

## Torsdag 26. november 2009 kl 09.00

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

#### Yngre junior

1	Aalesunds SLK J1 jr.	JR	Aalesund SLK	(0,78)	2.02,73	710
	Veronica Orheim Bjørlykke:	29,82(29,82)				
	Caroline R. Helgesen:	1.04,90(35,08)				
	Karina Brunstad Fet:	1.34,53(29,63)				
	Julie Hjellbakk Pettersen:	2.02,73(28,20)				
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	(0,63)	2.03,87	690
	Andrine Davidsen:	32,08(32,08)				
	Luna Elisabeth Sjøgaard:	1.05,28(33,20)				
	Malene M. Pedersen:	1.36,61(31,33)				
	Julie Rønningsen:	2.03,87(27,26)				
3	Madla SK J1 jr.	JR	Madla SK	(0,76)	2.06,94	641
	Lotte Miller:	32,45(32,45)				
	Maren Larsen:	1.06,99(34,54)				
	Maria Thompson Clausen:	1.37,96(30,97)				
	Mari Mjøhus Kristoffersen:	2.06,94(28,98)				
4	Asker SK J1 jr.	JR	Asker SK	(0,78)	2.07,60	631
	Marte K. Bolstad:	33,78(33,78)				
	Rikke Amalie Nagell-Kleven:	1.08,79(35,01)				
	Mette Melbye Larsen:	1.38,19(29,40)				
	Anne Kristin Berge:	2.07,60(29,41)				
5	Bærumsv J1 jr.	JR	Bærumsvømmerne	(0,70)	2.09,36	606
	Andrea Westbye:	33,82(33,82)				
	Anna Bølgen:	1.11,41(37,59)				
	Emilie Nyenget Løvberg:	1.39,58(28,17)				
	Anna Maria Røys Stranden:	2.09,36(29,78)				
6	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,59)	2.10,13	595
	Elina Øverås:	32,71(32,71)				
	Rebecca Holt Clasen:	1.10,06(37,35)				
	Klara Farkas:	1.41,88(31,82)				
	Aurora Brandtzæg:	2.10,13(28,25)				
7	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	(0,69)	2.11,38	578
	Ellen Camilla Hansen:	35,62(35,62)				
	Stine Lise Stenseth:	1.11,05(35,43)				
	Mari Knutsen:	1.43,31(32,26)				
	Ida Johansen:	2.11,38(28,07)				
8	Delfana J1 jr.	JR	Delfana	(0,75)	2.15,09	532
	Tone Lill Evanger:	34,27(34,27)				
	Elin Haugland:	1.14,14(39,87)				
	Vilde Stordal:	1.45,26(31,12)				
	Lisa Skogeng:	2.15,09(29,83)				
9	Haldens SK J1 jr.	JR	Haldens SK	(0,66)	2.17,87	500
	Cecilie Hafsrød Fredriksen:	35,30(35,30)				
	Emilie Olafsrud:	1.14,36(39,06)				
	Anne Helene Bakke:	1.47,44(33,08)				
	Anna Forsstrøm:	2.17,87(30,43)				

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

#### Yngre junior

1	Morten Bordervich	94	TS/Sola SK	8.46,09	654
	29,28(29,28)	1.01,44(32,16)	1.33,41(31,97)	2.05,81(32,40)	
	2.38,33(32,52)	3.11,45(33,12)	3.44,74(33,29)	4.17,99(33,25)	
	4.50,77(32,78)	5.24,57(33,80)	5.58,04(33,47)	6.31,50(33,46)	
	7.04,77(33,27)	7.38,63(33,86)	8.12,35(33,72)	8.46,09(33,74)	
2	Ivan Aleksander Larsen	95	Karmøy SK	9.07,53	580
	29,20(29,20)	1.01,36(32,16)	1.34,17(32,81)	2.07,97(33,80)	
	2.42,52(34,55)	3.17,13(34,61)	3.52,13(35,00)	4.27,18(35,05)	
	5.02,71(35,53)	5.38,13(35,42)	6.13,37(35,24)	6.48,73(35,36)	
	7.23,71(34,98)	7.58,76(35,05)	8.33,59(34,83)	9.07,53(33,94)	

3	Henrik Søfteland	95	Delfana	9.08,77	576
	30,83(30,83)	1.04,75(33,92)	1.39,76(35,01)	2.14,32(34,56)	
	2.49,34(35,02)	3.23,77(34,43)	3.58,62(34,85)	4.33,66(35,04)	
	5.08,47(34,81)	5.43,35(34,88)	6.18,49(35,14)	6.53,38(34,89)	
	7.28,31(34,93)	8.02,67(34,36)	8.36,34(33,67)	9.08,77(32,43)	
4	Martin Næss Kjølholdt	95	Kolbotn IL	9.12,75	564
	31,04(31,04)	1.05,48(34,44)	1.40,11(34,63)	2.14,86(34,75)	
	2.49,64(34,78)	3.24,73(35,09)	3.59,50(34,77)	4.34,69(35,19)	
	5.09,69(35,00)	5.45,02(35,33)	6.19,85(34,83)	6.55,04(35,19)	
	7.30,32(35,28)	8.05,28(34,96)	8.39,38(34,10)	9.12,75(33,37)	
5	Erik Tobias Sollesnes	95	Kolbotn IL	9.16,76	552
	30,15(30,15)	1.03,64(33,49)	1.38,60(34,96)	2.12,87(34,27)	
	2.47,64(34,77)	3.22,85(35,21)	3.58,58(35,73)	4.34,18(35,60)	
	5.09,48(35,30)	5.44,86(35,38)	6.20,28(35,42)	6.55,93(35,65)	
	7.31,99(36,06)	8.06,62(34,63)	8.41,95(35,33)	9.16,76(34,81)	

## Junior

1	Martin P. Sletbakken	92	Sortland SLK	8.36,83	690
	28,49(28,49)	1.00,10(31,61)	1.32,48(32,38)	2.05,04(32,56)	
	2.37,70(32,66)	3.10,67(32,97)	3.43,76(33,09)	4.17,21(33,45)	
	4.50,02(32,81)	5.22,96(32,94)	5.55,99(33,03)	6.29,03(33,04)	
	7.02,17(33,14)	7.34,98(32,81)	8.07,13(32,15)	8.36,83(29,70)	
2	Odin Spangen Normann	92	IL Varg	8.37,00	689
	28,67(28,67)	1.00,38(31,71)	1.32,82(32,44)	2.05,26(32,44)	
	2.37,86(32,60)	3.10,76(32,90)	3.43,95(33,19)	4.17,13(33,18)	
	4.50,06(32,93)	5.22,93(32,87)	5.55,97(33,04)	6.29,14(33,17)	
	7.01,99(32,85)	7.34,69(32,70)	8.07,01(32,32)	8.37,00(29,99)	
3	Øyvind Gevelt	91	Øvre Eiker SK	8.44,41	660
	29,45(29,45)	1.01,12(31,67)	1.33,92(32,80)	2.06,96(33,04)	
	2.39,94(32,98)	3.13,09(33,15)	3.46,41(33,32)	4.19,66(33,25)	
	4.52,74(33,08)	5.25,91(33,17)	5.59,03(33,12)	6.32,40(33,37)	
	7.06,19(33,79)	7.40,18(33,99)	8.12,98(32,80)	8.44,41(31,43)	
4	Gunnar V. Skirbekk	91	Elverum Svømming	8.46,01	654
	29,34(29,34)	1.01,23(31,89)	1.33,66(32,43)	2.06,82(33,16)	
	2.39,51(32,69)	3.12,09(32,58)	3.45,08(32,99)	4.18,51(33,43)	
	4.52,20(33,69)	5.25,63(33,43)	6.00,21(34,58)	6.33,77(33,56)	
	7.07,51(33,74)	7.41,48(33,97)	8.15,07(33,59)	8.46,01(30,94)	
5	Morten Bordervich	94	TS/Sola SK	8.46,09	654
	29,28(29,28)	1.01,44(32,16)	1.33,41(31,97)	2.05,81(32,40)	
	2.38,33(32,52)	3.11,45(33,12)	3.44,74(33,29)	4.17,99(33,25)	
	4.50,77(32,78)	5.24,57(33,80)	5.58,04(33,47)	6.31,50(33,46)	
	7.04,77(33,27)	7.38,63(33,86)	8.12,35(33,72)	8.46,09(33,74)	
6	Øystein Fjeldberg	93	Randaberg IL	8.46,27	653
	29,04(29,04)	59,97(30,93)	1.32,45(32,48)	2.05,38(32,93)	
	2.38,60(33,22)	3.11,75(33,15)	3.45,00(33,25)	4.18,57(33,57)	
	4.52,43(33,86)	5.26,15(33,72)	5.59,86(33,71)	6.33,46(33,60)	
	7.07,17(33,71)	7.41,05(33,88)	8.14,91(33,86)	8.46,27(31,36)	
7	Kristoffer Skribeland	91	Asker SK	8.48,57	645
	28,80(28,80)	1.00,62(31,82)	1.33,20(32,58)	2.06,22(33,02)	
	2.39,20(32,98)	3.12,53(33,33)	3.45,94(33,41)	4.19,36(33,42)	
	4.53,27(33,91)	5.26,63(33,36)	6.00,54(33,91)	6.34,56(34,02)	
	7.08,48(33,92)	7.42,53(34,05)	8.16,41(33,88)	8.48,57(32,16)	
8	Thorbjørn Birkeland	93	Haugesund SK	8.55,70	619
	29,11(29,11)	1.01,41(32,30)	1.33,99(32,58)	2.07,32(33,33)	
	2.40,43(33,11)	3.14,16(33,73)	3.47,95(33,79)	4.21,98(34,03)	
	4.55,82(33,84)	5.29,77(33,95)	6.04,15(34,38)	6.38,72(34,57)	
	7.12,92(34,20)	7.47,36(34,44)	8.21,92(34,56)	8.55,70(33,78)	
9	Ivan Aleksander Larsen	95	Karmøy SK	9.07,53	580
	29,20(29,20)	1.01,36(32,16)	1.34,17(32,81)	2.07,97(33,80)	
	2.42,52(34,55)	3.17,13(34,61)	3.52,13(35,00)	4.27,18(35,05)	
	5.02,71(35,53)	5.38,13(35,42)	6.13,37(35,24)	6.48,73(35,36)	
	7.23,71(34,98)	7.58,76(35,05)	8.33,59(34,83)	9.07,53(33,94)	
10	Henrik Søfteland	95	Delfana	9.08,77	576
	30,83(30,83)	1.04,75(33,92)	1.39,76(35,01)	2.14,32(34,56)	
	2.49,34(35,02)	3.23,77(34,43)	3.58,62(34,85)	4.33,66(35,04)	
	5.08,47(34,81)	5.43,35(34,88)	6.18,49(35,14)	6.53,38(34,89)	
	7.28,31(34,93)	8.02,67(34,36)	8.36,34(33,67)	9.08,77(32,43)	

11	Per Simen Holstad Gandrud	92	Sarpsborg IL	9.10,94	569
	30,81(30,81)	1.04,86(34,05)	1.39,85(34,99)	2.14,90(35,05)	
	2.49,82(34,92)	3.24,34(34,52)	3.58,85(34,51)	4.33,48(34,63)	
	5.08,26(34,78)	5.42,92(34,66)	6.18,08(35,16)	6.53,20(35,12)	
	7.28,27(35,07)	8.03,50(35,23)	8.37,72(34,22)	9.10,94(33,22)	
12	Martin Næss Kjølholdt	95	Kolbotn IL	9.12,75	564
	31,04(31,04)	1.05,48(34,44)	1.40,11(34,63)	2.14,86(34,75)	
	2.49,64(34,78)	3.24,73(35,09)	3.59,50(34,77)	4.34,69(35,19)	
	5.09,69(35,00)	5.45,02(35,33)	6.19,85(34,83)	6.55,04(35,19)	
	7.30,32(35,28)	8.05,28(34,96)	8.39,38(34,10)	9.12,75(33,37)	
13	Erik Tobias Sollesnes	95	Kolbotn IL	9.16,76	552
	30,15(30,15)	1.03,64(33,49)	1.38,60(34,96)	2.12,87(34,27)	
	2.47,64(34,77)	3.22,85(35,21)	3.58,58(35,73)	4.34,18(35,60)	
	5.09,48(35,30)	5.44,86(35,38)	6.20,28(35,42)	6.55,93(35,65)	
	7.31,99(36,06)	8.06,62(34,63)	8.41,95(35,33)	9.16,76(34,81)	
14	Per Kristian Øyen	92	Molde SLK	9.20,18	542
	30,36(30,36)	1.03,58(33,22)	1.37,84(34,26)	2.12,02(34,18)	
	2.46,56(34,54)	3.21,42(34,86)	3.56,42(35,00)	4.31,67(35,25)	
	5.07,06(35,39)	5.42,60(35,54)	6.18,20(35,60)	6.54,39(36,19)	
	7.30,64(36,25)	8.07,29(36,65)	8.44,01(36,72)	9.20,18(36,17)	

### Øvelse 3. 400m fri, damer

#### Eldre junior

1	Gina B. Andersen	90	Lambertseter SK	4.19,62	808
	30,26(30,26)	1.02,71(32,45)	1.35,21(32,50)	2.08,19(32,98)	
	2.41,81(33,62)	3.15,00(33,19)	3.47,78(32,78)	4.19,62(31,84)	
2	Cecilie W. Johannessen	90	Bergens SC	4.23,87	769
	29,00(29,00)	1.01,50(32,50)	1.35,80(34,30)	2.09,80(34,00)	
	2.43,56(33,76)	3.17,27(33,71)	3.51,42(34,15)	4.23,87(32,45)	
3	Victoria Rung	92	TS/Frisinn	4.24,04	768
	29,88(29,88)	1.02,18(32,30)	1.35,11(32,93)	2.08,39(33,28)	
	2.41,79(33,40)	3.15,99(34,20)	3.50,29(34,30)	4.24,04(33,75)	
4	Ingrid N. Knutzen	91	Lambertseter SK/NTG	4.24,26	766
	29,82(29,82)	1.02,04(32,22)	1.35,25(33,21)	2.08,96(33,71)	
	2.42,87(33,91)	3.17,00(34,13)	3.51,11(34,11)	4.24,26(33,15)	
5	Emilie Hellerud	92	Lambertseter SK/NTG	4.31,63	705
	30,37(30,37)	1.03,18(32,81)	1.37,10(33,92)	2.11,64(34,54)	
	2.47,25(35,61)	3.22,69(35,44)	3.57,81(35,12)	4.31,63(33,82)	
6	Sophia Broberg Skeltved	92	Tromsø SK/NTG	4.32,62	697
	30,40(30,40)	1.03,91(33,51)	1.38,10(34,19)	2.12,61(34,51)	
	2.47,19(34,58)	3.22,78(35,59)	3.58,24(35,46)	4.32,62(34,38)	
7	Siri Anette Sønju	92	Øvre Eiker SK	4.35,01	679
	30,78(30,78)	1.04,45(33,67)	1.39,01(34,56)	2.14,14(35,13)	
	2.49,22(35,08)	3.24,73(35,51)	4.00,14(35,41)	4.35,01(34,87)	
8	Christine M. Pedersen	93	Lambertseter SK	4.35,39	677
	30,18(30,18)	1.03,94(33,76)	1.38,26(34,32)	2.13,13(34,87)	
	2.48,62(35,49)	3.24,54(35,92)	4.00,43(35,89)	4.35,39(34,96)	
9	Susann Bjørnsen	93	Setermoen SK	4.36,45	669
	31,25(31,25)	1.05,74(34,49)	1.41,09(35,35)	2.16,16(35,07)	
	2.50,52(34,36)	3.25,98(35,46)	4.01,81(35,83)	4.36,45(34,64)	
10	Julie Torgersen Nilsen	92	Hamar IL	4.38,49	654
	32,15(32,15)	1.06,53(34,38)	1.41,69(35,16)	2.16,86(35,17)	
	2.52,21(35,35)	3.27,83(35,62)	4.03,35(35,52)	4.38,49(35,14)	
11	Andrea Haugstad	92	Vestkantsvømmere	4.40,25	642
	31,55(31,55)	1.06,03(34,48)	1.41,81(35,78)	2.17,54(35,73)	
	2.53,21(35,67)	3.28,98(35,77)	4.05,11(36,13)	4.40,25(35,14)	
12	Terese Fosby	92	Sarpsborg IL	4.40,48	640
	30,72(30,72)	1.05,40(34,68)	1.40,59(35,19)	2.16,33(35,74)	
	2.52,14(35,81)	3.28,53(36,39)	4.04,90(36,37)	4.40,48(35,58)	
13	Emilie Witzøe	93	Kolbotn IL	4.41,06	636
	31,36(31,36)	1.06,07(34,71)	1.41,62(35,55)	2.17,30(35,68)	
	2.53,29(35,99)	3.29,47(36,18)	4.05,42(35,95)	4.41,06(35,64)	

14	Katrine Ekstang	92	Setermoen SK	4.45,80	605
	30,87(30,87)	1.05,10(34,23)	1.41,38(36,28)	2.18,03(36,65)	
	2.54,35(36,32)	3.32,15(37,80)	4.09,44(37,29)	4.45,80(36,36)	
15	Inger-Cathrine Wium	92	Øvre Eiker SK	4.47,71	593
	32,09(32,09)	1.07,11(35,02)	1.43,19(36,08)	2.19,86(36,67)	
	2.56,75(36,89)	3.33,98(37,23)	4.11,06(37,08)	4.47,71(36,65)	
16	Helene Thunes Truyen	93	Delfana	4.55,10	550
	32,44(32,44)	1.08,20(35,76)	1.44,94(36,74)	2.22,17(37,23)	
	3.00,69(38,52)	3.39,12(38,43)	4.18,02(38,90)	4.55,10(37,08)	

## Yngre junior

1	Lise Sand Syversen	95	BS/Delfana	4.21,89	787
	30,37(30,37)	1.03,26(32,89)	1.36,43(33,17)	2.09,96(33,53)	
	2.42,93(32,97)	3.16,40(33,47)	3.50,16(33,76)	4.21,89(31,73)	
2	Eva Marie W. Østerhus	94	TS/Madla SK	4.26,45	747
	30,42(30,42)	1.02,90(32,48)	1.35,92(33,02)	2.09,36(33,44)	
	2.43,39(34,03)	3.18,42(35,03)	3.52,90(34,48)	4.26,45(33,55)	
3	Karoline Pedersen	94	Bergens SLK	4.26,51	747
	30,80(30,80)	1.03,66(32,86)	1.37,08(33,42)	2.11,03(33,95)	
	2.45,21(34,18)	3.19,50(34,29)	3.53,77(34,27)	4.26,51(32,74)	
4	Hanne Lockertsen	94	Tromsø SK	4.31,89	703
	31,14(31,14)	1.04,54(33,40)	1.38,38(33,84)	2.12,89(34,51)	
	2.47,27(34,38)	3.22,15(34,88)	3.57,33(35,18)	4.31,89(34,56)	
5	Andrea Westbye	95	Bærumsvømmerne	4.34,12	686
	31,36(31,36)	1.05,43(34,07)	1.40,06(34,63)	2.14,92(34,86)	
	2.49,80(34,88)	3.25,15(35,35)	3.59,93(34,78)	4.34,12(34,19)	
6	Maria Wigestrands	94	Sola SK	4.35,14	678
	30,87(30,87)	1.05,00(34,13)	1.39,85(34,85)	2.14,96(35,11)	
	2.50,16(35,20)	3.25,44(35,28)	4.00,73(35,29)	4.35,14(34,41)	
7	Ane Nygård	95	Stavanger SC	4.35,64	675
	29,89(29,89)	1.03,28(33,39)	1.38,16(34,88)	2.13,26(35,10)	
	2.48,63(35,37)	3.24,42(35,79)	4.00,21(35,79)	4.35,64(35,43)	
8	Elin Haugland	96	Delfana	4.36,96	665
	32,10(32,10)	1.07,29(35,19)	1.42,14(34,85)	2.17,62(35,48)	
	2.53,35(35,73)	3.28,69(35,34)	4.03,61(34,92)	4.36,96(33,35)	
9	Julie Rønningesen	94	Lambertseter SK	4.37,50	661
	31,79(31,79)	1.06,16(34,37)	1.41,08(34,92)	2.16,27(35,19)	
	2.51,35(35,08)	3.27,15(35,80)	4.02,64(35,49)	4.37,50(34,86)	
10	Lisa Skogeng	96	Delfana	4.40,08	643
	32,04(32,04)	1.06,44(34,40)	1.41,32(34,88)	2.16,44(35,12)	
	2.52,05(35,61)		4.03,67(1.11,62)	4.40,08(36,41)	
11	Helene Strømnes	96	Kongstenvømmerne	4.42,43	627
	32,30(32,30)	1.07,18(34,88)	1.43,08(35,90)	2.19,03(35,95)	
	2.55,26(36,23)	3.31,84(36,58)	4.07,72(35,88)	4.42,43(34,71)	
12	Anna Forsstrøm	94	Haldens SK	4.43,61	619
	31,76(31,76)	1.07,40(35,64)	1.43,84(36,44)	2.20,24(36,40)	
	2.56,70(36,46)	3.33,26(36,56)	4.09,11(35,85)	4.43,61(34,50)	
13	Tina Schütz	96	Vestkantsvømmerne	4.43,91	617
	32,38(32,38)	1.07,52(35,14)	1.43,12(35,60)	2.18,96(35,84)	
	2.55,46(36,50)	3.31,99(36,53)	4.08,37(36,38)	4.43,91(35,54)	
14	Ellen Camilla Hansen	95	Øvre Eiker SK	4.44,85	611
	32,61(32,61)	1.07,89(35,28)	1.43,72(35,83)	2.20,04(36,32)	
	2.56,54(36,50)	3.33,15(36,61)	4.09,38(36,23)	4.44,85(35,47)	
15	Oda Gjerde	95	Bryne SK	4.45,50	607
	32,77(32,77)	1.08,40(35,63)	1.45,00(36,60)	2.21,22(36,22)	
	2.57,61(36,39)	3.34,00(36,39)	4.10,88(36,88)	4.45,50(34,62)	
16	Tone Lill Evanger	96	Delfana	4.49,15	584
	32,93(32,93)	1.09,08(36,15)	1.45,85(36,77)	2.22,66(36,81)	
	2.59,94(37,28)	3.37,39(37,45)	4.13,77(36,38)	4.49,15(35,38)	

## Funksjonshemmede

1	Hanne Farestvedt	93	Åstveit SK	5.50,06	329	S14 122,72 %
	36,68(36,68)	1.19,71(43,03)	2.03,57(43,86)	2.48,50(44,93)		
	3.33,48(44,98)	4.19,35(45,87)	5.05,23(45,88)	5.50,06(44,83)		
	Rona Hjelmstad	93	Skjetten Svømming	DISK		S14

**Øvelse 4. 50m bryst, herrer****Eldre junior**

1	Sverre Næss	92	Sarpsborg IL	29,19	748
2	Mattis Saghaug	90	IL Varg/NTG	29,21	746
3	Erling Mjøs Brattelid	91	TS/Sola SK	29,35	736
4	Marcus Tesdal	90	BS/Åstveit	29,44	729
5	Sebastian Wigstrøm	91	Bærumsvømmerne	29,47	727
6	John Lekhmus	91	Tromsø SK	29,63	715
7	Simen Dale	91	BS/Delfana	29,80	703
7	Sindre Söderlund	91	Trondheim SLK/NTG	29,80	703
9	Per Sondre Sodeland	91	Mandal SK	30,61	648
10	Daniel Ommedal	92	Eid SK	30,67	645
11	Aleksander Sire	93	Modum SK	30,71	642
12	Mathias Sørstrand Æsøy	90	BS/Delfana	31,05	621
13	Patryk Bubilek	92	Asker SK	31,06	621
14	Christopher Williams	92	Bergens SLK	31,20	612
15	Sondre Bryn	92	Åstveit SK	31,30	606
16	Bjørn Emil Evensen	91	Gjøvik SK	31,36	603
17	Martin Gundersen	93	IL Varg	31,39	601
18	Håvard Hole	93	Delfana	31,58	590
19	Martin Schau	91	Larvik SK	31,70	584
20	Martin Hammer	93	Kongsten/NTG	31,75	581
21	Tord Eirik Seyffarth	92	Mandal SK	31,76	580
22	Robin H. Kleiven	93	Aalesund SLK	31,91	572
23	Tore Skauge Bysting	92	Lørenskog/Rælingen	31,99	568
24	Christopher Wolf	93	Vestbyen IL	32,24	555
25	Sven Berg	92	Bergens SLK	32,56	539

**Yngre junior**

1	Markus Vindenes	94	Vestkantsvømmerne	30,23	673
2	Kjetil Flatland	94	Lørenskog/Rælingen	32,17	558
3	Berend de Waal	94	IL Norodd	32,48	543
4	Tom Duc Ngo Kaafjord	94	Vågsbygd SLK	32,78	528
5	Scott René Høgenhaug	94	Namsos SK	33,20	508
6	Torje Løkken	95	Lørenskog/Rælingen	33,67	487

**Øvelse 5. 50m rygg, damer****Eldre junior**

1	Oda Marie Siljan	92	Poseidon	(0,66)	29,74	764
2	Cecilie W. Johannessen	90	Bergens SC	(0,62)	30,17	731
3	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,68)	30,18	731
4	Benedicte Kausland	92	Vestkantsvømmerne	(0,72)	30,93	679
5	Ragnhild Søfteland	92	Bergens SC	(0,67)	31,23	659
6	Seline Vike Holm	92	BS/Arna	(0,58)	31,30	655
7	Camilla Moe	92	Ås IL	(0,75)	31,35	652
8	Julie Borgen	91	Sarpsborg IL	(0,55)	31,47	644
9	Nicole T. Næsheim	91	Stavanger SC	(0,74)	31,51	642
10	Emma Isdahl	92	Lambertseter SK	(0,64)	31,70	631
11	Trine Hovda	90	TS/Madla SK	(0,67)	32,03	611
12	Tonje Stæhr Petersen	93	Moss SK	(0,70)	32,24	599
13	Pia Rønning	93	Lambertseter SK	(0,71)	32,27	598

14	Ingrid Hystad	92	IL Solid	(0,68)	32,36	593
15	Vanessa Tuxen	92	TS/Sola SK	(0,66)	32,39	591
16	Ingrid Elise Woll	93	Setermoen SK	(0,63)	32,40	591
17	Helene Solberg	91	Skjetten Svømming	(0,79)	32,42	589
18	Elisabeth Kristiansen	92	Haugesund SK	(0,69)	32,49	586
18	Nicole Egeland	93	Sandnes SLK	(0,65)	32,49	586
20	Eirin Røen Martinsen	93	Hamar IL	(0,79)	32,81	569
21	Camilla W. Kristiansen	92	Ski SK	(0,66)	32,84	567
22	Thea Pedersen	91	Moss SK	(0,73)	32,94	562
23	Marthe Helene Haganes	93	Vestkantsvømmerne	(0,79)	33,16	551

## Yngre junior

1	Aslaug Marie Hjelmaas	95	Bergens SLK		29,58	776
2	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,76)	30,07	739
3	Andrine Davidsen	95	Lambertseter SK	(0,58)	32,40	591
4	Lotte Miller	96	Madla SK	(0,67)	32,44	588
5	Marie Øverland	94	Vestkantsvømmerne	(0,69)	32,45	588
6	Vår Celine Sjøgaard	96	Lambertseter SK	(0,63)	32,83	568
7	Elina Øverås	95	Lørenskog/Rælingen	(0,66)	33,18	550
8	Anna Bølgen	95	Bærumsvømmerne	(0,73)	33,22	548 DF
9	Karina Brunstad Fet	95	Aalesund SLK	(0,65)	33,22	548 DE
10	Marion Ekroll Bårdli	95	Moss SK	(0,77)	33,41	539
11	Ina Kvenshagen Gimse	95	Tromsø SK	(0,85)	33,49	535
12	Marte Stamland	96	Poseidon	(0,73)	33,64	528
13	Helle Gusjås	96	Fauske SK	(0,79)	33,99	511

## Øvelse 6. 200m individuell medley, herrer

## Eldre junior

1	Sebastian Wigstrøm	91	Bærumsvømmerne		2.06,26	771
	27,73(27,73)	1.00,50(32,77)	1.35,05(34,55)	2.06,26(31,21)		
2	Sindri T. Jakobsson	91	BS/Delfana		2.07,21	754
	25,85(25,85)	57,82(31,97)	1.35,90(38,08)	2.07,21(31,31)		
3	Mikael Bergene	91	Lambertseter SK		2.07,44	750
	27,71(27,71)	58,95(31,24)	1.36,85(37,90)	2.07,44(30,59)		
4	Sverre Næss	92	Sarpsborg IL		2.08,02	740
	27,59(27,59)	1.01,11(33,52)	1.38,34(37,23)	2.08,02(29,68)		
5	Christian Thorsen	91	Lambertseter SK		2.08,33	735
	27,77(27,77)	1.00,77(33,00)	1.38,16(37,39)	2.08,33(30,17)		
6	Kristoffer Meisler	90	Fauske SK		2.08,53	731
	27,56(27,56)	1.00,68(33,12)	1.37,49(36,81)	2.08,53(31,04)		
7	John Lekhmus	91	Tromsø SK		2.09,38	717
	28,27(28,27)	1.02,55(34,28)	1.37,97(35,42)	2.09,38(31,41)		
8	Zoltan Csernai	93	BS/Åstveit		2.09,45	716
	27,15(27,15)	1.00,22(33,07)	1.40,38(40,16)	2.09,45(29,07)		
9	Sebastian Stordal	91	BS/Delfana		2.09,66	712
	27,47(27,47)	1.00,60(33,13)	1.39,19(38,59)	2.09,66(30,47)		
10	Espen Halhjem	92	BS/Delfana		2.10,19	704
	27,92(27,92)	1.01,91(33,99)	1.39,22(37,31)	2.10,19(30,97)		
11	Hans Østerdal	93	Stavanger SC		2.10,25	703
	27,47(27,47)	1.02,07(34,60)	1.39,77(37,70)	2.10,25(30,48)		
12	Jonas Kirkeberg Jostad	92	Hamar IL		2.12,52	667
	28,39(28,39)	1.01,35(32,96)	1.40,39(39,04)	2.12,52(32,13)		
13	Martin Hals	91	Øvre Eiker SK		2.12,56	666
	28,70(28,70)	1.04,21(35,51)	1.41,59(37,38)	2.12,56(30,97)		
14	Sindre Lilledahl	92	Haugesund SK		2.14,41	639
	28,95(28,95)	1.02,91(33,96)	1.43,52(40,61)	2.14,41(30,89)		
15	Carl Andreas Wathne	91	Bærumsvømmerne		2.15,09	630
	28,34(28,34)	1.03,22(34,88)	1.42,93(39,71)	2.15,09(32,16)		

16	Alexander Schüssler	92	Lambertseter SK	2.15,50	624
	30,05(30,05)	1.05,83(35,78)	1.44,56(38,73)	2.15,50(30,94)	
17	Runar Borgen	93	Bodø SK/NTG	2.16,34	613
	28,13(28,13)	1.02,07(33,94)	1.42,43(40,36)	2.16,34(33,91)	
18	Kristoffer Skribeland	91	Asker SK	2.16,69	608
	28,65(28,65)	1.04,54(35,89)	1.45,22(40,68)	2.16,69(31,47)	
19	Andreas Mathingsdal Pedersen	92	Farsund SK	2.17,05	603
	30,03(30,03)	1.06,67(36,64)	1.45,49(38,82)	2.17,05(31,56)	
20	Markus Jonassen	92	Setermoen SK	2.17,63	595
	28,15(28,15)	1.04,61(36,46)	1.45,38(40,77)	2.17,63(32,25)	
21	Gunnar V. Skirbekk	91	Elverum Svømming	2.21,95	543
	29,65(29,65)	1.06,94(37,29)	1.48,17(41,23)	2.21,95(33,78)	
	Erik Vassøy Olsen	91	Stavanger SC	DISK	

## Yngre junior

1	Markus Vindenes	94	Vestkantsvømmerne	2.12,38	669
	28,09(28,09)	1.02,06(33,97)	1.39,97(37,91)	2.12,38(32,41)	
2	Fredrik K Hegdal	94	Stavanger SC	2.15,69	621
	28,38(28,38)	1.03,76(35,38)	1.44,94(41,18)	2.15,69(30,75)	
3	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.18,68	582
	29,71(29,71)	1.06,23(36,52)	1.45,33(39,10)	2.18,68(33,35)	
4	Kristoffer D. Birkeland	94	Florø SLK	2.21,56	547
	28,96(28,96)	1.06,92(37,96)	1.48,28(41,36)	2.21,56(33,28)	

## Øvelse 7. 100m butterfly, damer

## Eldre junior

1	Victoria S. Løken	91	Team Stavanger	1.01,16	823
	28,09(28,09)	1.01,16(33,07)			
2	Monica W. Johannessen	90	Bergens SC	1.02,41	775
	28,68(28,68)	1.02,41(33,73)			
3	Line Løvberg	91	Lambertseter SK/NTG	1.02,53	770
	29,40(29,40)	1.02,53(33,13)			
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	1.03,32	742
	29,21(29,21)	1.03,32(34,11)			
5	Victoria Rung	92	TS/Frisinn	1.03,46	737
	29,93(29,93)	1.03,46(33,53)			
6	Siri Eva Kristiansen	93	Asker SK	1.04,27	709
	29,82(29,82)	1.04,27(34,45)			
7	Oona Ovesen	92	Elverum Svømming	1.04,37	706
	29,84(29,84)	1.04,37(34,53)			
8	Stine Vindenes	93	Vestkantsvømmerne	1.05,21	679
	30,49(30,49)	1.05,21(34,72)			
9	Ingrid N. Knutzen	91	Lambertseter SK/NTG	1.05,63	666
	30,89(30,89)	1.05,63(34,74)			
10	Helene Solberg	91	Skjetten Svømming	1.05,78	662
	31,34(31,34)	1.05,78(34,44)			
11	Karoline Eriksen	92	Stavanger SC	1.06,07	653
	30,64(30,64)	1.06,07(35,43)			
12	Maren Kristine Jansen	90	TS/Randaberg	1.06,13	651
	30,57(30,57)	1.06,13(35,56)			
13	Julie Borgen	91	Sarpsborg IL	1.06,33	645
	31,24(31,24)	1.06,33(35,09)			
14	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	1.06,41	643
	31,28(31,28)	1.06,41(35,13)			
15	Line W. Lund	91	Sarpsborg IL	1.06,82	631
	31,29(31,29)	1.06,82(35,53)			
16	Kristin Blyverket	92	Oslo IL	1.06,84	631
	30,90(30,90)	1.06,84(35,94)			
17	Susann Bjørnsen	93	Setermoen SK	1.07,02	625
	32,07(32,07)	1.07,02(34,95)			

18	Caroline M. Mork 30,93(30,93)	93	Stavanger SC	1.07,08	624
19	Marthe Berg Sørensen 31,70(31,70)	92	TS/Frisinn	1.07,17	621
20	Seline Vike Holm 31,48(31,48)	92	BS/Arna	1.07,97	600
21	Christine M. Pedersen 31,72(31,72)	93	Lambertseter SK	1.08,17	594
22	Katrine Ekstang 31,43(31,43)	92	Setermoen SK	1.08,24	592
23	Siv Fiske 31,20(31,20)	92	Tromsø SK/NTG	1.08,33	590
24	Eirin Arnesen 31,16(31,16)	93	Bergens SC	1.08,49	586
25	Ingse Bergh Monsen 32,32(32,32)	92	Bergens SC	1.08,55	584
26	Elisabeth Kristiansen 31,51(31,51)	92	Haugesund SK	1.08,94	575
27	Guro Knutsen 32,27(32,27)	91	Øvre Eiker SK	1.09,38	564
28	Pia Rønning 32,08(32,08)	93	Lambertseter SK	1.10,03	548
29	Thea Pedersen 32,85(32,85)	91	Moss SK	1.10,92	528
30	Marie Reinertsen 32,44(32,44)	93	Vestkantsvømmerne	1.12,26	499

## Yngre junior

1	Emilie Nyenget Løvberg 30,05(30,05)	95	Bærumsvømmerne	1.03,28	743
2	Lise Sand Syversen 30,95(30,95)	95	BS/Delfana	1.06,10	652
3	Mette Mellbye Larsen 31,04(31,04)	95	Asker SK	1.06,97	627
4	Marte K. Bolstad 31,59(31,59)	95	Asker SK	1.07,58	610
5	Ane Nygård 31,86(31,86)	95	Stavanger SC	1.09,17	569
6	Vilde Stordal 32,73(32,73)	95	Delfana	1.09,58	559
7	Birgitte Elise Søfteland 32,66(32,66)	94	Sarpsborg IL	1.10,08	547
8	Idha Toft Valeur 31,95(31,95)	94	IL Varg	1.10,77	531
9	Amalie Thorstensen 32,98(32,98)	96	Vågsbygd SLK	1.10,82	530
10	Stine Lise Stenseth 32,15(32,15)	94	Øvre Eiker SK	1.11,35	518
11	Hanne Sofie L. Nilsen 33,58(33,58)	94	Kristiansand SA	1.12,94	485
12	Eirin Woldsæter 32,74(32,74)	96	Moss SK	1.13,34	477

## Øvelse 8. 200m rygg, herrer

## Eldre junior

1	Lavrans Solli 28,59(28,59)	92	Bergens SC	(0,57)	2.02,74	765
2	Dominik Borkowski 27,91(27,91)	90	IL Varg/NTG	(0,66)	2.05,40	718
3	Sindre Nilo 29,57(29,57)	90	Bærumsvømmerne	(0,68)	2.05,98	708



4	Tor Hafnor	91	Bærumsvømmerne	(0,68)	2.06,47	699
	30,45(30,45)	1.02,75(32,30)	1.35,20(32,45)	2.06,47(31,27)		
5	Even Vike Holm	90	BS/Arna	(0,75)	2.07,15	688
	29,14(29,14)	1.00,70(31,56)	1.33,56(32,86)	2.07,15(33,59)		
6	Sander Rødje	93	Haugesund SK	(0,74)	2.09,52	651
	30,34(30,34)	1.03,11(32,77)	1.36,77(33,66)	2.09,52(32,75)		
7	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,65)	2.09,82	647
	30,75(30,75)	1.03,91(33,16)	1.36,74(32,83)	2.09,82(33,08)		
8	Hans Andre Pedersen	92	Sandefjord SK	(0,72)	2.11,73	619
	31,14(31,14)	1.04,75(33,61)	1.38,79(34,04)	2.11,73(32,94)		
9	Eirik Runningen	90	BS/Delfana	(0,63)	2.12,96	602
	30,89(30,89)	1.04,21(33,32)	1.38,84(34,63)	2.12,96(34,12)		
10	Henning Kaland	92	Oslo IL	(0,63)	2.18,02	538
	32,57(32,57)	1.06,54(33,97)	1.41,93(35,39)	2.18,02(36,09)		
11	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,64)	2.18,89	528
	31,97(31,97)	1.06,64(34,67)	1.42,49(35,85)	2.18,89(36,40)		
12	Erlend Tveteraas	91	TS/Madla SK	(0,70)	2.19,04	526
	30,83(30,83)	1.04,85(34,02)	1.40,83(35,98)	2.19,04(38,21)		
13	Marius Thorsø	93	Delfana	(0,80)	2.19,09	526
	32,69(32,69)	1.07,28(34,59)	1.43,06(35,78)	2.19,09(36,03)		
14	Anders Færø	92	Bergens SLK	(0,59)	2.19,19	525
	31,87(31,87)	1.06,76(34,89)	1.43,17(36,41)	2.19,19(36,02)		
15	Aksel Øvern	93	Lambertseter SK	(0,65)	2.21,28	502
	32,09(32,09)	1.07,62(35,53)	1.44,37(36,75)	2.21,28(36,91)		
16	Kristoffer Brekke	91	Vestkantsvømmerne	(0,79)	2.21,67	497
	32,65(32,65)	1.08,42(35,77)	1.45,15(36,73)	2.21,67(36,52)		

## Yngre junior

1	Fredrik K Hegdal	94	Stavanger SC	(0,77)	2.12,17	613
	31,26(31,26)	1.05,65(34,39)	1.39,69(34,04)	2.12,17(32,48)		
2	Vebjørn Lindhjem	95	Lørenskog/Rælingen	(0,72)	2.12,83	604
	30,99(30,99)	1.05,12(34,13)	1.39,10(33,98)	2.12,83(33,73)		
3	Henrik Wathne	94	Bærumsvømmerne	(0,77)	2.14,32	584
	31,65(31,65)	1.05,13(33,48)	1.39,94(34,81)	2.14,32(34,38)		
4	Henrik Knudsen	94	Stavanger SC	(0,85)	2.14,36	583
	32,08(32,08)	1.06,06(33,98)	1.41,09(35,03)	2.14,36(33,27)		
5	Markus Lie	95	Åstveit SK	(0,71)	2.17,37	546
	32,12(32,12)	1.06,22(34,10)	1.41,43(35,21)	2.17,37(35,94)		
6	Erik Tobias Sollesnes	95	Kolbotn IL	(0,82)	2.19,29	523
	32,59(32,59)	1.07,29(34,70)	1.43,35(36,06)	2.19,29(35,94)		
7	Andreas Bunæs	95	Haldens SK	(0,69)	2.23,07	483
	32,92(32,92)	1.08,47(35,55)	1.45,84(37,37)	2.23,07(37,23)		
	Christian Christiansen	94	Kristiansund SLK	(0,78)	BRUTT	

## Øvelse 9. 200m bryst, damer

## Eldre junior

1	Stina Kajsa Colleou	93	Lambertseter SK		2.30,68	822
	34,46(34,46)	1.12,25(37,79)	1.51,08(38,83)	2.30,68(39,60)		
2	Trine Austrøne Olsen	90	Fauske SK		2.35,49	748
	34,52(34,52)	1.13,59(39,07)	1.54,39(40,80)	2.35,49(41,10)		
3	Bitte Fagermo	93	Narvik SK/NTG		2.35,98	741
	35,76(35,76)	1.15,45(39,69)	1.56,10(40,65)	2.35,98(39,88)		
4	Katrine Jensen	92	BS/Åstveit		2.36,99	727
	35,91(35,91)	1.15,89(39,98)	1.56,16(40,27)	2.36,99(40,83)		
5	Mari Singstad	91	Vestbyen IL		2.41,84	663
	35,54(35,54)	1.15,52(39,98)	1.57,58(42,06)	2.41,84(44,26)		
6	Stine Mjølhus Kristoffersen	93	TS/Frisinn		2.42,29	658
	36,29(36,29)	1.17,51(41,22)	2.00,31(42,80)	2.42,29(41,98)		
7	Julie Torgersen Nilsen	92	Hamar IL		2.45,59	619
	37,71(37,71)	1.19,48(41,77)	2.02,78(43,30)	2.45,59(42,81)		

8	Stine Tveit	93	Trondheim SLK	2.47,20	602
	37,55(37,55)	1.19,74(42,19)	2.03,21(43,47)	2.47,20(43,99)	
9	Lene Lykke Erichsen	92	Bærumsvømmerne	2.47,24	601
	36,72(36,72)	1.18,40(41,68)	2.02,11(43,71)	2.47,24(45,13)	

## Yngre junior

1	Ingalill Urrang Naustvik	95	Karmøy SK	2.34,80	758
	34,51(34,51)	1.13,94(39,43)	1.54,88(40,94)	2.34,80(39,92)	
2	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.35,30	751
	34,55(34,55)	1.13,59(39,04)	1.53,63(40,04)	2.35,30(41,67)	
3	Maren E.J. Bakke	94	Setermoen SK	2.43,54	643
	36,57(36,57)	1.17,88(41,31)	2.00,29(42,41)	2.43,54(43,25)	
4	Andrea Hestdal	94	BS/Åstveit	2.44,43	633
	35,61(35,61)	1.15,80(40,19)	1.59,16(43,36)	2.44,43(45,27)	
5	Malene M. Pedersen	96	Lambertseter SK	2.45,72	618
	37,33(37,33)	1.18,83(41,50)	2.01,83(43,00)	2.45,72(43,89)	
6	Rikke Amalie Nagell-Kleven	95	Asker SK	2.46,06	614
	37,90(37,90)	1.20,19(42,29)	2.03,26(43,07)	2.46,06(42,80)	
7	Kristine Mathingsdal Pedersen	94	Farsund SK	2.46,18	613
	37,21(37,21)	1.18,98(41,77)	2.01,90(42,92)	2.46,18(44,28)	
8	Caroline R. Helgesen	95	Aalesund SLK	2.47,34	600
	37,05(37,05)	1.20,03(42,98)	2.03,29(43,26)	2.47,34(44,05)	
9	Amalie Thorstensen	96	Vågsbygd SLK	2.47,69	596
	38,07(38,07)	1.20,32(42,25)	2.03,42(43,10)	2.47,69(44,27)	
10	Maria Thompson Clausen	96	Madla SK	2.52,02	552
	39,00(39,00)	1.22,68(43,68)	2.06,94(44,26)	2.52,02(45,08)	
11	Eli Kristin Ølmheim	94	Bergens SC	2.56,46	512
	39,34(39,34)	1.24,46(45,12)	2.10,30(45,84)	2.56,46(46,16)	
12	Martha Maria Songstad	94	Bergens SC	2.56,95	507
	39,04(39,04)	1.23,30(44,26)	2.09,59(46,29)	2.56,95(47,36)	
13	Pernille Mørch	94	Skjetten Svømming	2.58,25	496
	39,69(39,69)	1.25,24(45,55)	2.11,53(46,29)	2.58,25(46,72)	

## Øvelse 10. 50m butterfly, herrer

## Eldre junior

1	Sindri T. Jakobsson	91	BS/Delfana	24,84	779
2	Christer Koch Kvam	90	Bærumsvømmerne	24,95	769
3	Ole Martin Ree	92	TS/Sola SK	25,20	746
4	Sverre Næss	92	Sarpsborg IL	25,24	742
5	Mathias Sørstrand Æsøy	90	BS/Delfana	25,37	731
6	Mattis Saghaug	90	IL Varg/NTG	25,46	723
7	Erlend Ulveseter	92	BS/Åstveit	25,49	721
8	Marcus Tesdal	90	BS/Åstveit	25,53	717
9	Sindre Eilertsen	90	Lambertseter SK	25,94	684
10	Jan Aleksander Bakke	91	Asker SK	26,20	664
11	Tor Hafnor	91	Bærumsvømmerne	26,21	663
12	Runar Borgen	93	Bodø SK/NTG	26,42	647
13	Bjørn Emil Evensen	91	Gjøvik SK	26,46	644
14	Sebastian Stordal	91	BS/Delfana	26,60	634
15	Kjetil Berg	91	Vennesla SK	26,61	634
16	Odin Spangen Normann	92	IL Varg	26,65	631
17	Martin Hammer	93	Kongsten/NTG	26,69	628
18	Christian Juvik	93	Stavanger SC	26,74	624
19	Lars Nymoan	90	Oslo IL	26,81	619
20	Martin Gundersen	93	IL Varg	26,90	613
21	Jan-Tore Jessen Eikrem	91	IL Varg	27,14	597
22	Henning Kaland	92	Oslo IL	27,28	588
23	Tom Ivar Persen	90	Lakselv SK	27,49	575

