,28(29,85)	1.57,37	

2	Lambertseter SK G1 sr.	SR	Lambertseter SK	7.52,66	759
		27,24(27,24)	56,93(29,69)		
	Christian Thorsen:	1.27,29(30,36)	1.57,04(29,75)	1.57,04	
		2.25,06(28,02)	2.55,21(30,15)		
	Petter Braarud:	3.26,95(31,74)	3.58,14(31,19)	2.01,10	
		4.26,12(27,98)	4.56,08(29,96)		
	Mikael Bergene:	5.26,66(30,58)	5.56,77(30,11)	1.58,63	
		6.23,77(27,00)	6.53,40(29,63)		
	Mikkel Brudvik Sanderud:	7.23,79(30,39)	7.52,66(28,87)	1.55,89	
3	Hamar IL G1 sr.	SR	Hamar IL	7.53,58	755
		27,73(27,73)	56,94(29,21)		
	Eirik Ravnan:	1.26,32(29,38)	1.56,07(29,75)	1.56,07	
		2.23,16(27,09)	2.53,96(30,80)		
	Martin Skramstad:	3.25,48(31,52)	3.56,39(30,91)	2.00,32	
		4.23,70(27,31)	4.52,65(28,95)		
	Jonas Kirkeberg Jostad:	5.22,73(30,08)	5.54,25(31,52)	1.57,86	
		6.21,18(26,93)	6.51,62(30,44)		
	Oscar Slaatmo:	7.23,65(32,03)	7.53,58(29,93)	1.59,33	
4	Bergensv. G1 sr.	SR	Bergensvømmerne	7.58,64	731
		26,62(26,62)	55,67(29,05)		
	Sander Smørdal:	1.25,85(30,18)	1.56,68(30,83)	1.56,68	
		2.24,17(27,49)	2.55,08(30,91)		
	Eivind Johannesen:	3.26,64(31,56)	3.57,82(31,18)	2.01,14	
		4.25,95(28,13)	4.56,99(31,04)		
	Even Vike Holm:	5.28,21(31,22)	5.58,51(30,30)	2.00,69	
		6.25,16(26,65)	6.55,78(30,62)		
	Marcus Tesdal:	7.27,17(31,39)	7.58,64(31,47)	2.00,13	
5	Bærumsv G2 sr.	SR	Bærumsvømmerne	8.09,82	682
		28,03(28,03)	57,92(29,89)		
	Vegard Nyenget Løvberg:	1.29,67(31,75)	2.01,57(31,90)	2.01,57	
		2.28,06(26,49)	2.58,39(30,33)		
	Elias Damman:	3.30,19(31,80)	4.01,13(30,94)	1.59,56	
		4.28,90(27,77)	5.00,16(31,26)		
	Stian Werner Erichsen:	5.33,11(32,95)	6.06,18(33,07)	2.05,05	
		6.33,48(27,30)	7.04,74(31,26)		
	Carl Andreas Wathne:	7.37,68(32,94)	8.09,82(32,14)	2.03,64	
6	Stavanger SC G1 sr.	SR	Stavanger SC	8.14,59	662
		29,16(29,16)	1.00,14(30,98)		
	Henning S. Pryde:	1.32,12(31,98)	2.03,16(31,04)	2.03,16	
		2.30,15(26,99)	3.00,11(29,96)		
	Jørn Nygård:	3.31,00(30,89)	4.00,12(29,12)	1.56,96	
		4.29,63(29,51)	5.01,32(31,69)		
	Per Øystein Turøy:	5.33,61(32,29)	6.05,63(32,02)	2.05,51	
		6.33,98(28,35)	7.06,92(32,94)		
	Hans Østerdal:	7.40,91(33,99)	8.14,59(33,68)	2.08,96	
7	Vestkantsv. G1 sr.	SR	Vestkantsvømmerne	8.33,02	593
		31,74(31,74)	1.07,16(35,42)		
	Kristian Blummenfelt:	1.42,71(35,55)	2.17,05(34,34)	2.17,05	
		2.46,27(29,22)	3.19,35(33,08)		
	Kristoffer Brekke:	3.53,05(33,70)	4.26,04(32,99)	2.08,99	
		4.54,15(28,11)	5.26,23(32,08)		
	Markus Vindenes:	5.59,83(33,60)	6.32,80(32,97)	2.06,76	
		6.59,71(26,91)	7.30,43(30,72)		
	Joachim André Jakobsen:	8.01,48(31,05)	8.33,02(31,54)	2.00,22	
8	Løren/Rælingen G1 sr.	SR	Lørenskog/Rælingen	8.46,86	548
		29,80(29,80)	1.02,65(32,85)		
	Vebjørn Lindhjem:	1.37,42(34,77)	2.11,72(34,30)	2.11,72	
		2.41,23(29,51)	3.14,86(33,63)		
	Kjetil Flatland:	3.50,33(35,47)	4.24,55(34,22)	2.12,83	
		4.53,88(29,33)	5.26,26(32,38)		
	Tore Skauge Bysting:	6.00,23(33,97)	6.33,46(33,23)	2.08,91	
		7.02,86(29,40)	7.36,22(33,36)		
	Jarl André Bergsvenkerud:	8.11,96(35,74)	8.46,86(34,90)	2.13,40	
	Team Stavanger G1 sr.	SR	Team Stavanger	DISK	
		26,61(26,61)	55,78(29,17)		
	Jørgen Møllerop:	1.25,93(30,15)	1.54,89(28,96)	1.54,89	
		2.21,49(26,60)	2.50,88(29,39)		
	Ole Martin Ree:	3.20,42(29,54)	3.49,53(29,11)	1.54,64	
		4.16,04(26,51)	4.46,23(30,19)		
	Bjarte Ravndal:	5.16,58(30,35)	5.46,73(30,15)	1.57,20	
	Erling Mjøs Brattelid:				

Søndag 12. juli 2009 kl 09.00**Øvelse 11. 200m rygg, herrer - Forsøk****Sponsor: SSK Distribusjon****Senior**

1	Eirik Ravnan	89	Hamar IL	(0,73)	2.11,41	710
	30,86(30,86)	1.03,83(32,97)	1.37,69(33,86)		2.11,41(33,72)	
2	Lars Andre Tolås	88	Bærumsvømmerne	(0,70)	2.12,00	701
	30,49(30,49)	1.04,28(33,79)	1.38,27(33,99)		2.12,00(33,73)	

Junior

1	Vegard Nyenget Løvberg	91	Bærumsvømmerne		2.09,90	735
	30,51(30,51)	1.02,95(32,44)	1.36,39(33,44)		2.09,90(33,51)	
2	Even Vike Holm	90	BS/Arna	(0,67)	2.14,83	658
	32,12(32,12)	1.05,80(33,68)	1.40,59(34,79)		2.14,83(34,24)	
3	Tor Hafnor	91	Bærumsvømmerne	(0,73)	2.15,87	643
	32,53(32,53)	1.07,30(34,77)	1.42,15(34,85)		2.15,87(33,72)	
4	Sindre Nilo	90	Sandefjord SK/NTG	(0,71)	2.16,02	641
	31,75(31,75)	1.06,04(34,29)	1.41,23(35,19)		2.16,02(34,79)	
5	Runar Borgen	93	Bodø SK	(0,78)	2.18,67	604
	32,97(32,97)	1.08,40(35,43)	1.43,85(35,45)		2.18,67(34,82)	
6	Sander Rødje	93	Haugesund SK	(0,85)	2.19,23	597
	32,08(32,08)	1.06,69(34,61)	1.42,95(36,26)		2.19,23(36,28)	
7	Sindre Lilledahl	92	Haugesund SK	(0,67)	2.20,85	577
	33,47(33,47)	1.09,21(35,74)	1.45,65(36,44)		2.20,85(35,20)	
8	Sebastian Stordal	91	BS/Delfana	(0,68)	2.21,01	575
	32,29(32,29)	1.07,69(35,40)	1.44,61(36,92)		2.21,01(36,40)	
9	Henrik Wathne	94	Bærumsvømmerne	(0,79)	2.21,46	569
	33,00(33,00)	1.09,21(36,21)	1.45,24(36,03)		2.21,46(36,22)	
10	Eirik Runningen	90	BS/Delfana	(0,52)	2.22,47	557
	32,55(32,55)	1.07,40(34,85)	1.45,35(37,95)		2.22,47(37,12)	
11	Henrik Knudsen	94	Stavanger SC		2.22,81	553
	32,89(32,89)	1.09,14(36,25)	1.46,69(37,55)		2.22,81(36,12)	
12	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,65)	2.23,05	551
	32,82(32,82)	1.08,53(35,71)	1.45,94(37,41)		2.23,05(37,11)	
13	Fredrik K Hegdal	94	Stavanger SC	(0,82)	2.23,48	546
	33,25(33,25)	1.10,17(36,92)	1.47,43(37,26)		2.23,48(36,05)	
14	Hans Andre Pedersen	92	Sandefjord SK	(0,65)	2.23,63	544
	33,22(33,22)	1.10,16(36,94)	1.47,63(37,47)		2.23,63(36,00)	
15	Markus Lie	95	Åstveit SK	(0,73)	2.23,84	542
	33,56(33,56)	1.09,75(36,19)	1.46,95(37,20)		2.23,84(36,89)	
16	Erik Tobias Sollesnes	95	Kolbotn IL	(0,77)	2.25,86	519
	34,60(34,60)	1.11,62(37,02)	1.49,38(37,76)		2.25,86(36,48)	
17	Gaute Ravndal	94	Sola SK	(0,73)	2.26,25	515
	34,07(34,07)	1.11,38(37,31)	1.49,51(38,13)		2.26,25(36,74)	
18	Joakim I. Larsen	92	Trondheim SLK	(0,68)	2.26,52	512
	34,82(34,82)	1.12,32(37,50)	1.49,90(37,58)		2.26,52(36,62)	
19	Erlend Tveteraas	91	TS/Madla SK	(0,62)	2.28,16	495
	32,86(32,86)	1.09,72(36,86)	1.48,80(39,08)		2.28,16(39,36)	
20	Marius Thorsø	93	Delfana	(0,76)	2.28,51	492
	34,92(34,92)	1.12,10(37,18)	1.50,69(38,59)		2.28,51(37,82)	
21	Henning Kaland	92	Oslo IL	(0,68)	2.29,26	485
	35,26(35,26)	1.12,27(37,01)	1.50,92(38,65)		2.29,26(38,34)	

Øvelse 12. 50m fri, damer - Forsøk

Sponsor: Ricoh

Senior

1	Henriette Brekke	88	Vestkantsvømmerne	26,50	799
2	Siri Løvold Magnussen	86	BS/Delfana	27,20	739
3	Sofie Gjemmestad	89	Asker SK	27,26	734
4	Elise Strømsvik	87	Vestbyen IL	27,84	689
5	Ina Kr. Pedersen	89	Sarpsborg IL	27,91	684
6	Kristine Risanger Røsland	77	TS/Madla SK	28,48	644

Junior

1	Monica W. Johannessen	90	Karmøy SK	27,42	722
2	Hanne Søfteland	92	BS/Delfana	27,46	718
3	Aslaug Marie Hjelmaas	95	Bergens SLK	27,61	707
4	Susann Bjørnsen	93	Setermoen SK	28,23	661
5	Emilie Hellerud	92	Lambertseter SK/NTG	28,29	657
6	Line W. Lund	91	Moss SK	28,38	651
7	Emma Isdahl	92	Lambertseter SK	28,39	650
8	Nicole T. Næsheim	91	Stavanger SC	28,42	648
9	Elisabeth H. Svensson	91	Lambertseter SK/NTG	28,48	644
10	Oda Marie Siljan	92	Poseidon	28,51	642
11	Kristine Semb	92	Poseidon	28,53	641
12	Pia Cornelia Braarud	93	Lambertseter SK	28,55	639
13	Nora Kathrine Guthe	91	Asker SK	28,57	638
14	Siv Fiske	92	Tromsø SK/NTG	28,68	631
15	Marthe Helene Haganæs	93	Vestkantsvømmerne	28,71	629
16	Martine Bremer	90	Bergens SLK	28,72	628
17	Kaja Bremer	93	Bergens SLK	28,81	622
18	Juni Rugland	93	Vestkantsvømmerne	28,95	613
19	Marie Øverland	94	Vestkantsvømmerne	28,96	612
20	Hedvig Hjertaker	94	Bergens SC	29,03	608
21	Karoline Pedersen	94	Bergens SLK	29,22	596
22	Maria Bølgen	93	Bærumsvømmerne	29,25	594
23	Pernille Berntsen	95	Førde IL	29,29	592
24	Marthe Berg Sørensen	92	TS/Frisinn	29,34	589
25	Terese Fosby	92	Sarpsborg IL	29,36	588
26	Birgitte Elise Søfteland	94	Sarpsborg IL	29,41	585
27	Vanessa Tuxen	92	Sola SK	29,53	578
28	Sara N. Gjelsvik	93	Vestkantsvømmerne	29,80	562
	Cecilie W. Johannessen	90	Karmøy SK	DISK	
	Ida Johansen	94	Øvre Eiker SK	DISK	

Funksjonshemmede

1	Cecilie Drabsch Norland	78	Stavanger Haik	33,61	392	S8 106,66 %
2	Mariann Vestbøstad	84	Vestkantsvømmerne	35,89	322	S8 113,9 %
3	Sara Louise Rung	89	Madla SK	42,85	189	S6 120,37 %
4	Hanne Farestvedt	93	Åstveit SK	35,96	320	S14 124,21 %
5	Linn Haugen	87	Vestkantsvømmerne	36,31	310	S9 125,03 %
6	Tonje Immerstein	89	Sandnes SLK	36,02	318	S10 126,65 %
7	Ingvill S. Hilleren	90	Vestkantsvømmerne	43,24	184	S7 128,96 %
8	Ingrid Djupskås	89	Asker SK	38,87	253	S9 133,85 %
9	Marianne Mæland	86	Vågsbygd SLK	46,88	144	S7 139,82 %
10	Rona Hjelmsstad	93	Skjetten Svømming	40,81	219	S14 140,97 %

Øvelse 13. 100m fri, herrer - Forsøk

Senior

1	Gard Kvale	84	Bergens SC	52,19	796
	25,46(25,46)	52,19(26,73)			
2	Sander Smørdal	85	BS/Arna	52,33	790
	25,13(25,13)	52,33(27,20)			
3	Karsten W. Johannessen	88	Bergens SC	53,51	739
	25,58(25,58)	53,51(27,93)			
4	Jørgen Møllerop	88	TS/Madla SK	53,64	733
	25,91(25,91)	53,64(27,73)			
5	Øystein R. Hetland	89	Bærumsvømmerne	53,68	732
	26,12(26,12)	53,68(27,56)			
6	Bernt M. Seyffarth	89	Mandal SK	54,24	709
	25,37(25,37)	54,24(28,87)			
7	Martin Skramstad	89	Hamar IL	54,83	686
	26,38(26,38)	54,83(28,45)			
8	Elias Damman	89	Bærumsvømmerne	55,03	679
	26,99(26,99)	55,03(28,04)			
9	Petter Braarud	89	Lambertseter SK	55,13	675
	26,76(26,76)	55,13(28,37)			
10	Håkon Skårud Karlsen	79	IL Varg	55,18	673
	26,52(26,52)	55,18(28,66)			
11	Mikkel Brudvik Sanderud	87	Lambertseter SK	55,51	662
	27,04(27,04)	55,51(28,47)			
12	John Hage Gaarder	89	Lørenskog/Rælingen	56,86	615
	26,70(26,70)	56,86(30,16)			
13	Christian Sunde	89	Elverum Svømming	57,23	604
	27,28(27,28)	57,23(29,95)			

Junior

1	Christer Koch Kvam	90	Bærum/NTG	52,91	764
	25,67(25,67)	52,91(27,24)			
2	Ole Martin Ree	92	TS/Sola SK	53,87	724
	25,97(25,97)	53,87(27,90)			
3	Mikael Bergene	91	Lambertseter SK	54,08	715
	26,01(26,01)	54,08(28,07)			
4	Bjarte Ravndal	91	TS/Sola SK	54,10	715
	26,33(26,33)	54,10(27,77)			
5	Mikkel Tørud Lang	90	Ullensakersv	54,16	712
	26,04(26,04)	54,16(28,12)			
6	Christian Thorsen	91	Lambertseter SK	54,24	709
	26,29(26,29)	54,24(27,95)			
7	Jonas Kirkeberg Jostad	92	Hamar IL	54,35	705
	26,28(26,28)	54,35(28,07)			
8	Per Sondre Sodeland	91	Mandal SK	54,57	696
	26,14(26,14)	54,57(28,43)			
9	Joachim André Jakobsen	91	Vestkantsvømmerne	54,82	687
	26,26(26,26)	54,82(28,56)			
10	Alexander B. Havre	90	Mandal SK	54,87	685
	26,12(26,12)	54,87(28,75)			
11	Martin Hammer	93	Kongstensvømmerne	54,93	683
	26,55(26,55)	54,93(28,38)			
12	Åsmund Karlsen	92	Eid SK	55,55	660
	26,75(26,75)	55,55(28,80)			
13	Stian Werner Erichsen	90	Bærumsvømmerne	55,59	659
	26,42(26,42)	55,59(29,17)			
14	Sindre Eilertsen	90	Lambertseter SK	55,92	647
	26,13(26,13)	55,92(29,79)			
15	Julian Åsheim Mikkelsen	93	Ås IL	55,98	645
	26,64(26,64)	55,98(29,34)			
16	Henry Emil Nordhagen	93	Bærumsvømmerne	56,10	641
	26,57(26,57)	56,10(29,53)			

17	David Evja	92	Lambertseter SK	56,18	638
	27,08(27,08)	56,18(29,10)			
18	Martin P. Sletbakken	92	Sortland SLK	56,20	637
	27,28(27,28)	56,20(28,92)			
19	Henning S. Pryde	92	Stavanger SC	56,52	627
	27,68(27,68)	56,52(28,84)			
20	Alexander Schüssler	92	Lambertseter SK	56,84	616
	26,66(26,66)	56,84(30,18)			
21	Geir T. Kristiansen	90	Larvik SK	56,87	615
	27,29(27,29)	56,87(29,58)			
22	Jan Aleksander Bakke	91	Asker SK	57,30	601
	26,78(26,78)	57,30(30,52)			
23	Daniel Berenett	91	IL Varg/NTG	57,49	595
	27,37(27,37)	57,49(30,12)			
24	Thorbjørn Birkeland	93	Haugesund SK	58,15	575
	27,87(27,87)	58,15(30,28)			

Øvelse 14. 200m butterfly, damer - Forsøk

Senior

1	Ingvild Snildal	88	Asker SK	2.15,46	818
	29,52(29,52)	1.03,66(34,14)	1.39,51(35,85)	2.15,46(35,95)	
2	Karoline Brudvik Sanderud	89	Hamar IL	2.20,69	730
	30,74(30,74)	1.06,62(35,88)	1.42,80(36,18)	2.20,69(37,89)	
3	Sara Nordenstam	83	Lambertseter SK	2.22,22	707
	32,18(32,18)	1.08,29(36,11)	1.45,24(36,95)	2.22,22(36,98)	
4	Karolina Orleanski	86	Bærumsvømmerne	2.29,29	611
	32,72(32,72)	1.09,23(36,51)	1.47,84(38,61)	2.29,29(41,45)	

Junior

1	Line Løvberg	91	Lambertseter SK/NTG	2.20,87	727
	31,42(31,42)	1.06,57(35,15)	1.43,21(36,64)	2.20,87(37,66)	
2	Victoria Rung	92	TS/Frisinn	2.24,92	668
	32,41(32,41)	1.09,22(36,81)	1.47,53(38,31)	2.24,92(37,39)	
3	Stine Vindenes	93	Vestkantsvømmerne	2.25,10	665
	31,78(31,78)	1.07,57(35,79)	1.45,56(37,99)	2.25,10(39,54)	
4	Lise Sand Syversen	95	BS/Delfana	2.25,18	664
	32,34(32,34)	1.09,05(36,71)	1.47,07(38,02)	2.25,18(38,11)	
5	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.26,45	647
	32,42(32,42)	1.09,88(37,46)	1.48,57(38,69)	2.26,45(37,88)	
6	Kristin Blyverket	92	Oslo IL	2.30,21	600
	34,56(34,56)	1.13,00(38,44)	1.52,63(39,63)	2.30,21(37,58)	
7	Oona Ovesen	92	Elverum Svømming	2.30,24	599
	32,21(32,21)	1.09,68(37,47)	1.49,00(39,32)	2.30,24(41,24)	
8	Julie Borgen	91	Sarpsborg IL	2.31,66	583
	32,28(32,28)	1.10,63(38,35)	1.51,36(40,73)	2.31,66(40,30)	
9	Nora Næss	93	Haldens SK	2.31,77	581
	33,44(33,44)	1.11,37(37,93)	1.51,69(40,32)	2.31,77(40,08)	
10	Katrine Ekstang	92	Setermoen SK	2.32,30	575
	33,38(33,38)	1.12,39(39,01)	1.52,18(39,79)	2.32,30(40,12)	
11	Jacqueline Knutsson	93	Kongstensvømmerne	2.34,86	547
	32,25(32,25)	1.10,75(38,50)	1.51,97(41,22)	2.34,86(42,89)	
12	Mina Berggren	92	Lambertseter SK	2.35,44	541
	32,91(32,91)	1.11,03(38,12)	1.52,62(41,59)	2.35,44(42,82)	
13	Karoline Eriksen	92	Stavanger SC	2.36,77	528
	32,54(32,54)	1.11,35(38,81)	1.52,81(41,46)	2.36,77(43,96)	
14	Maren Gramvik	90	Vågsbygd SLK	2.37,34	522
	33,33(33,33)	1.11,14(37,81)	1.52,85(41,71)	2.37,34(44,49)	
15	Thea Pedersen	91	Moss SK	2.38,54	510
	34,20(34,20)	1.13,97(39,77)	1.56,45(42,48)	2.38,54(42,09)	
16	Guro Knutsen	91	Øvre Eiker SK	2.39,67	499
	35,40(35,40)	1.15,24(39,84)	1.57,79(42,55)	2.39,67(41,88)	

17	Hanne Sofie L. Nilsen	94	Kristiansand SA	2.44,67	455
	34,05(34,05)	1.16,00(41,95)	2.00,60(44,60)	2.44,67(44,07)	
18	Vilde Stordal	95	Delfana	2.45,59	448
	34,70(34,70)	1.16,12(41,42)	2.00,10(43,98)	2.45,59(45,49)	
19	Marie Reinertsen	93	Vestkantsvømmerne	2.45,70	447
	34,21(34,21)	1.15,22(41,01)	1.59,41(44,19)	2.45,70(46,29)	

Øvelse 15. 200m bryst, herrer - Forsøk**Sponsor: BB Elektro****Senior**

1	Alexander Dale Oen	85	Vestkantsvømmerne	2.21,16	797
	30,07(30,07)	1.04,63(34,56)	1.41,80(37,17)	2.21,16(39,36)	
2	Alexander Mokkalbost	87	BS/Delfana	2.26,13	718
	32,22(32,22)	1.10,17(37,95)	1.48,88(38,71)	2.26,13(37,25)	
3	Alexander Broberg Skeltved	87	Vestkantsvømmerne	2.28,25	688
	33,98(33,98)	1.11,28(37,30)	1.49,61(38,33)	2.28,25(38,64)	
4	Robin Palm	88	Sarpsborg IL	2.31,27	648
	33,20(33,20)	1.11,91(38,71)	1.50,93(39,02)	2.31,27(40,34)	
5	Eirik Ravnán	89	Hamar IL	2.31,81	641
	34,72(34,72)	1.12,88(38,16)	1.51,97(39,09)	2.31,81(39,84)	
6	Magnus Klæboe Nordgård	89	Tromsø SK	2.37,62	572
	34,59(34,59)	1.14,38(39,79)	1.56,74(42,36)	2.37,62(40,88)	

Junior

1	Sebastian Wigstrøm	91	Bærumsvømmerne	2.24,74	739
	32,01(32,01)	1.07,40(35,39)	1.46,36(38,96)	2.24,74(38,38)	
2	Mattis Saghaug	90	IL Varg/NTG	2.25,37	730
	32,05(32,05)	1.08,82(36,77)	1.46,86(38,04)	2.25,37(38,51)	
3	Hans Kristian Andersen	93	Florø SLK	2.27,10	704
	31,98(31,98)	1.09,13(37,15)	1.47,21(38,08)	2.27,10(39,89)	
4	Kristoffer Meisler	90	Fauske SK	2.29,25	674
	34,13(34,13)	1.11,89(37,76)	1.50,47(38,58)	2.29,25(38,78)	
5	Simen Dale	91	BS/Delfana	2.29,29	674
	33,43(33,43)	1.10,85(37,42)	1.50,25(39,40)	2.29,29(39,04)	
6	Erling Mjøs Brattelid	91	TS/Sola SK	2.31,11	650
	34,47(34,47)	1.13,19(38,72)	1.52,74(39,55)	2.31,11(38,37)	
7	John Lekhmus	91	Tromsø SK	2.31,40	646
	33,58(33,58)	1.11,54(37,96)	1.50,04(38,50)	2.31,40(41,36)	
8	Sigurd Ravnán	91	Hamar IL	2.35,25	599
	35,82(35,82)	1.14,98(39,16)	1.56,10(41,12)	2.35,25(39,15)	
9	Espen Halhjem	92	BS/Delfana	2.35,36	598
	34,62(34,62)	1.13,73(39,11)	1.54,34(40,61)	2.35,36(41,02)	
10	Robin H. Kleiven	93	Aalesund SLK	2.35,83	592
	34,44(34,44)	1.13,02(38,58)	1.53,84(40,82)	2.35,83(41,99)	
11	Andreas Mathingsdal Pedersen	92	Farsund SK	2.35,86	592
	35,75(35,75)	1.14,82(39,07)	1.54,95(40,13)	2.35,86(40,91)	
12	Aleksander Sire	93	Modum SK	2.35,92	591
	33,98(33,98)	1.15,19(41,21)	1.55,18(39,99)	2.35,92(40,74)	
13	Håvard Hole	93	Delfana	2.35,97	591
	33,73(33,73)	1.13,25(39,52)	1.53,92(40,67)	2.35,97(42,05)	
14	Sindre Søderlund	91	Trondheim SLK/NTG	2.36,24	588
	33,44(33,44)	1.12,09(38,65)	1.53,35(41,26)	2.36,24(42,89)	
15	Martin Hals	91	Øvre Eiker SK	2.36,81	581
	35,98(35,98)	1.16,05(40,07)	1.56,39(40,34)	2.36,81(40,42)	
16	Sondre Bryn	92	Åstveit SK	2.36,86	581
	35,78(35,78)	1.16,01(40,23)	1.57,29(41,28)	2.36,86(39,57)	
17	Erik Vassøy Olsen	91	Stavanger SC	2.37,43	574
	36,05(36,05)	1.16,65(40,60)	1.58,06(41,41)	2.37,43(39,37)	
18	Andreas Linnerud	91	Bærumsvømmerne	2.40,51	542
	35,49(35,49)	1.15,83(40,34)	1.58,00(42,17)	2.40,51(42,51)	

19	Tore Skauge Bysting 36,46(36,46)	92	Lørenskog/Rælingen 1,59,47(41,74)	2.41,00 2.41,00(41,53)	537
20	Adrian A. Skogvold 35,34(35,34)	91	Tverlandet IL 1,57,67(41,76)	2.41,28 2.41,28(43,61)	534
21	Matias Madssen 36,32(36,32)	92	Kolbotn IL 2,03,03(45,13)	2.45,43 2.45,43(42,40)	495
22	Nils Meier 37,04(37,04)	91	Volda TIL 2,02,33(43,33)	2.47,44 2.47,44(45,11)	477
23	Christopher Wolf 37,04(37,04)	93	Vestbyen IL 2,04,35(44,17)	2.48,65 2.48,65(44,30)	467
	Alexander Schüssler	92	Lambertseter SK	DISK	
	Markus Vindenes	94	Vestkantsvømmerne	DISK	

Øvelse 16. 100m rygg, damer - Forsøk

Sponsor: Nordea

Senior

1	Katharina Stiberg 31,52(31,52)	88	Bjerkvik SK (0,69)	1.06,46 1.06,46(34,94)	750
2	Heidi Vainio Gjøen 32,41(32,41)	88	Lambertseter SK (0,68)	1.06,47 1.06,47(34,06)	749
3	Ingvild Snildal 31,64(31,64)	88	Asker SK (0,72)	1.06,75 1.06,75(35,11)	740
4	Elisabeth Jarland 33,27(33,27)	85	Bærumsvømmerne (0,76)	1.08,07 1.08,07(34,80)	698
5	Margrete Nyhus Ulvestad 33,52(33,52)	88	Molde SLK (0,71)	1.08,94 1.08,94(35,42)	672
6	Ina Kr. Pedersen 34,11(34,11)	89	Sarpsborg IL (0,74)	1.10,64 1.10,64(36,53)	624

Junior

1	Elisabeth H. Svensson 32,96(32,96)	91	Lambertseter SK/NTG (0,66)	1.06,85 1.06,85(33,89)	737
2	Gina B. Andersen 33,55(33,55)	90	Skjetten Svømming/NTG (0,68)	1.07,10 1.07,10(33,55)	729
3	Oda Marie Siljan 32,51(32,51)	92	Poseidon	1.07,20 1.07,20(34,69)	725
4	Aslaug Marie Hjelmaas 33,33(33,33)	95	Bergens SLK (0,64)	1.07,81 1.07,81(34,48)	706
5	Cecilie W. Johannessen 33,06(33,06)	90	Karmøy SK (0,59)	1.08,03 1.08,03(34,97)	699
6	Veronica Orheim Bjørlykke 32,32(32,32)	94	Aalesund SLK (0,78)	1.08,37 1.08,37(36,05)	689
7	Christine M. Pedersen 33,68(33,68)	93	Lambertseter SK	1.09,09 1.09,09(35,41)	667
8	Marit Vala 33,19(33,19)	90	Lambertseter SK (0,76)	1.09,85 1.09,85(36,66)	646
9	Seline Vike Holm 33,46(33,46)	92	BS/Arna (0,53)	1.09,94 1.09,94(36,48)	643
10	Ragnhild Søfteland 33,59(33,59)	92	Bergens SC (0,67)	1.10,21 1.10,21(36,62)	636
11	Trine Hovda 33,96(33,96)	90	TS/Madla SK (0,66)	1.10,44 1.10,44(36,48)	630
12	Elisabeth Kristiansen 34,36(34,36)	92	Haugesund SK (0,72)	1.10,85 1.10,85(36,49)	619
13	Nicole T. Næsheim 34,49(34,49)	91	Stavanger SC (0,71)	1.10,87 1.10,87(36,38)	618
14	Bitte Fagermo 34,63(34,63)	93	Narvik SK (0,81)	1.10,88 1.10,88(36,25)	618

15	Julie Borgen 34,04(34,04)	91	Sarpsborg IL	(0,79)	1.10,93	617
16	Trine Austrøne Olsen 34,33(34,33)	90	Fauske SK	(0,72)	1.11,16	611
17	Benedicte Kausland 34,28(34,28)	92	Vestkantsvømmerne	(0,69)	1.11,21	609
18	Maria Gullvåg Aasen 34,44(34,44)	92	Kristiansand SA/NTG	(0,73)	1.11,60	600
19	Ingse Bergh Monsen 34,59(34,59)	92	Bergens SC	(0,65)	1.11,63	599
20	Camilla Moe 33,68(33,68)	92	Ås IL	(0,69)	1.11,72	596
21	Cecilie Lorgen Lübbe 34,29(34,29)	90	Aalesund SLK	(0,74)	1.11,88	593
22	Helene Eikeskog Burger 34,51(34,51)	92	Kolbotn IL	(0,78)	1.11,98	590
23	Iselin Mjøllner Dahlen 34,68(34,68)	92	Skjetten Svømming/NTG	(0,69)	1.12,04	589
24	Marie Øverland 35,64(35,64)	94	Vestkantsvømmerne	(0,74)	1.12,06	588
25	Susann Bjørnsen 35,31(35,31)	93	Setermoen SK	(0,83)	1.12,21	584
26	Silje Nilo 34,86(34,86)	93	Sandefjord SK	(0,61)	1.12,54	576
27	Helene Solberg 34,82(34,82)	91	Skjetten Svømming	(0,72)	1.13,02	565
28	Thea Pedersen 35,62(35,62)	91	Moss SK	(0,78)	1.13,80	547
29	Marthe Helene Haganes 35,76(35,76)	93	Vestkantsvømmerne	(0,75)	1.14,12	540
	Lotte Miller	96	Madla SK			DISK

Funksjonshemmede

1	Mariann Vestbøstad 41,15(41,15)	84	Vestkantsvømmerne	(0,66)	1.24,52	364	S8 110,14 %
2	Ingvill S. Hilleren 51,29(51,29)	90	Vestkantsvømmerne	(1,22)	1.45,91	185	S7 125,63 %
3	Tonje Immerstein 44,48(44,48)	89	Sandnes SLK	(0,69)	1.29,18	310	S10 126,37 %
4	Hanne Farestvedt 46,31(46,31)	93	Åstveit SK		1.34,58	260	S14 135,58 %
5	Ingrid Djupskås 46,60(46,60)	89	Asker SK	(0,84)	1.34,41	261	S9 136,23 %
6	Rona Hjelmstad 48,24(48,24)	93	Skjetten Svømming	(0,98)	1.40,60	216	S14 144,21 %

Øvelse 17. 50m butterfly, herrer - Forsøk
Sponsor: Elkonor

Senior

1	Øystein R. Hetland	89	Bærumsvømmerne		25,07	833
2	Erik Dorch	83	BS/Bergen SLK		25,43	798
3	Sander Smørdal	85	BS/Arna		25,81	763
4	Dan Magnus Skibrek	87	Øvre Eiker SK		25,95	751
5	Alexander Dale Oen	85	Vestkantsvømmerne		26,06	741
6	Alexander Broberg Skeltved	87	Vestkantsvømmerne		26,27	724
7	Stian S. Langeland	89	Bergens SC		26,52	703
8	John Hage Gaarder	89	Lørenskog/Rælingen		27,06	662
9	Ole-Wilhelm Norseng	88	Hamar IL		28,74	552

Junior

1	Christer Koch Kvam	90	Bærum/NTG	25,32	808	NJR
2	Alexander B. Havre	90	Mandal SK	25,82	762	
3	Marcus Tesdal	90	BS/Åstveit	25,95	751	
4	Mattis Saghaug	90	IL Varg/NTG	26,22	728	
5	Mathias Sørstrand Æsøy	90	Florø SLK	26,24	726	
6	Erlend Ulveseter	92	Åstveit SK	26,53	703	
6	Tor Hafnor	91	Bærumsvømmerne	26,53	703	
8	Sindre Eilertsen	90	Lambertseter SK	26,66	692	
9	Ole Martin Ree	92	TS/Sola SK	26,78	683	
10	Sebastian Stordal	91	BS/Delfana	26,99	667	
11	Jan Aleksander Bakke	91	Asker SK	27,00	666	
12	Kjetil Berg	91	Vennesla SK	27,26	648	
13	Martin Gundersen	93	IL Varg	27,29	645	
14	Runar Borgen	93	Bodø SK	27,35	641	
15	Åsmund Karlsen	92	Eid SK	27,37	640	
16	Martin P. Sletbakken	92	Sortland SLK	27,40	638	
17	Carl Andreas Wathne	91	Bærumsvømmerne	27,41	637	
18	Mikkel Tørud Lang	90	Ullensakersv	27,46	633	
19	David Evja	92	Lambertseter SK	27,74	614	
20	Christer M. Hagen	91	Fauske SK	27,79	611	
21	Lars Nymoen	90	Oslo IL	27,82	609	
22	Jan-Tore Jessen Eikrem	91	IL Varg	27,88	605	
23	Martin Hammer	93	Kongstensvømmerne	27,89	605	
24	Jon Erik Sønning	91	Oslo IL	27,93	602	
25	Halvor Stavland	92	Kolbotn IL	27,96	600	
25	Markus Vindenes	94	Vestkantsvømmerne	27,96	600	
27	Geir T. Kristiansen	90	Larvik SK	28,19	586	
28	Berend de Waal	94	IL Norodd	28,67	557	
29	Henning Kaland	92	Oslo IL	28,93	542	

Øvelse 18. 800m fri, damer - Direkte finale – Foreløpig før siste heat

Junior

1	Karoline Pedersen	94	Bergens SLK	9.28,88	685	
	33.73(33,73)	1.09.29(35,56)	1.45.55(36,26)	2.21.41(35,86)		
	2.57.55(36,14)	3.33.55(36,00)	4.09.70(36,15)	4.45.42(35,72)		
	5.20.90(35,48)	5.56.36(35,46)	6.32.21(35,85)	7.08.00(35,79)		
	7.43.62(35,62)	8.19.09(35,47)	8.54.65(35,56)	9.28.88(34,23)		
2	Julie Torgersen Nilsen	92	Hamar IL	9.31,70	675	
	33.24(33,24)	1.08.69(35,45)	1.44.71(36,02)	2.20.84(36,13)		
	2.56.83(35,99)	3.32.66(35,83)	4.08.94(36,28)	4.45.37(36,43)		
	5.21.65(36,28)	5.57.24(35,59)	6.34.13(36,89)	7.09.86(35,73)		
	7.46.56(36,70)	8.22.35(35,79)	8.57.12(34,77)	9.31.70(34,58)		
3	Andrea Haugstad	92	Vestkantsvømmerne	9.34,96	664	
	32.78(32,78)	1.08.35(35,57)	1.44.28(35,93)	2.20.51(36,23)		
	2.56.59(36,08)	3.32.79(36,20)	4.08.99(36,20)	4.45.43(36,44)		
	5.21.68(36,25)	5.57.65(35,97)	6.33.85(36,20)	7.10.56(36,71)		
	7.46.82(36,26)	8.23.36(36,54)	8.59.46(36,10)	9.34.96(35,50)		
4	Katrine Ekstang	92	Setermoen SK	9.40,44	645	
	32.74(32,74)	1.07.99(35,25)	1.43.93(35,94)	2.20.34(36,41)		
	2.55.47(35,13)	3.31.84(36,37)	4.08.36(36,52)	4.45.55(37,19)		
	5.22.07(36,52)	5.59.19(37,12)	6.37.23(38,04)	7.15.14(37,91)		
	7.52.46(37,32)	8.29.22(36,76)	9.05.92(36,70)	9.40.44(34,52)		
5	Andrea Westbye	95	Bærumsvømmerne	9.40,55	645	
	32.68(32,68)	1.08.10(35,42)	1.44.50(36,40)	2.20.80(36,30)		
	2.57.37(36,57)	3.33.94(36,57)	4.10.97(37,03)	4.47.84(36,87)		
	5.25.25(37,41)	6.02.42(37,17)	6.39.01(36,59)	7.15.72(36,71)		
	7.52.39(36,67)	8.29.22(36,83)	9.05.37(36,15)	9.40.55(35,18)		

6	Andrea Hestdal	94	BS/Åstveit	9.41,66	641
	33,50(33,50)	1.09,64(36,14)	1.46,13(36,49)	2.22,53(36,40)	
	2.59,41(36,88)	3.36,06(36,65)	4.12,82(36,76)	4.49,42(36,60)	
	5.26,17(36,75)	6.03,34(37,17)	6.41,79(38,45)	7.19,37(37,58)	
	7.55,86(36,49)	8.32,16(36,30)	9.06,95(34,79)	9.41,66(34,71)	
7	Pia Cornelia Braarud	93	Lambertseter SK	9.42,17	639
	33,17(33,17)	1.08,46(35,29)	1.44,68(36,22)	2.20,83(36,15)	
	2.57,48(36,65)	3.34,06(36,58)	4.11,03(36,97)	4.48,05(37,02)	
	5.25,15(37,10)	6.01,96(36,81)	6.39,32(37,36)	7.16,13(36,81)	
	7.53,29(37,16)	8.30,13(36,84)	9.07,09(36,96)	9.42,17(35,08)	
8	Marthe Berg Sørensen	92	TS/Frisinn	9.47,25	623
	32,73(32,73)	1.07,76(35,03)	1.43,63(35,87)	2.20,13(36,50)	
	2.57,27(37,14)	3.34,22(36,95)	4.11,29(37,07)	4.48,72(37,43)	
	5.26,69(37,97)	6.04,06(37,37)	6.41,74(37,68)	7.19,21(37,47)	
	7.57,05(37,84)	8.34,60(37,55)	9.11,93(37,33)	9.47,25(35,32)	
9	Stine Lise Stenseth	94	Øvre Eiker SK	9.49,37	616
	32,92(32,92)	1.08,17(35,25)	1.43,84(35,67)	2.20,22(36,38)	
	2.57,15(36,93)	3.34,20(37,05)	4.11,54(37,34)	4.49,20(37,66)	
	5.26,80(37,60)	6.04,62(37,82)	6.42,18(37,56)	7.19,71(37,53)	
	7.57,33(37,62)	8.34,71(37,38)	9.12,46(37,75)	9.49,37(36,91)	
10	Inger-Cathrine Wium	92	Øvre Eiker SK	9.53,27	604
	33,11(33,11)	1.08,83(35,72)	1.45,75(36,92)	2.23,08(37,33)	
	3.00,83(37,75)	3.38,59(37,76)	4.16,46(37,87)	4.54,28(37,82)	
	5.32,10(37,82)	6.09,72(37,62)	6.47,52(37,80)	7.24,93(37,41)	
	8.02,54(37,61)	8.40,07(37,53)	9.17,46(37,39)	9.53,27(35,81)	
11	Julie Rønningsen	94	Lambertseter SK	9.54,21	601
	33,56(33,56)	1.09,10(35,54)	1.46,10(37,00)	2.22,82(36,72)	
	2.59,99(37,17)	3.37,61(37,62)	4.15,09(37,48)	4.53,17(38,08)	
	5.30,55(37,38)	6.08,45(37,90)	6.46,38(37,93)	7.24,44(38,06)	
	8.02,52(38,08)	8.40,19(37,67)	9.17,92(37,73)	9.54,21(36,29)	
12	Ane Nygård	95	Stavanger SC	9.58,08	589
	32,74(32,74)	1.08,31(35,57)	1.45,28(36,97)	2.22,92(37,64)	
	3.00,97(38,05)	3.38,84(37,87)	4.16,71(37,87)	4.54,35(37,64)	
	5.32,72(38,37)	6.10,60(37,88)	6.48,19(37,59)	7.26,56(38,37)	
	8.05,01(38,45)	8.42,99(37,98)	9.20,87(37,88)	9.58,08(37,21)	

Senior

1	Karoline Pedersen	94	Bergens SLK	9.28,88	685
	33,73(33,73)	1.09,29(35,56)	1.45,55(36,26)	2.21,41(35,86)	
	2.57,55(36,14)	3.33,55(36,00)	4.09,70(36,15)	4.45,42(35,72)	
	5.20,90(35,48)	5.56,36(35,46)	6.32,21(35,85)	7.08,00(35,79)	
	7.43,62(35,62)	8.19,09(35,47)	8.54,65(35,56)	9.28,88(34,23)	
2	Julie Torgersen Nilsen	92	Hamar IL	9.31,70	675
	33,24(33,24)	1.08,69(35,45)	1.44,71(36,02)	2.20,84(36,13)	
	2.56,83(35,99)	3.32,66(35,83)	4.08,94(36,28)	4.45,37(36,43)	
	5.21,65(36,28)	5.57,24(35,59)	6.34,13(36,89)	7.09,86(35,73)	
	7.46,56(36,70)	8.22,35(35,79)	8.57,12(34,77)	9.31,70(34,58)	
3	Monica Finnøy	88	BS/Bergen SLK	9.34,40	665
	33,21(33,21)	1.08,35(35,14)	1.44,07(35,72)	2.20,12(36,05)	
	2.56,48(36,36)	3.32,47(35,99)	4.08,78(36,31)	4.45,12(36,34)	
	5.21,13(36,01)	5.57,17(36,04)	6.33,74(36,57)	7.10,06(36,32)	
	7.46,45(36,39)	8.22,83(36,38)	8.59,24(36,41)	9.34,40(35,16)	
4	Andrea Haugstad	92	Vestkantsvømmerne	9.34,96	664
	32,78(32,78)	1.08,35(35,57)	1.44,28(35,93)	2.20,51(36,23)	
	2.56,59(36,08)	3.32,79(36,20)	4.08,99(36,20)	4.45,43(36,44)	
	5.21,68(36,25)	5.57,65(35,97)	6.33,85(36,20)	7.10,56(36,71)	
	7.46,82(36,26)	8.23,36(36,54)	8.59,46(36,10)	9.34,96(35,50)	
5	Katrine Ekstang	92	Setermoen SK	9.40,44	645
	32,74(32,74)	1.07,99(35,25)	1.43,93(35,94)	2.20,34(36,41)	
	2.55,47(35,13)	3.31,84(36,37)	4.08,36(36,52)	4.45,55(37,19)	
	5.22,07(36,52)	5.59,19(37,12)	6.37,23(38,04)	7.15,14(37,91)	
	7.52,46(37,32)	8.29,22(36,76)	9.05,92(36,70)	9.40,44(34,52)	
6	Andrea Westbye	95	Bærumsvømmerne	9.40,55	645
	32,68(32,68)	1.08,10(35,42)	1.44,50(36,40)	2.20,80(36,30)	
	2.57,37(36,57)	3.33,94(36,57)	4.10,97(37,03)	4.47,84(36,87)	
	5.25,25(37,41)	6.02,42(37,17)	6.39,01(36,59)	7.15,72(36,71)	
	7.52,39(36,67)	8.29,22(36,83)	9.05,37(36,15)	9.40,55(35,18)	