24	Martin P. Sletbakken	92	Sortland SLK	27,55	571
25	David Evja	92	Lambertseter SK	27,59	568
26	Martin Berger Oterholm	93	Kolbotn IL	27,64	565
27	Jon Erik Sønning	91	Oslo IL	27,71	561
28	Geir T. Kristiansen	90	Trondheim SLK	27,90	550
	Åsmund Karlsen	92	Eid SK	DISK	

## Yngre junior

1	Fredrik K Hegdal	94	Stavanger SC	26,32	655
2	Markus Vindenes	94	Vestkantsvømmerne	26,45	645
3	Thomas Myhrer	94	Sarpsborg IL	27,08	601
4	Christian Tronvoll	94	Vestbyen IL	27,60	568
5	Gaute Ravndal	94	Sola SK	27,75	559
6	Berend de Waal	94	IL Norodd	27,88	551
7	Frede Rønning Rangnes	94	Tønsberg SK	28,00	544
8	Lasse Morch Steen	94	IL Norodd	28,27	528
9	Norbert Prokopiak	94	Gol IL	28,37	523
10	Kristoffer D. Birkeland	94	Florø SLK	28,82	499

## Øvelse 11. 4\*200m fri, damer - UM

## Yngre junior

1	Bærumsv J1 jr.	JR	Bærumsvømmerne	8.53,80	691
		29,91(29,91)	1.02,53(32,62)		
	Emilie Nyenget Løvberg:	1.35,38(32,85)	2.07,66(32,28)	2.07,66	
		2.36,81(29,15)	3.09,66(32,85)		
	Andrea Westbye:	3.43,79(34,13)	4.18,05(34,26)	2.10,39	
		4.48,17(30,12)	5.21,55(33,38)		
	Anna Bølgen:	5.56,90(35,35)	6.32,54(35,64)	2.14,49	
		7.03,78(31,24)	7.40,01(36,23)		
	Anna Maria Røys Stranden:	8.16,86(36,85)	8.53,80(36,94)	2.21,26	
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	8.56,87	679
		30,63(30,63)	1.03,43(32,80)		
	Luna Elisabeth Sjøgaard:	1.37,99(34,56)	2.12,91(34,92)	2.12,91	
		2.42,35(29,44)	3.15,26(32,91)		
	Julie Rønningsen:	3.49,39(34,13)	4.22,59(33,20)	2.09,68	
		4.54,05(31,46)	5.28,10(34,05)		
	Malene M. Pedersen:	6.04,11(36,01)	6.39,20(35,09)	2.16,61	
		7.11,04(31,84)	7.45,72(34,68)		
	Camilla Hansen:	8.21,86(36,14)	8.56,87(35,01)	2.17,67	
3	Aalesunds SLK J1 jr.	JR	Aalesund SLK	9.06,92	642
		31,55(31,55)	1.07,16(35,61)		
	Caroline R. Helgesen:	1.44,47(37,31)	2.21,26(36,79)	2.21,26	
		2.51,37(30,11)	3.26,85(35,48)		
	Karina Brunstad Fet:	4.03,84(36,99)	4.41,15(37,31)	2.19,89	
		5.12,88(31,73)	5.48,74(35,86)		
	Julie Hjelbakk Pettersen:	6.25,64(36,90)	7.02,90(37,26)	2.21,75	
		7.30,28(27,38)	8.01,59(31,31)		
	Veronica Orheim Bjørlykke:	8.34,42(32,83)	9.06,92(32,50)	2.04,02	
4	Delfana J1 jr.	JR	Delfana	9.07,00	642
		30,93(30,93)	1.04,93(34,00)		
	Lisa Skogeng:	1.39,88(34,95)	2.14,71(34,83)	2.14,71	
		2.46,06(31,35)	3.21,71(35,65)		
	Tone Lill Evanger:	3.57,95(36,24)	4.33,82(35,87)	2.19,11	
		5.06,38(32,56)	5.42,16(35,78)		
	Sandra Bernhoft:	6.18,86(36,70)	6.54,29(35,43)	2.20,47	
		7.25,20(30,91)	7.59,46(34,26)		
	Elin Haugland:	8.34,31(34,85)	9.07,00(32,69)	2.12,71	

5	Haldens SK J1 jr.	JR	Haldens SK	9.17,10	608
		31,98(31,98)	1.07,63(35,65)		
	Anna Forsstrøm:	1.43,16(35,53)	2.17,85(34,69)	2.17,85	
		2.48,67(30,82)	3.23,32(34,65)		
	Oda Haagensen:	3.58,26(34,94)	4.32,37(34,11)	2.14,52	
		5.04,23(31,86)	5.40,26(36,03)		
	Anne Helene Bakke:	6.17,32(37,06)	6.53,90(36,58)	2.21,53	
		7.24,90(31,00)	8.00,81(35,91)		
	Cecilie Hafsrød Fredriksen:	8.38,53(37,72)	9.17,10(38,57)	2.23,20	

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

### Yngre junior

1	Sarpsborg IL G1 jr.	JR	Sarpsborg IL	3.49,17	578
	Thomas Myhrer:	26,09(26,09)	54,91(28,82)	54,91	
	Patrik Andre Solheim:	1.22,07(27,16)	1.51,45(29,38)	56,54	
	Erlend Dramstad:	2.18,82(27,37)	2.51,07(32,25)	59,62	
	Philip Solheim:	3.18,44(27,37)	3.49,17(30,73)	58,10	
2	Kolbotn IL G1 jr.	JR	Kolbotn IL	3.50,44	569
	Johan Parker Nygaard:	26,68(26,68)	55,23(28,55)	55,23	
	Martin Bråthen:	1.23,73(28,50)	1.54,79(31,06)	59,56	
	Martin Næss Kjølholdt:	2.23,14(28,35)	2.54,32(31,18)	59,53	
	Erik Tobias Sollesnes:	3.21,13(26,81)	3.50,44(29,31)	56,12	
3	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	3.55,34	534
	Kjetil Flatland:	27,77(27,77)	58,39(30,62)	58,39	
	Vebjørn Lindhjem:	1.25,54(27,15)	1.55,31(29,77)	56,92	
	Torje Løkken:	2.25,16(29,85)	2.58,64(33,48)	1.03,33	
	Jarl André Bergsvenkerud:	3.25,40(26,76)	3.55,34(29,94)	56,70	
4	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	4.12,89	430
	Jørgen Gundersen:	28,89(28,89)	1.00,38(31,49)	1.00,38	
	Morgan B. Johansen:	1.30,05(29,67)	2.03,22(33,17)	1.02,84	
	Daniel Nesbø:	2.33,88(30,66)	3.08,39(34,51)	1.05,17	
	Henrik Christiansen:	3.38,32(29,93)	4.12,89(34,57)	1.04,50	
5	Setermoen SK G1 jr.	JR	Setermoen SK	4.22,64	384
	Johannes Danielsen:	31,35(31,35)	1.07,90(36,55)	1.07,90	
	Erlend Dahlberg:	1.38,45(30,55)	2.12,69(34,24)	1.04,79	
	Andreas Bjørkli:	2.41,69(29,00)	3.13,91(32,22)	1.01,22	
	Alexander Walle Thomas:	3.46,36(32,45)	4.22,64(36,28)	1.08,73	
	Karmøy SK G1 jr.	JR	Karmøy SK	DISK	
	Daniel Sandhåland:	27,87(27,87)	58,11(30,24)	58,11	
	Morten Wee Hollund:	1.26,49(28,38)	1.57,91(31,42)	59,80	
	Simen Alvestad:	2.25,36(27,45)	2.55,89(30,53)	57,98	
	Ivan Aleksander Larsen:				

## Øvelse 204. 50m bryst, herrer - Omsvøm

### Junior

1	Sindre Søderlund	91	Trondheim SLK/NTG	29,72	708
2	Simen Dale	91	BS/Delfana	29,75	706

## Torsdag 26. november 2009 kl 17.00

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

#### Junior

1	Lambertseter SK J1 jr. Elisabeth H. Svensson: Stina Kajsa Colleou: Line Løvberg: Emma Isdahl:	JR	Lambertseter SK	(0,70)	1.57,54	808	NJR
2	Bergens SC J1 jr. Ragnhild Søfteland: Martha Maria Songstad: Monica W. Johannessen: Cecilie W. Johannessen:	JR	Bergens SC	(0,67)	1.57,99	799	
3	Team Stavanger J1 jr. Trine Hovda: Maren Kristine Jansen: Victoria S. Løken: Victoria Rung:	JR	Team Stavanger	(0,64)	1.58,39	791	
4	Lambertseter SK J2 jr. Christine M. Pedersen: Luna Elisabeth Sjøgaard: Ingrid N. Knutzen: Emilie Hellerud:	JR	Lambertseter SK	(0,76)	2.00,28	754	
5	Bergensv. J1 jr. Seline Vike Holm: Katrine Jensen: Lise Sand Syversen: Hanne Søfteland:	JR	Bergensvømmerne	(0,54)	2.01,09	739	
6	Stavanger SC J1 jr. Nicole T. Næsheim: Siren Bergslid: Karoline Eriksen: Caroline M. Mork:	JR	Stavanger SC	(0,74)	2.02,14	720	
6	Vestkantsv. J1 jr. Benedicte Kausland: Stine Vindenes: Marie Reinertsen: Andrea Haugstad:	JR	Vestkantsvømmerne	(0,71)	2.02,14	720	
8	Bergens SLK J1 jr. Aslaug Marie Hjelmaas: Julie Horn Johnsen: Kaja Bremer: Karoline Pedersen:	JR	Bergens SLK	(0,69)	2.02,56	713	
9	Bærumsv J1 jr. Anna Bølgen: Kristine Mella: Emilie Nyenget Løvberg: Andrea Westbye:	JR	Bærumsvømmerne	(0,72)	2.03,05	704	
10	Team Stavanger J2 jr. Vanessa Tuxen: Stine Mjølhus Kristoffersen: Marthe Berg Sørensen: Eva Marie W. Østerhus:	JR	Team Stavanger	(0,65)	2.03,67	694	
11	Setermoen SK J1 jr. Ingrid Elise Woll: Maren E.J. Bakke: Katrine Ekstang: Susann Bjørnsen:	JR	Setermoen SK	(0,66)	2.05,89	658	
12	Madla SK J1 jr. Lotte Miller: Maren Larsen: Maria Thompson Clausen: Mari Mjølhus Kristoffersen:	JR	Madla SK	(0,74)	2.05,93	657	

13	Bergens SC J2 jr.	JR	Bergens SC	(0,65)	2.06,30	651
	Ingse Bergh Monsen:	32,49(32,49)				
	Eli Kristin Ølmheim:	1.09,15(36,66)				
	Eirin Arnesen:	1.38,78(29,63)				
	Hedvig Hjertaker:	2.06,30(27,52)				
14	Aalesunds SLK J1 jr.	JR	Aalesund SLK	(0,76)	2.07,03	640
	Veronica Orheim Bjørlykke:	30,80(30,80)				
	Karina Brunstad Fet:	1.06,05(35,25)				
	Caroline R. Helgesen:	1.37,68(31,63)				
	Julie Hjellbakk Pettersen:	2.07,03(29,35)				
15	Moss SK J1 jr.	JR	Moss SK	(0,68)	2.08,39	620
	Thea Pedersen:	32,91(32,91)				
	Tonje Støhr Petersen:	1.07,86(34,95)				
	Marte Elise Brinchmann:	1.38,49(30,63)				
	Eirin Woldsæter:	2.08,39(29,90)				
16	Vestkantv. J2 jr.	JR	Vestkantvømmerne	(0,79)	2.09,18	609
	Marthe Helene Haganes:	32,81(32,81)				
	Sara N. Gjelsvik:	1.08,87(36,06)				
	Marie Øverland:	1.41,50(32,63)				
	Juni Rugland:	2.09,18(27,68)				
17	Oslo IL J1 jr.	JR	Oslo IL	(0,79)	2.10,22	594
	Kristin Blyverket:	32,06(32,06)				
	Oda Almgren Lind:	1.09,86(37,80)				
	Hanne Grue:	1.40,29(30,43)				
	Nehna-Louise Møller-Pettersen:	2.10,22(29,93)				
18	Delfana J1 jr.	JR	Delfana	(0,77)	2.10,32	593
	Helene Thunes Truyen:	33,78(33,78)				
	Tone Lill Evanger:	1.09,69(35,91)				
	Vilde Stordal:	1.41,32(31,63)				
	Elin Haugland:	2.10,32(29,00)				
19	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,66)	2.10,71	587
	Elina Øverås:	33,37(33,37)				
	Rebecca Holt Clasen:	1.11,50(38,13)				
	Klara Farkas:	1.43,13(31,63)				
	Jeanette Erlandsen:	2.10,71(27,58)				
20	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	(0,90)	2.12,26	567
	Marie Svensson:	35,49(35,49)				
	Pernille Mørch:	1.13,33(37,84)				
	Helene Solberg:	1.43,08(29,75)				
	Susanne Fornasari:	2.12,26(29,18)				
21	Harstad SK J1 jr.	JR	Harstad SK	(0,72)	2.14,75	536
	Karoline Steffensen:	32,47(32,47)				
	Elise Bjørvik Paulsen:	1.09,96(37,49)				
	Malin Kristine Steffensen:	1.41,53(31,57)				
	Hanne Lillegård:	2.14,75(33,22)				
22	Trondheim SLK J1 jr.	JR	Trondheim SLK	(0,71)	2.15,76	524
	Stine Tveit:	33,97(33,97)				
	Irja Gravdahl:	1.11,87(37,90)				
	Viktoria Juel:	1.45,17(33,30)				
	Malin Schanke Tømmervik:	2.15,76(30,59)				
	Asker SK J1 jr.	JR	Asker SK	(0,77)	DISK	
	Helene Nordmark Skuterud:	33,02(33,02)				
	Siri Eva Kristiansen:	1.05,77(32,75)				
	Mette Mellbye Larsen:	1.36,18(30,41)				
	Nora Kathrine Guthe:					
	Tromsø SK J1 jr.	JR	Tromsø SK	(0,87)	DISK	
	Ina Kvenshagen Gimse:	34,16(34,16)				
	Sophia Broberg Skeltved:					
	Siv Fiske:					
	Hanne Lockertsen:					

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

## Yngre junior

1	Morten Bordervich	94	TS/Sola SK	8.46,09	654
	29,28(29,28)	1.01,44(32,16)	1.33,41(31,97)	2.05,81(32,40)	
	2.38,33(32,52)	3.11,45(33,12)	3.44,74(33,29)	4.17,99(33,25)	
	4.50,77(32,78)	5.24,57(33,80)	5.58,04(33,47)	6.31,50(33,46)	
	7.04,77(33,27)	7.38,63(33,86)	8.12,35(33,72)	8.46,09(33,74)	
2	Ivan Aleksander Larsen	95	Karmøy SK	9.07,53	580
	29,20(29,20)	1.01,36(32,16)	1.34,17(32,81)	2.07,97(33,80)	
	2.42,52(34,55)	3.17,13(34,61)	3.52,13(35,00)	4.27,18(35,05)	
	5.02,71(35,53)	5.38,13(35,42)	6.13,37(35,24)	6.48,73(35,36)	
	7.23,71(34,98)	7.58,76(35,05)	8.33,59(34,83)	9.07,53(33,94)	
3	Henrik Søfteland	95	Delfana	9.08,77	576
	30,83(30,83)	1.04,75(33,92)	1.39,76(35,01)	2.14,32(34,56)	
	2.49,34(35,02)	3.23,77(34,43)	3.58,62(34,85)	4.33,66(35,04)	
	5.08,47(34,81)	5.43,35(34,88)	6.18,49(35,14)	6.53,38(34,89)	
	7.28,31(34,93)	8.02,67(34,36)	8.36,34(33,67)	9.08,77(32,43)	
4	Martin Næss Kjølholdt	95	Kolbotn IL	9.12,75	564
	31,04(31,04)	1.05,48(34,44)	1.40,11(34,63)	2.14,86(34,75)	
	2.49,64(34,78)	3.24,73(35,09)	3.59,50(34,77)	4.34,69(35,19)	
	5.09,69(35,00)	5.45,02(35,33)	6.19,85(34,83)	6.55,04(35,19)	
	7.30,32(35,28)	8.05,28(34,96)	8.39,38(34,10)	9.12,75(33,37)	
5	Erik Tobias Sollesnes	95	Kolbotn IL	9.16,76	552
	30,15(30,15)	1.03,64(33,49)	1.38,60(34,96)	2.12,87(34,27)	
	2.47,64(34,77)	3.22,85(35,21)	3.58,58(35,73)	4.34,18(35,60)	
	5.09,48(35,30)	5.44,86(35,38)	6.20,28(35,42)	6.55,93(35,65)	
	7.31,99(36,06)	8.06,62(34,63)	8.41,95(35,33)	9.16,76(34,81)	

## Junior

1	Jørn Nygård	92	Stavanger SC	8.13,46	793
	26,27(26,27)	55,46(29,19)	1.25,76(30,30)	1.56,68(30,92)	
	2.28,03(31,35)	2.59,48(31,45)	3.31,18(31,70)	4.02,89(31,71)	
	4.34,54(31,65)	5.06,18(31,64)	5.37,75(31,57)	6.09,60(31,85)	
	6.41,35(31,75)	7.13,03(31,68)	7.44,47(31,44)	8.13,46(28,99)	
2	Sindre Nilo	90	Bærumsvømmerne	8.26,23	734
	27,63(27,63)	57,70(30,07)	1.28,45(30,75)	1.59,32(30,87)	
	2.30,44(31,12)	3.01,92(31,48)	3.33,56(31,64)	4.05,39(31,83)	
	4.37,39(32,00)	5.09,81(32,42)	5.42,66(32,85)	6.15,31(32,65)	
	6.48,21(32,90)	7.21,03(32,82)	7.54,08(33,05)	8.26,23(32,15)	
3	Sander Rødje	93	Haugesund SK	8.27,21	730
	27,60(27,60)	58,52(30,92)	1.30,37(31,85)	2.02,40(32,03)	
	2.34,89(32,49)	3.06,96(32,07)	3.39,28(32,32)	4.11,52(32,24)	
	4.44,10(32,58)	5.16,58(32,48)	5.49,14(32,56)	6.21,91(32,77)	
	6.53,94(32,03)	7.26,21(32,27)	7.58,21(32,00)	8.27,21(29,00)	
4	Eivind Johannesen	92	BS/Åstveit	8.27,47	729
	28,41(28,41)	59,21(30,80)	1.30,27(31,06)	2.02,12(31,85)	
	2.34,16(32,04)	3.06,63(32,47)	3.38,92(32,29)	4.11,66(32,74)	
	4.43,53(31,87)	5.15,91(32,38)	5.48,47(32,56)	6.21,11(32,64)	
	6.53,63(32,52)	7.26,14(32,51)	7.58,08(31,94)	8.27,47(29,39)	
5	Martin P. Sletbakken	92	Sortland SLK	8.36,83	690
	28,49(28,49)	1.00,10(31,61)	1.32,48(32,38)	2.05,04(32,56)	
	2.37,70(32,66)	3.10,67(32,97)	3.43,76(33,09)	4.17,21(33,45)	
	4.50,02(32,81)	5.22,96(32,94)	5.55,99(33,03)	6.29,03(33,04)	
	7.02,17(33,14)	7.34,98(32,81)	8.07,13(32,15)	8.36,83(29,70)	
6	Odin Spangen Normann	92	IL Varg	8.37,00	689
	28,67(28,67)	1.00,38(31,71)	1.32,82(32,44)	2.05,26(32,44)	
	2.37,86(32,60)	3.10,76(32,90)	3.43,95(33,19)	4.17,13(33,18)	
	4.50,06(32,93)	5.22,93(32,87)	5.55,97(33,04)	6.29,14(33,17)	
	7.01,99(32,85)	7.34,69(32,70)	8.07,01(32,32)	8.37,00(29,99)	
7	Daniel Berenett	91	IL Varg/NTG	8.41,95	670
	27,89(27,89)	58,48(30,59)	1.29,75(31,27)	2.01,71(31,96)	
	2.33,79(32,08)	3.06,65(32,86)	3.39,21(32,56)	4.12,30(33,09)	
	4.45,39(33,09)	5.19,31(33,92)	5.53,40(34,09)	6.27,65(34,25)	
	7.01,60(33,95)	7.35,61(34,01)	8.09,64(34,03)	8.41,95(32,31)	

8	Øyvind Gevelt	91	Øvre Eiker SK	8.44,41	660
	29,45(29,45)	1.01,12(31,67)	1.33,92(32,80)	2.06,96(33,04)	
	2.39,94(32,98)	3.13,09(33,15)	3.46,41(33,32)	4.19,66(33,25)	
	4.52,74(33,08)	5.25,91(33,17)	5.59,03(33,12)	6.32,40(33,37)	
	7.06,19(33,79)	7.40,18(33,99)	8.12,98(32,80)	8.44,41(31,43)	
9	Gunnar V. Skirbekk	91	Elverum Svømming	8.46,01	654
	29,34(29,34)	1.01,23(31,89)	1.33,66(32,43)	2.06,82(33,16)	
	2.39,51(32,69)	3.12,09(32,58)	3.45,08(32,99)	4.18,51(33,43)	
	4.52,20(33,69)	5.25,63(33,43)	6.00,21(34,58)	6.33,77(33,56)	
	7.07,51(33,74)	7.41,48(33,97)	8.15,07(33,59)	8.46,01(30,94)	
10	Morten Bordervich	94	TS/Sola SK	8.46,09	654
	29,28(29,28)	1.01,44(32,16)	1.33,41(31,97)	2.05,81(32,40)	
	2.38,33(32,52)	3.11,45(33,12)	3.44,74(33,29)	4.17,99(33,25)	
	4.50,77(32,78)	5.24,57(33,80)	5.58,04(33,47)	6.31,50(33,46)	
	7.04,77(33,27)	7.38,63(33,86)	8.12,35(33,72)	8.46,09(33,74)	
11	Øystein Fjeldberg	93	Randaberg IL	8.46,27	653
	29,04(29,04)	59,97(30,93)	1.32,45(32,48)	2.05,38(32,93)	
	2.38,60(33,22)	3.11,75(33,15)	3.45,00(33,25)	4.18,57(33,57)	
	4.52,43(33,86)	5.26,15(33,72)	5.59,86(33,71)	6.33,46(33,60)	
	7.07,17(33,71)	7.41,05(33,88)	8.14,91(33,86)	8.46,27(31,36)	
12	Kristoffer Skribeland	91	Asker SK	8.48,57	645
	28,80(28,80)	1.00,62(31,82)	1.33,20(32,58)	2.06,22(33,02)	
	2.39,20(32,98)	3.12,53(33,33)	3.45,94(33,41)	4.19,36(33,42)	
	4.53,27(33,91)	5.26,63(33,36)	6.00,54(33,91)	6.34,56(34,02)	
	7.08,48(33,92)	7.42,53(34,05)	8.16,41(33,88)	8.48,57(32,16)	
13	Thorbjørn Birkeland	93	Haugesund SK	8.55,70	619
	29,11(29,11)	1.01,41(32,30)	1.33,99(32,58)	2.07,32(33,33)	
	2.40,43(33,11)	3.14,16(33,73)	3.47,95(33,79)	4.21,98(34,03)	
	4.55,82(33,84)	5.29,77(33,95)	6.04,15(34,38)	6.38,72(34,57)	
	7.12,92(34,20)	7.47,36(34,44)	8.21,92(34,56)	8.55,70(33,78)	
14	Martin Berger Oterholm	93	Kolbotn IL	8.59,58	606
	28,67(28,67)	1.00,07(31,40)	1.33,08(33,01)	2.06,73(33,65)	
	2.40,05(33,32)	3.13,57(33,52)	3.47,89(34,32)	4.22,05(34,16)	
	4.56,48(34,43)	5.31,14(34,66)	6.05,59(34,45)	6.40,14(34,55)	
	7.15,11(34,97)	7.50,30(35,19)	8.25,53(35,23)	8.59,58(34,05)	
15	Ivan Aleksander Larsen	95	Karmøy SK	9.07,53	580
	29,20(29,20)	1.01,36(32,16)	1.34,17(32,81)	2.07,97(33,80)	
	2.42,52(34,55)	3.17,13(34,61)	3.52,13(35,00)	4.27,18(35,05)	
	5.02,71(35,53)	5.38,13(35,42)	6.13,37(35,24)	6.48,73(35,36)	
	7.23,71(34,98)	7.58,76(35,05)	8.33,59(34,83)	9.07,53(33,94)	
16	Henrik Søfteland	95	Delfana	9.08,77	576
	30,83(30,83)	1.04,75(33,92)	1.39,76(35,01)	2.14,32(34,56)	
	2.49,34(35,02)	3.23,77(34,43)	3.58,62(34,85)	4.33,66(35,04)	
	5.08,47(34,81)	5.43,35(34,88)	6.18,49(35,14)	6.53,38(34,89)	
	7.28,31(34,93)	8.02,67(34,36)	8.36,34(33,67)	9.08,77(32,43)	
17	Per Simen Holstad Gandrud	92	Sarpsborg IL	9.10,94	569
	30,81(30,81)	1.04,86(34,05)	1.39,85(34,99)	2.14,90(35,05)	
	2.49,82(34,92)	3.24,34(34,52)	3.58,85(34,51)	4.33,48(34,63)	
	5.08,26(34,78)	5.42,92(34,66)	6.18,08(35,16)	6.53,20(35,12)	
	7.28,27(35,07)	8.03,50(35,23)	8.37,72(34,22)	9.10,94(33,22)	
18	Martin Næss Kjølholdt	95	Kolbotn IL	9.12,75	564
	31,04(31,04)	1.05,48(34,44)	1.40,11(34,63)	2.14,86(34,75)	
	2.49,64(34,78)	3.24,73(35,09)	3.59,50(34,77)	4.34,69(35,19)	
	5.09,69(35,00)	5.45,02(35,33)	6.19,85(34,83)	6.55,04(35,19)	
	7.30,32(35,28)	8.05,28(34,96)	8.39,38(34,10)	9.12,75(33,37)	
19	Erik Tobias Sollesnes	95	Kolbotn IL	9.16,76	552
	30,15(30,15)	1.03,64(33,49)	1.38,60(34,96)	2.12,87(34,27)	
	2.47,64(34,77)	3.22,85(35,21)	3.58,58(35,73)	4.34,18(35,60)	
	5.09,48(35,30)	5.44,86(35,38)	6.20,28(35,42)	6.55,93(35,65)	
	7.31,99(36,06)	8.06,62(34,63)	8.41,95(35,33)	9.16,76(34,81)	
20	Per Kristian Øyen	92	Molde SLK	9.20,18	542
	30,36(30,36)	1.03,58(33,22)	1.37,84(34,26)	2.12,02(34,18)	
	2.46,56(34,54)	3.21,42(34,86)	3.56,42(35,00)	4.31,67(35,25)	
	5.07,06(35,39)	5.42,60(35,54)	6.18,20(35,60)	6.54,39(36,19)	
	7.30,64(36,25)	8.07,29(36,65)	8.44,01(36,72)	9.20,18(36,17)	



**Øvelse 3. 400m fri, damer - Finale****Junior**

1	Cecilie W. Johannessen	90	Bergens SC	4.12,21	881
	28,65(28,65)	59,90(31,25)	1.31,75(31,85)	2.04,40(32,65)	
	2.36,38(31,98)	3.08,91(32,53)	3.40,85(31,94)	4.12,21(31,36)	
2	Lise Sand Syversen	95	BS/Delfana	4.18,08	822
	30,21(30,21)	1.02,28(32,07)	1.35,16(32,88)	2.08,29(33,13)	
	2.41,00(32,71)	3.13,85(32,85)	3.46,87(33,02)	4.18,08(31,21)	
3	Gina B. Andersen	90	Lambertseter SK	4.22,91	778
	29,98(29,98)	1.02,06(32,08)	1.34,95(32,89)	2.08,01(33,06)	
	2.41,38(33,37)	3.15,43(34,05)	3.49,27(33,84)	4.22,91(33,64)	
4	Ingrid N. Knutzen	91	Lambertseter SK/NTG	4.24,18	766
	30,67(30,67)	1.03,12(32,45)	1.36,35(33,23)	2.09,95(33,60)	
	2.43,49(33,54)	3.17,71(34,22)	3.51,64(33,93)	4.24,18(32,54)	
5	Victoria Rung	92	TS/Frisinn	4.24,38	765
	30,11(30,11)	1.02,57(32,46)	1.35,49(32,92)	2.09,07(33,58)	
	2.42,78(33,71)	3.17,00(34,22)	3.51,21(34,21)	4.24,38(33,17)	
6	Eva Marie W. Østerhus	94	TS/Madla SK	4.31,51	706
	30,45(30,45)	1.02,99(32,54)	1.36,28(33,29)	2.10,54(34,26)	
	2.45,28(34,74)	3.20,90(35,62)	3.56,50(35,60)	4.31,51(35,01)	

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

1	Sverre Næss	92	Sarpsborg IL	27,83	863	NJR
2	Mattis Saghaug	90	IL Varg/NTG	28,95	766	
3	Marcus Tesdal	90	BS/Åstveit	29,35	736	
3	John Lekhmus	91	Tromsø SK	29,35	736	
5	Erling Mjøs Brattelid	91	TS/Sola SK	29,45	728	
6	Sindre Söderlund	91	Trondheim SLK/NTG	29,88	697	

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

1	Cecilie W. Johannessen	90	Bergens SC	(0,65)	28,89	833
2	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,68)	29,17	809
3	Oda Marie Siljan	92	Poseidon	(0,63)	29,86	755
4	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,78)	30,76	690
5	Benedicte Kausland	92	Vestkantsvømmerne	(0,69)	30,82	686
6	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,68)	30,97	676

**Funksjonshemmede**

1	Hanne Farestvedt	93	Åstveit SK	(0,68)	41,23	286	S14 126,63 %
	Rona Hjelstad	93	Skjetten Svømming		DISK		S14

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

1	Sverre Næss	92	Sarpsborg IL	1.59,18	917	NJR
	25,88(25,88)	56,68(30,80)	1.30,48(33,80)	1.59,18(28,70)		
2	Sindri T. Jakobsson	91	BS/Delfana	2.02,89	837	
	25,67(25,67)	56,53(30,86)	1.32,78(36,25)	2.02,89(30,11)		
3	Sebastian Wigstrøm	91	Bærumsvømmerne	2.05,27	790	
	27,22(27,22)	59,35(32,13)	1.34,03(34,68)	2.05,27(31,24)		
4	Christian Thorsen	91	Lambertseter SK	2.06,40	769	
	27,37(27,37)	1.00,37(33,00)	1.37,33(36,96)	2.06,40(29,07)		
5	Kristoffer Meisler	90	Fauske SK	2.08,17	737	
	28,18(28,18)	1.02,84(34,66)	1.38,30(35,46)	2.08,17(29,87)		
6	John Lekhmus	91	Tromsø SK	2.09,59	713	
	28,48(28,48)	1.03,10(34,62)	1.38,56(35,46)	2.09,59(31,03)		

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

1	Monica W. Johannessen	90	Bergens SC	1.00,57	847	
	28,33(28,33)	1.00,57(32,24)				
2	Line Løvberg	91	Lambertseter SK/NTG	1.01,66	803	
	28,96(28,96)	1.01,66(32,70)				
3	Victoria S. Løken	91	Team Stavanger	1.01,73	801	
	28,28(28,28)	1.01,73(33,45)				
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	1.02,82	760	
	29,08(29,08)	1.02,82(33,74)				
5	Emilie Nyenget Løvberg	95	Bærumsvømmerne	1.03,43	738	
	29,91(29,91)	1.03,43(33,52)				
6	Oona Ovesen	92	Elverum Svømming	1.05,65	665	
	30,66(30,66)	1.05,65(34,99)				

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

1	Lavrans Solli	92	Bergens SC	(0,64) 1.59,92	821	NJR
	28,13(28,13)	58,93(30,80)	1.29,73(30,80)	1.59,92(30,19)		
2	Dominik Borkowski	90	IL Varg/NTG	(0,64) 2.03,17	757	
	27,75(27,75)	58,66(30,91)	1.30,66(32,00)	2.03,17(32,51)		
3	Even Vike Holm	90	BS/Arna	(0,77) 2.05,88	709	
	29,61(29,61)	1.01,58(31,97)	1.34,08(32,50)	2.05,88(31,80)		
4	Tor Hafnor	91	Bærumsvømmerne	(0,70) 2.06,46	700	
	29,92(29,92)	1.01,81(31,89)	1.33,80(31,99)	2.06,46(32,66)		
5	Sindre Nilo	90	Bærumsvømmerne	(0,72) 2.10,72	633	
	30,13(30,13)	1.02,74(32,61)	1.36,74(34,00)	2.10,72(33,98)		
6	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,69) 2.11,17	627	
	30,36(30,36)	1.03,09(32,73)	1.36,77(33,68)	2.11,17(34,40)		

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

1	Stina Kajsa Colleou	93	Lambertseter SK	2.32,32	796
	34,79(34,79)	1.12,93(38,14)	1.51,90(38,97)	2.32,32(40,42)	
2	Trine Austrøne Olsen	90	Fauske SK	2.35,43	749
	34,41(34,41)	1.13,14(38,73)	1.54,11(40,97)	2.35,43(41,32)	
3	Ingalill Urrang Naustvik	95	Karmøy SK	2.37,23	724
	34,77(34,77)	1.14,78(40,01)	1.56,15(41,37)	2.37,23(41,08)	
4	Bitte Fagermo	93	Narvik SK/NTG	2.38,57	705
	36,00(36,00)	1.16,74(40,74)	1.57,84(41,10)	2.38,57(40,73)	
5	Luna Elisabeth Sjøgaard	94	Lambertseter SK	2.39,27	696
	35,51(35,51)	1.15,51(40,00)	1.56,88(41,37)	2.39,27(42,39)	
6	Katrine Jensen	92	BS/Åstveit	2.39,46	694
	35,94(35,94)	1.16,66(40,72)	1.58,42(41,76)	2.39,46(41,04)	

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

1	Sverre Næss	92	Sarpsborg IL	24,79	784
2	Sindri T. Jakobsson	91	BS/Delfana	24,90	773
3	Christer Koch Kvam	90	Bærumsvømmerne	24,93	771
4	Ole Martin Ree	92	TS/Sola SK	25,26	741
5	Mathias Sørstrand Æsøy	90	BS/Delfana	25,29	738
6	Erlend Ulveseter	92	BS/Åstveit	25,46	723

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

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	8.19,80	842	NR
		29,11(29,11)	58,80(29,69)			
	Gina B. Andersen:	1.29,65(30,85)	2.01,18(31,53)	2.01,18		
	Ingrid N. Knutzen:	2.29,64(28,46)	3.01,47(31,83)	2.06,16		
		4.36,11(28,77)	5.08,50(32,39)			
	Emilie Hellerud:	5.42,75(34,25)	6.16,91(34,16)	2.09,57		
		6.44,59(27,68)	7.15,68(31,09)			
	Elisabeth H. Svensson:	7.48,11(32,43)	8.19,80(31,69)	2.02,89		
2	Bergens SC J1 jr.	JR	Bergens SC	8.23,21	825	
		28,60(28,60)	59,64(31,04)			
	Monica W. Johannessen:	1.31,21(31,57)	2.02,95(31,74)	2.02,95		
		2.32,95(30,00)	3.06,39(33,44)			
	Hedvig Hjertaker:	3.40,49(34,10)	4.14,50(34,01)	2.11,55		
		4.44,38(29,88)	5.17,44(33,06)			
	Ingse Bergh Monsen:	5.50,84(33,40)	6.24,72(33,88)	2.10,22		
		6.51,52(26,80)	7.21,54(30,02)			
	Cecilie W. Johannessen:	7.52,06(30,52)	8.23,21(31,15)	1.58,49		
3	Team Stavanger J1 jr.	JR	Team Stavanger	8.26,78	807	
		29,14(29,14)	1.00,22(31,08)			
	Victoria S. Løken:	1.32,63(32,41)	2.06,26(33,63)	2.06,26		
		2.35,39(29,13)	3.07,57(32,18)			
	Eva Marie W. Østerhus:	3.40,51(32,94)	4.12,95(32,44)	2.06,69		
		4.41,80(28,85)	5.14,58(32,78)			
	Trine Hovda:	5.47,82(33,24)	6.21,53(33,71)	2.08,58		
		6.50,02(28,49)	7.21,87(31,85)			
	Victoria Rung:	7.54,02(32,15)	8.26,78(32,76)	2.05,25		

4	Lambertseter SK J2 jr.	JR	Lambertseter SK	8.34,16	773
		29,79(29,79)	1.02,21(32,42)		
	Line Løvberg:	1.35,48(33,27)	2.08,62(33,14)	2.08,62	
		2.37,62(29,00)	3.10,11(32,49)		
	Christine M. Pedersen:	3.43,24(33,13)	4.15,59(32,35)	2.06,97	
		4.44,79(29,20)	5.17,62(32,83)		
	Emma Isdahl:	5.51,23(33,61)	6.24,21(32,98)	2.08,62	
		6.53,01(28,80)	7.26,18(33,17)		
	Julie Rønningsen:	8.00,51(34,33)	8.34,16(33,65)	2.09,95	
5	Bergensv. J1 jr.	JR	Bergensvømmerne	8.47,68	715
		29,52(29,52)	1.01,65(32,13)		
	Lise Sand Syversen:	1.34,57(32,92)	2.07,68(33,11)	2.07,68	
		2.37,40(29,72)	3.10,38(32,98)		
	Andrea Hestdal:	3.43,42(33,04)	4.16,25(32,83)	2.08,57	
		4.46,12(29,87)	5.20,24(34,12)		
	Seline Vike Holm:	5.55,08(34,84)	6.30,14(35,06)	2.13,89	
		7.01,14(31,00)	7.36,43(35,29)		
	Katrine Jensen:	8.12,24(35,81)	8.47,68(35,44)	2.17,54	
6	Tromsø SK J1 jr.	JR	Tromsø SK	8.49,16	709
		29,43(29,43)	1.01,63(32,20)		
	Sophia Broberg Skeltved:	1.35,03(33,40)	2.08,11(33,08)	2.08,11	
		2.37,92(29,81)	3.11,09(33,17)		
	Hanne Lockertsen:	3.45,04(33,95)	4.19,09(34,05)	2.10,98	
		4.49,90(30,81)	5.25,83(35,93)		
	Ina Kvenshagen Gimse:	6.03,09(37,26)	6.38,57(35,48)	2.19,48	
		7.08,24(29,67)	7.41,34(33,10)		
	Siv Fiske:	8.15,25(33,91)	8.49,16(33,91)	2.10,59	
7	Aalesunds SLK J1 jr.	JR	Aalesund SLK	8.59,22	670
		28,71(28,71)	1.00,75(32,04)		
	Veronica Orheim Bjørlykke:	1.34,30(33,55)	2.07,70(33,40)	2.07,70	
		2.38,52(30,82)	3.13,32(34,80)		
	Natalie Lorgen Lübbe:	3.49,77(36,45)	4.27,12(37,35)	2.19,42	
		4.57,86(30,74)	5.32,88(35,02)		
	Karina Brunstad Fet:	6.08,91(36,03)	6.45,44(36,53)	2.18,32	
		7.15,14(29,70)	7.49,05(33,91)		
	Caroline R. Helgesen:	8.24,45(35,40)	8.59,22(34,77)	2.13,78	
8	Vestkantv. J1 jr.	JR	Vestkantvømmerne	9.00,80	664
		31,18(31,18)	1.05,74(34,56)		
	Tina Schütz:	1.41,39(35,65)	2.16,57(35,18)	2.16,57	
		2.47,28(30,71)	3.21,62(34,34)		
	Benedicte Kausland:	3.56,75(35,13)	4.31,58(34,83)	2.15,01	
		5.01,46(29,88)	5.36,43(34,97)		
	Marie Reinertsen:	6.13,07(36,64)	6.49,46(36,39)	2.17,88	
		7.18,43(28,97)	7.51,71(33,28)		
	Andrea Haugstad:	8.26,42(34,71)	9.00,80(34,38)	2.11,34	
9	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	9.02,99	656
		30,83(30,83)	1.04,43(33,60)		
	Stine Lise Stenseth:	1.39,33(34,90)	2.15,02(35,69)	2.15,02	
		2.46,31(31,29)	3.21,83(35,52)		
	Guro Knutsen:	3.58,60(36,77)	4.35,39(36,79)	2.20,37	
		5.06,37(30,98)	5.40,83(34,46)		
	Inger-Cathrine Wium:	6.16,19(35,36)	6.50,90(34,71)	2.15,51	
		7.20,86(29,96)	7.54,13(33,27)		
	Siri Anette Sønju:	8.28,70(34,57)	9.02,99(34,29)	2.12,09	
10	Delfana J1 jr.	JR	Delfana	9.03,92	653
		31,26(31,26)	1.04,96(33,70)		
	Helene Thunes Truyen:	1.40,63(35,67)	2.15,95(35,32)	2.15,95	
		2.47,25(31,30)	3.22,07(34,82)		
	Lisa Skogeng:	3.57,22(35,15)	4.31,54(34,32)	2.15,59	
		5.03,32(31,78)	5.38,02(34,70)		
	Elin Haugland:	6.12,94(34,92)	6.46,46(33,52)	2.14,92	
		7.17,43(30,97)	7.52,08(34,65)		
	Vilde Stordal:	8.28,63(36,55)	9.03,92(35,29)	2.17,46	
11	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	9.16,90	608
		30,91(30,91)	1.04,45(33,54)		
	Iselin Mjøllner Dahlen:	1.38,98(34,53)	2.13,44(34,46)	2.13,44	
		2.44,07(30,63)	3.19,44(35,37)		
	Christiane Sandbye:		4.32,43(1.12,99)	2.18,99	
		5.03,92(31,49)	5.39,81(35,89)		
	Susanne Fornasari:	6.17,49(37,68)	6.54,70(37,21)	2.22,27	
		7.26,08(31,38)	8.02,39(36,31)		
	Marie Svensson:	8.39,65(37,26)	9.16,90(37,25)	2.22,20	

12	Moss SK J1 jr.	JR	Moss SK	9.21,03	595
		30,59(30,59)	1.04,12(33,53)		
	Marte Elise Brinchmann:	1.38,83(34,71)	2.13,76(34,93)	2.13,76	
		2.45,50(31,74)	3.22,32(36,82)		
	Eirin Woldsæter:	4.01,44(39,12)	4.40,34(38,90)	2.26,58	
		5.11,29(30,95)	5.47,53(36,24)		
	Tonje Stæhr Petersen:	6.24,84(37,31)	7.02,20(37,36)	2.21,86	
		7.33,45(31,25)	8.08,73(35,28)		
	Thea Pedersen:	8.44,99(36,26)	9.21,03(36,04)	2.18,83	
13	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	9.25,04	582
		31,18(31,18)	1.05,79(34,61)		
	Jeanette Erlandsen:	1.41,91(36,12)	2.17,74(35,83)	2.17,74	
		2.49,32(31,58)	3.25,70(36,38)		
	Aurora Brandtzæg:	4.02,52(36,82)	4.39,10(36,58)	2.21,36	
		5.10,42(31,32)	5.45,47(35,05)		
	Elina Øverås:	6.21,88(36,41)	6.57,29(35,41)	2.18,19	
		7.31,22(33,93)	8.08,75(37,53)		
	Klara Farkas:	8.46,51(37,76)	9.25,04(38,53)	2.27,75	
14	Trondheim SLK J1 jr.	JR	Trondheim SLK	9.34,42	554
		32,00(32,00)	1.08,22(36,22)		
	Malin Schanke Tømmervik:	1.46,38(38,16)	2.23,86(37,48)	2.23,86	
		2.55,64(31,78)	3.31,91(36,27)		
	Stine Tveit:	4.09,08(37,17)	4.45,70(36,62)	2.21,84	
		5.17,75(32,05)	5.53,30(35,55)		
	Irja Gravdahl:	6.29,96(36,66)	7.06,09(36,13)	2.20,39	
		7.38,60(32,51)	8.16,11(37,51)		
	Viktoria Juel:	8.55,53(39,42)	9.34,42(38,89)	2.28,33	
15	Oslo IL J1 jr.	JR	Oslo IL	9.37,05	547
		30,93(30,93)	1.05,25(34,32)		
	Kristin Blyverket:	2.48,82(32,73)	2.16,09(1.10,84)	2.16,09	
		4.05,30(39,00)	3.26,30(37,48)		
	Nehna-Louise Møller-Pettersen:	5.15,91(33,78)	4.42,13(36,83)	2.26,04	
		6.32,56(38,81)	5.53,75(37,84)		
	Oda Almgren Lind:	7.43,94(32,80)	7.11,14(38,58)	2.29,01	
		8.58,86(38,44)	8.20,42(36,48)		
	Hanne Grue:	9.37,05(38,19)	9.37,05(38,19)	2.25,91	
16	Harstad SK J1 jr.	JR	Harstad SK	9.51,88	507
		34,52(34,52)	1.13,08(38,56)		
	Elise Bjørvik Paulsen:	1.53,44(40,36)	2.32,04(38,60)	2.32,04	
		3.07,69(35,65)	3.47,48(39,79)		
	Hanne Lillegård:	4.28,92(41,44)	5.09,23(40,31)	2.37,19	
		5.40,99(31,76)	6.16,52(35,53)		
	Malin Kristine Steffensen:	6.53,77(37,25)	7.30,16(36,39)	2.20,93	
		8.02,05(31,89)	8.38,34(36,29)		
	Karoline Steffensen:	9.14,21(35,87)	9.51,88(37,67)	2.21,72	

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

### Junior

1	Bergensv. G1 jr.	JR	Bergensvømmerne	3.26,33	793
	Zoltan Csernai:	25,18(25,18)	52,56(27,38)	52,56	
	Sindri T. Jakobsson:	1.16,44(23,88)	1.42,87(26,43)	50,31	
	Even Vike Holm:	2.07,98(25,11)	2.35,04(27,06)	52,17	
	Marcus Tesdal:	2.59,36(24,32)	3.26,33(26,97)	51,29	
2	Bærumsv G1 jr.	JR	Bærumsvømmerne	3.28,01	774
	Christer Koch Kvam:	24,19(24,19)	50,86(26,67)	50,86	
	Tor Hafnor:	1.15,69(24,83)	1.42,96(27,27)	52,10	
	Vegard Nyenget Løvberg:	2.08,30(25,34)	2.35,92(27,62)	52,96	
	Sebastian Wigstrøm:	3.00,46(24,54)	3.28,01(27,55)	52,09	
3	Lambertseter SK G1 jr.	JR	Lambertseter SK	3.28,70	766
	Mikael Bergene:	24,81(24,81)	51,90(27,09)	51,90	
	Christian Thorsen:	1.16,15(24,25)	1.42,95(26,80)	51,05	
	Sindre Eilertsen:	2.08,13(25,18)	2.35,80(27,67)	52,85	
	David Evja:	3.00,71(24,91)	3.28,70(27,99)	52,90	
4	Team Stavanger G1 jr.	JR	Team Stavanger	3.31,28	738
	Ole Martin Ree:	24,98(24,98)	51,24(26,26)	51,24	
	Bjarte Ravndal:	1.15,41(24,17)	1.42,04(26,63)	50,80	
	Erlend Tveteraas:	2.08,02(25,98)	2.37,99(29,97)	55,95	
	Erling Mjøs Brattelid:	3.03,55(25,56)	3.31,28(27,73)	53,29	

5	Stavanger SC G1 jr.	JR	Stavanger SC		3.31,57	735
	Hans Østerdal:	25,30(25,30)	52,71(27,41)	52,71		
	Jørn Nygård:	1.17,11(24,40)	1.43,91(26,80)	51,20		
	Henning S. Pryde:	2.09,85(25,94)	2.37,91(28,06)	54,00		
	Fredrik K Hegdal:	3.03,19(25,28)	3.31,57(28,38)	53,66		
6	Bergensv. G2 jr.	JR	Bergensvømmerne		3.36,07	690
	Mathias Sørstrand Æsøy:	25,49(25,49)	53,33(27,84)	53,33		
	Eirik Runningen:	1.19,06(25,73)	1.47,41(28,35)	54,08		
	Sebastian Stordal:	2.13,04(25,63)	2.41,23(28,19)	53,82		
	Espen Halhjem:	3.07,01(25,78)	3.36,07(29,06)	54,84		
7	Asker SK G1 jr.	JR	Asker SK		3.37,64	675
	Kristoffer Skribeland:	25,95(25,95)	53,42(27,47)	53,42		
	Andreas Bergman:	1.19,75(26,33)	1.49,36(29,61)	55,94		
	Eirik Standal Thoresen:	2.15,30(25,94)	2.44,19(28,89)	54,83		
	Jan Aleksander Bakke:	3.10,23(26,04)	3.37,64(27,41)	53,45		
8	Bærumsv. G2 jr.	JR	Bærumsvømmerne		3.40,50	649
	Carl Andreas Wathne:	26,44(26,44)	55,02(28,58)	55,02		
	Henry Emil Nordhagen:	1.20,65(25,63)	1.49,04(28,39)	54,02		
	Sindre Nilo:	2.14,90(25,86)	2.43,32(28,42)	54,28		
	Henrik Wathne:	3.10,27(26,95)	3.40,50(30,23)	57,18		
9	Lambertseter SK G2 jr.	JR	Lambertseter SK		3.43,01	628
	Alexander Thorvaldsen:	26,28(26,28)	55,44(29,16)	55,44		
	Alexander Schüssler:	1.22,11(26,67)	1.50,26(28,15)	54,82		
	Kristian Nygård:	2.16,68(26,42)	2.46,12(29,44)	55,86		
	Aksel Øvern:	3.12,99(26,87)	3.43,01(30,02)	56,89		
10	Oslo IL G1 jr.	JR	Oslo IL		3.44,69	614
	Lars Nymoen:	26,95(26,95)	56,20(29,25)	56,20		
	Zakarias Nouri:	1.23,01(26,81)	1.52,23(29,22)	56,03		
	Jon Erik Sønning:	2.18,42(26,19)	2.48,70(30,28)	56,47		
	Henning Kaland:	3.15,69(26,99)	3.44,69(29,00)	55,99		
11	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen		3.46,71	597
	Jarl André Bergsvenkerud:	27,51(27,51)	56,66(29,15)	56,66		
	Tore Skauge Bysting:	1.23,53(26,87)	1.53,07(29,54)	56,41		
	Kjetil Flatland:	2.20,02(26,95)	2.50,59(30,57)	57,52		
	Vebjørn Lindhjem:	3.17,62(27,03)	3.46,71(29,09)	56,12		
12	Delfana G1 jr.	JR	Delfana		3.48,23	586
	Håvard Hole:	27,04(27,04)	56,66(29,62)	56,66		
	Marius Thorsø:	1.22,95(26,29)	1.52,46(29,51)	55,80		
	Øyvind L. Styrmoe:	2.19,69(27,23)	2.49,92(30,23)	57,46		
	Bård Løvik:	3.17,38(27,46)	3.48,23(30,85)	58,31		
13	Vestbyen IL G1 jr.	JR	Vestbyen IL		3.48,80	581
	Christian Tronvoll:	28,04(28,04)	57,95(29,91)	57,95		
	Fredrik Tronvoll:	1.23,98(26,03)	1.54,45(30,47)	56,50		
	Sigvart Evjen:	2.20,38(25,93)	2.49,97(29,59)	55,52		
	Per Alexander Fladvad:	3.18,75(28,78)	3.48,80(30,05)	58,83		
14	Trondheim SLK G1 jr.	JR	Trondheim SLK		3.55,29	534
	Sindre Søderlund:	27,24(27,24)	56,08(28,84)	56,08		
	Geir T. Kristiansen:	1.22,02(25,94)	1.51,41(29,39)	55,33		
	Arnt Martin Ystenes:	2.20,20(28,79)	2.52,81(32,61)	1.01,40		
	Dag Vetle Henriksen:	3.22,53(29,72)	3.55,29(32,76)	1.02,48		
15	Kristiansand SA G1 jr.	JR	Kristiansand SA		3.57,35	521
	Nicolai Gerrard:	28,77(28,77)	1.00,50(31,73)	1.00,50		
	Jostein Dalshov Kringlen:	1.28,93(28,43)	2.00,06(31,13)	59,56		
	Eirik S. Jørgensen:	2.28,72(28,66)	3.01,55(32,83)	1.01,49		
	Kristian Evensen:	3.27,89(26,34)	3.57,35(29,46)	55,80		
16	Skjetten Svømming G1 jr.	JR	Skjetten Svømming		4.04,93	474
	Håkon Brennhagen:	27,57(27,57)	57,65(30,08)	57,65		
	Jørgen Gundersen:	1.26,68(29,03)	1.57,83(31,15)	1.00,18		
	Morgan B. Johansen:	2.27,48(29,65)	3.01,01(33,53)	1.03,18		
	Henrik Christiansen:	3.31,29(30,28)	4.04,93(33,64)	1.03,92		
	IL Varg G1 jr.	JR	IL Varg		DISK	
	Mattis Saghaug:	24,44(24,44)	51,63(27,19)	51,63		
	Daniel Berenett:	1.16,59(24,96)	1.44,50(27,91)	52,87		
	Odin Spangen Normann:					
	Dominik Borkowski:					

**Fredag 27. november 2009 kl 09.00****Øvelse 13. 4\*50m lag medley, herrer - UM****Yngre junior**

1	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,77)	1.54,76	567
	Vebjørn Lindhjem:	29,46(29,46)				
	Torje Løkken:	1.01,73(32,27)				
	Kjetil Flatland:	1.29,18(27,45)				
	Jarl André Bergsvenkerud:	1.54,76(25,58)				
2	Karmøy SK G1 jr.	JR	Karmøy SK		1.58,90	510
	Daniel Sandhåland:	30,66(30,66)				
	Ivan Aleksander Larsen:	1.03,30(32,64)				
	Morten Wee Hollund:	1.32,28(28,98)				
	Simen Alvestad:	1.58,90(26,62)				
3	Kolbotn IL G1 jr.	JR	Kolbotn IL	(0,77)	1.59,20	506
	Erik Tobias Sollesnes:	30,74(30,74)				
	Per Morten Halvorsen:	1.04,44(33,70)				
	Martin Næss Kjølholdt:	1.34,84(30,40)				
	Johan Parker Nygaard:	1.59,20(24,36)				
4	Setermoen SK G1 jr.	JR	Setermoen SK	(0,75)	2.12,55	368
	Johannes Danielsen:	34,07(34,07)				
	Alexander Walle Thomas:	1.13,18(39,11)				
	Andreas Bjørkli:	1.43,75(30,57)				
	Erlend Dahlberg:	2.12,55(28,80)				
5	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	(0,75)	2.12,63	367
	Daniel Nesbø:	35,67(35,67)				
	Morgan B. Johansen:	1.11,32(35,65)				
	Jørgen Gundersen:	1.42,85(31,53)				
	Henrik Christiansen:	2.12,63(29,78)				
	Asker SK G1 jr.	JR	Asker SK		DISK	
	Sigve Ekeli Nystuen:					
	Andreas Manum Hagby:					
	Johann David Ørbeck:					
	Fredrik L. Theien:					

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

1	Karoline Pedersen	94	Bergens SLK	9.18,95	703
	31,87(31,87)	1.06,22(34,35)	1.40,78(34,56)	2.15,41(34,63)	
	2.50,07(34,66)	3.25,14(35,07)	4.00,29(35,15)	4.35,82(35,53)	
	5.11,07(35,25)	5.46,61(35,54)	6.22,54(35,93)	6.58,45(35,91)	
	7.34,13(35,68)	8.09,74(35,61)	8.44,99(35,25)	9.18,95(33,96)	
2	Andrea Westbye	95	Bærumsvømmerne	9.21,20	694
	31,61(31,61)	1.06,04(34,43)	1.41,35(35,31)	2.16,78(35,43)	
	2.52,54(35,76)	3.28,05(35,51)	4.03,71(35,66)	4.39,51(35,80)	
	5.14,77(35,26)	5.50,41(35,64)	6.26,25(35,84)	7.01,85(35,60)	
	7.37,43(35,58)	8.12,47(35,04)	8.47,95(35,48)	9.21,20(33,25)	
3	Anna Forsstrøm	94	Haldens SK	9.35,74	643
	32,93(32,93)	1.09,30(36,37)	1.46,09(36,79)	2.23,20(37,11)	
	2.59,85(36,65)	3.36,93(37,08)	4.13,31(36,38)	4.50,02(36,71)	
	5.26,71(36,69)	6.02,91(36,20)	6.39,23(36,32)	7.15,21(35,98)	
	7.50,92(35,71)	8.26,81(35,89)	9.02,46(35,65)	9.35,74(33,28)	
4	Julie Rønningsen	94	Lambertseter SK	9.35,87	643
	32,82(32,82)	1.08,29(35,47)	1.45,18(36,89)	2.21,53(36,35)	
	2.57,41(35,88)	3.33,45(36,04)	4.09,53(36,08)	4.46,10(36,57)	
	5.22,36(36,26)	5.59,33(36,97)	6.35,95(36,62)	7.12,77(36,82)	
	7.49,60(36,83)	8.25,71(36,11)	9.01,93(36,22)	9.35,87(33,94)	
5	Ellen Camilla Hansen	95	Øvre Eiker SK	9.36,43	641
	33,49(33,49)	1.09,49(36,00)	1.45,54(36,05)	2.21,67(36,13)	
	2.58,20(36,53)	3.35,00(36,80)	4.11,75(36,75)	4.48,40(36,65)	
	5.24,57(36,17)	6.00,78(36,21)	6.36,90(36,12)	7.13,34(36,44)	
	7.49,51(36,17)	8.25,61(36,10)	9.01,59(35,98)	9.36,43(34,84)	

6	Ane Nygård	95	Stavanger SC	9.37,29	638
	31,36(31,36)	1.06,10(34,74)	1.41,56(35,46)	2.17,18(35,62)	
	2.53,38(36,20)	3.29,55(36,17)	4.06,16(36,61)	4.42,64(36,48)	
	5.19,39(36,75)	5.56,45(37,06)	6.33,35(36,90)	7.10,14(36,79)	
	7.47,18(37,04)	8.24,58(37,40)	9.01,59(37,01)	9.37,29(35,70)	
7	Tina Schütz	96	Vestkantsvømmerne	9.38,04	636
	32,39(32,39)	1.07,96(35,57)	1.44,65(36,69)	2.21,60(36,95)	
	2.57,89(36,29)	3.34,48(36,59)	4.11,27(36,79)	4.48,23(36,96)	
	5.25,14(36,91)	6.01,71(36,57)	6.38,23(36,52)	7.14,67(36,44)	
	7.51,24(36,57)	8.27,57(36,33)	9.03,46(35,89)	9.38,04(34,58)	
8	Elin Haugland	96	Delfana	9.39,42	631
	33,03(33,03)	1.09,78(36,75)	1.46,32(36,54)	2.22,65(36,33)	
	2.59,74(37,09)	3.36,56(36,82)	4.13,49(36,93)	4.50,45(36,96)	
	5.26,81(36,36)	6.03,72(36,91)	6.41,23(37,51)	7.17,95(36,72)	
	7.54,39(36,44)	8.30,59(36,20)	9.06,12(35,53)	9.39,42(33,30)	
9	Malin Schanke Tømmervik	94	Trondheim SLK	9.58,33	573
	32,58(32,58)	1.09,27(36,69)	1.46,35(37,08)	2.23,97(37,62)	
	3.02,09(38,12)	3.40,36(38,27)	4.18,36(38,00)	4.56,16(37,80)	
	5.34,26(38,10)	6.12,29(38,03)	6.50,52(38,23)	7.28,43(37,91)	
	8.06,40(37,97)	8.44,20(37,80)	9.21,82(37,62)	9.58,33(36,51)	

## Junior

1	Karoline Pedersen	94	Bergens SLK	9.18,95	703
	31,87(31,87)	1.06,22(34,35)	1.40,78(34,56)	2.15,41(34,63)	
	2.50,07(34,66)	3.25,14(35,07)	4.00,29(35,15)	4.35,82(35,53)	
	5.11,07(35,25)	5.46,61(35,54)	6.22,54(35,93)	6.58,45(35,91)	
	7.34,13(35,68)	8.09,74(35,61)	8.44,99(35,25)	9.18,95(33,96)	
2	Andrea Westbye	95	Bærumsvømmerne	9.21,20	694
	31,61(31,61)	1.06,04(34,43)	1.41,35(35,31)	2.16,78(35,43)	
	2.52,54(35,76)	3.28,05(35,51)	4.03,71(35,66)	4.39,51(35,80)	
	5.14,77(35,26)	5.50,41(35,64)	6.26,25(35,84)	7.01,85(35,60)	
	7.37,43(35,58)	8.12,47(35,04)	8.47,95(35,48)	9.21,20(33,25)	
3	Julie Torgersen Nilsen	92	Hamar IL	9.21,23	694
	32,25(32,25)	1.06,73(34,48)	1.41,61(34,88)	2.16,82(35,21)	
	2.52,16(35,34)	3.27,87(35,71)	4.03,61(35,74)	4.39,07(35,46)	
	5.14,21(35,14)	5.50,20(35,99)	6.26,38(36,18)	7.01,94(35,56)	
	7.37,37(35,43)	8.12,59(35,22)	8.48,11(35,52)	9.21,23(33,12)	
4	Andrea Haugstad	92	Vestkantsvømmerne	9.30,82	660
	32,04(32,04)	1.07,36(35,32)	1.43,14(35,78)	2.19,32(36,18)	
	2.55,19(35,87)	3.30,93(35,74)	4.06,93(36,00)	4.43,01(36,08)	
	5.18,87(35,86)	5.54,99(36,12)	6.30,85(35,86)	7.07,14(36,29)	
	7.43,20(36,06)	8.19,19(35,99)	8.55,32(36,13)	9.30,82(35,50)	
5	Anna Forsstrøm	94	Haldens SK	9.35,74	643
	32,93(32,93)	1.09,30(36,37)	1.46,09(36,79)	2.23,20(37,11)	
	2.59,85(36,65)	3.36,93(37,08)	4.13,31(36,38)	4.50,02(36,71)	
	5.26,71(36,69)	6.02,91(36,20)	6.39,23(36,32)	7.15,21(35,98)	
	7.50,92(35,71)	8.26,81(35,89)	9.02,46(35,65)	9.35,74(33,28)	
6	Julie Rønningsen	94	Lambertseter SK	9.35,87	643
	32,82(32,82)	1.08,29(35,47)	1.45,18(36,89)	2.21,53(36,35)	
	2.57,41(35,88)	3.33,45(36,04)	4.09,53(36,08)	4.46,10(36,57)	
	5.22,36(36,26)	5.59,33(36,97)	6.35,95(36,62)	7.12,77(36,82)	
	7.49,60(36,83)	8.25,71(36,11)	9.01,93(36,22)	9.35,87(33,94)	
7	Ellen Camilla Hansen	95	Øvre Eiker SK	9.36,43	641
	33,49(33,49)	1.09,49(36,00)	1.45,54(36,05)	2.21,67(36,13)	
	2.58,20(36,53)	3.35,00(36,80)	4.11,75(36,75)	4.48,40(36,65)	
	5.24,57(36,17)	6.00,78(36,21)	6.36,90(36,12)	7.13,34(36,44)	
	7.49,51(36,17)	8.25,61(36,10)	9.01,59(35,98)	9.36,43(34,84)	
8	Katrine Ekstang	92	Setermoen SK	9.37,20	638
	32,16(32,16)	1.07,29(35,13)	1.43,40(36,11)	2.18,70(35,30)	
	2.54,80(36,10)	3.31,34(36,54)	4.08,51(37,17)	4.46,19(37,68)	
	5.24,25(38,06)	6.00,72(36,47)	6.38,06(37,34)	7.15,91(37,85)	
	7.51,62(35,71)	8.28,01(36,39)	9.04,07(36,06)	9.37,20(33,13)	
9	Ane Nygård	95	Stavanger SC	9.37,29	638
	31,36(31,36)	1.06,10(34,74)	1.41,56(35,46)	2.17,18(35,62)	
	2.53,38(36,20)	3.29,55(36,17)	4.06,16(36,61)	4.42,64(36,48)	
	5.19,39(36,75)	5.56,45(37,06)	6.33,35(36,90)	7.10,14(36,79)	
	7.47,18(37,04)	8.24,58(37,40)	9.01,59(37,01)	9.37,29(35,70)	



10	Tina Schütz	96	Vestkantsvømmerne	9.38,04	636
	32,39(32,39)	1.07,96(35,57)	1.44,65(36,69)	2.21,60(36,95)	
	2.57,89(36,29)	3.34,48(36,59)	4.11,27(36,79)	4.48,23(36,96)	
	5.25,14(36,91)	6.01,71(36,57)	6.38,23(36,52)	7.14,67(36,44)	
	7.51,24(36,57)	8.27,57(36,33)	9.03,46(35,89)	9.38,04(34,58)	
11	Elin Haugland	96	Delfana	9.39,42	631
	33,03(33,03)	1.09,78(36,75)	1.46,32(36,54)	2.22,65(36,33)	
	2.59,74(37,09)	3.36,56(36,82)	4.13,49(36,93)	4.50,45(36,96)	
	5.26,81(36,36)	6.03,72(36,91)	6.41,23(37,51)	7.17,95(36,72)	
	7.54,39(36,44)	8.30,59(36,20)	9.06,12(35,53)	9.39,42(33,30)	
12	Siv Flatås Hoddø	91	Namsos SK	9.40,07	629
	32,05(32,05)	1.07,64(35,59)	1.44,05(36,41)	2.20,86(36,81)	
	2.57,51(36,65)	3.34,51(37,00)	4.11,03(36,52)	4.48,13(37,10)	
	5.24,79(36,66)	6.02,01(37,22)	6.38,94(36,93)	7.15,69(36,75)	
	7.52,71(37,02)	8.29,71(37,00)	9.05,55(35,84)	9.40,07(34,52)	
13	Inger-Cathrine Wium	92	Øvre Eiker SK	9.45,63	611
	33,29(33,29)	1.09,24(35,95)	1.45,65(36,41)	2.22,53(36,88)	
	2.59,36(36,83)	3.36,54(37,18)	4.13,58(37,04)	4.50,75(37,17)	
	5.27,76(37,01)	6.04,71(36,95)	6.41,49(36,78)	7.18,57(37,08)	
	7.55,52(36,95)	8.32,47(36,95)	9.09,34(36,87)	9.45,63(36,29)	
14	Emilie Witzøe	93	Kolbotn IL	9.54,27	585
	33,56(33,56)	1.09,82(36,26)	1.46,79(36,97)	2.23,63(36,84)	
	3.00,99(37,36)	3.39,07(38,08)	4.16,43(37,36)	4.54,30(37,87)	
	5.32,03(37,73)	6.10,16(38,13)	6.48,32(38,16)	7.26,33(38,01)	
		8.42,55(1.16,22)	9.19,24(36,69)	9.54,27(35,03)	
15	Malin Schanke Tømmervik	94	Trondheim SLK	9.58,33	573
	32,58(32,58)	1.09,27(36,69)	1.46,35(37,08)	2.23,97(37,62)	
	3.02,09(38,12)	3.40,36(38,27)	4.18,36(38,00)	4.56,16(37,80)	
	5.34,26(38,10)	6.12,29(38,03)	6.50,52(38,23)	7.28,43(37,91)	
	8.06,40(37,97)	8.44,20(37,80)	9.21,82(37,62)	9.58,33(36,51)	

## Øvelse 15. 400m fri, herrer

### Eldre junior

1	Jørn Nygård	92	Stavanger SC	4.01,03	751
	27,17(27,17)	56,72(29,55)	1.27,79(31,07)	1.59,49(31,70)	
	2.30,88(31,39)	3.01,47(30,59)	3.32,03(30,56)	4.01,03(29,00)	
2	Sindri T. Jakobsson	91	BS/Delfana	4.02,38	738
	27,48(27,48)	58,19(30,71)	1.29,26(31,07)	2.00,29(31,03)	
	2.30,94(30,65)	3.01,41(30,47)	3.32,08(30,67)	4.02,38(30,30)	
3	Christian Thorsen	91	Lambertseter SK	4.02,67	736
	27,96(27,96)	58,32(30,36)	1.28,87(30,55)	1.59,49(30,62)	
	2.30,26(30,77)	3.01,18(30,92)	3.32,41(31,23)	4.02,67(30,26)	
4	Ole Martin Ree	92	TS/Sola SK	4.03,84	725
	26,77(26,77)	56,40(29,63)	1.27,07(30,67)	1.58,24(31,17)	
	2.29,75(31,51)	3.01,30(31,55)	3.32,95(31,65)	4.03,84(30,89)	
5	Zoltan Csernai	93	BS/Åstveit	4.04,46	720
	26,45(26,45)	56,61(30,16)	1.28,00(31,39)	1.59,92(31,92)	
	2.31,25(31,33)	3.02,79(31,54)	3.34,25(31,46)	4.04,46(30,21)	
6	Kristoffer Skribeland	91	Asker SK	4.05,38	712
	27,41(27,41)	57,78(30,37)	1.28,55(30,77)	1.59,87(31,32)	
	2.31,71(31,84)	3.03,30(31,59)	3.34,78(31,48)	4.05,38(30,60)	
7	Sindre Nilo	90	Bærumsvømmerne	4.05,44	711
	27,36(27,36)	57,53(30,17)	1.28,47(30,94)	1.59,50(31,03)	
	2.30,78(31,28)	3.02,29(31,51)	3.34,25(31,96)	4.05,44(31,19)	
8	Sander Rødje	93	Haugesund SK	4.06,20	704
	27,46(27,46)	58,30(30,84)	1.29,66(31,36)	2.00,88(31,22)	
	2.31,76(30,88)	3.03,49(31,73)	3.35,13(31,64)	4.06,20(31,07)	
9	Bjarte Ravndal	91	TS/Sola SK	4.06,44	702
	27,74(27,74)	58,56(30,82)	1.29,73(31,17)	2.01,25(31,52)	
	2.32,34(31,09)	3.04,01(31,67)	3.35,59(31,58)	4.06,44(30,85)	
10	Martin Hammer	93	Kongsten/NTG	4.07,76	691
	27,54(27,54)	58,39(30,85)	1.29,86(31,47)		
	2.32,86(1.03,00)	3.04,44(31,58)	3.36,29(31,85)	4.07,76(31,47)	

11	Eivind Johannesen	92	BS/Åstveit	4.08,81	683
	28,28(28,28)	59,13(30,85)	1.30,70(31,57)	2.02,39(31,69)	
	2.34,16(31,77)	3.06,31(32,15)	3.38,36(32,05)	4.08,81(30,45)	
12	Odin Spangen Normann	92	IL Varg	4.09,33	678
	27,24(27,24)	57,94(30,70)	1.29,69(31,75)	2.01,82(32,13)	
	2.34,20(32,38)	3.06,51(32,31)	3.38,76(32,25)	4.09,33(30,57)	
13	Tor Hafnor	91	Bærumsvømmerne	4.10,77	667
	27,90(27,90)	58,84(30,94)	1.30,81(31,97)	2.03,29(32,48)	
	2.34,81(31,52)	3.06,46(31,65)	3.39,05(32,59)	4.10,77(31,72)	
14	Hans Andre Pedersen	92	Sandefjord SK	4.12,52	653
	28,27(28,27)	59,52(31,25)	1.31,94(32,42)	2.04,07(32,13)	
	2.36,70(32,63)	3.09,88(33,18)	3.42,81(32,93)	4.12,52(29,71)	
15	Sindre Lilledahl	92	Haugesund SK	4.13,24	647
	28,24(28,24)	59,83(31,59)	1.31,60(31,77)	2.04,02(32,42)	
	2.36,52(32,50)	3.09,05(32,53)	3.41,84(32,79)	4.13,24(31,40)	
16	Martin P. Sletbakken	92	Sortland SLK	4.14,18	640
	28,34(28,34)	59,37(31,03)	1.31,82(32,45)	2.04,35(32,53)	
	2.36,86(32,51)	3.09,84(32,98)	3.43,01(33,17)	4.14,18(31,17)	
17	Øyvind Gevelt	91	Øvre Eiker SK	4.14,52	638
	29,07(29,07)	1.00,38(31,31)	1.32,51(32,13)	2.04,96(32,45)	
	2.37,83(32,87)	3.11,15(33,32)	3.43,78(32,63)	4.14,52(30,74)	
18	Thorbjørn Birkeland	93	Haugesund SK	4.14,86	635
	28,43(28,43)	1.00,18(31,75)	1.32,52(32,34)	2.04,85(32,33)	
	2.37,50(32,65)	3.10,26(32,76)	3.43,54(33,28)	4.14,86(31,32)	
19	Øystein Fjeldberg	93	Randaberg IL	4.15,26	632
	28,91(28,91)	1.00,43(31,52)	1.33,12(32,69)	2.05,81(32,69)	
	2.38,73(32,92)	3.11,64(32,91)	3.44,06(32,42)	4.15,26(31,20)	
20	Gunnar V. Skirbekk	91	Elverum Svømming	4.16,07	626
	28,47(28,47)	58,82(30,35)	1.29,98(31,16)	2.02,41(32,43)	
	2.34,47(32,06)	3.07,47(33,00)	3.41,79(34,32)	4.16,07(34,28)	
21	Sigvart Evjen	91	Vestbyen IL	4.20,45	595
	29,02(29,02)	1.00,62(31,60)	1.33,26(32,64)	2.06,10(32,84)	
	2.39,07(32,97)	3.12,63(33,56)	3.46,94(34,31)	4.20,45(33,51)	
22	Sven Berg	92	Bergens SLK	4.20,62	594
	30,45(30,45)	1.02,62(32,17)	1.35,46(32,84)	2.08,49(33,03)	
	2.41,32(32,83)	3.14,91(33,59)	3.48,42(33,51)	4.20,62(32,20)	
23	Daniel Berenett	91	IL Varg/NTG	4.21,55	588
	28,01(28,01)	59,17(31,16)	1.31,44(32,27)	2.04,68(33,24)	
	2.38,38(33,70)	3.12,46(34,08)	3.47,15(34,69)	4.21,55(34,40)	
24	Per Kristian Øyen	92	Molde SLK	4.21,67	587
	29,64(29,64)	1.01,87(32,23)	1.34,15(32,28)	2.07,23(33,08)	
	2.40,50(33,27)	3.13,98(33,48)	3.47,59(33,61)	4.21,67(34,08)	
25	Per Simen Holstad Gandrud	92	Sarpsborg IL	4.22,35	582
	29,68(29,68)	1.02,53(32,85)	1.35,90(33,37)	2.08,92(33,02)	
	2.42,03(33,11)	3.15,70(33,67)	3.49,58(33,88)	4.22,35(32,77)	
26	Martin Berger Oterholm	93	Kolbotn IL	4.24,96	565
	29,17(29,17)	1.01,31(32,14)	1.35,21(33,90)	2.09,57(34,36)	
	2.44,29(34,72)	3.18,94(34,65)	3.52,59(33,65)	4.24,96(32,37)	
27	Kristian Evensen	90	Kristiansand SA	4.26,92	553
	29,28(29,28)	1.02,32(33,04)	1.35,75(33,43)	2.09,42(33,67)	
	2.43,29(33,87)	3.17,69(34,40)	3.52,43(34,74)	4.26,92(34,49)	
28	Henning S. Pryde	92	Stavanger SC	4.27,86	547
	28,42(28,42)	1.00,66(32,24)	1.34,34(33,68)	2.08,41(34,07)	
	2.42,67(34,26)	3.17,48(34,81)	3.53,23(35,75)	4.27,86(34,63)	

## Yngre junior

1	Fredrik K Hegdal	94	Stavanger SC	4.11,31	662
	28,25(28,25)	59,65(31,40)	1.32,34(32,69)	2.05,40(33,06)	
	2.36,81(31,41)	3.09,76(32,95)	3.40,81(31,05)	4.11,31(30,50)	
2	Morten Bordervich	94	TS/Sola SK	4.11,84	658
	29,04(29,04)	1.00,63(31,59)	1.32,69(32,06)	2.03,99(31,30)	
	2.35,97(31,98)	3.08,90(32,93)	3.41,20(32,30)	4.11,84(30,64)	
3	Ivan Aleksander Larsen	95	Karmøy SK	4.18,22	611
	29,14(29,14)	1.01,52(32,38)	1.34,56(33,04)	2.08,09(33,53)	
	2.41,11(33,02)	3.14,37(33,26)	3.47,87(33,50)	4.18,22(30,35)	
4	Erik Tobias Sollesnes	95	Kolbotn IL	4.18,80	606
	29,52(29,52)	1.02,26(32,74)	1.35,06(32,80)	2.08,51(33,45)	
	2.41,80(33,29)	3.15,05(33,25)	3.48,00(32,95)	4.18,80(30,80)	

5	Kim Rune Hansen	94	Øvre Eiker SK	4.20,74	593
	30,32(30,32)	1.03,37(33,05)	1.36,98(33,61)	2.10,12(33,14)	
	2.43,36(33,24)	3.17,06(33,70)	3.49,01(31,95)	4.20,74(31,73)	
6	Henrik Wathne	94	Bærumsvømmerne	4.23,21	576
	29,38(29,38)	1.01,66(32,28)	1.34,46(32,80)	2.07,63(33,17)	
	2.41,02(33,39)	3.14,85(33,83)	3.49,37(34,52)	4.23,21(33,84)	
7	Jonas Ødegård Aanby	95	Delfana	4.25,53	561
	30,81(30,81)	1.03,91(33,10)	1.38,18(34,27)	2.12,24(34,06)	
	2.46,27(34,03)	3.20,60(34,33)	3.54,77(34,17)	4.25,53(30,76)	
8	Martin Næss Kjølholdt	95	Kolbotn IL	4.25,84	559
	30,38(30,38)	1.03,87(33,49)	1.37,59(33,72)	2.11,91(34,32)	
	2.45,87(33,96)	3.19,84(33,97)	3.53,64(33,80)	4.25,84(32,20)	
9	Henrik Søfteland	95	Delfana	4.25,86	559
	30,48(30,48)	1.03,68(33,20)	1.36,99(33,31)	2.11,00(34,01)	
	2.45,09(34,09)	3.19,36(34,27)	3.53,48(34,12)	4.25,86(32,38)	
10	Jostein Dalshov Kringlen	94	Kristiansand SA	4.27,34	550
	30,39(30,39)	1.03,59(33,20)	1.37,31(33,72)	2.11,58(34,27)	
	2.46,22(34,64)	3.20,31(34,09)	3.54,66(34,35)	4.27,34(32,68)	
11	Eirik H. Wallevik	94	Arna SLK	4.34,08	510
	30,59(30,59)	1.04,12(33,53)	1.38,08(33,96)	2.12,51(34,43)	
	2.47,62(35,11)	3.23,45(35,83)	3.59,28(35,83)	4.34,08(34,80)	

### Øvelse 16. 50m bryst, damer

#### Eldre junior

1	Iselin Meisler	90	Fauske SK	33,35	750
2	Kristine Mella	90	Bærumsvømmerne	33,49	741
3	Siri Eva Kristiansen	93	Asker SK	33,71	726
4	Stina Kajsa Colleou	93	Lambertseter SK	33,88	716
5	Kaja Bremer	93	Bergens SLK	33,89	715
6	Katrine Jensen	92	BS/Åstveit	33,90	714
7	Mari Singstad	91	Vestbyen IL	34,79	661
8	Stine Vindenes	93	Vestkantsvømmerne	34,83	659
9	Therese Tronerud	93	Egersund SK	34,90	655
10	Siren Bergslid	93	Stavanger SC	35,24	636
11	Tonje Stæhr Petersen	93	Moss SK	35,47	623
12	Renate Ranaweera Aasland	91	TS/Madla SK	35,48	623
13	Stine Tveit	93	Trondheim SLK	35,84	604
14	Lene Lykke Erichsen	92	Bærumsvømmerne	35,95	599
15	Benedicte Kausland	92	Vestkantsvømmerne	36,55	570
16	Julie Horn Johnsen	92	Bergens SLK	37,15	543

#### Yngre junior

1	Ingalill Urrang Naustvik	95	Karmøy SK	33,13	765
2	Luna Elisabeth Sjøgaard	94	Lambertseter SK	33,81	720
3	Karina Brunstad Fet	95	Aalesund SLK	34,84	658
4	Maren Larsen	94	Madla SK	35,18	639
5	Lisa Spiering	95	Drammen SK	35,73	610
6	Kristine Mathingsdal Pedersen	94	Farsund SK	35,87	603
7	Caroline R. Helgesen	95	Aalesund SLK	35,89	602
8	Stine Lise Stenseth	94	Øvre Eiker SK	36,10	591
8	Pernille Berntsen	95	Førde IL	36,10	591
10	Rikke Amalie Nagell-Kleven	95	Asker SK	36,13	590
11	Martha Maria Songstad	94	Bergens SC	36,43	575
12	Malene M. Pedersen	96	Lambertseter SK	36,54	570
13	Oda Haagensen	94	Haldens SK	36,83	557
14	Eli Kristin Ølmheim	94	Bergens SC	37,20	540
15	Helene Moholt	95	Modum SK	37,23	539
16	Oda Almgren Lind	95	Oslo IL	39,10	465

**Øvelse 17. 50m rygg, herrer****Eldre junior**

1	Lavrans Solli	92	Bergens SC		25,33	813
2	Dominik Borkowski	90	IL Varg/NTG	(0,70)	26,48	712
3	Mikael Bergene	91	Lambertseter SK	(0,60)	26,60	702
4	Mathias Sørstrand Æsøy	90	BS/Delfana	(0,67)	27,19	658
5	Runar Borgen	93	Bodø SK/NTG	(0,69)	27,48	637
6	Alexander B. Havre	90	Mandal SK	(0,71)	27,57	631
7	Even Vike Holm	90	BS/Arna	(0,71)	27,75	619
8	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,68)	28,00	602
9	Jan Aleksander Bakke	91	Asker SK	(0,75)	28,15	593
10	Åsmund Karlsen	92	Eid SK	(0,67)	28,19	590
11	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,61)	28,41	576
12	Jonas Kirkeberg Jostad	92	Hamar IL	(0,73)	28,60	565
13	Eirik Runningen	90	BS/Delfana	(0,53)	28,64	563
14	Lars Nymoen	90	Oslo IL	(0,68)	28,73	557
15	Øyvind L. Styrmoen	93	Delfana	(0,64)	28,94	545
16	Hans Andre Pedersen	92	Sandefjord SK	(0,69)	29,11	536
17	Erlend Tveteraas	91	TS/Madla SK	(0,66)	29,15	534
18	Alexander Schüssler	92	Lambertseter SK	(0,67)	29,31	525
19	Kjetil Berg	91	Vennesla SK	(0,62)	29,37	522
20	Kristoffer Brekke	91	Vestkantsvømmerne	(0,73)	29,52	514
21	Fredrik Tronvoll	93	Vestbyen IL	(0,72)	29,73	503
22	Henry Emil Nordhagen	93	Bærumsvømmerne	(0,61)	29,74	502
23	Aksel Øvern	93	Lambertseter SK	(0,57)	30,00	489

**Yngre junior**

1	Markus Vindenes	94	Vestkantsvømmerne	(0,62)	27,86	611
2	Christian Christiansen	94	Kristiansund SLK	(0,67)	28,50	571
3	Henrik Wathne	94	Bærumsvømmerne	(0,69)	29,48	516
4	Norbert Prokopiak	94	Gol IL	(0,67)	29,55	512
4	Vebjørn Lindhjem	95	Lørenskog/Rælingen	(0,76)	29,55	512
6	Henrik Knudsen	94	Stavanger SC	(0,66)	29,62	509
7	Gaute Ravndal	94	Sola SK	(0,67)	29,64	507
8	Markus Lie	95	Åstveit SK	(0,70)	29,97	491
9	Berend de Waal	94	IL Norodd	(0,70)	30,00	489
10	Erik Tobias Sollesnes	95	Kolbotn IL	(0,80)	30,51	465
11	Eirik S. Jørgensen	95	Kristiansand SA	(0,60)	30,60	461

**Øvelse 18. 200m individuell medley, damer****Eldre junior**

1	Trine Austrøne Olsen	90	Fauske SK		2.21,08	770
	30,55(30,55)	1.06,27(35,72)	1.47,75(41,48)		2.21,08(33,33)	
2	Victoria Rung	92	TS/Frisinn		2.21,60	761
	30,66(30,66)	1.06,83(36,17)	1.49,32(42,49)		2.21,60(32,28)	
3	Sophia Broberg Skeltved	92	Tromsø SK/NTG		2.22,41	748
	31,13(31,13)	1.07,57(36,44)	1.47,71(40,14)		2.22,41(34,70)	
4	Susann Bjørnsen	93	Setermoen SK		2.23,35	734
	31,56(31,56)	1.07,75(36,19)	1.50,09(42,34)		2.23,35(33,26)	
5	Bitte Fagermo	93	Narvik SK/NTG		2.23,74	728
	31,73(31,73)	1.08,20(36,47)	1.48,86(40,66)		2.23,74(34,88)	
6	Nora Kathrine Guthe	91	Asker SK		2.26,73	684
	32,26(32,26)	1.08,65(36,39)	1.52,20(43,55)		2.26,73(34,53)	

7	Stina Kajsa Colleou 32,75(32,75)	93	Lambertseter SK 1.12,41(39,66)	1.51,78(39,37)	2.27,20 2.27,20(35,42)	678
8	Oona Ovesen 31,15(31,15)	92	Elverum Svømming 1.07,81(36,66)	1.52,61(44,80)	2.27,60 2.27,60(34,99)	672
9	Katrine Jensen 32,62(32,62)	92	BS/Åstveit 1.10,99(38,37)	1.52,16(41,17)	2.28,36 2.28,36(36,20)	662
10	Stine Mjølhus Kristoffersen 33,22(33,22)	93	TS/Frisinn 1.13,47(40,25)	1.56,98(43,51)	2.34,68 2.34,68(37,70)	584
11	Andrea Haugstad 33,73(33,73)	92	Vestkantsvømmerne 1.15,55(41,82)	2.02,65(47,10)	2.39,07 2.39,07(36,42)	537

## Yngre junior

1	Emilie Nyenget Løvberg 29,89(29,89)	95	Bærumsvømmerne 1.05,80(35,91)	1.48,74(42,94)	2.21,78 2.21,78(33,04)	759
2	Andrea Hestdal 30,98(30,98)	94	BS/Åstveit 1.07,36(36,38)	1.48,77(41,41)	2.23,08 2.23,08(34,31)	738
3	Lise Sand Syversen 31,20(31,20)	95	BS/Delfana 1.08,06(36,86)	1.50,62(42,56)	2.25,23 2.25,23(34,61)	706
4	Luna Elisabeth Sjøgaard 32,22(32,22)	94	Lambertseter SK 1.11,16(38,94)	1.51,61(40,45)	2.26,43 2.26,43(34,82)	688
5	Maria Thompson Clausen 31,73(31,73)	96	Madla SK 1.10,75(39,02)	1.54,77(44,02)	2.30,20 2.30,20(35,43)	638
6	Amalie Thorstensen 33,60(33,60)	96	Vågsbygd SLK 1.11,92(38,32)	1.55,20(43,28)	2.31,43 2.31,43(36,23)	622
7	Oda Haagensen 34,00(34,00)	94	Haldens SK 1.13,59(39,59)	1.57,11(43,52)	2.32,76 2.32,76(35,65)	606
8	Caroline R. Helgesen 33,67(33,67)	95	Aalesund SLK 1.14,15(40,48)	1.57,07(42,92)	2.33,03 2.33,03(35,96)	603
9	Malene M. Pedersen 33,98(33,98)	96	Lambertseter SK 1.14,18(40,20)	1.57,92(43,74)	2.34,13 2.34,13(36,21)	590
10	Anna Bølgen 33,31(33,31)	95	Bærumsvømmerne 1.11,17(37,86)	1.58,07(46,90)	2.34,75 2.34,75(36,68)	583
11	Stine Lise Stenseth 35,04(35,04)	94	Øvre Eiker SK 1.15,82(40,78)	2.00,73(44,91)	2.37,55 2.37,55(36,82)	553

## Øvelse 19. 100m butterfly, herrer

## Eldre junior

1	Christer Koch Kvam 25,44(25,44)	90	Bærumsvømmerne 55,42(29,98)		55,42	774
2	Sindri T. Jakobsson 26,21(26,21)	91	BS/Delfana 56,72(30,51)		56,72	722
3	Sebastian Stordal 26,34(26,34)	91	BS/Delfana 56,91(30,57)		56,91	715
4	Erlend Ulveseter 26,33(26,33)	92	BS/Åstveit 57,66(31,33)		57,66	687
4	Sverre Næss 26,52(26,52)	92	Sarpsborg IL 57,66(31,14)		57,66	687
6	Tor Hafnor 27,28(27,28)	91	Bærumsvømmerne 57,71(30,43)		57,71	685
7	Alexander B. Havre 26,75(26,75)	90	Mandal SK 58,08(31,33)		58,08	672
8	Hans Østerdal 26,95(26,95)	93	Stavanger SC 58,21(31,26)		58,21	668
9	Jan Aleksander Bakke 27,62(27,62)	91	Asker SK 58,30(30,68)		58,30	665
10	Sindre Eilertsen 27,60(27,60)	90	Lambertseter SK 58,64(31,04)		58,64	653
11	Espen Halhjem 27,97(27,97)	92	BS/Delfana 58,75(30,78)		58,75	649
12	Christian Juvik 27,05(27,05)	93	Stavanger SC 58,76(31,71)		58,76	649

13	Åsmund Karlsen 27,50(27,50)	92	Eid SK	59,35	630
14	Martin Gundersen 27,11(27,11)	93	IL Varg	59,41	628
15	Martin Hammer 27,62(27,62)	93	Kongsten/NTG	59,56	623
16	Bjørn Emil Evensen 28,01(28,01)	91	Gjøvik SK	59,71	619
17	Carl Andreas Wathne 28,28(28,28)	91	Bærumsvømmerne	1.00,55	593
18	Markus Jonassen 28,18(28,18)	92	Setermoen SK	1.00,89	583
19	Runar Borgen 27,79(27,79)	93	Bodø SK/NTG	1.00,91	583
20	Kjetil Berg 28,27(28,27)	91	Vennesla SK	1.00,92	582
21	Henning Kaland 27,79(27,79)	92	Oslo IL	1.00,94	582
22	Lars Nymoen 27,76(27,76)	90	Oslo IL	1.01,06	578
23	Øyvind L. Styrmoen 28,35(28,35)	93	Delfana	1.01,11	577
24	Jon Erik Sønning 28,22(28,22)	91	Oslo IL	1.01,41	569
25	Jan-Tore Jessen Eikrem 27,78(27,78)	91	IL Varg	1.01,56	564
26	Martin Berger Oterholm 28,92(28,92)	93	Kolbotn IL	1.01,67	561
27	Geir T. Kristiansen 28,59(28,59)	90	Trondheim SLK	1.02,02	552
28	Øyvind Gevelt 29,21(29,21)	91	Øvre Eiker SK	1.02,47	540
29	Håkon Brennhagen 29,66(29,66)	93	Skjetten Svømming	1.03,56	513

## Yngre junior

1	Fredrik K Hegdal 27,60(27,60)	94	Stavanger SC	59,17	636
2	Thomas Myhrer 27,86(27,86)	94	Sarpsborg IL	1.00,33	600
3	Kristoffer D. Birkeland 29,27(29,27)	94	Florø SLK	1.02,86	530
4	Norbert Prokopiak 29,69(29,69)	94	Gol IL	1.03,27	520
5	Morgan Lund 29,39(29,39)	94	Askimsvømmerne	1.03,44	516
6	Gaute Ravndal 29,03(29,03)	94	Sola SK	1.03,63	511
7	Christian Tronvoll 29,02(29,02)	94	Vestbyen IL	1.03,81	507
8	Vebjørn Lindhjem 29,58(29,58)	95	Lørenskog/Rælingen	1.04,58	489
9	Berend de Waal 29,64(29,64)	94	IL Norodd	1.06,07	456