7	Andrea Hestdal	94	BS/Åstveit	9.41,66	641
	33,50(33,50)	1.09,64(36,14)	1.46,13(36,49)	2.22,53(36,40)	
	2.59,41(36,88)	3.36,06(36,65)	4.12,82(36,76)	4.49,42(36,60)	
	5.26,17(36,75)	6.03,34(37,17)	6.41,79(38,45)	7.19,37(37,58)	
	7.55,86(36,49)	8.32,16(36,30)	9.06,95(34,79)	9.41,66(34,71)	
8	Pia Cornelia Braarud	93	Lambertseter SK	9.42,17	639
	33,17(33,17)	1.08,46(35,29)	1.44,68(36,22)	2.20,83(36,15)	
	2.57,48(36,65)	3.34,06(36,58)	4.11,03(36,97)	4.48,05(37,02)	
	5.25,15(37,10)	6.01,96(36,81)	6.39,32(37,36)	7.16,13(36,81)	
	7.53,29(37,16)	8.30,13(36,84)	9.07,09(36,96)	9.42,17(35,08)	
9	Marthe Berg Sørensen	92	TS/Frisinn	9.47,25	623
	32,73(32,73)	1.07,76(35,03)	1.43,63(35,87)	2.20,13(36,50)	
	2.57,27(37,14)	3.34,22(36,95)	4.11,29(37,07)	4.48,72(37,43)	
	5.26,69(37,97)	6.04,06(37,37)	6.41,74(37,68)	7.19,21(37,47)	
	7.57,05(37,84)	8.34,60(37,55)	9.11,93(37,33)	9.47,25(35,32)	
10	Stine Lise Stenseth	94	Øvre Eiker SK	9.49,37	616
	32,92(32,92)	1.08,17(35,25)	1.43,84(35,67)	2.20,22(36,38)	
	2.57,15(36,93)	3.34,20(37,05)	4.11,54(37,34)	4.49,20(37,66)	
	5.26,80(37,60)	6.04,62(37,82)	6.42,18(37,56)	7.19,71(37,53)	
	7.57,33(37,62)	8.34,71(37,38)	9.12,46(37,75)	9.49,37(36,91)	
11	Inger-Cathrine Wium	92	Øvre Eiker SK	9.53,27	604
	33,11(33,11)	1.08,83(35,72)	1.45,75(36,92)	2.23,08(37,33)	
	3.00,83(37,75)	3.38,59(37,76)	4.16,46(37,87)	4.54,28(37,82)	
	5.32,10(37,82)	6.09,72(37,62)	6.47,52(37,80)	7.24,93(37,41)	
	8.02,54(37,61)	8.40,07(37,53)	9.17,46(37,39)	9.53,27(35,81)	
12	Julie Rønningsen	94	Lambertseter SK	9.54,21	601
	33,56(33,56)	1.09,10(35,54)	1.46,10(37,00)	2.22,82(36,72)	
	2.59,99(37,17)	3.37,61(37,62)	4.15,09(37,48)	4.53,17(38,08)	
	5.30,55(37,38)	6.08,45(37,90)	6.46,38(37,93)	7.24,44(38,06)	
	8.02,52(38,08)	8.40,19(37,67)	9.17,92(37,73)	9.54,21(36,29)	
13	Ane Nygård	95	Stavanger SC	9.58,08	589
	32,74(32,74)	1.08,31(35,57)	1.45,28(36,97)	2.22,92(37,64)	
	3.00,97(38,05)	3.38,84(37,87)	4.16,71(37,87)	4.54,35(37,64)	
	5.32,72(38,37)	6.10,60(37,88)	6.48,19(37,59)	7.26,56(38,37)	
	8.05,01(38,45)	8.42,99(37,98)	9.20,87(37,88)	9.58,08(37,21)	

Øvelse 19. 1500m fri, herrer - Direkte finale – Foreløpig før siste heat

Sponsor: Norsk Ventilasjonsrenhold AS

Junior

1	Morten Bordervich	94	Sola SK	17.05,02	655
	31,29(31,29)	1.04,06(32,77)	1.37,89(33,83)	2.11,92(34,03)	
	2.45,98(34,06)	3.20,39(34,41)	3.54,85(34,46)	4.29,16(34,31)	
	5.03,39(34,23)	5.37,32(33,93)	6.10,37(33,05)	6.44,02(33,65)	
	7.18,63(34,61)	7.53,12(34,49)	8.27,87(34,75)	9.02,27(34,40)	
	9.36,61(34,34)	10.11,32(34,71)	10.46,06(34,74)	11.20,73(34,67)	
	11.55,04(34,31)	12.29,61(34,57)	13.04,22(34,61)	13.39,15(34,93)	
	14.13,91(34,76)	14.48,63(34,72)	15.23,37(34,74)	15.58,06(34,69)	
	16.32,78(34,72)	17.05,02(32,24)			
2	Odin Spangen Normann	92	IL Varg	17.10,60	645
	30,30(30,30)	1.03,99(33,69)	1.38,08(34,09)	2.12,46(34,38)	
	2.46,98(34,52)	3.21,35(34,37)	3.55,61(34,26)	4.29,86(34,25)	
	5.04,28(34,42)	5.38,83(34,55)	6.13,24(34,41)	6.47,60(34,36)	
	7.22,43(34,83)	7.57,06(34,63)	8.31,68(34,62)	9.06,39(34,71)	
	9.41,28(34,89)	10.15,98(34,70)	10.50,65(34,67)	11.25,50(34,85)	
	12.00,44(34,94)	12.35,49(35,05)	13.10,07(34,58)	13.44,68(34,61)	
	14.19,30(34,62)	14.54,30(35,00)	15.28,90(34,60)	16.03,60(34,70)	
	16.37,85(34,25)	17.10,60(32,75)			
3	Ivan Aleksander Larsen	95	Karmøy SK	17.35,22	601
	30,88(30,88)	1.05,20(34,32)	1.40,65(35,45)	2.15,84(35,19)	
	2.51,47(35,63)	3.27,16(35,69)	4.02,98(35,82)	4.38,82(35,84)	
	5.14,65(35,83)	5.50,29(35,64)	6.25,94(35,65)	7.01,91(35,97)	
	7.37,55(35,64)	8.13,14(35,59)	8.48,94(35,80)	9.24,42(35,48)	
	10.00,27(35,85)	10.36,16(35,89)	11.11,95(35,79)	11.47,74(35,79)	
	12.23,27(35,53)	12.58,88(35,61)	13.33,82(34,94)	14.08,99(35,17)	
	14.43,92(34,93)	15.19,24(35,32)	15.54,33(35,09)	16.29,67(35,34)	
	17.03,80(34,13)	17.35,22(31,42)			

4	Kristian Evensen	90	Kristiansand SA	17.37,28	597
	31,36(31,36)	1.05,44(34,08)	1.40,28(34,84)	2.15,19(34,91)	
	2.50,01(34,82)	3.25,24(35,23)	4.00,59(35,35)	4.36,09(35,50)	
	5.11,96(35,87)	5.47,23(35,27)	6.23,26(36,03)	6.58,43(35,17)	
	7.34,32(35,89)	8.10,14(35,82)	8.45,70(35,56)	9.21,29(35,59)	
	9.56,92(35,63)	10.32,59(35,67)	11.08,64(36,05)	11.44,42(35,78)	
	12.20,50(36,08)	12.56,32(35,82)	13.31,92(35,60)	14.07,36(35,44)	
	14.43,43(36,07)	15.18,68(35,25)	15.54,53(35,85)	16.30,10(35,57)	
	17.04,48(34,38)	17.37,28(32,80)			
5	Zakarias Nouri	93	Oslo IL	17.45,45	583
	31,57(31,57)	1.05,75(34,18)	1.40,34(34,59)	2.15,13(34,79)	
	2.50,59(35,46)	3.25,75(35,16)	4.01,59(35,84)	4.37,41(35,82)	
	5.12,76(35,35)	5.48,52(35,76)	6.24,48(35,96)	6.59,97(35,49)	
	7.35,72(35,75)	8.11,99(36,27)	8.47,77(35,78)	9.23,34(35,57)	
	9.59,33(35,99)	10.35,01(35,68)	11.11,10(36,09)	11.46,41(35,31)	
	12.21,99(35,58)	12.57,84(35,85)	13.33,46(35,62)	14.09,89(36,43)	
	14.45,71(35,82)	15.22,36(36,65)	15.58,77(36,41)	16.34,75(35,98)	
	17.10,70(35,95)	17.45,45(34,75)			
6	Robin H. Kleiven	93	Aalesund SLK	17.50,45	575
	31,99(31,99)	1.06,12(34,13)	1.39,97(33,85)	2.14,31(34,34)	
	2.48,67(34,36)	3.22,93(34,26)	3.57,91(34,98)	4.32,90(34,99)	
	5.08,19(35,29)	5.43,87(35,68)	6.20,05(36,18)	6.55,95(35,90)	
	7.32,09(36,14)	8.07,93(35,84)	8.44,32(36,39)	9.20,65(36,33)	
	9.57,01(36,36)	10.33,07(36,06)	11.09,88(36,81)	11.46,19(36,31)	
	12.22,24(36,05)	12.57,80(35,56)	13.34,55(36,75)	14.11,98(37,43)	
	14.49,21(37,23)	15.25,75(36,54)	16.02,06(36,31)	16.39,43(37,37)	
	17.16,40(36,97)	17.50,45(34,05)			
7	Øystein Fjeldberg	93	Randaberg IL	18.03,28	555
	31,50(31,50)	1.05,45(33,95)	1.39,85(34,40)	2.14,75(34,90)	
	2.50,17(35,42)	3.25,68(35,51)	4.01,25(35,57)	4.37,31(36,06)	
	5.12,91(35,60)	5.48,69(35,78)	6.25,11(36,42)	7.01,08(35,97)	
	7.38,49(37,41)	8.14,81(36,32)	8.51,37(36,56)	9.28,54(37,17)	
	10.05,25(36,71)	10.41,90(36,65)	11.17,21(35,31)	11.54,73(37,52)	
	12.31,24(36,51)	13.08,42(37,18)	13.45,03(36,61)	14.22,42(37,39)	
	14.59,68(37,26)	15.36,84(37,16)	16.13,48(36,64)	16.51,03(37,55)	
	17.27,70(36,67)	18.03,28(35,58)			

Senior

1	Ronnie Anstensen	88	Skjetten Svømming	16.54,66	676
	29,76(29,76)	1.01,86(32,10)	1.34,21(32,35)	2.07,29(33,08)	
	2.40,61(33,32)	3.14,28(33,67)	3.48,09(33,81)	4.22,11(34,02)	
	4.56,13(34,02)	5.30,17(34,04)	6.04,63(34,46)	6.38,89(34,26)	
	7.13,14(34,25)	7.47,07(33,93)	8.21,46(34,39)	8.55,54(34,08)	
	9.29,92(34,38)	10.04,09(34,17)	10.38,66(34,57)	11.12,84(34,18)	
	11.47,13(34,29)	12.20,90(33,77)	12.54,86(33,96)	13.28,97(34,11)	
	14.03,46(34,49)	14.37,79(34,33)	15.12,57(34,78)		
	16.22,08(1.09,51)	16.54,66(32,58)			
2	Morten Bordervich	94	Sola SK	17.05,02	655
	31,29(31,29)	1.04,06(32,77)	1.37,89(33,83)	2.11,92(34,03)	
	2.45,98(34,06)	3.20,39(34,41)	3.54,85(34,46)	4.29,16(34,31)	
	5.03,39(34,23)	5.37,32(33,93)	6.10,37(33,05)	6.44,02(33,65)	
	7.18,63(34,61)	7.53,12(34,49)	8.27,87(34,75)	9.02,27(34,40)	
	9.36,61(34,34)	10.11,32(34,71)	10.46,06(34,74)	11.20,73(34,67)	
	11.55,04(34,31)	12.29,61(34,57)	13.04,22(34,61)	13.39,15(34,93)	
	14.13,91(34,76)	14.48,63(34,72)	15.23,37(34,74)	15.58,06(34,69)	
	16.32,78(34,72)	17.05,02(32,24)			
3	Odin Spangen Normann	92	IL Varg	17.10,60	645
	30,30(30,30)	1.03,99(33,69)	1.38,08(34,09)	2.12,46(34,38)	
	2.46,98(34,52)	3.21,35(34,37)	3.55,61(34,26)	4.29,86(34,25)	
	5.04,28(34,42)	5.38,83(34,55)	6.13,24(34,41)	6.47,60(34,36)	
	7.22,43(34,83)	7.57,06(34,63)	8.31,68(34,62)	9.06,39(34,71)	
	9.41,28(34,89)	10.15,98(34,70)	10.50,65(34,67)	11.25,50(34,85)	
	12.00,44(34,94)	12.35,49(35,05)	13.10,07(34,58)	13.44,68(34,61)	
	14.19,30(34,62)	14.54,30(35,00)	15.28,90(34,60)	16.03,60(34,70)	
	16.37,85(34,25)	17.10,60(32,75)			

4	Magnus Bru	87	Asker SK	17.12,97	640
	30,92(30,92)	1.04,04(33,12)	1.37,41(33,37)	2.10,69(33,28)	
	2.44,34(33,65)	3.18,01(33,67)	3.52,27(34,26)	4.26,34(34,07)	
	5.00,78(34,44)	5.34,93(34,15)	6.09,84(34,91)	6.44,80(34,96)	
	7.18,94(34,14)	7.53,81(34,87)	8.28,14(34,33)	9.03,10(34,96)	
	9.37,30(34,20)	10.12,33(35,03)	10.47,05(34,72)	11.22,06(35,01)	
	11.57,27(35,21)	12.32,77(35,50)	13.07,99(35,22)	13.43,43(35,44)	
	14.18,61(35,18)	14.53,98(35,37)	15.29,23(35,25)	16.04,48(35,25)	
	16.39,35(34,87)	17.12,97(33,62)			
5	Ivan Aleksander Larsen	95	Karmøy SK	17.35,22	601
	30,88(30,88)	1.05,20(34,32)	1.40,65(35,45)	2.15,84(35,19)	
	2.51,47(35,63)	3.27,16(35,69)	4.02,98(35,82)	4.38,82(35,84)	
	5.14,65(35,83)	5.50,29(35,64)	6.25,94(35,65)	7.01,91(35,97)	
	7.37,55(35,64)	8.13,14(35,59)	8.48,94(35,80)	9.24,42(35,48)	
	10.00,27(35,85)	10.36,16(35,89)	11.11,95(35,79)	11.47,74(35,79)	
	12.23,27(35,53)	12.58,88(35,61)	13.33,82(34,94)	14.08,99(35,17)	
	14.43,92(34,93)	15.19,24(35,32)	15.54,33(35,09)	16.29,67(35,34)	
	17.03,80(34,13)	17.35,22(31,42)			
6	Kristian Evensen	90	Kristiansand SA	17.37,28	597
	31,36(31,36)	1.05,44(34,08)	1.40,28(34,84)	2.15,19(34,91)	
	2.50,01(34,82)	3.25,24(35,23)	4.00,59(35,35)	4.36,09(35,50)	
	5.11,96(35,87)	5.47,23(35,27)	6.23,26(36,03)	6.58,43(35,17)	
	7.34,32(35,89)	8.10,14(35,82)	8.45,70(35,56)	9.21,29(35,59)	
	9.56,92(35,63)	10.32,59(35,67)	11.08,64(36,05)	11.44,42(35,78)	
	12.20,50(36,08)	12.56,32(35,82)	13.31,92(35,60)	14.07,36(35,44)	
	14.43,43(36,07)	15.18,68(35,25)	15.54,53(35,85)	16.30,10(35,57)	
	17.04,48(34,38)	17.37,28(32,80)			
7	Zakarias Nouri	93	Oslo IL	17.45,45	583
	31,57(31,57)	1.05,75(34,18)	1.40,34(34,59)	2.15,13(34,79)	
	2.50,59(35,46)	3.25,75(35,16)	4.01,59(35,84)	4.37,41(35,82)	
	5.12,76(35,35)	5.48,52(35,76)	6.24,48(35,96)	6.59,97(35,49)	
	7.35,72(35,75)	8.11,99(36,27)	8.47,77(35,78)	9.23,34(35,57)	
	9.59,33(35,99)	10.35,01(35,68)	11.11,10(36,09)	11.46,41(35,31)	
	12.21,99(35,58)	12.57,84(35,85)	13.33,46(35,62)	14.09,89(36,43)	
	14.45,71(35,82)	15.22,36(36,65)	15.58,77(36,41)	16.34,75(35,98)	
	17.10,70(35,95)	17.45,45(34,75)			
8	Robin H. Kleiven	93	Aalesund SLK	17.50,45	575
	31,99(31,99)	1.06,12(34,13)	1.39,97(33,85)	2.14,31(34,34)	
	2.48,67(34,36)	3.22,93(34,26)	3.57,91(34,98)	4.32,90(34,99)	
	5.08,19(35,29)	5.43,87(35,68)	6.20,05(36,18)	6.55,95(35,90)	
	7.32,09(36,14)	8.07,93(35,84)	8.44,32(36,39)	9.20,65(36,33)	
	9.57,01(36,36)	10.33,07(36,06)	11.09,88(36,81)	11.46,19(36,31)	
	12.22,24(36,05)	12.57,80(35,56)	13.34,55(36,75)	14.11,98(37,43)	
	14.49,21(37,23)	15.25,75(36,54)	16.02,06(36,31)	16.39,43(37,37)	
	17.16,40(36,97)	17.50,45(34,05)			
9	Øystein Fjeldberg	93	Randaberg IL	18.03,28	555
	31,50(31,50)	1.05,45(33,95)	1.39,85(34,40)	2.14,75(34,90)	
	2.50,17(35,42)	3.25,68(35,51)	4.01,25(35,57)	4.37,31(36,06)	
	5.12,91(35,60)	5.48,69(35,78)	6.25,11(36,42)	7.01,08(35,97)	
	7.38,49(37,41)	8.14,81(36,32)	8.51,37(36,56)	9.28,54(37,17)	
	10.05,25(36,71)	10.41,90(36,65)	11.17,21(35,31)	11.54,73(37,52)	
	12.31,24(36,51)	13.08,42(37,18)	13.45,03(36,61)	14.22,42(37,39)	
	14.59,68(37,26)	15.36,84(37,16)	16.13,48(36,64)	16.51,03(37,55)	
	17.27,70(36,67)	18.03,28(35,58)			

Øvelse 20. 4*100m lag medley, damer - Junior

Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	4.23,94	768	NJR
	Elisabeth H. Svensson:	33,13(33,13)	1.07,25(34,12)	1.07,25		
	Stina Kajsa Colleou:	1.41,67(34,42)	2.20,62(38,95)	1.13,37		
	Line Løvberg:	2.50,15(29,53)	3.24,22(34,07)	1.03,60		
	Ingrid N. Knutzen:	3.52,61(28,39)	4.23,94(31,33)	59,72		
2	Lambertseter SK J2 jr.	JR	Lambertseter SK	(0,75)	4.32,76	696
	Marit Vala:	33,39(33,39)	1.09,65(36,26)	1.09,65		
	Luna Elisabeth Sjøgaard:	1.45,19(35,54)	2.25,44(40,25)	1.15,79		
	Christine M. Pedersen:	2.56,84(31,40)	3.32,02(35,18)	1.06,58		
	Pia Cornelia Braarud:	4.01,52(29,50)	4.32,76(31,24)	1.00,74		
3	Team Stavanger J1 jr.	JR	Team Stavanger	(0,63)	4.37,22	663
	Trine Hovda:	34,08(34,08)	1.10,81(36,73)	1.10,81		
	Stine Mjøllhus Kristoffersen:	1.48,02(37,21)	2.31,10(43,08)	1.20,29		
	Maren Kristine Jansen:	3.00,18(29,08)	3.37,99(37,81)	1.06,89		
	Victoria Rung:	4.06,08(28,09)	4.37,22(31,14)	59,23		
4	Bergens SLK J1 jr.	JR	Bergens SLK		4.39,70	645
	Aslaug Marie Hjelmaas:	33,84(33,84)	1.08,85(35,01)	1.08,85		
	Kaja Bremer:	1.44,35(35,50)	2.24,93(40,58)	1.16,08		
	Martine Bremer:	2.57,98(33,05)	3.37,60(39,62)	1.12,67		
	Karoline Pedersen:	4.07,29(29,69)	4.39,70(32,41)	1.02,10		
5	Bergens SC J1 jr.	JR	Bergens SC	(0,69)	4.39,73	645
	Ragnhild Søfteland:	34,57(34,57)	1.10,71(36,14)	1.10,71		
	Martha Maria Songstad:	1.47,35(36,64)	2.30,91(43,56)	1.20,20		
	Eirin Arnesen:	2.59,87(28,96)	3.37,09(37,22)	1.06,18		
	Hedvig Hjertaker:	4.06,80(29,71)	4.39,73(32,93)	1.02,64		
6	Bærumsv J1 jr.	JR	Bærumsvømmerne	(0,68)	4.41,33	634
	Andrea Westbye:	36,82(36,82)	1.15,40(38,58)	1.15,40		
	Lene Lykke Erichsen:	1.51,55(36,15)	2.32,80(41,25)	1.17,40		
	Emilie Nyenget Løvberg:	3.03,31(30,51)	3.37,73(34,42)	1.04,93		
	Maria Bølgen:	4.07,32(29,59)	4.41,33(34,01)	1.03,60		
7	Aalesunds SLK J1 jr.	JR	Aalesund SLK	(0,75)	4.43,01	623
	Veronica Orheim Bjørlykke:	32,57(32,57)	1.08,06(35,49)	1.08,06		
	Caroline R. Helgesen:	1.45,54(37,48)	2.28,53(42,99)	1.20,47		
	Cecilie Lorgen Lübbe:	2.59,42(30,89)	3.37,79(38,37)	1.09,26		
	Gerd Anne Solibakke:	4.08,20(30,41)	4.43,01(34,81)	1.05,22		
8	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	(0,79)	4.43,40	620
	Marthe Helene Haganes:	35,85(35,85)	1.14,70(38,85)	1.14,70		
	Benedicte Kausland:	1.51,93(37,23)	2.33,56(41,63)	1.18,86		
	Stine Vindenes:	3.04,67(31,11)	3.39,14(34,47)	1.05,58		
	Andrea Haugstad:	4.09,53(30,39)	4.43,40(33,87)	1.04,26		
9	Moss SK J1 jr.	JR	Moss SK	(0,78)	4.44,64	612
	Thea Pedersen:	35,02(35,02)	1.13,09(38,07)	1.13,09		
	Tonje Stæhr Petersen:	1.49,34(36,25)	2.31,37(42,03)	1.18,28		
	Line W. Lund:	3.02,57(31,20)	3.40,55(37,98)	1.09,18		
	Marte Elise Brinchmann:	4.10,61(30,06)	4.44,64(34,03)	1.04,09		
10	Stavanger SC J1 jr.	JR	Stavanger SC	(0,76)	4.45,71	605
	Nicole T. Næsheim:	35,65(35,65)	1.13,78(38,13)	1.13,78		
	Siren Bergslid:	1.52,23(38,45)	2.35,21(42,98)	1.21,43		
	Karoline Eriksen:	3.06,08(30,87)	3.43,77(37,69)	1.08,56		
	Hege Harestad:	4.13,65(29,88)	4.45,71(32,06)	1.01,94		
11	Asker SK J1 jr.	JR	Asker SK	(0,66)	4.49,18	584
	Helene Nordmark Skuterud:	35,62(35,62)	1.14,82(39,20)	1.14,82		
	Nora Kathrine Guthe:	1.51,37(36,55)				
	Mette Mellbye Larsen:	3.06,69(1.15,32)	3.44,83(38,14)			
	Marte K. Bolstad:	4.15,38(30,55)	4.49,18(33,80)	1.04,35		
12	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	(0,66)	4.49,85	580
	Iselin Mjøllner Dahlen:	34,66(34,66)	1.12,27(37,61)	1.12,27		
	Pernille Mørch:	1.51,96(39,69)	2.36,66(44,70)	1.24,39		
	Helene Solberg:	3.07,68(31,02)	3.44,67(36,99)	1.08,01		
	Christiane Sandbye:	4.15,86(31,19)	4.49,85(33,99)	1.05,18		
13	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	(0,73)	4.53,94	556
	Marie Øverland:	35,75(35,75)	1.12,91(37,16)	1.12,91		
	Sara N. Gjelsvik:	1.52,02(39,11)	2.37,13(45,11)	1.24,22		
	Marie Reinertsen:	3.10,48(33,35)				
	Juni Rugland:	4.20,43(1.09,95)	4.53,94(33,51)			

14	Setermoen SK J1 jr.	JR	Setermoen SK	(0,87)	4.59,43	526
	Susann Bjørnsen:	35,08(35,08)	1.13,08(38,00)	1.13,08		
	Maren E.J. Bakke:	1.50,82(37,74)	2.33,83(43,01)	1.20,75		
	Katrine Ekstang:	3.07,23(33,40)	3.45,94(38,71)	1.12,11		
	Maren Anne Lundberg:	4.19,94(34,00)	4.59,43(39,49)	1.13,49		
15	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,58)	4.59,86	523
	Elina Øverås:	36,13(36,13)	1.14,52(38,39)	1.14,52		
	Rebecca Holt Clasen:	1.53,64(39,12)	2.40,17(46,53)	1.25,65		
	Klara Farkas:	3.13,72(33,55)	3.55,17(41,45)	1.15,00		
	Aurora Brandtzæg:	4.25,70(30,53)	4.59,86(34,16)	1.04,69		
16	Skjetten Svømming J2 jr.	JR	Skjetten Svømming	(0,67)	5.06,13	492
	Mischa van der Linden:	39,43(39,43)	1.21,77(42,34)	1.21,77		
	Marie Svensson:	2.01,60(39,83)	2.46,27(44,67)	1.24,50		
	Christina Dahl:	3.19,16(32,89)	3.59,65(40,49)	1.13,38		
	Susanne Fornasari:	4.31,53(31,88)	5.06,13(34,60)	1.06,48		
17	Oslo IL J1 jr.	JR	Oslo IL	(0,74)	5.11,65	466
	Kristin Blyverket:	36,69(36,69)	1.16,31(39,62)	1.16,31		
	Gesine Laake:	1.57,23(40,92)	2.43,73(46,50)	1.27,42		
	Gry Bernakiewicz:	3.19,33(35,60)	4.01,72(42,39)	1.17,99		
	Nora Matheson:	4.33,95(32,23)	5.11,65(37,70)	1.09,93		
18	Ski SK J1 jr.	JR	Ski SK	(0,79)	5.13,93	456
	Camilla W. Kristiansen:	35,11(35,11)	1.13,81(38,70)	1.13,81		
	Tone Garby:	1.55,79(41,98)	2.45,58(49,79)	1.31,77		
	Henriette With Bjørnstad:	3.19,51(33,93)	4.01,28(41,77)	1.15,70		
	Gina Struksnæs Sand:	4.35,60(34,32)	5.13,93(38,33)	1.12,65		
	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK			DISK
	Siri Anette Sønju:	35,80(35,80)	1.12,71(36,91)	1.12,71		
	Stine Lise Stenseth:	1.50,97(38,26)				
	Guro Knutsen:	3.08,04(1.17,07)	3.45,32(37,28)			
	Inger-Cathrine Wium:					
	Bergensv. J1 jr.	JR	Bergensvømmerne			DISK
	Seline Vike Holm:	33,87(33,87)	1.10,71(36,84)	1.10,71		
	Katrine Jensen:	1.45,18(34,47)	2.26,49(41,31)	1.15,78		
	Lise Sand Syversen:	2.57,84(31,35)	3.33,90(36,06)	1.07,41		
	Hanne Søfteland:					

Søndag 12. juli 2009 kl 17.00**Øvelse 11. 200m rygg, herrer - Finale****Sponsor: SSK Distribusjon****Senior**

1	Eirik Ravnan	89	Hamar IL	(0,70)	2.09,63	740
	31,28(31,28)	1.04,36(33,08)	1.37,41(33,05)		2.09,63(32,22)	
2	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,71)	2.09,69	739
	30,46(30,46)	1.03,58(33,12)	1.36,78(33,20)		2.09,69(32,91)	
3	Lars Andre Tolås	88	Bærumsvømmerne	(0,68)	2.12,62	691
	30,67(30,67)	1.04,38(33,71)	1.38,48(34,10)		2.12,62(34,14)	
4	Tor Hafnor	91	Bærumsvømmerne	(0,77)	2.15,52	648
	31,83(31,83)	1.06,17(34,34)	1.41,16(34,99)		2.15,52(34,36)	
5	Even Vike Holm	90	BS/Arna	(0,74)	2.15,86	643
	32,09(32,09)	1.06,64(34,55)	1.41,22(34,58)		2.15,86(34,64)	
6	Runar Borgen	93	Bodø SK	(0,73)	2.18,97	601
	32,08(32,08)	1.07,31(35,23)	1.43,40(36,09)		2.18,97(35,57)	
7	Sebastian Stordal	91	BS/Delfana	(0,73)	2.19,01	600
	32,18(32,18)	1.07,64(35,46)	1.43,58(35,94)		2.19,01(35,43)	
8	Sindre Lilledahl	92	Haugesund SK	(0,69)	2.20,48	581
	33,05(33,05)	1.08,18(35,13)	1.44,80(36,62)		2.20,48(35,68)	

Øvelse 12. 50m fri, damer - Finale**Sponsor: Ricoh****Senior**

1	Henriette Brekke	88	Vestkantsvømmerne	26,02	845
2	Siri Løvold Magnussen	86	BS/Delfana	27,08	749
3	Sofie Gjemmestad	89	Asker SK	27,42	722
4	Monica W. Johannessen	90	Karmøy SK	27,43	721
5	Aslaug Marie Hjelmaas	95	Bergens SLK	27,67	702
6	Ina Kr. Pedersen	89	Sarpsborg IL	27,75	696
7	Elise Strømsvik	87	Vestbyen IL	27,86	688
8	Hanne Sjøfteland	92	BS/Delfana	28,29	657

Funksjonshemmede

1	Cecilie Drabsch Norland	78	Stavanger Haik	32,90	418	S8 104,41 %
2	Mariann Vestbøstad	84	Vestkantsvømmerne	35,47	333	S8 112,57 %
3	Sara Louise Rung	89	Madla SK	41,94	201	S6 117,81 %
4	Linn Haugen	87	Vestkantsvømmerne	35,85	323	S9 123,45 %
5	Hanne Farestvedt	93	Åstveit SK	35,77	325	S14 123,56 %
6	Tonje Immerstein	89	Sandnes SLK	36,04	318	S10 126,72 %
7	Ingvill S. Hilleren	90	Vestkantsvømmerne	42,75	190	S7 127,5 %
8	Ingrid Djupskås	89	Asker SK	38,93	252	S9 134,06 %

Øvelse 13. 100m fri, herrer - Finale**Senior**

1	Gard Kvale	84	Bergens SC	51,45	831
	25,12(25,12)	51,45(26,33)			
2	Sander Smørdal	85	BS/Arna	51,53	827
	24,65(24,65)	51,53(26,88)			
3	Øystein R. Hetland	89	Bærumsvømmerne	52,00	805
	24,98(24,98)	52,00(27,02)			
4	Christer Koch Kvam	90	Bærum/NTG	52,74	771
	25,47(25,47)	52,74(27,27)			
5	Jørgen Møllerop	88	TS/Madla SK	52,96	762
	25,70(25,70)	52,96(27,26)			
6	Karsten W. Johannessen	88	Bergens SC	53,27	749
	25,28(25,28)	53,27(27,99)			
7	Ole Martin Ree	92	TS/Sola SK	53,43	742
	26,12(26,12)	53,43(27,31)			
8	Mikael Bergene	91	Lambertseter SK	53,45	741
	25,89(25,89)	53,45(27,56)			

Øvelse 14. 200m butterfly, damer - Finale**Senior**

1	Sara Nordenstam	83	Lambertseter SK	2.14,27	840
	30,87(30,87)	1.05,27(34,40)	1.40,60(35,33)	2.14,27(33,67)	
2	Karoline Brudvik Sanderud	89	Hamar IL	2.14,64	833
	29,89(29,89)	1.03,67(33,78)	1.38,87(35,20)	2.14,64(35,77)	
3	Line Løvberg	91	Lambertseter SK/NTG	2.20,35	735
	31,61(31,61)	1.07,08(35,47)	1.43,47(36,39)	2.20,35(36,88)	
4	Victoria Rung	92	TS/Frisinn	2.23,81	684
	32,23(32,23)	1.08,53(36,30)	1.45,49(36,96)	2.23,81(38,32)	
5	Karolina Orleanski	86	Bærumsvømmerne	2.25,22	664
	33,25(33,25)	1.08,60(35,35)	1.47,65(39,05)	2.25,22(37,57)	
6	Stine Vindenes	93	Vestkantsvømmerne	2.26,88	642
	32,19(32,19)	1.08,92(36,73)	1.47,60(38,68)	2.26,88(39,28)	
7	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.28,44	621
	32,65(32,65)	1.10,68(38,03)	1.50,52(39,84)	2.28,44(37,92)	
8	Kristin Blyverket	92	Oslo IL	2.30,50	596
	33,64(33,64)	1.12,32(38,68)	1.51,49(39,17)	2.30,50(39,01)	

Øvelse 15. 200m bryst, herrer - Finale**Sponsor: BB Elektro****Senior**

1	Alexander Dale Oen	85	Vestkantsvømmerne	2.17,24	867
	30,14(30,14)	1.04,30(34,16)	1.40,03(35,73)	2.17,24(37,21)	
2	Sebastian Wigstrøm	91	Bærumsvømmerne	2.22,36	777
	31,70(31,70)	1.06,71(35,01)	1.43,28(36,57)	2.22,36(39,08)	
3	Mattis Saghaug	90	IL Varg/NTG	2.23,99	751
	31,59(31,59)	1.07,23(35,64)	1.45,92(38,69)	2.23,99(38,07)	
4	Alexander Broberg Skeltved	87	Vestkantsvømmerne	2.24,97	736
	32,97(32,97)	1.09,40(36,43)	1.46,64(37,24)	2.24,97(38,33)	
5	Alexander Mokkalbost	87	BS/Delfana	2.27,14	704
	32,42(32,42)	1.09,85(37,43)	1.48,85(39,00)	2.27,14(38,29)	
6	Hans Kristian Andersen	93	Florø SLK	2.28,73	681
	32,70(32,70)	1.10,72(38,02)	1.49,47(38,75)	2.28,73(39,26)	
7	Simen Dale	91	BS/Delfana	2.28,99	678
	33,55(33,55)	1.11,10(37,55)	1.49,28(38,18)	2.28,99(39,71)	
8	Kristoffer Meisler	90	Fauske SK	2.34,03	613
	33,27(33,27)	1.11,28(38,01)	1.52,13(40,85)	2.34,03(41,90)	

Øvelse 16. 100m rygg, damer - Finale**Sponsor: Nordea****Senior**

1	Ingvild Snildal	88	Asker SK	(0,67)	1.01,65	939	NR
	30,17(30,17)	1.01,65(31,48)					
2	Katharina Stiberg	88	Bjerkvik SK	(0,63)	1.04,91	805	
	30,77(30,77)	1.04,91(34,14)					
3	Heidi Vainio Gjøen	88	Lambertseter SK	(0,67)	1.06,10	762	
	32,07(32,07)	1.06,10(34,03)					
4	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,70)	1.06,68	742	
	32,99(32,99)	1.06,68(33,69)					
5	Oda Marie Siljan	92	Poseidon		1.07,02	731	
	32,81(32,81)	1.07,02(34,21)					
6	Elisabeth Jarland	85	Bærumsvømmerne	(0,71)	1.07,21	725	
	33,03(33,03)	1.07,21(34,18)					
7	Aslaug Marie Hjelmaas	95	Bergens SLK		1.08,17	695	
	33,34(33,34)	1.08,17(34,83)					
8	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,81)	1.08,49	685	
	32,40(32,40)	1.08,49(36,09)					

Øvelse 17. 50m butterfly, herrer - Finale**Sponsor: Elkonor****Senior**

1	Erik Dorch	83	BS/Bergen SLK		24,55	887	
2	Øystein R. Hetland	89	Bærumsvømmerne		25,06	834	
3	Christer Koch Kvam	90	Bærum/NTG		25,24	816	NJR
4	Alexander B. Havre	90	Mandal SK		25,53	788	
5	Sander Smørdal	85	BS/Arna		25,65	777	
6	Marcus Tesdal	90	BS/Åstveit		25,90	755	
7	Dan Magnus Skibrek	87	Øvre Eiker SK		25,97	749	
	Alexander Dale Oen	85	Vestkantsvømmerne		DISK		

Øvelse 18. 800m fri, damer - Direkte finale**Junior**

1	Elin Slaatmo	92	Hamar IL		8.56,50	817	
	30,91(30,91)	1.03,64(32,73)	1.36,73(33,09)	2.10,50(33,77)			
	2.43,84(33,34)	3.18,01(34,17)	3.51,94(33,93)	4.26,13(34,19)			
	5.00,07(33,94)	5.34,38(34,31)	6.08,25(33,87)	6.42,60(34,35)			
	7.16,69(34,09)	7.50,78(34,09)	8.24,43(33,65)	8.56,50(32,07)			
2	Lise Sand Syversen	95	BS/Delfana		9.00,77	798	
	31,60(31,60)	1.05,25(33,65)	1.39,39(34,14)	2.13,81(34,42)			
	2.48,31(34,50)	3.22,80(34,49)	3.56,83(34,03)	4.30,98(34,15)			
	5.05,02(34,04)	5.38,87(33,85)	6.12,69(33,82)	6.46,60(33,91)			
	7.20,85(34,25)	7.54,74(33,89)	8.28,84(34,10)	9.00,77(31,93)			
3	Eva Marie W. Østerhus	94	TS/Madla SK		9.07,57	768	
	31,24(31,24)	1.04,47(33,23)	1.38,06(33,59)	2.12,31(34,25)			
	2.46,92(34,61)	3.21,32(34,40)	3.56,54(35,22)	4.31,59(35,05)			
	5.06,65(35,06)	5.41,89(35,24)	6.17,15(35,26)	6.51,85(34,70)			
	7.26,80(34,95)	8.01,16(34,36)	8.35,15(33,99)	9.07,57(32,42)			
4	Ingrid N. Knutzen	91	Lambertseter SK/NTG		9.11,95	750	
	31,77(31,77)	1.05,41(33,64)	1.39,77(34,36)	2.14,58(34,81)			
	2.49,30(34,72)	3.24,35(35,05)	3.59,09(34,74)	4.34,14(35,05)			
	5.08,75(34,61)	5.43,56(34,81)	6.18,02(34,46)	6.53,01(34,99)			
	7.27,99(34,98)	8.03,35(35,36)	8.38,04(34,69)	9.11,95(33,91)			

5	Cecilie W. Johannessen	90	Karmøy SK	9.19,31	721
	30,33(30,33)	1.04,04(33,71)	1.38,24(34,20)	2.13,60(35,36)	
	2.49,67(36,07)	3.25,98(36,31)	4.01,07(35,09)	4.36,98(35,91)	
	5.11,58(34,60)	5.47,41(35,83)	6.23,46(36,05)	6.57,87(34,41)	
	7.33,57(35,70)	8.09,10(35,53)	8.45,22(36,12)	9.19,31(34,09)	
6	Gina B. Andersen	90	Skjetten Svømming/NTG	9.22,04	710
	31,69(31,69)	1.04,78(33,09)	1.38,93(34,15)	2.13,82(34,89)	
	2.48,95(35,13)	3.24,17(35,22)	3.59,75(35,58)	4.35,27(35,52)	
	5.11,27(36,00)	5.46,87(35,60)	6.22,46(35,59)	6.58,36(35,90)	
	7.34,72(36,36)	8.11,05(36,33)	8.47,05(36,00)	9.22,04(34,99)	
7	Siri Anette Sønju	92	Øvre Eiker SK	9.27,82	689
	32,41(32,41)	1.07,31(34,90)	1.42,82(35,51)	2.18,47(35,65)	
	2.54,52(36,05)	3.30,41(35,89)	4.06,52(36,11)	4.42,54(36,02)	
	5.18,55(36,01)	5.54,51(35,96)	6.30,35(35,84)	7.06,52(36,17)	
	7.41,77(35,25)	8.17,47(35,70)	8.52,92(35,45)	9.27,82(34,90)	
8	Karoline Pedersen	94	Bergens SLK	9.28,88	685
	33,73(33,73)	1.09,29(35,56)	1.45,55(36,26)	2.21,41(35,86)	
	2.57,55(36,14)	3.33,55(36,00)	4.09,70(36,15)	4.45,42(35,72)	
	5.20,90(35,48)	5.56,36(35,46)	6.32,21(35,85)	7.08,00(35,79)	
	7.43,62(35,62)	8.19,09(35,47)	8.54,65(35,56)	9.28,88(34,23)	
9	Hanne Lockertsen	94	Tromsø SK	9.29,50	683
	32,96(32,96)	1.08,57(35,61)	1.44,26(35,69)	2.19,54(35,28)	
	2.55,07(35,53)	3.30,57(35,50)	4.06,17(35,60)	4.41,93(35,76)	
	5.18,06(36,13)	5.54,00(35,94)	6.30,20(36,20)	7.06,34(36,14)	
	7.42,61(36,27)	8.18,30(35,69)	8.54,39(36,09)	9.29,50(35,11)	
10	Julie Torgersen Nilsen	92	Hamar IL	9.31,70	675
	33,24(33,24)	1.08,69(35,45)	1.44,71(36,02)	2.20,84(36,13)	
	2.56,83(35,99)	3.32,66(35,83)	4.08,94(36,28)	4.45,37(36,43)	
	5.21,65(36,28)	5.57,24(35,59)	6.34,13(36,89)	7.09,86(35,73)	
	7.46,56(36,70)	8.22,35(35,79)	8.57,12(34,77)	9.31,70(34,58)	
11	Andrea Haugstad	92	Vestkantsvømmerne	9.34,96	664
	32,78(32,78)	1.08,35(35,57)	1.44,28(35,93)	2.20,51(36,23)	
	2.56,59(36,08)	3.32,79(36,20)	4.08,99(36,20)	4.45,43(36,44)	
	5.21,68(36,25)	5.57,65(35,97)	6.33,85(36,20)	7.10,56(36,71)	
	7.46,82(36,26)	8.23,36(36,54)	8.59,46(36,10)	9.34,96(35,50)	
12	Katrine Ekstang	92	Setermoen SK	9.40,44	645
	32,74(32,74)	1.07,99(35,25)	1.43,93(35,94)	2.20,34(36,41)	
	2.55,47(35,13)	3.31,84(36,37)	4.08,36(36,52)	4.45,55(37,19)	
	5.22,07(36,52)	5.59,19(37,12)	6.37,23(38,04)	7.15,14(37,91)	
	7.52,46(37,32)	8.29,22(36,76)	9.05,92(36,70)	9.40,44(34,52)	
13	Andrea Westbye	95	Bærumsvømmerne	9.40,55	645
	32,68(32,68)	1.08,10(35,42)	1.44,50(36,40)	2.20,80(36,30)	
	2.57,37(36,57)	3.33,94(36,57)	4.10,97(37,03)	4.47,84(36,87)	
	5.25,25(37,41)	6.02,42(37,17)	6.39,01(36,59)	7.15,72(36,71)	
	7.52,39(36,67)	8.29,22(36,83)	9.05,37(36,15)	9.40,55(35,18)	
14	Andrea Hestdal	94	BS/Åstveit	9.41,66	641
	33,50(33,50)	1.09,64(36,14)	1.46,13(36,49)	2.22,53(36,40)	
	2.59,41(36,88)	3.36,06(36,65)	4.12,82(36,76)	4.49,42(36,60)	
	5.26,17(36,75)	6.03,34(37,17)	6.41,79(38,45)	7.19,37(37,58)	
	7.55,86(36,49)	8.32,16(36,30)	9.06,95(34,79)	9.41,66(34,71)	
15	Pia Cornelia Braarud	93	Lambertseter SK	9.42,17	639
	33,17(33,17)	1.08,46(35,29)	1.44,68(36,22)	2.20,83(36,15)	
	2.57,48(36,65)	3.34,06(36,58)	4.11,03(36,97)	4.48,05(37,02)	
	5.25,15(37,10)	6.01,96(36,81)	6.39,32(37,36)	7.16,13(36,81)	
	7.53,29(37,16)	8.30,13(36,84)	9.07,09(36,96)	9.42,17(35,08)	
16	Marthe Berg Sørensen	92	TS/Frisinn	9.47,25	623
	32,73(32,73)	1.07,76(35,03)	1.43,63(35,87)	2.20,13(36,50)	
	2.57,27(37,14)	3.34,22(36,95)	4.11,29(37,07)	4.48,72(37,43)	
	5.26,69(37,97)	6.04,06(37,37)	6.41,74(37,68)	7.19,21(37,47)	
	7.57,05(37,84)	8.34,60(37,55)	9.11,93(37,33)	9.47,25(35,32)	
17	Stine Lise Stenseth	94	Øvre Eiker SK	9.49,37	616
	32,92(32,92)	1.08,17(35,25)	1.43,84(35,67)	2.20,22(36,38)	
	2.57,15(36,93)	3.34,20(37,05)	4.11,54(37,34)	4.49,20(37,66)	
	5.26,80(37,60)	6.04,62(37,82)	6.42,18(37,56)	7.19,71(37,53)	
	7.57,33(37,62)	8.34,71(37,38)	9.12,46(37,75)	9.49,37(36,91)	
18	Inger-Cathrine Wium	92	Øvre Eiker SK	9.53,27	604
	33,11(33,11)	1.08,83(35,72)	1.45,75(36,92)	2.23,08(37,33)	
	3.00,83(37,75)	3.38,59(37,76)	4.16,46(37,87)	4.54,28(37,82)	
	5.32,10(37,82)	6.09,72(37,62)	6.47,52(37,80)	7.24,93(37,41)	
	8.02,54(37,61)	8.40,07(37,53)	9.17,46(37,39)	9.53,27(35,81)	