## Øvelse 20. 200m rygg, damer

## Eldre junior

1	Oda Marie Siljan	92	Poseidon	(0,67)	2.15,69	789
	31,33(31,33)	1.04,89(33,56)	1.39,91(35,02)	2.15,69(35,78)		
2	Line Løvberg	91	Lambertseter SK/NTG	(0,73)	2.16,61	774
	31,86(31,86)	1.05,98(34,12)	1.41,04(35,06)	2.16,61(35,57)		
3	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,73)	2.19,36	729
	32,62(32,62)	1.08,42(35,80)	1.44,65(36,23)	2.19,36(34,71)		
4	Christine M. Pedersen	93	Lambertseter SK	(0,77)	2.21,70	693
	33,29(33,29)	1.08,71(35,42)	1.45,32(36,61)	2.21,70(36,38)		
5	Gina B. Andersen	90	Lambertseter SK	(0,69)	2.22,42	683
	33,54(33,54)	1.09,16(35,62)	1.46,03(36,87)	2.22,42(36,39)		
6	Seline Vike Holm	92	BS/Arna	(0,55)	2.24,47	654
	33,70(33,70)	1.10,19(36,49)	1.47,22(37,03)	2.24,47(37,25)		
7	Ragnhild Søfteland	92	Bergens SC	(0,66)	2.24,51	653
	32,75(32,75)	1.08,93(36,18)	1.46,48(37,55)	2.24,51(38,03)		
8	Julie Borgen	91	Sarpsborg IL	(0,73)	2.24,75	650
	33,05(33,05)	1.09,13(36,08)	1.46,75(37,62)	2.24,75(38,00)		
9	Iselin Mjøllner Dahlen	92	Skjetten Svømming/NTG	(0,71)	2.24,84	649
	33,00(33,00)	1.08,26(35,26)	1.46,06(37,80)	2.24,84(38,78)		
10	Ingse Bergh Monsen	92	Bergens SC	(0,70)	2.26,16	632
	34,25(34,25)	1.10,91(36,66)	1.48,11(37,20)	2.26,16(38,05)		
11	Elisabeth Kristiansen	92	Haugesund SK	(0,65)	2.27,00	621
	34,41(34,41)	1.12,05(37,64)	1.50,02(37,97)	2.27,00(36,98)		
12	Camilla Moe	92	Ås IL	(0,76)	2.27,57	614
	33,93(33,93)	1.11,67(37,74)	1.49,70(38,03)	2.27,57(37,87)		
13	Silje Nilo	93	Sandefjord SK	(0,49)	2.27,59	613
	33,51(33,51)	1.10,25(36,74)	1.48,75(38,50)	2.27,59(38,84)		
14	Benedicte Kausland	92	Vestkantvømmmerne	(0,73)	2.27,89	610
		1.11,78(1.11,78)	1.49,65(37,87)	2.27,89(38,24)		
15	Siv Flatås Hoddø	91	Namsos SK	(0,76)	2.28,90	597
	34,58(34,58)	1.12,50(37,92)	1.50,86(38,36)	2.28,90(38,04)		
16	Helene Thunes Truyen	93	Delfana	(0,75)	2.30,00	584
	35,29(35,29)	1.12,48(37,19)	1.51,22(38,74)	2.30,00(38,78)		
17	Siri Anette Sønju	92	Øvre Eiker SK	(0,71)	2.30,09	583
	35,02(35,02)	1.12,38(37,36)	1.50,99(38,61)	2.30,09(39,10)		
18	Nicole T. Næsheim	91	Stavanger SC	(0,77)	2.31,95	562
	34,63(34,63)	1.12,44(37,81)	1.51,90(39,46)	2.31,95(40,05)		
19	Helene Nordmark Skuterud	93	Asker SK	(0,72)	2.33,32	547
	33,58(33,58)	1.11,53(37,95)	1.51,84(40,31)	2.33,32(41,48)		
20	Thea Pedersen	91	Moss SK	(0,70)	2.36,20	517
	34,75(34,75)	1.14,05(39,30)	1.55,44(41,39)	2.36,20(40,76)		

## Yngre junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,79)	2.20,10	717
	32,34(32,34)	1.07,45(35,11)	1.44,23(36,78)	2.20,10(35,87)		
2	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,66)	2.20,92	705
	31,77(31,77)	1.06,74(34,97)	1.43,95(37,21)	2.20,92(36,97)		
3	Hanne Lockertsen	94	Tromsø SK	(0,77)	2.26,04	633
	34,56(34,56)	1.10,83(36,27)	1.48,19(37,36)	2.26,04(37,85)		
4	Andrine Davidsen	95	Lambertseter SK	(0,64)	2.26,94	621
	33,64(33,64)	1.10,61(36,97)	1.48,91(38,30)	2.26,94(38,03)		
5	Elina Øverås	95	Lørenskog/Rælingen	(0,69)	2.28,23	605
	34,40(34,40)	1.11,51(37,11)	1.49,86(38,35)	2.28,23(38,37)		
6	Vår Celine Søgaard	96	Lambertseter SK	(0,65)	2.28,69	600
	34,35(34,35)	1.11,84(37,49)	1.50,81(38,97)	2.28,69(37,88)		
7	Amalie Kristiansen	95	Haugesund SK	(0,67)	2.30,48	579
	34,81(34,81)	1.12,60(37,79)	1.51,67(39,07)	2.30,48(38,81)		
8	Tone Lill Evanger	96	Delfana	(0,80)	2.30,89	574
	35,78(35,78)	1.13,77(37,99)	1.52,86(39,09)	2.30,89(38,03)		
9	Lisa Skogeng	96	Delfana	(0,74)	2.31,23	570
	36,26(36,26)	1.14,32(38,06)	1.52,69(38,37)	2.31,23(38,54)		

10	Amalie Thorstensen	96	Vågsbygd SLK	(0,77)	2.31,95	562
	35,76(35,76)	1.14,47(38,71)	1.53,42(38,95)		2.31,95(38,53)	
11	Ina Kvenshagen Gimse	95	Tromsø SK	(0,86)	2.32,20	559
	35,70(35,70)	1.13,84(38,14)	1.53,64(39,80)		2.32,20(38,56)	
12	Karoline Steffensen	96	Harstad SK	(0,68)	2.32,86	552
	36,76(36,76)	1.16,27(39,51)	1.55,01(38,74)		2.32,86(37,85)	
13	Marie-Elise Eriksen	94	Sandefjord SK	(0,70)	2.33,65	544
	35,29(35,29)	1.14,26(38,97)	1.54,29(40,03)		2.33,65(39,36)	
14	Tina Schütz	96	Vestkantsvømmerne	(0,78)	2.33,84	541
	36,67(36,67)	1.15,13(38,46)	1.55,27(40,14)		2.33,84(38,57)	
15	Lotte Miller	96	Madla SK	(0,63)	2.34,34	536
	35,01(35,01)	1.14,44(39,43)	1.54,58(40,14)		2.34,34(39,76)	
16	Emilie K. Hegdal	96	Stavanger SC	(0,72)	2.34,65	533
	35,59(35,59)	1.14,47(38,88)	1.54,75(40,28)		2.34,65(39,90)	
17	Anna Bølgen	95	Bærumsvømmerne	(0,77)	2.35,15	528
	35,87(35,87)	1.14,25(38,38)	1.54,39(40,14)		2.35,15(40,76)	
18	Helle Gusjås	96	Fauske SK	(0,76)	2.35,20	527
	36,16(36,16)	1.15,18(39,02)	1.55,01(39,83)		2.35,20(40,19)	
19	Marie Øverland	94	Vestkantsvømmerne	(0,73)	2.35,21	527
	35,46(35,46)	1.13,71(38,25)	1.54,47(40,76)		2.35,21(40,74)	
20	Christine Akselberg	96	Arna SLK	(0,71)	2.36,14	518
	36,35(36,35)	1.15,99(39,64)	1.56,31(40,32)		2.36,14(39,83)	
21	Marie Svensson	95	Skjetten Svømming	(0,84)	2.39,36	487
	36,94(36,94)	1.15,82(38,88)	1.57,39(41,57)		2.39,36(41,97)	

## Øvelse 21. 200m bryst, herrer

## Eldre junior

1	Sebastian Wigstrøm	91	Bærumsvømmerne		2.17,06	793
	31,03(31,03)	1.05,58(34,55)	1.40,52(34,94)		2.17,06(36,54)	
2	John Lekhmus	91	Tromsø SK		2.20,25	740
	32,28(32,28)	1.07,65(35,37)	1.43,54(35,89)		2.20,25(36,71)	
3	Sverre Næss	92	Sarpsborg IL		2.20,90	730
	31,28(31,28)	1.07,27(35,99)	1.44,41(37,14)		2.20,90(36,49)	
4	Simen Dale	91	BS/Delfana		2.22,83	701
	31,55(31,55)	1.07,71(36,16)	1.44,67(36,96)		2.22,83(38,16)	
5	Mattis Saghaug	90	IL Varg/NTG		2.23,03	698
	31,39(31,39)	1.08,21(36,82)	1.45,33(37,12)		2.23,03(37,70)	
6	Martin Hals	91	Øvre Eiker SK		2.25,05	669
	32,99(32,99)	1.10,00(37,01)	1.47,15(37,15)		2.25,05(37,90)	
7	Sondre Bryn	92	Åstveit SK		2.26,63	648
	33,38(33,38)	1.10,61(37,23)	1.48,84(38,23)		2.26,63(37,79)	
8	Håvard Hole	93	Delfana		2.27,78	633
	33,47(33,47)	1.11,90(38,43)	1.50,15(38,25)		2.27,78(37,63)	
9	Kristoffer Meisler	90	Fauske SK		2.27,92	631
	32,53(32,53)	1.09,49(36,96)	1.48,38(38,89)		2.27,92(39,54)	
10	Erling Mjøs Brattelid	91	TS/Sola SK		2.28,43	624
	31,92(31,92)	1.08,90(36,98)	1.47,78(38,88)		2.28,43(40,65)	
11	Espen Halhjem	92	BS/Delfana		2.28,74	620
	33,57(33,57)	1.10,87(37,30)	1.49,74(38,87)		2.28,74(39,00)	
12	Daniel Ommedal	92	Eid SK		2.29,09	616
	32,90(32,90)	1.10,09(37,19)	1.48,36(38,27)		2.29,09(40,73)	
13	Sindre Søderlund	91	Trondheim SLK/NTG		2.29,72	608
	32,49(32,49)	1.10,12(37,63)	1.50,07(39,95)		2.29,72(39,65)	
14	Erik Vassøy Olsen	91	Stavanger SC		2.29,76	608
	33,36(33,36)	1.10,96(37,60)	1.50,22(39,26)		2.29,76(39,54)	
15	Andreas Mathingsdal Pedersen	92	Farsund SK		2.30,36	601
	34,06(34,06)	1.11,78(37,72)	1.50,50(38,72)		2.30,36(39,86)	
15	Robin H. Kleiven	93	Aalesund SLK		2.30,36	601
	32,99(32,99)	1.10,49(37,50)	1.49,55(39,06)		2.30,36(40,81)	
17	Aleksander Sire	93	Modum SK		2.31,42	588
	32,88(32,88)	1.10,92(38,04)	1.50,45(39,53)		2.31,42(40,97)	



18	Martin Schau	91	Larvik SK	2.32,43	576
	34,25(34,25)	1.13,17(38,92)	1.52,98(39,81)	2.32,43(39,45)	
19	Patryk Bubilek	92	Asker SK	2.33,14	568
	33,49(33,49)	1.12,15(38,66)	1.51,79(39,64)	2.33,14(41,35)	
20	Sigurd Ravnann	91	Hamar IL	2.33,46	565
	34,38(34,38)	1.12,52(38,14)	1.52,95(40,43)	2.33,46(40,51)	
21	Matias Madssen	92	Kolbotn IL	2.35,20	546
	33,89(33,89)	1.13,47(39,58)	1.54,00(40,53)	2.35,20(41,20)	
22	Asbjørn Skogen	93	Randaberg IL	2.35,45	543
	34,62(34,62)	1.13,40(38,78)	1.53,77(40,37)	2.35,45(41,68)	
23	Tore Skauge Bysting	92	Lørenskog/Rælingen	2.36,92	528
	34,66(34,66)	1.13,94(39,28)	1.54,76(40,82)	2.36,92(42,16)	
24	Nils Meier	91	Volda TIL	2.37,67	521
	34,09(34,09)	1.13,63(39,54)	1.55,02(41,39)	2.37,67(42,65)	
25	Christopher Wolf	93	Vestbyen IL	2.38,19	516
	34,79(34,79)	1.15,14(40,35)	1.56,66(41,52)	2.38,19(41,53)	

## Yngre junior

1	Markus Vindenes	94	Vestkantsvømmerne	2.25,51	663
	31,56(31,56)	1.08,44(36,88)	1.46,49(38,05)	2.25,51(39,02)	
2	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.34,48	554
	33,24(33,24)	1.11,44(38,20)	1.51,96(40,52)	2.34,48(42,52)	
3	Kjetil Flatland	94	Lørenskog/Rælingen	2.35,16	546
	34,53(34,53)	1.14,49(39,96)	1.55,10(40,61)	2.35,16(40,06)	
4	Tom Duc Ngo Kaafjord	94	Vågsbygd SLK	2.35,18	546
	34,47(34,47)	1.14,42(39,95)	1.54,63(40,21)	2.35,18(40,55)	
5	Berend de Waal	94	IL Norodd	2.38,62	511
	33,97(33,97)	1.13,74(39,77)	1.56,30(42,56)	2.38,62(42,32)	
6	Markus Lie	95	Åstveit SK	2.39,53	503
	35,97(35,97)	1.16,50(40,53)	1.57,65(41,15)	2.39,53(41,88)	
7	Ivan Aleksander Larsen	95	Karmøy SK	2.39,85	500
	36,48(36,48)	1.18,03(41,55)	1.59,82(41,79)	2.39,85(40,03)	
8	Andreas Manum Hagby	95	Asker SK	2.42,13	479
	35,90(35,90)	1.16,75(40,85)	1.59,05(42,30)	2.42,13(43,08)	

## Øvelse 22. 50m butterfly, damer

## Eldre junior

1	Cecilie W. Johannessen	90	Bergens SC	27,32	824
2	Monica W. Johannessen	90	Bergens SC	28,01	765
3	Victoria S. Løken	91	Team Stavanger	28,12	756
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	28,28	743
5	Siri Eva Kristiansen	93	Asker SK	28,46	729
6	Maren Kristine Jansen	90	TS/Randaberg	28,96	692
7	Line Løvberg	91	Lambertseter SK/NTG	28,98	690
8	Hanne Sjøfteland	92	BS/Delfana	29,61	647
9	Kristin Blyverket	92	Oslo IL	29,64	645
10	Kristine Mella	90	Bærumsvømmerne	29,70	641
10	Stine Vindenes	93	Vestkantsvømmerne	29,70	641
12	Marthe Berg Sørensen	92	TS/Frisinn	29,74	639
13	Karoline Eriksen	92	Stavanger SC	29,80	635
14	Oona Ovesen	92	Elverum Svømming	29,91	628
15	Helene Solberg	91	Skjetten Svømming	29,92	627
15	Line W. Lund	91	Sarpsborg IL	29,92	627
17	Stine Mjølhus Kristoffersen	93	TS/Frisinn	29,98	624
18	Iselin Mjølner Dahlen	92	Skjetten Svømming/NTG	29,99	623
19	Pia Rønning	93	Lambertseter SK	30,04	620
20	Julie Borgen	91	Sarpsborg IL	30,06	619
21	Kaja Bremer	93	Bergens SLK	30,07	618

22	Emma Isdahl	92	Lambertseter SK	30,14	614
23	Elisabeth Kristiansen	92	Haugesund SK	30,17	612
24	Guro Knutsen	91	Øvre Eiker SK	30,39	599
25	Ingrid Hystad	92	IL Solid	30,45	595
26	Eirin Arnesen	93	Bergens SC	30,64	584
27	Siv Fiske	92	Tromsø SK/NTG	30,74	578
28	Hanne Grue	90	Oslo IL	30,83	573
29	Emilie Hellerud	92	Lambertseter SK/NTG	30,93	568
30	Celine Kløvstad Farsund	91	IL Varg	31,11	558

## Yngre junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	28,98	690
2	Mette Mellbye Larsen	95	Asker SK	30,03	620
3	Maria Thompson Clausen	96	Madla SK	30,26	606
4	Marte K. Bolstad	95	Asker SK	30,39	599
5	Lise Sand Syversen	95	BS/Delfana	30,56	589
6	Birgitte Elise Søfteland	94	Sarpsborg IL	30,57	588
7	Ida Johansen	94	Øvre Eiker SK	30,59	587
8	Karina Brunstad Fet	95	Aalesund SLK	30,83	573
9	Vilde Stordal	95	Delfana	31,13	557
10	Rikke Amalie Nagell-Kleven	95	Asker SK	31,35	545
11	Eirin Woldsæter	96	Moss SK	31,52	537
12	Marie Øverland	94	Vestkantsvømmerne	31,56	534
13	Lotte Miller	96	Madla SK	31,81	522

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

## Yngre junior

1	Kolbotn IL G1 jr.	JR	Kolbotn IL	8.15,97	622
		26,87(26,87)	56,55(29,68)		
	Johan Parker Nygaard:	1.27,20(30,65)	1.57,26(30,06)	1.57,26	
		2.25,72(28,46)	2.57,82(32,10)		
	Martin Næss Kjøholdt:	3.30,78(32,96)	4.03,93(33,15)	2.06,67	
		4.33,20(29,27)	5.06,39(33,19)		
	Martin Bråthen:	5.40,70(34,31)	6.14,74(34,04)	2.10,81	
		6.41,94(27,20)	7.12,59(30,65)		
	Erik Tobias Sollesnes:	7.44,28(31,69)	8.15,97(31,69)	2.01,23	
2	Karmøy SK G1 jr.	JR	Karmøy SK	8.31,68	566
		29,15(29,15)	1.00,78(31,63)		
	Daniel Sandhåland:	1.33,24(32,46)	2.05,22(31,98)	2.05,22	
		2.34,61(29,39)	3.07,89(33,28)		
	Morten Wee Hollund:	3.42,21(34,32)	4.14,14(31,93)	2.08,92	
		4.42,94(28,80)	5.15,56(32,62)		
	Simen Alvestad:	5.49,06(33,50)	6.22,15(33,09)	2.08,01	
		6.50,00(27,85)	7.22,48(32,48)		
	Ivan Aleksander Larsen:	7.56,66(34,18)	8.31,68(35,02)	2.09,53	
3	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	8.57,03	490
		28,64(28,64)	1.00,81(32,17)		
	Vebjørn Lindhjem:	1.32,83(32,02)	2.05,02(32,19)	2.05,02	
		2.33,51(28,49)	3.05,10(31,59)		
	Jarl André Bergsvenkerud:	3.37,03(31,93)	4.08,23(31,20)	2.03,21	
		4.39,72(31,49)	5.17,37(37,65)		
	Torje Løkken:	5.58,35(40,98)	6.39,56(41,21)	2.31,33	
		7.10,01(30,45)	7.45,16(35,15)		
	Kjetil Flatland:	8.21,17(36,01)	8.57,03(35,86)	2.17,47	
4	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	9.09,26	458
		30,42(30,42)	1.03,23(32,81)		
	Jørgen Gundersen:	1.36,62(33,39)	2.09,97(33,35)	2.09,97	
		2.40,72(30,75)	3.16,33(35,61)		
	Henrik Christiansen:	3.52,81(36,48)	4.28,89(36,08)	2.18,92	
		5.00,40(31,51)	5.36,51(36,11)		
	Daniel Nesbø:	6.13,76(37,25)	6.49,31(35,55)	2.20,42	
		7.21,36(32,05)	7.57,30(35,94)		
	Morgan B. Johansen:	8.33,48(36,18)	9.09,26(35,78)	2.19,95	

## Øvelse 24. 4\*100m fri, damer - UM

## Yngre junior

1	Bærumsv J1 jr.	JR	Bærumsvømmerne	4.05,88	677
	Emilie Nyenget Løvberg:	28,48(28,48)	58,65(30,17)	58,65	
	Andrea Westbye:	1.27,49(28,84)	1.59,47(31,98)	1.00,82	
	Anna Bølgen:	2.29,15(29,68)	3.01,74(32,59)	1.02,27	
	Anna Maria Røys Stranden:	3.31,97(30,23)	4.05,88(33,91)	1.04,14	
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	4.07,83	662
	Julie Rønningsen:	29,38(29,38)	1.01,28(31,90)	1.01,28	
	Luna Elisabeth Søgaaard:	1.30,34(29,06)	2.02,72(32,38)	1.01,44	
	Malene M. Pedersen:	2.32,39(29,67)	3.04,63(32,24)	1.01,91	
	Camilla Hansen:	3.34,54(29,91)	4.07,83(33,29)	1.03,20	
3	Aalesunds SLK J1 jr.	JR	Aalesund SLK	4.08,39	657
	Julie Hjøllbakk Pettersen:	30,18(30,18)	1.04,35(34,17)	1.04,35	
	Caroline R. Helgesen:	1.33,81(29,46)	2.06,35(32,54)	1.02,00	
	Karina Brunstad Fet:	2.35,71(29,36)	3.09,90(34,19)	1.03,55	
	Veronica Orheim Bjørlykke:	3.36,80(26,90)	4.08,39(31,59)	58,49	
4	Asker SK J1 jr.	JR	Asker SK	4.09,32	650
	Marte K. Bolstad:	30,18(30,18)	1.01,96(31,78)	1.01,96	
	Anne Kristin Berge:	1.31,82(29,86)	2.05,19(33,37)	1.03,23	
	Rikke Amalie Nagell-Kleven:	2.35,50(30,31)	3.07,91(32,41)	1.02,72	
	Mette Mellbye Larsen:	3.37,31(29,40)	4.09,32(32,01)	1.01,41	
5	Madla SK J1 jr.	JR	Madla SK	4.09,37	649
	Maria Thompson Clausen:	29,90(29,90)	1.01,02(31,12)	1.01,02	
	Lotte Miller:	1.29,52(28,50)	2.02,01(32,49)	1.00,99	
	Mari Mjøhus Kristoffersen:	2.32,60(30,59)	3.06,23(33,63)	1.04,22	
	Maren Larsen:	3.35,99(29,76)	4.09,37(33,38)	1.03,14	
6	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	4.13,02	622
	Ellen Camilla Hansen:	30,74(30,74)	1.04,15(33,41)	1.04,15	
	Stine Lise Stenseth:	1.33,86(29,71)	2.06,31(32,45)	1.02,16	
	Mari Knutsen:	2.36,95(30,64)	3.10,93(33,98)	1.04,62	
	Ida Johansen:	3.40,39(29,46)	4.13,02(32,63)	1.02,09	
7	Delfana J1 jr.	JR	Delfana	4.14,43	611
	Elin Haugland:	30,70(30,70)	1.03,18(32,48)	1.03,18	
	Lisa Skogeng:	1.33,54(30,36)	2.06,32(32,78)	1.03,14	
	Tone Lill Evanger:	2.37,16(30,84)	3.10,42(33,26)	1.04,10	
	Vilde Stordal:	3.40,96(30,54)	4.14,43(33,47)	1.04,01	
8	Haldens SK J1 jr.	JR	Haldens SK	4.19,60	576
	Anne Helene Bakke:	31,20(31,20)	1.04,50(33,30)	1.04,50	
	Oda Haagensen:	1.34,34(29,84)	2.07,04(32,70)	1.02,54	
	Anna Forsstrøm:	2.38,14(31,10)	3.12,16(34,02)	1.05,12	
	Cecilie Hafsrød Fredriksen:	3.43,75(31,59)	4.19,60(35,85)	1.07,44	
9	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	4.26,50	532
	Aurora Brandtzæg:	30,37(30,37)	1.02,67(32,30)	1.02,67	
	Rebecca Holt Clasen:	1.35,48(32,81)	2.15,21(39,73)	1.12,54	
	Elina Øverås:	2.45,68(30,47)	3.18,83(33,15)	1.03,62	
	Klara Farkas:	3.51,14(32,31)	4.26,50(35,36)	1.07,67	

## Fredag 27. november 2009 kl 17.00

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

#### Junior

1	Bærumsv G1 jr. Vegard Nyenget Løvberg: Sebastian Wigstrøm: Tor Hafnor: Christer Koch Kvam:	JR	Bærumsvømmerne	(0,71)	1.42,02	807	NJR
2	Bergensv. G1 jr. Sindri T. Jakobsson: Marcus Tesdal: Espen Halhjem: Mathias Sørstrand Æsøy:	JR	Bergensvømmerne	(0,60)	1.42,53	795	
3	IL Varg G1 jr. Dominik Borkowski: Mattis Saghaug: Odin Spangen Normann: Daniel Berenett:	JR	IL Varg	(0,67)	1.44,21	757	
4	Lambertseter SK G1 jr. Mikael Bergene: Christian Thorsen: Sindre Eilertsen: David Evja:	JR	Lambertseter SK	(0,59)	1.45,83	723	
5	Bergensv. G2 jr. Even Vike Holm: Simen Dale: Sebastian Stordal: Eirik Runningen:	JR	Bergensvømmerne	(0,75)	1.46,48	710	
6	Stavanger SC G1 jr. Fredrik K Hegdal: Hans Østerdal: Christian Juvik: Henning S. Pryde:	JR	Stavanger SC	(0,69)	1.48,96	662	
7	Mandal SK G1 jr. Daniel B. Havre: Per Sondre Sodeland: Alexander B. Havre: Tord Eirik Seyffarth:	JR	Mandal SK	(0,71)	1.50,60	633	
8	Bærumsv G2 jr. Henrik Wathne: Sindre Nilo: Carl Andreas Wathne: Henry Emil Nordhagen:	JR	Bærumsvømmerne	(0,67)	1.50,72	631	
9	Lambertseter SK G2 jr. Aksel Øvern: Kristian Nygård: Alexander Schüssler: Alexander Thorvaldsen:	JR	Lambertseter SK	(0,68)	1.52,85	596	
10	Delfana G1 jr. Øyvind L. Styrmoen: Håvard Hole: Bård Løvik: Marius Thorsø:	JR	Delfana	(0,69)	1.54,20	575	
11	Oslo IL G1 jr. Henning Kaland: Jon Erik Sønning: Lars Nymoen: Zakarias Nouri:	JR	Oslo IL	(0,68)	1.55,03	563	
12	Vestbyen IL G1 jr. Fredrik Tronvoll: Christopher Wolf: Christian Tronvoll: Sigvart Evjen:	JR	Vestbyen IL	(0,72)	1.55,33	558	

13	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,80)	1.56,41	543
	Vebjørn Lindhjem:	30,02(30,02)				
	Tore Skaug Bysting:	1.02,07(32,05)				
	Kjetil Flatland:	1.29,76(27,69)				
	Jarl André Bergsvenkerud:	1.56,41(26,65)				
14	Trondheim SLK G1 jr.	JR	Trondheim SLK	(0,79)	1.57,58	527
	Geir T. Kristiansen:	30,57(30,57)				
	Sindre Søderlund:	1.00,28(29,71)				
	Arnt Martin Ystenes:	1.29,20(28,92)				
	Dag Vetle Henriksen:	1.57,58(28,38)				
15	Kristiansand SA G1 jr.	JR	Kristiansand SA	(0,62)	1.57,80	524
	Eirik S. Jørgensen:	30,24(30,24)				
	Nicolai Gerrard:	1.01,90(31,66)				
	Kristian Evensen:	1.29,80(27,90)				
	Jostein Dalshov Kringlen:	1.57,80(28,00)				
	Team Stavanger G1 jr.	JR	Team Stavanger	(0,67)	DISK	
	Erlend Tveteraas:	29,38(29,38)				
	Erling Mjøs Brattelid:	58,56(29,18)				
	Vegard Belaska:	1.26,06(27,50)				
	Bjarte Ravndal:					
	Asker SK G1 jr.	JR	Asker SK	(0,72)	DISK	
	Andreas Bergman:	30,39(30,39)				
	Patryk Bubilek:					
	Jan Aleksander Bakke:					
	Eirik Standal Thoresen:					

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

#### Junior

1	Sindri T. Jakobsson	91	BS/Delfana	3.54,56	815
	26,68(26,68)	55,91(29,23)	1.25,43(29,52)	1.55,45(30,02)	
	2.25,41(29,96)	2.55,33(29,92)	3.25,15(29,82)	3.54,56(29,41)	
2	Ole Martin Ree	92	TS/Sola SK	3.55,36	806
	26,73(26,73)	56,41(29,68)	1.26,32(29,91)	1.56,67(30,35)	
	2.26,76(30,09)	2.56,72(29,96)	3.26,66(29,94)	3.55,36(28,70)	
3	Christian Thorsen	91	Lambertseter SK	3.58,00	780
	27,14(27,14)	56,83(29,69)	1.27,06(30,23)	1.57,34(30,28)	
	2.27,87(30,53)	2.58,48(30,61)	3.28,53(30,05)	3.58,00(29,47)	
4	Jørn Nygård	92	Stavanger SC	4.02,45	738
	25,66(25,66)	53,91(28,25)	1.24,16(30,25)	1.55,68(31,52)	
	2.27,32(31,64)	2.59,58(32,26)	3.31,48(31,90)	4.02,45(30,97)	
5	Kristoffer Skribeland	91	Asker SK	4.07,49	694
	27,40(27,40)	58,18(30,78)	1.29,47(31,29)	2.01,26(31,79)	
	2.33,08(31,82)	3.05,01(31,93)	3.36,99(31,98)	4.07,49(30,50)	
6	Zoltan Csernai	93	BS/Åstveit	4.08,75	683
	26,79(26,79)	56,56(29,77)	1.27,95(31,39)	1.59,28(31,33)	
	2.31,44(32,16)	3.04,25(32,81)	3.36,91(32,66)	4.08,75(31,84)	

### Øvelse 16. 50m bryst, damer - Finale

#### Junior

1	Siri Eva Kristiansen	93	Asker SK	32,49	811
2	Ingalill Urrang Naustvik	95	Karmøy SK	33,15	764
3	Stina Kajsa Colleou	93	Lambertseter SK	33,51	740
4	Kristine Mella	90	Bærumsvømmerne	33,52	739
5	Iselin Meisler	90	Fauske SK	33,71	726
6	Luna Elisabeth Sjøgaard	94	Lambertseter SK	33,78	722

#### Funksjonshemmede

1	Hanne Farestvedt	93	Åstveit SK	46,54	276 SB14 126,43 %
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**Øvelse 17. 50m rygg, herrer - Finale****Junior**

1	Lavrans Solli	92	Bergens SC	(0,56)	25,21	825
2	Dominik Borkowski	90	IL Varg/NTG	(0,65)	26,00	752
3	Mikael Bergene	91	Lambertseter SK	(0,60)	26,70	694
4	Runar Borgen	93	Bodø SK/NTG	(0,65)	27,37	645
5	Alexander B. Havre	90	Mandal SK	(0,68)	27,38	644
6	Mathias Sørstrand Æsøy	90	BS/Delfana	(0,70)	27,45	639

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

1	Sophia Broberg Skeltved	92	Tromsø SK/NTG		2.19,05	804
	31,15(31,15)	1.07,01(35,86)	1.46,14(39,13)	2.19,05(32,91)		
2	Victoria Rung	92	TS/Frisinn		2.19,63	794
	30,29(30,29)	1.06,43(36,14)	1.48,13(41,70)	2.19,63(31,50)		
3	Trine Austrøne Olsen	90	Fauske SK		2.20,50	779
	31,52(31,52)	1.06,69(35,17)	1.46,85(40,16)	2.20,50(33,65)		
4	Emilie Nyenget Løvberg	95	Bærumsvømmerne		2.22,40	749
	30,05(30,05)	1.06,62(36,57)	1.49,73(43,11)	2.22,40(32,67)		
5	Susann Bjørnsen	93	Setermoen SK		2.22,65	745
	31,73(31,73)	1.07,80(36,07)	1.49,65(41,85)	2.22,65(33,00)		
6	Andrea Hestdal	94	BS/Åstveit		2.23,01	739
	30,59(30,59)	1.08,13(37,54)	1.49,00(40,87)	2.23,01(34,01)		

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

1	Sindri T. Jakobsson	91	BS/Delfana		53,84	844
	25,36(25,36)	53,84(28,48)				
2	Christer Koch Kvam	90	Bærumsvømmerne		54,57	811 NJR
	25,33(25,33)	54,57(29,24)				
3	Sebastian Stordal	91	BS/Delfana		56,63	725
	26,44(26,44)	56,63(30,19)				
4	Erlend Ulveseter	92	BS/Åstveit		57,72	685
	26,88(26,88)	57,72(30,84)				
5	Alexander B. Havre	90	Mandal SK		59,15	636
	27,33(27,33)	59,15(31,82)				
	Tor Hafnor	91	Bærumsvømmerne		BRUTT	

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

1	Gina B. Andersen	90	Lambertseter SK	(0,64)	2.15,43	794
	32,53(32,53)		1.42,03(1.09,50)	2.15,43(33,40)		
2	Oda Marie Siljan	92	Poseidon	(0,66)	2.16,25	780
	31,60(31,60)	1.05,88(34,28)	1.41,26(35,38)	2.16,25(34,99)		
3	Line Løvberg	91	Lambertseter SK/NTG	(0,70)	2.16,53	775
	32,02(32,02)	1.06,64(34,62)	1.41,69(35,05)	2.16,53(34,84)		
4	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,74)	2.19,52	726
	33,23(33,23)	1.09,04(35,81)	1.45,44(36,40)	2.19,52(34,08)		
5	Christine M. Pedersen	93	Lambertseter SK	(0,75)	2.20,00	719
	33,34(33,34)	1.08,60(35,26)	1.44,43(35,83)	2.20,00(35,57)		
6	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,70)	2.21,19	701
	32,49(32,49)	1.07,84(35,35)	1.44,72(36,88)	2.21,19(36,47)		

**Øvelse 21. 200m bryst, herrer - Finale****Junior**

1	Sverre Næss	92	Sarpsborg IL	2.10,44	920	NJR
	28,71(28,71)	1.01,31(32,60)	1.35,90(34,59)	2.10,44(34,54)		
2	Sebastian Wigstrøm	91	Bærumsvømmerne	2.15,41	822	
	30,08(30,08)	1.03,52(33,44)	1.38,71(35,19)	2.15,41(36,70)		
3	John Lekhmus	91	Tromsø SK	2.19,42	753	
	31,62(31,62)	1.06,21(34,59)	1.42,24(36,03)	2.19,42(37,18)		
4	Simen Dale	91	BS/Delfana	2.23,50	691	
	31,07(31,07)	1.06,58(35,51)	1.44,03(37,45)	2.23,50(39,47)		
5	Martin Hals	91	Øvre Eiker SK	2.27,23	640	
	32,75(32,75)	1.09,84(37,09)	1.48,35(38,51)	2.27,23(38,88)		
6	Sondre Bryn	92	Åstveit SK	2.27,87	631	
	33,33(33,33)	1.11,22(37,89)	1.49,65(38,43)	2.27,87(38,22)		

**Øvelse 22. 50m butterfly, damer - Finale****Junior**

1	Cecilie W. Johannessen	90	Bergens SC	27,08	846	
2	Monica W. Johannessen	90	Bergens SC	27,56	803	
3	Victoria S. Løken	91	Team Stavanger	27,99	766	
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	28,14	754	
5	Siri Eva Kristiansen	93	Asker SK	28,31	741	
6	Maren Kristine Jansen	90	TS/Randaberg	29,17	677	

**Funksjonshemmede**

1	Hanne Farestvedt	93	Åstveit SK	39,00	283	S14 125,6 %
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**Øvelse 23. 4\*200m fri, herrer - Junior****Junior**

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	7.36,41	798	NJR
	Christer Koch Kvam:	26,24(26,24)	54,98(28,74)			
		1.23,95(28,97)	1.52,57(28,62)	1.52,57		
	Tor Hafnor:	2.18,38(25,81)	2.47,46(29,08)			
		3.16,95(29,49)	3.46,02(29,07)	1.53,45		
	Vegard Nyenget Løvberg:	4.11,95(25,93)	4.41,04(29,09)			
		5.11,13(30,09)	5.41,47(30,34)	1.55,45		
	Sebastian Wigstrøm:	6.08,21(26,74)	6.37,44(29,23)			
		7.07,23(29,79)	7.36,41(29,18)	1.54,94		
2	Bergensv. G1 jr.	JR	Bergensvømmerne	7.37,39	793	
	Sindri T. Jakobsson:	26,09(26,09)	54,96(28,87)			
		1.24,30(29,34)	1.53,04(28,74)	1.53,04		
		2.19,30(26,26)	2.48,38(29,08)			
	Even Vike Holm:	3.17,99(29,61)	3.46,53(28,54)	1.53,49		
		4.13,08(26,55)	4.42,94(29,86)			
	Sebastian Stordal:	5.12,86(29,92)	5.42,64(29,78)	1.56,11		
		6.08,03(25,39)	6.37,72(29,69)			
	Zoltan Csernai:	7.08,24(30,52)	7.37,39(29,15)	1.54,75		
3	Team Stavanger G1 jr.	JR	Team Stavanger	7.37,89	791	
	Bjarte Ravndal:	26,44(26,44)	55,59(29,15)			
		1.24,76(29,17)	1.53,38(28,62)	1.53,38		
		2.20,33(26,95)	2.50,64(30,31)			
	Morten Bordervich:	3.21,46(30,82)	3.52,28(30,82)	1.58,90		
		4.18,97(26,69)	4.48,53(29,56)			
	Erling Mjøs Brattelid:	5.19,14(30,61)	5.49,23(30,09)	1.56,95		
		6.13,90(24,67)	6.41,38(27,48)			

4	IL Varg G1 jr.	Ole Martin Ree:	7.09,28(27,90)	7.37,89(28,61)	1.48,66	7.41,24	774	
			JR	IL Varg				
			26,23(26,23)	55,14(28,91)				
		Mattis Saghaug:	1.24,65(29,51)	1.54,74(30,09)	1.54,74			
			2.20,57(25,83)	2.49,74(29,17)				
		Daniel Berenett:	3.20,11(30,37)	3.50,92(30,81)	1.56,18			
5	Lambertseter SK G1 jr.	Odin Spangen Normann:	4.17,47(26,55)	4.47,04(29,57)		7.41,31	773	
			5.16,93(29,89)	5.46,33(29,40)	1.55,41			
			6.11,74(25,41)	6.40,39(28,65)				
		Dominik Borkowski:	7.10,65(30,26)	7.41,24(30,59)	1.54,91			
			JR	Lambertseter SK				
			26,69(26,69)	55,77(29,08)				
6	Stavanger SC G1 jr.	Christian Thorsen:	1.25,08(29,31)	1.53,74(28,66)	1.53,74	7.48,65	737	
			2.20,18(26,44)	2.49,23(29,05)				
		Mikael Bergene:	3.18,81(29,58)	3.48,07(29,26)	1.54,33			
			4.14,80(26,73)	4.44,00(29,20)				
		David Evja:	5.13,81(29,81)	5.43,47(29,66)	1.55,40			
			6.10,68(27,21)	6.40,46(29,78)				
7	Bærumsv G2 jr.	Sindre Eilertsen:	7.10,96(30,50)	7.41,31(30,35)	1.57,84	7.57,49	697	
			JR	Stavanger SC				
			26,67(26,67)	55,58(28,91)				
		Jørn Nygård:	1.24,17(28,59)	1.52,73(28,56)	1.52,73			
			2.18,54(25,81)	2.48,03(29,49)				
		Hans Østerdal:	3.18,85(30,82)	3.49,58(30,73)	1.56,85			
8	Bergensv. G2 jr.	Henning S. Pryde:	4.17,20(27,62)	4.47,80(30,60)		7.58,92	691	
			5.19,40(31,60)	5.50,11(30,71)	2.00,53			
			6.16,78(26,67)	6.47,41(30,63)				
		Fredrik K Hegdal:	7.18,38(30,97)	7.48,65(30,27)	1.58,54			
			JR	Bærumsvømmerne				
			27,46(27,46)	58,55(31,09)				
9	Lambertseter SK G2 jr.	Henry Emil Nordhagen:	1.29,57(31,02)	2.00,53(30,96)	2.00,53	8.13,63	631	
			2.26,38(25,85)	2.55,03(28,65)				
		Sindre Nilo:	3.24,90(29,87)	3.54,54(29,64)	1.54,01			
			4.21,83(27,29)	4.52,67(30,84)				
		Carl Andreas Wathne:	5.24,46(31,79)	5.55,13(30,67)	2.00,59			
			6.22,41(27,28)	6.52,93(30,52)				
10	Oslo IL G1 jr.	Henrik Wathne:	7.24,90(31,97)	7.57,49(32,59)	2.02,36	8.15,13	625	
			JR	Bergensvømmerne				
			26,90(26,90)	56,88(29,98)				
		Espen Halhjem:	1.28,71(31,83)	2.00,76(32,05)	2.00,76			
			2.27,40(26,64)	2.57,22(29,82)				
		Eivind Johannesen:	3.27,62(30,40)	3.58,36(30,74)	1.57,60			
11	Delfana G1 jr.	Mathias Sørstrand Æsøy:	4.24,33(25,97)	4.54,91(30,58)		8.18,29	613	
			5.27,39(32,48)	5.58,83(31,44)	2.00,47			
			6.25,82(26,99)	6.56,38(30,56)				
		Eirik Runningen:	7.27,87(31,49)	7.58,92(31,05)	2.00,09			
			JR	Lambertseter SK				
			28,13(28,13)	58,86(30,73)				
10	Oslo IL G1 jr.	Alexander Schüssler:	1.29,30(30,44)	1.59,72(30,42)	1.59,72	8.15,13	625	
			2.26,84(27,12)	2.58,07(31,23)				
		Kristian Nygård:	3.30,08(32,01)	4.01,60(31,52)	2.01,88			
			4.29,64(28,04)	5.01,54(31,90)				
		Aksel Øvern:	5.34,30(32,76)	6.06,96(32,66)	2.05,36			
			6.34,48(27,52)	7.06,32(31,84)				
11	Delfana G1 jr.	Alexander Thorvaldsen:	7.39,47(33,15)	8.13,63(34,16)	2.06,67	8.15,13	625	
			JR	Oslo IL				
			27,87(27,87)	59,15(31,28)				
		Zakarias Nouri:	1.31,18(32,03)	2.01,90(30,72)	2.01,90			
			2.29,08(27,18)	2.59,79(30,71)				
		Lars Nymoen:	3.31,43(31,64)	4.03,68(32,25)	2.01,78			
11	Delfana G1 jr.	Jon Erik Sønning:	4.32,14(28,46)	5.04,30(32,16)		8.18,29	613	
			5.37,83(33,53)	6.11,96(34,13)	2.08,28			
			6.40,11(28,15)	7.11,29(31,18)				
		Henning Kaland:	7.42,91(31,62)	8.15,13(32,22)	2.03,17			
			JR	Delfana				
			28,57(28,57)	59,70(31,13)				
11	Delfana G1 jr.	Henrik Søfteland:	1.32,37(32,67)	2.04,69(32,32)	2.04,69	8.18,29	613	
			2.31,81(27,12)	3.03,17(31,36)				
		Marius Thorsø:	3.35,67(32,50)	4.08,65(32,98)	2.03,96			
			4.38,37(29,72)	5.10,46(32,09)				
		Jonas Ødegård Aanby:	5.44,01(33,55)	6.16,71(32,70)	2.08,06			
			6.44,50(27,79)	7.15,44(30,94)				
11	Delfana G1 jr.	Øyvind L. Styrmo:	7.46,99(31,55)	8.18,29(31,30)	2.01,58	8.18,29	613	
			JR	Delfana				



12	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	8.22,41	598
		28,23(28,23)	59,62(31,39)		
	Tore Skauge Bysting:	1.30,48(30,86)	2.01,81(31,33)	2.01,81	
		2.29,39(27,58)	3.00,89(31,50)		
	Jarl André Bergsvenkerud:	3.33,80(32,91)	4.06,48(32,68)	2.04,67	
		4.35,30(28,82)	5.07,56(32,26)		
	Vebjørn Lindhjem:	5.39,99(32,43)	6.12,00(32,01)	2.05,52	
		6.40,95(28,95)	7.14,07(33,12)		
	Kjetil Flatland:	7.48,38(34,31)	8.22,41(34,03)	2.10,41	
13	Kristiansand SA G1 jr.	JR	Kristiansand SA	8.46,58	520
		27,81(27,81)	58,61(30,80)		
	Kristian Evensen:	1.30,99(32,38)	2.03,73(32,74)	2.03,73	
		2.33,06(29,33)	3.05,88(32,82)		
	Jostein Dalshov Kringlen:	3.39,35(33,47)	4.12,46(33,11)	2.08,73	
		4.42,01(29,55)	5.15,72(33,71)		
	Nicolai Gerrard:	5.49,80(34,08)	6.23,32(33,52)	2.10,86	
		6.53,02(29,70)	7.28,44(35,42)		
	Eirik S. Jørgensen:	8.07,68(39,24)	8.46,58(38,90)	2.23,26	

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

#### Junior

1	Bergens SC J1 jr.	JR	Bergens SC	3.49,12	837	NJR
	Monica W. Johannessen:	26,59(26,59)	55,04(28,45)	55,04		
	Hedvig Hjertaker:	1.23,48(28,44)	1.55,27(31,79)	1.00,23		
	Ingse Bergh Monsen:	2.24,45(29,18)	2.56,22(31,77)	1.00,95		
	Cecilie W. Johannessen:	3.21,19(24,97)	3.49,12(27,93)	52,90		
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	3.50,88	818	
	Elisabeth H. Svensson:	28,18(28,18)	57,87(29,69)	57,87		
	Ingrid N. Knutzen:	1.25,45(27,58)	1.55,98(30,53)	58,11		
	Gina B. Andersen:	2.23,61(27,63)	2.52,88(29,27)	56,90		
	Emma Isdahl:	3.20,07(27,19)	3.50,88(30,81)	58,00		
3	Lambertseter SK J2 jr.	JR	Lambertseter SK	3.56,83	758	
	Line Løvberg:	28,83(28,83)	59,34(30,51)	59,34		
	Emilie Hellerud:	1.27,37(28,03)	1.58,02(30,65)	58,68		
	Christine M. Pedersen:	2.25,84(27,82)	2.56,89(31,05)	58,87		
	Julie Rønningsen:	3.25,66(28,77)	3.56,83(31,17)	59,94		
4	Team Stavanger J1 jr.	JR	Team Stavanger	3.57,00	757	
	Victoria Rung:	28,18(28,18)	58,38(30,20)	58,38		
	Trine Hovda:	1.26,40(28,02)	1.58,21(31,81)	59,83		
	Marthe Berg Sørensen:	2.26,68(28,47)	2.58,10(31,42)	59,89		
	Eva Marie W. Østerhus:	3.26,09(27,99)	3.57,00(30,91)	58,90		
5	Stavanger SC J1 jr.	JR	Stavanger SC	4.00,29	726	
	Karoline Eriksen:	29,09(29,09)	1.00,54(31,45)	1.00,54		
	Nicole T. Næsheim:	1.29,29(28,75)	2.00,39(31,10)	59,85		
	Caroline M. Mork:	2.28,75(28,36)	3.00,75(32,00)	1.00,36		
	Ane Nygård:	3.28,38(27,63)	4.00,29(31,91)	59,54		
6	Asker SK J1 jr.	JR	Asker SK	4.00,69	722	
	Nora Kathrine Guthe:	28,13(28,13)	59,04(30,91)	59,04		
	Marte K. Bolstad:	1.28,37(29,33)	2.00,45(32,08)	1.01,41		
	Mette Mellbye Larsen:	2.30,01(29,56)	3.03,03(33,02)	1.02,58		
	Siri Eva Kristiansen:	3.30,49(27,46)	4.00,69(30,20)	57,66		
7	Bergens SLK J1 jr.	JR	Bergens SLK	4.00,99	720	
	Kaja Bremer:	28,86(28,86)	59,43(30,57)	59,43		
	Karoline Pedersen:	1.27,62(28,19)	1.58,70(31,08)	59,27		
	Aslaug Marie Hjelmaas:	2.26,43(27,73)	2.57,12(30,69)	58,42		
	Julie Horn Johnsen:	3.27,42(30,30)	4.00,99(33,57)	1.03,87		
8	Bergensv. J1 jr.	JR	Bergensvømmerne	4.02,12	710	
	Hanne Søfteland:	29,05(29,05)	1.01,35(32,30)	1.01,35		
	Andrea Hestdal:	1.30,20(28,85)	2.01,56(31,36)	1.00,21		
	Seline Vike Holm:	2.29,37(27,81)	3.02,50(33,13)	1.00,94		
	Lise Sand Syversen:	3.31,20(28,70)	4.02,12(30,92)	59,62		
9	Vestkantv. J1 jr.	JR	Vestkantvømmerne	4.02,60	705	
	Juni Rugland:	29,37(29,37)	1.01,43(32,06)	1.01,43		
	Andrea Haugstad:	1.30,14(28,71)	2.02,05(31,91)	1.00,62		
	Benedicte Kausland:	2.31,19(29,14)	3.02,87(31,68)	1.00,82		
	Stine Vindenes:	3.31,59(28,72)	4.02,60(31,01)	59,73		