19	Julie Rønningsen	94	Lambertseter SK	9.54,21	601
	33,56(33,56)	1.09,10(35,54)	1.46,10(37,00)	2.22,82(36,72)	
	2.59,99(37,17)	3.37,61(37,62)	4.15,09(37,48)	4.53,17(38,08)	
	5.30,55(37,38)	6.08,45(37,90)	6.46,38(37,93)	7.24,44(38,06)	
	8.02,52(38,08)	8.40,19(37,67)	9.17,92(37,73)	9.54,21(36,29)	
20	Ane Nygård	95	Stavanger SC	9.58,08	589
	32,74(32,74)	1.08,31(35,57)	1.45,28(36,97)	2.22,92(37,64)	
	3.00,97(38,05)	3.38,84(37,87)	4.16,71(37,87)	4.54,35(37,64)	
	5.32,72(38,37)	6.10,60(37,88)	6.48,19(37,59)	7.26,56(38,37)	
	8.05,01(38,45)	8.42,99(37,98)	9.20,87(37,88)	9.58,08(37,21)	

Senior

1	Elin Slaatmo	92	Hamar IL	8.56,50	817
	30,91(30,91)	1.03,64(32,73)	1.36,73(33,09)	2.10,50(33,77)	
	2.43,84(33,34)	3.18,01(34,17)	3.51,94(33,93)	4.26,13(34,19)	
	5.00,07(33,94)	5.34,38(34,31)	6.08,25(33,87)	6.42,60(34,35)	
	7.16,69(34,09)	7.50,78(34,09)	8.24,43(33,65)	8.56,50(32,07)	
2	Lise Sand Syversen	95	BS/Delfana	9.00,77	798
	31,60(31,60)	1.05,25(33,65)	1.39,39(34,14)	2.13,81(34,42)	
	2.48,31(34,50)	3.22,80(34,49)	3.56,83(34,03)	4.30,98(34,15)	
	5.05,02(34,04)	5.38,87(33,85)	6.12,69(33,82)	6.46,60(33,91)	
	7.20,85(34,25)	7.54,74(33,89)	8.28,84(34,10)	9.00,77(31,93)	
3	Eva Marie W. Østerhus	94	TS/Madla SK	9.07,57	768
	31,24(31,24)	1.04,47(33,23)	1.38,06(33,59)	2.12,31(34,25)	
	2.46,92(34,61)	3.21,32(34,40)	3.56,54(35,22)	4.31,59(35,05)	
	5.06,65(35,06)	5.41,89(35,24)	6.17,15(35,26)	6.51,85(34,70)	
	7.26,80(34,95)	8.01,16(34,36)	8.35,15(33,99)	9.07,57(32,42)	
4	Ingrid N. Knutzen	91	Lambertseter SK/NTG	9.11,95	750
	31,77(31,77)	1.05,41(33,64)	1.39,77(34,36)	2.14,58(34,81)	
	2.49,30(34,72)	3.24,35(35,05)	3.59,09(34,74)	4.34,14(35,05)	
	5.08,75(34,61)	5.43,56(34,81)	6.18,02(34,46)	6.53,01(34,99)	
	7.27,99(34,98)	8.03,35(35,36)	8.38,04(34,69)	9.11,95(33,91)	
5	Cecilie W. Johannessen	90	Karmøy SK	9.19,31	721
	30,33(30,33)	1.04,04(33,71)	1.38,24(34,20)	2.13,60(35,36)	
	2.49,67(36,07)	3.25,98(36,31)	4.01,07(35,09)	4.36,98(35,91)	
	5.11,58(34,60)	5.47,41(35,83)	6.23,46(36,05)	6.57,87(34,41)	
	7.33,57(35,70)	8.09,10(35,53)	8.45,22(36,12)	9.19,31(34,09)	
6	Gina B. Andersen	90	Skjetten Svømming/NTG	9.22,04	710
	31,69(31,69)	1.04,78(33,09)	1.38,93(34,15)	2.13,82(34,89)	
	2.48,95(35,13)	3.24,17(35,22)	3.59,75(35,58)	4.35,27(35,52)	
	5.11,27(36,00)	5.46,87(35,60)	6.22,46(35,59)	6.58,36(35,90)	
	7.34,72(36,36)	8.11,05(36,33)	8.47,05(36,00)	9.22,04(34,99)	
7	Siri Anette Sønju	92	Øvre Eiker SK	9.27,82	689
	32,41(32,41)	1.07,31(34,90)	1.42,82(35,51)	2.18,47(35,65)	
	2.54,52(36,05)	3.30,41(35,89)	4.06,52(36,11)	4.42,54(36,02)	
	5.18,55(36,01)	5.54,51(35,96)	6.30,35(35,84)	7.06,52(36,17)	
	7.41,77(35,25)	8.17,47(35,70)	8.52,92(35,45)	9.27,82(34,90)	
8	Karoline Pedersen	94	Bergens SLK	9.28,88	685
	33,73(33,73)	1.09,29(35,56)	1.45,55(36,26)	2.21,41(35,86)	
	2.57,55(36,14)	3.33,55(36,00)	4.09,70(36,15)	4.45,42(35,72)	
	5.20,90(35,48)	5.56,36(35,46)	6.32,21(35,85)	7.08,00(35,79)	
	7.43,62(35,62)	8.19,09(35,47)	8.54,65(35,56)	9.28,88(34,23)	
9	Hanne Lockertsen	94	Tromsø SK	9.29,50	683
	32,96(32,96)	1.08,57(35,61)	1.44,26(35,69)	2.19,54(35,28)	
	2.55,07(35,53)	3.30,57(35,50)	4.06,17(35,60)	4.41,93(35,76)	
	5.18,06(36,13)	5.54,00(35,94)	6.30,20(36,20)	7.06,34(36,14)	
	7.42,61(36,27)	8.18,30(35,69)	8.54,39(36,09)	9.29,50(35,11)	
10	Julie Torgersen Nilsen	92	Hamar IL	9.31,70	675
	33,24(33,24)	1.08,69(35,45)	1.44,71(36,02)	2.20,84(36,13)	
	2.56,83(35,99)	3.32,66(35,83)	4.08,94(36,28)	4.45,37(36,43)	
	5.21,65(36,28)	5.57,24(35,59)	6.34,13(36,89)	7.09,86(35,73)	
	7.46,56(36,70)	8.22,35(35,79)	8.57,12(34,77)	9.31,70(34,58)	
11	Monica Finnøy	88	BS/Bergen SLK	9.34,40	665
	33,21(33,21)	1.08,35(35,14)	1.44,07(35,72)	2.20,12(36,05)	
	2.56,48(36,36)	3.32,47(35,99)	4.08,78(36,31)	4.45,12(36,34)	
	5.21,13(36,01)	5.57,17(36,04)	6.33,74(36,57)	7.10,06(36,32)	
	7.46,45(36,39)	8.22,83(36,38)	8.59,24(36,41)	9.34,40(35,16)	

12	Andrea Haugstad	92	Vestkantsvømmerne	9.34,96	664
	32,78(32,78)	1.08,35(35,57)	1.44,28(35,93)	2.20,51(36,23)	
	2.56,59(36,08)	3.32,79(36,20)	4.08,99(36,20)	4.45,43(36,44)	
	5.21,68(36,25)	5.57,65(35,97)	6.33,85(36,20)	7.10,56(36,71)	
	7.46,82(36,26)	8.23,36(36,54)	8.59,46(36,10)	9.34,96(35,50)	
13	Katrine Ekstang	92	Setermoen SK	9.40,44	645
	32,74(32,74)	1.07,99(35,25)	1.43,93(35,94)	2.20,34(36,41)	
	2.55,47(35,13)	3.31,84(36,37)	4.08,36(36,52)	4.45,55(37,19)	
	5.22,07(36,52)	5.59,19(37,12)	6.37,23(38,04)	7.15,14(37,91)	
	7.52,46(37,32)	8.29,22(36,76)	9.05,92(36,70)	9.40,44(34,52)	
14	Andrea Westbye	95	Bærumsvømmerne	9.40,55	645
	32,68(32,68)	1.08,10(35,42)	1.44,50(36,40)	2.20,80(36,30)	
	2.57,37(36,57)	3.33,94(36,57)	4.10,97(37,03)	4.47,84(36,87)	
	5.25,25(37,41)	6.02,42(37,17)	6.39,01(36,59)	7.15,72(36,71)	
	7.52,39(36,67)	8.29,22(36,83)	9.05,37(36,15)	9.40,55(35,18)	
15	Andrea Hestdal	94	BS/Åstveit	9.41,66	641
	33,50(33,50)	1.09,64(36,14)	1.46,13(36,49)	2.22,53(36,40)	
	2.59,41(36,88)	3.36,06(36,65)	4.12,82(36,76)	4.49,42(36,60)	
	5.26,17(36,75)	6.03,34(37,17)	6.41,79(38,45)	7.19,37(37,58)	
	7.55,86(36,49)	8.32,16(36,30)	9.06,95(34,79)	9.41,66(34,71)	
16	Pia Cornelia Braarud	93	Lambertseter SK	9.42,17	639
	33,17(33,17)	1.08,46(35,29)	1.44,68(36,22)	2.20,83(36,15)	
	2.57,48(36,65)	3.34,06(36,58)	4.11,03(36,97)	4.48,05(37,02)	
	5.25,15(37,10)	6.01,96(36,81)	6.39,32(37,36)	7.16,13(36,81)	
	7.53,29(37,16)	8.30,13(36,84)	9.07,09(36,96)	9.42,17(35,08)	
17	Marthe Berg Sørensen	92	TS/Frisinn	9.47,25	623
	32,73(32,73)	1.07,76(35,03)	1.43,63(35,87)	2.20,13(36,50)	
	2.57,27(37,14)	3.34,22(36,95)	4.11,29(37,07)	4.48,72(37,43)	
	5.26,69(37,97)	6.04,06(37,37)	6.41,74(37,68)	7.19,21(37,47)	
	7.57,05(37,84)	8.34,60(37,55)	9.11,93(37,33)	9.47,25(35,32)	
18	Stine Lise Stensteth	94	Øvre Eiker SK	9.49,37	616
	32,92(32,92)	1.08,17(35,25)	1.43,84(35,67)	2.20,22(36,38)	
	2.57,15(36,93)	3.34,20(37,05)	4.11,54(37,34)	4.49,20(37,66)	
	5.26,80(37,60)	6.04,62(37,82)	6.42,18(37,56)	7.19,71(37,53)	
	7.57,33(37,62)	8.34,71(37,38)	9.12,46(37,75)	9.49,37(36,91)	
19	Inger-Cathrine Wium	92	Øvre Eiker SK	9.53,27	604
	33,11(33,11)	1.08,83(35,72)	1.45,75(36,92)	2.23,08(37,33)	
	3.00,83(37,75)	3.38,59(37,76)	4.16,46(37,87)	4.54,28(37,82)	
	5.32,10(37,82)	6.09,72(37,62)	6.47,52(37,80)	7.24,93(37,41)	
	8.02,54(37,61)	8.40,07(37,53)	9.17,46(37,39)	9.53,27(35,81)	
20	Julie Rønningsen	94	Lambertseter SK	9.54,21	601
	33,56(33,56)	1.09,10(35,54)	1.46,10(37,00)	2.22,82(36,72)	
	2.59,99(37,17)	3.37,61(37,62)	4.15,09(37,48)	4.53,17(38,08)	
	5.30,55(37,38)	6.08,45(37,90)	6.46,38(37,93)	7.24,44(38,06)	
	8.02,52(38,08)	8.40,19(37,67)	9.17,92(37,73)	9.54,21(36,29)	
21	Ane Nygård	95	Stavanger SC	9.58,08	589
	32,74(32,74)	1.08,31(35,57)	1.45,28(36,97)	2.22,92(37,64)	
	3.00,97(38,05)	3.38,84(37,87)	4.16,71(37,87)	4.54,35(37,64)	
	5.32,72(38,37)	6.10,60(37,88)	6.48,19(37,59)	7.26,56(38,37)	
	8.05,01(38,45)	8.42,99(37,98)	9.20,87(37,88)	9.58,08(37,21)	

Øvelse 19. 1500m fri, herrer - Direkte finale

Sponsor: Norsk Ventilasjonsrenhold AS

Junior

1	Sindri T. Jakobsson	91	BS/Delfana	16.26,87	734
	27,45(27,45)	58,59(31,14)	1.31,02(32,43)	2.03,63(32,61)	
	2.36,72(33,09)	3.09,59(32,87)	3.43,42(33,83)	4.16,93(33,51)	
	4.50,39(33,46)	5.23,69(33,30)	5.57,37(33,68)	6.30,64(33,27)	
	7.03,81(33,17)	7.36,93(33,12)	8.10,15(33,22)	8.43,22(33,07)	
	9.16,58(33,36)	9.49,67(33,09)	10.23,26(33,59)	10.56,08(32,82)	
	11.29,61(33,53)	12.02,99(33,38)	12.36,67(33,68)	13.09,94(33,27)	
	13.43,49(33,55)	14.16,62(33,13)	14.49,82(33,20)	15.22,72(32,90)	
	15.55,32(32,60)	16.26,87(31,55)			

2	Eivind Johannesen	92	BS/Åstveit	16.41,63	702
	29,82(29,82)	1.02,32(32,50)	1.35,21(32,89)	2.08,18(32,97)	
	2.41,30(33,12)	3.14,59(33,29)	3.47,95(33,36)	4.21,38(33,43)	
	4.54,89(33,51)	5.28,55(33,66)	6.02,25(33,70)	6.36,01(33,76)	
	7.09,87(33,86)	7.43,60(33,73)	8.17,11(33,51)	8.50,75(33,64)	
	9.24,53(33,78)	9.58,28(33,75)	10.31,61(33,33)	11.05,53(33,92)	
	11.39,40(33,87)	12.13,31(33,91)	12.47,28(33,97)	13.21,03(33,75)	
	13.54,83(33,80)	14.28,59(33,76)	15.02,29(33,70)	15.36,05(33,76)	
	16.09,35(33,30)	16.41,63(32,28)			
3	Oscar Slaatmo	94	Hamar IL	16.47,18	691
	29,95(29,95)	1.02,75(32,80)	1.36,12(33,37)	2.08,85(32,73)	
	2.42,84(33,99)	3.15,50(32,66)	3.49,22(33,72)	4.22,32(33,10)	
	4.55,88(33,56)	5.29,26(33,38)	6.03,39(34,13)	6.36,75(33,36)	
	7.11,10(34,35)	7.44,53(33,43)	8.18,70(34,17)	8.52,64(33,94)	
	9.27,03(34,39)	10.01,54(34,51)	10.35,48(33,94)	11.10,08(34,60)	
	11.44,46(34,38)	12.18,88(34,42)	12.53,68(34,80)	13.27,37(33,69)	
	14.01,63(34,26)	14.36,08(34,45)	15.10,49(34,41)	15.43,72(33,23)	
	16.17,95(34,23)	16.47,18(29,23)			
4	Morten Bordervich	94	Sola SK	17.05,02	655
	31,29(31,29)	1.04,06(32,77)	1.37,89(33,83)	2.11,92(34,03)	
	2.45,98(34,06)	3.20,39(34,41)	3.54,85(34,46)	4.29,16(34,31)	
	5.03,39(34,23)	5.37,32(33,93)	6.10,37(33,05)	6.44,02(33,65)	
	7.18,63(34,61)	7.53,12(34,49)	8.27,87(34,75)	9.02,27(34,40)	
	9.36,61(34,34)	10.11,32(34,71)	10.46,06(34,74)	11.20,73(34,67)	
	11.55,04(34,31)	12.29,61(34,57)	13.04,22(34,61)	13.39,15(34,93)	
	14.13,91(34,76)	14.48,63(34,72)	15.23,37(34,74)	15.58,06(34,69)	
	16.32,78(34,72)	17.05,02(32,24)			
5	Vegard Nyenget Løvberg	91	Bærumsvømmerne	17.06,68	652
	30,10(30,10)	1.03,03(32,93)	1.37,10(34,07)	2.11,64(34,54)	
	2.46,29(34,65)	3.20,66(34,37)	3.55,30(34,64)	4.29,88(34,58)	
	5.04,26(34,38)	5.38,81(34,55)	6.13,23(34,42)	6.47,73(34,50)	
	7.22,61(34,88)	7.57,18(34,57)	8.31,96(34,78)	9.06,91(34,95)	
	9.41,67(34,76)	10.16,32(34,65)	10.51,20(34,88)	11.25,58(34,38)	
	11.59,67(34,09)	12.33,67(34,00)	13.08,14(34,47)	13.41,67(33,53)	
	14.16,16(34,49)	14.50,31(34,15)	15.24,97(34,66)	15.59,57(34,60)	
	16.34,09(34,52)	17.06,68(32,59)			
6	Odin Spangen Normann	92	IL Varg	17.10,60	645
	30,30(30,30)	1.03,99(33,69)	1.38,08(34,09)	2.12,46(34,38)	
	2.46,98(34,52)	3.21,35(34,37)	3.55,61(34,26)	4.29,86(34,25)	
	5.04,28(34,42)	5.38,83(34,55)	6.13,24(34,41)	6.47,60(34,36)	
	7.22,43(34,83)	7.57,06(34,63)	8.31,68(34,62)	9.06,39(34,71)	
	9.41,28(34,89)	10.15,98(34,70)	10.50,65(34,67)	11.25,50(34,85)	
	12.00,44(34,94)	12.35,49(35,05)	13.10,07(34,58)	13.44,68(34,61)	
	14.19,30(34,62)	14.54,30(35,00)	15.28,90(34,60)	16.03,60(34,70)	
	16.37,85(34,25)	17.10,60(32,75)			
7	Øyvind Gevelt	91	Øvre Eiker SK	17.11,00	644
	30,47(30,47)	1.03,15(32,68)	1.36,56(33,41)	2.10,15(33,59)	
	2.43,68(33,53)	3.17,94(34,26)	3.52,21(34,27)	4.26,49(34,28)	
	5.00,90(34,41)	5.36,15(35,25)	6.10,28(34,13)	6.44,92(34,64)	
	7.19,35(34,43)	7.54,35(35,00)	8.29,28(34,93)	9.03,78(34,50)	
	9.38,59(34,81)	10.13,63(35,04)	10.48,31(34,68)	11.23,67(35,36)	
	11.58,63(34,96)	12.33,65(35,02)	13.08,16(34,51)	13.43,17(35,01)	
	14.18,55(35,38)	14.54,46(35,91)	15.29,44(34,98)	16.03,95(34,51)	
	16.37,70(33,75)	17.11,00(33,30)			
8	Sander Rødje	93	Haugesund SK	17.17,66	632
	29,68(29,68)	1.02,64(32,96)	1.36,13(33,49)	2.09,83(33,70)	
	2.43,80(33,97)	3.17,71(33,91)	3.52,17(34,46)	4.26,54(34,37)	
	5.01,13(34,59)	5.35,87(34,74)	6.11,02(35,15)	6.46,43(35,41)	
	7.21,71(35,28)	7.57,45(35,74)	8.33,27(35,82)	9.08,65(35,38)	
	9.42,63(33,98)	10.19,02(36,39)	10.54,11(35,09)	11.29,99(35,88)	
	12.05,67(35,68)	12.41,50(35,83)	13.16,74(35,24)	13.52,77(36,03)	
	14.29,10(36,33)	15.02,54(33,44)	15.37,99(35,45)	16.13,21(35,22)	
	16.46,35(33,14)	17.17,66(31,31)			
9	Martin Berger Oterholm	93	Kolbotn IL	17.18,77	630
	30,35(30,35)	1.03,60(33,25)	1.37,48(33,88)	2.11,26(33,78)	
	2.45,95(34,69)	3.20,87(34,92)	3.55,36(34,49)	4.30,40(35,04)	
	5.05,53(35,13)	5.40,34(34,81)	6.15,34(35,00)	6.50,35(35,01)	
	7.25,15(34,80)	7.59,74(34,59)	8.34,33(34,59)	9.09,35(35,02)	
	9.44,25(34,90)	10.19,65(35,40)	10.54,60(34,95)	11.29,70(35,10)	
	12.04,61(34,91)	12.39,65(35,04)	13.14,87(35,22)	13.50,30(35,43)	
	14.25,58(35,28)	15.00,60(35,02)	15.35,99(35,39)	16.10,92(34,93)	
	16.45,41(34,49)	17.18,77(33,36)			

10	Ivan Aleksander Larsen	95	Karmøy SK	17.35,22	601
	30,88(30,88)	1.05,20(34,32)	1.40,65(35,45)	2.15,84(35,19)	
	2.51,47(35,63)	3.27,16(35,69)	4.02,98(35,82)	4.38,82(35,84)	
	5.14,65(35,83)	5.50,29(35,64)	6.25,94(35,65)	7.01,91(35,97)	
	7.37,55(35,64)	8.13,14(35,59)	8.48,94(35,80)	9.24,42(35,48)	
	10.00,27(35,85)	10.36,16(35,89)	11.11,95(35,79)	11.47,74(35,79)	
	12.23,27(35,53)	12.58,88(35,61)	13.33,82(34,94)	14.08,99(35,17)	
	14.43,92(34,93)	15.19,24(35,32)	15.54,33(35,09)	16.29,67(35,34)	
	17.03,80(34,13)	17.35,22(31,42)			
11	Kristian Evensen	90	Kristiansand SA	17.37,28	597
	31,36(31,36)	1.05,44(34,08)	1.40,28(34,84)	2.15,19(34,91)	
	2.50,01(34,82)	3.25,24(35,23)	4.00,59(35,35)	4.36,09(35,50)	
	5.11,96(35,87)	5.47,23(35,27)	6.23,26(36,03)	6.58,43(35,17)	
	7.34,32(35,89)	8.10,14(35,82)	8.45,70(35,56)	9.21,29(35,59)	
	9.56,92(35,63)	10.32,59(35,67)	11.08,64(36,05)	11.44,42(35,78)	
	12.20,50(36,08)	12.56,32(35,82)	13.31,92(35,60)	14.07,36(35,44)	
	14.43,43(36,07)	15.18,68(35,25)	15.54,53(35,85)	16.30,10(35,57)	
	17.04,48(34,38)	17.37,28(32,80)			
12	Zakarias Nouri	93	Oslo IL	17.45,45	583
	31,57(31,57)	1.05,75(34,18)	1.40,34(34,59)	2.15,13(34,79)	
	2.50,59(35,46)	3.25,75(35,16)	4.01,59(35,84)	4.37,41(35,82)	
	5.12,76(35,35)	5.48,52(35,76)	6.24,48(35,96)	6.59,97(35,49)	
	7.35,72(35,75)	8.11,99(36,27)	8.47,77(35,78)	9.23,34(35,57)	
	9.59,33(35,99)	10.35,01(35,68)	11.11,10(36,09)	11.46,41(35,31)	
	12.21,99(35,58)	12.57,84(35,85)	13.33,46(35,62)	14.09,89(36,43)	
	14.45,71(35,82)	15.22,36(36,65)	15.58,77(36,41)	16.34,75(35,98)	
	17.10,70(35,95)	17.45,45(34,75)			
13	Robin H. Kleiven	93	Aalesund SLK	17.50,45	575
	31,99(31,99)	1.06,12(34,13)	1.39,97(33,85)	2.14,31(34,34)	
	2.48,67(34,36)	3.22,93(34,26)	3.57,91(34,98)	4.32,90(34,99)	
	5.08,19(35,29)	5.43,87(35,68)	6.20,05(36,18)	6.55,95(35,90)	
	7.32,09(36,14)	8.07,93(35,84)	8.44,32(36,39)	9.20,65(36,33)	
	9.57,01(36,36)	10.33,07(36,06)	11.09,88(36,81)	11.46,19(36,31)	
	12.22,24(36,05)	12.57,80(35,56)	13.34,55(36,75)	14.11,98(37,43)	
	14.49,21(37,23)	15.25,75(36,54)	16.02,06(36,31)	16.39,43(37,37)	
	17.16,40(36,97)	17.50,45(34,05)			
14	Øystein Fjeldberg	93	Randaberg IL	18.03,28	555
	31,50(31,50)	1.05,45(33,95)	1.39,85(34,40)	2.14,75(34,90)	
	2.50,17(35,42)	3.25,68(35,51)	4.01,25(35,57)	4.37,31(36,06)	
	5.12,91(35,60)	5.48,69(35,78)	6.25,11(36,42)	7.01,08(35,97)	
	7.38,49(37,41)	8.14,81(36,32)	8.51,37(36,56)	9.28,54(37,17)	
	10.05,25(36,71)	10.41,90(36,65)	11.17,21(35,31)	11.54,73(37,52)	
	12.31,24(36,51)	13.08,42(37,18)	13.45,03(36,61)	14.22,42(37,39)	
	14.59,68(37,26)	15.36,84(37,16)	16.13,48(36,64)	16.51,03(37,55)	
	17.27,70(36,67)	18.03,28(35,58)			

Senior

1	Sindri T. Jakobsson	91	BS/Delfana	16.26,87	734
	27,45(27,45)	58,59(31,14)	1.31,02(32,43)	2.03,63(32,61)	
	2.36,72(33,09)	3.09,59(32,87)	3.43,42(33,83)	4.16,93(33,51)	
	4.50,39(33,46)	5.23,69(33,30)	5.57,37(33,68)	6.30,64(33,27)	
	7.03,81(33,17)	7.36,93(33,12)	8.10,15(33,22)	8.43,22(33,07)	
	9.16,58(33,36)	9.49,67(33,09)	10.23,26(33,59)	10.56,08(32,82)	
	11.29,61(33,53)	12.02,99(33,38)	12.36,67(33,68)	13.09,94(33,27)	
	13.43,49(33,55)	14.16,62(33,13)	14.49,82(33,20)	15.22,72(32,90)	
	15.55,32(32,60)	16.26,87(31,55)			
2	Eivind Johannesen	92	BS/Åstveit	16.41,63	702
	29,82(29,82)	1.02,32(32,50)	1.35,21(32,89)	2.08,18(32,97)	
	2.41,30(33,12)	3.14,59(33,29)	3.47,95(33,36)	4.21,38(33,43)	
	4.54,89(33,51)	5.28,55(33,66)	6.02,25(33,70)	6.36,01(33,76)	
	7.09,87(33,86)	7.43,60(33,73)	8.17,11(33,51)	8.50,75(33,64)	
	9.24,53(33,78)	9.58,28(33,75)	10.31,61(33,33)	11.05,53(33,92)	
	11.39,40(33,87)	12.13,31(33,91)	12.47,28(33,97)	13.21,03(33,75)	
	13.54,83(33,80)	14.28,59(33,76)	15.02,29(33,70)	15.36,05(33,76)	
	16.09,35(33,30)	16.41,63(32,28)			

3	Elias Damman	89	Bærumsvømmerne	16.46,99	691
	29,41(29,41)	1.01,60(32,19)	1.35,02(33,42)	2.08,76(33,74)	
	2.42,52(33,76)	3.16,25(33,73)	3.49,92(33,67)	4.23,45(33,53)	
	4.57,47(34,02)	5.31,16(33,69)	6.05,21(34,05)	6.39,14(33,93)	
	7.13,34(34,20)	7.47,26(33,92)	8.21,49(34,23)	8.55,36(33,87)	
	9.29,57(34,21)	10.03,92(34,35)	10.38,29(34,37)	11.12,27(33,98)	
	11.46,67(34,40)	12.20,91(34,24)	12.55,02(34,11)	13.29,11(34,09)	
	14.03,21(34,10)	14.37,06(33,85)	15.11,17(34,11)	15.44,92(33,75)	
	16.18,50(33,58)	16.46,99(28,49)			
4	Oscar Slaatmo	94	Hamar IL	16.47,18	691
	29,95(29,95)	1.02,75(32,80)	1.36,12(33,37)	2.08,85(32,73)	
	2.42,84(33,99)	3.15,50(32,66)	3.49,22(33,72)	4.22,32(33,10)	
	4.55,88(33,56)	5.29,26(33,38)	6.03,39(34,13)	6.36,75(33,36)	
	7.11,10(34,35)	7.44,53(33,43)	8.18,70(34,17)	8.52,64(33,94)	
	9.27,03(34,39)	10.01,54(34,51)	10.35,48(33,94)	11.10,08(34,60)	
	11.44,46(34,38)	12.18,88(34,42)	12.53,68(34,80)	13.27,37(33,69)	
	14.01,63(34,26)	14.36,08(34,45)	15.10,49(34,41)	15.43,72(33,23)	
	16.17,95(34,23)	16.47,18(29,23)			
5	Ronnie Anstensen	88	Skjetten Svømming	16.54,66	676
	29,76(29,76)	1.01,86(32,10)	1.34,21(32,35)	2.07,29(33,08)	
	2.40,61(33,32)	3.14,28(33,67)	3.48,09(33,81)	4.22,11(34,02)	
	4.56,13(34,02)	5.30,17(34,04)	6.04,63(34,46)	6.38,89(34,26)	
	7.13,14(34,25)	7.47,07(33,93)	8.21,46(34,39)	8.55,54(34,08)	
	9.29,92(34,38)	10.04,09(34,17)	10.38,66(34,57)	11.12,84(34,18)	
	11.47,13(34,29)	12.20,90(33,77)	12.54,86(33,96)	13.28,97(34,11)	
	14.03,46(34,49)	14.37,79(34,33)	15.12,57(34,78)		
	16.22,08(1.09,51)	16.54,66(32,58)			
6	Morten Bordervich	94	Sola SK	17.05,02	655
	31,29(31,29)	1.04,06(32,77)	1.37,89(33,83)	2.11,92(34,03)	
	2.45,98(34,06)	3.20,39(34,41)	3.54,85(34,46)	4.29,16(34,31)	
	5.03,39(34,23)	5.37,32(33,93)	6.10,37(33,05)	6.44,02(33,65)	
	7.18,63(34,61)	7.53,12(34,49)	8.27,87(34,75)	9.02,27(34,40)	
	9.36,61(34,34)	10.11,32(34,71)	10.46,06(34,74)	11.20,73(34,67)	
	11.55,04(34,31)	12.29,61(34,57)	13.04,22(34,61)	13.39,15(34,93)	
	14.13,91(34,76)	14.48,63(34,72)	15.23,37(34,74)	15.58,06(34,69)	
	16.32,78(34,72)	17.05,02(32,24)			
7	Vegard Nyenget Løvberg	91	Bærumsvømmerne	17.06,68	652
	30,10(30,10)	1.03,03(32,93)	1.37,10(34,07)	2.11,64(34,54)	
	2.46,29(34,65)	3.20,66(34,37)	3.55,30(34,64)	4.29,88(34,58)	
	5.04,26(34,38)	5.38,81(34,55)	6.13,23(34,42)	6.47,73(34,50)	
	7.22,61(34,88)	7.57,18(34,57)	8.31,96(34,78)	9.06,91(34,95)	
	9.41,67(34,76)	10.16,32(34,65)	10.51,20(34,88)	11.25,58(34,38)	
	11.59,67(34,09)	12.33,67(34,00)	13.08,14(34,47)	13.41,67(33,53)	
	14.16,16(34,49)	14.50,31(34,15)	15.24,97(34,66)	15.59,57(34,60)	
	16.34,09(34,52)	17.06,68(32,59)			
8	Odin Spangen Normann	92	IL Varg	17.10,60	645
	30,30(30,30)	1.03,99(33,69)	1.38,08(34,09)	2.12,46(34,38)	
	2.46,98(34,52)	3.21,35(34,37)	3.55,61(34,26)	4.29,86(34,25)	
	5.04,28(34,42)	5.38,83(34,55)	6.13,24(34,41)	6.47,60(34,36)	
	7.22,43(34,83)	7.57,06(34,63)	8.31,68(34,62)	9.06,39(34,71)	
	9.41,28(34,89)	10.15,98(34,70)	10.50,65(34,67)	11.25,50(34,85)	
	12.00,44(34,94)	12.35,49(35,05)	13.10,07(34,58)	13.44,68(34,61)	
	14.19,30(34,62)	14.54,30(35,00)	15.28,90(34,60)	16.03,60(34,70)	
	16.37,85(34,25)	17.10,60(32,75)			
9	Øyvind Gevelt	91	Øvre Eiker SK	17.11,00	644
	30,47(30,47)	1.03,15(32,68)	1.36,56(33,41)	2.10,15(33,59)	
	2.43,68(33,53)	3.17,94(34,26)	3.52,21(34,27)	4.26,49(34,28)	
	5.00,90(34,41)	5.36,15(35,25)	6.10,28(34,13)	6.44,92(34,64)	
	7.19,35(34,43)	7.54,35(35,00)	8.29,28(34,93)	9.03,78(34,50)	
	9.38,59(34,81)	10.13,63(35,04)	10.48,31(34,68)	11.23,67(35,36)	
	11.58,63(34,96)	12.33,65(35,02)	13.08,16(34,51)	13.43,17(35,01)	
	14.18,55(35,38)	14.54,46(35,91)	15.29,44(34,98)	16.03,95(34,51)	
	16.37,70(33,75)	17.11,00(33,30)			
10	Magnus Bru	87	Asker SK	17.12,97	640
	30,92(30,92)	1.04,04(33,12)	1.37,41(33,37)	2.10,69(33,28)	
	2.44,34(33,65)	3.18,01(33,67)	3.52,27(34,26)	4.26,34(34,07)	
	5.00,78(34,44)	5.34,93(34,15)	6.09,84(34,91)	6.44,80(34,96)	
	7.18,94(34,14)	7.53,81(34,87)	8.28,14(34,33)	9.03,10(34,96)	
	9.37,30(34,20)	10.12,33(35,03)	10.47,05(34,72)	11.22,06(35,01)	
	11.57,27(35,21)	12.32,77(35,50)	13.07,99(35,22)	13.43,43(35,44)	
	14.18,61(35,18)	14.53,98(35,37)	15.29,23(35,25)	16.04,48(35,25)	
	16.39,35(34,87)	17.12,97(33,62)			

11	Sander Rødje	93	Haugesund SK	17.17,66	632
	29,68(29,68)	1.02,64(32,96)	1.36,13(33,49)	2.09,83(33,70)	
	2.43,80(33,97)	3.17,71(33,91)	3.52,17(34,46)	4.26,54(34,37)	
	5.01,13(34,59)	5.35,87(34,74)	6.11,02(35,15)	6.46,43(35,41)	
	7.21,71(35,28)	7.57,45(35,74)	8.33,27(35,82)	9.08,65(35,38)	
	9.42,63(33,98)	10.19,02(36,39)	10.54,11(35,09)	11.29,99(35,88)	
	12.05,67(35,68)	12.41,50(35,83)	13.16,74(35,24)	13.52,77(36,03)	
	14.29,10(36,33)	15.02,54(33,44)	15.37,99(35,45)	16.13,21(35,22)	
	16.46,35(33,14)	17.17,66(31,31)			
12	Martin Berger Oterholm	93	Kolbotn IL	17.18,77	630
	30,35(30,35)	1.03,60(33,25)	1.37,48(33,88)	2.11,26(33,78)	
	2.45,95(34,69)	3.20,87(34,92)	3.55,36(34,49)	4.30,40(35,04)	
	5.05,53(35,13)	5.40,34(34,81)	6.15,34(35,00)	6.50,35(35,01)	
	7.25,15(34,80)	7.59,74(34,59)	8.34,33(34,59)	9.09,35(35,02)	
	9.44,25(34,90)	10.19,65(35,40)	10.54,60(34,95)	11.29,70(35,10)	
	12.04,61(34,91)	12.39,65(35,04)	13.14,87(35,22)	13.50,30(35,43)	
	14.25,58(35,28)	15.00,60(35,02)	15.35,99(35,39)	16.10,92(34,93)	
	16.45,41(34,49)	17.18,77(33,36)			
13	Ivan Aleksander Larsen	95	Karmøy SK	17.35,22	601
	30,88(30,88)	1.05,20(34,32)	1.40,65(35,45)	2.15,84(35,19)	
	2.51,47(35,63)	3.27,16(35,69)	4.02,98(35,82)	4.38,82(35,84)	
	5.14,65(35,83)	5.50,29(35,64)	6.25,94(35,65)	7.01,91(35,97)	
	7.37,55(35,64)	8.13,14(35,59)	8.48,94(35,80)	9.24,42(35,48)	
	10.00,27(35,85)	10.36,16(35,89)	11.11,95(35,79)	11.47,74(35,79)	
	12.23,27(35,53)	12.58,88(35,61)	13.33,82(34,94)	14.08,99(35,17)	
	14.43,92(34,93)	15.19,24(35,32)	15.54,33(35,09)	16.29,67(35,34)	
	17.03,80(34,13)	17.35,22(31,42)			
14	Kristian Evensen	90	Kristiansand SA	17.37,28	597
	31,36(31,36)	1.05,44(34,08)	1.40,28(34,84)	2.15,19(34,91)	
	2.50,01(34,82)	3.25,24(35,23)	4.00,59(35,35)	4.36,09(35,50)	
	5.11,96(35,87)	5.47,23(35,27)	6.23,26(36,03)	6.58,43(35,17)	
	7.34,32(35,89)	8.10,14(35,82)	8.45,70(35,56)	9.21,29(35,59)	
	9.56,92(35,63)	10.32,59(35,67)	11.08,64(36,05)	11.44,42(35,78)	
	12.20,50(36,08)	12.56,32(35,82)	13.31,92(35,60)	14.07,36(35,44)	
	14.43,43(36,07)	15.18,68(35,25)	15.54,53(35,85)	16.30,10(35,57)	
	17.04,48(34,38)	17.37,28(32,80)			
15	Zakarias Nouri	93	Oslo IL	17.45,45	583
	31,57(31,57)	1.05,75(34,18)	1.40,34(34,59)	2.15,13(34,79)	
	2.50,59(35,46)	3.25,75(35,16)	4.01,59(35,84)	4.37,41(35,82)	
	5.12,76(35,35)	5.48,52(35,76)	6.24,48(35,96)	6.59,97(35,49)	
	7.35,72(35,75)	8.11,99(36,27)	8.47,77(35,78)	9.23,34(35,57)	
	9.59,33(35,99)	10.35,01(35,68)	11.11,10(36,09)	11.46,41(35,31)	
	12.21,99(35,58)	12.57,84(35,85)	13.33,46(35,62)	14.09,89(36,43)	
	14.45,71(35,82)	15.22,36(36,65)	15.58,77(36,41)	16.34,75(35,98)	
	17.10,70(35,95)	17.45,45(34,75)			
16	Robin H. Kleiven	93	Aalesund SLK	17.50,45	575
	31,99(31,99)	1.06,12(34,13)	1.39,97(33,85)	2.14,31(34,34)	
	2.48,67(34,36)	3.22,93(34,26)	3.57,91(34,98)	4.32,90(34,99)	
	5.08,19(35,29)	5.43,87(35,68)	6.20,05(36,18)	6.55,95(35,90)	
	7.32,09(36,14)	8.07,93(35,84)	8.44,32(36,39)	9.20,65(36,33)	
	9.57,01(36,36)	10.33,07(36,06)	11.09,88(36,81)	11.46,19(36,31)	
	12.22,24(36,05)	12.57,80(35,56)	13.34,55(36,75)	14.11,98(37,43)	
	14.49,21(37,23)	15.25,75(36,54)	16.02,06(36,31)	16.39,43(37,37)	
	17.16,40(36,97)	17.50,45(34,05)			
17	Øystein Fjeldberg	93	Randaberg IL	18.03,28	555
	31,50(31,50)	1.05,45(33,95)	1.39,85(34,40)	2.14,75(34,90)	
	2.50,17(35,42)	3.25,68(35,51)	4.01,25(35,57)	4.37,31(36,06)	
	5.12,91(35,60)	5.48,69(35,78)	6.25,11(36,42)	7.01,08(35,97)	
	7.38,49(37,41)	8.14,81(36,32)	8.51,37(36,56)	9.28,54(37,17)	
	10.05,25(36,71)	10.41,90(36,65)	11.17,21(35,31)	11.54,73(37,52)	
	12.31,24(36,51)	13.08,42(37,18)	13.45,03(36,61)	14.22,42(37,39)	
	14.59,68(37,26)	15.36,84(37,16)	16.13,48(36,64)	16.51,03(37,55)	
	17.27,70(36,67)	18.03,28(35,58)			

Øvelse 20. 4*100m lag medley, damer - Senior

Senior

1	Lambertseter SK J1 sr.	SR	Lambertseter SK	(0,65)	4.19,32	810	NR
	Heidi Vainio Gjøen:	32,34(32,34)	1.05,99(33,65)	1.05,99			
	Sara Nordenstam:	1.38,76(32,77)	2.16,14(37,38)	1.10,15			
	Line Løvberg:	2.45,56(29,42)	3.19,89(34,33)	1.03,75			
	Ingrid N. Knutzen:	3.48,72(28,83)	4.19,32(30,60)	59,43			
2	Lambertseter SK J2 sr.	SR	Lambertseter SK	(0,76)	4.26,44	746	
	Elisabeth H. Svensson:	33,14(33,14)	1.07,54(34,40)	1.07,54			
	Stina Kajsa Colleou:	1.42,68(35,14)	2.20,38(37,70)	1.12,84			
	Christine M. Pedersen:	2.51,91(31,53)	3.27,20(35,29)	1.06,82			
	Pia Cornelia Braarud:	3.55,79(28,59)	4.26,44(30,65)	59,24			
3	Bergensv. J1 sr.	SR	Bergensvømmerne	(0,52)	4.28,50	729	
	Seline Vike Holm:	32,88(32,88)	1.08,99(36,11)	1.08,99			
	Celinn Daviknes:	1.43,40(34,41)	2.21,56(38,16)	1.12,57			
	Lise Sand Syversen:	2.52,25(30,69)	3.27,73(35,48)	1.06,17			
	Siri Løvold Magnussen:	3.56,35(28,62)	4.28,50(32,15)	1.00,77			
4	Bærumsv J1 sr.	SR	Bærumsvømmerne	(0,71)	4.32,06	701	
	Elisabeth Jarland:	32,95(32,95)	1.07,15(34,20)	1.07,15			
	Lene Lykke Erichsen:	1.43,40(36,25)	2.25,31(41,91)	1.18,16			
	Karolina Orleanski:	2.56,16(30,85)	3.31,40(35,24)	1.06,09			
	Emilie Nyenget Løvberg:	4.00,23(28,83)	4.32,06(31,83)	1.00,66			
5	Team Stavanger J1 sr.	SR	Team Stavanger	(0,63)	4.36,17	670	
	Trine Hovda:	33,61(33,61)	1.09,68(36,07)	1.09,68			
	Maren Kristine Jansen:	1.46,00(36,32)	2.28,22(42,22)	1.18,54			
	Victoria Rung:	2.57,81(29,59)	3.33,68(35,87)	1.05,46			
	Marthe Berg Sørensen:	4.03,51(29,83)	4.36,17(32,66)	1.02,49			
6	Sarpsborg IL J1 sr.	SR	Sarpsborg IL	(0,76)	4.37,69	659	
	Julie Borgen:	33,22(33,22)	1.09,98(36,76)	1.09,98			
	Ina Kr. Pedersen:	1.44,94(34,96)	2.27,38(42,44)	1.17,40			
	Ellen Magnussen:	2.58,49(31,11)	3.35,05(36,56)	1.07,67			
	Terese Fosby:	4.04,56(29,51)	4.37,69(33,13)	1.02,64			
7	Bergens SC J1 sr.	SR	Bergens SC	(0,67)	4.40,95	637	
	Ragnhild Søfteland:	33,83(33,83)	1.09,90(36,07)	1.09,90			
	Eli Kristin Ølmheim:	1.47,20(37,30)	2.31,55(44,35)	1.21,65			
	Eirin Arnesen:	3.01,78(30,23)	3.38,03(36,25)	1.06,48			
	Hedvig Hjertaker:	4.07,94(29,91)	4.40,95(33,01)	1.02,92			
8	Løren/Rælingen J1 sr.	SR	Lørenskog/Rælingen	(0,67)	4.47,23	596	
	Ida Arnøy:	35,54(35,54)	1.13,35(37,81)	1.13,35			
	Ine Charlotte Hagen:	1.49,11(35,76)	2.29,54(40,43)	1.16,19			
	Klara Farkas:	3.04,44(34,90)	3.43,64(39,20)	1.14,10			
	Jeanette Erlandsen:	4.13,27(29,63)	4.47,23(33,96)	1.03,59			
9	Aalesunds SLK J1 sr.	SR	Aalesund SLK	(0,80)	4.50,96	573	
	Veronica Orheim Bjørlykke:	32,86(32,86)	1.08,71(35,85)	1.08,71			
	Karina Brunstad Fet:	1.44,55(35,84)	2.29,65(45,10)	1.20,94			
	Gerd Anne Solibakke:	3.03,60(33,95)	3.45,21(41,61)	1.15,56			
	Caroline R. Helgesen:	4.15,26(30,05)	4.50,96(35,70)	1.05,75			
10	SK Speed J1 sr.	SR	SK Speed	(0,73)	5.13,49	458	
	Sara Boukili:	38,30(38,30)	1.19,61(41,31)	1.19,61			
	Marianne Strøm:	1.59,81(40,20)	2.47,75(47,94)	1.28,14			
	Hege Strøm Haukeland:	3.22,18(34,43)	4.04,00(41,82)	1.16,25			
	Rebecca Nilsen:	4.37,21(33,21)	5.13,49(36,28)	1.09,49			