10	Tromsø SK J1 jr.	JR	Tromsø SK	4.02,85	703
	Sophia Broberg Skeltved:	29,05(29,05)	59,87(30,82)	59,87	
	Hanne Lockertsen:	1.29,01(29,14)	2.01,02(32,01)	1.01,15	
	Siv Fiske:	2.28,87(27,85)	3.00,19(31,32)	59,17	
	Ina Kvenshagen Gimse:	3.29,61(29,42)	4.02,85(33,24)	1.02,66	
11	Sarpsborg IL J1 jr.	JR	Sarpsborg IL	4.03,42	698
	Line W. Lund:	28,89(28,89)	59,81(30,92)	59,81	
	Birgitte Elise Søfteland:	1.28,84(29,03)	2.00,40(31,56)	1.00,59	
	Terese Fosby:	2.29,25(28,85)	3.01,82(32,57)	1.01,42	
	Julie Borgen:	3.31,34(29,52)	4.03,42(32,08)	1.01,60	
12	Team Stavanger J2 jr.	JR	Team Stavanger	4.06,27	674
	Maren Kristine Jansen:	29,25(29,25)	1.00,80(31,55)	1.00,80	
	Vanessa Tuxen:	1.29,88(29,08)	2.02,28(32,40)	1.01,48	
	Stine Mjøllhus Kristoffersen:	2.32,05(29,77)	3.04,24(32,19)	1.01,96	
	Renate Ranaweera Aasland:	3.33,87(29,63)	4.06,27(32,40)	1.02,03	
13	Bærumsv J1 jr.	JR	Bærumsvømmerne	4.06,40	673
	Emilie Nyenget Løvberg:	29,49(29,49)	1.00,35(30,86)	1.00,35	
	Andrea Westbye:	1.29,67(29,32)	2.01,87(32,20)	1.01,52	
	Kristine Mella:	2.31,38(29,51)	3.04,24(32,86)	1.02,37	
	Anna Bølgen:	3.33,65(29,41)	4.06,40(32,75)	1.02,16	
14	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	4.08,83	654
	Sara N. Gjelsvik:	29,87(29,87)	1.02,63(32,76)	1.02,63	
	Marie Reinertsen:	1.31,83(29,20)	2.03,78(31,95)	1.01,15	
	Marie Øverland:	2.33,30(29,52)	3.07,47(34,17)	1.03,69	
	Marthe Helene Haganes:	3.36,33(28,86)	4.08,83(32,50)	1.01,36	
15	Setermoen SK J1 jr.	JR	Setermoen SK	4.10,95	637
	Susann Bjørnsen:	29,33(29,33)	1.00,66(31,33)	1.00,66	
	Ingrid Elise Woll:	1.30,48(29,82)	2.02,55(32,07)	1.01,89	
	Maren E.J. Bakke:	2.34,13(31,58)	3.09,34(35,21)	1.06,79	
	Katrine Ekstang:	3.38,90(29,56)	4.10,95(32,05)	1.01,61	
16	Aalesunds SLK J1 jr.	JR	Aalesund SLK	4.11,73	631
	Natalie Lorgen Lübbe:	30,68(30,68)	1.04,89(34,21)	1.04,89	
	Julie Hjellbakk Pettersen:	1.35,11(30,22)	2.09,07(33,96)	1.04,18	
	Caroline R. Helgesen:	2.39,31(30,24)	3.13,48(34,17)	1.04,41	
	Veronica Orheim Bjørlykke:	3.40,82(27,34)	4.11,73(30,91)	58,25	
17	Delfana J1 jr.	JR	Delfana	4.13,26	620
	Helene Thunes Truyen:	29,83(29,83)	1.02,63(32,80)	1.02,63	
	Elin Haugland:	1.33,56(30,93)	2.06,80(33,24)	1.04,17	
	Lisa Skogeng:	2.37,14(30,34)	3.10,43(33,29)	1.03,63	
	Vilde Stordal:	3.40,66(30,23)	4.13,26(32,60)	1.02,83	
18	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	4.13,44	619
	Jeanette Erlandsen:	29,06(29,06)	1.01,33(32,27)	1.01,33	
	Klara Farkas:	1.33,40(32,07)	2.08,76(35,36)	1.07,43	
	Elina Øverås:	2.39,00(30,24)	3.11,51(32,51)	1.02,75	
	Aurora Brandtzæg:	3.41,05(29,54)	4.13,44(32,39)	1.01,93	
19	Moss SK J1 jr.	JR	Moss SK	4.16,56	596
	Marte Elise Brinchmann:	29,53(29,53)	1.02,50(32,97)	1.02,50	
	Tonje Støhr Petersen:	1.32,57(30,07)	2.06,82(34,25)	1.04,32	
	Thea Pedersen:	2.37,05(30,23)	3.10,93(33,88)	1.04,11	
	Eirin Woldsæter:	3.41,31(30,38)	4.16,56(35,25)	1.05,63	
20	Bergens SC J2 jr.	JR	Bergens SC	4.19,71	575
	Ragnhild Søfteland:	30,61(30,61)	1.03,77(33,16)	1.03,77	
	Eirin Arnesen:	1.33,26(29,49)	2.07,05(33,79)	1.03,28	
	Eli Kristin Ølmheim:	2.38,09(31,04)	3.12,38(34,29)	1.05,33	
	Martha Maria Songstad:	3.43,83(31,45)	4.19,71(35,88)	1.07,33	
21	Oslo IL J1 jr.	JR	Oslo IL	4.20,02	573
	Hanne Grue:	31,39(31,39)	1.06,17(34,78)	1.06,17	
	Kristin Blyverket:	1.34,85(28,68)	2.07,64(32,79)	1.01,47	
	Oda Almgren Lind:	2.39,29(31,65)	3.13,33(34,04)	1.05,69	
	Nehna-Louise Møller-Pettersen:	3.45,66(32,33)	4.20,02(34,36)	1.06,69	
22	Trondheim SLK J1 jr.	JR	Trondheim SLK	4.22,45	557
	Stine Tveit:	30,35(30,35)	1.03,84(33,49)	1.03,84	
	Malin Schanke Tømmervik:	1.34,93(31,09)	2.09,95(35,02)	1.06,11	
	Irja Gravdahl:	2.41,19(31,24)	3.15,69(34,50)	1.05,74	
	Viktoria Juel:	3.47,35(31,66)	4.22,45(35,10)	1.06,76	

Harstad SK J1 jr. Malin Kristine Steffensen: Elise Bjørvik Paulsen: Hanne Lillegård: Karoline Steffensen:	JR	Harstad SK	DISK
Skjetten Svømming J1 jr. Helene Solberg: Iselin Mjøllner Dahlen: Christiane Sandbye: Susanne Fornasari:	JR	Skjetten Svømming	DISK
Øvre Eiker SK J1 jr. Mari Knutsen: Stine Lise Stenseth: Ida Johansen: Siri Anette Sønju:	JR	Øvre Eiker SK	DISK

## Lørdag 28. november 2009 kl 09.00

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

#### Yngre junior

1	Ellen Camilla Hansen	95	Øvre Eiker SK	5.22,35	596
	34,29(34,29)	1.15,29(41,00)	1.55,59(40,30)	2.35,88(40,29)	
	3.21,95(46,07)	4.09,66(47,71)	4.47,02(37,36)	5.22,35(35,33)	
2	Maren E.J. Bakke	94	Setermoen SK	5.22,38	596
	34,02(34,02)	1.13,96(39,94)	1.56,93(42,97)	2.38,94(42,01)	
	3.22,54(43,60)	4.07,28(44,74)	4.46,19(38,91)	5.22,38(36,19)	
3	Vilde Stordal	95	Delfana	5.24,63	583
	33,90(33,90)	1.13,16(39,26)	1.55,15(41,99)	2.36,59(41,44)	
	3.23,99(47,40)	4.12,34(48,35)	4.49,73(37,39)	5.24,63(34,90)	
4	Elin Haugland	96	Delfana	5.25,18	580
	34,26(34,26)	1.14,82(40,56)	1.58,19(43,37)	2.39,67(41,48)	
	3.26,08(46,41)	4.12,84(46,76)	4.50,23(37,39)	5.25,18(34,95)	
5	Marie-Elise Eriksen	94	Sandefjord SK	5.30,04	555
	34,99(34,99)	1.16,34(41,35)	1.57,82(41,48)	2.39,97(42,15)	
	3.25,26(45,29)	4.11,87(46,61)	4.51,68(39,81)	5.30,04(38,36)	
6	Irja Gravdahl	94	Trondheim SLK	5.30,99	550
	35,91(35,91)	1.18,74(42,83)	2.00,37(41,63)	2.42,27(41,90)	
	3.27,25(44,98)	4.13,59(46,34)	4.53,49(39,90)	5.30,99(37,50)	
7	Tone Lill Evanger	96	Delfana	5.34,07	535
	36,13(36,13)	1.19,22(43,09)	2.03,68(44,46)	2.47,24(43,56)	
	3.34,05(46,81)	4.22,52(48,47)	5.00,97(38,45)	5.34,07(33,10)	
8	Sandra Bernhoft	95	Delfana	5.34,37	534
	35,74(35,74)	1.16,04(40,30)	1.59,94(43,90)	2.42,73(42,79)	
	3.31,11(48,38)	4.19,77(48,66)	4.58,11(38,34)	5.34,37(36,26)	
9	Camilla Hansen	94	Lambertseter SK	5.35,29	529
	36,07(36,07)	1.18,86(42,79)	2.02,12(43,26)	2.43,62(41,50)	
	3.30,38(46,76)	4.17,36(46,98)	4.57,60(40,24)	5.35,29(37,69)	
10	Marte K. Bolstad	95	Asker SK	5.36,34	524
	33,96(33,96)	1.13,13(39,17)	1.58,30(45,17)	2.42,66(44,36)	
	3.31,23(48,57)	4.19,95(48,72)	4.58,93(38,98)	5.36,34(37,41)	
11	Oda Gjerde	95	Bryne SK	5.44,17	489
	37,46(37,46)	1.23,74(46,28)	2.08,50(44,76)	2.52,11(43,61)	
	3.39,42(47,31)	4.27,73(48,31)	5.06,63(38,90)	5.44,17(37,54)	

#### Junior

1	Stina Kajsa Colleou	93	Lambertseter SK	5.09,68	672
	33,54(33,54)	1.12,76(39,22)	1.54,36(41,60)	2.34,92(40,56)	
	3.15,77(40,85)	3.57,72(41,95)	4.34,15(36,43)	5.09,68(35,53)	
2	Oona Ovesen	92	Elverum Svømming	5.11,47	661
	31,77(31,77)	1.09,00(37,23)	1.47,60(38,60)	2.26,31(38,71)	
	3.12,10(45,79)	3.59,23(47,13)	4.36,19(36,96)	5.11,47(35,28)	
3	Julie Torgersen Nilsen	92	Hamar IL	5.13,15	650
	34,83(34,83)	1.13,39(38,56)	1.54,46(41,07)	2.34,11(39,65)	
	3.18,04(43,93)	4.01,96(43,92)	4.38,67(36,71)	5.13,15(34,48)	
4	Stine Mjølhus Kristoffersen	93	TS/Frisinn	5.14,37	642
	33,86(33,86)	1.12,57(38,71)	1.54,07(41,50)	2.34,37(40,30)	
	3.17,53(43,16)	4.01,27(43,74)	4.38,79(37,52)	5.14,37(35,58)	
5	Siri Anette Sønju	92	Øvre Eiker SK	5.17,23	625
	33,11(33,11)	1.11,75(38,64)	1.54,12(42,37)	2.34,13(40,01)	
	3.19,19(45,06)	4.05,80(46,61)	4.42,36(36,56)	5.17,23(34,87)	
6	Ellen Camilla Hansen	95	Øvre Eiker SK	5.22,35	596
	34,29(34,29)	1.15,29(41,00)	1.55,59(40,30)	2.35,88(40,29)	
	3.21,95(46,07)	4.09,66(47,71)	4.47,02(37,36)	5.22,35(35,33)	
7	Maren E.J. Bakke	94	Setermoen SK	5.22,38	596
	34,02(34,02)	1.13,96(39,94)	1.56,93(42,97)	2.38,94(42,01)	
	3.22,54(43,60)	4.07,28(44,74)	4.46,19(38,91)	5.22,38(36,19)	
8	Vilde Stordal	95	Delfana	5.24,63	583
	33,90(33,90)	1.13,16(39,26)	1.55,15(41,99)	2.36,59(41,44)	
	3.23,99(47,40)	4.12,34(48,35)	4.49,73(37,39)	5.24,63(34,90)	

9	Elin Haugland	96	Delfana	5.25,18	580
	34,26(34,26)	1.14,82(40,56)	1.58,19(43,37)	2.39,67(41,48)	
	3.26,08(46,41)	4.12,84(46,76)	4.50,23(37,39)	5.25,18(34,95)	
10	Marie-Elise Eriksen	94	Sandefjord SK	5.30,04	555
	34,99(34,99)	1.16,34(41,35)	1.57,82(41,48)	2.39,97(42,15)	
	3.25,26(45,29)	4.11,87(46,61)	4.51,68(39,81)	5.30,04(38,36)	
11	Irja Gravdahl	94	Trondheim SLK	5.30,99	550
	35,91(35,91)	1.18,74(42,83)	2.00,37(41,63)	2.42,27(41,90)	
	3.27,25(44,98)	4.13,59(46,34)	4.53,49(39,90)	5.30,99(37,50)	
12	Tone Lill Evanger	96	Delfana	5.34,07	535
	36,13(36,13)	1.19,22(43,09)	2.03,68(44,46)	2.47,24(43,56)	
	3.34,05(46,81)	4.22,52(48,47)	5.00,97(38,45)	5.34,07(33,10)	
13	Sandra Bernhoft	95	Delfana	5.34,37	534
	35,74(35,74)	1.16,04(40,30)	1.59,94(43,90)	2.42,73(42,79)	
	3.31,11(48,38)	4.19,77(48,66)	4.58,11(38,34)	5.34,37(36,26)	
14	Camilla Hansen	94	Lambertseter SK	5.35,29	529
	36,07(36,07)	1.18,86(42,79)	2.02,12(43,26)	2.43,62(41,50)	
	3.30,38(46,76)	4.17,36(46,98)	4.57,60(40,24)	5.35,29(37,69)	
15	Marte K. Bolstad	95	Asker SK	5.36,34	524
	33,96(33,96)	1.13,13(39,17)	1.58,30(45,17)	2.42,66(44,36)	
	3.31,23(48,57)	4.19,95(48,72)	4.58,93(38,98)	5.36,34(37,41)	
16	Oda Gjerde	95	Bryne SK	5.44,17	489
	37,46(37,46)	1.23,74(46,28)	2.08,50(44,76)	2.52,11(43,61)	
	3.39,42(47,31)	4.27,73(48,31)	5.06,63(38,90)	5.44,17(37,54)	

## Øvelse 26. 4\*50m fri, herrer - UM

## Yngre junior

1	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	1.44,46	558
	Jarl André Bergsvenkerud:	26,32(26,32)			
	Torje Løkken:	53,40(27,08)			
	Vebjørn Lindhjem:	1.19,59(26,19)			
	Kjetil Flatland:	1.44,46(24,87)			
2	Sarpsborg IL G1 jr.	JR	Sarpsborg IL	1.44,87	551
	Thomas Myhrer:	25,11(25,11)			
	Patrik Andre Solheim:	51,17(26,06)			
	Erlend Dramstad:	1.18,51(27,34)			
	Philip Solheim:	1.44,87(26,36)			
3	Karmøy SK G1 jr.	JR	Karmøy SK	1.45,74	537
	Daniel Sandhåland:	26,97(26,97)			
	Morten Wee Hollund:	53,80(26,83)			
	Simen Alvestad:	1.20,27(26,47)			
	Ivan Aleksander Larsen:	1.45,74(25,47)			
4	Kolbotn IL G1 jr.	JR	Kolbotn IL	1.45,86	536
	Erik Tobias Sollesnes:	26,44(26,44)			
	Johan Parker Nygaard:	51,12(24,68)			
	Martin Bråthen:	1.18,87(27,75)			
	Per Morten Halvorsen:	1.45,86(26,99)			
5	Asker SK G1 jr.	JR	Asker SK	1.50,97	465
	Fredrik L. Theien:	28,02(28,02)			
	Sigve Ekeli Nystuen:	55,76(27,74)			
	Johann David Ørbeck:	1.23,73(27,97)			
	Andreas Manum Hagby:	1.50,97(27,24)			
6	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	1.54,96	418
	Morgan B. Johansen:	28,49(28,49)			
	Jørgen Gundersen:	56,39(27,90)			
	Henrik Christiansen:	1.25,39(29,00)			
	Daniel Nesbø:	1.54,96(29,57)			
7	Setermoen SK G1 jr.	JR	Setermoen SK	1.56,14	406
	Andreas Bjørkli:	27,51(27,51)			
	Erlend Dahlberg:	56,08(28,57)			
	Johannes Danielsen:	1.25,41(29,33)			
	Alexander Walle Thomas:	1.56,14(30,73)			

## Øvelse 27. 200m fri, damer

## Eldre junior

1	Gina B. Andersen	90	Lambertseter SK	2.02,09	840
	28,77(28,77)	59,34(30,57)	1.30,95(31,61)	2.02,09(31,14)	
2	Monica W. Johannessen	90	Bergens SC	2.05,14	780
	29,23(29,23)	1.01,00(31,77)	1.33,01(32,01)	2.05,14(32,13)	
3	Cecilie W. Johannessen	90	Bergens SC	2.05,52	773
	29,02(29,02)	1.00,66(31,64)	1.33,83(33,17)	2.05,52(31,69)	
4	Victoria Rung	92	TS/Frisinn	2.05,93	765
	29,91(29,91)	1.01,91(32,00)	1.34,39(32,48)	2.05,93(31,54)	
5	Ingrid N. Knutzen	91	Lambertseter SK/NTG	2.06,00	764
	29,93(29,93)	1.01,78(31,85)	1.34,24(32,46)	2.06,00(31,76)	
6	Victoria S. Løken	91	Team Stavanger	2.06,34	758
	29,27(29,27)	1.00,84(31,57)	1.33,46(32,62)	2.06,34(32,88)	
7	Elisabeth H. Svensson	91	Lambertseter SK/NTG	2.06,92	747
	29,27(29,27)	1.01,58(32,31)	1.35,02(33,44)	2.06,92(31,90)	
8	Line W. Lund	91	Sarpsborg IL	2.08,69	717
	30,57(30,57)	1.03,51(32,94)	1.36,49(32,98)	2.08,69(32,20)	
9	Nora Kathrine Guthe	91	Asker SK	2.10,06	694
	30,25(30,25)	1.02,82(32,57)	1.36,53(33,71)	2.10,06(33,53)	
10	Christine M. Pedersen	93	Lambertseter SK	2.10,87	682
	30,09(30,09)	1.03,37(33,28)	1.37,40(34,03)	2.10,87(33,47)	
11	Emilie Hellerud	92	Lambertseter SK/NTG	2.11,55	671
	30,15(30,15)	1.03,27(33,12)	1.37,32(34,05)	2.11,55(34,23)	
12	Terese Fosby	92	Sarpsborg IL	2.13,78	638
	30,56(30,56)	1.04,37(33,81)	1.39,18(34,81)	2.13,78(34,60)	
13	Emilie Witzøe	93	Kolbotn IL	2.14,12	633
	30,72(30,72)	1.04,97(34,25)	1.39,83(34,86)	2.14,12(34,29)	
14	Ingse Bergh Monsen	92	Bergens SC	2.14,19	632
	31,12(31,12)	1.04,93(33,81)	1.39,72(34,79)	2.14,19(34,47)	

## Yngre junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.05,97	764
	29,95(29,95)	1.02,32(32,37)	1.34,75(32,43)	2.05,97(31,22)	
2	Eva Marie W. Østerhus	94	TS/Madla SK	2.07,87	731
	30,02(30,02)	1.02,67(32,65)	1.35,43(32,76)	2.07,87(32,44)	
3	Karoline Pedersen	94	Bergens SLK	2.08,06	727
	30,14(30,14)	1.02,80(32,66)	1.35,86(33,06)	2.08,06(32,20)	
4	Veronica Orheim Bjørlykke	94	Aalesund SLK	2.09,14	709
	29,37(29,37)	1.01,80(32,43)	1.35,41(33,61)	2.09,14(33,73)	
5	Maria Wigestrånd	94	Sola SK	2.09,98	696
	30,27(30,27)	1.03,09(32,82)	1.36,71(33,62)	2.09,98(33,27)	
6	Birgitte Elise Søfteland	94	Sarpsborg IL	2.11,56	671
	30,66(30,66)	1.04,36(33,70)	1.37,56(33,20)	2.11,56(34,00)	
7	Andrea Westbye	95	Bærumsvømmerne	2.12,33	659
	31,04(31,04)	1.04,73(33,69)	1.38,90(34,17)	2.12,33(33,43)	
8	Hanne Lockertsen	94	Tromsø SK	2.13,05	649
	30,89(30,89)	1.04,21(33,32)	1.38,49(34,28)	2.13,05(34,56)	
9	Ingalill Urrang Naustvik	95	Karmøy SK	2.13,41	643
	30,77(30,77)	1.04,84(34,07)	1.39,65(34,81)	2.13,41(33,76)	
10	Ane Nygård	95	Stavanger SC	2.15,22	618
	30,49(30,49)	1.03,94(33,45)	1.39,27(35,33)	2.15,22(35,95)	
11	Stine Lise Stenseth	94	Øvre Eiker SK	2.15,62	612
	31,63(31,63)	1.05,67(34,04)	1.40,28(34,61)	2.15,62(35,34)	
12	Caroline R. Helgesen	95	Aalesund SLK	2.15,84	609
	30,57(30,57)	1.04,85(34,28)	1.40,88(36,03)	2.15,84(34,96)	
13	Elin Haugland	96	Delfana	2.16,32	603
	31,67(31,67)	1.06,38(34,71)	1.42,45(36,07)	2.16,32(33,87)	
14	Tina Schütz	96	Vestkantsvømmerne	2.18,29	578
	31,85(31,85)	1.07,01(35,16)	1.43,17(36,16)	2.18,29(35,12)	
15	Nora Alsvik	94	Kolbotn IL	2.22,23	531
	32,16(32,16)	1.07,58(35,42)	1.45,13(37,55)	2.22,23(37,10)	
	Lise Sand Syversen	95	BS/Delfana	DISK	

## Øvelse 28. 200m butterfly, herrer

## Eldre junior

1	Sindri T. Jakobsson 28,11(28,11)	91	BS/Delfana 1.34,59(33,57)	2.07,59 2.07,59(33,00)	687
2	Sebastian Stordal 27,82(27,82)	91	BS/Delfana 1.34,10(33,72)	2.07,68 2.07,68(33,58)	685
3	Tor Hafnor 28,39(28,39)	91	Bærumsvømmerne 1.35,31(33,49)	2.08,93 2.08,93(33,62)	666
4	Sebastian Wigstrøm 28,25(28,25)	91	Bærumsvømmerne 1.35,88(34,98)	2.11,88 2.11,88(36,00)	622
5	Espen Halhjem 28,86(28,86)	92	BS/Delfana 1.36,90(34,56)	2.12,68 2.12,68(35,78)	611
6	Christian Thorsen 29,08(29,08)	91	Lambertseter SK 1.37,73(34,64)	2.12,86 2.12,86(35,13)	608
7	Sindre Eilertsen 29,77(29,77)	90	Lambertseter SK 1.37,86(34,09)	2.13,54 2.13,54(35,68)	599
8	Sindre Lilledahl 30,25(30,25)	92	Haugesund SK 1.40,26(35,18)	2.15,21 2.15,21(34,95)	577
9	Øyvind L. Styrmoen 29,96(29,96)	93	Delfana 1.39,92(35,71)	2.16,63 2.16,63(36,71)	559
10	Martin Hals 29,87(29,87)	91	Øvre Eiker SK 1.41,10(36,27)	2.16,77 2.16,77(35,67)	558
11	Carl Andreas Wathne 29,55(29,55)	91	Bærumsvømmerne 1.40,70(36,48)	2.18,17 2.18,17(37,47)	541
12	Gunnar V. Skirbekk 30,91(30,91)	91	Elverum Svømming 1.41,15(35,28)	2.18,77 2.18,77(37,62)	534
13	Henning Kaland 30,43(30,43)	92	Oslo IL 1.42,71(36,88)	2.19,93 2.19,93(37,22)	521
14	Alexander Schüssler 32,09(32,09)	92	Lambertseter SK 1.44,82(35,57)	2.20,00 2.20,00(35,18)	520
15	Andreas Mathingsdal Pedersen 30,43(30,43)	92	Farsund SK 1.42,57(36,84)	2.20,52 2.20,52(37,95)	514
16	Vegard Belaska 31,21(31,21)	93	TS/Madla SK 1.43,05(36,25)	2.21,27 2.21,27(38,22)	506
17	Øystein Fjeldberg 30,70(30,70)	93	Randaberg IL 1.44,31(38,05)	2.22,12 2.22,12(37,81)	497
18	Kristian Evensen 30,97(30,97)	90	Kristiansand SA 1.43,28(37,46)	2.22,79 2.22,79(39,51)	490
19	Arnt Martin Ystenes 30,78(30,78)	92	Trondheim SLK 1.45,85(38,04)	2.24,68 2.24,68(38,83)	471
20	Martin Berger Oterholm 30,80(30,80)	93	Kolbotn IL 1.47,58(40,41)	2.27,51 2.27,51(39,93)	444
	Erlend Ulveseter	92	BS/Åstveit	DISK	
	Christian Juvik	93	Stavanger SC	DISK	

## Yngre junior

1	Fredrik K Hegdal 28,92(28,92)	94	Stavanger SC 1.37,91(35,12)	2.12,94 2.12,94(35,03)	607
2	Thomas Myhrer 29,29(29,29)	94	Sarpsborg IL 1.39,70(35,52)	2.14,03 2.14,03(34,33)	592
3	Morten Wee Hollund 30,80(30,80)	96	Karmøy SK 1.43,70(37,56)	2.20,49 2.20,49(36,79)	514
4	Henrik Søfteland 31,84(31,84)	95	Delfana 1.43,92(36,93)	2.21,55 2.21,55(37,63)	503
5	Bård Løvik 31,04(31,04)	94	Delfana 1.43,13(37,04)	2.23,56 2.23,56(40,43)	482
6	Håkon P. Ludvigsen 31,77(31,77)	96	Randaberg IL 1.45,45(36,85)	2.23,81 2.23,81(38,36)	480
7	Vebjørn Lindhjem 31,92(31,92)	95	Lørenskog/Rælingen 1.45,99(37,36)	2.24,49 2.24,49(38,50)	473
8	Norbert Prokopiak 30,44(30,44)	94	Gol IL 1.44,23(38,25)	2.25,98 2.25,98(41,75)	458

## Øvelse 29. 100m rygg, damer

## Eldre junior

1	Oda Marie Siljan 30,67(30,67)	92	Poseidon	(0,65)	1.03,21	787
2	Line Løvberg 31,21(31,21)	91	Lambertseter SK/NTG	(0,73)	1.04,65	735
3	Elisabeth H. Svensson 32,35(32,35)	91	Lambertseter SK/NTG	(0,71)	1.04,91	726
4	Maria Gullvåg Aasen 31,28(31,28)	92	Kristiansand SA/NTG	(0,71)	1.05,24	715
5	Gina B. Andersen 32,52(32,52)	90	Lambertseter SK	(0,72)	1.05,59	704
6	Ragnhild Søfteland 31,62(31,62)	92	Bergens SC	(0,68)	1.06,22	684
7	Nicole T. Næshiem 32,04(32,04)	91	Stavanger SC	(0,64)	1.06,85	665
8	Iselin Mjøllner Dahlen 32,55(32,55)	92	Skjetten Svømming/NTG(0,72)		1.07,38	649
9	Christine M. Pedersen 32,94(32,94)	93	Lambertseter SK	(0,73)	1.07,58	644
10	Seline Vike Holm 32,60(32,60)	92	BS/Arna	(0,55)	1.07,74	639
11	Bitte Fagermo 33,33(33,33)	93	Narvik SK/NTG	(0,90)	1.07,77	638
12	Julie Borgen 32,39(32,39)	91	Sarpsborg IL	(0,78)	1.07,93	634
13	Oona Ovesen 32,97(32,97)	92	Elverum Svømming	(0,73)	1.07,94	633
14	Elisabeth Kristiansen 32,85(32,85)	92	Haugesund SK	(0,73)	1.08,39	621
15	Trine Hovda 32,92(32,92)	90	TS/Madla SK	(0,67)	1.08,96	606
16	Benedicte Kausland 33,32(33,32)	92	Vestkantsvømmerne	(0,74)	1.08,99	605
17	Silje Nilo 33,20(33,20)	93	Sandefjord SK	(0,62)	1.09,16	600
18	Camilla Moe 33,26(33,26)	92	Ås IL	(0,76)	1.09,46	593
19	Pia Rønning 33,95(33,95)	93	Lambertseter SK	(0,73)	1.10,26	573
20	Thea Pedersen 33,84(33,84)	91	Moss SK	(0,68)	1.10,83	559
21	Siri Anette Sønju 34,96(34,96)	92	Øvre Eiker SK	(0,74)	1.11,38	546
22	Helene Nordmark Skuterud 34,15(34,15)	93	Asker SK	(0,72)	1.12,46	522
	Marthe Helene Haganes	93	Vestkantsvømmerne		BRUTT	

## Yngre junior

1	Aslaug Marie Hjelmaas 30,66(30,66)	95	Bergens SLK	(0,72)	1.04,10	754
2	Veronica Orheim Bjørlykke 31,19(31,19)	94	Aalesund SLK	(0,80)	1.05,06	721
3	Andrine Davidsen 32,90(32,90)	95	Lambertseter SK	(0,66)	1.07,60	643
4	Elina Øverås 33,83(33,83)	95	Lørenskog/Rælingen	(0,67)	1.09,39	594
5	Hanne Lockertsen 34,18(34,18)	94	Tromsø SK	(0,79)	1.09,61	589
6	Marie Øverland 33,68(33,68)	94	Vestkantsvømmerne	(0,74)	1.09,79	584



7	Luna Elisabeth Søgaaard 34,37(34,37)	94	Lambertseter SK		1.10,50	567
8	Karoline Steffensen 34,16(34,16)	96	Harstad SK	(0,68)	1.10,53	566
9	Marte Stamland 33,99(33,99)	96	Poseidon	(0,66)	1.10,70	562
10	Amalie Kristiansen 34,19(34,19)	95	Haugesund SK	(0,89)	1.10,71	562
11	Tone Lill Evanger 34,84(34,84)	96	Delfana	(0,88)	1.10,90	557
12	Ina Kvenshagen Gimse 35,43(35,43)	95	Tromsø SK	(0,84)	1.11,46	544
13	Marie-Elise Eriksen 35,41(35,41)	94	Sandefjord SK	(0,75)	1.12,72	516
14	Marie Svensson 35,97(35,97)	95	Skjetten Svømming	(0,90)	1.13,95	491

## Funksjonshemmede

1	Hanne Farestvedt 43,11(43,11)	93	Åstveit SK	(0,55)	1.29,62	276	S14 128,47 %
2	Rona Hjelmstad 47,13(47,13)	93	Skjetten Svømming	(0,71)	1.38,23	209	S14 140,81 %

## Øvelse 30. 100m fri, herrer

## Eldre junior

1	Christer Koch Kvam 24,29(24,29)	90	Bærumsvømmerne		51,32	768
2	Sverre Næss 24,92(24,92)	92	Sarpsborg IL		51,42	763
3	Ole Martin Ree 25,26(25,26)	92	TS/Sola SK		51,48	760
3	Martin Hammer 25,06(25,06)	93	Kongsten/NTG		51,48	760
5	Bjarte Ravndal 24,83(24,83)	91	TS/Sola SK		51,58	756
6	Jørn Nygård 25,15(25,15)	92	Stavanger SC		51,70	751
7	Alexander B. Havre 25,21(25,21)	90	Mandal SK		52,26	727
8	Zoltan Csernai 25,80(25,80)	93	BS/Åstveit		53,07	694
9	Per Sondre Sodeland 25,46(25,46)	91	Mandal SK		53,10	693
10	Hans Østerdal 25,87(25,87)	93	Stavanger SC		53,13	692
11	Mikael Bergene 25,84(25,84)	91	Lambertseter SK		53,23	688
12	Jonas Kirkeberg Jostad 25,35(25,35)	92	Hamar IL		53,32	684
13	Mathias Sørstrand Æsøy 25,70(25,70)	90	BS/Delfana		53,38	682
14	Even Vike Holm 25,72(25,72)	90	BS/Arna		53,47	679
15	David Evja 26,01(26,01)	92	Lambertseter SK		54,07	656
16	Sander Rødje 26,15(26,15)	93	Haugesund SK		54,23	650
17	Jan Aleksander Bakke 27,07(27,07)	91	Asker SK		54,47	642
18	Åsmund Karlsen 26,39(26,39)	92	Eid SK		54,50	641

19	Henry Emil Nordhagen 26,51(26,51)	93	Bærumsvømmerne	54,56	639
20	Thorbjørn Birkeland 26,43(26,43)	93	Haugesund SK	55,26	615
21	Martin P. Sletbakken 26,54(26,54)	92	Sortland SLK	55,71	600
22	Geir T. Kristiansen 26,91(26,91)	90	Trondheim SLK	55,77	598
23	Henning S. Pryde 27,25(27,25)	92	Stavanger SC	56,41	578

## Yngre junior

1	Johan Parker Nygaard 25,80(25,80)	94	Kolbotn IL	53,45	679
2	Thomas Myhrer 25,85(25,85)	94	Sarpsborg IL	54,72	633
3	Frede Rønning Rangnes 26,51(26,51)	94	Tønsberg SK	55,26	615
4	Christian Tronvoll 26,56(26,56)	94	Vestbyen IL	55,61	603
5	Gaute Ravndal 27,19(27,19)	94	Sola SK	55,69	601
6	Kristoffer D. Birkeland 27,00(27,00)	94	Florø SLK	55,76	598
7	Christian Christiansen 26,97(26,97)	94	Kristiansund SLK	55,83	596
8	Berend de Waal 26,10(26,10)	94	IL Norodd	55,87	595
9	Jarl André Bergsvenkerud 27,34(27,34)	95	Lørenskog/Rælingen	56,67	570
10	Patrik Andre Solheim 27,78(27,78)	94	Sarpsborg IL	57,18	555
11	Erik Tobias Sollesnes 28,06(28,06)	95	Kolbotn IL	58,45	519

## Øvelse 31. 50m fri, damer

## Eldre junior

1	Cecilie W. Johannessen	90	Bergens SC	25,94	822
2	Monica W. Johannessen	90	Bergens SC	26,16	801
3	Siri Eva Kristiansen	93	Asker SK	26,30	788
4	Susann Bjørnsen	93	Setermoen SK	26,91	736
5	Nora Kathrine Guthe	91	Asker SK	27,31	704
6	Maren Kristine Jansen	90	TS/Randaberg	27,39	698
7	Oda Marie Siljan	92	Poseidon	27,44	694
8	Emilie Hellerud	92	Lambertseter SK/NTG	27,64	679
9	Siv Fiske	92	Tromsø SK/NTG	27,70	675
10	Nicole T. Næsheim	91	Stavanger SC	27,72	673
10	Hanne Søfteland	92	BS/Delfana	27,72	673
12	Line W. Lund	91	Sarpsborg IL	27,73	672
12	Kaja Bremer	93	Bergens SLK	27,73	672
14	Caroline M. Mork	93	Stavanger SC	27,74	672
15	Vanessa Tuxen	92	TS/Sola SK	28,05	650
16	Juni Rugland	93	Vestkantsvømmerne	28,13	644
17	Kristine Semb	92	Poseidon	28,29	633
18	Marthe Helene Haganes	93	Vestkantsvømmerne	28,35	629
19	Marthe Berg Sørensen	92	TS/Frisinn	28,43	624
20	Terese Fosby	92	Sarpsborg IL	28,83	598
21	Sara N. Gjelsvik	93	Vestkantsvømmerne	28,91	593
	Eirin Arnesen	93	Bergens SC	DISK	
	Emma Isdahl	92	Lambertseter SK	DISK	

## Yngre junior

1	Aslaug Marie Hjelmaas	95	Bergens SLK	26,67	756
2	Emilie Nyenget Løvberg	95	Bærumsvømmerne	27,05	724
3	Veronica Orheim Bjørlykke	94	Aalesund SLK	27,38	699
4	Maria Thompson Clausen	96	Madla SK	27,69	675
5	Ida Johansen	94	Øvre Eiker SK	27,74	672
6	Hedvig Hjertaker	94	Bergens SC	28,02	652
7	Birgitte Elise Søfteland	94	Sarpsborg IL	28,19	640
7	Amalie Kristiansen	95	Haugesund SK	28,19	640
9	Lise Sand Syversen	95	BS/Delfana	28,21	639
10	Pernille Berntsen	95	Førde IL	28,26	635
11	Marie Øverland	94	Vestkantsvømmerne	28,73	605
12	Karoline Pedersen	94	Bergens SLK	28,75	603
13	Mette Mellbye Larsen	95	Asker SK	28,89	595
14	Marte K Haukeland	94	Arna SLK	28,98	589
15	Oda Haagensen	94	Haldens SK	29,03	586
16	Marte K. Bolstad	95	Asker SK	29,08	583
17	Elina Øverås	95	Lørenskog/Rælingen	29,09	582

## Øvelse 32. 100m bryst, herrer

## Eldre junior

1	Sebastian Wigstrøm	91	Bærumsvømmerne	1.03,92	765
	30,24(30,24)	1.03,92(33,68)			
2	Erling Mjøs Brattelid	91	TS/Sola SK	1.03,94	764
	30,05(30,05)	1.03,94(33,89)			
3	Sverre Næss	92	Sarpsborg IL	1.04,08	759
	30,01(30,01)	1.04,08(34,07)			
4	Simen Dale	91	BS/Delfana	1.04,65	739
	30,63(30,63)	1.04,65(34,02)			
5	John Lekhmus	91	Tromsø SK	1.04,69	738
	30,64(30,64)	1.04,69(34,05)			
6	Marcus Tesdal	90	BS/Åstveit	1.04,87	731
	30,37(30,37)	1.04,87(34,50)			
7	Sindre Sjøderlund	91	Trondheim SLK/NTG	1.05,19	721
	31,05(31,05)	1.05,19(34,14)			
8	Kristoffer Meisler	90	Fauske SK	1.06,49	679
	31,08(31,08)	1.06,49(35,41)			
9	Martin Hals	91	Øvre Eiker SK	1.07,47	650
	32,01(32,01)	1.07,47(35,46)			
10	Håvard Hole	93	Delfana	1.07,60	646
	31,87(31,87)	1.07,60(35,73)			
11	Daniel Ommedal	92	Eid SK	1.07,65	645
	31,29(31,29)	1.07,65(36,36)			
12	Sondre Bryn	92	Åstveit SK	1.07,67	644
	32,08(32,08)	1.07,67(35,59)			
13	Aleksander Sire	93	Modum SK	1.08,74	615
	31,99(31,99)	1.08,74(36,75)			
14	Patryk Bubilek	92	Asker SK	1.08,87	611
	32,75(32,75)	1.08,87(36,12)			
15	Robin H. Kleiven	93	Aalesund SLK	1.08,93	610
	32,10(32,10)	1.08,93(36,83)			
16	Erik Vassøy Olsen	91	Stavanger SC	1.09,30	600
	32,93(32,93)	1.09,30(36,37)			
17	Martin Gundersen	93	IL Varg	1.09,34	599
	32,05(32,05)	1.09,34(37,29)			
18	Matias Madssen	92	Kolbotn IL	1.09,53	594
	33,25(33,25)	1.09,53(36,28)			

Harstad SK		NM Junior/UM 2009		Resultater	
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19	Alexander Schüssler 33,17(33,17)	92	Lambertseter SK	1.09,63	591
20	Per Sondre Sodeland 32,12(32,12)	91	Mandal SK	1.10,03	581
21	Bjørn Emil Evensen 32,54(32,54)	91	Gjøvik SK	1.10,30	575
22	Christopher Williams 31,97(31,97)	92	Bergens SLK	1.10,60	567
23	Sigurd Ravnann 33,93(33,93)	91	Hamar IL	1.11,13	555
24	Andreas Mathingsdal Pedersen 33,50(33,50)	92	Farsund SK	1.11,18	553
25	Tore Skauge Bysting 33,34(33,34)	92	Lørenskog/Rælingen	1.12,95	514

### Yngre junior

1	Markus Vindenes 30,91(30,91)	94	Vestkantsvømmerne	1.05,80	701
2	Jarl André Bergsvenkerud 33,19(33,19)	95	Lørenskog/Rælingen	1.10,33	574
3	Berend de Waal 33,13(33,13)	94	IL Norodd	1.10,53	569
4	Tom Duc Ngo Kaafjord 33,64(33,64)	94	Vågsbygd SLK	1.10,97	558
5	Scott René Høgenhaug 33,79(33,79)	94	Namsos SK	1.11,22	553
6	Kjetil Flatland 33,46(33,46)	94	Lørenskog/Rælingen	1.11,25	552
7	Nicolai Gerrard 33,43(33,43)	94	Kristiansand SA	1.11,99	535

### Øvelse 33. 100m individuell medley, damer

#### Eldre junior

1	Maria Gullvåg Aasen 29,23(29,23)	92	Kristiansand SA/NTG	1.04,93	788
2	Siri Eva Kristiansen 30,93(30,93)	93	Asker SK	1.05,29	775
3	Sophia Broberg Skeltved 30,57(30,57)	92	Tromsø SK/NTG	1.05,55	766
4	Trine Austrøne Olsen 30,68(30,68)	90	Fauske SK	1.05,57	765
5	Susann Bjørnsen 31,14(31,14)	93	Setermoen SK	1.06,08	748
6	Katrine Jensen 31,18(31,18)	92	BS/Åstveit	1.06,29	741
7	Kaja Bremer 32,46(32,46)	93	Bergens SLK	1.07,70	695
8	Stine Vindenes 32,02(32,02)	93	Vestkantsvømmerne	1.07,76	693
9	Bitte Fagermo 31,76(31,76)	93	Narvik SK/NTG	1.07,90	689
10	Oona Ovesen 31,13(31,13)	92	Elverum Svømming	1.08,72	665
11	Line W. Lund 32,57(32,57)	91	Sarpsborg IL	1.09,68	638
12	Mari Singstad 32,81(32,81)	91	Vestbyen IL	1.09,76	635
13	Benedicte Kausland 32,07(32,07)	92	Vestkantsvømmerne	1.09,86	633
14	Elisabeth Kristiansen 32,07(32,07)	92	Haugesund SK	1.10,24	622

15	Emma Isdahl	92	Lambertseter SK	1.10,65	612
	33,17(33,17)	1.10,65(37,48)			
16	Marte Elise Brinchmann	91	Moss SK	1.11,55	589
	33,49(33,49)	1.11,55(38,06)			

## Yngre junior

1	Luna Elisabeth Søgaaard	94	Lambertseter SK	1.07,86	690
	32,76(32,76)	1.07,86(35,10)			
2	Maria Thompson Clausen	96	Madla SK	1.09,63	639
	33,18(33,18)	1.09,63(36,45)			
3	Stine Lise Stenseth	94	Øvre Eiker SK	1.10,59	613
	32,78(32,78)	1.10,59(37,81)			
4	Malene M. Pedersen	96	Lambertseter SK	1.10,85	607
	33,45(33,45)	1.10,85(37,40)			
5	Hedvig Hjertaker	94	Bergens SC	1.10,87	606
	33,50(33,50)	1.10,87(37,37)			
6	Pernille Berntsen	95	Førde IL	1.11,09	600
	33,38(33,38)	1.11,09(37,71)			
7	Oda Haagensen	94	Haldens SK	1.11,19	598
	33,42(33,42)	1.11,19(37,77)			
8	Amalie Thorstensen	96	Vågsbygd SLK	1.11,27	596
	33,28(33,28)	1.11,27(37,99)			
9	Rikke Amalie Nagell-Kleven	95	Asker SK	1.11,66	586
	33,18(33,18)	1.11,66(38,48)			
10	Marie Øverland	94	Vestkantsvømmerne	1.14,50	522
	33,57(33,57)	1.14,50(40,93)			
11	Maren Gullvåg Aasen	95	Kristiansand SA	1.18,69	443
	35,76(35,76)	1.18,69(42,93)			
	Andrea Hestdal	94	BS/Åstveit	DISK	

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

## Yngre junior

1	Henrik Søfteland	95	Delfana	17.02,46	620
	30,83(30,83)	1.04,62(33,79)	1.38,56(33,94)	2.13,40(34,84)	
	2.47,94(34,54)	3.22,64(34,70)	3.57,20(34,56)	4.31,82(34,62)	
	5.06,69(34,87)	5.40,94(34,25)	6.15,38(34,44)	6.49,78(34,40)	
	7.23,84(34,06)	7.57,93(34,09)	8.32,04(34,11)	9.06,36(34,32)	
	9.40,58(34,22)	10.14,81(34,23)	10.49,11(34,30)	11.23,26(34,15)	
	11.57,29(34,03)	12.31,48(34,19)	13.05,60(34,12)	13.39,68(34,08)	
	14.14,08(34,40)	14.48,23(34,15)	15.22,25(34,02)	15.56,27(34,02)	
	16.29,98(33,71)	17.02,46(32,48)			
2	Ivan Aleksander Larsen	95	Karmøy SK	17.15,04	597
	30,38(30,38)	1.04,04(33,66)	1.38,18(34,14)	2.12,93(34,75)	
	2.47,54(34,61)	3.21,84(34,30)	3.56,84(35,00)	4.31,59(34,75)	
	5.06,02(34,43)	5.40,63(34,61)	6.15,47(34,84)	6.50,64(35,17)	
	7.24,50(33,86)	7.59,05(34,55)	8.33,64(34,59)	9.09,13(35,49)	
	9.43,74(34,61)	10.18,35(34,61)	10.53,11(34,76)	11.28,34(35,23)	
	12.02,64(34,30)	12.36,90(34,26)	13.11,52(34,62)	13.46,46(34,94)	
	14.20,63(34,17)	14.55,43(34,80)	15.30,39(34,96)	16.05,79(35,40)	
	16.41,16(35,37)	17.15,04(33,88)			
3	Jonas Ødegård Aanby	95	Delfana	17.17,91	592
	31,60(31,60)	1.05,19(33,59)	1.39,51(34,32)	2.14,42(34,91)	
	2.49,01(34,59)	3.23,86(34,85)	3.58,87(35,01)	4.33,59(34,72)	
	5.08,58(34,99)	5.43,55(34,97)	6.18,46(34,91)	6.53,07(34,61)	
	7.27,89(34,82)	8.02,75(34,86)	8.37,37(34,62)	9.12,30(34,93)	
	9.46,73(34,43)	10.21,59(34,86)	10.56,17(34,58)	11.31,26(35,09)	
	12.05,81(34,55)	12.40,50(34,69)	13.15,21(34,71)	13.49,95(34,74)	
	14.24,62(34,67)	14.59,88(35,26)	15.34,28(34,40)	16.09,23(34,95)	
	16.44,55(35,32)	17.17,91(33,36)			