Mandag 13. juli 2009 kl 09.00**Øvelse 21. 400m individuell medley, herrer - Direkte finale – Foreløpig før siste heat**
Sponsor: SSK Distribusjon**Junior**

1	Espen Halhjem	92	BS/Delfana	4.50,15	666
	29,14(29,14)	1.05,06(35,92)	1.41,76(36,70)	2.20,67(38,91)	
	3.01,03(40,36)	3.43,54(42,51)	4.17,53(33,99)	4.50,15(32,62)	
2	Carl Andreas Wathne	91	Bærumsvømmerne	4.51,11	660
	29,07(29,07)	1.03,92(34,85)	1.42,06(38,14)	2.20,02(37,96)	
	3.02,31(42,29)	3.46,25(43,94)	4.18,85(32,60)	4.51,11(32,26)	
3	Martin Hals	91	Øvre Eiker SK	4.53,76	642
	29,80(29,80)	1.05,24(35,44)	1.43,51(38,27)	2.22,01(38,50)	
	3.03,12(41,11)	3.45,03(41,91)	4.19,85(34,82)	4.53,76(33,91)	
4	Tore Skauge Bysting	92	Lørenskog/Rælingen	4.59,80	604
	31,96(31,96)	1.09,54(37,58)	1.50,97(41,43)	2.30,42(39,45)	
	3.10,34(39,92)	3.52,01(41,67)	4.27,17(35,16)	4.59,80(32,63)	
5	Sindre Lilledahl	92	Haugesund SK	5.01,70	592
	32,08(32,08)	1.09,48(37,40)	1.49,06(39,58)	2.27,22(38,16)	
	3.11,94(44,72)	3.56,57(44,63)	4.30,22(33,65)	5.01,70(31,48)	
6	Gunnar V. Skirbekk	91	Elverum Svømming	5.01,83	592
	30,49(30,49)	1.05,34(34,85)	1.45,95(40,61)	2.25,88(39,93)	
	3.07,73(41,85)	3.52,01(44,28)	4.27,31(35,30)	5.01,83(34,52)	
7	Morten Bordervich	94	Sola SK	5.03,09	584
	31,73(31,73)	1.08,68(36,95)	1.46,05(37,37)	2.24,56(38,51)	
	3.09,98(45,42)	3.57,34(47,36)	4.30,88(33,54)	5.03,09(32,21)	
8	Andreas Mathingsdal Pedersen	92	Farsund SK	5.05,09	573
	32,49(32,49)	1.10,52(38,03)	1.51,44(40,92)	2.32,76(41,32)	
	3.15,22(42,46)	3.57,51(42,29)	4.31,61(34,10)	5.05,09(33,48)	
9	Christer M. Hagen	91	Fauske SK	5.09,37	549
	32,70(32,70)	1.09,71(37,01)	1.49,55(39,84)	2.29,36(39,81)	
	3.14,77(45,41)	3.59,96(45,19)	4.34,52(34,56)	5.09,37(34,85)	
10	Joakim I. Larsen	92	Trondheim SLK	5.11,25	540
	32,20(32,20)	1.10,25(38,05)	1.50,09(39,84)	2.29,06(38,97)	
	3.14,57(45,51)	4.00,79(46,22)	4.36,80(36,01)	5.11,25(34,45)	
11	Runar Borgen	93	Bodø SK	5.11,31	539
	30,55(30,55)	1.08,28(37,73)	1.47,95(39,67)	2.27,54(39,59)	
	3.12,78(45,24)	3.59,55(46,77)	4.36,40(36,85)	5.11,31(34,91)	
12	Hans Andre Pedersen	92	Sandefjord SK	5.12,53	533
	32,16(32,16)	1.12,65(40,49)	1.51,36(38,71)	2.31,08(39,72)	
	3.17,74(46,66)	4.04,25(46,51)	4.39,80(35,55)	5.12,53(32,73)	
13	Marius Thorsø	93	Delfana	5.16,32	514
	31,35(31,35)	1.09,08(37,73)	1.49,19(40,11)	2.29,00(39,81)	
	3.15,65(46,65)	4.04,53(48,88)	4.40,14(35,61)	5.16,32(36,18)	

Senior

1	Espen Halhjem	92	BS/Delfana	4.50,15	666
	29,14(29,14)	1.05,06(35,92)	1.41,76(36,70)	2.20,67(38,91)	
	3.01,03(40,36)	3.43,54(42,51)	4.17,53(33,99)	4.50,15(32,62)	
2	Carl Andreas Wathne	91	Bærumsvømmerne	4.51,11	660
	29,07(29,07)	1.03,92(34,85)	1.42,06(38,14)	2.20,02(37,96)	
	3.02,31(42,29)	3.46,25(43,94)	4.18,85(32,60)	4.51,11(32,26)	
3	Martin Hals	91	Øvre Eiker SK	4.53,76	642
	29,80(29,80)	1.05,24(35,44)	1.43,51(38,27)	2.22,01(38,50)	
	3.03,12(41,11)	3.45,03(41,91)	4.19,85(34,82)	4.53,76(33,91)	
4	Tore Skauge Bysting	92	Lørenskog/Rælingen	4.59,80	604
	31,96(31,96)	1.09,54(37,58)	1.50,97(41,43)	2.30,42(39,45)	
	3.10,34(39,92)	3.52,01(41,67)	4.27,17(35,16)	4.59,80(32,63)	
5	Sindre Lilledahl	92	Haugesund SK	5.01,70	592
	32,08(32,08)	1.09,48(37,40)	1.49,06(39,58)	2.27,22(38,16)	
	3.11,94(44,72)	3.56,57(44,63)	4.30,22(33,65)	5.01,70(31,48)	

6	Gunnar V. Skirbekk	91	Elverum Svømming	5.01,83	592
	30,49(30,49)	1.05,34(34,85)	1.45,95(40,61)	2.25,88(39,93)	
	3.07,73(41,85)	3.52,01(44,28)	4.27,31(35,30)	5.01,83(34,52)	
7	Morten Bordervich	94	Sola SK	5.03,09	584
	31,73(31,73)	1.08,68(36,95)	1.46,05(37,37)	2.24,56(38,51)	
	3.09,98(45,42)	3.57,34(47,36)	4.30,88(33,54)	5.03,09(32,21)	
8	Andreas Mathingsdal Pedersen	92	Farsund SK	5.05,09	573
	32,49(32,49)	1.10,52(38,03)	1.51,44(40,92)	2.32,76(41,32)	
	3.15,22(42,46)	3.57,51(42,29)	4.31,61(34,10)	5.05,09(33,48)	
9	Christer M. Hagen	91	Fauske SK	5.09,37	549
	32,70(32,70)	1.09,71(37,01)	1.49,55(39,84)	2.29,36(39,81)	
	3.14,77(45,41)	3.59,96(45,19)	4.34,52(34,56)	5.09,37(34,85)	
10	Joakim I. Larsen	92	Trondheim SLK	5.11,25	540
	32,20(32,20)	1.10,25(38,05)	1.50,09(39,84)	2.29,06(38,97)	
	3.14,57(45,51)	4.00,79(46,22)	4.36,80(36,01)	5.11,25(34,45)	
11	Runar Borgen	93	Bodø SK	5.11,31	539
	30,55(30,55)	1.08,28(37,73)	1.47,95(39,67)	2.27,54(39,59)	
	3.12,78(45,24)	3.59,55(46,77)	4.36,40(36,85)	5.11,31(34,91)	
12	Hans Andre Pedersen	92	Sandefjord SK	5.12,53	533
	32,16(32,16)	1.12,65(40,49)	1.51,36(38,71)	2.31,08(39,72)	
	3.17,74(46,66)	4.04,25(46,51)	4.39,80(35,55)	5.12,53(32,73)	
13	Marius Thorsø	93	Delfana	5.16,32	514
	31,35(31,35)	1.09,08(37,73)	1.49,19(40,11)	2.29,00(39,81)	
	3.15,65(46,65)	4.04,53(48,88)	4.40,14(35,61)	5.16,32(36,18)	

Øvelse 22. 400m fri, damer - Forsøk

Senior

1	Elisabeth Jarland	85	Bærumsvømmerne	4.30,55	749
	31,31(31,31)	1.05,16(33,85)	1.39,38(34,22)	2.13,96(34,58)	
	2.48,17(34,21)	3.22,46(34,29)	3.56,82(34,36)	4.30,55(33,73)	
2	Monica Finnøy	88	BS/Bergen SLK	4.44,22	646
	32,29(32,29)	1.07,12(34,83)	1.42,78(35,66)	2.18,83(36,05)	
	2.54,96(36,13)	3.31,58(36,62)	4.08,09(36,51)	4.44,22(36,13)	

Junior

1	Cecilie W. Johannessen	90	Karmøy SK	4.24,21	805
	30,06(30,06)	1.02,04(31,98)	1.35,29(33,25)	2.10,06(34,77)	
	2.44,26(34,20)	3.18,69(34,43)	3.52,00(33,31)	4.24,21(32,21)	
2	Eva Marie W. Østerhus	94	TS/Madla SK	4.25,13	796
	30,48(30,48)	1.03,13(32,65)	1.36,36(33,23)	2.10,29(33,93)	
	2.44,22(33,93)	3.18,50(34,28)	3.52,42(33,92)	4.25,13(32,71)	
3	Elin Slaatmo	92	Hamar IL	4.26,35	786
	31,19(31,19)	1.04,55(33,36)	1.37,87(33,32)	2.11,61(33,74)	
	2.45,96(34,35)	3.20,09(34,13)	3.54,07(33,98)	4.26,35(32,28)	
4	Lise Sand Syversen	95	BS/Delfana	4.29,33	760
	31,62(31,62)	1.05,11(33,49)	1.39,46(34,35)	2.13,62(34,16)	
	2.47,83(34,21)	3.22,16(34,33)	3.56,68(34,52)	4.29,33(32,65)	
5	Ingrid N. Knutzen	91	Lambertseter SK/NTG	4.31,24	744
	31,28(31,28)	1.04,86(33,58)	1.39,24(34,38)	2.13,97(34,73)	
	2.48,82(34,85)	3.23,36(34,54)	3.57,82(34,46)	4.31,24(33,42)	
6	Karoline Pedersen	94	Bergens SLK	4.36,32	703
	31,59(31,59)	1.05,45(33,86)	1.39,86(34,41)	2.14,92(35,06)	
	2.50,45(35,53)	3.25,97(35,52)	4.01,92(35,95)	4.36,32(34,40)	
7	Pia Cornelia Braarud	93	Lambertseter SK	4.38,89	684
	31,96(31,96)	1.06,63(34,67)	1.42,04(35,41)	2.17,41(35,37)	
	2.53,00(35,59)	3.29,30(36,30)	4.05,15(35,85)	4.38,89(33,74)	
8	Victoria Rung	92	TS/Frisinn	4.40,61	672
	31,80(31,80)	1.06,23(34,43)	1.41,15(34,92)	2.16,47(35,32)	
	2.52,75(36,28)	3.29,21(36,46)	4.05,34(36,13)	4.40,61(35,27)	
9	Julie Torgersen Nilsen	92	Hamar IL	4.40,93	669
	32,48(32,48)	1.07,79(35,31)	1.43,68(35,89)	2.19,48(35,80)	
	2.54,68(35,20)	3.30,42(35,74)	4.05,93(35,51)	4.40,93(35,00)	

10	Susann Bjørnsen	93	Setermoen SK	4.41,11	668
	31,60(31,60)	1.06,12(34,52)	1.41,88(35,76)	2.17,75(35,87)	
	2.53,48(35,73)	3.29,95(36,47)	4.05,85(35,90)	4.41,11(35,26)	
11	Marthe Berg Sørensen	92	TS/Frisinn	4.41,47	666
	32,06(32,06)	1.07,07(35,01)	1.42,51(35,44)	2.18,45(35,94)	
	2.54,75(36,30)	3.31,09(36,34)	4.07,14(36,05)	4.41,47(34,33)	
12	Siri Anette Sønju	92	Øvre Eiker SK	4.41,56	665
	31,98(31,98)	1.06,43(34,45)	1.41,76(35,33)	2.17,83(36,07)	
	2.53,66(35,83)	3.30,02(36,36)	4.05,98(35,96)	4.41,56(35,58)	
13	Emilie Hellerud	92	Lambertseter SK/NTG	4.42,88	656
	32,26(32,26)	1.08,00(35,74)	1.43,86(35,86)	2.19,75(35,89)	
	2.55,52(35,77)	3.31,63(36,11)	4.07,49(35,86)	4.42,88(35,39)	
14	Hanne Lockertsen	94	Tromsø SK	4.43,12	654
	32,28(32,28)	1.07,40(35,12)	1.43,11(35,71)	2.19,01(35,90)	
	2.55,12(36,11)	3.31,34(36,22)	4.07,61(36,27)	4.43,12(35,51)	
15	Katrine Ekstang	92	Setermoen SK	4.45,92	635
	32,21(32,21)	1.07,97(35,76)	1.44,43(36,46)	2.21,22(36,79)	
	2.57,05(35,83)	3.34,22(37,17)	4.10,42(36,20)	4.45,92(35,50)	
16	Terese Fosby	92	Sarpsborg IL	4.46,68	630
	31,76(31,76)	1.07,41(35,65)	1.43,69(36,28)	2.20,53(36,84)	
	2.57,35(36,82)	3.34,36(37,01)	4.10,98(36,62)	4.46,68(35,70)	
17	Andrea Westbye	95	Bærumsvømmerne	4.47,37	625
	32,36(32,36)	1.07,97(35,61)	1.44,08(36,11)	2.20,48(36,40)	
	2.57,23(36,75)	3.34,40(37,17)	4.11,30(36,90)	4.47,37(36,07)	
18	Ane Nygård	95	Stavanger SC	4.48,26	620
	32,42(32,42)	1.07,85(35,43)	1.43,92(36,07)	2.20,54(36,62)	
	2.57,05(36,51)	3.34,19(37,14)	4.11,26(37,07)	4.48,26(37,00)	
19	Andrea Haugstad	92	Vestkantsvømmerne	4.48,51	618
	32,04(32,04)	1.08,02(35,98)	1.44,81(36,79)	2.21,40(36,59)	
	2.58,00(36,60)	3.35,14(37,14)	4.12,16(37,02)	4.48,51(36,35)	
20	Tina Schütz	96	Vestkantsvømmerne	4.50,88	603
	33,08(33,08)	1.08,87(35,79)	1.45,74(36,87)	2.22,76(37,02)	
	2.59,97(37,21)	3.38,03(38,06)	4.15,49(37,46)	4.50,88(35,39)	
21	Inger-Cathrine Wium	92	Øvre Eiker SK	4.51,96	596
	32,87(32,87)	1.09,34(36,47)	1.46,26(36,92)	2.24,28(38,02)	
	3.01,45(37,17)	3.39,61(38,16)	4.16,66(37,05)	4.51,96(35,30)	
22	Thea Pedersen	91	Moss SK	4.52,13	595
	32,91(32,91)	1.09,20(36,29)	1.46,14(36,94)	2.23,60(37,46)	
	3.00,94(37,34)	3.38,55(37,61)	4.15,41(36,86)	4.52,13(36,72)	
23	Elin Haugland	96	Delfana	4.52,21	595
	33,16(33,16)	1.09,72(36,56)	1.47,18(37,46)	2.24,79(37,61)	
	3.02,49(37,70)	3.40,23(37,74)	4.17,66(37,43)	4.52,21(34,55)	
24	Helene Thunes Truyen	93	Delfana	4.52,82	591
	32,79(32,79)	1.08,30(35,51)	1.44,23(35,93)	2.21,31(37,08)	
	2.58,32(37,01)	3.37,37(39,05)	4.15,64(38,27)	4.52,82(37,18)	

Funksjonshemmede

1	Sara Louise Rung	89	Madla SK	6.16,10	279	S6 110,18 %
	45,24(45,24)	1.31,92(46,68)	2.19,45(47,53)	3.06,72(47,27)		
	3.54,00(47,28)	4.42,24(48,24)	5.29,40(47,16)	6.16,10(46,70)		
2	Hanne Farestvedt	93	Åstveit SK	5.46,10	358	S14 121,33 %
	37,36(37,36)	1.20,12(42,76)	2.03,38(43,26)	2.46,98(43,60)		
	3.30,34(43,36)	4.16,15(45,81)	5.02,39(46,24)	5.46,10(43,71)		
3	Ingvill S. Hilleren	90	Vestkantsvømmerne	6.30,15	250	S7 123,05 %
	43,96(43,96)	1.31,87(47,91)	2.20,66(48,79)	3.10,04(49,38)		
	4.00,27(50,23)	4.50,70(50,43)	5.40,82(50,12)	6.30,15(49,33)		
4	Mariann Vestbøstad	84	Vestkantsvømmerne	5.53,96	334	S8 123,14 %
	40,45(40,45)	1.24,86(44,41)	2.09,84(44,98)	2.54,92(45,08)		
	3.40,10(45,18)	4.25,10(45,00)	5.10,16(45,06)	5.53,96(43,80)		
5	Linn Haugen	87	Vestkantsvømmerne	5.36,94	388	S9 127,72 %
	38,61(38,61)	1.20,04(41,43)	2.02,25(42,21)	2.45,00(42,75)		
	3.28,03(43,03)	4.11,42(43,39)	4.54,75(43,33)	5.36,94(42,19)		
6	Ingrid Djupskås	89	Asker SK	6.35,09	240	S9 149,76 %
	43,87(43,87)	1.33,71(49,84)	2.24,12(50,41)	3.14,59(50,47)		
	4.05,80(51,21)	4.56,10(50,30)	5.46,39(50,29)	6.35,09(48,70)		

Øvelse 23. 100m bryst, herrer - Forsøk

Sponsor: Nordea

Senior

1	Alexander Dale Oen	85	Vestkantsvømmerne	1.06,25	764
	30,58(30,58)	1.06,25(35,67)			
2	Alexander Mokkelbost	87	BS/Delfana	1.06,73	747
	31,37(31,37)	1.06,73(35,36)			
3	Lars Erik Dæhli	82	Hamar IL	1.07,78	713
	31,77(31,77)	1.07,78(36,01)			
4	Robin Palm	88	Sarpsborg IL	1.08,44	693
	31,64(31,64)	1.08,44(36,80)			
5	Bernt M. Seyffarth	89	Mandal SK	1.08,97	677
	31,40(31,40)	1.08,97(37,57)			

Junior

1	Sverre Næss	92	Sarpsborg IL	1.04,55	826
	30,43(30,43)	1.04,55(34,12)			
2	Erling Mjøs Brattelid	91	TS/Sola SK	1.05,89	776
	30,86(30,86)	1.05,89(35,03)			
3	Marcus Tesdal	90	BS/Åstveit	1.06,40	759
	30,90(30,90)	1.06,40(35,50)			
4	Mattis Saghaug	90	IL Varg/NTG	1.07,27	729
	30,83(30,83)	1.07,27(36,44)			
5	Sebastian Wigstrøm	91	Bærumsvømmerne	1.07,36	727
	31,55(31,55)	1.07,36(35,81)			
6	Sindre Søderlund	91	Trondheim SLK/NTG	1.07,48	723
	31,92(31,92)	1.07,48(35,56)			
7	Simen Dale	91	BS/Delfana	1.07,99	707
	32,05(32,05)	1.07,99(35,94)			
8	John Lekhmus	91	Tromsø SK	1.08,02	706
	31,54(31,54)	1.08,02(36,48)			
9	Kristoffer Meisler	90	Fauske SK	1.08,04	705
	32,02(32,02)	1.08,04(36,02)			
10	Hans Kristian Andersen	93	Florø SLK	1.09,36	665
	32,30(32,30)	1.09,36(37,06)			
11	Sondre Bryn	92	Åstveit SK	1.10,51	633
	33,23(33,23)	1.10,51(37,28)			
12	Markus Vindenes	94	Vestkantsvømmerne	1.10,55	632
	32,71(32,71)	1.10,55(37,84)			
13	Aleksander Sire	93	Modum SK	1.10,68	629
	32,76(32,76)	1.10,68(37,92)			
14	Håvard Hole	93	Delfana	1.11,68	603
	32,72(32,72)	1.11,68(38,96)			
15	Daniel Ommedal	92	Eid SK	1.12,06	593
	33,50(33,50)	1.12,06(38,56)			
16	Erik Vassøy Olsen	91	Stavanger SC	1.12,08	593
	34,44(34,44)	1.12,08(37,64)			
17	Hans Østerdal	93	Stavanger SC	1.12,46	584
	34,09(34,09)	1.12,46(38,37)			
18	Alexander Schüssler	92	Lambertseter SK	1.12,70	578
	33,82(33,82)	1.12,70(38,88)			
18	Tore Skaug Bysting	92	Lørenskog/Rælingen	1.12,70	578
	35,06(35,06)	1.12,70(37,64)			
20	Adrian A. Skogvold	91	Tverlandet IL	1.13,07	569
	33,10(33,10)	1.13,07(39,97)			
21	Matias Madssen	92	Kolbotn IL	1.13,19	566
	34,33(34,33)	1.13,19(38,86)			
22	Martin Hammer	93	Kongstensvømmerne	1.13,52	559
	34,16(34,16)	1.13,52(39,36)			
23	Andreas Mathingsdal Pedersen	92	Farsund SK	1.13,67	555
	35,27(35,27)	1.13,67(38,40)			

24	Christopher Williams 33,43(33,43)	92	Bergens SLK	1.13,89	550
25	Berend de Waal 34,36(34,36)	94	IL Norodd	1.14,90	528
26	Martin Gundersen 33,95(33,95)	93	IL Varg	1.15,41	518
	Sigurd Ravnan	91	Hamar IL	DISK	

Øvelse 24. 100m butterfly, damer - Forsøk**Sponsor: Norsk Ventilasjonsrenhold AS****Senior**

1	Ingvild Snildal 27,84(27,84)	88	Asker SK	1.00,76	863
2	Karoline Brudvik Sanderud 29,98(29,98)	89	Hamar IL	1.04,80	711
3	Ellen Magnussen 31,87(31,87)	84	Sarpsborg IL	1.09,09	587

Junior

1	Monica W. Johannessen 29,44(29,44)	90	Karmøy SK	1.02,88	779
2	Line Løvberg 30,36(30,36)	91	Lambertseter SK/NTG	1.04,19	732
3	Maria Gullvåg Aasen 29,82(29,82)	92	Kristiansand SA/NTG	1.04,55	720
4	Emilie Nyenget Løvberg 31,04(31,04)	95	Bærumsvømmerne	1.05,37	693
5	Stine Vindenes 31,68(31,68)	93	Vestkantsvømmerne	1.06,17	668
6	Karoline Eriksen 30,71(30,71)	92	Stavanger SC	1.06,62	655
7	Oona Ovesen 31,05(31,05)	92	Elverum Svømming	1.06,94	645
8	Maren Kristine Jansen 30,21(30,21)	90	TS/Randaberg	1.07,09	641
9	Julie Borgen 31,04(31,04)	91	Sarpsborg IL	1.07,23	637
10	Eirin Arnesen 30,86(30,86)	93	Bergens SC	1.07,54	628
11	Line W. Lund 32,05(32,05)	91	Moss SK	1.08,45	603
12	Jacqueline Knutsson 31,77(31,77)	93	Kongstensvømmerne	1.08,89	592
13	Siv Fiske 32,68(32,68)	92	Tromsø SK/NTG	1.08,99	589
14	Maren Gramvik 32,02(32,02)	90	Vågsbygd SLK	1.09,18	585
15	Guro Knutsen 31,79(31,79)	91	Øvre Eiker SK	1.09,20	584
16	Helene Solberg 31,15(31,15)	91	Skjetten Svømming	1.09,57	575
17	Ingse Bergh Monsen 32,47(32,47)	92	Bergens SC	1.09,64	573
18	Nora Næss 33,04(33,04)	93	Haldens SK	1.09,65	573
19	Seline Vike Holm 31,15(31,15)	92	BS/Arna	1.09,76	570
20	Helene Eikeskog Burger 30,55(30,55)	92	Kolbotn IL	1.09,93	566

21	Kristin Blyverket 32,21(32,21)	92	Oslo IL	1.09,99	564
22	Marie Reinertsen 33,06(33,06)	93	Vestkantsvømmerne	1.10,19	560
23	Cecilie Lorgen Lübbe 31,61(31,61)	90	Aalesund SLK	1.10,22	559
24	Birgitte Elise Søfteland 32,45(32,45)	94	Sarpsborg IL	1.10,78	546
25	Mette Mellbye Larsen 33,50(33,50)	95	Asker SK	1.11,23	535
26	Thea Pedersen 32,87(32,87)	91	Moss SK	1.11,32	533
27	Mina Berggren 33,10(33,10)	92	Lambertseter SK	1.12,40	510
28	Katrine Ekstang 34,03(34,03)	92	Setermoen SK	1.13,45	488
	Caroline M. Mork	93	Stavanger SC	DISK	

Funksjonshemmede

1	Hanne Farestvedt 40,43(40,43)	93	Åstveit SK	1.27,49	289	S14 125,6 %
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Øvelse 25. 200m fri, herrer - Forsøk

Sponsor: Elkonor

Senior

1	Gard Kvale 27,48(27,48)	84	Bergens SC	1.56,35	759
2	Lars Andre Tolås 27,11(27,11)	88	Bærumsvømmerne	1.56,40	758
3	Jørgen Møllerop 27,35(27,35)	88	TS/Madla SK	1.57,18	743
4	Mikkel Brudvik Sanderud 28,38(28,38)	87	Lambertseter SK	1.57,37	739
5	Elias Damman 28,29(28,29)	89	Bærumsvømmerne	1.59,82	695
6	Håkon Skårud Karlsen 28,27(28,27)	79	IL Varg	2.02,77	646
7	Magnus Klæboe Nordgård 28,89(28,89)	89	Tromsø SK	2.03,56	634
8	Magnus Bru 29,26(29,26)	87	Asker SK	2.03,58	633

Junior

1	Ole Martin Ree 27,07(27,07)	92	TS/Sola SK	1.55,25	781
2	Christer Koch Kvam 27,16(27,16)	90	Bærum/NTG	1.57,06	745
3	Mikkel Tørud Lang 27,56(27,56)	90	Ullensakersv	1.57,91	729
4	Jørn Nygård 27,17(27,17)	92	Stavanger SC	1.57,92	729
5	Bjarte Ravndal 27,89(27,89)	91	TS/Sola SK	1.58,42	720
6	Christian Thorsen 27,40(27,40)	91	Lambertseter SK	1.58,86	712
7	Kristoffer Skribeland 28,01(28,01)	91	Asker SK	1.59,37	703

8	Jonas Kirkeberg Jostad 28,15(28,15)	92	Hamar IL	2.00,59	682
	57,63(29,48)		1,27,71(30,08)	2,00,59(32,88)	
9	Martin P. Sletbakken 27,89(27,89)	92	Sortland SLK	2.00,87	677
	58,73(30,84)		1,30,03(31,30)	2,00,87(30,84)	
10	Espen Halhjem 27,27(27,27)	92	BS/Delfana	2.01,90	660 DF
	58,04(30,77)		1,29,76(31,72)	2,01,90(32,14)	
11	Oscar Slaatmo 29,43(29,43)	94	Hamar IL	2.01,90	660 DE
	1,00,34(30,91)		1,32,64(32,30)	2,01,90(29,26)	
12	Henning S. Pryde 28,91(28,91)	92	Stavanger SC	2.02,12	656
	59,95(31,04)		1,31,95(32,00)	2,02,12(30,17)	
13	Tor Hafnor 27,94(27,94)	91	Bærumsvømmerne	2.02,32	653
	59,15(31,21)		1,31,04(31,89)	2,02,32(31,28)	
14	Joachim André Jakobsen 28,24(28,24)	91	Vestkantsvømmerne	2.02,69	647
	58,82(30,58)		1,30,42(31,60)	2,02,69(32,27)	
15	Eivind Johannesen 28,28(28,28)	92	BS/Åstveit	2.03,02	642
	59,46(31,18)		1,31,62(32,16)	2,03,02(31,40)	
16	Odin Spangen Normann 29,04(29,04)	92	IL Varg	2.03,10	641
	1,00,51(31,47)		1,32,01(31,50)	2,03,10(31,09)	
17	Sander Rødje 28,26(28,26)	93	Haugesund SK	2.03,16	640
	59,91(31,65)		1,32,18(32,27)	2,03,16(30,98)	
18	Sindre Nilo 28,30(28,30)	90	Sandefjord SK/NTG	2.04,06	626
	59,62(31,32)		1,31,54(31,92)	2,04,06(32,52)	
19	Stian Werner Erichsen 28,05(28,05)	90	Bærumsvømmerne	2.04,79	615
	59,37(31,32)		1,31,90(32,53)	2,04,79(32,89)	
20	Sindre Lilledahl 28,72(28,72)	92	Haugesund SK	2.04,94	613
	1,00,79(32,07)		1,34,31(33,52)	2,04,94(30,63)	
21	Martin Berger Oterholm 29,08(29,08)	93	Kolbotn IL	2.05,27	608
	1,00,05(30,97)		1,32,59(32,54)	2,05,27(32,68)	
22	Gunnar V. Skirbekk 29,61(29,61)	91	Elverum Svømming	2.05,39	606
	1,01,34(31,73)		1,34,35(33,01)	2,05,39(31,04)	
23	David Evja 28,90(28,90)	92	Lambertseter SK	2.05,45	605
	1,00,13(31,23)		1,33,12(32,99)	2,05,45(32,33)	
24	Sigvart Evjen 28,40(28,40)	91	Vestbyen IL	2.05,71	602
	1,00,16(31,76)		1,32,68(32,52)	2,05,71(33,03)	
25	Daniel Berenett 28,31(28,31)	91	IL Varg/NTG	2.06,51	590
	59,67(31,36)		1,33,17(33,50)	2,06,51(33,34)	
26	Geir T. Kristiansen 28,65(28,65)	90	Larvik SK	2.06,75	587
	1,00,37(31,72)		1,33,28(32,91)	2,06,75(33,47)	
27	Hans Andre Pedersen 29,81(29,81)	92	Sandefjord SK	2.09,78	547
	1,03,53(33,72)		1,37,75(34,22)	2,09,78(32,03)	

Øvelse 26. 200m individuell medley, damer - Forsøk

Sponsor: Ricoh

Senior

1	Karoline Brudvik Sanderud 31,38(31,38)	89	Hamar IL	2.23,63	766
	1,09,09(37,71)		1,49,63(40,54)	2,23,63(34,00)	
2	Margrete Nyhus Ulvestad 30,60(30,60)	88	Molde SLK	2.24,05	759
	1,07,72(37,12)		1,49,47(41,75)	2,24,05(34,58)	
3	Elisabeth Jarland 31,76(31,76)	85	Bærumsvømmerne	2.24,49	752
	1,08,65(36,89)		1,50,60(41,95)	2,24,49(33,89)	
4	Sara Nordenstam 31,90(31,90)	83	Lambertseter SK	2.25,89	730
	1,10,19(38,29)		1,50,05(39,86)	2,25,89(35,84)	
5	Karolina Orleanski 33,01(33,01)	86	Bærumsvømmerne	2.30,51	665
	1,11,55(38,54)		1,55,16(43,61)	2,30,51(35,35)	
6	Ellen Magnussen 32,50(32,50)	84	Sarpsborg IL	2.35,92	598
	1,15,23(42,73)		2,00,57(45,34)	2,35,92(35,35)	

Junior

1	Trine Austrøne Olsen	90	Fauske SK	2.23,21	772
	30,96(30,96)	1.07,55(36,59)	1.48,01(40,46)	2.23,21(35,20)	
2	Sophia Broberg Skeltved	92	Tromsø SK/NTG	2.23,99	760
	31,98(31,98)	1.08,34(36,36)	1.49,02(40,68)	2.23,99(34,97)	
3	Bitte Fagermo	93	Narvik SK	2.25,86	731
	31,90(31,90)	1.09,98(38,08)	1.50,78(40,80)	2.25,86(35,08)	
4	Andrea Hestdal	94	BS/Åstveit	2.28,16	697
	32,01(32,01)	1.11,53(39,52)	1.53,27(41,74)	2.28,16(34,89)	
5	Christine M. Pedersen	93	Lambertseter SK	2.28,47	693
	31,89(31,89)	1.09,12(37,23)	1.54,58(45,46)	2.28,47(33,89)	
6	Stina Kajsa Colleou	93	Lambertseter SK	2.29,20	683
	33,68(33,68)	1.14,41(40,73)	1.54,11(39,70)	2.29,20(35,09)	
7	Nora Kathrine Guthe	91	Asker SK	2.30,14	670
	32,42(32,42)	1.09,80(37,38)	1.53,79(43,99)	2.30,14(36,35)	
8	Susann Bjørnsen	93	Setermoen SK	2.30,40	667
	32,48(32,48)	1.11,70(39,22)	1.56,93(45,23)	2.30,40(33,47)	
9	Line W. Lund	91	Moss SK	2.30,62	664
	32,48(32,48)	1.11,88(39,40)	1.57,33(45,45)	2.30,62(33,29)	
10	Oona Ovesen	92	Elverum Svømming	2.30,77	662
	31,81(31,81)	1.10,69(38,88)	1.57,31(46,62)	2.30,77(33,46)	
11	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	2.31,07	658
	32,73(32,73)	1.11,56(38,83)	1.56,68(45,12)	2.31,07(34,39)	
12	Ingalill Urrang Naustvik	95	Karmøy SK	2.31,94	647
	31,68(31,68)	1.12,04(40,36)	1.55,13(43,09)	2.31,94(36,81)	
13	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.34,48	615
	33,82(33,82)	1.15,36(41,54)	1.57,43(42,07)	2.34,48(37,05)	
14	Elisabeth Kristiansen	92	Haugesund SK	2.35,21	607
	32,05(32,05)	1.12,01(39,96)	1.59,04(47,03)	2.35,21(36,17)	
15	Benedicte Kausland	92	Vestkantsvømmerne	2.36,48	592
	34,74(34,74)	1.14,86(40,12)	1.59,96(45,10)	2.36,48(36,52)	
16	Stine Lise Stenseth	94	Øvre Eiker SK	2.36,68	590
	33,16(33,16)	1.15,23(42,07)	2.00,28(45,05)	2.36,68(36,40)	
17	Birgitte Elise Søfteland	94	Sarpsborg IL	2.36,88	587
	32,61(32,61)	1.16,00(43,39)	2.01,07(45,07)	2.36,88(35,81)	
18	Julie Torgersen Nilsen	92	Hamar IL	2.38,51	569
	34,84(34,84)	1.16,89(42,05)	2.03,95(47,06)	2.38,51(34,56)	
	Jacqueline Knutsson	93	Kongstensvømmerne	BRUTT	
	Thea Pedersen	91	Moss SK	DISK	

Øvelse 27. 50m rygg, herrer - Forsøk

Senior

1	Lars Andre Tolås	88	Bærumsvømmerne	(0,66)	28,51	697
2	Stian S. Langeland	89	Bergens SC	(0,67)	28,89	670
3	Mats Andre Fredriksen	85	Lambertseter SK	(0,75)	29,01	662
4	Martin Skramstad	89	Hamar IL	(0,59)	29,10	656
5	Jari K. Mikkelsen	88	IL Varg	(0,69)	29,51	629
6	Karl Otto Bratt	78	IL Varg	(0,73)	29,56	626
7	Steen Frenk Johansen	86	Vågsbygd SLK	(0,77)	29,76	613
8	John Hage Gaarder	89	Lørenskog/Rælingen		30,07	594

Junior

1	Sverre Næss	92	Sarpsborg IL	(0,65)	27,44	782
2	Lavrans Solli	92	Bergens SC	(0,56)	27,76	756
3	Mikael Bergene	91	Lambertseter SK	(0,62)	27,80	752
4	Alexander B. Havre	90	Mandal SK	(0,66)	28,36	709
5	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,73)	28,47	700
6	Julian Åsheim Mikkelsen	93	Ås IL		28,55	695
7	Even Vike Holm	90	BS/Arna	(0,66)	29,04	660
8	Sindre Eilertsen	90	Lambertseter SK	(0,62)	29,45	633
9	Jan Aleksander Bakke	91	Asker SK	(0,79)	29,70	617
10	Carl Andreas Wathne	91	Bærumsvømmerne	(0,64)	29,77	613
11	Erlend Tveteraas	91	TS/Madla SK	(0,58)	29,87	606
12	Alexander Schüssler	92	Lambertseter SK	(0,69)	30,09	593
13	Åsmund Karlsen	92	Eid SK	(0,73)	30,15	590
14	Øyvind L. Styrmo	93	Delfana	(0,69)	30,23	585
14	Kjetil Berg	91	Vennesla SK	(0,65)	30,23	585
16	Lars Nymoen	90	Oslo IL	(0,68)	30,26	583
17	Christian Christiansen	94	Kristiansund SLK	(0,72)	30,39	576
18	Kristoffer Brekke	91	Vestkantsvømmerne	(0,67)	30,40	575
19	Kristoffer Skribeland	91	Asker SK	(0,76)	30,41	575
20	Runar Borgen	93	Bodø SK	(0,72)	30,56	566
20	Markus Vindenes	94	Vestkantsvømmerne	(0,59)	30,56	566
22	Eirik Runningen	90	BS/Delfana	(0,57)	30,64	562
23	Per Øystein Turøy	92	Stavanger SC	(0,69)	30,66	561
24	Henry Emil Nordhagen	93	Bærumsvømmerne	(0,58)	30,76	555
25	Hans Andre Pedersen	92	Sandefjord SK	(0,63)	31,20	532
26	Aksel Øvern	93	Lambertseter SK	(0,67)	31,39	522
27	Geir T. Kristiansen	90	Larvik SK	(0,78)	31,57	514
	Mathias Sørstrand Æsøy	90	Florø SLK	(0,68)	DISK	

Øvelse 28. 50m bryst, damer - Forsøk
Sponsor: BB Elektro

Senior

1	Katharina Stiberg	88	Bjerkvik SK		32,73	853
2	Henriette Martinsen	85	Trondheim SLK		32,76	851
3	Karoline Bergene	89	Lambertseter SK		33,80	775
4	Celinn Daviknes	86	BS/Delfana		34,27	743
5	Sara Nordenstam	83	Lambertseter SK		34,28	743
6	Ina Kr. Pedersen	89	Sarpsborg IL		34,71	715
7	Hanne Chr. Seyffarth	85	Mandal SK		35,93	645
8	Monica Finnøy	88	BS/Bergen SLK		36,48	616
9	Ine Charlotte Hagen	89	Lørenskog/Rælingen		36,58	611

Junior

1	Iselin Meisler	90	Fauske SK		33,57	791
2	Siri Eva Kristiansen	93	Asker SK		33,65	785
3	Kaja Bremer	93	Bergens SLK		34,75	713
4	Ingalill Urrang Naustvik	95	Karmøy SK		34,87	706
5	Bitte Fagermo	93	Narvik SK		35,00	698
6	Stina Kajsa Colleou	93	Lambertseter SK		35,03	696
7	Stine Vindenes	93	Vestkantsvømmerne		35,04	695
8	Katrine Jensen	92	BS/Åstveit		35,51	668
9	Luna Elisabeth Sjøgaard	94	Lambertseter SK		35,96	643

10	Lene Lykke Erichsen	92	Bærumsvømmerne	36,25	628
11	Mari Singstad	91	Vestbyen IL	36,37	622
12	Stine Tveit	93	Trondheim SLK	36,51	615
13	Karina Brunstad Fet	95	Aalesund SLK	36,60	610
14	Stine Mjølhus Kristoffersen	93	TS/Frisinn	36,90	595
15	Martha Maria Songstad	94	Bergens SC	37,08	587
16	Caroline R. Helgesen	95	Aalesund SLK	37,25	579
17	Julie Horn Johnsen	92	Bergens SLK	37,31	576
18	Stine Lise Stenseth	94	Øvre Eiker SK	37,78	555
	Tonje Stæhr Petersen	93	Moss SK		DISK

Øvelse 29. 4*100m fri, herrer - Junior

Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	3.33,80	762	NJR
	Christer Koch Kvam:	25,70(25,70)	52,54(26,84)	52,54		
	Tor Hafnor:	1.18,20(25,66)	1.46,69(28,49)	54,15		
	Vegard Nyenget Løvberg:	2.12,75(26,06)	2.40,72(27,97)	54,03		
	Stian Werner Erichsen:	3.05,83(25,11)	3.33,80(27,97)	53,08		
2	Bergensv. G1 jr.	JR	Bergensvømmerne	3.36,19	737	
	Sindri T. Jakobsson:	25,49(25,49)	53,58(28,09)	53,58		
	Even Vike Holm:	1.19,24(25,66)	1.47,29(28,05)	53,71		
	Eirik Runningen:	2.13,00(25,71)	2.42,94(29,94)	55,65		
	Marcus Tesdal:	3.07,91(24,97)	3.36,19(28,28)	53,25		
3	Lambertseter SK G1 jr.	JR	Lambertseter SK	3.36,50	733	
	Mikael Bergene:	25,94(25,94)	53,79(27,85)	53,79		
	Christian Thorsen:	1.18,78(24,99)	1.46,71(27,93)	52,92		
	Sindre Eilertsen:	2.12,94(26,23)	2.42,30(29,36)	55,59		
	David Evja:	3.07,61(25,31)	3.36,50(28,89)	54,20		
4	Team Stavanger G1 jr.	JR	Team Stavanger	3.39,46	704	
	Bjarte Ravndal:	25,95(25,95)	53,45(27,50)	53,45		
	Ole Martin Ree:	1.19,08(25,63)	1.46,39(27,31)	52,94		
	Erling Mjøs Brattelid:	2.13,03(26,64)	2.41,72(28,69)	55,33		
	Erlend Tveteraas:	3.09,01(27,29)	3.39,46(30,45)	57,74		
5	Stavanger SC G1 jr.	JR	Stavanger SC	3.44,31	659	
	Jørn Nygård:	27,06(27,06)	56,08(29,02)	56,08		
	Henning S. Pryde:	1.23,52(27,44)	1.52,94(29,42)	56,86		
	Per Øystein Turøy:	2.19,98(27,04)	2.48,77(28,79)	55,83		
	Hans Østerdal:	3.15,29(26,52)	3.44,31(29,02)	55,54		
6	Bergensv. G2 jr.	JR	Bergensvømmerne	3.44,54	657	
	Espen Halhjem:	26,32(26,32)	55,90(29,58)	55,90		
	Eivind Johannesen:	1.22,44(26,54)	1.51,74(29,30)	55,84		
	Simen Dale:	2.18,47(26,73)	2.48,79(30,32)	57,05		
	Sebastian Stordal:	3.15,48(26,69)	3.44,54(29,06)	55,75		
7	IL Varg G1 jr.	JR	IL Varg	3.49,98	612	
	Martin Gundersen:	27,87(27,87)	58,77(30,90)	58,77		
	Daniel Berenett:	1.25,23(26,46)	1.54,97(29,74)	56,20		
	Jan-Tore Jessen Eikrem:	2.22,03(27,06)	2.52,90(30,87)	57,93		
	Odin Spangen Normann:	3.20,19(27,29)	3.49,98(29,79)	57,08		
8	Bærumsv G2 jr.	JR	Bærumsvømmerne	3.50,22	610	
	Carl Andreas Wathne:	27,14(27,14)	57,31(30,17)	57,31		
	Sebastian Wigstrøm:	1.24,12(26,81)	1.53,76(29,64)	56,45		
	Henry Emil Nordhagen:	2.20,62(26,86)	2.50,60(29,98)	56,84		
	Andreas Linnerud:	3.18,55(27,95)	3.50,22(31,67)	59,62		
9	Kolbotn IL G1 jr.	JR	Kolbotn IL	3.51,43	600	
	Johan Parker Nygård:	27,69(27,69)	57,88(30,19)	57,88		
	Matias Madssen:	1.24,60(26,72)	1.54,78(30,18)	56,90		
	Erik Tobias Sollesnes:	2.23,79(29,01)	2.54,53(30,74)	59,75		
	Martin Berger Oterholm:	3.21,21(26,68)	3.51,43(30,22)	56,90		
10	Åstveit SK G1 jr.	JR	Åstveit SK	3.54,23	579	
	Jonas Jensen:	27,94(27,94)	58,63(30,69)	58,63		
	Sondre Bryn:	1.27,09(28,46)	1.57,59(30,50)	58,96		
	Markus Lie:	2.25,80(28,21)	2.57,39(31,59)	59,80		
	Erlend Ulveseter:	3.24,31(26,92)	3.54,23(29,92)	56,84		

11	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	3.54,42	578
	Joachim André Jakobsen:	26,64(26,64)	55,29(28,65)	55,29	
	Markus Vindenes:	1.22,76(27,47)	1.52,76(30,00)	57,47	
	Kristoffer Brekke:	2.20,52(27,76)	2.50,97(30,45)	58,21	
	Kristian Blummenfelt:	3.21,20(30,23)	3.54,42(33,22)	1.03,45	
12	Delfana G1 jr.	JR	Delfana	3.57,16	558
	Håvard Hole:	27,70(27,70)	57,75(30,05)	57,75	
	Marius Thorsø:	1.25,22(27,47)	1.56,03(30,81)	58,28	
	Øyvind L. Styrmo:	2.24,10(28,07)	2.55,39(31,29)	59,36	
	Henrik Søfteland:	3.24,89(29,50)	3.57,16(32,27)	1.01,77	
13	Oslo IL G1 jr.	JR	Oslo IL	3.57,33	557
	Lars Nymoen:	27,98(27,98)	58,45(30,47)	58,45	
	Zakarias Nouri:	1.26,86(28,41)	1.58,74(31,88)	1.00,29	
	Henning Kaland:	2.26,75(28,01)	2.58,98(32,23)	1.00,24	
	Jon Erik Sønning:	3.26,64(27,66)	3.57,33(30,69)	58,35	
14	Larvik SK G1 jr.	JR	Larvik SK	3.57,35	557
	Geir T. Kristiansen:	27,50(27,50)	57,38(29,88)	57,38	
	Jørgen Aagaard-Nilsen Wiik:	1.24,67(27,29)	1.54,71(30,04)	57,33	
	Peder T. Haagensli:	2.24,09(29,38)	2.56,69(32,60)	1.01,98	
	Martin Schau:	3.25,03(28,34)	3.57,35(32,32)	1.00,66	
15	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	3.57,71	554
	Kjetil Flatland:	28,66(28,66)	59,62(30,96)	59,62	
	Jarl André Bergsvenkerud:	1.27,76(28,14)	1.58,53(30,77)	58,91	
	Vebjørn Lindhjem:	2.27,76(29,23)	2.58,93(31,17)	1.00,40	
	Tore Skauge Bysting:	3.26,71(27,78)	3.57,71(31,00)	58,78	
16	Vestbyen IL G1 jr.	JR	Vestbyen IL	3.58,14	551
	Sigvart Evjen:	27,63(27,63)	58,26(30,63)	58,26	
	Christopher Wolf:	1.27,31(29,05)	2.00,26(32,95)	1.02,00	
	Gunnar Evjen:	2.29,16(28,90)	3.00,39(31,23)	1.00,13	
	Per Alexander Fladvad:	3.27,30(26,91)	3.58,14(30,84)	57,75	
17	Elverum IL G1 jr.	JR	Elverum Svømming	3.59,49	542
	Ingvar V. Skirbekk:	28,18(28,18)	59,10(30,92)	59,10	
	Eirik B. Lund:	1.26,60(27,50)	1.58,27(31,67)	59,17	
	Gunnar V. Skirbekk:	2.25,03(26,76)	2.55,47(30,44)	57,20	
	Martin B. Lund:	3.25,24(29,77)	3.59,49(34,25)	1.04,02	
18	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	4.08,39	486
	Håkon Brennhagen:	28,55(28,55)	59,99(31,44)	59,99	
	Ole Nævdal:	1.27,96(27,97)	1.59,87(31,91)	59,88	
	Jørgen Gundersen:	2.29,81(29,94)	3.02,40(32,59)	1.02,53	
	Håkon Johannessen:	3.33,56(31,16)	4.08,39(34,83)	1.05,99	
19	Ski SK G1 jr.	JR	Ski SK	4.15,73	445
	Einar Norum:	28,88(28,88)	1.01,37(32,49)	1.01,37	
	Kristian Bjelbøle Bakken:	1.31,75(30,38)	2.05,15(33,40)	1.03,78	
	Sven Peder Oseth:	2.35,08(29,93)	3.08,86(33,78)	1.03,71	
	Anders Struksnæs Sand:	3.39,91(31,05)	4.15,73(35,82)	1.06,87	

Øvelse 30. 4*200m fri, damer - Junior

Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	8.36,89	790	NJR
	Emilie Hellerud:	30,34(30,34)	1.03,03(32,69)	2.10,15		
		1.36,87(33,84)	2.10,15(33,28)			
		2.39,83(29,68)	3.13,12(33,29)			
	Pia Cornelia Braarud:	3.46,64(33,52)	4.19,82(33,18)	2.09,67		
		4.49,28(29,46)	5.21,97(32,69)			
	Elisabeth H. Svensson:	5.55,32(33,35)	6.28,17(32,85)	2.08,35		
		6.57,91(29,74)	7.30,50(32,59)			
	Ingrid N. Knutzen:	8.03,90(33,40)	8.36,89(32,99)	2.08,72		
2	Team Stavanger J1 jr.	JR	Team Stavanger	8.47,57	743	
	Eva Marie W. Østerhus:	30,24(30,24)	1.02,62(32,38)	2.08,35		
		1.35,81(33,19)	2.08,35(32,54)			
		2.39,39(31,04)	3.13,35(33,96)			
	Marthe Berg Sørensen:	3.48,95(35,60)	4.24,13(35,18)	2.15,78		
		4.53,59(29,46)	5.27,56(33,97)			
	Trine Hovda:	6.02,95(35,39)	6.37,74(34,79)	2.13,61		
		7.07,50(29,76)	7.40,33(32,83)			
	Victoria Rung:	8.13,90(33,57)	8.47,57(33,67)	2.09,83		

3	Lambertseter SK J2 jr.	JR	Lambertseter SK	8.55,22	711
		31,18(31,18)	1.04,33(33,15)		
	Christine M. Pedersen:	1.38,35(34,02)	2.11,06(32,71)	2.11,06	
		2.41,50(30,44)	3.15,48(33,98)		
	Line Løvberg:	3.50,23(34,75)	4.24,34(34,11)	2.13,28	
		4.54,00(29,66)	5.28,82(34,82)		
	Emma Isdahl:	6.04,65(35,83)	6.38,27(33,62)	2.13,93	
		7.08,69(30,42)	7.42,85(34,16)		
	Julie Rønningsen:	8.19,60(36,75)	8.55,22(35,62)	2.16,95	
4	Bergensv. J1 jr.	JR	Bergensvømmerne	8.59,99	693
		31,18(31,18)	1.05,03(33,85)		
	Andrea Hestdal:	1.39,77(34,74)	2.14,27(34,50)	2.14,27	
		2.44,22(29,95)	3.19,13(34,91)		
	Seline Vike Holm:	3.55,08(35,95)	4.30,46(35,38)	2.16,19	
		5.01,56(31,10)	5.36,26(34,70)		
	Hanne Søfteland:	6.12,75(36,49)	6.48,84(36,09)	2.18,38	
		7.19,08(30,24)	7.52,65(33,57)		
	Lise Sand Syversen:	8.27,30(34,65)	8.59,99(32,69)	2.11,15	
5	Bergens SLK J1 jr.	JR	Bergens SLK	9.04,62	675
		30,68(30,68)	1.03,73(33,05)		
	Karoline Pedersen:	1.38,96(35,23)	2.13,57(34,61)	2.13,57	
		2.45,44(31,87)	3.22,59(37,15)		
	Kaja Bremer:	3.59,70(37,11)	4.35,36(35,66)	2.21,79	
		5.04,34(28,98)	5.36,83(32,49)		
	Aslaug Marie Hjelmaas:	6.11,56(34,73)	6.46,40(34,84)	2.11,04	
		7.16,74(30,34)	7.51,59(34,85)		
	Martine Bremer:	8.28,06(36,47)	9.04,62(36,56)	2.18,22	
6	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	9.10,99	652
		31,33(31,33)	1.05,81(34,48)		
	Stine Lise Stenseth:	1.41,77(35,96)	2.16,52(34,75)	2.16,52	
		2.48,55(32,03)	3.23,37(34,82)		
	Inger-Cathrine Wium:	3.59,81(36,44)	4.36,08(36,27)	2.19,56	
		5.08,13(32,05)	5.43,51(35,38)		
	Guro Knutsen:	6.19,94(36,43)	6.55,90(35,96)	2.19,82	
		7.25,74(29,84)	7.59,59(33,85)		
	Siri Anette Sønju:	8.35,02(35,43)	9.10,99(35,97)	2.15,09	
7	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	9.16,16	634
		31,23(31,23)	1.05,76(34,53)		
	Andrea Haugstad:	1.41,98(36,22)	2.16,82(34,84)	2.16,82	
		2.49,30(32,48)	3.25,84(36,54)		
	Benedicte Kausland:	4.02,62(36,78)	4.38,63(36,01)	2.21,81	
		5.10,28(31,65)	5.44,73(34,45)		
	Stine Vindenes:	6.19,67(34,94)	6.54,63(34,96)	2.16,00	
		7.25,81(31,18)	8.01,97(36,16)		
	Marie Reinertsen:	8.39,31(37,34)	9.16,16(36,85)	2.21,53	
8	Stavanger SC J1 jr.	JR	Stavanger SC	9.19,96	621
		32,39(32,39)	1.06,08(33,69)		
	Nicole T. Næsheim:	1.41,35(35,27)	2.16,15(34,80)	2.16,15	
		2.47,32(31,17)	3.22,06(34,74)		
	Hege Harestad:	3.58,65(36,59)	4.35,12(36,47)	2.18,97	
		5.07,12(32,00)	5.44,98(37,86)		
	Karoline Eriksen:	6.23,29(38,31)	6.57,62(34,33)	2.22,50	
		7.28,38(30,76)	8.04,70(36,32)		
	Ane Nygård:	8.42,68(37,98)	9.19,96(37,28)	2.22,34	
9	Bergens SC J1 jr.	JR	Bergens SC	9.21,56	616
		32,33(32,33)	1.06,80(34,47)		
	Ingse Bergh Monsen:	1.41,36(34,56)	2.15,52(34,16)	2.15,52	
		2.47,08(31,56)	3.22,26(35,18)		
	Hedvig Hjertaker:	3.58,53(36,27)	4.34,39(35,86)	2.18,87	
		5.06,31(31,92)	5.42,42(36,11)		
	Eirin Arnesen:	6.19,40(36,98)	6.56,77(37,37)	2.22,38	
		7.28,59(31,82)	8.06,48(37,89)		
	Eli Kristin Ølmheim:	8.44,55(38,07)	9.21,56(37,01)	2.24,79	
10	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	9.23,52	609
		32,99(32,99)	1.08,79(35,80)		
	Sara N. Gjelsvik:	1.46,05(37,26)	2.22,36(36,31)	2.22,36	
		2.54,58(32,22)	3.30,72(36,14)		
	Tina Schütz:	4.07,65(36,93)	4.44,29(36,64)	2.21,93	
		5.14,68(30,39)	5.51,22(36,54)		
	Marie Øverland:	6.28,15(36,93)	7.03,53(35,38)	2.19,24	
		7.35,29(31,76)	8.10,85(35,56)		
	Juni Rugland:	8.47,52(36,67)	9.23,52(36,00)	2.19,99	

11	Aalesunds SLK J1 jr.	JR	Aalesund SLK	9.31,01	586
			33,04(33,04)		
	Cecilie Lorgen Lübbe:		1.46,17(37,08)	2.23,56	
			2.55,19(31,63)		
	Caroline R. Helgesen:		4.11,41(38,88)	2.25,64	
			5.21,90(32,70)		
	Natalie Lorgen Lübbe:		6.36,53(38,30)	2.25,92	
			7.43,88(28,76)		
	Veronica Orheim Bjørlykke:		8.54,37(36,76)	2.15,89	
12	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	9.31,70	584
			32,88(32,88)		
	Helene Solberg:		1.44,52(36,03)	2.20,50	
			2.52,44(31,94)		
	Marie Svensson:		4.06,70(37,35)	2.22,89	
			5.15,36(31,97)		
	Christiane Sandbye:		6.26,83(36,43)	2.20,34	
			7.36,75(33,02)		
	Susanne Fornasari:		8.53,79(39,00)	2.27,97	
13	Asker SK J1 jr.	JR	Asker SK	9.37,06	567
			31,51(31,51)		
	Helene Nordmark Skuterud:		1.44,47(37,22)	2.22,75	
			2.55,72(32,97)		
	Marte K. Bolstad:		4.09,96(37,47)	2.25,00	
			5.22,17(34,42)		
	Mette Mellbye Larsen:		6.38,61(38,76)	2.28,98	
			7.47,93(31,20)		
	Nora Kathrine Guthe:		9.00,20(37,29)	2.20,33	
14	Skjetten Svømming J2 jr.	JR	Skjetten Svømming	9.53,92	520
			33,44(33,44)		
	Christina Dahl:		1.51,08(39,60)	2.30,36	
			3.05,21(34,85)		
	Pernille Mørch:		4.22,32(38,83)	2.29,50	
			5.33,78(33,92)		
	Mischa van der Linden:		6.51,89(39,32)		
			8.03,05(1.11,16)		
	Iselin Mjøllner Dahlen:		9.16,72(37,66)		
15	Setermoen SK J1 jr.	JR	Setermoen SK	9.56,26	514
			31,78(31,78)		
	Susann Bjørnsen:		1.43,88(35,84)	2.18,71	
			2.55,85(37,14)		
	Maren Anne Lundberg:		4.25,25(45,81)	2.49,91	
			5.40,98(32,36)		
	Katrine Ekstang:		6.54,58(37,00)	2.21,61	
			8.03,92(33,69)		
	Maren E.J. Bakke:		9.19,37(38,37)	2.26,03	
16	Oslo IL J1 jr.	JR	Oslo IL	10.05,14	492
			33,88(33,88)		
	Nora Matheson:		1.53,67(40,47)	2.32,73	
			3.05,72(32,99)		
	Oda Almgren Lind:		4.22,54(39,75)	2.28,60	
			5.35,71(34,38)		
	Gry Bernakiewicz:		6.53,09(39,05)	2.29,41	
			8.05,33(34,59)		
	Gesine Laake:		9.24,32(40,18)	2.34,40	
17	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	10.10,30	480
			32,41(32,41)		
	Jeanette Erlandsen:		1.46,54(37,67)	2.22,71	
			2.58,13(35,42)		
	Ida Arnøy:		4.20,99(41,86)	2.39,35	
			5.37,83(35,77)		
	Rebecca Holt Clasen:		7.04,67(44,67)	2.47,54	
			8.21,97(32,37)		
	Elina Øverås:		9.34,32(36,09)	2.20,70	
18	Ski SK J1 jr.	JR	Ski SK	10.17,14	464
			31,57(31,57)		
	Camilla W. Kristiansen:		1.43,91(36,42)	2.18,94	
			2.55,04(36,10)		
	Gina Struksnæs Sand:		4.16,43(41,27)	2.36,83	
			5.31,37(35,60)		
	Eline Mathilde Swensen:		6.54,92(42,13)	2.41,78	
			8.11,60(34,05)		
	Tone Garby:		9.35,54(43,42)	2.39,59	

Moss SK J1 jr.	JR	Moss SK		DISK
	31,62(31,62)	1.06,28(34,66)		
Marte Elise Brinchmann:	1.42,45(36,17)	2.18,81(36,36)	2.18,81	
	2.48,22(29,41)	3.21,02(32,80)		
Line W. Lund:	3.55,62(34,60)	4.29,70(34,08)	2.10,89	
	5.01,80(32,10)	5.39,31(37,51)		
Tonje Stæhr Petersen:	6.18,52(39,21)	6.54,88(36,36)	2.25,18	
Thea Pedersen:				
Bærumsv J1 jr.	JR	Bærumsvømmerne		DISK
	31,85(31,85)	1.07,04(35,19)		
Emilie Nyenget Løvberg:	1.42,10(35,06)	2.16,34(34,24)	2.16,34	
	2.47,50(31,16)	3.21,66(34,16)		
Andrea Westbye:	3.56,31(34,65)	4.30,35(34,04)	2.14,01	
Maria Bølgen:				
Lene Lykke Erichsen:				

Mandag 13. juli 2009 kl 17.00**Øvelse 21. 400m individuell medley, herrer - Direkte finale****Sponsor: SSK Distribusjon****Junior**

1	Sindri T. Jakobsson	91	BS/Delfana	4.34,92	783
	27,12(27,12)	1.00,05(32,93)	1.36,17(36,12)	2.12,86(36,69)	
	2.51,48(38,62)	3.31,58(40,10)	4.03,83(32,25)	4.34,92(31,09)	
2	Sebastian Wigstrøm	91	Bærumsvømmerne	4.41,78	727
	29,69(29,69)	1.04,34(34,65)	1.42,40(38,06)	2.19,71(37,31)	
	2.55,17(35,46)	3.33,16(37,99)	4.07,62(34,46)	4.41,78(34,16)	
3	Kristoffer Meisler	90	Fauske SK	4.46,53	692
	29,71(29,71)	1.04,53(34,82)	1.42,42(37,89)	2.20,30(37,88)	
	2.59,38(39,08)	3.39,86(40,48)	4.14,96(35,10)	4.46,53(31,57)	
4	Christian Thorsen	91	Lambertseter SK	4.48,69	676
	29,52(29,52)	1.04,23(34,71)	1.42,30(38,07)	2.20,29(37,99)	
	3.01,29(41,00)	3.43,19(41,90)	4.16,84(33,65)	4.48,69(31,85)	
5	Espen Halhjem	92	BS/Delfana	4.50,15	666
	29,14(29,14)	1.05,06(35,92)	1.41,76(36,70)	2.20,67(38,91)	
	3.01,03(40,36)	3.43,54(42,51)	4.17,53(33,99)	4.50,15(32,62)	
6	Carl Andreas Wathne	91	Bærumsvømmerne	4.51,11	660
	29,07(29,07)	1.03,92(34,85)	1.42,06(38,14)	2.20,02(37,96)	
	3.02,31(42,29)	3.46,25(43,94)	4.18,85(32,60)	4.51,11(32,26)	
7	Sebastian Stordal	91	BS/Delfana	4.51,39	658
	29,14(29,14)	1.02,10(32,96)	1.39,55(37,45)	2.16,85(37,30)	
	3.00,07(43,22)	3.43,32(43,25)	4.18,03(34,71)	4.51,39(33,36)	
8	Martin Hals	91	Øvre Eiker SK	4.53,76	642
	29,80(29,80)	1.05,24(35,44)	1.43,51(38,27)	2.22,01(38,50)	
	3.03,12(41,11)	3.45,03(41,91)	4.19,85(34,82)	4.53,76(33,91)	
9	Tore Skauge Bysting	92	Lørenskog/Rælingen	4.59,80	604
	31,96(31,96)	1.09,54(37,58)	1.50,97(41,43)	2.30,42(39,45)	
	3.10,34(39,92)	3.52,01(41,67)	4.27,17(35,16)	4.59,80(32,63)	
10	Sindre Lilledahl	92	Haugesund SK	5.01,70	592
	32,08(32,08)	1.09,48(37,40)	1.49,06(39,58)	2.27,22(38,16)	
	3.11,94(44,72)	3.56,57(44,63)	4.30,22(33,65)	5.01,70(31,48)	
11	Gunnar V. Skirbekk	91	Elverum Svømming	5.01,83	592
	30,49(30,49)	1.05,34(34,85)	1.45,95(40,61)	2.25,88(39,93)	
	3.07,73(41,85)	3.52,01(44,28)	4.27,31(35,30)	5.01,83(34,52)	
12	Morten Bordervich	94	Sola SK	5.03,09	584
	31,73(31,73)	1.08,68(36,95)	1.46,05(37,37)	2.24,56(38,51)	
	3.09,98(45,42)	3.57,34(47,36)	4.30,88(33,54)	5.03,09(32,21)	
13	Andreas Mathingsdal Pedersen	92	Farsund SK	5.05,09	573
	32,49(32,49)	1.10,52(38,03)	1.51,44(40,92)	2.32,76(41,32)	
	3.15,22(42,46)	3.57,51(42,29)	4.31,61(34,10)	5.05,09(33,48)	
14	Christer M. Hagen	91	Fauske SK	5.09,37	549
	32,70(32,70)	1.09,71(37,01)	1.49,55(39,84)	2.29,36(39,81)	
	3.14,77(45,41)	3.59,96(45,19)	4.34,52(34,56)	5.09,37(34,85)	
15	Joakim I. Larsen	92	Trondheim SLK	5.11,25	540
	32,20(32,20)	1.10,25(38,05)	1.50,09(39,84)	2.29,06(38,97)	
	3.14,57(45,51)	4.00,79(46,22)	4.36,80(36,01)	5.11,25(34,45)	
16	Runar Borgen	93	Bodø SK	5.11,31	539
	30,55(30,55)	1.08,28(37,73)	1.47,95(39,67)	2.27,54(39,59)	
	3.12,78(45,24)	3.59,55(46,77)	4.36,40(36,85)	5.11,31(34,91)	
17	Hans Andre Pedersen	92	Sandefjord SK	5.12,53	533
	32,16(32,16)	1.12,65(40,49)	1.51,36(38,71)	2.31,08(39,72)	
	3.17,74(46,66)	4.04,25(46,51)	4.39,80(35,55)	5.12,53(32,73)	
18	Marius Thorsø	93	Delfana	5.16,32	514
	31,35(31,35)	1.09,08(37,73)	1.49,19(40,11)	2.29,00(39,81)	
	3.15,65(46,65)	4.04,53(48,88)	4.40,14(35,61)	5.16,32(36,18)	
	Sindre Nilo	90	Sandefjord SK/NTG	BRUTT	

Senior

1	Eirik Ravnan	89	Hamar IL	4.31,91	810
	27,75(27,75)	1.00,46(32,71)	1.36,16(35,70)	2.11,16(35,00)	
	2.49,99(38,83)	3.29,75(39,76)	4.01,20(31,45)	4.31,91(30,71)	
2	Sindri T. Jakobsson	91	BS/Delfana	4.34,92	783
	27,12(27,12)	1.00,05(32,93)	1.36,17(36,12)	2.12,86(36,69)	
	2.51,48(38,62)	3.31,58(40,10)	4.03,83(32,25)	4.34,92(31,09)	
3	Alexander Broberg Skeltved	87	Vestkantsvømmerne	4.37,72	760
	27,70(27,70)	1.00,22(32,52)	1.36,23(36,01)	2.12,77(36,54)	
	2.52,01(39,24)	3.32,30(40,29)	4.05,13(32,83)	4.37,72(32,59)	
4	Sebastian Wigstrøm	91	Bærumsvømmerne	4.41,78	727
	29,69(29,69)	1.04,34(34,65)	1.42,40(38,06)	2.19,71(37,31)	
	2.55,17(35,46)	3.33,16(37,99)	4.07,62(34,46)	4.41,78(34,16)	
5	Kristoffer Meisler	90	Fauske SK	4.46,53	692
	29,71(29,71)	1.04,53(34,82)	1.42,42(37,89)	2.20,30(37,88)	
	2.59,38(39,08)	3.39,86(40,48)	4.14,96(35,10)	4.46,53(31,57)	
6	Christian Thorsen	91	Lambertseter SK	4.48,69	676
	29,52(29,52)	1.04,23(34,71)	1.42,30(38,07)	2.20,29(37,99)	
	3.01,29(41,00)	3.43,19(41,90)	4.16,84(33,65)	4.48,69(31,85)	
7	Espen Halhjem	92	BS/Delfana	4.50,15	666
	29,14(29,14)	1.05,06(35,92)	1.41,76(36,70)	2.20,67(38,91)	
	3.01,03(40,36)	3.43,54(42,51)	4.17,53(33,99)	4.50,15(32,62)	
8	Carl Andreas Wathne	91	Bærumsvømmerne	4.51,11	660
	29,07(29,07)	1.03,92(34,85)	1.42,06(38,14)	2.20,02(37,96)	
	3.02,31(42,29)	3.46,25(43,94)	4.18,85(32,60)	4.51,11(32,26)	
9	Sebastian Stordal	91	BS/Delfana	4.51,39	658
	29,14(29,14)	1.02,10(32,96)	1.39,55(37,45)	2.16,85(37,30)	
	3.00,07(43,22)	3.43,32(43,25)	4.18,03(34,71)	4.51,39(33,36)	
10	Martin Hals	91	Øvre Eiker SK	4.53,76	642
	29,80(29,80)	1.05,24(35,44)	1.43,51(38,27)	2.22,01(38,50)	
	3.03,12(41,11)	3.45,03(41,91)	4.19,85(34,82)	4.53,76(33,91)	
11	Tore Skauge Bysting	92	Lørenskog/Rælingen	4.59,80	604
	31,96(31,96)	1.09,54(37,58)	1.50,97(41,43)	2.30,42(39,45)	
	3.10,34(39,92)	3.52,01(41,67)	4.27,17(35,16)	4.59,80(32,63)	
12	Sindre Lilledahl	92	Haugesund SK	5.01,70	592
	32,08(32,08)	1.09,48(37,40)	1.49,06(39,58)	2.27,22(38,16)	
	3.11,94(44,72)	3.56,57(44,63)	4.30,22(33,65)	5.01,70(31,48)	
13	Gunnar V. Skirbekk	91	Elverum Svømming	5.01,83	592
	30,49(30,49)	1.05,34(34,85)	1.45,95(40,61)	2.25,88(39,93)	
	3.07,73(41,85)	3.52,01(44,28)	4.27,31(35,30)	5.01,83(34,52)	
14	Morten Bordervich	94	Sola SK	5.03,09	584
	31,73(31,73)	1.08,68(36,95)	1.46,05(37,37)	2.24,56(38,51)	
	3.09,98(45,42)	3.57,34(47,36)	4.30,88(33,54)	5.03,09(32,21)	
15	Andreas Mathingsdal Pedersen	92	Farsund SK	5.05,09	573
	32,49(32,49)	1.10,52(38,03)	1.51,44(40,92)	2.32,76(41,32)	
	3.15,22(42,46)	3.57,51(42,29)	4.31,61(34,10)	5.05,09(33,48)	
16	Christer M. Hagen	91	Fauske SK	5.09,37	549
	32,70(32,70)	1.09,71(37,01)	1.49,55(39,84)	2.29,36(39,81)	
	3.14,77(45,41)	3.59,96(45,19)	4.34,52(34,56)	5.09,37(34,85)	
17	Joakim I. Larsen	92	Trondheim SLK	5.11,25	540
	32,20(32,20)	1.10,25(38,05)	1.50,09(39,84)	2.29,06(38,97)	
	3.14,57(45,51)	4.00,79(46,22)	4.36,80(36,01)	5.11,25(34,45)	
18	Runar Borgen	93	Bodø SK	5.11,31	539
	30,55(30,55)	1.08,28(37,73)	1.47,95(39,67)	2.27,54(39,59)	
	3.12,78(45,24)	3.59,55(46,77)	4.36,40(36,85)	5.11,31(34,91)	
19	Hans Andre Pedersen	92	Sandefjord SK	5.12,53	533
	32,16(32,16)	1.12,65(40,49)	1.51,36(38,71)	2.31,08(39,72)	
	3.17,74(46,66)	4.04,25(46,51)	4.39,80(35,55)	5.12,53(32,73)	
20	Marius Thorsø	93	Delfana	5.16,32	514
	31,35(31,35)	1.09,08(37,73)	1.49,19(40,11)	2.29,00(39,81)	
	3.15,65(46,65)	4.04,53(48,88)	4.40,14(35,61)	5.16,32(36,18)	
	Sindre Nilo	90	Sandefjord SK/NTG	BRUTT	

Øvelse 22. 400m fri, damer - Finale

Senior

1	Cecilie W. Johannessen	90	Karmøy SK	4.20,44	840
	29,66(29,66)	1.01,59(31,93)	1.34,33(32,74)	2.07,97(33,64)	
	2.40,95(32,98)	3.14,81(33,86)	3.48,42(33,61)	4.20,44(32,02)	
2	Elin Slaatmo	92	Hamar IL	4.23,04	816
	30,62(30,62)	1.03,05(32,43)	1.36,25(33,20)	2.09,72(33,47)	
	2.43,58(33,86)	3.17,53(33,95)	3.51,60(34,07)	4.23,04(31,44)	
3	Lise Sand Syversen	95	BS/Delfana	4.24,31	804
	31,24(31,24)	1.04,45(33,21)	1.38,33(33,88)	2.11,92(33,59)	
	2.45,70(33,78)	3.19,33(33,63)	3.53,02(33,69)	4.24,31(31,29)	
4	Elisabeth Jarland	85	Bærumsvømmerne	4.24,39	803
	31,09(31,09)	1.04,32(33,23)	1.37,79(33,47)	2.11,38(33,59)	
	2.44,71(33,33)	3.18,20(33,49)	3.51,79(33,59)	4.24,39(32,60)	
5	Ingrid N. Knutzen	91	Lambertseter SK/NTG	4.32,13	737
	31,48(31,48)	1.05,50(34,02)	1.39,62(34,12)	2.14,20(34,58)	
	2.48,69(34,49)	3.23,25(34,56)	3.58,23(34,98)	4.32,13(33,90)	
6	Eva Marie W. Østerhus	94	TS/Madla SK	4.33,16	728
	30,43(30,43)	1.04,18(33,75)	1.38,58(34,40)	2.13,79(35,21)	
	2.49,09(35,30)	3.24,24(35,15)	3.58,77(34,53)	4.33,16(34,39)	
7	Pia Cornelia Braarud	93	Lambertseter SK	4.37,97	691
	31,70(31,70)	1.06,05(34,35)	1.40,89(34,84)	2.16,34(35,45)	
	2.51,60(35,26)	3.27,75(36,15)	4.03,50(35,75)	4.37,97(34,47)	
8	Karoline Pedersen	94	Bergens SLK	4.38,76	685
	31,67(31,67)	1.05,66(33,99)	1.40,44(34,78)	2.15,99(35,55)	
	2.51,43(35,44)	3.27,83(36,40)	4.03,70(35,87)	4.38,76(35,06)	

Øvelse 23. 100m bryst, herrer - Finale

Sponsor: Nordea

Senior

1	Alexander Dale Oen	85	Vestkantsvømmerne	1.00,45	1005
	28,15(28,15)	1.00,45(32,30)			
2	Sverre Næss	92	Sarpsborg IL	1.04,11	843
	30,03(30,03)	1.04,11(34,08)			
3	Mattis Saghaug	90	IL Varg/NTG	1.06,09	769
	31,64(31,64)	1.06,09(34,45)			
4	Erling Mjøs Brattelid	91	TS/Sola SK	1.06,10	769
	31,09(31,09)	1.06,10(35,01)			
5	Marcus Tesdal	90	BS/Åstveit	1.06,19	766
	30,79(30,79)	1.06,19(35,40)			
6	Sebastian Wigstrøm	91	Bærumsvømmerne	1.06,50	755
	31,48(31,48)	1.06,50(35,02)			
7	Alexander Mokkalbost	87	BS/Delfana	1.06,63	751
	31,00(31,00)	1.06,63(35,63)			
8	Sindre Söderlund	91	Trondheim SLK/NTG	1.07,15	733
	31,77(31,77)	1.07,15(35,38)			

Øvelse 24. 100m butterfly, damer - Finale**Sponsor: Norsk Ventilasjonsrenhold AS****Senior**

1	Ingvild Snildal	88	Asker SK	58,67	959	NR
	27,56(27,56)	58,67(31,11)				
2	Karoline Brudvik Sanderud	89	Hamar IL	1.02,70	785	
	29,70(29,70)	1.02,70(33,00)				
3	Line Løvberg	91	Lambertseter SK/NTG	1.04,29	728	
	30,26(30,26)	1.04,29(34,03)				
4	Monica W. Johannessen	90	Karmøy SK	1.04,50	721	
	29,88(29,88)	1.04,50(34,62)				
5	Emilie Nyenget Løvberg	95	Bærumsvømmerne	1.04,95	706	
	30,72(30,72)	1.04,95(34,23)				
6	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	1.05,50	689	
	30,29(30,29)	1.05,50(35,21)				
7	Stine Vindenes	93	Vestkantsvømmerne	1.06,05	672	
	31,35(31,35)	1.06,05(34,70)				
8	Karoline Eriksen	92	Stavanger SC	1.06,31	664	
	31,17(31,17)	1.06,31(35,14)				

Øvelse 25. 200m fri, herrer - Finale**Sponsor: Elkonor****Senior**

1	Gard Kvale	84	Bergens SC	1.49,74	905	
	25,85(25,85)	53,30(27,45)	1.21,67(28,37)	1.49,74(28,07)		
2	Ole Martin Ree	92	TS/Sola SK	1.54,03	806	
	27,06(27,06)	56,17(29,11)	1.25,26(29,09)	1.54,03(28,77)		
3	Jørgen Møllerop	88	TS/Madla SK	1.55,06	785	
	26,81(26,81)	55,93(29,12)	1.26,10(30,17)	1.55,06(28,96)		
4	Mikkel Brudvik Sanderud	87	Lambertseter SK	1.56,92	748	
	28,10(28,10)	58,01(29,91)	1.28,41(30,40)	1.56,92(28,51)		
5	Lars Andre Tolås	88	Bærumsvømmerne	1.58,02	727	
	26,79(26,79)	56,37(29,58)	1.27,05(30,68)	1.58,02(30,97)		
6	Christer Koch Kvam	90	Bærum/NTG	1.58,35	721	
	26,87(26,87)	55,61(28,74)	1.26,26(30,65)	1.58,35(32,09)		
7	Mikkel Tørud Lang	90	Ullensakersv	1.58,63	716	
	27,61(27,61)	57,49(29,88)	1.28,09(30,60)	1.58,63(30,54)		
8	Jørn Nygård	92	Stavanger SC	1.59,71	697	
	28,20(28,20)	58,84(30,64)	1.29,79(30,95)	1.59,71(29,92)		

Øvelse 26. 200m individuell medley, damer - Finale**Sponsor: Ricoh****Senior**

1	Sara Nordenstam	83	Lambertseter SK	2.17,11	880
	30,41(30,41)	1.06,51(36,10)	1.43,69(37,18)	2.17,11(33,42)	
2	Karoline Brudvik Sanderud	89	Hamar IL	2.19,26	840
	29,77(29,77)	1.06,46(36,69)	1.45,94(39,48)	2.19,26(33,32)	
3	Elisabeth Jarland	85	Bærumsvømmerne	2.22,17	789
	31,43(31,43)	1.07,83(36,40)	1.48,87(41,04)	2.22,17(33,30)	
4	Margrete Nyhus Ulvestad	88	Molde SLK	2.23,11	774
	30,22(30,22)	1.07,20(36,98)	1.48,84(41,64)	2.23,11(34,27)	
5	Trine Austrøne Olsen	90	Fauske SK	2.23,58	766
	30,91(30,91)	1.09,06(38,15)	1.48,86(39,80)	2.23,58(34,72)	
6	Sophia Broberg Skeltved	92	Tromsø SK/NTG	2.24,18	757
	31,16(31,16)	1.07,85(36,69)	1.49,77(41,92)	2.24,18(34,41)	
7	Andrea Hestdal	94	BS/Åstveit	2.27,49	707
	32,08(32,08)	1.11,57(39,49)	1.53,18(41,61)	2.27,49(34,31)	
8	Bitte Fagermo	93	Narvik SK	2.27,91	701
	31,94(31,94)	1.11,36(39,42)	1.52,61(41,25)	2.27,91(35,30)	

Øvelse 27. 50m rygg, herrer - Finale**Senior**

1	Sverre Næss	92	Sarpsborg IL	(0,70)	27,18	805
2	Mikael Bergene	91	Lambertseter SK	(0,61)	27,87	747
3	Lavrans Solli	92	Bergens SC	(0,59)	28,07	731
4	Lars Andre Tolås	88	Bærumsvømmerne	(0,66)	28,09	729
5	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,64)	28,31	712
6	Alexander B. Havre	90	Mandal SK	(0,69)	28,38	707
7	Julian Åsheim Mikkelsen	93	Ås IL	(0,77)	28,62	689
	Mats Andre Fredriksen	85	Lambertseter SK		DISK	

Øvelse 28. 50m bryst, damer - Finale**Sponsor: BB Elektro****Senior**

1	Katharina Stiberg	88	Bjerkvik SK	31,46	961	NR
2	Henriette Martinsen	85	Trondheim SLK	32,79	849	
3	Sara Nordenstam	83	Lambertseter SK	32,99	833	
4	Karoline Bergene	89	Lambertseter SK	33,11	824	
5	Siri Eva Kristiansen	93	Asker SK	33,51	795	
6	Celinn Daviknes	86	BS/Delfana	34,34	739	
7	Iselin Meisler	90	Fauske SK	34,71	715	
8	Ina Kr. Pedersen	89	Sarpsborg IL	35,01	697	

Funksjonshemmede

1	Sara Louise Rung	89	Madla SK	57,30	159	SB4 108,89 %
2	Marianne Mæland	86	Vågsbygd SLK	52,91	202	SB6 112,79 %
3	Cecilie Drabsch Norland	78	Stavanger Haik	45,93	308	SB8 117,23 %
4	Tonje Immerstein	89	Sandnes SLK	47,38	281	SB9 122,81 %
5	Hanne Farestvedt	93	Åstveit SK	48,09	269	SB14 130,64 %
6	Ingrid Djupskås	89	Asker SK	1.00,35	136	SB7 136,32 %

Øvelse 29. 4*100m fri, herrer - Senior

Senior

1	Bærumsv G1 sr.	SR	Bærumsvømmerne	3.28,76	818	NR
	Øystein R. Hetland:	24,63(24,63)	51,56(26,93)	51,56		
	Christer Koch Kvam:	1.16,93(25,37)	1.43,89(26,96)	52,33		
	Lars Andre Tolås:	2.09,09(25,20)	2.36,15(27,06)	52,26		
	Stian Werner Erichsen:	3.01,08(24,93)	3.28,76(27,68)	52,61		
2	Bergensv. G1 sr.	SR	Bergensvømmerne	3.30,69	796	
	Sander Smørdal:	24,57(24,57)	51,41(26,84)	51,41		
	Sindri T. Jakobsson:	1.16,13(24,72)	1.43,94(27,81)	52,53		
	Even Vike Holm:	2.09,38(25,44)	2.37,49(28,11)	53,55		
	Marcus Tesdal:	3.02,66(25,17)	3.30,69(28,03)	53,20		
3	Bergens SC G1 sr.	SR	Bergens SC	3.31,37	788	
	Karsten W. Johannessen:	25,42(25,42)	53,58(28,16)	53,58		
	Gard Kvale:	1.17,74(24,16)	1.43,65(25,91)	50,07		
	Stian S. Langeland:	2.09,15(25,50)	2.37,53(28,38)	53,88		
	Lavrans Solli:	3.03,43(25,90)	3.31,37(27,94)	53,84		
4	Team Stavanger G1 sr.	SR	Team Stavanger	3.32,10	780	
	Jørgen Møllerop:	25,34(25,34)	52,51(27,17)	52,51		
	Ole Martin Ree:	1.17,65(25,14)	1.44,87(27,22)	52,36		
	Bjarte Ravndal:	2.10,00(25,13)	2.37,45(27,45)	52,58		
	Erling Mjøs Brattelid:	3.03,74(26,29)	3.32,10(28,36)	54,65		
5	Stavanger SC G1 sr.	SR	Stavanger SC	3.33,17	768	
	Thomas Ole Fadnes:	24,01(24,01)	51,19(27,18)	51,19		
	Jørn Nygård:	1.16,56(25,37)	1.44,19(27,63)	53,00		
	Per Øystein Turøy:	2.10,65(26,46)	2.39,77(29,12)	55,58		
	Hans Østerdal:	3.05,42(25,65)	3.33,17(27,75)	53,40		
6	IL Varg G1 sr.	SR	IL Varg	3.34,71	752	
	Mattis Saghaug:	26,40(26,40)	53,33(26,93)	53,33		
	Petter Sjødal:	1.17,99(24,66)	1.45,83(27,84)	52,50		
	Håkon Skårud Karlsen:	2.11,80(25,97)	2.40,54(28,74)	54,71		
	Jonas Noreng Ravn:	3.05,60(25,06)	3.34,71(29,11)	54,17		
7	Lambertseter SK G1 sr.	SR	Lambertseter SK	3.34,95	749	
	Mikael Bergene:	25,87(25,87)	53,67(27,80)	53,67		
	Christian Thorsen:	1.18,42(24,75)	1.46,93(28,51)	53,26		
	David Evja:	2.12,67(25,74)	2.41,39(28,72)	54,46		
	Mikkel Brudvik Sanderud:	3.07,31(25,92)	3.34,95(27,64)	53,56		
8	Hamar IL G1 sr.	SR	Hamar IL	3.36,81	730	
	Martin Skramstad:	26,19(26,19)	55,15(28,96)	55,15		
	Jonas Kirkeberg Jostad:	1.20,60(25,45)	1.47,95(27,35)	52,80		
	Daniel Stokke Pettersen:	2.14,26(26,31)	2.43,74(29,48)	55,79		
	Eirik Ravnan:	3.09,28(25,54)	3.36,81(27,53)	53,07		
9	Mandal SK G1 sr.	SR	Mandal SK	3.39,32	706	
	Per Sondre Sodeland:	26,00(26,00)	54,56(28,56)	54,56		
	Tord Eirik Seyffarth:	1.21,43(26,87)	1.52,53(31,10)	57,97		
	Alexander B. Havre:	2.17,59(25,06)	2.45,93(28,34)	53,40		
	Bernt M. Seyffarth:	3.10,69(24,76)	3.39,32(28,63)	53,39		
10	Bærumsv G2 sr.	SR	Bærumsvømmerne	3.39,70	702	
	Tor Hafnor:	26,44(26,44)	55,00(28,56)	55,00		
	Vegard Nyenget Løvberg:	1.20,96(25,96)	1.49,28(28,32)	54,28		
	Elias Damman:	2.14,64(25,36)	2.43,01(28,37)	53,73		
	Carl Andreas Wathne:	3.09,49(26,48)	3.39,70(30,21)	56,69		
11	Bergensv. G2 sr.	SR	Bergensvømmerne	3.43,49	667	
	Alexander Mokkelbost:	26,68(26,68)	55,46(28,78)	55,46		
	Eirik Runningen:	1.22,25(26,79)	1.52,17(29,92)	56,71		
	Eivind Johannesen:	2.18,88(26,71)	2.48,17(29,29)	56,00		
	Espen Halhjem:	3.14,07(25,90)	3.43,49(29,42)	55,32		
12	Sarpsborg IL G1 sr.	SR	Sarpsborg IL	3.43,93	663	
	Sverre Næss:	26,40(26,40)	54,20(27,80)	54,20		
	Robin Palm:	1.20,37(26,17)	1.49,63(29,26)	55,43		
	Thomas Myhrer:	2.15,80(26,17)	2.45,69(29,89)	56,06		
	Per Simen Holstad Gandrud:	3.13,67(27,98)	3.43,93(30,26)	58,24		
13	IL Varg G2 sr.	SR	IL Varg	3.44,00	662	
	Jari K. Mikkelsen:	26,26(26,26)	54,88(28,62)	54,88		
	Thomas Breivoll:	1.21,38(26,50)	1.50,65(29,27)	55,77		
	Daniel Berenett:	2.17,37(26,72)	2.47,00(29,63)	56,35		
	Jonatan Saghaug:	3.13,52(26,52)	3.44,00(30,48)	57,00		