4	Kristian Blummenfelt	94	Vestkantsvømmerne	17.23,93	582
	30,74(30,74)	1.04,99(34,25)	1.39,25(34,26)	2.13,53(34,28)	
	2.48,64(35,11)	3.23,53(34,89)	3.58,13(34,60)	4.32,86(34,73)	
	5.07,84(34,98)	5.42,67(34,83)	6.17,76(35,09)	6.52,70(34,94)	
	7.28,07(35,37)	8.03,21(35,14)	8.38,17(34,96)	9.13,32(35,15)	
	9.48,22(34,90)	10.23,59(35,37)	10.58,64(35,05)	11.33,84(35,20)	
	12.08,98(35,14)	12.43,94(34,96)	13.19,18(35,24)	13.54,46(35,28)	
	14.29,52(35,06)	15.04,81(35,29)	15.40,04(35,23)	16.14,97(34,93)	
	16.50,28(35,31)	17.23,93(33,65)			
5	Martin Næss Kjølholdt	95	Kolbotn IL	17.34,57	565
	31,84(31,84)	1.06,56(34,72)	1.41,55(34,99)	2.16,76(35,21)	
	2.51,71(34,95)	3.27,14(35,43)	4.03,01(35,87)	4.38,64(35,63)	
	5.13,82(35,18)	5.49,43(35,61)	6.24,98(35,55)	7.00,58(35,60)	
	7.35,96(35,38)	8.11,50(35,54)	8.46,84(35,34)	9.22,24(35,40)	
	9.56,79(34,55)	10.31,51(34,72)	11.06,61(35,10)	11.41,51(34,90)	
	12.16,49(34,98)	12.51,40(34,91)	13.26,95(35,55)	14.02,11(35,16)	
	14.37,67(35,56)	15.12,92(35,25)	15.48,55(35,63)	16.23,93(35,38)	
	17.00,22(36,29)	17.34,57(34,35)			
6	Patrik Andre Solheim	94	Sarpsborg IL	17.50,95	539
	32,29(32,29)	1.07,27(34,98)	1.42,46(35,19)	2.17,38(34,92)	
	2.52,68(35,30)	3.27,71(35,03)	4.03,13(35,42)	4.38,87(35,74)	
	5.14,85(35,98)	5.50,40(35,55)	6.25,96(35,56)	7.02,09(36,13)	
	7.38,23(36,14)	8.14,12(35,89)	8.50,25(36,13)	9.26,26(36,01)	
	10.02,39(36,13)	10.38,29(35,90)	11.14,11(35,82)	11.50,69(36,58)	
	12.26,60(35,91)	13.02,67(36,07)	13.39,17(36,50)	14.15,81(36,64)	
	14.52,08(36,27)	15.28,47(36,39)	16.04,46(35,99)	16.40,70(36,24)	
	17.15,87(35,17)	17.50,95(35,08)			

## Junior

1	Øystein Fjeldberg	93	Randaberg IL	16.35,03	672
	29,87(29,87)	1.02,51(32,64)	1.35,84(33,33)	2.09,29(33,45)	
	2.42,54(33,25)	3.15,56(33,02)	3.48,55(32,99)	4.21,78(33,23)	
	4.55,40(33,62)	5.28,69(33,29)	6.02,11(33,42)	6.35,52(33,41)	
	7.08,86(33,34)	7.42,67(33,81)	8.16,21(33,54)	8.49,71(33,50)	
	9.23,11(33,40)	9.56,91(33,80)	10.29,92(33,01)	11.03,28(33,36)	
	11.36,74(33,46)	12.10,39(33,65)	12.44,20(33,81)	13.17,58(33,38)	
	13.51,31(33,73)	14.24,39(33,08)	14.57,83(33,44)	15.31,08(33,25)	
	16.04,29(33,21)	16.35,03(30,74)			
2	Zakarias Nouri	93	Oslo IL	17.01,81	621
	30,74(30,74)	1.03,69(32,95)	1.36,78(33,09)	2.10,90(34,12)	
	2.45,44(34,54)	3.19,31(33,87)	3.53,54(34,23)	4.27,38(33,84)	
	5.02,01(34,63)	5.36,33(34,32)	6.10,99(34,66)	6.45,41(34,42)	
	7.19,27(33,86)	7.54,01(34,74)	8.28,90(34,89)	9.03,89(34,99)	
	9.38,68(34,79)	10.13,23(34,55)	10.48,03(34,80)	11.23,02(34,99)	
	11.56,92(33,90)	12.31,42(34,50)	13.05,78(34,36)	13.40,10(34,32)	
	14.14,12(34,02)	14.48,48(34,36)	15.22,75(34,27)	15.57,14(34,39)	
	16.30,36(33,22)	17.01,81(31,45)			
3	Henrik Søfteland	95	Delfana	17.02,46	620
	30,83(30,83)	1.04,62(33,79)	1.38,56(33,94)	2.13,40(34,84)	
	2.47,94(34,54)	3.22,64(34,70)	3.57,20(34,56)	4.31,82(34,62)	
	5.06,69(34,87)	5.40,94(34,25)	6.15,38(34,44)	6.49,78(34,40)	
	7.23,84(34,06)	7.57,93(34,09)	8.32,04(34,11)	9.06,36(34,32)	
	9.40,58(34,22)	10.14,81(34,23)	10.49,11(34,30)	11.23,26(34,15)	
	11.57,29(34,03)	12.31,48(34,19)	13.05,60(34,12)	13.39,68(34,08)	
	14.14,08(34,40)	14.48,23(34,15)	15.22,25(34,02)	15.56,27(34,02)	
	16.29,98(33,71)	17.02,46(32,48)			
4	Robin H. Kleiven	93	Aalesund SLK	17.03,65	618
	27,79(27,79)	58,35(30,56)	1.31,32(32,97)	2.04,03(32,71)	
	2.45,75(41,72)	3.22,94(37,19)	4.00,74(37,80)	4.36,63(35,89)	
	5.11,68(35,05)	5.47,00(35,32)	6.22,75(35,75)	6.57,78(35,03)	
	7.33,18(35,40)	8.07,80(34,62)	8.41,56(33,76)	9.15,23(33,67)	
	9.48,79(33,56)	10.21,85(33,06)	10.55,21(33,36)	11.29,48(34,27)	
	12.03,62(34,14)	12.37,78(34,16)	13.11,24(33,46)	13.45,26(34,02)	
	14.18,88(33,62)	14.53,19(34,31)	15.26,14(32,95)	15.59,28(33,14)	
	16.32,10(32,82)	17.03,65(31,55)			

5	Sven Berg	92	Bergens SLK	17.06,71	612
	30,76(30,76)	1.03,99(33,23)	1.37,74(33,75)	2.11,98(34,24)	
	2.46,42(34,44)	3.21,00(34,58)	3.55,58(34,58)	4.29,81(34,23)	
	5.03,99(34,18)	5.38,55(34,56)	6.13,29(34,74)	6.47,92(34,63)	
	7.22,72(34,80)	7.57,36(34,64)	8.31,57(34,21)	9.05,91(34,34)	
	9.40,44(34,53)	10.14,99(34,55)	10.49,48(34,49)	11.24,16(34,68)	
	11.58,46(34,30)	12.33,14(34,68)	13.07,71(34,57)	13.42,40(34,69)	
	14.17,01(34,61)	14.51,70(34,69)	15.25,87(34,17)	16.00,56(34,69)	
	16.35,02(34,46)	17.06,71(31,69)			
6	Ivan Aleksander Larsen	95	Karmøy SK	17.15,04	597
	30,38(30,38)	1.04,04(33,66)	1.38,18(34,14)	2.12,93(34,75)	
	2.47,54(34,61)	3.21,84(34,30)	3.56,84(35,00)	4.31,59(34,72)	
	5.06,02(34,43)	5.40,63(34,61)	6.15,47(34,84)	6.50,64(35,17)	
	7.24,50(33,86)	7.59,05(34,55)	8.33,64(34,59)	9.09,13(35,49)	
	9.43,74(34,61)	10.18,35(34,61)	10.53,11(34,76)	11.28,34(35,23)	
	12.02,64(34,30)	12.36,90(34,26)	13.11,52(34,62)	13.46,46(34,94)	
	14.20,63(34,17)	14.55,43(34,80)	15.30,39(34,96)	16.05,79(35,40)	
	16.41,16(35,37)	17.15,04(33,88)			
7	Jonas Ødegård Aanby	95	Delfana	17.17,91	592
	31,60(31,60)	1.05,19(33,59)	1.39,51(34,32)	2.14,42(34,91)	
	2.49,01(34,59)	3.23,86(34,85)	3.58,87(35,01)	4.33,59(34,72)	
	5.08,58(34,99)	5.43,55(34,97)	6.18,46(34,91)	6.53,07(34,61)	
	7.27,89(34,82)	8.02,75(34,86)	8.37,37(34,62)	9.12,30(34,93)	
	9.46,73(34,43)	10.21,59(34,86)	10.56,17(34,58)	11.31,26(35,09)	
	12.05,81(34,55)	12.40,50(34,69)	13.15,21(34,71)	13.49,95(34,74)	
	14.24,62(34,67)	14.59,88(35,26)	15.34,28(34,40)	16.09,23(34,95)	
	16.44,55(35,32)	17.17,91(33,36)			
8	Ørjan Monsen	92	Sola SK	17.18,72	591
	30,49(30,49)	1.03,88(33,39)	1.37,74(33,86)	2.11,68(33,94)	
	2.45,87(34,19)	3.20,07(34,20)	3.54,69(34,62)	4.29,06(34,37)	
	5.03,78(34,72)	5.38,57(34,79)	6.13,79(35,22)	6.49,08(35,29)	
	7.23,85(34,77)	7.59,02(35,17)	8.33,92(34,90)	9.08,32(34,40)	
	9.43,55(35,23)	10.18,88(35,33)	10.54,25(35,37)	11.29,59(35,34)	
	12.04,96(35,37)	12.40,45(35,49)	13.15,71(35,26)	13.51,36(35,65)	
	14.26,26(34,90)	15.01,97(35,71)	15.36,74(34,77)	16.11,67(34,93)	
	16.46,12(34,45)	17.18,72(32,60)			
9	Kristian Blummenfelt	94	Vestkantvømmerne	17.23,93	582
	30,74(30,74)	1.04,99(34,25)	1.39,25(34,26)	2.13,53(34,28)	
	2.48,64(35,11)	3.23,53(34,89)	3.58,13(34,60)	4.32,86(34,73)	
	5.07,84(34,98)	5.42,67(34,83)	6.17,76(35,09)	6.52,70(34,94)	
	7.28,07(35,37)	8.03,21(35,14)	8.38,17(34,96)	9.13,32(35,15)	
	9.48,22(34,90)	10.23,59(35,37)	10.58,64(35,05)	11.33,84(35,20)	
	12.08,98(35,14)	12.43,94(34,96)	13.19,18(35,24)	13.54,46(35,28)	
	14.29,52(35,06)	15.04,81(35,29)	15.40,04(35,23)	16.14,97(34,93)	
	16.50,28(35,31)	17.23,93(33,65)			
10	Martin Næss Kjøholdt	95	Kolbotn IL	17.34,57	565
	31,84(31,84)	1.06,56(34,72)	1.41,55(34,99)	2.16,76(35,21)	
	2.51,71(34,95)	3.27,14(35,43)	4.03,01(35,87)	4.38,64(35,63)	
	5.13,82(35,18)	5.49,43(35,61)	6.24,98(35,55)	7.00,58(35,60)	
	7.35,96(35,38)	8.11,50(35,54)	8.46,84(35,34)	9.22,24(35,40)	
	9.56,79(34,55)	10.31,51(34,72)	11.06,61(35,10)	11.41,51(34,90)	
	12.16,49(34,98)	12.51,40(34,91)	13.26,95(35,55)	14.02,11(35,16)	
	14.37,67(35,56)	15.12,92(35,25)	15.48,55(35,63)	16.23,93(35,38)	
	17.00,22(36,29)	17.34,57(34,35)			
11	Kristian Evensen	90	Kristiansand SA	17.38,68	558
	30,63(30,63)	1.04,69(34,06)	1.39,59(34,90)	2.14,15(34,56)	
	2.48,82(34,67)	3.23,49(34,67)	3.58,36(34,87)	4.33,56(35,20)	
	5.08,82(35,26)	5.44,16(35,34)	6.19,22(35,06)	6.54,57(35,35)	
	7.29,94(35,37)	8.05,71(35,77)	8.41,13(35,42)	9.16,83(35,70)	
	9.52,74(35,91)	10.28,40(35,66)	11.04,21(35,81)	11.40,09(35,88)	
	12.16,12(36,03)	12.51,88(35,76)	13.27,81(35,93)	14.03,81(36,00)	
	14.39,65(35,84)	15.16,34(36,69)	15.52,68(36,34)	16.28,71(36,03)	
	17.04,43(35,72)	17.38,68(34,25)			
12	Patrik Andre Solheim	94	Sarpsborg IL	17.50,95	539
	32,29(32,29)	1.07,27(34,98)	1.42,46(35,19)	2.17,38(34,92)	
	2.52,68(35,30)	3.27,71(35,03)	4.03,13(35,42)	4.38,87(35,74)	
	5.14,85(35,98)	5.50,40(35,55)	6.25,96(35,56)	7.02,09(36,13)	
	7.38,23(36,14)	8.14,12(35,89)	8.50,25(36,13)	9.26,26(36,01)	
	10.02,39(36,13)	10.38,29(35,90)	11.14,11(35,82)	11.50,69(36,58)	
	12.26,60(35,91)	13.02,67(36,07)	13.39,17(36,50)	14.15,81(36,64)	
	14.52,08(36,27)	15.28,47(36,39)	16.04,46(35,99)	16.40,70(36,24)	
	17.15,87(35,17)	17.50,95(35,08)			

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

## Yngre junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	(0,66)	4.33,03	664
	Andrine Davidsen:	33,22(33,22)	1.08,97(35,75)	1.08,97		
	Luna Elisabeth Sjøgaard:	1.42,16(33,19)	2.20,56(38,40)	1.11,59		
	Malene M. Pedersen:	2.53,51(32,95)	3.33,07(39,56)	1.12,51		
	Julie Rønningsen:	4.01,30(28,23)	4.33,03(31,73)	59,96		
2	Aalesunds SLK J1 jr.	JR	Aalesund SLK	(0,72)	4.35,53	646
	Veronica Orheim Bjørlykke:	32,10(32,10)	1.06,75(34,65)	1.06,75		
	Caroline R. Helgesen:	1.42,41(35,66)	2.24,77(42,36)	1.18,02		
	Karina Brunstad Fet:	2.55,12(30,35)	3.32,90(37,78)	1.08,13		
	Julie Hjellbakk Pettersen:	4.02,04(29,14)	4.35,53(33,49)	1.02,63		
3	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,66)	4.45,81	579
	Elina Øverås:	34,25(34,25)	1.10,52(36,27)	1.10,52		
	Rebecca Holt Clasen:	1.48,55(38,03)	2.32,69(44,14)	1.22,17		
	Klara Farkas:	3.05,05(32,36)	3.44,25(39,20)	1.11,56		
	Aurora Brandtzæg:	4.13,66(29,41)	4.45,81(32,15)	1.01,56		
4	Asker SK J1 jr.	JR	Asker SK	(0,78)	4.46,33	576
	Marte K. Bolstad:	36,11(36,11)	1.14,51(38,40)	1.14,51		
	Rikke Amalie Nagell-Kleven:	1.51,78(37,27)	2.34,40(42,62)	1.19,89		
	Mette Mellbye Larsen:	3.05,43(31,03)	3.41,29(35,86)	1.06,89		
	Anne Kristin Berge:	4.11,82(30,53)	4.46,33(34,51)	1.05,04		
5	Delfana J1 jr.	JR	Delfana	(0,78)	4.49,31	558
	Lisa Skogeng:	36,37(36,37)	1.13,70(37,33)	1.13,70		
	Tone Lill Evanger:	1.50,98(37,28)	2.33,23(42,25)	1.19,53		
	Vilde Stordal:	3.05,99(32,76)	3.44,11(38,12)	1.10,88		
	Elin Haugland:	4.15,75(31,64)	4.49,31(33,56)	1.05,20		
6	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	(0,75)	4.50,29	552
	Ellen Camilla Hansen:	36,97(36,97)	1.16,36(39,39)	1.16,36		
	Stine Lise Stenseth:	1.52,76(36,40)	2.36,25(43,49)	1.19,89		
	Mari Knutsen:	3.09,46(33,21)	3.47,59(38,13)	1.11,34		
	Ida Johansen:	4.17,15(29,56)	4.50,29(33,14)	1.02,70		
7	Haldens SK J1 jr.	JR	Haldens SK	(0,68)	4.56,36	519
	Cecilie Hafsrød Fredriksen:	36,53(36,53)	1.16,34(39,81)	1.16,34		
	Emilie Olafsrud:	1.55,52(39,18)	2.40,54(45,02)	1.24,20		
	Oda Haagensen:	3.13,71(33,17)	3.52,39(38,68)	1.11,85		
	Anna Forsstrøm:	4.22,99(30,60)	4.56,36(33,37)	1.03,97		
	Bærumsv J1 jr.	JR	Bærumsvømmerne	(0,77)	DISK	
	Andrea Westbye:	34,93(34,93)	1.11,78(36,85)	1.11,78		
	Anna Bølgen:					
	Emilie Nyenget Løvberg:					
	Anna Maria Røys Stranden:					



**Lørdag 28. november 2009 kl 17.00****Øvelse 25. 400m individuell medley, damer - Direkte finale****Yngre junior**

1	Lise Sand Syversen	95	BS/Delfana	4.58,01	754
	31,99(31,99)	1.08,62(36,63)	1.47,78(39,16)	2.25,75(37,97)	
	3.08,82(43,07)	3.52,03(43,21)	4.26,17(34,14)	4.58,01(31,84)	
2	Andrea Hestdal	94	BS/Åstveit	5.06,09	696
	31,99(31,99)	1.08,96(36,97)	1.48,13(39,17)	2.27,61(39,48)	
	3.10,09(42,48)	3.54,23(44,14)	4.30,79(36,56)	5.06,09(35,30)	
3	Ellen Camilla Hansen	95	Øvre Eiker SK	5.22,35	596
	34,29(34,29)	1.15,29(41,00)	1.55,59(40,30)	2.35,88(40,29)	
	3.21,95(46,07)	4.09,66(47,71)	4.47,02(37,36)	5.22,35(35,33)	
4	Maren E.J. Bakke	94	Setermoen SK	5.22,38	596
	34,02(34,02)	1.13,96(39,94)	1.56,93(42,97)	2.38,94(42,01)	
	3.22,54(43,60)	4.07,28(44,74)	4.46,19(38,91)	5.22,38(36,19)	
5	Vilde Stordal	95	Delfana	5.24,63	583
	33,90(33,90)	1.13,16(39,26)	1.55,15(41,99)	2.36,59(41,44)	
	3.23,99(47,40)	4.12,34(48,35)	4.49,73(37,39)	5.24,63(34,90)	
6	Elin Haugland	96	Delfana	5.25,18	580
	34,26(34,26)	1.14,82(40,56)	1.58,19(43,37)	2.39,67(41,48)	
	3.26,08(46,41)	4.12,84(46,76)	4.50,23(37,39)	5.25,18(34,95)	
7	Marie-Elise Eriksen	94	Sandefjord SK	5.30,04	555
	34,99(34,99)	1.16,34(41,35)	1.57,82(41,48)	2.39,97(42,15)	
	3.25,26(45,29)	4.11,87(46,61)	4.51,68(39,81)	5.30,04(38,36)	
8	Irja Gravidahl	94	Trondheim SLK	5.30,99	550
	35,91(35,91)	1.18,74(42,83)	2.00,37(41,63)	2.42,27(41,90)	
	3.27,25(44,98)	4.13,59(46,34)	4.53,49(39,90)	5.30,99(37,50)	
9	Tone Lill Evanger	96	Delfana	5.34,07	535
	36,13(36,13)	1.19,22(43,09)	2.03,68(44,46)	2.47,24(43,56)	
	3.34,05(46,81)	4.22,52(48,47)	5.00,97(38,45)	5.34,07(33,10)	
10	Sandra Bernhoft	95	Delfana	5.34,37	534
	35,74(35,74)	1.16,04(40,30)	1.59,94(43,90)	2.42,73(42,79)	
	3.31,11(48,38)	4.19,77(48,66)	4.58,11(38,34)	5.34,37(36,26)	
11	Camilla Hansen	94	Lambertseter SK	5.35,29	529
	36,07(36,07)	1.18,86(42,79)	2.02,12(43,26)	2.43,62(41,50)	
	3.30,38(46,76)	4.17,36(46,98)	4.57,60(40,24)	5.35,29(37,69)	
12	Marte K. Bolstad	95	Asker SK	5.36,34	524
	33,96(33,96)	1.13,13(39,17)	1.58,30(45,17)	2.42,66(44,36)	
	3.31,23(48,57)	4.19,95(48,72)	4.58,93(38,98)	5.36,34(37,41)	
13	Oda Gjerde	95	Bryne SK	5.44,17	489
	37,46(37,46)	1.23,74(46,28)	2.08,50(44,76)	2.52,11(43,61)	
	3.39,42(47,31)	4.27,73(48,31)	5.06,63(38,90)	5.44,17(37,54)	

**Junior**

1	Trine Austrøne Olsen	90	Fauske SK	4.55,98	770
	31,55(31,55)	1.07,95(36,40)	1.44,50(36,55)	2.21,60(37,10)	
	3.03,72(42,12)	3.47,02(43,30)	4.21,72(34,70)	4.55,98(34,26)	
2	Lise Sand Syversen	95	BS/Delfana	4.58,01	754
	31,99(31,99)	1.08,62(36,63)	1.47,78(39,16)	2.25,75(37,97)	
	3.08,82(43,07)	3.52,03(43,21)	4.26,17(34,14)	4.58,01(31,84)	
3	Bitte Fagermo	93	Narvik SK/NTG	5.01,01	732
	32,74(32,74)	1.10,42(37,68)	1.49,03(38,61)	2.26,24(37,21)	
	3.07,26(41,02)	3.49,53(42,27)	4.25,89(36,36)	5.01,01(35,12)	
4	Sophia Broberg Skeltved	92	Tromsø SK/NTG	5.03,78	712
	31,71(31,71)	1.08,98(37,27)	1.48,81(39,83)	2.27,91(39,10)	
	3.09,39(41,48)	3.52,57(43,18)	4.28,52(35,95)	5.03,78(35,26)	
5	Andrea Hestdal	94	BS/Åstveit	5.06,09	696
	31,99(31,99)	1.08,96(36,97)	1.48,13(39,17)	2.27,61(39,48)	
	3.10,09(42,48)	3.54,23(44,14)	4.30,79(36,56)	5.06,09(35,30)	
6	Stina Kajsa Colleou	93	Lambertseter SK	5.09,68	672
	33,54(33,54)	1.12,76(39,22)	1.54,36(41,60)	2.34,92(40,56)	
	3.15,77(40,85)	3.57,72(41,95)	4.34,15(36,43)	5.09,68(35,53)	

7	Oona Ovesen	92	Elverum Svømming	5.11,47	661
	31,77(31,77)	1.09,00(37,23)	1.47,60(38,60)	2.26,31(38,71)	
	3.12,10(45,79)	3.59,23(47,13)	4.36,19(36,96)	5.11,47(35,28)	
8	Julie Torgersen Nilsen	92	Hamar IL	5.13,15	650
	34,83(34,83)	1.13,39(38,56)	1.54,46(41,07)	2.34,11(39,65)	
	3.18,04(43,93)	4.01,96(43,92)	4.38,67(36,71)	5.13,15(34,48)	
9	Stine Mjølhus Kristoffersen	93	TS/Frisinn	5.14,37	642
	33,86(33,86)	1.12,57(38,71)	1.54,07(41,50)	2.34,37(40,30)	
	3.17,53(43,16)	4.01,27(43,74)	4.38,79(37,52)	5.14,37(35,58)	
10	Siri Anette Sønju	92	Øvre Eiker SK	5.17,23	625
	33,11(33,11)	1.11,75(38,64)	1.54,12(42,37)	2.34,13(40,01)	
	3.19,19(45,06)	4.05,80(46,61)	4.42,36(36,56)	5.17,23(34,87)	
11	Ellen Camilla Hansen	95	Øvre Eiker SK	5.22,35	596
	34,29(34,29)	1.15,29(41,00)	1.55,59(40,30)	2.35,88(40,29)	
	3.21,95(46,07)	4.09,66(47,71)	4.47,02(37,36)	5.22,35(35,33)	
12	Maren E.J. Bakke	94	Setermoen SK	5.22,38	596
	34,02(34,02)	1.13,96(39,94)	1.56,93(42,97)	2.38,94(42,01)	
	3.22,54(43,60)	4.07,28(44,74)	4.46,19(38,91)	5.22,38(36,19)	
13	Vilde Stordal	95	Delfana	5.24,63	583
	33,90(33,90)	1.13,16(39,26)	1.55,15(41,99)	2.36,59(41,44)	
	3.23,99(47,40)	4.12,34(48,35)	4.49,73(37,39)	5.24,63(34,90)	
14	Elin Haugland	96	Delfana	5.25,18	580
	34,26(34,26)	1.14,82(40,56)	1.58,19(43,37)	2.39,67(41,48)	
	3.26,08(46,41)	4.12,84(46,76)	4.50,23(37,39)	5.25,18(34,95)	
15	Marie-Elise Eriksen	94	Sandefjord SK	5.30,04	555
	34,99(34,99)	1.16,34(41,35)	1.57,82(41,48)	2.39,97(42,15)	
	3.25,26(45,29)	4.11,87(46,61)	4.51,68(39,81)	5.30,04(38,36)	
16	Irja Gravdahl	94	Trondheim SLK	5.30,99	550
	35,91(35,91)	1.18,74(42,83)	2.00,37(41,63)	2.42,27(41,90)	
	3.27,25(44,98)	4.13,59(46,34)	4.53,49(39,90)	5.30,99(37,50)	
17	Tone Lill Evanger	96	Delfana	5.34,07	535
	36,13(36,13)	1.19,22(43,09)	2.03,68(44,46)	2.47,24(43,56)	
	3.34,05(46,81)	4.22,52(48,47)	5.00,97(38,45)	5.34,07(33,10)	
18	Sandra Bernhoft	95	Delfana	5.34,37	534
	35,74(35,74)	1.16,04(40,30)	1.59,94(43,90)	2.42,73(42,79)	
	3.31,11(48,38)	4.19,77(48,66)	4.58,11(38,34)	5.34,37(36,26)	
19	Camilla Hansen	94	Lambertseter SK	5.35,29	529
	36,07(36,07)	1.18,86(42,79)	2.02,12(43,26)	2.43,62(41,50)	
	3.30,38(46,76)	4.17,36(46,98)	4.57,60(40,24)	5.35,29(37,69)	
20	Marte K. Bolstad	95	Asker SK	5.36,34	524
	33,96(33,96)	1.13,13(39,17)	1.58,30(45,17)	2.42,66(44,36)	
	3.31,23(48,57)	4.19,95(48,72)	4.58,93(38,98)	5.36,34(37,41)	
21	Oda Gjerde	95	Bryne SK	5.44,17	489
	37,46(37,46)	1.23,74(46,28)	2.08,50(44,76)	2.52,11(43,61)	
	3.39,42(47,31)	4.27,73(48,31)	5.06,63(38,90)	5.44,17(37,54)	
	Susann Bjørnsen	93	Setermoen SK	BRUTT	

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

## Junior

1	Bergensv. G1 jr.	JR	Bergensvømmerne	1.34,12	762
	Mathias Sørstrand Æsøy:	24,00(24,00)			
	Sindri T. Jakobsson:	47,09(23,09)			
	Eirik Runningen:	1.11,20(24,11)			
	Marcus Tesdal:	1.34,12(22,92)			
2	IL Varg G1 jr.	JR	IL Varg	1.35,42	732
	Mattis Saghaug:	23,30(23,30)			
	Dominik Borkowski:	46,75(23,45)			
	Daniel Berenett:	1.11,37(24,62)			
	Odin Spangen Normann:	1.35,42(24,05)			
3	Lambertseter SK G1 jr.	JR	Lambertseter SK	1.36,43	709
	Mikael Bergene:	24,50(24,50)			
	Christian Thorsen:	48,17(23,67)			
	David Evja:	1.12,17(24,00)			
	Alexander Thorvaldsen:	1.36,43(24,26)			

4	Stavanger SC G1 jr. Hans Østerdal: Jørn Nygård: Henning S. Pryde: Christian Juvik:	JR	Stavanger SC	1.36,74	702
5	Team Stavanger G1 jr. Ole Martin Ree: Bjarte Ravndal: Erling Mjøs Brattelid: Erlend Tveteraas:	JR	Team Stavanger	1.37,06	695
6	Mandal SK G1 jr. Per Sondre Sodeland: Daniel B. Havre: Tord Eirik Seyffarth: Alexander B. Havre:	JR	Mandal SK	1.37,13	694
7	Bergensv. G2 jr. Even Vike Holm: Zoltan Csernai: Erlend Ulveseter: Espen Hålhjem:	JR	Bergensvømmerne	1.37,69	682
8	Lambertseter SK G2 jr. Alexander Schüssler: Kristian Nygård: Aksel Øvern: Sindre Eilertsen:	JR	Lambertseter SK	1.39,40	647
9	Asker SK G1 jr. Eirik Standal Thoresen: Patrik Bubilek: Kristoffer Skribeland: Jan Aleksander Bakke:	JR	Asker SK	1.39,52	645
10	Bærumsv G2 jr. Carl Andreas Wathne: Vegard Nyenget Løvberg: Sindre Nilo: Henrik Wathne:	JR	Bærumsvømmerne	1.40,93	618
11	Vestbyen IL G1 jr. Sigvart Evjen: Fredrik Tronvoll: Christian Tronvoll: Per Alexander Fladvad:	JR	Vestbyen IL	1.41,61	606
12	Oslo IL G1 jr. Jon Erik Sønning: Henning Kaland: Zakarias Nouri: Lars Nymoen:	JR	Oslo IL	1.42,05	598
13	Delfana G1 jr. Marius Thorsø: Øyvind L. Styrmoen: Bård Løvik: Håvard Hole:	JR	Delfana	1.42,09	597
14	Løren/Rælingen G1 jr. Kjetil Flatland: Tore Skauge Bysting: Jarl André Bergsvenkerud: Vebjørn Lindhjem:	JR	Lørenskog/Rælingen	1.44,92	550
15	Trondheim SLK G1 jr. Geir T. Kristiansen: Sindre Søderlund: Arnt Martin Ystenes: Dag Vetle Henriksen:	JR	Trondheim SLK	1.47,05	518
16	Kristiansand SA G1 jr. Jostein Dalshov Kringlen: Eirik S. Jørgensen: Kristian Evensen: Nicolai Gerrard:	JR	Kristiansand SA	1.48,37	499
	Bærumsv G1 jr. Christer Koch Kvam: Tor Hafnor: Sebastian Wigstrøm: Henry Emil Nordhagen:	JR	Bærumsvømmerne	DISK	

**Øvelse 27. 200m fri, damer - Finale****Junior**

1	Cecilie W. Johannessen	90	Bergens SC	1.59,39	898
	27,51(27,51)	57,43(29,92)	1.28,32(30,89)	1.59,39(31,07)	
2	Gina B. Andersen	90	Lambertseter SK	1.59,98	885
	28,75(28,75)	58,85(30,10)	1.29,56(30,71)	1.59,98(30,42)	
3	Monica W. Johannessen	90	Bergens SC	2.02,96	822
	28,32(28,32)	59,51(31,19)	1.30,99(31,48)	2.02,96(31,97)	
4	Victoria Rung	92	TS/Frisinn	2.04,32	795
	29,42(29,42)	1.01,05(31,63)	1.32,93(31,88)	2.04,32(31,39)	
5	Ingrid N. Knutzen	91	Lambertseter SK/NTG	2.05,17	779
	29,53(29,53)	1.01,19(31,66)	1.33,31(32,12)	2.05,17(31,86)	
6	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.07,70	734
	30,13(30,13)	1.02,76(32,63)	1.35,41(32,65)	2.07,70(32,29)	

**Øvelse 28. 200m butterfly, herrer - Finale****Junior**

1	Sindri T. Jakobsson	91	BS/Delfana	1.59,99	826
	26,74(26,74)	57,62(30,88)	1.28,72(31,10)	1.59,99(31,27)	
2	Sebastian Stordal	91	BS/Delfana	2.04,96	731
	27,23(27,23)	58,72(31,49)	1.31,44(32,72)	2.04,96(33,52)	
3	Tor Hafnor	91	Bærumsvømmerne	2.09,09	663
	28,72(28,72)	1.02,44(33,72)	1.36,52(34,08)	2.09,09(32,57)	
4	Espen Halhjem	92	BS/Delfana	2.10,60	640
	28,60(28,60)	1.01,42(32,82)	1.35,53(34,11)	2.10,60(35,07)	
5	Fredrik K Hegdal	94	Stavanger SC	2.13,89	594
	29,28(29,28)	1.02,83(33,55)	1.38,24(35,41)	2.13,89(35,65)	
	Christian Thorsen	91	Lambertseter SK	DISK	

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

1	Oda Marie Siljan	92	Poseidon	(0,67)	1.03,36	781
	30,84(30,84)	1.03,36(32,52)				
2	Elisabeth H. Svensson	91	Lambertseter SK/NTG	(0,68)	1.04,13	753
	31,62(31,62)	1.04,13(32,51)				
3	Line Løvberg	91	Lambertseter SK/NTG	(0,72)	1.04,23	750
	31,41(31,41)	1.04,23(32,82)				
4	Aslaug Marie Hjelmaas	95	Bergens SLK	(0,75)	1.04,73	732
	31,03(31,03)	1.04,73(33,70)				
5	Veronica Orheim Bjørlykke	94	Aalesund SLK	(0,76)	1.05,90	694
	31,81(31,81)	1.05,90(34,09)				
6	Ragnhild Søfteland	92	Bergens SC	(0,66)	1.08,29	624
	33,05(33,05)	1.08,29(35,24)				

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

1	Sverre Næss 23,36(23,36)	48,80(25,44)	92	Sarpsborg IL	48,80	893	NJR
2	Ole Martin Ree 24,39(24,39)	50,09(25,70)	92	TS/Sola SK	50,09	826	
3	Christer Koch Kvam 24,16(24,16)	50,99(26,83)	90	Bærumsvømmerne	50,99	783	
4	Bjarte Ravndal 24,99(24,99)	51,19(26,20)	91	TS/Sola SK	51,19	773	
5	Martin Hammer 25,03(25,03)	51,29(26,26)	93	Kongsten/NTG	51,29	769	
6	Jørn Nygård 25,35(25,35)	51,78(26,43)	92	Stavanger SC	51,78	747	

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

1	Cecilie W. Johannessen	90	Bergens SC	25,51	864	
2	Monica W. Johannessen	90	Bergens SC	25,96	820	
3	Siri Eva Kristiansen	93	Asker SK	26,30	788	
4	Aslaug Marie Hjelmaas	95	Bergens SLK	26,59	763	
5	Susann Bjørnsen	93	Setermoen SK	26,84	742	
6	Emilie Nyenget Løvberg	95	Bærumsvømmerne	27,33	702	

**Funksjonshemmede**

1	Hanne Farestvedt	93	Åstveit SK	34,39	352	S14 118,79 %
	Rona Hjelmsstad	93	Skjetten Svømming	DISK		S14

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

1	Sverre Næss 28,72(28,72)	1.00,33(31,61)	92	Sarpsborg IL	1.00,33	909	NJR
2	Erling Mjøs Brattelid 30,09(30,09)	1.03,55(33,46)	91	TS/Sola SK	1.03,55	778	
3	Marcus Tesdal 30,17(30,17)	1.04,31(34,14)	90	BS/Åstveit	1.04,31	751	
4	John Lekhmus 30,61(30,61)	1.04,84(34,23)	91	Tromsø SK	1.04,84	732	
5	Simen Dale 30,51(30,51)	1.05,00(34,49)	91	BS/Delfana	1.05,00	727	
	Sebastian Wigstrøm		91	Bærumsvømmerne	DISK		

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

1	Siri Eva Kristiansen	93	Asker SK	1.04,30	812
	30,55(30,55)	1.04,30(33,75)			
2	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	1.04,80	793
	28,97(28,97)	1.04,80(35,83)			
3	Sophia Broberg Skeltved	92	Tromsø SK/NTG	1.05,47	769
	30,66(30,66)	1.05,47(34,81)			
4	Susann Bjørnsen	93	Setermoen SK	1.05,76	759
	30,80(30,80)	1.05,76(34,96)			
5	Trine Austrøne Olsen	90	Fauske SK	1.06,29	741
	31,03(31,03)	1.06,29(35,26)			
6	Katrine Jensen	92	BS/Åstveit	1.07,71	695
	31,24(31,24)	1.07,71(36,47)			

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

1	Morten Bordervich	94	TS/Sola SK	16.31,00	681
	29,44(29,44)	1.01,84(32,40)	1.34,72(32,88)	2.07,46(32,74)	
	2.40,49(33,03)	3.13,54(33,05)	3.46,56(33,02)	4.19,74(33,18)	
	4.52,93(33,19)	5.26,50(33,57)	5.59,97(33,47)	6.33,34(33,37)	
	7.06,96(33,62)	7.40,53(33,57)	8.13,57(33,04)	8.47,07(33,50)	
	9.20,65(33,58)	9.54,24(33,59)	10.27,55(33,31)	11.00,59(33,04)	
	11.33,97(33,38)	12.07,16(33,19)	12.39,76(32,60)	13.13,04(33,28)	
	13.46,53(33,49)	14.19,95(33,42)	14.53,36(33,41)	15.26,79(33,43)	
	15.59,48(32,69)	16.31,00(31,52)			
2	Henrik Søfteland	95	Delfana	17.02,46	620
	30,83(30,83)	1.04,62(33,79)	1.38,56(33,94)	2.13,40(34,84)	
	2.47,94(34,54)	3.22,64(34,70)	3.57,20(34,56)	4.31,82(34,62)	
	5.06,69(34,87)	5.40,94(34,25)	6.15,38(34,44)	6.49,78(34,40)	
	7.23,84(34,06)	7.57,93(34,09)	8.32,04(34,11)	9.06,36(34,32)	
	9.40,58(34,22)	10.14,81(34,23)	10.49,11(34,30)	11.23,26(34,15)	
	11.57,29(34,03)	12.31,48(34,19)	13.05,60(34,12)	13.39,68(34,08)	
	14.14,08(34,40)	14.48,23(34,15)	15.22,25(34,02)	15.56,27(34,02)	
	16.29,98(33,71)	17.02,46(32,48)			
3	Ivan Aleksander Larsen	95	Karmøy SK	17.15,04	597
	30,38(30,38)	1.04,04(33,66)	1.38,18(34,14)	2.12,93(34,75)	
	2.47,54(34,61)	3.21,84(34,30)	3.56,84(35,00)	4.31,59(34,75)	
	5.06,02(34,43)	5.40,63(34,61)	6.15,47(34,84)	6.50,64(35,17)	
	7.24,50(33,86)	7.59,05(34,55)	8.33,64(34,59)	9.09,13(35,49)	
	9.43,74(34,61)	10.18,35(34,61)	10.53,11(34,76)	11.28,34(35,23)	
	12.02,64(34,30)	12.36,90(34,26)	13.11,52(34,62)	13.46,46(34,94)	
	14.20,63(34,17)	14.55,43(34,80)	15.30,39(34,96)	16.05,79(35,40)	
	16.41,16(35,37)	17.15,04(33,88)			
4	Jonas Ødegård Aanby	95	Delfana	17.17,91	592
	31,60(31,60)	1.05,19(33,59)	1.39,51(34,32)	2.14,42(34,91)	
	2.49,01(34,59)	3.23,86(34,85)	3.58,87(35,01)	4.33,59(34,72)	
	5.08,58(34,99)	5.43,55(34,97)	6.18,46(34,91)	6.53,07(34,61)	
	7.27,89(34,82)	8.02,75(34,86)	8.37,37(34,62)	9.12,30(34,93)	
	9.46,73(34,43)	10.21,59(34,86)	10.56,17(34,58)	11.31,26(35,09)	
	12.05,81(34,55)	12.40,50(34,69)	13.15,21(34,71)	13.49,95(34,74)	
	14.24,62(34,67)	14.59,88(35,26)	15.34,28(34,40)	16.09,23(34,95)	
	16.44,55(35,32)	17.17,91(33,36)			
5	Kristian Blumenfelt	94	Vestkantsvømmerne	17.23,93	582
	30,74(30,74)	1.04,99(34,25)	1.39,25(34,26)	2.13,53(34,28)	
	2.48,64(35,11)	3.23,53(34,89)	3.58,13(34,60)	4.32,86(34,73)	
	5.07,84(34,98)	5.42,67(34,83)	6.17,76(35,09)	6.52,70(34,94)	
	7.28,07(35,37)	8.03,21(35,14)	8.38,17(34,96)	9.13,32(35,15)	
	9.48,22(34,90)	10.23,59(35,37)	10.58,64(35,05)	11.33,84(35,20)	
	12.08,98(35,14)	12.43,94(34,96)	13.19,18(35,24)	13.54,46(35,28)	
	14.29,52(35,06)	15.04,81(35,29)	15.40,04(35,23)	16.14,97(34,93)	
	16.50,28(35,31)	17.23,93(33,65)			

6	Martin Næss Kjølholdt	95	Kolbotn IL	17.34,57	565
	31,84(31,84)	1.06,56(34,72)	1.41,55(34,99)	2.16,76(35,21)	
	2.51,71(34,95)	3.27,14(35,43)	4.03,01(35,87)	4.38,64(35,63)	
	5.13,82(35,18)	5.49,43(35,61)	6.24,98(35,55)	7.00,58(35,60)	
	7.35,96(35,38)	8.11,50(35,54)	8.46,84(35,34)	9.22,24(35,40)	
	9.56,79(34,55)	10.31,51(34,72)	11.06,61(35,10)	11.41,51(34,90)	
	12.16,49(34,98)	12.51,40(34,91)	13.26,95(35,55)	14.02,11(35,16)	
	14.37,67(35,56)	15.12,92(35,25)	15.48,55(35,63)	16.23,93(35,38)	
	17.00,22(36,29)	17.34,57(34,35)			
7	Patrik Andre Solheim	94	Sarpsborg IL	17.50,95	539
	32,29(32,29)	1.07,27(34,98)	1.42,46(35,19)	2.17,38(34,92)	
	2.52,68(35,30)	3.27,71(35,03)	4.03,13(35,42)	4.38,87(35,74)	
	5.14,85(35,98)	5.50,40(35,55)	6.25,96(35,56)	7.02,09(36,13)	
	7.38,23(36,14)	8.14,12(35,89)	8.50,25(36,13)	9.26,26(36,01)	
	10.02,39(36,13)	10.38,29(35,90)	11.14,11(35,82)	11.50,69(36,58)	
	12.26,60(35,91)	13.02,67(36,07)	13.39,17(36,50)	14.15,81(36,64)	
	14.52,08(36,27)	15.28,47(36,39)	16.04,46(35,99)	16.40,70(36,24)	
	17.15,87(35,17)	17.50,95(35,08)			

## Junior

1	Sindri T. Jakobsson	91	BS/Delfana	15.56,25	758
	28,40(28,40)	1.00,41(32,01)	1.32,80(32,39)	2.05,57(32,77)	
	2.37,87(32,30)	3.10,48(32,61)	3.43,08(32,60)	4.15,43(32,35)	
	4.48,04(32,61)	5.20,66(32,62)	5.50,66(30,00)	6.22,60(31,94)	
	6.54,84(32,24)	7.27,09(32,25)	7.59,33(32,24)	8.31,63(32,30)	
	9.04,32(32,69)	9.36,82(32,50)	10.09,11(32,29)	10.40,28(31,17)	
	11.12,09(31,81)	11.44,01(31,92)	12.16,36(32,35)	12.48,37(32,01)	
	13.20,02(31,65)	13.52,06(32,04)	14.23,91(31,85)	14.55,57(31,66)	
	15.26,94(31,37)	15.56,25(29,31)			
2	Sander Rødje	93	Haugesund SK	16.15,88	713
	28,03(28,03)	59,76(31,73)	1.32,36(32,60)	2.04,93(32,57)	
	2.37,41(32,48)	3.09,97(32,56)	3.42,44(32,47)	4.14,97(32,53)	
	4.47,67(32,70)	5.20,57(32,90)	5.53,41(32,84)	6.26,47(33,06)	
	6.59,39(32,92)	7.32,54(33,15)	8.05,75(33,21)	8.39,26(33,51)	
	9.12,59(33,33)	9.46,07(33,48)	10.19,44(33,37)	10.52,74(33,30)	
	11.26,06(33,32)	11.59,44(33,38)	12.32,36(32,92)	13.05,50(33,14)	
	13.38,30(32,80)	14.11,12(32,82)	14.43,18(32,06)	15.15,26(32,08)	
	15.46,73(31,47)	16.15,88(29,15)			
3	Eivind Johannesen	92	BS/Åstveit	16.18,78	707
	28,74(28,74)	1.00,45(31,71)	1.32,92(32,47)	2.05,33(32,41)	
	2.37,77(32,44)	3.10,72(32,95)	3.43,30(32,58)	4.16,22(32,92)	
	4.49,01(32,79)	5.21,82(32,81)	5.54,63(32,81)	6.26,90(32,27)	
	6.59,74(32,84)	7.32,66(32,92)	8.05,62(32,96)	8.38,74(33,12)	
	9.11,84(33,10)	9.45,03(33,19)	10.18,02(32,99)	10.51,01(32,99)	
	11.23,76(32,75)	11.57,03(33,27)	12.30,43(33,40)	13.03,77(33,34)	
	13.36,78(33,01)	14.09,86(33,08)	14.42,83(32,97)	15.15,79(32,96)	
	15.48,02(32,23)	16.18,78(30,76)			
4	Morten Bordervich	94	TS/Sola SK	16.31,00	681
	29,44(29,44)	1.01,84(32,40)	1.34,72(32,88)	2.07,46(32,74)	
	2.40,49(33,03)	3.13,54(33,05)	3.46,56(33,02)	4.19,74(33,18)	
	4.52,93(33,19)	5.26,50(33,57)	5.59,97(33,47)	6.33,34(33,37)	
	7.06,96(33,62)	7.40,53(33,57)	8.13,57(33,04)	8.47,07(33,50)	
	9.20,65(33,58)	9.54,24(33,59)	10.27,55(33,31)	11.00,59(33,04)	
	11.33,97(33,38)	12.07,16(33,19)	12.39,76(32,60)	13.13,04(33,28)	
	13.46,53(33,49)	14.19,95(33,42)	14.53,36(33,41)	15.26,79(33,43)	
	15.59,48(32,69)	16.31,00(31,52)			
5	Øystein Fjeldberg	93	Randaberg IL	16.35,03	672
	29,87(29,87)	1.02,51(32,64)	1.35,84(33,33)	2.09,29(33,45)	
	2.42,54(33,25)	3.15,56(33,02)	3.48,55(32,99)	4.21,78(33,23)	
	4.55,40(33,62)	5.28,69(33,29)	6.02,11(33,42)	6.35,52(33,41)	
	7.08,86(33,34)	7.42,67(33,81)	8.16,21(33,54)	8.49,71(33,50)	
	9.23,11(33,40)	9.56,91(33,80)	10.29,92(33,01)	11.03,28(33,36)	
	11.36,74(33,46)	12.10,39(33,65)	12.44,20(33,81)	13.17,58(33,38)	
	13.51,31(33,73)	14.24,39(33,08)	14.57,83(33,44)	15.31,08(33,25)	
	16.04,29(33,21)	16.35,03(30,74)			