14	Elverum IL G1 sr.	SR	Elverum Svømming	3.50,00	612
	Christian Sunde:	26,97(26,97)	56,18(29,21)	56,18	
	Ingvar V. Skirbekk:	1.24,20(28,02)	1.54,88(30,68)	58,70	
	Gunnar V. Skirbekk:	2.21,82(26,94)	2.51,33(29,51)	56,45	
	Eirik B. Lund:	3.18,92(27,59)	3.50,00(31,08)	58,67	
15	Vestkantsv. G1 sr.	SR	Vestkantsvømmerne	3.53,26	586
	Markus Vindenes:	27,17(27,17)	56,75(29,58)	56,75	
	Joachim André Jakobsen:	1.22,79(26,04)	1.51,31(28,52)	54,56	
	Kristoffer Brekke:	2.19,37(28,06)	2.50,16(30,79)	58,85	
	Kristian Blummenfelt:	3.20,13(29,97)	3.53,26(33,13)	1.03,10	
16	Løren/Rælingen G1 sr.	SR	Lørenskog/Rælingen	3.54,07	580
	Jarl André Bergsvenkerud:	27,94(27,94)	58,78(30,84)	58,78	
	John Hage Gaarder:	1.24,89(26,11)	1.54,47(29,58)	55,69	
	Kjetil Flatland:	2.22,60(28,13)	2.53,89(31,29)	59,42	
	Vebjørn Lindhjem:	3.22,70(28,81)	3.54,07(31,37)	1.00,18	
17	Delfana G1 sr.	SR	Delfana	3.55,00	573
	Marius Thorsø:	28,41(28,41)	57,89(29,48)	57,89	
	Øyvind L. Styrmo:	1.25,94(28,05)			
	Henrik Søfteland:	2.26,60(1.00,66)	2.58,91(32,31)		
	Håvard Hole:	3.25,16(26,25)	3.55,00(29,84)	56,09	
18	Skjetten Svømming G1 sr.	SR	Skjetten Svømming	3.57,08	558
	Ronnie Anstensen:	26,63(26,63)	56,17(29,54)	56,17	
	Håkon Brennhagen:	1.24,36(28,19)	1.54,81(30,45)	58,64	
	Ole Nævdal:	2.22,86(28,05)	2.54,36(31,50)	59,55	
	Jørgen Gundersen:	3.24,40(30,04)	3.57,08(32,68)	1.02,72	
19	Ullensakersv G1 sr.	SR	Ullensakersv	4.04,09	512
	Mikkel Tørud Lang:	26,20(26,20)	54,02(27,82)	54,02	
	Jørgen Bråthen:	1.23,88(29,86)	1.57,94(34,06)	1.03,92	
	Henrik Korsmo Dalsau:	2.26,31(28,37)	3.00,59(34,28)	1.02,65	
	Robert Nilsen:	3.29,45(28,86)	4.04,09(34,64)	1.03,50	

Øvelse 30. 4*200m fri, damer - Senior

Senior

1	Lambertseter SK J1 sr.	SR	Lambertseter SK	8.37,89	785
		30,72(30,72)	1.03,41(32,69)		
	Pia Cornelia Braarud:	1.37,25(33,84)	2.10,94(33,69)	2.10,94	
		2.40,56(29,62)	3.13,27(32,71)		
	Elisabeth H. Svensson:	3.46,72(33,45)	4.18,31(31,59)	2.07,37	
		4.47,88(29,57)	5.20,69(32,81)		
	Ingrid N. Knutzen:	5.54,73(34,04)	6.28,93(34,20)	2.10,62	
		6.58,80(29,87)	7.32,47(33,67)		
	Sara Nordenstam:	8.05,83(33,36)	8.37,89(32,06)	2.08,96	
2	Lambertseter SK J2 sr.	SR	Lambertseter SK	8.42,57	764
		30,16(30,16)	1.02,85(32,69)		
	Heidi Vainio Gjøen:	1.36,32(33,47)	2.09,30(32,98)	2.09,30	
		2.39,38(30,08)	3.12,88(33,50)		
	Emilie Hellerud:	3.47,19(34,31)	4.20,85(33,66)	2.11,55	
		4.50,78(29,93)	5.24,04(33,26)		
	Christine M. Pedersen:	5.57,60(33,56)	6.30,50(32,90)	2.09,65	
		7.00,30(29,80)	7.33,70(33,40)		
	Line Løvberg:	8.08,55(34,85)	8.42,57(34,02)	2.12,07	
3	Bergensv. J1 sr.	SR	Bergensvømmerne	8.46,29	748
		31,22(31,22)	1.04,67(33,45)		
	Monica Finnøy:	1.39,53(34,86)	2.14,32(34,79)	2.14,32	
		2.44,47(30,15)	3.17,87(33,40)		
	Siri Løvold Magnussen:	3.51,70(33,83)	4.25,45(33,75)	2.11,13	
		4.56,30(30,85)	5.30,35(34,05)		
	Andrea Hestdal:	6.04,81(34,46)	6.38,87(34,06)	2.13,42	
		7.08,93(30,06)	7.41,39(32,46)		
	Lise Sand Syversen:	8.14,59(33,20)	8.46,29(31,70)	2.07,42	
4	Bærumsv J1 sr.	SR	Bærumsvømmerne	8.49,54	735
		30,02(30,02)	1.02,03(32,01)		
	Elisabeth Jarland:	1.34,75(32,72)	2.07,54(32,79)	2.07,54	
		2.38,15(30,61)	3.12,08(33,93)		
	Karolina Orleaniski:	3.48,11(36,03)	4.24,66(36,55)	2.17,12	
		4.55,24(30,58)	5.28,76(33,52)		
	Andrea Westbye:	6.04,10(35,34)	6.38,49(34,39)	2.13,83	
		7.08,53(30,04)	7.41,88(33,35)		
	Emilie Nyenget Løvberg:	8.16,15(34,27)	8.49,54(33,39)	2.11,05	

5	Vestkantsv. J1 sr.	SR	Vestkantsvømmerne	8.50,14	732
		29,08(29,08)	1.01,17(32,09)		
	Henriette Brekke:	1.33,76(32,59)	2.05,01(31,25)	2.05,01	
		2.35,34(30,33)	3.09,43(34,09)		
	Andrea Haugstad:	3.44,71(35,28)	4.18,79(34,08)	2.13,78	
		4.49,44(30,65)	5.24,43(34,99)		
	Marie Øverland:	6.01,35(36,92)	6.36,68(35,33)	2.17,89	
		7.07,33(30,65)	7.40,91(33,58)		
	Stine Vindenes:	8.15,70(34,79)	8.50,14(34,44)	2.13,46	
6	Bergens SC J1 sr.	SR	Bergens SC	9.18,84	625
		31,54(31,54)	1.05,38(33,84)		
	Ingse Bergh Monsen:	1.40,35(34,97)	2.15,17(34,82)	2.15,17	
		2.45,82(30,65)	3.20,63(34,81)		
	Hedvig Hjertaker:	3.56,59(35,96)	4.32,36(35,77)	2.17,19	
		5.03,92(31,56)	5.39,95(36,03)		
	Eirin Arnesen:	6.17,57(37,62)	6.55,30(37,73)	2.22,94	
		7.26,99(31,69)	8.04,00(37,01)		
	Eli Kristin Ølmheim:	8.41,63(37,63)	9.18,84(37,21)	2.23,54	
7	Aalesunds SLK J1 sr.	SR	Aalesund SLK	9.19,12	624
		30,48(30,48)	1.03,40(32,92)		
	Veronica Orheim Bjørlykke:	1.37,79(34,39)	2.11,71(33,92)	2.11,71	
		2.44,14(32,43)	3.20,59(36,45)		
	Karina Brunstad Fet:	3.56,92(36,33)	4.33,89(36,97)	2.22,18	
		5.05,33(31,44)	5.41,33(36,00)		
	Caroline R. Helgesen:	6.19,55(38,22)	6.56,71(37,16)	2.22,82	
		7.27,92(31,21)	8.04,12(36,20)		
	Gerd Anne Solibakke:	8.42,67(38,55)	9.19,12(36,45)	2.22,41	
8	Vestkantsv. J2 sr.	SR	Vestkantsvømmerne	9.24,43	606
		31,53(31,53)	1.06,81(35,28)		
	Tina Schütz:	1.43,36(36,55)	2.19,37(36,01)	2.19,37	
		2.51,04(31,67)	3.27,63(36,59)		
	Juni Rugland:	4.04,89(37,26)	4.41,00(36,11)	2.21,63	
		5.13,10(32,10)	5.49,17(36,07)		
	Marie Reinertsen:	6.26,27(37,10)	7.02,43(36,16)	2.21,43	
		7.34,17(31,74)	8.10,18(36,01)		
	Sara N. Gjelsvik:	8.47,60(37,42)	9.24,43(36,83)	2.22,00	
9	Stavanger SC J1 sr.	SR	Stavanger SC	9.35,95	571
		31,91(31,91)	1.06,58(34,67)		
	Hege Harestad:	1.43,17(36,59)	2.19,79(36,62)	2.19,79	
		2.51,83(32,04)	3.28,31(36,48)		
	Karoline Eriksen:	4.06,13(37,82)	4.42,78(36,65)	2.22,99	
		5.15,64(32,86)	5.53,32(37,68)		
	Siren Bergslid:	6.32,14(38,82)			
		7.42,64(1.10,50)	8.19,32(36,68)		
	Caroline M. Mork:	8.57,98(38,66)	9.35,95(37,97)		
10	Løren/Rælingen J1 sr.	SR	Lørenskog/Rælingen	9.37,13	567
		32,95(32,95)	1.09,51(36,56)		
	Ine Charlotte Hagen:	1.48,50(38,99)	2.26,01(37,51)	2.26,01	
		2.57,48(31,47)	3.33,36(35,88)		
	Elina Øverås:	4.10,29(36,93)	4.45,62(35,33)	2.19,61	
		5.17,19(31,57)	5.52,87(35,68)		
	Jeanette Erlandsen:	6.29,41(36,54)	7.05,11(35,70)	2.19,49	
		7.39,97(34,86)	8.18,59(38,62)		
	Klara Farkas:	8.58,08(39,49)	9.37,13(39,05)	2.32,02	

Tirsdag 14. juli 2009 kl 09.00**Øvelse 31. 200m rygg, damer - Forsøk****Sponsor: Ricoh****Senior**

1	Elisabeth Jarland 34,45(34,45)	85	Bærumsvømmerne	(0,75)	2.24,52	702
		1.10,87(36,42)		1.47,64(36,77)	2.24,52(36,88)	
2	Heidi Vainio Gjøen 33,93(33,93)	88	Lambertseter SK	(0,63)	2.27,04	666
		1.10,82(36,89)		1.49,04(38,22)	2.27,04(38,00)	

Junior

1	Oda Marie Siljan 33,02(33,02)	92	Poseidon	(0,64)	2.21,81	743
		1.08,39(35,37)		1.44,97(36,58)	2.21,81(36,84)	
2	Gina B. Andersen 34,19(34,19)	90	Skjetten Svømming/NTG	(0,70)	2.24,08	708
		1.09,58(35,39)		1.46,33(36,75)	2.24,08(37,75)	
3	Line Løvberg 34,43(34,43)	91	Lambertseter SK/NTG	(0,81)	2.25,15	693
		1.10,89(36,46)		1.48,26(37,37)	2.25,15(36,89)	
4	Christine M. Pedersen 35,26(35,26)	93	Lambertseter SK		2.26,33	676
		1.12,20(36,94)		1.49,39(37,19)	2.26,33(36,94)	
5	Elisabeth H. Svensson 34,20(34,20)	91	Lambertseter SK/NTG		2.26,95	668
		1.11,17(36,97)		1.49,81(38,64)	2.26,95(37,14)	
6	Bitte Fagermo 36,70(36,70)	93	Narvik SK	(0,91)	2.29,78	630
		1.14,55(37,85)		1.52,74(38,19)	2.29,78(37,04)	
7	Veronica Orheim Bjørlykke 33,32(33,32)	94	Aalesund SLK	(0,76)	2.30,33	623
		1.10,62(37,30)		1.50,64(40,02)	2.30,33(39,69)	
8	Seline Vike Holm 34,88(34,88)	92	BS/Arna	(0,60)	2.31,26	612
		1.12,74(37,86)		1.52,48(39,74)	2.31,26(38,78)	
9	Ragnhild Søfteland 35,40(35,40)	92	Bergens SC	(0,64)	2.32,38	599
		1.14,38(38,98)		1.53,34(38,96)	2.32,38(39,04)	
10	Emilie Nyenget Løvberg 36,76(36,76)	95	Bærumsvømmerne	(0,71)	2.32,64	596
		1.16,15(39,39)		1.55,03(38,88)	2.32,64(37,61)	
11	Silje Nilo 35,23(35,23)	93	Sandefjord SK	(0,66)	2.32,66	595
		1.13,86(38,63)		1.53,55(39,69)	2.32,66(39,11)	
12	Hanne Lockertsen 35,98(35,98)	94	Tromsø SK	(0,71)	2.33,00	591
		1.14,29(38,31)		1.53,80(39,51)	2.33,00(39,20)	
13	Benedicte Kausland 35,30(35,30)	92	Vestkantsvømmerne	(0,69)	2.33,23	589
		1.13,84(38,54)		1.53,74(39,90)	2.33,23(39,49)	
14	Iselin Mjøllner Dahlen 35,15(35,15)	92	Skjetten Svømming/NTG	(0,66)	2.33,84	582
		1.13,34(38,19)		1.53,42(40,08)	2.33,84(40,42)	
15	Elisabeth Kristiansen 36,96(36,96)	92	Haugesund SK	(0,73)	2.34,47	575
		1.16,69(39,73)		1.56,94(40,25)	2.34,47(37,53)	
16	Oona Ovesen 35,40(35,40)	92	Elverum Svømming	(0,62)	2.34,65	573
		1.14,77(39,37)		1.55,75(40,98)	2.34,65(38,90)	
17	Nicole T. Næsheim 36,65(36,65)	91	Stavanger SC	(0,79)	2.34,93	570
		1.16,42(39,77)		1.56,46(40,04)	2.34,93(38,47)	
18	Camilla Moe 36,16(36,16)	92	Ås IL	(0,72)	2.35,21	566
		1.16,29(40,13)		1.57,41(41,12)	2.35,21(37,80)	
19	Helene Thunes Truyen 35,60(35,60)	93	Delfana	(0,70)	2.35,31	565
		1.14,31(38,71)		1.54,81(40,50)	2.35,31(40,50)	
20	Julie Borgen 34,85(34,85)	91	Sarpsborg IL	(0,79)	2.35,48	564
		1.13,90(39,05)		1.54,99(41,09)	2.35,48(40,49)	
21	Ingse Bergh Monsen 36,37(36,37)	92	Bergens SC	(0,65)	2.35,66	562
		1.15,52(39,15)		1.55,98(40,46)	2.35,66(39,68)	
22	Marie-Elise Eriksen 36,17(36,17)	94	Sandefjord SK	(0,67)	2.37,34	544
		1.16,14(39,97)		1.57,03(40,89)	2.37,34(40,31)	
23	Thea Pedersen 36,42(36,42)	91	Moss SK	(0,76)	2.38,66	530
		1.16,38(39,96)		1.58,21(41,83)	2.38,66(40,45)	
24	Elina Øverås 37,17(37,17)	95	Lørenskog/Rælingen	(0,63)	2.39,14	525
		1.17,28(40,11)		1.58,53(41,25)	2.39,14(40,61)	
25	Marie Øverland 36,57(36,57)	94	Vestkantsvømmerne	(0,71)	2.39,19	525
		1.16,30(39,73)		1.58,20(41,90)	2.39,19(40,99)	

26	Andrea Westbye	95	Bærumsvømmerne	(0,68)	2.39,56	521
	37,71(37,71)	1.17,79(40,08)	1.59,30(41,51)	2.39,56(40,26)		
27	Marthe Helene Haganes	93	Vestkantsvømmerne	(0,76)	2.40,37	513
	36,80(36,80)	1.17,09(40,29)	1.59,15(42,06)	2.40,37(41,22)		
28	Lotte Miller	96	Madla SK	(0,83)	2.40,86	509
	36,21(36,21)	1.15,70(39,49)	1.57,52(41,82)	2.40,86(43,34)		
29	Marie Svensson	95	Skjetten Svømming	(0,83)	2.43,92	481
	36,69(36,69)	1.18,07(41,38)	2.00,85(42,78)	2.43,92(43,07)		

Øvelse 32. 50m fri, herrer - Forsøk**Sponsor: SSK Distribusjon****Senior**

1	Thomas Ole Fadnes	87	Stavanger SC	23,05	854
2	Sander Smørdal	85	BS/Arna	23,67	788
3	Øystein R. Hetland	89	Bærumsvømmerne	23,89	767
4	Dan Magnus Skibrek	87	Øvre Eiker SK	24,48	713
5	Bernt M. Seyffarth	89	Mandal SK	24,54	707
6	Jari K. Mikkelsen	88	IL Varg	24,97	671
7	Martin Skramstad	89	Hamar IL	25,42	636
8	Erlend Wærnes	86	Vestbyen IL	25,50	630
9	John Hage Gaarder	89	Lørenskog/Rælingen	25,69	616
10	Ole-Wilhelm Norseng	88	Hamar IL	26,35	571
11	Elias Damman	89	Bærumsvømmerne	26,76	545

Junior

1	Sverre Næss	92	Sarpsborg IL	24,03	753
2	Christer Koch Kvam	90	Bærum/NTG	24,37	722
2	Per Sondre Sodeland	91	Mandal SK	24,37	722
4	Marcus Tesdal	90	BS/Åstveit	24,60	702
5	Mattis Saghaug	90	IL Varg/NTG	24,68	695
6	Alexander B. Havre	90	Mandal SK	24,78	687
7	Bjarte Ravndal	91	TS/Sola SK	24,80	685
8	Martin Hammer	93	Kongstensvømmerne	24,83	683
9	Hans Østerdal	93	Stavanger SC	25,02	667
10	Mikkel Tørud Lang	90	Ullensakersv	25,15	657
11	Mathias Sørstrand Æsøy	90	Florø SLK	25,20	653
12	Jørn Nygård	92	Stavanger SC	25,21	652
13	Kristoffer Meisler	90	Fauske SK	25,25	649
14	Christian Thorsen	91	Lambertseter SK	25,30	645
15	Markus Vindenes	94	Vestkantsvømmerne	25,40	638
16	Mikael Bergene	91	Lambertseter SK	25,42	636
17	Joachim André Jakobsen	91	Vestkantsvømmerne	25,48	632
18	Julian Åsheim Mikkelsen	93	Ås IL	25,53	628
19	Sindre Eilertsen	90	Lambertseter SK	25,59	624
20	Åsmund Karlsen	92	Eid SK	25,63	621
21	Stian Werner Erichsen	90	Bærumsvømmerne	25,73	614
22	Eirik Runningen	90	BS/Delfana	25,80	609
23	Håvard Hole	93	Delfana	25,83	606
24	Kjetil Berg	91	Vennesla SK	25,84	606
25	Henry Emil Nordhagen	93	Bærumsvømmerne	25,85	605
25	Jan Aleksander Bakke	91	Asker SK	25,85	605
27	Alexander Schüssler	92	Lambertseter SK	25,92	600
28	David Evja	92	Lambertseter SK	26,03	593
29	Halvor Stavland	92	Kolbotn IL	26,06	591
30	Matias Madssen	92	Kolbotn IL	26,07	590

31	Alexander Thorvaldsen	91	Lambertseter SK	26,09	589
32	Sindre Söderlund	91	Trondheim SLK/NTG	26,20	581
33	Per Alexander Fladvad	90	Vestbyen IL	26,32	573
34	Johan Parker Nygård	94	Kolbotn IL	26,38	569
35	Berend de Waal	94	IL Norodd	26,41	567
36	Daniel Berenett	91	IL Varg/NTG	26,55	558

Øvelse 33. 100m fri, damer - Forsøk

Senior

1	Henriette Brekke 27,77(27,77)	88	Vestkantsvømmerne	57,68	829
2	Sofie Gjæmestad 28,51(28,51)	89	Asker SK	59,44	758
3	Ina Kr. Pedersen 28,79(28,79)	89	Sarpsborg IL	1.00,33	725
4	Siri Løvold Magnussen 29,31(29,31)	86	BS/Delfana	1.00,61	715
5	Margrete Nyhus Ulvestad 28,88(28,88)	88	Molde SLK	1.00,65	713

Junior

1	Cecilie W. Johannessen 27,59(27,59)	90	Karmøy SK	57,73	827
2	Monica W. Johannessen 28,82(28,82)	90	Karmøy SK	59,19	767
3	Aslaug Marie Hjelmaas 28,24(28,24)	95	Bergens SLK	59,56	753
4	Oda Marie Siljan 29,15(29,15)	92	Poseidon	1.00,35	724
5	Line W. Lund 29,05(29,05)	91	Moss SK	1.00,45	720
6	Siri Eva Kristiansen 29,06(29,06)	93	Asker SK	1.00,56	716
7	Victoria Rung 29,30(29,30)	92	TS/Frisinn	1.00,71	711
8	Elisabeth H. Svensson 29,78(29,78)	91	Lambertseter SK/NTG	1.00,72	711
9	Emilie Hellerud 29,66(29,66)	92	Lambertseter SK/NTG	1.00,80	708
10	Eva Marie W. Østerhus 29,60(29,60)	94	TS/Madla SK	1.00,88	705
11	Susann Bjørnsen 29,05(29,05)	93	Setermoen SK	1.01,07	699
12	Pia Cornelia Braarud 29,96(29,96)	93	Lambertseter SK	1.01,08	698
13	Sophia Broberg Skeltved 28,78(28,78)	92	Tromsø SK/NTG	1.01,35	689
14	Emma Isdahl 30,13(30,13)	92	Lambertseter SK	1.01,44	686
15	Nora Kathrine Guthe 29,62(29,62)	91	Asker SK	1.01,63	680
16	Ingrid N. Knutzen 30,10(30,10)	91	Lambertseter SK/NTG	1.01,79	674
17	Birgitte Elise Søfteland 30,08(30,08)	94	Sarpsborg IL	1.01,97	669
18	Karoline Pedersen 30,25(30,25)	94	Bergens SLK	1.02,40	655
19	Martine Bremer 29,94(29,94)	90	Bergens SLK	1.02,54	650

20	Trine Hovda	90	TS/Madla SK	1.02,85	641
	29,63(29,63)	1.02,85(33,22)			
21	Siv Fiske	92	Tromsø SK/NTG	1.02,87	640
	29,91(29,91)	1.02,87(32,96)			
22	Terese Fosby	92	Sarpsborg IL	1.03,01	636
	30,17(30,17)	1.03,01(32,84)			
23	Stine Vindenes	93	Vestkantsvømmerne	1.03,44	623
	30,72(30,72)	1.03,44(32,72)			
24	Maria Bølgen	93	Bærumsvømmerne	1.03,65	617
	30,11(30,11)	1.03,65(33,54)			

Funksjonshemmede

1	Cecilie Drabsch Norland	78	Stavanger Haik	1.16,74	352	S8 114,86 %
	35,87(35,87)	1.16,74(40,87)				
2	Mariann Vestbøstad	84	Vestkantsvømmerne	1.16,91	349	S8 115,12 %
	37,19(37,19)	1.16,91(39,72)				
3	Sara Louise Rung	89	Madla SK	1.31,11	210	S6 117,67 %
	44,31(44,31)	1.31,11(46,80)				
4	Hanne Farestvedt	93	Åstveit SK	1.15,95	363	S14 121,7 %
	37,10(37,10)	1.15,95(38,85)				
5	Linn Haugen	87	Vestkantsvømmerne	1.17,94	336	S9 127,6 %
	37,57(37,57)	1.17,94(40,37)				
6	Ingvill S. Hilleren	90	Vestkantsvømmerne	1.31,40	208	S7 127,64 %
	44,02(44,02)	1.31,40(47,38)				
7	Tonje Immerstein	89	Sandnes SLK	1.19,31	319	S10 128,81 %
	37,88(37,88)	1.19,31(41,43)				
8	Rona Hjelmstad	93	Skjetten Svømming	1.24,27	266	S14 135,03 %
	40,68(40,68)	1.24,27(43,59)				
9	Ingrid Djupskås	89	Asker SK	1.26,83	243	S9 142,16 %
	40,93(40,93)	1.26,83(45,90)				

Øvelse 34. 200m butterfly, herrer - Forsøk

Sponsor: BB Elektro

Senior

1	Gard Kvale	84	Bergens SC	2.07,66	738
	28,15(28,15)	1.01,42(33,27)	1.33,55(32,13)	2.07,66(34,11)	
2	Alexander Broberg Skeltved	87	Vestkantsvømmerne	2.08,74	720
	28,08(28,08)	1.00,06(31,98)	1.33,30(33,24)	2.08,74(35,44)	
3	Stian S. Langeland	89	Bergens SC	2.09,75	703
	28,43(28,43)	1.00,85(32,42)	1.34,80(33,95)	2.09,75(34,95)	

Junior

1	Sindri T. Jakobsson	91	BS/Delfana	2.06,84	752
	27,26(27,26)	59,88(32,62)	1.33,59(33,71)	2.06,84(33,25)	
2	Sebastian Stordal	91	BS/Delfana	2.11,50	675
	28,85(28,85)	1.02,50(33,65)	1.36,25(33,75)	2.11,50(35,25)	
3	Fredrik K Hegdal	94	Stavanger SC	2.12,86	655
	30,41(30,41)	1.03,44(33,03)	1.37,85(34,41)	2.12,86(35,01)	
4	Ole Martin Ree	92	TS/Sola SK	2.13,46	646
	29,04(29,04)	1.03,05(34,01)	1.37,85(34,80)	2.13,46(35,61)	
5	Tor Hafnor	91	Bærumsvømmerne	2.17,13	595
	28,81(28,81)	1.02,85(34,04)	1.39,37(36,52)	2.17,13(37,76)	
6	Erling Mjøs Brattelid	91	TS/Sola SK	2.17,14	595
	29,48(29,48)	1.03,65(34,17)	1.40,04(36,39)	2.17,14(37,10)	
7	Per Øystein Turøy	92	Stavanger SC	2.18,51	578
	31,20(31,20)	1.06,46(35,26)	1.42,09(35,63)	2.18,51(36,42)	
8	Martin Hals	91	Øvre Eiker SK	2.19,70	563
	30,62(30,62)	1.06,99(36,37)	1.44,04(37,05)	2.19,70(35,66)	

9	Øyvind L. Styrmoen	93	Delfana	2.20,18	557
	30,75(30,75)	1.06,22(35,47)	1.41,31(35,09)	2.20,18(38,87)	
10	Sindre Lilledahl	92	Haugesund SK	2.20,27	556
	30,66(30,66)	1.06,61(35,95)	1.43,49(36,88)	2.20,27(36,78)	
11	Thomas Myhrer	94	Sarpsborg IL	2.20,51	553
	31,02(31,02)	1.07,33(36,31)	1.43,83(36,50)	2.20,51(36,68)	
12	Martin Gundersen	93	IL Varg	2.21,42	543
	28,68(28,68)	1.03,59(34,91)	1.41,97(38,38)	2.21,42(39,45)	
13	Carl Andreas Wathne	91	Bærumsvømmerne	2.21,87	538
	29,43(29,43)	1.03,86(34,43)	1.41,63(37,77)	2.21,87(40,24)	
14	Espen Halhjem	92	BS/Delfana	2.23,82	516
	29,47(29,47)	1.05,07(35,60)	1.43,43(38,36)	2.23,82(40,39)	
15	Kristian Evensen	90	Kristiansand SA	2.24,22	512
	31,05(31,05)	1.06,73(35,68)	1.44,94(38,21)	2.24,22(39,28)	
16	Andreas Mathingsdal Pedersen	92	Farsund SK	2.24,63	507
	31,60(31,60)	1.08,47(36,87)	1.46,22(37,75)	2.24,63(38,41)	
17	Morten Bordervich	94	Sola SK	2.26,00	493
	32,08(32,08)	1.08,64(36,56)	1.46,73(38,09)	2.26,00(39,27)	
18	Henrik Søfteland	95	Delfana	2.26,35	490
	32,51(32,51)	1.09,27(36,76)	1.46,69(37,42)	2.26,35(39,66)	
19	Erlend Ulveseter	92	Åstveit SK	2.26,65	487
	29,64(29,64)	1.04,98(35,34)	1.44,10(39,12)	2.26,65(42,55)	
20	Christer M. Hagen	91	Fauske SK	2.26,73	486
	31,96(31,96)	1.08,86(36,90)	1.46,69(37,83)	2.26,73(40,04)	
21	Simen Dale	91	BS/Delfana	2.27,12	482
	30,16(30,16)	1.06,56(36,40)	1.47,04(40,48)	2.27,12(40,08)	

Øvelse 35. 200m bryst, damer - Forsøk

Sponsor: Nordea

Senior

1	Sara Nordenstam	83	Lambertseter SK	2.38,63	752
	36,15(36,15)	1.17,08(40,93)	1.57,59(40,51)	2.38,63(41,04)	
2	Karoline Brudvik Sanderud	89	Hamar IL	2.42,58	698
	36,56(36,56)	1.18,28(41,72)	1.59,81(41,53)	2.42,58(42,77)	
3	Celinn Daviknes	86	BS/Delfana	2.42,59	698
	36,88(36,88)	1.18,57(41,69)	2.01,21(42,64)	2.42,59(41,38)	
4	Elisabeth Jarland	85	Bærumsvømmerne	2.42,84	695
	37,25(37,25)	1.18,10(40,85)	2.01,08(42,98)	2.42,84(41,76)	
5	Ine Charlotte Hagen	89	Lørenskog/Rælingen	2.47,22	642
	37,59(37,59)	1.19,95(42,36)	2.03,28(43,33)	2.47,22(43,94)	

Junior

1	Trine Austrøne Olsen	90	Fauske SK	2.38,89	748
	35,68(35,68)	1.15,23(39,55)	1.56,97(41,74)	2.38,89(41,92)	
2	Stina Kajsa Colleou	93	Lambertseter SK	2.39,20	744
	35,69(35,69)	1.15,44(39,75)	1.57,08(41,64)	2.39,20(42,12)	
3	Ingalill Urrang Naustvik	95	Karmøy SK	2.42,20	703
	36,49(36,49)	1.18,33(41,84)	2.01,03(42,70)	2.42,20(41,17)	
4	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.45,18	666
	38,00(38,00)	1.20,05(42,05)	2.02,50(42,45)	2.45,18(42,68)	
5	Bitte Fagermo	93	Narvik SK	2.45,37	663
	37,67(37,67)	1.20,51(42,84)	2.03,03(42,52)	2.45,37(42,34)	
6	Kristine Mathingsdal Pedersen	94	Farsund SK	2.46,78	647
	38,10(38,10)	1.20,71(42,61)	2.03,38(42,67)	2.46,78(43,40)	
7	Katrine Jensen	92	BS/Åstveit	2.47,45	639
	37,49(37,49)	1.20,10(42,61)	2.03,50(43,40)	2.47,45(43,95)	
8	Iselin Meisler	90	Fauske SK	2.48,91	622
	36,23(36,23)	1.18,49(42,26)	2.02,74(44,25)	2.48,91(46,17)	
9	Andrea Hestdal	94	BS/Åstveit	2.49,44	617
	38,53(38,53)	1.21,30(42,77)	2.04,62(43,32)	2.49,44(44,82)	

10	Lene Lykke Erichsen	92	Bærumsvømmerne	2.51,51	595
	38,68(38,68)	1.22,47(43,79)	2.06,56(44,09)	2.51,51(44,95)	
11	Mari Singstad	91	Vestbyen IL	2.51,98	590
	38,93(38,93)	1.23,21(44,28)	2.07,51(44,30)	2.51,98(44,47)	
12	Stine Tveit	93	Trondheim SLK	2.52,16	588
	38,04(38,04)	1.21,65(43,61)	2.06,31(44,66)	2.52,16(45,85)	
13	Kaja Bremer	93	Bergens SLK	2.53,53	574
	37,82(37,82)	1.20,95(43,13)	2.06,04(45,09)	2.53,53(47,49)	
14	Maren E.J. Bakke	94	Setermoen SK	2.53,98	570
	38,39(38,39)	1.21,92(43,53)	2.07,42(45,50)	2.53,98(46,56)	
15	Stine Mjøllhus Kristoffersen	93	TS/Frisinn	2.54,75	562
	38,64(38,64)	1.22,82(44,18)	2.08,57(45,75)	2.54,75(46,18)	
16	Julie Torgersen Nilsen	92	Hamar IL	2.57,37	538
	40,60(40,60)	1.26,27(45,67)	2.12,20(45,93)	2.57,37(45,17)	
17	Elin Roscher	90	Bærumsvømmerne	3.01,44	502
	40,97(40,97)	1.26,20(45,23)	2.13,13(46,93)	3.01,44(48,31)	

Øvelse 36. 100m rygg, herrer - Forsøk

Senior

1	Lars Andre Tolås	88	Bærumsvømmerne	(0,68)	1.00,32	726
	28,75(28,75)	1.00,32(31,57)				
2	Steen Frenk Johansen	86	Vågsbygd SLK	(0,77)	1.03,17	632
	30,61(30,61)	1.03,17(32,56)				
3	John Hage Gaarder	89	Lørenskog/Rælingen		1.06,20	549
	31,43(31,43)	1.06,20(34,77)				

Junior

1	Sverre Næss	92	Sarpsborg IL	(0,66)	59,13	771
	29,27(29,27)	59,13(29,86)				
2	Lavrans Solli	92	Bergens SC	(0,56)	59,19	768
	29,16(29,16)	59,19(30,03)				
3	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(1,43)	59,70	749
	29,09(29,09)	59,70(30,61)				
4	Mikael Bergene	91	Lambertseter SK	(0,63)	1.00,97	703
	29,86(29,86)	1.00,97(31,11)				
5	Even Vike Holm	90	BS/Arna	(0,67)	1.02,60	649
	30,10(30,10)	1.02,60(32,50)				
6	Julian Åsheim Mikkelsen	93	Ås IL	(0,75)	1.02,91	640
	30,75(30,75)	1.02,91(32,16)				
7	Alexander B. Havre	90	Mandal SK	(0,64)	1.02,93	639
	29,54(29,54)	1.02,93(33,39)				
8	Jan Aleksander Bakke	91	Asker SK	(0,85)	1.03,34	627
	30,83(30,83)	1.03,34(32,51)				
9	Sindre Nilo	90	Sandefjord SK/NTG	(0,72)	1.03,50	622
	31,01(31,01)	1.03,50(32,49)				
10	Jonas Kirkeberg Jostad	92	Hamar IL	(0,67)	1.04,54	592
	31,56(31,56)	1.04,54(32,98)				
11	Sindre Eilertsen	90	Lambertseter SK	(0,59)	1.04,92	582
	31,66(31,66)	1.04,92(33,26)				
12	Bjarte Ravndal	91	TS/Sola SK	(0,74)	1.05,08	578
	31,71(31,71)	1.05,08(33,37)				
13	Runar Borgen	93	Bodø SK	(0,71)	1.05,59	564
	31,50(31,50)	1.05,59(34,09)				
14	Alexander Schüssler	92	Lambertseter SK	(0,71)	1.05,72	561
	31,98(31,98)	1.05,72(33,74)				
15	Per Øystein Turøy	92	Stavanger SC	(0,37)	1.05,75	560
	32,35(32,35)	1.05,75(33,40)				
16	Åsmund Karlsen	92	Eid SK	(0,73)	1.06,17	550
	32,80(32,80)	1.06,17(33,37)				
17	Erlend Tveteraas	91	TS/Madla SK	(0,62)	1.06,57	540
	31,28(31,28)	1.06,57(35,29)				

18	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,63)	1.06,84	533
	31,98(31,98)	1.06,84(34,86)				
19	Markus Vindenes	94	Vestkantsvømmerne	(0,60)	1.07,16	526
	32,57(32,57)	1.07,16(34,59)				
20	Eirik Runningen	90	BS/Delfana	(0,54)	1.07,68	514
	31,62(31,62)	1.07,68(36,06)				
21	Henning Kaland	92	Oslo IL	(0,68)	1.08,65	492
	33,35(33,35)	1.08,65(35,30)				

Øvelse 37. 50m butterfly, damer - Forsøk

Sponsor: Norsk Ventilasjonsrenhold AS

Senior

1	Ingvild Snildal	88	Asker SK	26,26	961	NR
2	Katharina Stiberg	88	Bjerkvik SK	27,76	814	
3	Siri Løvold Magnussen	86	BS/Delfana	28,78	730	
4	Karoline Brudvik Sanderud	89	Hamar IL	29,23	697	
5	Sara Nordenstam	83	Lambertseter SK	29,37	687	
6	Elise Strømsvik	87	Vestbyen IL	29,87	653	
7	Henriette Martinsen	85	Trondheim SLK	30,25	629	
8	Ina Kr. Pedersen	89	Sarpsborg IL	30,26	628	
9	Karolina Orleanski	86	Bærumsvømmerne	31,14	576	

Junior

1	Monica W. Johannessen	90	Karmøy SK	28,59	745	
2	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	28,80	729	
3	Siri Eva Kristiansen	93	Asker SK	28,86	724	
4	Maren Kristine Jansen	90	TS/Randaberg	29,03	711	
5	Emilie Nyenget Løvberg	95	Bærumsvømmerne	29,58	672	
6	Helene Eikeskog Burger	92	Kolbotn IL	29,80	658	
7	Eirin Arnesen	93	Bergens SC	29,96	647	
8	Oona Ovesen	92	Elverum Svømming	30,03	643	
9	Line Løvberg	91	Lambertseter SK/NTG	30,05	641	
10	Hanne Søfteland	92	BS/Delfana	30,07	640	
11	Stine Vindenes	93	Vestkantsvømmerne	30,24	629	
12	Ingrid N. Knutzen	91	Lambertseter SK/NTG	30,31	625	
12	Julie Borgen	91	Sarpsborg IL	30,31	625	
14	Elisabeth Kristiansen	92	Haugesund SK	30,35	622	
15	Victoria Rung	92	TS/Frisinn	30,37	621	
15	Ingrid Hystad	92	IL Solid	30,37	621	
17	Emma Isdahl	92	Lambertseter SK	30,41	619	
18	Siv Fiske	92	Tromsø SK/NTG	30,60	607	
19	Helene Solberg	91	Skjetten Svømming	30,62	606	
20	Elisabeth H. Svensson	91	Lambertseter SK/NTG	30,80	596	
21	Jacqueline Knutsson	93	Kongstensvømmerne	30,85	593	
22	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	30,86	592	
23	Lise Sand Syversen	95	BS/Delfana	30,92	589	
24	Celine Kløvstad Farsund	91	IL Varg	30,94	587	
25	Lotte Thommesen	94	Poseidon	31,00	584	
26	Guro Knutsen	91	Øvre Eiker SK	31,01	583	
27	Hanne Grue	90	Ullensakersv	31,09	579	
28	Mette Mellbye Larsen	95	Asker SK	31,10	578	
29	Cecilie Lorgen Lübbe	90	Aalesund SLK	31,14	576	
30	Birgitte Elise Søfteland	94	Sarpsborg IL	31,15	576	
31	Stine Mjøllhus Kristoffersen	93	TS/Frisinn	31,52	556	
32	Line W. Lund	91	Moss SK	31,59	552	
33	Sophia Broberg Skeltved	92	Tromsø SK/NTG	31,60	551	

34	Emilie Hellerud	92	Lambertseter SK/NTG	32,01	530
35	Martine Bremer	90	Bergens SLK	32,06	528
36	Ingse Bergh Monsen	92	Bergens SC	32,52	506
	Kristin Blyverket	92	Oslo IL	DISK	
	Karoline Eriksen	92	Stavanger SC	DISK	

Øvelse 38. 800m fri, herrer - Direkte finale – Foreløpig før siste heat

Junior

1	Martin P. Sletbakken	92	Sortland SLK	8.51,59	682
	29,94(29,94)	1.02,33(32,39)	1.35,36(33,03)	2.08,96(33,60)	
	2.42,22(33,26)	3.15,91(33,69)	3.49,69(33,78)	4.23,53(33,84)	
	4.57,40(33,87)	5.31,48(34,08)	6.05,66(34,18)	6.40,14(34,48)	
	7.13,48(33,34)	7.47,50(34,02)	8.20,94(33,44)	8.51,59(30,65)	
2	Morten Bordervich	94	Sola SK	8.52,70	678
	30,44(30,44)	1.02,71(32,27)	1.35,27(32,56)	2.08,33(33,06)	
	2.41,65(33,32)	3.15,97(34,32)	3.49,73(33,76)	4.23,55(33,82)	
	4.57,06(33,51)	5.31,75(34,69)	6.05,71(33,96)	6.39,83(34,12)	
	7.13,94(34,11)	7.47,98(34,04)	8.21,42(33,44)	8.52,70(31,28)	
3	Oscar Slaatmo	94	Hamar IL	8.57,09	661
	29,77(29,77)	1.02,60(32,83)	1.36,04(33,44)	2.08,80(32,76)	
	2.42,07(33,27)	3.16,35(34,28)	3.50,60(34,25)	4.24,12(33,52)	
	4.58,56(34,44)	5.34,06(35,50)	6.08,91(34,85)	6.43,65(34,74)	
	7.18,47(34,82)	7.53,84(35,37)	8.27,18(33,34)	8.57,09(29,91)	
4	Øyvind Gevelt	91	Øvre Eiker SK	8.57,32	660
	30,25(30,25)	1.02,57(32,32)	1.35,68(33,11)	2.09,28(33,60)	
	2.42,79(33,51)	3.16,64(33,85)	3.50,67(34,03)	4.24,88(34,21)	
	4.59,39(34,51)	5.33,99(34,60)	6.08,36(34,37)	6.42,93(34,57)	
	7.17,25(34,32)	7.51,54(34,29)	8.25,99(34,45)	8.57,32(31,33)	
5	Gunnar V. Skirbekk	91	Elverum Svømming	9.02,99	640
	30,69(30,69)	1.04,28(33,59)	1.38,21(33,93)	2.13,52(35,31)	
	2.48,85(35,33)	3.23,98(35,13)	3.58,99(35,01)	4.34,42(35,43)	
	5.08,23(33,81)	5.43,05(34,82)	6.16,84(33,79)	6.50,52(33,68)	
	7.24,91(34,39)	7.59,50(34,59)	8.31,67(32,17)	9.02,99(31,32)	
6	Odin Spangen Normann	92	IL Varg	9.03,57	638
	29,54(29,54)	1.02,83(33,29)	1.36,22(33,39)	2.10,16(33,94)	
	2.44,51(34,35)	3.19,17(34,66)	3.53,92(34,75)	4.28,37(34,45)	
	5.02,99(34,62)	5.37,70(34,71)	6.12,50(34,80)	6.47,19(34,69)	
	7.21,96(34,77)	7.56,50(34,54)	8.30,99(34,49)	9.03,57(32,58)	
7	Ivan Aleksander Larsen	95	Karmøy SK	9.13,74	603
	30,51(30,51)	1.04,31(33,80)	1.38,68(34,37)	2.13,98(35,30)	
	2.49,19(35,21)	3.24,93(35,74)	3.59,51(1.10,32)	4.34,61(35,10)	
	5.09,66(35,05)	5.44,93(35,27)	6.20,02(35,09)	6.55,44(35,42)	
	7.30,42(34,98)	8.05,67(35,25)	8.40,33(34,66)	9.13,74(33,41)	
8	Per Simen Holstad Gandrud	92	Sarpsborg IL	9.18,78	587
	31,03(31,03)	1.05,08(34,05)	1.39,71(34,63)	2.15,01(35,30)	
	2.50,16(35,15)	3.25,16(35,00)	3.59,91(34,75)	4.34,82(34,91)	
	5.09,25(34,43)	5.44,92(35,67)	6.20,23(35,31)	6.55,94(35,71)	
	7.32,00(36,06)	8.08,25(36,25)	8.44,48(36,23)	9.18,78(34,30)	

Senior

1	Eirik Ravnan	89	Hamar IL	8.47,20	699
	27,53(27,53)	58,72(31,19)	1.31,34(32,62)	2.04,56(33,22)	
	2.37,53(32,97)	3.11,15(33,62)	3.44,52(33,37)	4.18,14(33,62)	
	4.51,01(32,87)	5.25,34(34,33)	5.59,39(34,05)	6.34,09(34,70)	
	7.08,10(34,01)	7.42,01(33,91)	8.15,55(33,54)	8.47,20(31,65)	
2	Martin P. Sletbakken	92	Sortland SLK	8.51,59	682
	29,94(29,94)	1.02,33(32,39)	1.35,36(33,03)	2.08,96(33,60)	
	2.42,22(33,26)	3.15,91(33,69)	3.49,69(33,78)	4.23,53(33,84)	
	4.57,40(33,87)	5.31,48(34,08)	6.05,66(34,18)	6.40,14(34,48)	
	7.13,48(33,34)	7.47,50(34,02)	8.20,94(33,44)	8.51,59(30,65)	
3	Morten Bordervich	94	Sola SK	8.52,70	678
	30,44(30,44)	1.02,71(32,27)	1.35,27(32,56)	2.08,33(33,06)	
	2.41,65(33,32)	3.15,97(34,32)	3.49,73(33,76)	4.23,55(33,82)	
	4.57,06(33,51)	5.31,75(34,69)	6.05,71(33,96)	6.39,83(34,12)	
	7.13,94(34,11)	7.47,98(34,04)	8.21,42(33,44)	8.52,70(31,28)	

4	Oscar Slaatmo	94	Hamar IL	8.57,09	661
	29,77(29,77)	1.02,60(32,83)	1.36,04(33,44)	2.08,80(32,76)	
	2.42,07(33,27)	3.16,35(34,28)	3.50,60(34,25)	4.24,12(33,52)	
	4.58,56(34,44)	5.34,06(35,50)	6.08,91(34,85)	6.43,65(34,74)	
	7.18,47(34,82)	7.53,84(35,37)	8.27,18(33,34)	8.57,09(29,91)	
5	Øyvind Gevelt	91	Øvre Eiker SK	8.57,32	660
	30,25(30,25)	1.02,57(32,32)	1.35,68(33,11)	2.09,28(33,60)	
	2.42,79(33,51)	3.16,64(33,85)	3.50,67(34,03)	4.24,88(34,21)	
	4.59,39(34,51)	5.33,99(34,60)	6.08,36(34,37)	6.42,93(34,57)	
	7.17,25(34,32)	7.51,54(34,29)	8.25,99(34,45)	8.57,32(31,33)	
6	Gunnar V. Skirbekk	91	Elverum Svømming	9.02,99	640
	30,69(30,69)	1.04,28(33,59)	1.38,21(33,93)	2.13,52(35,31)	
	2.48,85(35,33)	3.23,98(35,13)	3.58,99(35,01)	4.34,42(35,43)	
	5.08,23(33,81)	5.43,05(34,82)	6.16,84(33,79)	6.50,52(33,68)	
	7.24,91(34,39)	7.59,50(34,59)	8.31,67(32,17)	9.02,99(31,32)	
7	Odin Spangen Normann	92	IL Varg	9.03,57	638
	29,54(29,54)	1.02,83(33,29)	1.36,22(33,39)	2.10,16(33,94)	
	2.44,51(34,35)	3.19,17(34,66)	3.53,92(34,75)	4.28,37(34,45)	
	5.02,99(34,62)	5.37,70(34,71)	6.12,50(34,80)	6.47,19(34,69)	
	7.21,96(34,77)	7.56,50(34,54)	8.30,99(34,49)	9.03,57(32,58)	
8	Magnus Bru	87	Asker SK	9.06,68	627
	31,04(31,04)	1.03,78(32,74)	1.37,35(33,57)	2.11,06(33,71)	
	2.45,41(34,35)	3.19,70(34,29)	3.54,38(34,68)	4.28,61(34,23)	
	5.03,31(34,70)	5.37,95(34,64)	6.13,13(35,18)	6.48,01(34,88)	
	7.23,01(35,00)	7.57,99(34,98)	8.33,01(35,02)	9.06,68(33,67)	
9	Ivan Aleksander Larsen	95	Karmøy SK	9.13,74	603
	30,51(30,51)	1.04,31(33,80)	1.38,68(34,37)	2.13,98(35,30)	
	2.49,19(35,21)		3.59,51(1.10,32)	4.34,61(35,10)	
	5.09,66(35,05)	5.44,93(35,27)	6.20,02(35,09)	6.55,44(35,42)	
	7.30,42(34,98)	8.05,67(35,25)	8.40,33(34,66)	9.13,74(33,41)	
10	Per Simen Holstad Gandrud	92	Sarpsborg IL	9.18,78	587
	31,03(31,03)	1.05,08(34,05)	1.39,71(34,63)	2.15,01(35,30)	
	2.50,16(35,15)	3.25,16(35,00)	3.59,91(34,75)	4.34,82(34,91)	
	5.09,25(34,43)	5.44,92(35,67)	6.20,23(35,31)	6.55,94(35,71)	
	7.32,00(36,06)	8.08,25(36,25)	8.44,48(36,23)	9.18,78(34,30)	

Øvelse 39. 1500m fri, damer - Direkte finale – Foreløpig før siste heat

Sponsor: Elkonor

Junior

1	Katrine Ekstang	92	Setermoen SK	18.15,40	673
	33,46(33,46)	1.10,00(36,54)	1.47,03(37,03)	2.23,96(36,93)	
	3.00,52(36,56)	3.36,96(36,44)	4.14,06(37,10)	4.50,83(36,77)	
	5.27,78(36,95)	6.04,38(36,60)	6.41,27(36,89)	7.18,36(37,09)	
	7.54,44(36,08)	8.31,16(36,72)	9.07,46(36,30)	9.44,16(36,70)	
	10.20,56(36,40)	10.57,69(37,13)	11.34,30(36,61)	12.11,61(37,31)	
	12.48,49(36,88)	13.25,06(36,57)	14.01,64(36,58)	14.38,59(36,95)	
	15.15,19(36,60)	15.51,79(36,60)	16.28,36(36,57)	17.04,35(35,99)	
	17.41,36(37,01)	18.15,40(34,04)			
2	Karoline Pedersen	94	Bergens SLK	18.16,55	671
	33,62(33,62)	1.09,81(36,19)	1.46,47(36,66)	2.22,91(36,44)	
	2.59,46(36,55)	3.36,07(36,61)	4.12,79(36,72)	4.50,11(37,32)	
	5.27,25(37,14)	6.04,51(37,26)	6.41,25(36,74)	7.18,52(37,27)	
	7.54,94(36,42)	8.31,92(36,98)	9.08,50(36,58)	9.45,43(36,93)	
	10.22,04(36,61)	10.59,07(37,03)	11.35,79(36,72)	12.13,13(37,34)	
	12.49,67(36,54)	13.26,65(36,98)	14.03,25(36,60)	14.39,90(36,65)	
	15.16,30(36,40)	15.53,37(37,07)	16.29,59(36,22)	17.06,34(36,75)	
	17.41,95(35,61)	18.16,55(34,60)			
3	Julie Torgersen Nilsen	92	Hamar IL	18.17,84	669
	34,01(34,01)	1.10,78(36,77)	1.47,23(36,45)	2.23,96(36,73)	
	3.00,31(36,35)	3.36,85(36,54)	4.13,25(36,40)	4.50,24(36,99)	
	5.27,33(37,09)	6.04,58(37,25)	6.41,52(36,94)	7.18,80(37,28)	
	7.55,22(36,42)	8.32,15(36,93)	9.08,63(36,48)	9.45,82(37,19)	
	10.22,51(36,69)	10.59,45(36,94)	11.36,27(36,82)	12.13,00(36,73)	
	12.49,70(36,70)	13.26,71(37,01)	14.03,46(36,75)	14.40,24(36,78)	
	15.16,92(36,68)	15.53,75(36,83)	16.30,67(36,92)	17.07,73(37,06)	
	17.43,06(35,33)	18.17,84(34,78)			

4	Stine Lise Stenseth	94	Øvre Eiker SK	18.38,18	633
	33,53(33,53)	1.09,89(36,36)	1.46,53(36,64)	2.23,22(36,69)	
	2.59,66(36,44)	3.36,27(36,61)	4.13,20(36,93)	4.50,55(37,35)	
	5.27,55(37,00)	6.04,81(37,26)	6.41,83(37,02)	7.19,13(37,30)	
	7.56,27(37,14)	8.33,52(37,25)	9.10,72(37,20)	9.48,51(37,79)	
	10.26,08(37,57)	11.03,79(37,71)	11.41,11(37,32)	12.18,91(37,80)	
	12.56,44(37,53)	13.34,14(37,70)	14.11,86(37,72)	14.49,88(38,02)	
	15.27,79(37,91)	16.05,98(38,19)	16.44,13(38,15)	17.22,55(38,42)	
	18.00,91(38,36)	18.38,18(37,27)			
5	Marthe Berg Sørensen	92	TS/Frisinn	18.45,97	620
	33,70(33,70)	1.10,52(36,82)	1.47,84(37,32)	2.25,60(37,76)	
	3.03,35(37,75)	3.41,37(38,02)	4.18,77(37,40)	4.56,73(37,96)	
	5.34,11(37,38)	6.12,04(37,93)	6.49,67(37,63)	7.27,75(38,08)	
	8.05,78(38,03)	8.43,90(38,12)	9.21,38(37,48)	9.59,49(38,11)	
	10.37,10(37,61)	11.15,20(38,10)	11.52,51(37,31)	12.30,37(37,86)	
	13.08,70(38,33)	13.47,06(38,36)	14.24,37(37,31)	15.02,11(37,74)	
	15.39,98(37,87)	16.17,45(37,47)	16.55,05(37,60)	17.32,76(37,71)	
	18.09,78(37,02)	18.45,97(36,19)			
6	Julie Rønningsen	94	Lambertseter SK	18.46,26	619
	33,84(33,84)	1.10,75(36,91)	1.47,59(36,84)	2.25,31(37,72)	
	3.02,45(37,14)	3.40,03(37,58)	4.17,79(37,76)	4.55,78(37,99)	
	5.33,12(37,34)	6.11,16(38,04)	6.48,40(37,24)	7.26,52(38,12)	
	8.03,94(37,42)	8.42,23(38,29)	9.19,58(37,35)	9.57,26(37,68)	
	10.35,41(38,15)	11.13,66(38,25)	11.51,61(37,95)	12.29,36(37,75)	
	13.07,63(38,27)	13.45,42(37,79)	14.22,72(37,30)	15.01,15(38,43)	
	15.38,43(37,28)	16.16,60(38,17)	16.54,53(37,93)	17.32,32(37,79)	
	18.10,13(37,81)	18.46,26(36,13)			
7	Christiane Sandbye	93	Skjetten Svømming	19.01,25	595
	34,96(34,96)	1.11,40(36,44)	1.48,94(37,54)	2.26,42(37,48)	
	3.04,14(37,72)	3.42,53(38,39)	4.20,71(38,18)	4.59,33(38,62)	
	5.37,29(37,96)	6.15,57(38,28)	6.54,00(38,43)	7.32,09(38,09)	
	8.10,31(38,22)	8.48,95(38,64)	9.27,30(38,35)	10.06,59(39,29)	
	10.44,93(38,34)	11.23,18(38,25)	12.00,98(37,80)	12.39,28(38,30)	
	13.17,45(38,17)	13.55,35(37,90)	14.33,37(38,02)	15.12,19(38,82)	
	15.50,99(38,80)	16.29,20(38,21)	17.07,67(38,47)	17.45,48(37,81)	
	18.23,38(37,90)	19.01,25(37,87)			
8	Inger-Cathrine Wium	92	Øvre Eiker SK	19.11,86	579
	34,09(34,09)	1.11,26(37,17)	1.48,46(37,20)	2.26,35(37,89)	
	3.04,36(38,01)	3.42,14(37,78)	4.20,49(38,35)	4.58,98(38,49)	
	5.37,46(38,48)	6.16,07(38,61)	6.54,76(38,69)	7.33,58(38,82)	
	8.11,93(38,35)	8.50,83(38,90)	9.29,58(38,75)	10.08,41(38,83)	
	10.47,28(38,87)	11.25,86(38,58)	12.04,78(38,92)	12.44,03(39,25)	
	13.22,99(38,96)	14.01,90(38,91)	14.40,98(39,08)	15.19,79(38,81)	
	15.58,64(38,85)	16.37,43(38,79)	17.16,56(39,13)	17.55,15(38,59)	
	18.33,62(38,47)	19.11,86(38,24)			
9	Christine Svaland	92	Vågsbygd SLK	19.19,35	568
	34,15(34,15)	1.11,23(37,08)	1.49,01(37,78)	2.27,27(38,26)	
	3.05,34(38,07)	3.44,01(38,67)	4.22,51(38,50)	5.01,10(38,59)	
	5.40,05(38,95)	6.18,96(38,91)	6.57,82(38,86)	7.36,86(39,04)	
	8.15,72(38,86)	8.54,88(39,16)	9.34,27(39,39)	10.13,47(39,20)	
	10.52,24(38,77)	11.31,71(39,47)	12.11,06(39,35)	12.50,69(39,63)	
	13.29,74(39,05)	14.09,06(39,32)	14.48,30(39,24)	15.27,14(38,84)	
	16.06,41(39,27)	16.45,91(39,50)	17.24,73(38,82)	18.02,45(37,72)	
	18.42,42(39,97)	19.19,35(36,93)			

Senior

1	Katrine Ekstang	92	Setermoen SK	18.15,40	673
	33,46(33,46)	1.10,00(36,54)	1.47,03(37,03)	2.23,96(36,93)	
	3.00,52(36,56)	3.36,96(36,44)	4.14,06(37,10)	4.50,83(36,77)	
	5.27,78(36,95)	6.04,38(36,60)	6.41,27(36,89)	7.18,36(37,09)	
	7.54,44(36,08)	8.31,16(36,72)	9.07,46(36,30)	9.44,16(36,70)	
	10.20,56(36,40)	10.57,69(37,13)	11.34,30(36,61)	12.11,61(37,31)	
	12.48,49(36,88)	13.25,06(36,57)	14.01,64(36,58)	14.38,59(36,95)	
	15.15,19(36,60)	15.51,79(36,60)	16.28,36(36,57)	17.04,35(35,99)	
	17.41,36(37,01)	18.15,40(34,04)			
2	Karoline Pedersen	94	Bergens SLK	18.16,55	671
	33,62(33,62)	1.09,81(36,19)	1.46,47(36,66)	2.22,91(36,44)	
	2.59,46(36,55)	3.36,07(36,61)	4.12,79(36,72)	4.50,11(37,32)	
	5.27,25(37,14)	6.04,51(37,26)	6.41,25(36,74)	7.18,52(37,27)	
	7.54,94(36,42)	8.31,92(36,98)	9.08,50(36,58)	9.45,43(36,93)	
	10.22,04(36,61)	10.59,07(37,03)	11.35,79(36,72)	12.13,13(37,34)	
	12.49,67(36,54)	13.26,65(36,98)	14.03,25(36,60)	14.39,90(36,65)	
	15.16,30(36,40)	15.53,37(37,07)	16.29,59(36,22)	17.06,34(36,75)	
	17.41,95(35,61)	18.16,55(34,60)			
3	Julie Torgersen Nilsen	92	Hamar IL	18.17,84	669
	34,01(34,01)	1.10,78(36,77)	1.47,23(36,45)	2.23,96(36,73)	
	3.00,31(36,35)	3.36,85(36,54)	4.13,25(36,40)	4.50,24(36,99)	
	5.27,33(37,09)	6.04,58(37,25)	6.41,52(36,94)	7.18,80(37,28)	
	7.55,22(36,42)	8.32,15(36,93)	9.08,63(36,48)	9.45,82(37,19)	
	10.22,51(36,69)	10.59,45(36,94)	11.36,27(36,82)	12.13,00(36,73)	
	12.49,70(36,70)	13.26,71(37,01)	14.03,46(36,75)	14.40,24(36,78)	
	15.16,92(36,68)	15.53,75(36,83)	16.30,67(36,92)	17.07,73(37,06)	
	17.43,06(35,33)	18.17,84(34,78)			
4	Stine Lise Stensteth	94	Øvre Eiker SK	18.38,18	633
	33,53(33,53)	1.09,89(36,36)	1.46,53(36,64)	2.23,22(36,69)	
	2.59,66(36,44)	3.36,27(36,61)	4.13,20(36,93)	4.50,55(37,35)	
	5.27,55(37,00)	6.04,81(37,26)	6.41,83(37,02)	7.19,13(37,30)	
	7.56,27(37,14)	8.33,52(37,25)	9.10,72(37,20)	9.48,51(37,79)	
	10.26,08(37,57)	11.03,79(37,71)	11.41,11(37,32)	12.18,91(37,80)	
	12.56,44(37,53)	13.34,14(37,70)	14.11,86(37,72)	14.49,88(38,02)	
	15.27,79(37,91)	16.05,98(38,19)	16.44,13(38,15)	17.22,55(38,42)	
	18.00,91(38,36)	18.38,18(37,27)			
5	Marthe Berg Sørensen	92	TS/Frisinn	18.45,97	620
	33,70(33,70)	1.10,52(36,82)	1.47,84(37,32)	2.25,60(37,76)	
	3.03,35(37,75)	3.41,37(38,02)	4.18,77(37,40)	4.56,73(37,96)	
	5.34,11(37,38)	6.12,04(37,93)	6.49,67(37,63)	7.27,75(38,08)	
	8.05,78(38,03)	8.43,90(38,12)	9.21,38(37,48)	9.59,49(38,11)	
	10.37,10(37,61)	11.15,20(38,10)	11.52,51(37,31)	12.30,37(37,86)	
	13.08,70(38,33)	13.47,06(38,36)	14.24,37(37,31)	15.02,11(37,74)	
	15.39,98(37,87)	16.17,45(37,47)	16.55,05(37,60)	17.32,76(37,71)	
	18.09,78(37,02)	18.45,97(36,19)			
6	Julie Rønningsen	94	Lambertseter SK	18.46,26	619
	33,84(33,84)	1.10,75(36,91)	1.47,59(36,84)	2.25,31(37,72)	
	3.02,45(37,14)	3.40,03(37,58)	4.17,79(37,76)	4.55,78(37,99)	
	5.33,12(37,34)	6.11,16(38,04)	6.48,40(37,24)	7.26,52(38,12)	
	8.03,94(37,42)	8.42,23(38,29)	9.19,58(37,35)	9.57,26(37,68)	
	10.35,41(38,15)	11.13,66(38,25)	11.51,61(37,95)	12.29,36(37,75)	
	13.07,63(38,27)	13.45,42(37,79)	14.22,72(37,30)	15.01,15(38,43)	
	15.38,43(37,28)	16.16,60(38,17)	16.54,53(37,93)	17.32,32(37,79)	
	18.10,13(37,81)	18.46,26(36,13)			
7	Christiane Sandbye	93	Skjetten Svømming	19.01,25	595
	34,96(34,96)	1.11,40(36,44)	1.48,94(37,54)	2.26,42(37,48)	
	3.04,14(37,72)	3.42,53(38,39)	4.20,71(38,18)	4.59,33(38,62)	
	5.37,29(37,96)	6.15,57(38,28)	6.54,00(38,43)	7.32,09(38,09)	
	8.10,31(38,22)	8.48,95(38,64)	9.27,30(38,35)	10.06,59(39,29)	
	10.44,93(38,34)	11.23,18(38,25)	12.00,98(37,80)	12.39,28(38,30)	
	13.17,45(38,17)	13.55,35(37,90)	14.33,37(38,02)	15.12,19(38,82)	
	15.50,99(38,80)	16.29,20(38,21)	17.07,67(38,47)	17.45,48(37,81)	
	18.23,38(37,90)	19.01,25(37,87)			

8	Inger-Cathrine Wium	92	Øvre Eiker SK	19.11,86	579
	34,09(34,09)	1.11,26(37,17)	1.48,46(37,20)	2.26,35(37,89)	
	3.04,36(38,01)	3.42,14(37,78)	4.20,49(38,35)	4.58,98(38,49)	
	5.37,46(38,48)	6.16,07(38,61)	6.54,76(38,69)	7.33,58(38,82)	
	8.11,93(38,35)	8.50,83(38,90)	9.29,58(38,75)	10.08,41(38,83)	
	10.47,28(38,87)	11.25,86(38,58)	12.04,78(38,92)	12.44,03(39,25)	
	13.22,99(38,96)	14.01,90(38,91)	14.40,98(39,08)	15.19,79(38,81)	
	15.58,64(38,85)	16.37,43(38,79)	17.16,56(39,13)	17.55,15(38,59)	
	18.33,62(38,47)	19.11,86(38,24)			
9	Christine Svaland	92	Vågsbygd SLK	19.19,35	568
	34,15(34,15)	1.11,23(37,08)	1.49,01(37,78)	2.27,27(38,26)	
	3.05,34(38,07)	3.44,01(38,67)	4.22,51(38,50)	5.01,10(38,59)	
	5.40,05(38,95)	6.18,96(38,91)	6.57,82(38,86)	7.36,86(39,04)	
	8.15,72(38,86)	8.54,88(39,16)	9.34,27(39,39)	10.13,47(39,20)	
	10.52,24(38,77)	11.31,71(39,47)	12.11,06(39,35)	12.50,69(39,63)	
	13.29,74(39,05)	14.09,06(39,32)	14.48,30(39,24)	15.27,14(38,84)	
	16.06,41(39,27)	16.45,91(39,50)	17.24,73(38,82)	18.02,45(37,72)	
	18.42,42(39,97)	19.19,35(36,93)			

Øvelse 40. 4*100m lag medley, herrer - Junior

Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	(0,75)	3.56,79	757	NJR
	Vegard Nyenget Løvberg:	29,46(29,46)	1.01,41(31,95)	1.01,41			
	Sebastian Wigstrøm:	1.31,95(30,54)	2.07,00(35,05)	1.05,59			
	Christer Koch Kvam:	2.32,23(25,23)	3.03,29(31,06)	56,29			
	Stian Werner Erichsen:	3.28,35(25,06)	3.56,79(28,44)	53,50			
2	Bergensv. G1 jr.	JR	Bergensvømmerne	(0,74)	4.00,89	719	
	Even Vike Holm:	30,23(30,23)	1.02,31(32,08)	1.02,31			
	Marcus Tesdal:	1.32,54(30,23)	2.08,29(35,75)	1.05,98			
	Sindri T. Jakobsson:	2.34,52(26,23)	3.05,61(31,09)	57,32			
	Espen Halhjem:	3.31,40(25,79)	4.00,89(29,49)	55,28			
3	Team Stavanger G1 jr.	JR	Team Stavanger	(0,61)	4.03,24	698	
	Erlend Tveteraas:	31,37(31,37)	1.06,56(35,19)	1.06,56			
	Erling Mjøs Brattelid:	1.36,80(30,24)	2.11,97(35,17)	1.05,41			
	Ole Martin Ree:	2.38,35(26,38)	3.09,62(31,27)	57,65			
	Bjarte Ravndal:	3.34,87(25,25)	4.03,24(28,37)	53,62			
4	Lambertseter SK G1 jr.	JR	Lambertseter SK	(0,61)	4.05,91	676	
	Mikael Bergene:	29,60(29,60)	1.00,90(31,30)	1.00,90			
	Alexander Schüssler:	1.34,13(33,23)	2.12,96(38,83)	1.12,06			
	Sindre Eilertsen:	2.39,85(26,89)	3.12,30(32,45)	59,34			
	Christian Thorsen:	3.37,70(25,40)	4.05,91(28,21)	53,61			
5	Bergensv. G2 jr.	JR	Bergensvømmerne	(0,57)	4.08,59	654	
	Eirik Runningen:	31,86(31,86)	1.05,77(33,91)	1.05,77			
	Simen Dale:	1.36,78(31,01)	2.12,87(36,09)	1.07,10			
	Sebastian Stordal:	2.39,88(27,01)	3.12,28(32,40)	59,41			
	Eivind Johannesen:	3.39,03(26,75)	4.08,59(29,56)	56,31			
6	Stavanger SC G1 jr.	JR	Stavanger SC	(0,68)	4.14,38	611	
	Henrik Knudsen:	32,14(32,14)	1.05,66(33,52)	1.05,66			
	Erik Vassøy Olsen:	1.39,52(33,86)	2.16,69(37,17)	1.11,03			
	Hans Østerdal:	2.44,39(27,70)	3.17,92(33,53)	1.01,23			
	Henning S. Pryde:	3.45,31(27,39)	4.14,38(29,07)	56,46			
7	Bærumsv G2 jr.	JR	Bærumsvømmerne	(0,78)	4.16,30	597	
	Henrik Wathne:	32,44(32,44)	1.06,61(34,17)	1.06,61			
	Andreas Linnerud:	1.39,47(32,86)	2.19,22(39,75)	1.12,61			
	Tor Hafnor:	2.46,07(26,85)	3.18,85(32,78)	59,63			
	Carl Andreas Wathne:	3.45,92(27,07)	4.16,30(30,38)	57,45			
8	Åstveit SK G1 jr.	JR	Åstveit SK		4.17,12	591	
	Markus Lie:	32,97(32,97)	1.08,14(35,17)	1.08,14			
	Sondre Bryn:	1.41,62(33,48)	2.20,14(38,52)	1.12,00			
	Erlend Ulveseter:	2.47,23(27,09)	3.19,11(31,88)	58,97			
	Jonas Jensen:	3.46,71(27,60)	4.17,12(30,41)	58,01			
9	Kolbotn IL G1 jr.	JR	Kolbotn IL	(0,75)	4.23,33	550	
	Erik Tobias Sollesnes:	33,19(33,19)	1.08,67(35,48)	1.08,67			
	Matias Madssen:	1.42,73(34,06)	2.22,82(40,09)	1.14,15			
	Martin Berger Oterholm:	2.50,82(28,00)	3.25,74(34,92)	1.02,92			
	Johan Parker Nygård:	3.52,29(26,55)	4.23,33(31,04)	57,59			

10	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	(0,71)	4.24,02	546
	Kristoffer Brekke:	31,90(31,90)	1.05,95(34,05)	1.05,95		
	Markus Vindenes:	1.38,28(32,33)	2.16,02(37,74)	1.10,07		
	Joachim André Jakobsen:	2.45,26(29,24)	3.19,81(34,55)	1.03,79		
	Kristian Blummenfelt:	3.50,36(30,55)	4.24,02(33,66)	1.04,21		
11	Larvik SK G1 jr.	JR	Larvik SK	(0,62)	4.25,76	535
	Jørgen Aagaard-Nilsen Wiik:	32,45(32,45)	1.07,37(34,92)	1.07,37		
	Martin Schau:	1.41,84(34,47)	2.21,98(40,14)	1.14,61		
	Geir T. Kristiansen:	2.49,85(27,87)	3.24,91(35,06)	1.02,93		
	Peder T. Haagensli:	3.53,40(28,49)	4.25,76(32,36)	1.00,85		
12	IL Varg G1 jr.	JR	IL Varg	(0,74)	4.26,95	528
	Martin Gundersen:	33,87(33,87)	1.11,04(37,17)	1.11,04		
	Odin Spangen Normann:	1.46,34(35,30)	2.27,13(40,79)	1.16,09		
	Jan-Tore Jessen Eikrem:	2.55,09(27,96)	3.28,92(33,83)	1.01,79		
	Daniel Berenett:	3.56,60(27,68)	4.26,95(30,35)	58,03		
13	Oslo IL G1 jr.	JR	Oslo IL	(0,71)	4.27,55	525
	Henning Kaland:	33,38(33,38)	1.07,82(34,44)	1.07,82		
	Jon Erik Sønning:	1.42,55(34,73)	2.22,88(40,33)	1.15,06		
	Lars Nymoen:	2.50,67(27,79)	3.26,78(36,11)	1.03,90		
	Zakarias Nouri:	3.55,63(28,85)	4.27,55(31,92)	1.00,77		
14	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,75)	4.28,11	521
	Vebjørn Lindhjem:	33,70(33,70)	1.08,95(35,25)	1.08,95		
	Tore Skauge Bysting:	1.42,43(33,48)	2.21,26(38,83)	1.12,31		
	Kjetil Flatland:	2.51,33(30,07)	3.27,18(35,85)	1.05,92		
	Jarl André Bergsvenkerud:	3.55,92(28,74)	4.28,11(32,19)	1.00,93		
15	Elverum IL G1 jr.	JR	Elverum Svømming	(0,56)	4.32,84	495
	Eirik B. Lund:	34,34(34,34)	1.10,59(36,25)	1.10,59		
	Martin B. Lund:	1.47,59(37,00)	2.30,44(42,85)	1.19,85		
	Gunnar V. Skirbekk:	2.59,59(29,15)	3.34,09(34,50)	1.03,65		
	Ingvar V. Skirbekk:	4.02,15(28,06)	4.32,84(30,69)	58,75		
16	Vestbyen IL G1 jr.	JR	Vestbyen IL	(0,64)	4.35,67	480
	Sigvart Evjen:	34,73(34,73)	1.13,32(38,59)	1.13,32		
	Christopher Wolf:	1.48,04(34,72)	2.31,06(43,02)	1.17,74		
	Gunnar Evjen:	3.00,60(29,54)	3.36,70(36,10)	1.05,64		
	Per Alexander Fladvad:	4.04,15(27,45)	4.35,67(31,52)	58,97		
17	Ski SK G1 jr.	JR	Ski SK	(0,75)	4.50,92	408
	Sven Peder Oseth:	34,47(34,47)	1.11,26(36,79)	1.11,26		
	Anders Struksnæs Sand:	1.50,23(38,97)	2.34,67(44,44)	1.23,41		
	Einar Norum:	3.08,35(33,68)	3.48,22(39,87)	1.13,55		
	Kristian Bjelbøle Bakken:	4.18,14(29,92)	4.50,92(32,78)	1.02,70		
18	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	(0,72)	4.57,60	381
	Jørgen Gundersen:	37,89(37,89)	1.17,36(39,47)	1.17,36		
	Ole Nævdal:	2.00,09(42,73)	2.46,67(46,58)	1.29,31		
	Håkon Brennhagen:	3.16,92(30,25)	3.51,45(34,53)	1.04,78		
	Håkon Johannessen:	4.23,01(31,56)	4.57,60(34,59)	1.06,15		
	Delfana G1 jr.	JR	Delfana	(0,68)	DISK	
	Øyvind L. Styrmo:	31,17(31,17)	1.04,57(33,40)	1.04,57		
	Håvard Hole:	1.37,21(32,64)	2.16,32(39,11)	1.11,75		
	Henrik Søfteland:	2.46,67(30,35)	3.22,17(35,50)	1.05,85		
	Marius Thorsø:					

Tirsdag 14. juli 2009 kl 16.00**Øvelse 31. 200m rygg, damer - Finale****Sponsor: Ricoh****Senior**

1	Heidi Vainio Gjøen	88	Lambertseter SK	(0,69)	2.20,71	760
	33,41(33,41)	1.09,42(36,01)	1.45,37(35,95)	2.20,71(35,34)		
2	Elisabeth Jarland	85	Bærumsvømmerne	(0,71)	2.22,09	738
	33,82(33,82)	1.09,58(35,76)	1.46,17(36,59)	2.22,09(35,92)		
3	Oda Marie Siljan	92	Poseidon		2.22,63	730
	33,33(33,33)	1.09,06(35,73)	1.46,22(37,16)	2.22,63(36,41)		
4	Christine M. Pedersen	93	Lambertseter SK		2.25,67	685
	34,54(34,54)	1.11,21(36,67)	1.48,65(37,44)	2.25,67(37,02)		
5	Gina B. Andersen	90	Skjetten Svømming/NTG		2.25,96	681
	34,29(34,29)	1.10,88(36,59)	1.48,41(37,53)	2.25,96(37,55)		
6	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,69)	2.26,21	678
	33,43(33,43)	1.10,93(37,50)	1.50,09(39,16)	2.26,21(36,12)		
7	Line Løvberg	91	Lambertseter SK/NTG	(0,67)	2.27,64	658
	35,00(35,00)	1.12,30(37,30)	1.50,53(38,23)	2.27,64(37,11)		
8	Bitte Fagermo	93	Narvik SK	(0,92)	2.32,41	598
	35,90(35,90)	1.14,34(38,44)	1.53,47(39,13)	2.32,41(38,94)		

Øvelse 32. 50m fri, herrer - Finale**Sponsor: SSK Distribusjon****Senior**

1	Sander Smørdal	85	BS/Arna	23,27	830
2	Thomas Ole Fadnes	87	Stavanger SC	23,28	829
3	Øystein R. Hetland	89	Bærumsvømmerne	23,73	782
4	Sverre Næss	92	Sarpsborg IL	23,90	766 NJR
5	Christer Koch Kvam	90	Bærum/NTG	24,16	741
6	Per Sondre Sodeland	91	Mandal SK	24,21	737
7	Dan Magnus Skibrek	87	Øvre Eiker SK	24,33	726
8	Bernt M. Seyffarth	89	Mandal SK	24,38	721

Øvelse 33. 100m fri, damer - Finale**Senior**

1	Cecilie W. Johannessen	90	Karmøy SK	56,77	870
	27,49(27,49)	56,77(29,28)			
2	Henriette Brekke	88	Vestkantsvømmerne	57,19	851
	27,60(27,60)	57,19(29,59)			
3	Monica W. Johannessen	90	Karmøy SK	58,08	812
	28,28(28,28)	58,08(29,80)			
4	Aslaug Marie Hjelmaas	95	Bergens SLK	58,89	779
	28,16(28,16)	58,89(30,73)			
5	Sofie Gjemmestad	89	Asker SK	59,45	757
	28,09(28,09)	59,45(31,36)			
6	Margrete Nyhus Ulvestad	88	Molde SLK	1.00,23	728
	28,74(28,74)	1.00,23(31,49)			
7	Line W. Lund	91	Moss SK	1.00,35	724
	28,72(28,72)	1.00,35(31,63)			
8	Victoria Rung	92	TS/Frisinn	1.00,95	703
	29,10(29,10)	1.00,95(31,85)			

Øvelse 34. 200m butterfly, herrer - Finale**Sponsor: BB Elektro****Senior**

1	Sindri T. Jakobsson	91	BS/Delfana	2.03,27	820
	27,43(27,43)	1.00,00(32,57)	1.31,66(31,66)	2.03,27(31,61)	
2	Gard Kvale	84	Bergens SC	2.03,64	812
	27,36(27,36)	59,18(31,82)	1.31,39(32,21)	2.03,64(32,25)	
3	Alexander Broberg Skeltved	87	Vestkantsvømmerne	2.08,01	732
	27,66(27,66)	59,88(32,22)	1.33,05(33,17)	2.08,01(34,96)	
4	Stian S. Langeland	89	Bergens SC	2.08,76	719
	28,05(28,05)	1.00,43(32,38)	1.33,71(33,28)	2.08,76(35,05)	
5	Sebastian Stordal	91	BS/Delfana	2.11,37	677
	28,93(28,93)	1.02,32(33,39)	1.37,07(34,75)	2.11,37(34,30)	
6	Ole Martin Ree	92	TS/Sola SK	2.12,09	666
	29,35(29,35)	1.03,18(33,83)	1.37,85(34,67)	2.12,09(34,24)	
7	Tor Hafnor	91	Bærumsvømmerne	2.15,68	615
	30,28(30,28)	1.05,55(35,27)	1.41,12(35,57)	2.15,68(34,56)	
8	Fredrik K Hegdal	94	Stavanger SC	2.19,00	572
	30,47(30,47)	1.05,98(35,51)	1.41,90(35,92)	2.19,00(37,10)	

Øvelse 35. 200m bryst, damer - Finale**Sponsor: Nordea****Senior**

1	Sara Nordenstam	83	Lambertseter SK	2.28,32	920
	33,70(33,70)	1.11,59(37,89)	1.49,96(38,37)	2.28,32(38,36)	
2	Trine Austrøne Olsen	90	Fauske SK	2.37,78	764
	35,82(35,82)	1.15,49(39,67)	1.55,96(40,47)	2.37,78(41,82)	
3	Karoline Brudvik Sanderud	89	Hamar IL	2.38,37	755
	35,94(35,94)	1.16,25(40,31)	1.57,45(41,20)	2.38,37(40,92)	
4	Celinn Daviknes	86	BS/Delfana	2.39,37	741
	35,58(35,58)	1.16,69(41,11)	1.58,63(41,94)	2.39,37(40,74)	
5	Stina Kajsa Colleou	93	Lambertseter SK	2.39,77	736
	36,57(36,57)	1.17,52(40,95)	1.58,78(41,26)	2.39,77(40,99)	
6	Elisabeth Jarland	85	Bærumsvømmerne	2.39,97	733
	36,41(36,41)	1.16,95(40,54)	1.58,84(41,89)	2.39,97(41,13)	
7	Ingalill Urrang Naustvik	95	Karmøy SK	2.44,27	677
	36,43(36,43)	1.17,47(41,04)	2.00,57(43,10)	2.44,27(43,70)	
8	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.44,60	673
	37,14(37,14)	1.19,08(41,94)	2.01,40(42,32)	2.44,60(43,20)	

Øvelse 36. 100m rygg, herrer - Finale**Senior**

1	Lavrans Solli	92	Bergens SC	(0,57)	59,23	767
	29,12(29,12)	59,23(30,11)				
2	Vegard Nyenget Løvberg	91	Bærumsvømmerne		1.00,38	724
	29,58(29,58)	1.00,38(30,80)				
3	Lars Andre Tolås	88	Bærumsvømmerne	(0,68)	1.00,66	714
	29,53(29,53)	1.00,66(31,13)				
4	Mikael Bergene	91	Lambertseter SK	(0,63)	1.01,18	696
	29,83(29,83)	1.01,18(31,35)				
5	Julian Åsheim Mikkelsen	93	Ås IL	(0,71)	1.01,80	675
	30,05(30,05)	1.01,80(31,75)				
6	Alexander B. Havre	90	Mandal SK	(0,64)	1.02,85	642
	29,20(29,20)	1.02,85(33,65)				
7	Steen Frenk Johansen	86	Vågsbygd SLK	(0,80)	1.03,01	637
	30,47(30,47)	1.03,01(32,54)				
8	Jonas Kirkeberg Jostad	92	Hamar IL	(0,68)	1.04,38	597
	31,45(31,45)	1.04,38(32,93)				

Øvelse 37. 50m butterfly, damer - Finale

Sponsor: Norsk Ventilasjonsrenhold AS

Senior

1	Ingvild Snildal	88	Asker SK	26,24	963	NR
2	Katharina Stiberg	88	Bjerkvik SK	26,69	915	
3	Siri Eva Kristiansen	93	Asker SK	28,61	743	
4	Karoline Brudvik Sanderud	89	Hamar IL	28,64	741	
5	Siri Løvold Magnussen	86	BS/Delfana	28,65	740	
6	Monica W. Johannessen	90	Karmøy SK	28,71	735	
7	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	29,01	713	
8	Maren Kristine Jansen	90	TS/Randaberg	29,35	688	

Funksjonshemmede

1	Mariann Vestbøstad	84	Vestkantsvømmerne	37,96	318	S8 112,67 %
2	Hanne Farestvedt	93	Åstveit SK	38,09	315	S14 122,67 %

Øvelse 38. 800m fri, herrer - Direkte finale

Junior

1	Jørn Nygård	92	Stavanger SC	8.34,71	751	
	28,43(28,43)	58,74(30,31)	1.29,99(31,25)	2.02,08(32,09)		
	2.34,64(32,56)	3.07,29(32,65)	3.39,96(32,67)	4.13,20(33,24)		
	4.46,47(33,27)	5.20,33(33,86)	5.53,36(33,03)	6.26,55(33,19)		
	6.59,43(32,88)	7.32,25(32,82)	8.04,62(32,37)	8.34,71(30,09)		
2	Sindri T. Jakobsson	91	BS/Delfana	8.37,87	737	
	29,27(29,27)	1.01,89(32,62)	1.35,24(33,35)	2.08,11(32,87)		
	2.41,28(33,17)	3.14,14(32,86)	3.46,82(32,68)	4.19,39(32,57)		
	4.51,70(32,31)	5.24,37(32,67)	5.56,88(32,51)	6.29,54(32,66)		
	7.01,86(32,32)	7.34,27(32,41)	8.06,24(31,97)	8.37,87(31,63)		
3	Eivind Johannesen	92	BS/Åstveit	8.51,22	683	
	29,93(29,93)	1.02,06(32,13)	1.35,41(33,35)	2.08,44(33,03)		
	2.41,70(33,26)	3.15,20(33,50)	3.48,81(33,61)	4.22,44(33,63)		
	4.55,81(33,37)	5.29,45(33,64)	6.03,25(33,80)	6.37,37(34,12)		
	7.11,31(33,94)	7.45,15(33,84)	8.18,75(33,60)	8.51,22(32,47)		
4	Martin P. Sletbakken	92	Sortland SLK	8.51,59	682	
	29,94(29,94)	1.02,33(32,39)	1.35,36(33,03)	2.08,96(33,60)		
	2.42,22(33,26)	3.15,91(33,69)	3.49,69(33,78)	4.23,53(33,84)		
	4.57,40(33,87)	5.31,48(34,08)	6.05,66(34,18)	6.40,14(34,48)		
	7.13,48(33,34)	7.47,50(34,02)	8.20,94(33,44)	8.51,59(30,65)		
5	Morten Bordervich	94	Sola SK	8.52,70	678	
	30,44(30,44)	1.02,71(32,27)	1.35,27(32,56)	2.08,33(33,06)		
	2.41,65(33,32)	3.15,97(34,32)	3.49,73(33,76)	4.23,55(33,82)		
	4.57,06(33,51)	5.31,75(34,69)	6.05,71(33,96)	6.39,83(34,12)		
	7.13,94(34,11)	7.47,98(34,04)	8.21,42(33,44)	8.52,70(31,28)		
6	Oscar Slaatmo	94	Hamar IL	8.57,09	661	
	29,77(29,77)	1.02,60(32,83)	1.36,04(33,44)	2.08,80(32,76)		
	2.42,07(33,27)	3.16,35(34,28)	3.50,60(34,25)	4.24,12(33,52)		
	4.58,56(34,44)	5.34,06(35,50)	6.08,91(34,85)	6.43,65(34,74)		
	7.18,47(34,82)	7.53,84(35,37)	8.27,18(33,34)	8.57,09(29,91)		
7	Øyvind Gevelt	91	Øvre Eiker SK	8.57,32	660	
	30,25(30,25)	1.02,57(32,32)	1.35,68(33,11)	2.09,28(33,60)		
	2.42,79(33,51)	3.16,64(33,85)	3.50,67(34,03)	4.24,88(34,21)		
	4.59,39(34,51)	5.33,99(34,60)	6.08,36(34,37)	6.42,93(34,57)		
	7.17,25(34,32)	7.51,54(34,29)	8.25,99(34,45)	8.57,32(31,33)		
8	Gunnar V. Skirbekk	91	Elverum Svømming	9.02,99	640	
	30,69(30,69)	1.04,28(33,59)	1.38,21(33,93)	2.13,52(35,31)		
	2.48,85(35,33)	3.23,98(35,13)	3.58,99(35,01)	4.34,42(35,43)		
	5.08,23(33,81)	5.43,05(34,82)	6.16,84(33,79)	6.50,52(33,68)		
	7.24,91(34,39)	7.59,50(34,59)	8.31,67(32,17)	9.02,99(31,32)		

9	Odin Spangen Normann	92	IL Varg	9.03,57	638
	29,54(29,54)	1.02,83(33,29)	1.36,22(33,39)	2.10,16(33,94)	
	2.44,51(34,35)	3.19,17(34,66)	3.53,92(34,75)	4.28,37(34,45)	
	5.02,99(34,62)	5.37,70(34,71)	6.12,50(34,80)	6.47,19(34,69)	
	7.21,96(34,77)	7.56,50(34,54)	8.30,99(34,49)	9.03,57(32,58)	
10	Ivan Aleksander Larsen	95	Karmøy SK	9.13,74	603
	30,51(30,51)	1.04,31(33,80)	1.38,68(34,37)	2.13,98(35,30)	
	2.49,19(35,21)	3.25,16(35,00)	3.59,51(1.10,32)	4.34,61(35,10)	
	5.09,66(35,05)	5.44,93(35,27)	6.20,02(35,09)	6.55,44(35,42)	
	7.30,42(34,98)	8.05,67(35,25)	8.40,33(34,66)	9.13,74(33,41)	
11	Per Simen Holstad Gandrud	92	Sarpsborg IL	9.18,78	587
	31,03(31,03)	1.05,08(34,05)	1.39,71(34,63)	2.15,01(35,30)	
	2.50,16(35,15)	3.25,16(35,00)	3.59,91(34,75)	4.34,82(34,91)	
	5.09,25(34,43)	5.44,92(35,67)	6.20,23(35,31)	6.55,94(35,71)	
	7.32,00(36,06)	8.08,25(36,25)	8.44,48(36,23)	9.18,78(34,30)	
12	Martin Berger Oterholm	93	Kolbotn IL	9.19,06	586
	30,28(30,28)	1.03,20(32,92)	1.37,11(33,91)	2.11,99(34,88)	
	2.46,84(34,85)	3.21,91(35,07)	3.56,79(34,88)	4.32,45(35,66)	
	5.07,76(35,31)	5.43,75(35,99)	6.19,70(35,95)	6.55,92(36,22)	
	7.31,99(36,07)	8.07,78(35,79)	8.43,66(35,88)	9.19,06(35,40)	