6	Øyvind Gevelt	91	Øvre Eiker SK	16.35,76	671
	29,59(29,59)	1.01,31(31,72)	1.33,93(32,62)	2.06,45(32,52)	
	2.39,31(32,86)	3.12,22(32,91)	3.45,38(33,16)	4.18,94(33,56)	
	4.53,39(34,45)	5.26,93(33,54)	6.00,54(33,61)	6.33,90(33,36)	
	7.07,65(33,75)	7.41,31(33,66)	8.14,95(33,64)	8.48,44(33,49)	
	9.21,78(33,34)	9.55,51(33,73)	10.29,12(33,61)	11.03,09(33,97)	
	11.36,93(33,84)	12.11,00(34,07)	12.44,88(33,88)	13.18,78(33,90)	
	13.52,36(33,58)	14.25,73(33,37)	14.58,76(33,03)	15.31,86(33,10)	
	16.04,45(32,59)	16.35,76(31,31)			
7	Odin Spangen Normann	92	IL Varg	16.36,88	669
	28,57(28,57)	1.00,56(31,99)	1.33,25(32,69)	2.06,19(32,94)	
	2.39,12(32,93)	3.11,89(32,77)	3.45,00(33,11)	4.18,11(33,11)	
	4.51,34(33,23)	5.24,80(33,46)	5.58,10(33,30)	6.31,56(33,46)	
	7.04,95(33,39)	7.38,43(33,48)	8.11,85(33,42)	8.45,69(33,84)	
	9.19,47(33,78)	9.53,19(33,72)	10.26,75(33,56)	11.00,42(33,67)	
	11.33,89(33,47)	12.07,88(33,99)	12.41,81(33,93)	13.15,86(34,05)	
	13.49,87(34,01)	14.23,88(34,01)	14.57,89(34,01)	15.31,65(33,76)	
	16.05,16(33,51)	16.36,88(31,72)			
8	Zakarias Nouri	93	Oslo IL	17.01,81	621
	30,74(30,74)	1.03,69(32,95)	1.36,78(33,09)	2.10,90(34,12)	
	2.45,44(34,54)	3.19,31(33,87)	3.53,54(34,23)	4.27,38(33,84)	
	5.02,01(34,63)	5.36,33(34,32)	6.10,99(34,66)	6.45,41(34,42)	
	7.19,27(33,86)	7.54,01(34,74)	8.28,90(34,89)	9.03,89(34,99)	
	9.38,68(34,79)	10.13,23(34,55)	10.48,03(34,80)	11.23,02(34,99)	
	11.56,92(33,90)	12.31,42(34,50)	13.05,78(34,36)	13.40,10(34,32)	
	14.14,12(34,02)	14.48,48(34,36)	15.22,75(34,27)	15.57,14(34,39)	
	16.30,36(33,22)	17.01,81(31,45)			
9	Henrik Søfteland	95	Delfana	17.02,46	620
	30,83(30,83)	1.04,62(33,79)	1.38,56(33,94)	2.13,40(34,84)	
	2.47,94(34,54)	3.22,64(34,70)	3.57,20(34,56)	4.31,82(34,62)	
	5.06,69(34,87)	5.40,94(34,25)	6.15,38(34,44)	6.49,78(34,40)	
	7.23,84(34,06)	7.57,93(34,09)	8.32,04(34,11)	9.06,36(34,32)	
	9.40,58(34,22)	10.14,81(34,23)	10.49,11(34,30)	11.23,26(34,15)	
	11.57,29(34,03)	12.31,48(34,19)	13.05,60(34,12)	13.39,68(34,08)	
	14.14,08(34,40)	14.48,23(34,15)	15.22,25(34,02)	15.56,27(34,02)	
	16.29,98(33,71)	17.02,46(32,48)			
10	Robin H. Kleiven	93	Aalesund SLK	17.03,65	618
	27,79(27,79)	58,35(30,56)	1.31,32(32,97)	2.04,03(32,71)	
	2.45,75(41,72)	3.22,94(37,19)	4.00,74(37,80)	4.36,63(35,89)	
	5.11,68(35,05)	5.47,00(35,32)	6.22,75(35,75)	6.57,78(35,03)	
	7.33,18(35,40)	8.07,80(34,62)	8.41,56(33,76)	9.15,23(33,67)	
	9.48,79(33,56)	10.21,85(33,06)	10.55,21(33,36)	11.29,48(34,27)	
	12.03,62(34,14)	12.37,78(34,16)	13.11,24(33,46)	13.45,26(34,02)	
	14.18,88(33,62)	14.53,19(34,31)	15.26,14(32,95)	15.59,28(33,14)	
	16.32,10(32,82)	17.03,65(31,55)			
11	Sven Berg	92	Bergens SLK	17.06,71	612
	30,76(30,76)	1.03,99(33,23)	1.37,74(33,75)	2.11,98(34,24)	
	2.46,42(34,44)	3.21,00(34,58)	3.55,58(34,58)	4.29,81(34,23)	
	5.03,99(34,18)	5.38,55(34,56)	6.13,29(34,74)	6.47,92(34,63)	
	7.22,72(34,80)	7.57,36(34,64)	8.31,57(34,21)	9.05,91(34,34)	
	9.40,44(34,53)	10.14,99(34,55)	10.49,48(34,49)	11.24,16(34,68)	
	11.58,46(34,30)	12.33,14(34,68)	13.07,71(34,57)	13.42,40(34,69)	
	14.17,01(34,61)	14.51,70(34,69)	15.25,87(34,17)	16.00,56(34,69)	
	16.35,02(34,46)	17.06,71(31,69)			
12	Ivan Aleksander Larsen	95	Karmøy SK	17.15,04	597
	30,38(30,38)	1.04,04(33,66)	1.38,18(34,14)	2.12,93(34,75)	
	2.47,54(34,61)	3.21,84(34,30)	3.56,84(35,00)	4.31,59(34,75)	
	5.06,02(34,43)	5.40,63(34,61)	6.15,47(34,84)	6.50,64(35,17)	
	7.24,50(33,86)	7.59,05(34,55)	8.33,64(34,59)	9.09,13(35,49)	
	9.43,74(34,61)	10.18,35(34,61)	10.53,11(34,76)	11.28,34(35,23)	
	12.02,64(34,30)	12.36,90(34,26)	13.11,52(34,62)	13.46,46(34,94)	
	14.20,63(34,17)	14.55,43(34,80)	15.30,39(34,96)	16.05,79(35,40)	
	16.41,16(35,37)	17.15,04(33,88)			
13	Jonas Ødegård Aanby	95	Delfana	17.17,91	592
	31,60(31,60)	1.05,19(33,59)	1.39,51(34,32)	2.14,42(34,91)	
	2.49,01(34,59)	3.23,86(34,85)	3.58,87(35,01)	4.33,59(34,72)	
	5.08,58(34,99)	5.43,55(34,97)	6.18,46(34,91)	6.53,07(34,61)	
	7.27,89(34,82)	8.02,75(34,86)	8.37,37(34,62)	9.12,30(34,93)	
	9.46,73(34,43)	10.21,59(34,86)	10.56,17(34,58)	11.31,26(35,09)	
	12.05,81(34,55)	12.40,50(34,69)	13.15,21(34,71)	13.49,95(34,74)	
	14.24,62(34,67)	14.59,88(35,26)	15.34,28(34,40)	16.09,23(34,95)	
	16.44,55(35,32)	17.17,91(33,36)			



14	Ørjan Monsen	92	Sola SK	17.18,72	591
	30,49(30,49)	1.03,88(33,39)	1.37,74(33,86)	2.11,68(33,94)	
	2.45,87(34,19)	3.20,07(34,20)	3.54,69(34,62)	4.29,06(34,37)	
	5.03,78(34,72)	5.38,57(34,79)	6.13,79(35,22)	6.49,08(35,29)	
	7.23,85(34,77)	7.59,02(35,17)	8.33,92(34,90)	9.08,32(34,40)	
	9.43,55(35,23)	10.18,88(35,33)	10.54,25(35,37)	11.29,59(35,34)	
	12.04,96(35,37)	12.40,45(35,49)	13.15,71(35,26)	13.51,36(35,65)	
	14.26,26(34,90)	15.01,97(35,71)	15.36,74(34,77)	16.11,67(34,93)	
	16.46,12(34,45)	17.18,72(32,60)			
15	Kristian Blumenfelt	94	Vestkantsvømmerne	17.23,93	582
	30,74(30,74)	1.04,99(34,25)	1.39,25(34,26)	2.13,53(34,28)	
	2.48,64(35,11)	3.23,53(34,89)	3.58,13(34,60)	4.32,86(34,73)	
	5.07,84(34,98)	5.42,67(34,83)	6.17,76(35,09)	6.52,70(34,94)	
	7.28,07(35,37)	8.03,21(35,14)	8.38,17(34,96)	9.13,32(35,15)	
	9.48,22(34,90)	10.23,59(35,37)	10.58,64(35,05)	11.33,84(35,20)	
	12.08,98(35,14)	12.43,94(34,96)	13.19,18(35,24)	13.54,46(35,28)	
	14.29,52(35,06)	15.04,81(35,29)	15.40,04(35,23)	16.14,97(34,93)	
	16.50,28(35,31)	17.23,93(33,65)			
16	Martin Næss Kjølholdt	95	Kolbotn IL	17.34,57	565
	31,84(31,84)	1.06,56(34,72)	1.41,55(34,99)	2.16,76(35,21)	
	2.51,71(34,95)	3.27,14(35,43)	4.03,01(35,87)	4.38,64(35,63)	
	5.13,82(35,18)	5.49,43(35,61)	6.24,98(35,55)	7.00,58(35,60)	
	7.35,96(35,38)	8.11,50(35,54)	8.46,84(35,34)	9.22,24(35,40)	
	9.56,79(34,55)	10.31,51(34,72)	11.06,61(35,10)	11.41,51(34,90)	
	12.16,49(34,98)	12.51,40(34,91)	13.26,95(35,55)	14.02,11(35,16)	
	14.37,67(35,56)	15.12,92(35,25)	15.48,55(35,63)	16.23,93(35,38)	
	17.00,22(36,29)	17.34,57(34,35)			
17	Kristian Evensen	90	Kristiansand SA	17.38,68	558
	30,63(30,63)	1.04,69(34,06)	1.39,59(34,90)	2.14,15(34,56)	
	2.48,82(34,67)	3.23,49(34,67)	3.58,36(34,87)	4.33,56(35,20)	
	5.08,82(35,26)	5.44,16(35,34)	6.19,22(35,06)	6.54,57(35,35)	
	7.29,94(35,37)	8.05,71(35,77)	8.41,13(35,42)	9.16,83(35,70)	
	9.52,74(35,91)	10.28,40(35,66)	11.04,21(35,81)	11.40,09(35,88)	
	12.16,12(36,03)	12.51,88(35,76)	13.27,81(35,93)	14.03,81(36,00)	
	14.39,65(35,84)	15.16,34(36,69)	15.52,68(36,34)	16.28,71(36,03)	
	17.04,43(35,72)	17.38,68(34,25)			
18	Patrik Andre Solheim	94	Sarpsborg IL	17.50,95	539
	32,29(32,29)	1.07,27(34,98)	1.42,46(35,19)	2.17,38(34,92)	
	2.52,68(35,30)	3.27,71(35,03)	4.03,13(35,42)	4.38,87(35,74)	
	5.14,85(35,98)	5.50,40(35,55)	6.25,96(35,56)	7.02,09(36,13)	
	7.38,23(36,14)	8.14,12(35,89)	8.50,25(36,13)	9.26,26(36,01)	
	10.02,39(36,13)	10.38,29(35,90)	11.14,11(35,82)	11.50,69(36,58)	
	12.26,60(35,91)	13.02,67(36,07)	13.39,17(36,50)	14.15,81(36,64)	
	14.52,08(36,27)	15.28,47(36,39)	16.04,46(35,99)	16.40,70(36,24)	
	17.15,87(35,17)	17.50,95(35,08)			

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

#### Junior

1	Lambertseter SK J1 jr.	JR	Lambertseter SK	(0,69)	4.13,54	829	NJR
	Elisabeth H. Svensson:	31,86(31,86)	1.04,42(32,56)	1.04,42			
	Stina Kajsa Colleou:	1.37,83(33,41)	2.15,88(38,05)	1.11,46			
	Line Løvberg:	2.44,39(28,51)	3.17,07(32,68)	1.01,19			
	Gina B. Andersen:	3.44,56(27,49)	4.13,54(28,98)	56,47			
2	Bergens SC J1 jr.	JR	Bergens SC	(0,66)	4.19,49	773	
	Ragnhild Søfteland:	31,97(31,97)	1.07,24(35,27)	1.07,24			
	Martha Maria Songstad:	1.42,82(35,58)	2.24,99(42,17)	1.17,75			
	Monica W. Johannessen:	2.52,78(27,79)	3.25,58(32,80)	1.00,59			
	Cecilie W. Johannessen:	3.51,07(25,49)	4.19,49(28,42)	53,91			
3	Team Stavanger J1 jr.	JR	Team Stavanger	(0,64)	4.19,87	770	
	Trine Hovda:	32,74(32,74)	1.08,53(35,79)	1.08,53			
	Maren Kristine Jansen:	1.42,40(33,87)	2.22,55(40,15)	1.14,02			
	Victoria S. Løken:	2.50,02(27,47)	3.23,14(33,12)	1.00,59			
	Victoria Rung:	3.50,32(27,18)	4.19,87(29,55)	56,73			
4	Lambertseter SK J2 jr.	JR	Lambertseter SK	(0,70)	4.20,08	768	
	Christine M. Pedersen:	32,04(32,04)	1.06,16(34,12)	1.06,16			
	Luna Elisabeth Sjøgaard:	1.39,17(33,01)	2.17,83(38,66)	1.11,67			
	Ingrid N. Knutzen:	2.46,98(29,15)	3.21,92(34,94)	1.04,09			
	Emma Isdahl:	3.49,15(27,23)	4.20,08(30,93)	58,16			

5	Bergensv. J1 jr.	JR	Bergensvømmerne	(0,57)	4.24,75	728
	Seline Vike Holm:	32,26(32,26)	1.07,05(34,79)	1.07,05		
	Katrine Jensen:	1.41,00(33,95)	2.19,79(38,79)	1.12,74		
	Lise Sand Syversen:	2.49,93(30,14)	3.24,96(35,03)	1.05,17		
	Andrea Hestdal:	3.53,16(28,20)	4.24,75(31,59)	59,79		
6	Setermoen SK J1 jr.	JR	Setermoen SK	(0,51)	4.28,74	696
	Ingrid Elise Woll:	32,68(32,68)	1.08,33(35,65)	1.08,33		
	Maren E.J. Bakke:	1.44,25(35,92)	2.25,50(41,25)	1.17,17		
	Katrine Ekstang:	2.56,10(30,60)	3.31,50(35,40)	1.06,00		
	Susann Bjørnsen:	3.58,70(27,20)	4.28,74(30,04)	57,24		
7	Tromsø SK J1 jr.	JR	Tromsø SK	(0,78)	4.29,05	694
	Hanne Lockertsen:	33,72(33,72)	1.08,92(35,20)	1.08,92		
	Sophia Broberg Skeltved:	1.42,31(33,39)	2.21,38(39,07)	1.12,46		
	Siv Fiske:	2.51,53(30,15)	3.27,04(35,51)	1.05,66		
	Ina Kvenshagen Gimse:	3.56,36(29,32)	4.29,05(32,69)	1.02,01		
8	Stavanger SC J1 jr.	JR	Stavanger SC	(0,74)	4.29,26	692
	Nicole T. Næsheim:	32,52(32,52)	1.08,62(36,10)	1.08,62		
	Siren Bergslid:	1.44,34(35,72)	2.26,07(41,73)	1.17,45		
	Karoline Eriksen:	2.55,67(29,60)	3.31,06(35,39)	1.04,99		
	Ane Nygård:	3.58,83(27,77)	4.29,26(30,43)	58,20		
9	Team Stavanger J2 jr.	JR	Team Stavanger	(0,75)	4.29,84	688
	Vanessa Tuxen:	33,67(33,67)	1.09,84(36,17)	1.09,84		
	Stine Mjølhus Kristoffersen:	1.44,41(34,57)	2.24,62(40,21)	1.14,78		
	Marthe Berg Sørensen:	2.55,33(30,71)	3.30,81(35,48)	1.06,19		
	Eva Marie W. Østerhus:	3.58,90(28,09)	4.29,84(30,94)	59,03		
10	Bergens SLK J1 jr.	JR	Bergens SLK	(0,70)	4.30,67	681
	Aslaug Marie Hjelmaas:	31,75(31,75)	1.05,99(34,24)	1.05,99		
	Julie Horn Johnsen:	1.42,60(36,61)	2.25,76(43,16)	1.19,77		
	Kaja Bremer:	2.56,02(30,26)	3.31,49(35,47)	1.05,73		
	Karoline Pedersen:	3.59,38(27,89)	4.30,67(31,29)	59,18		
11	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	(0,75)	4.35,27	648
	Marie Øverland:	34,28(34,28)	1.10,88(36,60)	1.10,88		
	Benedicte Kausland:	1.46,38(35,50)	2.28,00(41,62)	1.17,12		
	Stine Vindenes:	2.58,52(30,52)	3.34,27(35,75)	1.06,27		
	Andrea Haugstad:	4.02,73(28,46)	4.35,27(32,54)	1.01,00		
12	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	(0,69)	4.35,94	643
	Iselin Mjølner Dahlen:	32,44(32,44)	1.06,79(34,35)	1.06,79		
	Pernille Mørch:	1.44,60(37,81)	2.27,94(43,34)	1.21,15		
	Helene Solberg:	2.57,44(29,50)	3.32,13(34,69)	1.04,19		
	Susanne Fornasari:	4.02,47(30,34)	4.35,94(33,47)	1.03,81		
13	Bergens SC J2 jr.	JR	Bergens SC	(0,73)	4.38,53	625
	Ingse Bergh Monsen:	33,74(33,74)	1.09,08(35,34)	1.09,08		
	Eli Kristin Ølmheim:	1.45,89(36,81)	2.29,92(44,03)	1.20,84		
	Eirin Arnesen:	3.00,91(30,99)	3.38,46(37,55)	1.08,54		
	Hedvig Hjertaker:	4.07,26(28,80)	4.38,53(31,27)	1.00,07		
14	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	(0,74)	4.38,76	624
	Juni Rugland:	34,18(34,18)	1.10,96(36,78)	1.10,96		
	Sara N. Gjelsvik:	1.47,02(36,06)	2.29,57(42,55)	1.18,61		
	Marie Reinertsen:	3.01,29(31,72)	3.39,20(37,91)	1.09,63		
	Marthe Helene Haganæs:	4.07,12(27,92)	4.38,76(31,64)	59,56		
15	Moss SK J1 jr.	JR	Moss SK	(0,69)	4.44,32	588
	Thea Pedersen:	34,10(34,10)	1.10,85(36,75)	1.10,85		
	Tonje Stæhr Petersen:	1.46,11(35,26)	2.26,83(40,72)	1.15,98		
	Eirin Woldsæter:	2.58,79(31,96)	3.38,46(39,67)	1.11,63		
	Marion Ekroll Bårdli:	4.09,08(30,62)	4.44,32(35,24)	1.05,86		
16	Delfana J1 jr.	JR	Delfana	(0,76)	4.45,13	583
	Helene Thunes Truyen:	34,31(34,31)	1.10,33(36,02)	1.10,33		
	Tone Lill Evanger:	1.48,24(37,91)	2.31,78(43,54)	1.21,45		
	Vilde Stordal:	3.04,46(32,68)	3.41,68(37,22)	1.09,90		
	Lisa Skogeng:	4.12,17(30,49)	4.45,13(32,96)	1.03,45		
17	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	(0,64)	4.46,49	575
	Elina Øverås:	33,96(33,96)	1.10,07(36,11)	1.10,07		
	Rebecca Holt Clasen:	1.48,80(38,73)	2.33,83(45,03)	1.23,76		
	Klara Farkas:	3.06,73(32,90)	3.45,99(39,26)	1.12,16		
	Aurora Brandtzæg:	4.14,77(28,78)	4.46,49(31,72)	1.00,50		
18	Oslo IL J1 jr.	JR	Oslo IL	(0,76)	4.47,95	566
	Kristin Blyverket:	33,90(33,90)	1.10,34(36,44)	1.10,34		
	Oda Almgren Lind:	1.48,10(37,76)	2.31,42(43,32)	1.21,08		
	Hanne Grue:	3.03,26(31,84)	3.41,00(37,74)	1.09,58		
	Nehna-Louise Møller-Pettersen:	4.12,78(31,78)	4.47,95(35,17)	1.06,95		

19	Harstad SK J1 jr.	JR	Harstad SK	(0,70)	4.54,64	528
	Karoline Steffensen:	33,91(33,91)	1.09,42(35,51)	1.09,42		
	Elise Bjørvik Paulsen:	1.48,50(39,08)	2.32,42(43,92)	1.23,00		
	Malin Kristine Steffensen:	3.04,23(31,81)	3.42,53(38,30)	1.10,11		
	Hanne Lillegård:	4.16,76(34,23)	4.54,64(37,88)	1.12,11		
20	Trondheim SLK J1 jr.	JR	Trondheim SLK	(0,70)	4.55,04	526
	Stine Tveit:	34,97(34,97)	1.11,56(36,59)	1.11,56		
	Irja Gravidahl:	1.50,01(38,45)	2.33,94(43,93)	1.22,38		
	Viktoria Juel:	3.07,21(33,27)	3.48,43(41,22)	1.14,49		
	Malin Schanke Tømmervik:	4.19,95(31,52)	4.55,04(35,09)	1.06,61		
21	Narvik SK J1 jr.	JR	Narvik SK	(0,73)	5.06,56	469
	Emilie Elise Woll:	37,79(37,79)	1.19,75(41,96)	1.19,75		
	Bitte Fagermo:	1.53,98(34,23)	2.33,70(39,72)	1.13,95		
	Tini Fagermo:	3.09,30(35,60)	3.55,37(46,07)	1.21,67		
	Rebecca Dahl:	4.28,90(33,53)	5.06,56(37,66)	1.11,19		
	Bærumsv J1 jr.	JR	Bærumsvømmerne	(0,83)	DISK	
	Anna Bølgen:					
	Kristine Mella:					
	Emilie Nyenget Løvberg:					
	Andrea Westbye:					

### Øvelse 243. 100m bryst, damer - Omsvøm

#### Junior

1	Sophia Broberg Skeltved	92	Tromsø SK/NTG	1.12,40	754
2	Katrine Jensen	92	BS/Åstveit	1.13,22	729

**Søndag 29. november 2009 kl 09.00****Øvelse 36. 400m individuell medley, herrer - Direkte finale- Foreløpig før siste heat****Yngre junior**

1	Morten Bordervich	94	TS/Sola SK	4.57,50	566
	31,66(31,66)	1.08,84(37,18)	1.45,85(37,01)	2.23,28(37,43)	
	3.06,06(42,78)	3.51,17(45,11)	4.24,45(33,28)	4.57,50(33,05)	
2	Markus Lie	95	Åstveit SK	5.00,37	550
	31,68(31,68)	1.08,17(36,49)	1.45,31(37,14)	2.21,97(36,66)	
	3.03,02(41,05)	3.46,91(43,89)	4.23,86(36,95)	5.00,37(36,51)	
3	Daniel Sandhåland	95	Karmøy SK	5.00,65	548
	31,62(31,62)	1.08,48(36,86)	1.45,94(37,46)	2.23,66(37,72)	
	3.07,68(44,02)	3.53,64(45,96)	4.28,01(34,37)	5.00,65(32,64)	
4	Bård Løvik	94	Delfana	5.01,54	543
	31,08(31,08)	1.06,69(35,61)	1.45,37(38,68)	2.23,32(37,95)	
	3.07,89(44,57)	3.52,26(44,37)	4.27,23(34,97)	5.01,54(34,31)	
5	Kim Rune Hansen	94	Øvre Eiker SK	5.02,45	539
	31,45(31,45)	1.08,32(36,87)	1.47,49(39,17)	2.25,63(38,14)	
	3.08,87(43,24)	3.54,85(45,98)	4.29,32(34,47)	5.02,45(33,13)	
6	Henrik Søfteland	95	Delfana	5.05,39	523
	32,95(32,95)	1.08,96(36,01)	1.47,00(38,04)	2.25,49(38,49)	
	3.11,67(46,18)	3.57,92(46,25)	4.32,40(34,48)	5.05,39(32,99)	
7	Jonas Ødegård Aanby	95	Delfana	5.06,11	519
	34,48(34,48)	1.13,78(39,30)	1.54,28(40,50)	2.34,22(39,94)	
	3.16,02(41,80)	3.58,85(42,83)	4.34,36(35,51)	5.06,11(31,75)	
8	Dag Vetle Henriksen	95	Trondheim SLK	5.11,75	492
	32,91(32,91)	1.11,06(38,15)	1.49,53(38,47)	2.28,01(38,48)	
	3.14,05(46,04)	3.59,80(45,75)	4.36,34(36,54)	5.11,75(35,41)	
9	Andreas Manum Hagby	95	Asker SK	5.16,70	469
	33,65(33,65)	1.13,59(39,94)	1.54,74(41,15)	2.34,97(40,23)	
	3.17,84(42,87)	4.02,33(44,49)	4.40,26(37,93)	5.16,70(36,44)	

**Junior**

1	Espen Halhjem	92	BS/Delfana	4.39,56	682
	28,70(28,70)	1.02,65(33,95)	1.38,87(36,22)	2.15,33(36,46)	
	2.54,16(38,83)	3.34,49(40,33)	4.07,58(33,09)	4.39,56(31,98)	
2	Martin Hals	91	Øvre Eiker SK	4.44,91	644
	30,03(30,03)	1.05,43(35,40)	1.42,93(37,50)	2.20,11(37,18)	
	2.59,23(39,12)	3.38,47(39,24)	4.12,01(33,54)	4.44,91(32,90)	
3	Sindre Lilledahl	92	Haugesund SK	4.44,98	644
	30,94(30,94)	1.06,56(35,62)	1.43,10(36,54)	2.19,08(35,98)	
	3.00,21(41,13)	3.42,29(42,08)	4.13,79(31,50)	4.44,98(31,19)	
4	Hans Andre Pedersen	92	Sandefjord SK	4.50,28	609
	30,40(30,40)	1.06,43(36,03)	1.42,42(35,99)	2.18,48(36,06)	
	3.02,09(43,61)	3.46,22(44,13)	4.19,25(33,03)	4.50,28(31,03)	
5	Tore Skauge Bysting	92	Lørenskog/Rælingen	4.50,72	606
	30,70(30,70)	1.06,18(35,48)	1.44,30(38,12)	2.20,72(36,42)	
	2.59,81(39,09)	3.41,77(41,96)	4.17,48(35,71)	4.50,72(33,24)	
6	Gunnar V. Skirbekk	91	Elverum Svømming	4.54,66	582
	31,28(31,28)	1.06,75(35,47)	1.45,40(38,65)	2.23,19(37,79)	
	3.05,44(42,25)	3.48,65(43,21)	4.22,21(33,56)	4.54,66(32,45)	
7	Andreas Mathingsdal Pedersen	92	Farsund SK	4.55,71	576
	30,97(30,97)	1.07,14(36,17)	1.46,20(39,06)	2.25,20(39,00)	
	3.05,70(40,50)	3.47,12(41,42)	4.21,41(34,29)	4.55,71(34,30)	
8	Morten Bordervich	94	TS/Sola SK	4.57,50	566
	31,66(31,66)	1.08,84(37,18)	1.45,85(37,01)	2.23,28(37,43)	
	3.06,06(42,78)	3.51,17(45,11)	4.24,45(33,28)	4.57,50(33,05)	
9	Øystein Fjeldberg	93	Randaberg IL	4.58,02	563
	31,30(31,30)	1.07,91(36,61)	1.46,92(39,01)	2.26,54(39,62)	
	3.10,05(43,51)	3.53,62(43,57)	4.26,62(33,00)	4.58,02(31,40)	
10	Markus Jonassen	92	Setermoen SK	4.59,32	556
	30,39(30,39)	1.04,26(33,87)	1.42,86(38,60)	2.21,39(38,53)	
	3.04,91(43,52)	3.50,09(45,18)	4.25,50(35,41)	4.59,32(33,82)	

11	Markus Lie	95	Åstveit SK	5.00,37	550
	31,68(31,68)	1.08,17(36,49)	1.45,31(37,14)	2.21,97(36,66)	
	3.03,02(41,05)	3.46,91(43,89)	4.23,86(36,95)	5.00,37(36,51)	
12	Daniel Sandhåland	95	Karmøy SK	5.00,65	548
	31,62(31,62)	1.08,48(36,86)	1.45,94(37,46)	2.23,66(37,72)	
	3.07,68(44,02)	3.53,64(45,96)	4.28,01(34,37)	5.00,65(32,64)	
13	Bård Løvik	94	Delfana	5.01,54	543
	31,08(31,08)	1.06,69(35,61)	1.45,37(38,68)	2.23,32(37,95)	
	3.07,89(44,57)	3.52,26(44,37)	4.27,23(34,97)	5.01,54(34,31)	
14	Kim Rune Hansen	94	Øvre Eiker SK	5.02,45	539
	31,45(31,45)	1.08,32(36,87)	1.47,49(39,17)	2.25,63(38,14)	
	3.08,87(43,24)	3.54,85(45,98)	4.29,32(34,47)	5.02,45(33,13)	
15	Marius Thorsø	93	Delfana	5.03,10	535
	30,74(30,74)	1.07,63(36,89)	1.45,50(37,87)	2.23,36(37,86)	
	3.08,08(44,72)	3.54,00(45,92)	4.29,18(35,18)	5.03,10(33,92)	
16	Henrik Søfteland	95	Delfana	5.05,39	523
	32,95(32,95)	1.08,96(36,01)	1.47,00(38,04)	2.25,49(38,49)	
	3.11,67(46,18)	3.57,92(46,25)	4.32,40(34,48)	5.05,39(32,99)	
17	Jonas Ødegård Aanby	95	Delfana	5.06,11	519
	34,48(34,48)	1.13,78(39,30)	1.54,28(40,50)	2.34,22(39,94)	
	3.16,02(41,80)	3.58,85(42,83)	4.34,36(35,51)	5.06,11(31,75)	
18	Dag Vetle Henriksen	95	Trondheim SLK	5.11,75	492
	32,91(32,91)	1.11,06(38,15)	1.49,53(38,47)	2.28,01(38,48)	
	3.14,05(46,04)	3.59,80(45,75)	4.36,34(36,54)	5.11,75(35,41)	
19	Andreas Manum Hagby	95	Asker SK	5.16,70	469
	33,65(33,65)	1.13,59(39,94)	1.54,74(41,15)	2.34,97(40,23)	
	3.17,84(42,87)	4.02,33(44,49)	4.40,26(37,93)	5.16,70(36,44)	

### Øvelse 37. 4\*50m fri, damer - UM

#### Yngre junior

1	Aalesunds SLK J1 jr.	JR	Aalesund SLK	1.53,21	678
	Julie Hjellbakk Pettersen:	29,01(29,01)			
	Caroline R. Helgesen:	57,78(28,77)			
	Karina Brunstad Fet:	1.26,71(28,93)			
	Veronica Orheim Bjørlykke:	1.53,21(26,50)			
2	Madla SK J1 jr.	JR	Madla SK	1.53,71	669
	Lotte Miller:	28,50(28,50)			
	Maren Larsen:	57,27(28,77)			
	Maria Thompson Clausen:	1.24,48(27,21)			
	Mari Mjølhus Kristoffersen:	1.53,71(29,23)			
3	Lambertseter SK J1 jr.	JR	Lambertseter SK	1.53,98	665
	Julie Rønningsen:	28,52(28,52)			
	Luna Elisabeth Sjøgaard:	56,51(27,99)			
	Malene M. Pedersen:	1.24,93(28,42)			
	Vår Celine Sjøgaard:	1.53,98(29,05)			
4	Bærumsv J1 jr.	JR	Bærumsvømmerne	1.54,14	662
	Emilie Nyenget Løvberg:	27,74(27,74)			
	Andrea Westbye:	55,67(27,93)			
	Anna Bølgren:	1.24,63(28,96)			
	Anna Maria Røys Stranden:	1.54,14(29,51)			
5	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	1.56,25	627
	Ellen Camilla Hansen:	30,50(30,50)			
	Stine Lise Stenseth:	58,86(28,36)			
	Mari Knutsen:	1.28,77(29,91)			
	Ida Johansen:	1.56,25(27,48)			
6	Asker SK J1 jr.	JR	Asker SK	1.56,45	623
	Rikke Amalie Nagell-Kleven:	29,52(29,52)			
	Marte K. Bolstad:	58,52(29,00)			
	Anne Kristin Berge:	1.27,35(28,83)			
	Mette Mellbye Larsen:	1.56,45(29,10)			
7	Delfana J1 jr.	JR	Delfana	1.57,34	609
	Lisa Skogeng:	29,58(29,58)			
	Tone Lill Evanger:	58,57(28,99)			
	Vilde Stordal:	1.28,25(29,68)			
	Elin Haugland:	1.57,34(29,09)			

8	Haldens SK J1 jr.	JR	Haldens SK	1.58,90	586
	Emilie Olafsrud:	29,92(29,92)			
	Oda Haagenen:	59,00(29,08)			
	Anne Helene Bakke:	1.28,95(29,95)			
	Cecilie Hafsrød Fredriksen:	1.58,90(29,95)			
9	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	1.59,57	576
	Aurora Brandtzæg:	28,88(28,88)			
	Elina Øverås:	57,28(28,40)			
	Klara Farkas:	1.27,60(30,32)			
	Rebecca Holt Clasen:	1.59,57(31,97)			

### Øvelse 38. 200m fri, herrer

#### Eldre junior

1	Jørn Nygård	92	Stavanger SC	1.52,91	766
	26,19(26,19)	54,30(28,11)	1.24,13(29,83)	1.52,91(28,78)	
2	Ole Martin Ree	92	TS/Sola SK	1.54,31	739
	26,10(26,10)	54,70(28,60)	1.24,23(29,53)	1.54,31(30,08)	
3	Bjarte Ravndal	91	TS/Sola SK	1.55,03	725
	26,75(26,75)	55,79(29,04)	1.25,46(29,67)	1.55,03(29,57)	
4	Martin Hammer	93	Kongsten/NTG	1.56,60	696
	26,51(26,51)	56,19(29,68)	1.26,52(30,33)	1.56,60(30,08)	
5	Kristoffer Skribeland	91	Asker SK	1.56,64	695
	27,27(27,27)	57,13(29,86)	1.27,62(30,49)	1.56,64(29,02)	
6	Sander Rødje	93	Haugesund SK	1.56,70	694
	27,25(27,25)	57,29(30,04)	1.27,83(30,54)	1.56,70(28,87)	
7	Christian Thorsen	91	Lambertseter SK	1.56,74	693
	26,65(26,65)	56,39(29,74)	1.26,77(30,38)	1.56,74(29,97)	
8	Odin Spangen Normann	92	IL Varg	1.57,60	678
	26,79(26,79)	56,76(29,97)	1.27,17(30,41)	1.57,60(30,43)	
9	Sindre Nilo	90	Bærumsvømmerne	1.57,79	675
	26,90(26,90)	56,34(29,44)	1.26,86(30,52)	1.57,79(30,93)	
10	Zoltan Csernai	93	BS/Åstveit	1.58,40	665
	26,58(26,58)	56,73(30,15)	1.28,00(31,27)	1.58,40(30,40)	
11	Eivind Johannesen	92	BS/Åstveit	1.58,78	658
	28,05(28,05)	58,33(30,28)	1.29,53(31,20)	1.58,78(29,25)	
12	David Evja	92	Lambertseter SK	1.58,80	658
	27,53(27,53)	57,16(29,63)	1.28,13(30,97)	1.58,80(30,67)	
13	Eirik Runningen	90	BS/Delfana	1.59,19	651
	28,20(28,20)	57,84(29,64)	1.28,48(30,64)	1.59,19(30,71)	
14	Martin P. Sletbakken	92	Sortland SLK	1.59,20	651
	26,95(26,95)	57,16(30,21)	1.28,40(31,24)	1.59,20(30,80)	
15	Daniel Berenett	91	IL Varg/NTG	1.59,68	643
	27,29(27,29)	57,36(30,07)	1.28,21(30,85)	1.59,68(31,47)	
16	Sigvart Evjen	91	Vestbyen IL	2.00,12	636
	28,38(28,38)	59,38(31,00)	1.29,88(30,50)	2.00,12(30,24)	
17	Per Kristian Øyen	92	Molde SLK	2.01,21	619
	28,38(28,38)	59,00(30,62)	1.30,14(31,14)	2.01,21(31,07)	
18	Geir T. Kristiansen	90	Trondheim SLK	2.02,10	606
	27,44(27,44)	57,62(30,18)	1.29,15(31,53)	2.02,10(32,95)	
19	Martin Berger Oterholm	93	Kolbotn IL	2.03,79	581
	28,12(28,12)	58,52(30,40)	1.30,53(32,01)	2.03,79(33,26)	
20	Henning S. Pryde	92	Stavanger SC	2.04,39	573
	28,30(28,30)	59,95(31,65)	1.32,57(32,62)	2.04,39(31,82)	

#### Yngre junior

1	Johan Parker Nygaard	94	Kolbotn IL	1.58,11	669
	27,16(27,16)	57,23(30,07)	1.28,02(30,79)	1.58,11(30,09)	
2	Fredrik K Hegdal	94	Stavanger SC	1.58,74	659
	27,30(27,30)	57,67(30,37)	1.28,88(31,21)	1.58,74(29,86)	
3	Morten Bordervich	94	TS/Sola SK	1.59,11	653
	28,30(28,30)	58,49(30,19)	1.29,19(30,70)	1.59,11(29,92)	

4	Kristoffer D. Birkeland	94	Florø SLK	2.02,53	600
	28,51(28,51)	59,52(31,01)	1.31,52(32,00)	2.02,53(31,01)	
5	Ivan Aleksander Larsen	95	Karmøy SK	2.02,98	593
	28,28(28,28)	59,41(31,13)	1.31,28(31,87)	2.02,98(31,70)	
6	Jarl André Bergsvenkerud	95	Lørenskog/Rælingen	2.03,22	590
	28,61(28,61)	1.00,24(31,63)	1.31,90(31,66)	2.03,22(31,32)	
7	Thomas Myhrer	94	Sarpsborg IL	2.04,35	574
	27,67(27,67)	58,59(30,92)	1.31,78(33,19)	2.04,35(32,57)	
7	Henrik Wathne	94	Bærumsvømmerne	2.04,35	574
	28,56(28,56)	1.00,01(31,45)	1.32,57(32,56)	2.04,35(31,78)	
9	Kim Rune Hansen	94	Øvre Eiker SK	2.05,09	563
	29,19(29,19)	1.01,33(32,14)	1.34,70(33,37)	2.05,09(30,39)	
10	Eirik Nielsen	95	Poseidon	2.05,52	558
	28,49(28,49)	1.00,00(31,51)	1.32,59(32,59)	2.05,52(32,93)	
11	Patrik Andre Solheim	94	Sarpsborg IL	2.05,54	557
	28,75(28,75)	1.00,64(31,89)	1.33,23(32,59)	2.05,54(32,31)	

## Øvelse 39. 200m butterfly, damer

## Eldre junior

1	Line Løvberg	91	Lambertseter SK/NTG	2.18,14	747
	30,39(30,39)	1.04,73(34,34)	1.40,99(36,26)	2.18,14(37,15)	
2	Victoria Rung	92	TS/Frisinn	2.20,45	711
	31,33(31,33)	1.06,48(35,15)	1.43,03(36,55)	2.20,45(37,42)	
3	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	2.22,96	674
	31,21(31,21)	1.07,32(36,11)	1.44,80(37,48)	2.22,96(38,16)	
4	Oona Ovesen	92	Elverum Svømming	2.25,09	645
	31,53(31,53)	1.08,32(36,79)	1.46,64(38,32)	2.25,09(38,45)	
5	Helene Solberg	91	Skjetten Svømming	2.26,32	628
	32,72(32,72)	1.09,03(36,31)	1.46,98(37,95)	2.26,32(39,34)	
6	Kristin Blyverket	92	Oslo IL	2.26,94	620
	32,27(32,27)	1.10,01(37,74)	1.48,76(38,75)	2.26,94(38,18)	
7	Karoline Eriksen	92	Stavanger SC	2.30,62	576
	32,53(32,53)	1.10,97(38,44)	1.50,22(39,25)	2.30,62(40,40)	
8	Katrine Ekstang	92	Setermoen SK	2.31,81	563
	33,14(33,14)	1.11,58(38,44)	1.51,50(39,92)	2.31,81(40,31)	
9	Elisabeth Kristiansen	92	Haugesund SK	2.40,03	480
	33,27(33,27)	1.13,35(40,08)	1.56,79(43,44)	2.40,03(43,24)	
10	Marie Reinertsen	93	Vestkantvømmerne	2.43,38	451
	33,75(33,75)	1.15,02(41,27)	1.59,25(44,23)	2.43,38(44,13)	

## Yngre junior

1	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.19,84	720
	31,85(31,85)	1.07,45(35,60)	1.43,19(35,74)	2.19,84(36,65)	
2	Lise Sand Syversen	95	BS/Delfana	2.24,00	659
	32,31(32,31)	1.08,81(36,50)	1.45,61(36,80)	2.24,00(38,39)	
3	Maren E.J. Bakke	94	Setermoen SK	2.32,20	558
	33,80(33,80)	1.12,53(38,73)	1.52,74(40,21)	2.32,20(39,46)	
4	Elin Haugland	96	Delfana	2.32,26	558
	33,74(33,74)	1.11,78(38,04)	1.51,24(39,46)	2.32,26(41,02)	
5	Vilde Stordal	95	Delfana	2.34,91	529
	34,23(34,23)	1.13,96(39,73)	1.54,55(40,59)	2.34,91(40,36)	
6	Amalie Thorstensen	96	Vågsbygd SLK	2.38,16	497
	34,53(34,53)	1.14,28(39,75)	1.55,76(41,48)	2.38,16(42,40)	
7	Marte K. Bolstad	95	Asker SK	2.38,85	491
	34,09(34,09)	1.13,68(39,59)	1.55,47(41,79)	2.38,85(43,38)	
8	Hege Strøm Haukeland	94	SK Speed	2.38,86	491
	34,55(34,55)	1.14,45(39,90)	1.55,68(41,23)	2.38,86(43,18)	
9	Mette Mellbye Larsen	95	Asker SK	2.39,55	485
	33,54(33,54)	1.12,44(38,90)	1.55,22(42,78)	2.39,55(44,33)	
10	Hanne Sofie L. Nilsen	94	Kristiansand SA	2.42,36	460
	33,83(33,83)	1.14,48(40,65)	1.58,33(43,85)	2.42,36(44,03)	
	Emilie K. Hegdal	96	Stavanger SC	BRUTT	

**Øvelse 40. 100m rygg, herrer****Eldre junior**

1	Lavrans Solli	92	Bergens SC	(0,60)	54,54	834	NJR
	27,10(27,10)	54,54(27,44)					
2	Dominik Borkowski	90	IL Varg/NTG	(0,67)	56,23	761	
	26,97(26,97)	56,23(29,26)					
3	Even Vike Holm	90	BS/Arna	(0,97)	58,01	693	
	28,35(28,35)	58,01(29,66)					
4	Sverre Næss	92	Sarpsborg IL	(0,66)	58,32	682	
	28,21(28,21)	58,32(30,11)					
5	Sindri T. Jakobsson	91	BS/Delfana	(0,60)	58,39	679	
	28,00(28,00)	58,39(30,39)					
6	Mikael Bergene	91	Lambertseter SK	(0,60)	58,76	666	
	28,74(28,74)	58,76(30,02)					
7	Alexander B. Havre	90	Mandal SK	(0,81)	58,90	662	
	28,05(28,05)	58,90(30,85)					
8	Vegard Nyenget Løvberg	91	Bærumsvømmerne	(0,73)	59,00	658	
	28,88(28,88)	59,00(30,12)					
9	Julian Åsheim Mikkelsen	93	Ås IL/NTG	(0,73)	59,80	632	
	28,88(28,88)	59,80(30,92)					
10	Runar Borgen	93	Bodø SK/NTG	(0,64)	1.00,32	616	
	29,14(29,14)	1.00,32(31,18)					
11	Øyvind L. Styrmo	93	Delfana	(0,67)	1.00,63	607	
	29,63(29,63)	1.00,63(31,00)					
12	Tor Hafnor	91	Bærumsvømmerne	(0,70)	1.00,74	603	
	29,15(29,15)	1.00,74(31,59)					
13	Jonas Kirkeberg Jostad	92	Hamar IL	(0,71)	1.01,39	584	
	29,59(29,59)	1.01,39(31,80)					
14	Jan Aleksander Bakke	91	Asker SK	(0,85)	1.01,42	584	
	29,73(29,73)	1.01,42(31,69)					
14	Sindre Eilertsen	90	Lambertseter SK	(0,56)	1.01,42	584	
	29,78(29,78)	1.01,42(31,64)					
16	Erlend Tveteraas	91	TS/Madla SK	(0,61)	1.01,95	569	
	29,74(29,74)	1.01,95(32,21)					
17	Hans Andre Pedersen	92	Sandefjord SK	(0,65)	1.02,25	560	
	30,14(30,14)	1.02,25(32,11)					
18	Jørgen Aagaard-Nilsen Wiik	93	Larvik SK	(0,63)	1.02,42	556	
	30,46(30,46)	1.02,42(31,96)					
19	Henning Kaland	92	Oslo IL	(0,67)	1.03,01	540	
	30,65(30,65)	1.03,01(32,36)					
20	Sindre Lilledahl	92	Haugesund SK	(0,60)	1.03,48	529	
	31,09(31,09)	1.03,48(32,39)					
21	Kristoffer Brekke	91	Vestkantsvømmerne	(0,66)	1.03,50	528	
	31,02(31,02)	1.03,50(32,48)					
22	Alexander Schüssler	92	Lambertseter SK	(0,75)	1.03,64	525	
	31,10(31,10)	1.03,64(32,54)					