Senior

1	Mikkel Brudvik Sanderud	87	Lambertseter SK	8.31,06	767
	29,43(29,43)	1.01,28(31,85)	1.33,10(31,82)	2.05,33(32,23)	
	2.37,19(31,86)	3.09,54(32,35)	3.42,23(32,69)	4.15,00(32,77)	
	4.47,78(32,78)	5.20,25(32,47)	5.53,06(32,81)	6.26,10(33,04)	
	6.58,86(32,76)	7.31,48(32,62)	8.03,14(31,66)	8.31,06(27,92)	
2	Jørgen Møllerop	88	TS/Madla SK	8.32,37	761
	28,61(28,61)	1.00,31(31,70)	1.32,61(32,30)	2.05,02(32,41)	
	2.37,19(32,17)	3.09,49(32,30)	3.41,93(32,44)	4.14,86(32,93)	
	4.47,56(32,70)	5.20,21(32,65)	5.52,74(32,53)	6.25,54(32,80)	
	6.58,31(32,77)	7.31,01(32,70)	8.03,17(32,16)	8.32,37(29,20)	
3	Jørn Nygård	92	Stavanger SC	8.34,71	751
	28,43(28,43)	58,74(30,31)	1.29,99(31,25)	2.02,08(32,09)	
	2.34,64(32,56)	3.07,29(32,65)	3.39,96(32,67)	4.13,20(33,24)	
	4.46,47(33,27)	5.20,33(33,86)	5.53,36(33,03)	6.26,55(33,19)	
	6.59,43(32,88)	7.32,25(32,82)	8.04,62(32,37)	8.34,71(30,09)	
4	Sindri T. Jakobsson	91	BS/Delfana	8.37,87	737
	29,27(29,27)	1.01,89(32,62)	1.35,24(33,35)	2.08,11(32,87)	
	2.41,28(33,17)	3.14,14(32,86)	3.46,82(32,68)	4.19,39(32,57)	
	4.51,70(32,31)	5.24,37(32,67)	5.56,88(32,51)	6.29,54(32,66)	
	7.01,86(32,32)	7.34,27(32,41)	8.06,24(31,97)	8.37,87(31,63)	
5	Elias Damman	89	Bærumsvømmerne	8.44,02	712
	29,51(29,51)	1.01,02(31,51)	1.33,44(32,42)	2.06,36(32,92)	
	2.39,56(33,20)	3.12,76(33,20)	3.46,26(33,50)	4.19,54(33,28)	
	4.53,09(33,55)	5.26,62(33,53)	6.00,14(33,52)	6.33,97(33,83)	
	7.07,54(33,57)	7.41,00(33,46)	8.13,47(32,47)	8.44,02(30,55)	
6	Eirik Ravnar	89	Hamar IL	8.47,20	699
	27,53(27,53)	58,72(31,19)	1.31,34(32,62)	2.04,56(33,22)	
	2.37,53(32,97)	3.11,15(33,62)	3.44,52(33,37)	4.18,14(33,62)	
	4.51,01(32,87)	5.25,34(34,33)	5.59,39(34,05)	6.34,09(34,70)	
	7.08,10(34,01)	7.42,01(33,91)	8.15,55(33,54)	8.47,20(31,65)	
7	Eivind Johannesen	92	BS/Åstveit	8.51,22	683
	29,93(29,93)	1.02,06(32,13)	1.35,41(33,35)	2.08,44(33,03)	
	2.41,70(33,26)	3.15,20(33,50)	3.48,81(33,61)	4.22,44(33,63)	
	4.55,81(33,37)	5.29,45(33,64)	6.03,25(33,80)	6.37,37(34,12)	
	7.11,31(33,94)	7.45,15(33,84)	8.18,75(33,60)	8.51,22(32,47)	
8	Martin P. Sletbakken	92	Sortland SLK	8.51,59	682
	29,94(29,94)	1.02,33(32,39)	1.35,36(33,03)	2.08,96(33,60)	
	2.42,22(33,26)	3.15,91(33,69)	3.49,69(33,78)	4.23,53(33,84)	
	4.57,40(33,87)	5.31,48(34,08)	6.05,66(34,18)	6.40,14(34,48)	
	7.13,48(33,34)	7.47,50(34,02)	8.20,94(33,44)	8.51,59(30,65)	
9	Morten Bordervich	94	Sola SK	8.52,70	678
	30,44(30,44)	1.02,71(32,27)	1.35,27(32,56)	2.08,33(33,06)	
	2.41,65(33,32)	3.15,97(34,32)	3.49,73(33,76)	4.23,55(33,82)	
	4.57,06(33,51)	5.31,75(34,69)	6.05,71(33,96)	6.39,83(34,12)	
	7.13,94(34,11)	7.47,98(34,04)	8.21,42(33,44)	8.52,70(31,28)	

10	Magnus Klæboe Nordgård	89	Tromsø SK	8.55,19	668
	29,68(29,68)	1.02,12(32,44)	1.35,51(33,39)	2.08,71(33,20)	
	2.42,32(33,61)	3.16,29(33,97)	3.50,17(33,88)	4.24,25(34,08)	
	4.58,15(33,90)	5.32,34(34,19)	6.06,58(34,24)	6.40,68(34,10)	
	7.14,54(33,86)	7.48,64(34,10)	8.22,45(33,81)	8.55,19(32,74)	
11	Oscar Slaatmo	94	Hamar IL	8.57,09	661
	29,77(29,77)	1.02,60(32,83)	1.36,04(33,44)	2.08,80(32,76)	
	2.42,07(33,27)	3.16,35(34,28)	3.50,60(34,25)	4.24,12(33,52)	
	4.58,56(34,44)	5.34,06(35,50)	6.08,91(34,85)	6.43,65(34,74)	
	7.18,47(34,82)	7.53,84(35,37)	8.27,18(33,34)	8.57,09(29,91)	
12	Øyvind Gevelt	91	Øvre Eiker SK	8.57,32	660
	30,25(30,25)	1.02,57(32,32)	1.35,68(33,11)	2.09,28(33,60)	
	2.42,79(33,51)	3.16,64(33,85)	3.50,67(34,03)	4.24,88(34,21)	
	4.59,39(34,51)	5.33,99(34,60)	6.08,36(34,37)	6.42,93(34,57)	
	7.17,25(34,32)	7.51,54(34,29)	8.25,99(34,45)	8.57,32(31,33)	
13	Gunnar V. Skirbekk	91	Elverum Svømming	9.02,99	640
	30,69(30,69)	1.04,28(33,59)	1.38,21(33,93)	2.13,52(35,31)	
	2.48,85(35,33)	3.23,98(35,13)	3.58,99(35,01)	4.34,42(35,43)	
	5.08,23(33,81)	5.43,05(34,82)	6.16,84(33,79)	6.50,52(33,68)	
	7.24,91(34,39)	7.59,50(34,59)	8.31,67(32,17)	9.02,99(31,32)	
14	Odin Spangen Normann	92	IL Varg	9.03,57	638
	29,54(29,54)	1.02,83(33,29)	1.36,22(33,39)	2.10,16(33,94)	
	2.44,51(34,35)	3.19,17(34,66)	3.53,92(34,75)	4.28,37(34,45)	
	5.02,99(34,62)	5.37,70(34,71)	6.12,50(34,80)	6.47,19(34,69)	
	7.21,96(34,77)	7.56,50(34,54)	8.30,99(34,49)	9.03,57(32,58)	
15	Magnus Bru	87	Asker SK	9.06,68	627
	31,04(31,04)	1.03,78(32,74)	1.37,35(33,57)	2.11,06(33,71)	
	2.45,41(34,35)	3.19,70(34,29)	3.54,38(34,68)	4.28,61(34,23)	
	5.03,31(34,70)	5.37,95(34,64)	6.13,13(35,18)	6.48,01(34,88)	
	7.23,01(35,00)	7.57,99(34,98)	8.33,01(35,02)	9.06,68(33,67)	
16	Ivan Aleksander Larsen	95	Karmøy SK	9.13,74	603
	30,51(30,51)	1.04,31(33,80)	1.38,68(34,37)	2.13,98(35,30)	
	2.49,19(35,21)		3.59,51(1.10,32)	4.34,61(35,10)	
	5.09,66(35,05)	5.44,93(35,27)	6.20,02(35,09)	6.55,44(35,42)	
	7.30,42(34,98)	8.05,67(35,25)	8.40,33(34,66)	9.13,74(33,41)	
17	Per Simen Holstad Gandrud	92	Sarpsborg IL	9.18,78	587
	31,03(31,03)	1.05,08(34,05)	1.39,71(34,63)	2.15,01(35,30)	
	2.50,16(35,15)	3.25,16(35,00)	3.59,91(34,75)	4.34,82(34,91)	
	5.09,25(34,43)	5.44,92(35,67)	6.20,23(35,31)	6.55,94(35,71)	
	7.32,00(36,06)	8.08,25(36,25)	8.44,48(36,23)	9.18,78(34,30)	
18	Martin Berger Oterholm	93	Kolbotn IL	9.19,06	586
	30,28(30,28)	1.03,20(32,92)	1.37,11(33,91)	2.11,99(34,88)	
	2.46,84(34,85)	3.21,91(35,07)	3.56,79(34,88)	4.32,45(35,66)	
	5.07,76(35,31)	5.43,75(35,99)	6.19,70(35,95)	6.55,92(36,22)	
	7.31,99(36,07)	8.07,78(35,79)	8.43,66(35,88)	9.19,06(35,40)	

Øvelse 39. 1500m fri, damer - Direkte finale

Sponsor: Elkonor

Junior

1	Elin Slaatmo	92	Hamar IL	17.06,93	817
	30,84(30,84)	1.04,14(33,30)	1.37,47(33,33)	2.11,52(34,05)	
	2.44,94(33,42)	3.19,13(34,19)	3.53,26(34,13)	4.27,66(34,40)	
	5.01,84(34,18)	5.36,62(34,78)	6.10,87(34,25)	6.45,62(34,75)	
	7.20,04(34,42)	7.54,58(34,54)	8.29,09(34,51)	9.03,82(34,73)	
	9.38,55(34,73)	10.13,42(34,87)	10.47,86(34,44)	11.22,68(34,82)	
	11.57,14(34,46)	12.31,96(34,82)	13.06,68(34,72)	13.41,40(34,72)	
	14.16,03(34,63)	14.50,98(34,95)	15.25,72(34,74)	16.00,62(34,90)	
	16.35,02(34,40)	17.06,93(31,91)			
2	Lise Sand Syversen	95	BS/Delfana	17.31,84	761
	31,85(31,85)	1.06,14(34,29)	1.40,87(34,73)	2.15,46(34,59)	
	2.50,74(35,28)	3.25,86(35,12)	4.00,76(34,90)	4.36,05(35,29)	
	5.10,66(34,61)	5.45,75(35,09)	6.20,82(35,07)	6.55,69(34,87)	
	7.30,57(34,88)	8.05,59(35,02)	8.40,74(35,15)	9.16,12(35,38)	
	9.51,85(35,73)	10.27,29(35,44)	11.02,66(35,37)	11.37,80(35,14)	
	12.13,27(35,47)	12.48,99(35,72)	13.24,72(35,73)	14.00,77(36,05)	
	14.36,78(36,01)	15.12,50(35,72)	15.48,38(35,88)	16.22,35(33,97)	
	16.58,16(35,81)	17.31,84(33,68)			

3	Eva Marie W. Østerhus	94	TS/Madla SK	17.41,71	739
	32,01(32,01)	1.06,19(34,18)	1.41,22(35,03)	2.16,42(35,20)	
	2.51,75(35,33)	3.27,67(35,92)	4.03,11(35,44)	4.38,99(35,88)	
	5.14,79(35,80)	5.50,50(35,71)	6.26,07(35,57)	7.01,70(35,63)	
	7.37,66(35,96)	8.13,35(35,69)	8.49,04(35,69)	9.24,91(35,87)	
	10.00,70(35,79)	10.36,56(35,86)	11.12,31(35,75)	11.48,01(35,70)	
	12.23,28(35,27)	12.59,15(35,87)	13.35,00(35,85)	14.10,69(35,69)	
	14.46,60(35,91)	15.22,55(35,95)	15.58,41(35,86)	16.33,99(35,58)	
	17.08,84(34,85)	17.41,71(32,87)			
4	Siri Anette Sønju	92	Øvre Eiker SK	18.00,21	702
	32,37(32,37)	1.07,08(34,71)	1.42,34(35,26)	2.17,88(35,54)	
	2.53,49(35,61)	3.29,38(35,89)	4.05,45(36,07)	4.41,62(36,17)	
	5.17,68(36,06)	5.53,77(36,09)	6.29,94(36,17)	7.06,27(36,33)	
	7.42,43(36,16)	8.18,88(36,45)	8.55,01(36,13)	9.31,48(36,47)	
	10.07,63(36,15)	10.44,08(36,45)	11.20,34(36,26)	11.56,93(36,59)	
	12.33,11(36,18)	13.09,44(36,33)	13.45,44(36,00)	14.22,11(36,67)	
	14.58,34(36,23)	15.34,90(36,56)	16.11,27(36,37)	16.47,98(36,71)	
	17.24,07(36,09)	18.00,21(36,14)			
5	Andrea Haugstad	92	Vestkantsvømmerne	18.08,52	686
	32,62(32,62)	1.07,90(35,28)	1.44,25(36,35)	2.20,86(36,61)	
	2.57,34(36,48)	3.33,86(36,52)	4.10,27(36,41)	4.46,72(36,45)	
	5.22,85(36,13)	5.59,07(36,22)	6.35,23(36,16)	7.11,45(36,22)	
	7.47,58(36,13)	8.23,91(36,33)	9.00,16(36,25)	9.36,50(36,34)	
	10.12,72(36,22)	10.49,29(36,57)	11.25,81(36,52)	12.02,09(36,28)	
	12.38,91(36,82)	13.15,45(36,54)	13.52,08(36,63)	14.29,02(36,94)	
	15.05,61(36,59)	15.42,60(36,99)	16.19,41(36,81)	16.56,28(36,87)	
	17.32,76(36,48)	18.08,52(35,76)			
6	Katrine Ekstang	92	Setermoen SK	18.15,40	673
	33,46(33,46)	1.10,00(36,54)	1.47,03(37,03)	2.23,96(36,93)	
	3.00,52(36,56)	3.36,96(36,44)	4.14,06(37,10)	4.50,83(36,77)	
	5.27,78(36,95)	6.04,38(36,60)	6.41,27(36,89)	7.18,36(37,09)	
	7.54,44(36,08)	8.31,16(36,72)	9.07,46(36,30)	9.44,16(36,70)	
	10.20,56(36,40)	10.57,69(37,13)	11.34,30(36,61)	12.11,61(37,31)	
	12.48,49(36,88)	13.25,06(36,57)	14.01,64(36,58)	14.38,59(36,95)	
	15.15,19(36,60)	15.51,79(36,60)	16.28,36(36,57)	17.04,35(35,99)	
	17.41,36(37,01)	18.15,40(34,04)			
7	Karoline Pedersen	94	Bergens SLK	18.16,55	671
	33,62(33,62)	1.09,81(36,19)	1.46,47(36,66)	2.22,91(36,44)	
	2.59,46(36,55)	3.36,07(36,61)	4.12,79(36,72)	4.50,11(37,32)	
	5.27,25(37,14)	6.04,51(37,26)	6.41,25(36,74)	7.18,52(37,27)	
	7.54,94(36,42)	8.31,92(36,98)	9.08,50(36,58)	9.45,43(36,93)	
	10.22,04(36,61)	10.59,07(37,03)	11.35,79(36,72)	12.13,13(37,34)	
	12.49,67(36,54)	13.26,65(36,98)	14.03,25(36,60)	14.39,90(36,65)	
	15.16,30(36,40)	15.53,37(37,07)	16.29,59(36,22)	17.06,34(36,75)	
	17.41,95(35,61)	18.16,55(34,60)			
8	Hanne Lockertsen	94	Tromsø SK	18.16,67	671
	32,99(32,99)	1.08,77(35,78)	1.44,61(35,84)	2.20,77(36,16)	
	2.57,08(36,31)	3.33,54(36,46)	4.09,94(36,40)	4.46,49(36,55)	
	5.22,92(36,43)	5.59,33(36,41)	6.36,06(36,73)	7.12,62(36,56)	
	7.49,44(36,82)	8.26,33(36,89)	9.03,06(36,73)	9.39,89(36,83)	
	10.16,57(36,68)	10.53,39(36,82)	11.30,17(36,78)	12.07,42(37,25)	
	12.44,28(36,86)	13.21,28(37,00)	13.58,29(37,01)	14.35,03(36,74)	
	15.11,73(36,70)	15.48,56(36,83)	16.25,73(37,17)	17.03,08(37,35)	
	17.40,39(37,31)	18.16,67(36,28)			
9	Julie Torgersen Nilsen	92	Hamar IL	18.17,84	669
	34,01(34,01)	1.10,78(36,77)	1.47,23(36,45)	2.23,96(36,73)	
	3.00,31(36,35)	3.36,85(36,54)	4.13,25(36,40)	4.50,24(36,99)	
	5.27,33(37,09)	6.04,58(37,25)	6.41,52(36,94)	7.18,80(37,28)	
	7.55,22(36,42)	8.32,15(36,93)	9.08,63(36,48)	9.45,82(37,19)	
	10.22,51(36,69)	10.59,45(36,94)	11.36,27(36,82)	12.13,00(36,73)	
	12.49,70(36,70)	13.26,71(37,01)	14.03,46(36,75)	14.40,24(36,78)	
	15.16,92(36,68)	15.53,75(36,83)	16.30,67(36,92)	17.07,73(37,06)	
	17.43,06(35,33)	18.17,84(34,78)			
10	Andrea Westbye	95	Bærumsvømmerne	18.30,89	645
	33,11(33,11)	1.08,64(35,53)	1.44,92(36,28)	2.21,50(36,58)	
	2.58,20(36,70)	3.34,94(36,74)	4.11,68(36,74)	4.48,22(36,54)	
	5.25,16(36,94)	6.02,22(37,06)	6.39,48(37,26)	7.16,83(37,35)	
	7.53,91(37,08)	8.31,28(37,37)	9.08,47(37,19)	9.45,72(37,25)	
	10.23,52(37,80)	11.01,08(37,56)	11.38,73(37,65)	12.15,79(37,06)	
	12.53,29(37,50)	13.31,14(37,85)	14.08,93(37,79)	14.46,60(37,67)	
	15.24,44(37,84)	16.02,01(37,57)	16.39,39(37,38)	17.17,01(37,62)	
	17.54,44(37,43)	18.30,89(36,45)			

11	Stine Lise Stenseth	94	Øvre Eiker SK	18.38,18	633
	33,53(33,53)	1.09,89(36,36)	1.46,53(36,64)	2.23,22(36,69)	
	2.59,66(36,44)	3.36,27(36,61)	4.13,20(36,93)	4.50,55(37,35)	
	5.27,55(37,00)	6.04,81(37,26)	6.41,83(37,02)	7.19,13(37,30)	
	7.56,27(37,14)	8.33,52(37,25)	9.10,72(37,20)	9.48,51(37,79)	
	10.26,08(37,57)	11.03,79(37,71)	11.41,11(37,32)	12.18,91(37,80)	
	12.56,44(37,53)	13.34,14(37,70)	14.11,86(37,72)	14.49,88(38,02)	
	15.27,79(37,91)	16.05,98(38,19)	16.44,13(38,15)	17.22,55(38,42)	
	18.00,91(38,36)	18.38,18(37,27)			
12	Marthe Berg Sørensen	92	TS/Frisinn	18.45,97	620
	33,70(33,70)	1.10,52(36,82)	1.47,84(37,32)	2.25,60(37,76)	
	3.03,35(37,75)	3.41,37(38,02)	4.18,77(37,40)	4.56,73(37,96)	
	5.34,11(37,38)	6.12,04(37,93)	6.49,67(37,63)	7.27,75(38,08)	
	8.05,78(38,03)	8.43,90(38,12)	9.21,38(37,48)	9.59,49(38,11)	
	10.37,10(37,61)	11.15,20(38,10)	11.52,51(37,31)	12.30,37(37,86)	
	13.08,70(38,33)	13.47,06(38,36)	14.24,37(37,31)	15.02,11(37,74)	
	15.39,98(37,87)	16.17,45(37,47)	16.55,05(37,60)	17.32,76(37,71)	
	18.09,78(37,02)	18.45,97(36,19)			
13	Julie Rønningsen	94	Lambertseter SK	18.46,26	619
	33,84(33,84)	1.10,75(36,91)	1.47,59(36,84)	2.25,31(37,72)	
	3.02,45(37,14)	3.40,03(37,58)	4.17,79(37,76)	4.55,78(37,99)	
	5.33,12(37,34)	6.11,16(38,04)	6.48,40(37,24)	7.26,52(38,12)	
	8.03,94(37,42)	8.42,23(38,29)	9.19,58(37,35)	9.57,26(37,68)	
	10.35,41(38,15)	11.13,66(38,25)	11.51,61(37,95)	12.29,36(37,75)	
	13.07,63(38,27)	13.45,42(37,79)	14.22,72(37,30)	15.01,15(38,43)	
	15.38,43(37,28)	16.16,60(38,17)	16.54,53(37,93)	17.32,32(37,79)	
	18.10,13(37,81)	18.46,26(36,13)			
14	Christiane Sandbye	93	Skjetten Svømming	19.01,25	595
	34,96(34,96)	1.11,40(36,44)	1.48,94(37,54)	2.26,42(37,48)	
	3.04,14(37,72)	3.42,53(38,39)	4.20,71(38,18)	4.59,33(38,62)	
	5.37,29(37,96)	6.15,57(38,28)	6.54,00(38,43)	7.32,09(38,09)	
	8.10,31(38,22)	8.48,95(38,64)	9.27,30(38,35)	10.06,59(39,29)	
	10.44,93(38,34)	11.23,18(38,25)	12.00,98(37,80)	12.39,28(38,30)	
	13.17,45(38,17)	13.55,35(37,90)	14.33,37(38,02)	15.12,19(38,82)	
	15.50,99(38,80)	16.29,20(38,21)	17.07,67(38,47)	17.45,48(37,81)	
	18.23,38(37,90)	19.01,25(37,87)			
15	Inger-Cathrine Wium	92	Øvre Eiker SK	19.11,86	579
	34,09(34,09)	1.11,26(37,17)	1.48,46(37,20)	2.26,35(37,89)	
	3.04,36(38,01)	3.42,14(37,78)	4.20,49(38,35)	4.58,98(38,49)	
	5.37,46(38,48)	6.16,07(38,61)	6.54,76(38,69)	7.33,58(38,82)	
	8.11,93(38,35)	8.50,83(38,90)	9.29,58(38,75)	10.08,41(38,83)	
	10.47,28(38,87)	11.25,86(38,58)	12.04,78(38,92)	12.44,03(39,25)	
	13.22,99(38,96)	14.01,90(38,91)	14.40,98(39,08)	15.19,79(38,81)	
	15.58,64(38,85)	16.37,43(38,79)	17.16,56(39,13)	17.55,15(38,59)	
	18.33,62(38,47)	19.11,86(38,24)			
16	Christine Svaland	92	Vågsbygd SLK	19.19,35	568
	34,15(34,15)	1.11,23(37,08)	1.49,01(37,78)	2.27,27(38,26)	
	3.05,34(38,07)	3.44,01(38,67)	4.22,51(38,50)	5.01,10(38,59)	
	5.40,05(38,95)	6.18,96(38,91)	6.57,82(38,86)	7.36,86(39,04)	
	8.15,72(38,86)	8.54,88(39,16)	9.34,27(39,39)	10.13,47(39,20)	
	10.52,24(38,77)	11.31,71(39,47)	12.11,06(39,35)	12.50,69(39,63)	
	13.29,74(39,05)	14.09,06(39,32)	14.48,30(39,24)	15.27,14(38,84)	
	16.06,41(39,27)	16.45,91(39,50)	17.24,73(38,82)	18.02,45(37,72)	
	18.42,42(39,97)	19.19,35(36,93)			
	Gina B. Andersen	90	Skjetten Svømming/NTG	BRUTT	

Senior

1	Elin Slaatmo	92	Hamar IL	17.06,93	817
	30,84(30,84)	1.04,14(33,30)	1.37,47(33,33)	2.11,52(34,05)	
	2.44,94(33,42)	3.19,13(34,19)	3.53,26(34,13)	4.27,66(34,40)	
	5.01,84(34,18)	5.36,62(34,78)	6.10,87(34,25)	6.45,62(34,75)	
	7.20,04(34,42)	7.54,58(34,54)	8.29,09(34,51)	9.03,82(34,73)	
	9.38,55(34,73)	10.13,42(34,87)	10.47,86(34,44)	11.22,68(34,82)	
	11.57,14(34,46)	12.31,96(34,82)	13.06,68(34,72)	13.41,40(34,72)	
	14.16,03(34,63)	14.50,98(34,95)	15.25,72(34,74)	16.00,62(34,90)	
	16.35,02(34,40)	17.06,93(31,91)			

2	Lise Sand Syversen	95	BS/Delfana	17.31,84	761
	31,85(31,85)	1.06,14(34,29)	1.40,87(34,73)	2.15,46(34,59)	
	2.50,74(35,28)	3.25,86(35,12)	4.00,76(34,90)	4.36,05(35,29)	
	5.10,66(34,61)	5.45,75(35,09)	6.20,82(35,07)	6.55,69(34,87)	
	7.30,57(34,88)	8.05,59(35,02)	8.40,74(35,15)	9.16,12(35,38)	
	9.51,85(35,73)	10.27,29(35,44)	11.02,66(35,37)	11.37,80(35,14)	
	12.13,27(35,47)	12.48,99(35,72)	13.24,72(35,73)	14.00,77(36,05)	
	14.36,78(36,01)	15.12,50(35,72)	15.48,38(35,88)	16.22,35(33,97)	
	16.58,16(35,81)	17.31,84(33,68)			
3	Eva Marie W. Østerhus	94	TS/Madla SK	17.41,71	739
	32,01(32,01)	1.06,19(34,18)	1.41,22(35,03)	2.16,42(35,20)	
	2.51,75(35,33)	3.27,67(35,92)	4.03,11(35,44)	4.38,99(35,88)	
	5.14,79(35,80)	5.50,50(35,71)	6.26,07(35,57)	7.01,70(35,63)	
	7.37,66(35,96)	8.13,35(35,69)	8.49,04(35,69)	9.24,91(35,87)	
	10.00,70(35,79)	10.36,56(35,86)	11.12,31(35,75)	11.48,01(35,70)	
	12.23,28(35,27)	12.59,15(35,87)	13.35,00(35,85)	14.10,69(35,69)	
	14.46,60(35,91)	15.22,55(35,95)	15.58,41(35,86)	16.33,99(35,58)	
	17.08,84(34,85)	17.41,71(32,87)			
4	Siri Anette Sønju	92	Øvre Eiker SK	18.00,21	702
	32,37(32,37)	1.07,08(34,71)	1.42,34(35,26)	2.17,88(35,54)	
	2.53,49(35,61)	3.29,38(35,89)	4.05,45(36,07)	4.41,62(36,17)	
	5.17,68(36,06)	5.53,77(36,09)	6.29,94(36,17)	7.06,27(36,33)	
	7.42,43(36,16)	8.18,88(36,45)	8.55,01(36,13)	9.31,48(36,47)	
	10.07,63(36,15)	10.44,08(36,45)	11.20,34(36,26)	11.56,93(36,59)	
	12.33,11(36,18)	13.09,44(36,33)	13.45,44(36,00)	14.22,11(36,67)	
	14.58,34(36,23)	15.34,90(36,56)	16.11,27(36,37)	16.47,98(36,71)	
	17.24,07(36,09)	18.00,21(36,14)			
5	Andrea Haugstad	92	Vestkantsvømmerne	18.08,52	686
	32,62(32,62)	1.07,90(35,28)	1.44,25(36,35)	2.20,86(36,61)	
	2.57,34(36,48)	3.33,86(36,52)	4.10,27(36,41)	4.46,72(36,45)	
	5.22,85(36,13)	5.59,07(36,22)	6.35,23(36,16)	7.11,45(36,22)	
	7.47,58(36,13)	8.23,91(36,33)	9.00,16(36,25)	9.36,50(36,34)	
	10.12,72(36,22)	10.49,29(36,57)	11.25,81(36,52)	12.02,09(36,28)	
	12.38,91(36,82)	13.15,45(36,54)	13.52,08(36,63)	14.29,02(36,94)	
	15.05,61(36,59)	15.42,60(36,99)	16.19,41(36,81)	16.56,28(36,87)	
	17.32,76(36,48)	18.08,52(35,76)			
6	Katrine Ekstang	92	Setermoen SK	18.15,40	673
	33,46(33,46)	1.10,00(36,54)	1.47,03(37,03)	2.23,96(36,93)	
	3.00,52(36,56)	3.36,96(36,44)	4.14,06(37,10)	4.50,83(36,77)	
	5.27,78(36,95)	6.04,38(36,60)	6.41,27(36,89)	7.18,36(37,09)	
	7.54,44(36,08)	8.31,16(36,72)	9.07,46(36,30)	9.44,16(36,70)	
	10.20,56(36,40)	10.57,69(37,13)	11.34,30(36,61)	12.11,61(37,31)	
	12.48,49(36,88)	13.25,06(36,57)	14.01,64(36,58)	14.38,59(36,95)	
	15.15,19(36,60)	15.51,79(36,60)	16.28,36(36,57)	17.04,35(35,99)	
	17.41,36(37,01)	18.15,40(34,04)			
7	Karoline Pedersen	94	Bergens SLK	18.16,55	671
	33,62(33,62)	1.09,81(36,19)	1.46,47(36,66)	2.22,91(36,44)	
	2.59,46(36,55)	3.36,07(36,61)	4.12,79(36,72)	4.50,11(37,32)	
	5.27,25(37,14)	6.04,51(37,26)	6.41,25(36,74)	7.18,52(37,27)	
	7.54,94(36,42)	8.31,92(36,98)	9.08,50(36,58)	9.45,43(36,93)	
	10.22,04(36,61)	10.59,07(37,03)	11.35,79(36,72)	12.13,13(37,34)	
	12.49,67(36,54)	13.26,65(36,98)	14.03,25(36,60)	14.39,90(36,65)	
	15.16,30(36,40)	15.53,37(37,07)	16.29,59(36,22)	17.06,34(36,75)	
	17.41,95(35,61)	18.16,55(34,60)			
8	Hanne Lockertsen	94	Tromsø SK	18.16,67	671
	32,99(32,99)	1.08,77(35,78)	1.44,61(35,84)	2.20,77(36,16)	
	2.57,08(36,31)	3.33,54(36,46)	4.09,94(36,40)	4.46,49(36,55)	
	5.22,92(36,43)	5.59,33(36,41)	6.36,06(36,73)	7.12,62(36,56)	
	7.49,44(36,82)	8.26,33(36,89)	9.03,06(36,73)	9.39,89(36,83)	
	10.16,57(36,68)	10.53,39(36,82)	11.30,17(36,78)	12.07,42(37,25)	
	12.44,28(36,86)	13.21,28(37,00)	13.58,29(37,01)	14.35,03(36,74)	
	15.11,73(36,70)	15.48,56(36,83)	16.25,73(37,17)	17.03,08(37,35)	
	17.40,39(37,31)	18.16,67(36,28)			
9	Julie Torgersen Nilsen	92	Hamar IL	18.17,84	669
	34,01(34,01)	1.10,78(36,77)	1.47,23(36,45)	2.23,96(36,73)	
	3.00,31(36,35)	3.36,85(36,54)	4.13,25(36,40)	4.50,24(36,99)	
	5.27,33(37,09)	6.04,58(37,25)	6.41,52(36,94)	7.18,80(37,28)	
	7.55,22(36,42)	8.32,15(36,93)	9.08,63(36,48)	9.45,82(37,19)	
	10.22,51(36,69)	10.59,45(36,94)	11.36,27(36,82)	12.13,00(36,73)	
	12.49,70(36,70)	13.26,71(37,01)	14.03,46(36,75)	14.40,24(36,78)	
	15.16,92(36,68)	15.53,75(36,83)	16.30,67(36,92)	17.07,73(37,06)	
	17.43,06(35,33)	18.17,84(34,78)			

10	Andrea Westbye	95	Bærumsvømmerne	18.30,89	645
	33,11(33,11)	1.08,64(35,53)	1.44,92(36,28)	2.21,50(36,58)	
	2.58,20(36,70)	3.34,94(36,74)	4.11,68(36,74)	4.48,22(36,54)	
	5.25,16(36,94)	6.02,22(37,06)	6.39,48(37,26)	7.16,83(37,35)	
	7.53,91(37,08)	8.31,28(37,37)	9.08,47(37,19)	9.45,72(37,25)	
	10.23,52(37,80)	11.01,08(37,56)	11.38,73(37,65)	12.15,79(37,06)	
	12.53,29(37,50)	13.31,14(37,85)	14.08,93(37,79)	14.46,60(37,67)	
	15.24,44(37,84)	16.02,01(37,57)	16.39,39(37,38)	17.17,01(37,62)	
	17.54,44(37,43)	18.30,89(36,45)			
11	Stine Lise Stenseth	94	Øvre Eiker SK	18.38,18	633
	33,53(33,53)	1.09,89(36,36)	1.46,53(36,64)	2.23,22(36,69)	
	2.59,66(36,44)	3.36,27(36,61)	4.13,20(36,93)	4.50,55(37,35)	
	5.27,55(37,00)	6.04,81(37,26)	6.41,83(37,02)	7.19,13(37,30)	
	7.56,27(37,14)	8.33,52(37,25)	9.10,72(37,20)	9.48,51(37,79)	
	10.26,08(37,57)	11.03,79(37,71)	11.41,11(37,32)	12.18,91(37,80)	
	12.56,44(37,53)	13.34,14(37,70)	14.11,86(37,72)	14.49,88(38,02)	
	15.27,79(37,91)	16.05,98(38,19)	16.44,13(38,15)	17.22,55(38,42)	
	18.00,91(38,36)	18.38,18(37,27)			
12	Marthe Berg Sørensen	92	TS/Frisinn	18.45,97	620
	33,70(33,70)	1.10,52(36,82)	1.47,84(37,32)	2.25,60(37,76)	
	3.03,35(37,75)	3.41,37(38,02)	4.18,77(37,40)	4.56,73(37,96)	
	5.34,11(37,38)	6.12,04(37,93)	6.49,67(37,63)	7.27,75(38,08)	
	8.05,78(38,03)	8.43,90(38,12)	9.21,38(37,48)	9.59,49(38,11)	
	10.37,10(37,61)	11.15,20(38,10)	11.52,51(37,31)	12.30,37(37,86)	
	13.08,70(38,33)	13.47,06(38,36)	14.24,37(37,31)	15.02,11(37,74)	
	15.39,98(37,87)	16.17,45(37,47)	16.55,05(37,60)	17.32,76(37,71)	
	18.09,78(37,02)	18.45,97(36,19)			
13	Julie Rønningsen	94	Lambertseter SK	18.46,26	619
	33,84(33,84)	1.10,75(36,91)	1.47,59(36,84)	2.25,31(37,72)	
	3.02,45(37,14)	3.40,03(37,58)	4.17,79(37,76)	4.55,78(37,99)	
	5.33,12(37,34)	6.11,16(38,04)	6.48,40(37,24)	7.26,52(38,12)	
	8.03,94(37,42)	8.42,23(38,29)	9.19,58(37,35)	9.57,26(37,68)	
	10.35,41(38,15)	11.13,66(38,25)	11.51,61(37,95)	12.29,36(37,75)	
	13.07,63(38,27)	13.45,42(37,79)	14.22,72(37,30)	15.01,15(38,43)	
	15.38,43(37,28)	16.16,60(38,17)	16.54,53(37,93)	17.32,32(37,79)	
	18.10,13(37,81)	18.46,26(36,13)			
14	Christiane Sandbye	93	Skjetten Svømming	19.01,25	595
	34,96(34,96)	1.11,40(36,44)	1.48,94(37,54)	2.26,42(37,48)	
	3.04,14(37,72)	3.42,53(38,39)	4.20,71(38,18)	4.59,33(38,62)	
	5.37,29(37,96)	6.15,57(38,28)	6.54,00(38,43)	7.32,09(38,09)	
	8.10,31(38,22)	8.48,95(38,64)	9.27,30(38,35)	10.06,59(39,29)	
	10.44,93(38,34)	11.23,18(38,25)	12.00,98(37,80)	12.39,28(38,30)	
	13.17,45(38,17)	13.55,35(37,90)	14.33,37(38,02)	15.12,19(38,82)	
	15.50,99(38,80)	16.29,20(38,21)	17.07,67(38,47)	17.45,48(37,81)	
	18.23,38(37,90)	19.01,25(37,87)			
15	Inger-Cathrine Wium	92	Øvre Eiker SK	19.11,86	579
	34,09(34,09)	1.11,26(37,17)	1.48,46(37,20)	2.26,35(37,89)	
	3.04,36(38,01)	3.42,14(37,78)	4.20,49(38,35)	4.58,98(38,49)	
	5.37,46(38,48)	6.16,07(38,61)	6.54,76(38,69)	7.33,58(38,82)	
	8.11,93(38,35)	8.50,83(38,90)	9.29,58(38,75)	10.08,41(38,83)	
	10.47,28(38,87)	11.25,86(38,58)	12.04,78(38,92)	12.44,03(39,25)	
	13.22,99(38,96)	14.01,90(38,91)	14.40,98(39,08)	15.19,79(38,81)	
	15.58,64(38,85)	16.37,43(38,79)	17.16,56(39,13)	17.55,15(38,59)	
	18.33,62(38,47)	19.11,86(38,24)			
16	Christine Svaland	92	Vågsbygd SLK	19.19,35	568
	34,15(34,15)	1.11,23(37,08)	1.49,01(37,78)	2.27,27(38,26)	
	3.05,34(38,07)	3.44,01(38,67)	4.22,51(38,50)	5.01,10(38,59)	
	5.40,05(38,95)	6.18,96(38,91)	6.57,82(38,86)	7.36,86(39,04)	
	8.15,72(38,86)	8.54,88(39,16)	9.34,27(39,39)	10.13,47(39,20)	
	10.52,24(38,77)	11.31,71(39,47)	12.11,06(39,35)	12.50,69(39,63)	
	13.29,74(39,05)	14.09,06(39,32)	14.48,30(39,24)	15.27,14(38,84)	
	16.06,41(39,27)	16.45,91(39,50)	17.24,73(38,82)	18.02,45(37,72)	
	18.42,42(39,97)	19.19,35(36,93)			
	Gina B. Andersen	90	Skjetten Svømming/NTG	BRUTT	

Øvelse 40. 4*100m lag medley, herrer - Senior

Senior

1	Vestkantsv. G1 sr.	SR	Vestkantsvømmerne	(0,73)	3.48,12	847
	Kim Torry Simmenes:	28,10(28,10)	58,63(30,53)	58,63		
	Alexander Dale Oen:	1.26,14(27,51)	1.58,78(32,64)	1.00,15		
	Alexander Broberg Skeltved:	2.24,82(26,04)	2.54,61(29,79)	55,83		
	Joachim André Jakobsen:	3.20,49(25,88)	3.48,12(27,63)	53,51		
2	Bergens SC G1 sr.	SR	Bergens SC	(0,56)	3.52,65	798
	Lavrans Solli:	28,90(28,90)	58,82(29,92)	58,82	NJR	
	Gard Kvale:	1.28,52(29,70)	2.03,30(34,78)	1.04,48		
	Stian S. Langeland:	2.29,61(26,31)	3.00,01(30,40)	56,71		
	Karsten W. Johannessen:	3.24,77(24,76)	3.52,65(27,88)	52,64		
3	Bærumsv G1 sr.	SR	Bærumsvømmerne	(0,67)	3.53,96	785
	Lars Andre Tolås:	29,44(29,44)	1.00,88(31,44)	1.00,88		
	Sebastian Wigstrøm:	1.31,28(30,40)	2.06,30(35,02)	1.05,42		
	Christer Koch Kvam:	2.31,60(25,30)	3.02,42(30,82)	56,12		
	Øystein R. Hetland:	3.26,84(24,42)	3.53,96(27,12)	51,54		
4	Bergensv. G1 sr.	SR	Bergensvømmerne	(0,70)	3.55,46	770
	Even Vike Holm:	29,69(29,69)	1.01,72(32,03)	1.01,72		
	Marcus Tesdal:	1.31,56(29,84)	2.07,51(35,95)	1.05,79		
	Sindri T. Jakobsson:	2.34,11(26,60)	3.04,43(30,32)	56,92		
	Sander Smørdal:	3.28,54(24,11)	3.55,46(26,92)	51,03		
5	Team Stavanger G1 sr.	SR	Team Stavanger	(0,64)	3.57,17	753
	Jørgen Møllerop:	29,58(29,58)	1.00,86(31,28)	1.00,86		
	Erling Mjøs Brattelid:	1.31,39(30,53)	2.06,14(34,75)	1.05,28		
	Ole Martin Ree:	2.32,69(26,55)	3.03,74(31,05)	57,60		
	Bjarte Ravndal:	3.29,13(25,39)	3.57,17(28,04)	53,43		
6	IL Varg G1 sr.	SR	IL Varg	(0,72)	3.59,99	727
	Jari K. Mikkelsen:	30,03(30,03)	1.03,96(33,93)	1.03,96		
	Thomas Breivoll:	1.34,54(30,58)	2.11,36(36,82)	1.07,40		
	Mattis Saghaug:	2.37,11(25,75)	3.08,28(31,17)	56,92		
	Petter Sjødal:	3.32,79(24,51)	3.59,99(27,20)	51,71		
7	Hamar IL G1 sr.	SR	Hamar IL	(0,72)	4.01,53	713
	Jonas Kirkeberg Jostad:	31,85(31,85)	1.03,90(32,05)	1.03,90		
	Lars Erik Dæhli:	1.34,44(30,54)	2.10,64(36,20)	1.06,74		
	Eirik Ravnan:	2.36,92(26,28)	3.07,07(30,15)	56,43		
	Martin Skramstad:	3.32,85(25,78)	4.01,53(28,68)	54,46		
8	Bærumsv G2 sr.	SR	Bærumsvømmerne		4.07,43	663
	Vegard Nyenget Løvberg:	29,70(29,70)	1.01,25(31,55)	1.01,25		
	Andreas Linnerud:	1.34,28(33,03)	2.13,87(39,59)	1.12,62		
	Tor Hafnor:	2.41,35(27,48)	3.13,50(32,15)	59,63		
	Stian Werner Erichsen:	3.38,71(25,21)	4.07,43(28,72)	53,93		
9	Lambertseter SK G1 sr.	SR	Lambertseter SK	(0,65)	4.07,55	663
	Mikael Bergene:	30,28(30,28)	1.01,71(31,43)	1.01,71		
	Christian Thorsen:	1.34,06(32,35)	2.11,70(37,64)	1.09,99		
	Sindre Eilertsen:	2.38,56(26,86)	3.12,24(33,68)	1.00,54		
	David Evja:	3.38,16(25,92)	4.07,55(29,39)	55,31		
10	Bergensv. G2 sr.	SR	Bergensvømmerne	(0,64)	4.09,19	650
	Espen Hallhjem:	31,41(31,41)	1.06,67(35,26)	1.06,67		
	Alexander Mokkelbost:	1.37,04(30,37)	2.13,30(36,26)	1.06,63		
	Sebastian Stordal:	2.40,64(27,34)	3.12,44(31,80)	59,14		
	Eirik Runningen:	3.38,87(26,43)	4.09,19(30,32)	56,75		
11	Mandal SK G1 sr.	SR	Mandal SK	(0,68)	4.11,54	631
	Alexander B. Havre:	29,66(29,66)	1.03,05(33,39)	1.03,05		
	Bernt M. Seyffarth:	1.34,53(31,48)	2.12,89(38,36)	1.09,84		
	Tord Eirik Seyffarth:	2.41,14(28,25)	3.17,54(36,40)	1.04,65		
	Per Sondre Sodeland:	3.43,13(25,59)	4.11,54(28,41)	54,00		
12	IL Varg G2 sr.	SR	IL Varg	(0,69)	4.18,14	584
	Håkon Skårud Karlsen:	33,11(33,11)	1.08,59(35,48)	1.08,59		
	Jonatan Saghaug:	1.40,30(31,71)	2.19,64(39,34)	1.11,05		
	Martin Gundersen:	2.47,23(27,59)	3.21,15(33,92)	1.01,51		
	Odin Spangen Normann:	3.48,20(27,05)	4.18,14(29,94)	56,99		
13	Løren/Rælingen G1 sr.	SR	Lørenskog/Rælingen	(0,69)	4.29,62	513
	Vebjørn Lindhjem:	33,12(33,12)	1.08,69(35,57)	1.08,69		
	Tore Skauge Bysting:	1.41,91(33,22)	2.20,70(38,79)	1.12,01		
	Kjetil Flatland:	2.50,97(30,27)	3.28,40(37,43)	1.07,70		
	Jarl André Bergsvenkerud:	3.57,70(29,30)	4.29,62(31,92)	1.01,22		

14	Skjetten Svømming G1 sr.	SR	Skjetten Svømming	(0,74)	4.31,11	504
	Ole Nævdal:	35,24(35,24)	1.11,89(36,65)	1.11,89		
	Ronnie Anstensen:	1.45,11(33,22)	2.25,39(40,28)	1.13,50		
	Håkon Brennhagen:	2.54,93(29,54)	3.29,10(34,17)	1.03,71		
	Jørgen Gundersen:	3.58,42(29,32)	4.31,11(32,69)	1.02,01		
	Ullensakersv G1 sr.	SR	Ullensakersv	(0,76)	DISK	
	Mikkel Tørud Lang:	33,08(33,08)	1.08,21(35,13)	1.08,21		
	Henrik Korsmo Dalsaune:					
	Robert Nilsen:					
	Jørgen Bråthen:					