**Yngre junior**

1	Markus Vindenes	94	Vestkantsvømmerne	(0,63)	1.00,07	624	
	29,07(29,07)	1.00,07(31,00)					
2	Christian Christiansen	94	Kristiansund SLK	(0,76)	1.01,31	587	
	29,64(29,64)	1.01,31(31,67)					
3	Henrik Wathne	94	Bærumsvømmerne	(0,67)	1.02,40	556	
	30,75(30,75)	1.02,40(31,65)					
4	Henrik Knudsen	94	Stavanger SC	(0,66)	1.02,69	549	
	31,24(31,24)	1.02,69(31,45)					
5	Vebjørn Lindhjem	95	Lørenskog/Rælingen	(0,71)	1.02,80	546	
	30,94(30,94)	1.02,80(31,86)					
6	Gaute Ravndal	94	Sola SK	(0,67)	1.03,76	522	
	31,34(31,34)	1.03,76(32,42)					



Harstad SK		NM Junior/UM 2009			Resultater	
7	Norbert Prokopiak 31,39(31,39)	94	Gol IL	(0,64)	1.05,19	488
8	Markus Lie 32,30(32,30)	95	Åstveit SK	(0,68)	1.06,07	469
9	Daniel Sandhåland 32,19(32,19)	95	Karmøy SK	(0,83)	1.06,18	466
10	Erik Tobias Sollesnes 32,50(32,50)	95	Kolbotn IL	(0,82)	1.06,21	466
11	Simen Alvestad 32,43(32,43)	94	Karmøy SK	(0,70)	1.07,35	442
12	Eirik Nielsen 33,69(33,69)	95	Poseidon	(0,69)	1.08,14	427

### Øvelse 41. 100m fri, damer

#### Eldre junior

1	Cecilie W. Johannessen 26,68(26,68)	90	Bergens SC		55,49	865
2	Siri Eva Kristiansen 27,55(27,55)	93	Asker SK		56,56	817
3	Monica W. Johannessen 27,41(27,41)	90	Bergens SC		56,80	807
4	Oda Marie Siljan 27,95(27,95)	92	Poseidon		58,18	751
5	Elisabeth H. Svensson 28,46(28,46)	91	Lambertseter SK/NTG		58,49	739
6	Nora Kathrine Guthe 28,01(28,01)	91	Asker SK		58,78	728
7	Susann Bjørnsen 28,53(28,53)	93	Setermoen SK		58,95	722
8	Ingrid N. Knutzen 28,72(28,72)	91	Lambertseter SK/NTG		59,10	716
9	Gina B. Andersen 28,92(28,92)	90	Lambertseter SK		59,16	714
10	Line W. Lund 28,91(28,91)	91	Sarpsborg IL		59,58	699
11	Emma Isdahl 29,02(29,02)	92	Lambertseter SK		59,68	696
12	Emilie Hellerud 28,78(28,78)	92	Lambertseter SK/NTG		59,71	694
12	Nicole T. Næsheim 28,86(28,86)	91	Stavanger SC		59,71	694
14	Christine M. Pedersen 28,76(28,76)	93	Lambertseter SK		1.00,08	682
15	Trine Hovda 28,96(28,96)	90	TS/Madla SK		1.00,68	662
16	Marthe Berg Sørensen 29,45(29,45)	92	TS/Frisinn		1.01,00	651
17	Kristine Semb 28,92(28,92)	92	Poseidon		1.01,03	650
18	Siv Fiske 29,25(29,25)	92	Tromsø SK/NTG		1.01,37	640
19	Emilie Witzøe 29,70(29,70)	93	Kolbotn IL		1.01,61	632
20	Terese Fosby 29,70(29,70)	92	Sarpsborg IL		1.02,01	620

## Yngre junior

1	Aslaug Marie Hjelmaas 27,86(27,86)	95	Bergens SLK	57,89	762
2	Veronica Orheim Bjørlykke 28,44(28,44)	94	Aalesund SLK	59,43	704
3	Birgitte Elise Søfteland 29,42(29,42)	94	Sarpsborg IL	1.00,20	678
4	Hedvig Hjertaker 29,39(29,39)	94	Bergens SC	1.00,43	670
5	Ane Nygård 29,04(29,04)	95	Stavanger SC	1.00,60	664
6	Karoline Pedersen 29,80(29,80)	94	Bergens SLK	1.00,88	655
7	Andrea Hestdal 29,22(29,22)	94	BS/Åstveit	1.00,96	653
8	Amalie Kristiansen 29,48(29,48)	95	Haugesund SK	1.01,36	640
9	Hanne Lockertsen 29,87(29,87)	94	Tromsø SK	1.01,75	628
10	Pernille Berntsen 29,36(29,36)	95	Førde IL	1.01,82	626
11	Maria Thompson Clausen 30,60(30,60)	96	Madla SK	1.01,94	622
12	Andrea Westbye 29,93(29,93)	95	Bærumsvømmerne	1.02,12	617
13	Ida Johansen 29,74(29,74)	94	Øvre Eiker SK	1.02,59	603
14	Stine Lise Stenseth 30,10(30,10)	94	Øvre Eiker SK	1.02,99	591
15	Marie Øverland 30,28(30,28)	94	Vestkantsvømmerne	1.03,87	567
16	Mette Mellbye Larsen 31,55(31,55)	95	Asker SK	1.04,56	549
17	Nora Alsvik 31,11(31,11)	94	Kolbotn IL	1.05,26	532
	Camilla Hansen	94	Lambertseter SK	DISK	

## Funksjonshemmede

1	Rona Hjelstad 39,24(39,24)	93	Skjetten Svømming	1.21,39	274	S14 130,41 %
	Hanne Farestvedt	93	Åstveit SK	DISK		S14

## Øvelse 42. 50m fri, herrer

## Eldre junior

1	Christer Koch Kvam	90	Bærumsvømmerne	23,54	739
2	Per Sondre Sodeland	91	Mandal SK	23,56	737
3	Alexander B. Havre	90	Mandal SK	23,58	736
4	Ole Martin Ree	92	TS/Sola SK	23,88	708
5	Bjarte Ravndal	91	TS/Sola SK	23,92	705
6	Sverre Næss	92	Sarpsborg IL	23,95	702
7	Marcus Tesdal	90	BS/Åstveit	23,98	699
8	Martin Hammer	93	Kongsten/NTG	24,02	696
9	Mathias Sørstrand Æsøy	90	BS/Delfana	24,08	691
10	Sindre Eilertsen	90	Lambertseter SK	24,65	644
11	Henry Emil Nordhagen	93	Bærumsvømmerne	24,66	643
11	Alexander Thorvaldsen	91	Lambertseter SK	24,66	643
13	Jørn Nygård	92	Stavanger SC	24,68	641

14	Kjetil Berg	91	Vennesla SK	24,82	631
15	David Evja	92	Lambertseter SK	24,83	630
16	Matias Madssen	92	Kolbotn IL	24,88	626
17	Alexander Schüssler	92	Lambertseter SK	25,00	617
18	Eirik Runningen	90	BS/Delfana	25,01	616
18	Bjørn Emil Evensen	91	Gjøvik SK	25,01	616
20	Håvard Hole	93	Delfana	25,04	614
21	Åsmund Karlsen	92	Eid SK	25,07	612
22	Sindre Søderlund	91	Trondheim SLK/NTG	25,09	610
23	Tord Eirik Seyffarth	92	Mandal SK	25,10	610
24	Jan Aleksander Bakke	91	Asker SK	25,16	605
25	Eirik Standal Thoresen	93	Asker SK	25,31	595
26	Tom Ivar Persen	90	Lakselv SK	25,32	594
27	Per Alexander Fladvad	90	Vestbyen IL	25,47	584

## Yngre junior

1	Markus Vindenes	94	Vestkantsvømmerne	23,92	705
2	Berend de Waal	94	IL Norodd	24,85	628
3	Thomas Myhrer	94	Sarpsborg IL	24,96	620
4	Christian Tronvoll	94	Vestbyen IL	25,10	610
5	Frede Rønning Rangnes	94	Tønsberg SK	25,26	598
6	Gaute Ravndal	94	Sola SK	25,27	598
7	Johan Parker Nygaard	94	Kolbotn IL	25,38	590
8	Kristoffer D. Birkeland	94	Florø SLK	25,86	558
9	Erik Tobias Sollesnes	95	Kolbotn IL	25,99	549
10	Christian Christiansen	94	Kristiansund SLK	26,31	529

## Øvelse 43. 100m bryst, damer

## Eldre junior

1	Siri Eva Kristiansen	93	Asker SK	1.11,16	794
	33,96(33,96)	1.11,16(37,20)			
2	Trine Austrøne Olsen	90	Fauske SK	1.11,80	773
	33,94(33,94)	1.11,80(37,86)			
3	Stina Kajsa Colleou	93	Lambertseter SK	1.12,40	754
	34,50(34,50)	1.12,40(37,90)			
4	Katrine Jensen	92	BS/Åstveit	1.13,53	720
	34,58(34,58)	1.13,53(38,95)			
4	Sophia Broberg Skeltved	92	Tromsø SK/NTG	1.13,53	720
	34,03(34,03)	1.13,53(39,50)			
6	Kaja Bremer	93	Bergens SLK	1.13,72	714
	34,87(34,87)	1.13,72(38,85)			
7	Mari Singstad	91	Vestbyen IL	1.14,14	702
	34,85(34,85)	1.14,14(39,29)			
8	Bitte Fagermo	93	Narvik SK/NTG	1.14,64	688
	35,33(35,33)	1.14,64(39,31)			
9	Stine Mjølhus Kristoffersen	93	TS/Frisinn	1.14,81	683
	35,21(35,21)	1.14,81(39,60)			
10	Kristine Mella	90	Bærumsvømmerne	1.14,86	682
	35,13(35,13)	1.14,86(39,73)			
11	Iselin Meisler	90	Fauske SK	1.15,12	675
	34,78(34,78)	1.15,12(40,34)			
12	Stine Vindenes	93	Vestkantsvømmerne	1.15,97	653
	35,49(35,49)	1.15,97(40,48)			
13	Stine Tveit	93	Trondheim SLK	1.16,28	645
	36,09(36,09)	1.16,28(40,19)			
14	Tonje Stæhr Petersen	93	Moss SK	1.16,48	640
	36,21(36,21)	1.16,48(40,27)			

Harstad SK		NM Junior/UM 2009		Resultater	
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15	Lene Lykke Erichsen 36,00(36,00)	92	Bærumsvømmerne	1.17,61	612
16	Benedicte Kausland 36,22(36,22)	92	Vestkantsvømmerne	1.18,19	598
17	Siren Bergslid 36,87(36,87)	93	Stavanger SC	1.19,06	579
18	Julie Horn Johnsen 37,87(37,87)	92	Bergens SLK	1.21,22	534
	Maren Kristine Jansen	90	TS/Randaberg	DISK	
	Therese Tronerud	93	Egersund SK	DISK	

### Yngre junior

1	Ingalill Urrang Naustvik 34,20(34,20)	95	Karmøy SK	1.11,86	771
2	Luna Elisabeth Sjøgaard 34,95(34,95)	94	Lambertseter SK	1.13,30	727
3	Andrea Hestdal 36,54(36,54)	94	BS/Åstveit	1.16,74	633
4	Maren E.J. Bakke 36,72(36,72)	94	Setermoen SK	1.17,49	615
5	Kristine Mathingsdal Pedersen 36,51(36,51)	94	Farsund SK	1.18,23	598
6	Malene M. Pedersen 37,17(37,17)	96	Lambertseter SK	1.18,40	594
7	Rikke Amalie Nagell-Kleven 36,90(36,90)	95	Asker SK	1.18,43	593
8	Caroline R. Helgesen 36,87(36,87)	95	Aalesund SLK	1.18,82	584
9	Karina Brunstad Fet 36,74(36,74)	95	Aalesund SLK	1.19,46	570
10	Maria Thompson Clausen 37,77(37,77)	96	Madla SK	1.19,52	569
11	Martha Maria Songstad 37,33(37,33)	94	Bergens SC	1.20,00	559
12	Pernille Berntsen 38,14(38,14)	95	Førde IL	1.20,53	548
13	Oda Haagenen 38,75(38,75)	94	Haldens SK	1.22,04	518
14	Oda Almgren Lind 38,96(38,96)	95	Oslo IL	1.22,65	507

### Funksjonshemmede

1	Rona Hjelmstad 57,45(57,45)	93	Skjetten Svømming	2.04,88	147 SB14 153,11 %
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### Øvelse 44. 100m individuell medley, herrer

#### Eldre junior

1	Sverre Næss 26,33(26,33)	92	Sarpsborg IL	57,65	775
2	Mattis Saghaug 26,64(26,64)	90	IL Varg/NTG	57,68	774
3	Kristoffer Meisler 28,41(28,41)	90	Fauske SK	59,00	723
4	Mikael Bergene 27,36(27,36)	91	Lambertseter SK	59,05	721
5	Sebastian Wigstrøm 27,95(27,95)	91	Bærumsvømmerne	59,37	710

Harstad SK		NM Junior/UM 2009		Resultater	
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6	Mathias Sørstrand Æsøy 28,38(28,38)	90	BS/Delfana	59,53	704
7	Jonas Kirkeberg Jostad 28,28(28,28)	92	Hamar IL	1.00,14	683
8	Alexander B. Havre 26,81(26,81)	90	Mandal SK	1.00,25	679
8	Hans Østerdal 28,26(28,26)	93	Stavanger SC	1.00,25	679
10	John Lekhmus 28,66(28,66)	91	Tromsø SK	1.00,44	673
11	Espen Halhjem 28,36(28,36)	92	BS/Delfana	1.00,94	656
12	Runar Borgen 28,02(28,02)	93	Bodø SK/NTG	1.01,32	644
13	Simen Dale 29,24(29,24)	91	BS/Delfana	1.01,39	642
14	Bjørn Emil Evensen 28,89(28,89)	91	Gjøvik SK	1.01,52	638
15	Martin Hals 29,26(29,26)	91	Øvre Eiker SK	1.01,87	627
16	Sebastian Stordal 28,43(28,43)	91	BS/Delfana	1.02,22	617
17	Henry Emil Nordhagen 28,87(28,87)	93	Bærumsvømmerne	1.02,74	601
18	Carl Andreas Wathne 28,62(28,62)	91	Bærumsvømmerne	1.02,91	596
18	Julian Åsheim Mikkelsen 28,72(28,72)	93	Ås IL/NTG	1.02,91	596
20	Martin Gundersen 28,47(28,47)	93	IL Varg	1.03,12	591
21	Sander Rødje 28,61(28,61)	93	Haugesund SK	1.03,28	586
22	Martin P. Sletbakken 28,79(28,79)	92	Sortland SLK	1.04,36	557

### Yngre junior

1	Markus Vindenes 27,06(27,06)	94	Vestkantsvømmerne	58,73	733
2	Berend de Waal 29,40(29,40)	94	IL Norodd	1.03,67	575
3	Kjetil Flatland 31,68(31,68)	94	Lørenskog/Rælingen	1.05,03	540

### Øvelse 45. 1500m fri, damer - Direkte finale - Foreløpig før siste heat

#### Yngre junior

1	Veronica Orheim Bjørlykke 32,56(32,56) 2.56,53(35,76) 5.19,24(35,41) 7.40,54(35,38) 10.01,93(35,30) 12.24,89(36,04) 14.47,56(35,78) 17.08,91(34,84)	94	Aalesund SLK	17.41,84	727
			1.08,56(36,00) 3.32,48(35,95) 5.54,69(35,45) 8.16,06(35,52) 10.37,37(35,44) 13.00,53(35,64) 15.23,07(35,51) 17.41,84(32,93)		
			1.44,92(36,36) 4.08,11(35,63) 6.30,01(35,32) 8.51,48(35,42) 11.13,07(35,70) 13.36,27(35,74) 15.58,27(35,20)		
			2.20,77(35,85) 4.43,83(35,72) 7.05,16(35,15) 9.26,63(35,15) 11.48,85(35,78) 14.11,78(35,51) 16.34,07(35,80)		
2	Karoline Pedersen 33,08(33,08) 2.55,31(35,65) 5.17,65(35,64) 7.41,04(35,59) 10.04,78(35,91) 12.29,02(35,95) 14.53,57(36,39) 17.17,98(36,00)	94	Bergens SLK	17.53,14	705
			1.08,09(35,01) 3.30,78(35,47) 5.53,53(35,88) 8.17,10(36,06) 10.41,14(36,36) 13.04,81(35,79) 15.29,94(36,37) 17.53,14(35,16)		
			1.43,80(35,71) 4.06,30(35,52) 6.29,31(35,78) 8.52,93(35,83) 11.17,14(36,00) 13.40,96(36,15) 16.05,80(35,86)		
			2.19,66(35,86) 4.42,01(35,71) 7.05,45(36,14) 9.28,87(35,94) 11.53,07(35,93) 14.17,18(36,22) 16.41,98(36,18)		

3	Julie Rønningsen	94	Lambertseter SK	18.08,32	676
	33,31(33,31)	1.09,40(36,09)	1.45,48(36,08)	2.22,00(36,52)	
	2.58,07(36,07)	3.33,98(35,91)	4.10,22(36,24)	4.46,59(36,37)	
	5.22,83(36,24)	5.59,44(36,61)	6.35,84(36,40)	7.11,85(36,01)	
	7.48,20(36,35)	8.24,09(35,89)	9.00,26(36,17)	9.36,54(36,28)	
	10.12,58(36,04)	10.49,27(36,69)	11.26,02(36,75)	12.02,72(36,70)	
	12.39,53(36,81)	13.16,46(36,93)	13.53,53(37,07)	14.29,86(36,33)	
	15.06,77(36,91)	15.43,94(37,17)	16.20,73(36,79)	16.57,55(36,82)	
	17.33,71(36,16)	18.08,32(34,61)			
4	Elin Haugland	96	Delfana	18.13,94	665
	33,39(33,39)	1.09,25(35,86)	1.45,75(36,50)	2.22,60(36,85)	
	2.59,17(36,57)	3.36,31(37,14)	4.13,15(36,84)	4.50,01(36,86)	
	5.27,18(37,17)	6.04,27(37,09)	6.41,27(37,00)	7.17,01(35,74)	
	7.55,13(38,12)	8.32,06(36,93)	9.08,62(36,56)	9.45,62(37,00)	
	10.22,45(36,83)	10.59,52(37,07)	11.36,38(36,86)	12.12,98(36,60)	
	12.50,03(37,05)	13.26,63(36,60)	14.03,81(37,18)	14.40,46(36,65)	
	15.16,95(36,49)	15.53,17(36,22)	16.29,17(36,00)	17.05,10(35,93)	
	17.40,47(35,37)	18.13,94(33,47)			
5	Tina Schütz	96	Vestkantsvømmerne	18.20,59	653
	33,46(33,46)	1.09,29(35,83)	1.45,89(36,60)	2.22,28(36,39)	
	2.59,31(37,03)	3.35,83(36,52)	4.13,00(37,17)	4.50,39(37,39)	
	5.27,89(37,50)	6.04,79(36,90)	6.41,88(37,09)	7.19,03(37,15)	
	7.56,14(37,11)	8.33,23(37,09)	9.10,20(36,97)	9.47,27(37,07)	
	10.24,21(36,94)	11.00,93(36,72)	11.37,62(36,69)	12.14,87(37,25)	
	12.52,03(37,16)	13.29,32(37,29)	14.05,97(36,65)	14.42,97(37,00)	
	15.19,35(36,38)	15.56,38(37,03)	16.32,88(36,50)	17.09,46(36,58)	
	17.45,75(36,29)	18.20,59(34,84)			
6	Helene Strømnes	96	Kongstensvømmerne	18.27,32	641
	33,04(33,04)	1.09,11(36,07)	1.45,80(36,69)	2.22,47(36,67)	
	2.59,39(36,92)	3.36,55(37,16)	4.13,49(36,94)	4.50,82(37,33)	
	5.28,04(37,22)	6.05,44(37,40)	6.41,74(36,30)	7.18,85(37,11)	
	7.56,28(37,43)	8.33,59(37,31)	9.10,75(37,16)	9.48,54(37,79)	
	10.25,80(37,26)	11.03,34(37,54)	11.40,76(37,42)	12.18,15(37,39)	
	12.54,41(36,26)	13.31,97(37,56)	14.08,65(36,68)	14.45,89(37,24)	
	15.22,88(36,99)	16.00,30(37,42)	16.37,08(36,78)	17.14,46(37,38)	
	17.51,43(36,97)	18.27,32(35,89)			

## Junior

1	Veronica Orheim Bjørlykke	94	Aalesund SLK	17.41,84	727
	32,56(32,56)	1.08,56(36,00)	1.44,92(36,36)	2.20,77(35,85)	
	2.56,53(35,76)	3.32,48(35,95)	4.08,11(35,63)	4.43,83(35,72)	
	5.19,24(35,41)	5.54,69(35,45)	6.30,01(35,32)	7.05,16(35,15)	
	7.40,54(35,38)	8.16,06(35,52)	8.51,48(35,42)	9.26,63(35,15)	
	10.01,93(35,30)	10.37,37(35,44)	11.13,07(35,70)	11.48,85(35,78)	
	12.24,89(36,04)	13.00,53(35,64)	13.36,27(35,74)	14.11,78(35,51)	
	14.47,56(35,78)	15.23,07(35,51)	15.58,27(35,20)	16.34,07(35,80)	
	17.08,91(34,84)	17.41,84(32,93)			
2	Julie Torgersen Nilsen	92	Hamar IL	17.45,99	719
	33,06(33,06)	1.07,98(34,92)	1.44,02(36,04)	2.19,99(35,97)	
	2.55,79(35,80)	3.31,60(35,81)	4.07,36(35,76)	4.43,04(35,68)	
	5.19,03(35,99)	5.54,62(35,59)	6.31,06(36,44)	7.06,71(35,65)	
	7.42,28(35,57)	8.18,08(35,80)	8.53,81(35,73)	9.29,49(35,68)	
	10.05,42(35,93)	10.41,08(35,66)	11.16,59(35,51)	11.52,04(35,45)	
	12.27,34(35,30)	13.02,91(35,57)	13.38,57(35,66)	14.14,76(36,19)	
	14.50,32(35,56)	15.25,48(35,16)	16.01,50(36,02)	16.37,38(35,88)	
	17.12,65(35,27)	17.45,99(33,34)			
3	Karoline Pedersen	94	Bergens SLK	17.53,14	705
	33,08(33,08)	1.08,09(35,01)	1.43,80(35,71)	2.19,66(35,86)	
	2.55,31(35,65)	3.30,78(35,47)	4.06,30(35,52)	4.42,01(35,71)	
	5.17,65(35,64)	5.53,53(35,88)	6.29,31(35,78)	7.05,45(36,14)	
	7.41,04(35,59)	8.17,10(36,06)	8.52,93(35,83)	9.28,87(35,94)	
	10.04,78(35,91)	10.41,14(36,36)	11.17,14(36,00)	11.53,07(35,93)	
	12.29,02(35,95)	13.04,81(35,79)	13.40,96(36,15)	14.17,18(36,22)	
	14.53,57(36,39)	15.29,94(36,37)	16.05,80(35,86)	16.41,98(36,18)	
	17.17,98(36,00)	17.53,14(35,16)			

4	Katrine Ekstang	92	Setermoen SK	18.05,99	680
	32,75(32,75)	1.08,18(35,43)	1.43,87(35,69)	2.19,69(35,82)	
	2.55,48(35,79)	3.31,09(35,61)	4.06,68(35,59)	4.42,65(35,97)	
	5.18,27(35,62)	5.54,16(35,89)	6.30,38(36,22)	7.06,35(35,97)	
	7.42,16(35,81)	8.18,45(36,29)	8.54,52(36,07)	9.31,60(37,08)	
	10.08,18(36,58)	10.45,08(36,90)	11.21,68(36,60)	11.58,93(37,25)	
	12.35,95(37,02)	13.13,34(37,39)	13.49,78(36,44)	14.26,22(36,44)	
	15.02,86(36,64)	15.39,86(37,00)	16.16,77(36,91)	16.53,79(37,02)	
	17.29,90(36,11)	18.05,99(36,09)			
5	Julie Rønningsen	94	Lambertseter SK	18.08,32	676
	33,31(33,31)	1.09,40(36,09)	1.45,48(36,08)	2.22,00(36,52)	
	2.58,07(36,07)	3.33,98(35,91)	4.10,22(36,24)	4.46,59(36,37)	
	5.22,83(36,24)	5.59,44(36,61)	6.35,84(36,40)	7.11,85(36,01)	
	7.48,20(36,35)	8.24,09(35,89)	9.00,26(36,17)	9.36,54(36,28)	
	10.12,58(36,04)	10.49,27(36,69)	11.26,02(36,75)	12.02,72(36,70)	
	12.39,53(36,81)	13.16,46(36,93)	13.53,53(37,07)	14.29,86(36,33)	
	15.06,77(36,91)	15.43,94(37,17)	16.20,73(36,79)	16.57,55(36,82)	
	17.33,71(36,16)	18.08,32(34,61)			
6	Elin Haugland	96	Delfana	18.13,94	665
	33,39(33,39)	1.09,25(35,86)	1.45,75(36,50)	2.22,60(36,85)	
	2.59,17(36,57)	3.36,31(37,14)	4.13,15(36,84)	4.50,01(36,86)	
	5.27,18(37,17)	6.04,27(37,09)	6.41,27(37,00)	7.17,01(35,74)	
	7.55,13(38,12)	8.32,06(36,93)	9.08,62(36,56)	9.45,62(37,00)	
	10.22,45(36,83)	10.59,52(37,07)	11.36,38(36,86)	12.12,98(36,60)	
	12.50,03(37,05)	13.26,63(36,60)	14.03,81(37,18)	14.40,46(36,65)	
	15.16,95(36,49)	15.53,17(36,22)	16.29,17(36,00)	17.05,10(35,93)	
	17.40,47(35,37)	18.13,94(33,47)			
7	Tina Schütz	96	Vestkantvømmerne	18.20,59	653
	33,46(33,46)	1.09,29(35,83)	1.45,89(36,60)	2.22,28(36,39)	
	2.59,31(37,03)	3.35,83(36,52)	4.13,00(37,17)	4.50,39(37,39)	
	5.27,89(37,50)	6.04,79(36,90)	6.41,88(37,09)	7.19,03(37,15)	
	7.56,14(37,11)	8.33,23(37,09)	9.10,20(36,97)	9.47,27(37,07)	
	10.24,21(36,94)	11.00,93(36,72)	11.37,62(36,69)	12.14,87(37,25)	
	12.52,03(37,16)	13.29,32(37,29)	14.05,97(36,65)	14.42,97(37,00)	
	15.19,35(36,38)	15.56,38(37,03)	16.32,88(36,50)	17.09,46(36,58)	
	17.45,75(36,29)	18.20,59(34,84)			
8	Inger-Cathrine Wium	92	Øvre Eiker SK	18.23,33	648
	33,40(33,40)	1.09,20(35,80)	1.45,37(36,17)	2.21,75(36,38)	
	2.58,17(36,42)	3.34,50(36,33)	4.10,81(36,31)	4.47,80(36,99)	
	5.24,85(37,05)	6.01,93(37,08)	6.38,59(36,66)	7.15,59(37,00)	
	7.52,61(37,02)	8.29,62(37,01)	9.06,42(36,80)	9.43,31(36,89)	
	10.20,72(37,41)	10.58,08(37,36)	11.35,39(37,31)	12.12,53(37,14)	
	12.49,61(37,08)	13.26,47(36,86)	14.03,27(36,80)	14.40,50(37,23)	
	15.17,93(37,43)	15.55,18(37,25)	16.32,45(37,27)	17.09,78(37,33)	
	17.46,69(36,91)	18.23,33(36,64)			
9	Helene Strømnes	96	Kongstensvømmerne	18.27,32	641
	33,04(33,04)	1.09,11(36,07)	1.45,80(36,69)	2.22,47(36,67)	
	2.59,39(36,92)	3.36,55(37,16)	4.13,49(36,94)	4.50,82(37,33)	
	5.28,04(37,22)	6.05,44(37,40)	6.41,74(36,30)	7.18,85(37,11)	
	7.56,28(37,43)	8.33,59(37,31)	9.10,75(37,16)	9.48,54(37,79)	
	10.25,80(37,26)	11.03,34(37,54)	11.40,76(37,42)	12.18,15(37,39)	
	12.54,41(36,26)	13.31,97(37,56)	14.08,65(36,68)	14.45,89(37,24)	
	15.22,88(36,99)	16.00,30(37,42)	16.37,08(36,78)	17.14,46(37,38)	
	17.51,43(36,97)	18.27,32(35,89)			
10	Christiane Sandbye	93	Skjetten Svømming	19.38,00	533
	33,33(33,33)	1.09,96(36,63)	1.47,09(37,13)	2.25,15(38,06)	
	3.03,98(38,83)	3.42,71(38,73)	4.22,61(39,90)	5.01,85(39,24)	
	5.41,26(39,41)	6.21,12(39,86)	7.00,72(39,60)	7.40,70(39,98)	
	8.20,14(39,44)	8.59,75(39,61)	9.37,85(38,10)	10.17,98(40,13)	
	10.58,75(40,77)	11.38,86(40,11)	12.18,18(39,32)	12.58,80(40,62)	
	13.38,92(40,12)	14.19,71(40,79)	15.00,46(40,75)	15.40,32(39,86)	
	16.20,60(40,28)	17.01,13(40,53)	17.40,28(39,15)	18.19,83(39,55)	
	18.58,83(39,00)	19.38,00(39,17)			

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

## Yngre junior

1	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,72)	4.14,73	560
	Vebjørn Lindhjem:	30,39(30,39)	1.02,35(31,96)	1.02,35		
	Torje Løkken:	1.35,83(33,48)	2.15,87(40,04)	1.13,52		
	Kjetil Flatland:	2.44,93(29,06)	3.19,16(34,23)	1.03,29		
	Jarl André Bergsvenkerud:	3.45,40(26,24)	4.14,73(29,33)	55,57		
2	Karmøy SK G1 jr.	JR	Karmøy SK	(0,75)	4.20,04	526
	Daniel Sandhåland:	31,62(31,62)	1.05,19(33,57)	1.05,19		
	Ivan Aleksander Larsen:	1.39,29(34,10)	2.17,91(38,62)	1.12,72		
	Morten Wee Hollund:	2.47,67(29,76)	3.21,95(34,28)	1.04,04		
	Simen Alvestad:	3.48,74(26,79)	4.20,04(31,30)	58,09		
3	Asker SK G1 jr.	JR	Asker SK	(0,75)	4.35,17	444
	Sigve Ekeli Nystuen:	34,43(34,43)	1.10,98(36,55)	1.10,98		
	Andreas Manum Hagby:	1.45,31(34,33)	2.24,80(39,49)	1.13,82		
	Johann David Ørbeck:	2.56,11(31,31)	3.34,35(38,24)	1.09,55		
	Fredrik L. Theien:	4.02,96(28,61)	4.35,17(32,21)	1.00,82		
4	Skjetten Svømming G1 jr.	JR	Skjetten Svømming	(0,74)	4.54,98	360
	Daniel Nesbø:	36,51(36,51)	1.16,38(39,87)	1.16,38		
	Morgan B. Johansen:	1.53,11(36,73)	2.38,29(45,18)	1.21,91		
	Jørgen Gundersen:	3.10,53(32,24)	3.49,72(39,19)	1.11,43		
	Henrik Christiansen:	4.20,32(30,60)	4.54,98(34,66)	1.05,26		
	Kolbotn IL G1 jr.	JR	Kolbotn IL	(0,81)	DISK	
	Erik Tobias Sollesnes:	31,95(31,95)	1.05,29(33,34)	1.05,29		
	Per Morten Halvorsen:	1.39,20(33,91)	2.18,25(39,05)	1.12,96		
	Martin Næss Kjølholdt:	2.49,03(30,78)	3.28,07(39,04)	1.09,82		
	Johan Parker Nygaard:					



**Søndag 29. november 2009 kl 15.30****Øvelse 36. 400m individuell medley, herrer - Direkte finale****Yngre junior**

1	Morten Bordervich	94	TS/Sola SK	4.57,50	566
	31,66(31,66)	1.08,84(37,18)	1.45,85(37,01)	2.23,28(37,43)	
	3.06,06(42,78)	3.51,17(45,11)	4.24,45(33,28)	4.57,50(33,05)	
2	Markus Lie	95	Åstveit SK	5.00,37	550
	31,68(31,68)	1.08,17(36,49)	1.45,31(37,14)	2.21,97(36,66)	
	3.03,02(41,05)	3.46,91(43,89)	4.23,86(36,95)	5.00,37(36,51)	
3	Daniel Sandhåland	95	Karmøy SK	5.00,65	548
	31,62(31,62)	1.08,48(36,86)	1.45,94(37,46)	2.23,66(37,72)	
	3.07,68(44,02)	3.53,64(45,96)	4.28,01(34,37)	5.00,65(32,64)	
4	Bård Løvik	94	Delfana	5.01,54	543
	31,08(31,08)	1.06,69(35,61)	1.45,37(38,68)	2.23,32(37,95)	
	3.07,89(44,57)	3.52,26(44,37)	4.27,23(34,97)	5.01,54(34,31)	
5	Kim Rune Hansen	94	Øvre Eiker SK	5.02,45	539
	31,45(31,45)	1.08,32(36,87)	1.47,49(39,17)	2.25,63(38,14)	
	3.08,87(43,24)	3.54,85(45,98)	4.29,32(34,47)	5.02,45(33,13)	
6	Henrik Søfteland	95	Delfana	5.05,39	523
	32,95(32,95)	1.08,96(36,01)	1.47,00(38,04)	2.25,49(38,49)	
	3.11,67(46,18)	3.57,92(46,25)	4.32,40(34,48)	5.05,39(32,99)	
7	Jonas Ødegård Aanby	95	Delfana	5.06,11	519
	34,48(34,48)	1.13,78(39,30)	1.54,28(40,50)	2.34,22(39,94)	
	3.16,02(41,80)	3.58,85(42,83)	4.34,36(35,51)	5.06,11(31,75)	
8	Dag Vetle Henriksen	95	Trondheim SLK	5.11,75	492
	32,91(32,91)	1.11,06(38,15)	1.49,53(38,47)	2.28,01(38,48)	
	3.14,05(46,04)	3.59,80(45,75)	4.36,34(36,54)	5.11,75(35,41)	
9	Andreas Manum Hagby	95	Asker SK	5.16,70	469
	33,65(33,65)	1.13,59(39,94)	1.54,74(41,15)	2.34,97(40,23)	
	3.17,84(42,87)	4.02,33(44,49)	4.40,26(37,93)	5.16,70(36,44)	

**Junior**

1	Sindri T. Jakobsson	91	BS/Delfana	4.25,87	793
	27,54(27,54)	1.00,20(32,66)	1.34,26(34,06)	2.08,02(33,76)	
	2.46,25(38,23)	3.24,36(38,11)	3.55,70(31,34)	4.25,87(30,17)	
2	Sebastian Wigstrøm	91	Bærumsvømmerne	4.31,02	749
	28,98(28,98)	1.02,28(33,30)	1.37,05(34,77)	2.11,91(34,86)	
	2.48,03(36,12)	3.25,51(37,48)	3.59,02(33,51)	4.31,02(32,00)	
3	Sebastian Stordal	91	BS/Delfana	4.33,15	731
	27,93(27,93)	1.00,68(32,75)	1.35,38(34,70)	2.10,06(34,68)	
	2.50,21(40,15)	3.30,68(40,47)	4.02,49(31,81)	4.33,15(30,66)	
4	Sindre Nilo	90	Bærumsvømmerne	4.34,09	724
	29,38(29,38)	1.03,44(34,06)	1.37,97(34,53)	2.12,14(34,17)	
	2.51,11(38,97)	3.31,26(40,15)	4.03,43(32,17)	4.34,09(30,66)	
5	Kristoffer Meisler	90	Fauske SK	4.36,31	706
	28,89(28,89)	1.02,81(33,92)	1.38,97(36,16)	2.14,19(35,22)	
	2.52,44(38,25)	3.32,70(40,26)	4.05,36(32,66)	4.36,31(30,95)	
6	Espen Halhjem	92	BS/Delfana	4.39,56	682
	28,70(28,70)	1.02,65(33,95)	1.38,87(36,22)	2.15,33(36,46)	
	2.54,16(38,83)	3.34,49(40,33)	4.07,58(33,09)	4.39,56(31,98)	
7	Erling Mjøs Brattelid	91	TS/Sola SK	4.43,13	657
	29,39(29,39)	1.03,39(34,00)	1.41,13(37,74)	2.17,94(36,81)	
	2.56,74(38,80)	3.36,45(39,71)	4.10,44(33,99)	4.43,13(32,69)	
8	Martin Hals	91	Øvre Eiker SK	4.44,91	644
	30,03(30,03)	1.05,43(35,40)	1.42,93(37,50)	2.20,11(37,18)	
	2.59,23(39,12)	3.38,47(39,24)	4.12,01(33,54)	4.44,91(32,90)	
9	Sindre Lilledahl	92	Haugesund SK	4.44,98	644
	30,94(30,94)	1.06,56(35,62)	1.43,10(36,54)	2.19,08(35,98)	
	3.00,21(41,13)	3.42,29(42,08)	4.13,79(31,50)	4.44,98(31,19)	
10	Hans Andre Pedersen	92	Sandefjord SK	4.50,28	609
	30,40(30,40)	1.06,43(36,03)	1.42,42(35,99)	2.18,48(36,06)	
	3.02,09(43,61)	3.46,22(44,13)	4.19,25(33,03)	4.50,28(31,03)	

11	Tore Skauge Bysting	92	Lørenskog/Rælingen	4.50,72	606
	30,70(30,70)	1.06,18(35,48)	1.44,30(38,12)	2.20,72(36,42)	
	2.59,81(39,09)	3.41,77(41,96)	4.17,48(35,71)	4.50,72(33,24)	
12	Gunnar V. Skirbekk	91	Elverum Svømming	4.54,66	582
	31,28(31,28)	1.06,75(35,47)	1.45,40(38,65)	2.23,19(37,79)	
	3.05,44(42,25)	3.48,65(43,21)	4.22,21(33,56)	4.54,66(32,45)	
13	Andreas Mathingsdal Pedersen	92	Farsund SK	4.55,71	576
	30,97(30,97)	1.07,14(36,17)	1.46,20(39,06)	2.25,20(39,00)	
	3.05,70(40,50)	3.47,12(41,42)	4.21,41(34,29)	4.55,71(34,30)	
14	Morten Bordervich	94	TS/Sola SK	4.57,50	566
	31,66(31,66)	1.08,84(37,18)	1.45,85(37,01)	2.23,28(37,43)	
	3.06,06(42,78)	3.51,17(45,11)	4.24,45(33,28)	4.57,50(33,05)	
15	Øystein Fjeldberg	93	Randaberg IL	4.58,02	563
	31,30(31,30)	1.07,91(36,61)	1.46,92(39,01)	2.26,54(39,62)	
	3.10,05(43,51)	3.53,62(43,57)	4.26,62(33,00)	4.58,02(31,40)	
16	Markus Jonassen	92	Setermoen SK	4.59,32	556
	30,39(30,39)	1.04,26(33,87)	1.42,86(38,60)	2.21,39(38,53)	
	3.04,91(43,52)	3.50,09(45,18)	4.25,50(35,41)	4.59,32(33,82)	
17	Markus Lie	95	Åstveit SK	5.00,37	550
	31,68(31,68)	1.08,17(36,49)	1.45,31(37,14)	2.21,97(36,66)	
	3.03,02(41,05)	3.46,91(43,89)	4.23,86(36,95)	5.00,37(36,51)	
18	Daniel Sandhåland	95	Karmøy SK	5.00,65	548
	31,62(31,62)	1.08,48(36,86)	1.45,94(37,46)	2.23,66(37,72)	
	3.07,68(44,02)	3.53,64(45,96)	4.28,01(34,37)	5.00,65(32,64)	
19	Bård Løvik	94	Delfana	5.01,54	543
	31,08(31,08)	1.06,69(35,61)	1.45,37(38,68)	2.23,32(37,95)	
	3.07,89(44,57)	3.52,26(44,37)	4.27,23(34,97)	5.01,54(34,31)	
20	Kim Rune Hansen	94	Øvre Eiker SK	5.02,45	539
	31,45(31,45)	1.08,32(36,87)	1.47,49(39,17)	2.25,63(38,14)	
	3.08,87(43,24)	3.54,85(45,98)	4.29,32(34,47)	5.02,45(33,13)	
21	Marius Thorsø	93	Delfana	5.03,10	535
	30,74(30,74)	1.07,63(36,89)	1.45,50(37,87)	2.23,36(37,86)	
	3.08,08(44,72)	3.54,00(45,92)	4.29,18(35,18)	5.03,10(33,92)	
22	Henrik Søfteland	95	Delfana	5.05,39	523
	32,95(32,95)	1.08,96(36,01)	1.47,00(38,04)	2.25,49(38,49)	
	3.11,67(46,18)	3.57,92(46,25)	4.32,40(34,48)	5.05,39(32,99)	
23	Jonas Ødegård Aanby	95	Delfana	5.06,11	519
	34,48(34,48)	1.13,78(39,30)	1.54,28(40,50)	2.34,22(39,94)	
	3.16,02(41,80)	3.58,85(42,83)	4.34,36(35,51)	5.06,11(31,75)	
24	Dag Vetle Henriksen	95	Trondheim SLK	5.11,75	492
	32,91(32,91)	1.11,06(38,15)	1.49,53(38,47)	2.28,01(38,48)	
	3.14,05(46,04)	3.59,80(45,75)	4.36,34(36,54)	5.11,75(35,41)	
25	Andreas Manum Hagby	95	Asker SK	5.16,70	469
	33,65(33,65)	1.13,59(39,94)	1.54,74(41,15)	2.34,97(40,23)	
	3.17,84(42,87)	4.02,33(44,49)	4.40,26(37,93)	5.16,70(36,44)	

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

#### Junior

1	Bergens SC J1 jr.	JR	Bergens SC	1.44,86	854	NJR
	Cecilie W. Johannessen:	25,11(25,11)				
	Hedvig Hjertaker:	52,22(27,11)				
	Eirin Arnesen:	1.20,15(27,93)				
	Monica W. Johannessen:	1.44,86(24,71)				
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	1.46,79	808	
	Emilie Hellerud:	27,26(27,26)				
	Ingrid N. Knutzen:	54,47(27,21)				
	Emma Isdahl:	1.20,62(26,15)				
	Elisabeth H. Svensson:	1.46,79(26,17)				
3	Team Stavanger J1 jr.	JR	Team Stavanger	1.46,85	807	
	Victoria S. Løken:	26,39(26,39)				
	Victoria Rung:	53,54(27,15)				
	Trine Hovda:	1.20,47(26,93)				
	Maren Kristine Jansen:	1.46,85(26,38)				

4	Stavanger SC J1 jr.	JR	Stavanger SC	1.49,46	751
	Nicole T. Næsheim:	28,20(28,20)			
	Caroline M. Mork:	55,47(27,27)			
	Karoline Eriksen:	1.22,69(27,22)			
	Ane Nygård:	1.49,46(26,77)			
5	Bergens SLK J1 jr.	JR	Bergens SLK	1.49,82	743
	Aslaug Marie Hjelmaas:	26,90(26,90)			
	Kaja Bremer:	53,63(26,73)			
	Karoline Pedersen:	1.20,71(27,08)			
	Julie Horn Johnsen:	1.49,82(29,11)			
6	Lambertseter SK J2 jr.	JR	Lambertseter SK	1.50,53	729
	Line Løvberg:	28,31(28,31)			
	Christine M. Pedersen:	55,71(27,40)			
	Gina B. Andersen:	1.22,84(27,13)			
	Julie Rønningsen:	1.50,53(27,69)			
7	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	1.50,96	721
	Andrea Haugstad:	28,22(28,22)			
	Juni Rugland:	56,33(28,11)			
	Stine Vindenes:	1.23,87(27,54)			
	Marthe Helene Haganes:	1.50,96(27,09)			
8	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	1.51,25	715
	Marie Reinertsen:	28,19(28,19)			
	Sara N. Gjelsvik:	56,42(28,23)			
	Benedicte Kausland:	1.23,42(27,00)			
	Marie Øverland:	1.51,25(27,83)			
9	Team Stavanger J2 jr.	JR	Team Stavanger	1.51,56	709
	Vanessa Tuxen:	28,19(28,19)			
	Marthe Berg Sørensen:	55,66(27,47)			
	Stine Mjølhus Kristoffersen:	1.24,05(28,39)			
	Eva Marie W. Østerhus:	1.51,56(27,51)			
10	Tromsø SK J1 jr.	JR	Tromsø SK	1.52,12	698
	Siv Fiske:	27,92(27,92)			
	Sophia Broberg Skeltved:	55,34(27,42)			
	Ina Kvenshagen Gimse:	1.24,01(28,67)			
	Hanne Lockertsen:	1.52,12(28,11)			
11	Sarpsborg IL J1 jr.	JR	Sarpsborg IL	1.52,56	690
	Line W. Lund:	27,67(27,67)			
	Birgitte Elise Søfteland:	55,61(27,94)			
	Terese Fosby:	1.24,21(28,60)			
	Julie Borgen:	1.52,56(28,35)			
12	Bærumsv J1 jr.	JR	Bærumsvømmerne	1.52,94	683
	Emilie Nyenget Løvberg:	27,71(27,71)			
	Kristine Mella:	56,19(28,48)			
	Andrea Westbye:	1.23,92(27,73)			
	Anna Bølgen:	1.52,94(29,02)			
13	Asker SK J1 jr.	JR	Asker SK	1.53,73	669
	Nora Kathrine Guthe:	27,25(27,25)			
	Helene Nordmark Skuterud:	55,95(28,70)			
	Anne Kristin Berge:	1.25,55(29,60)			
	Marte K. Bolstad:	1.53,73(28,18)			
14	Setermoen SK J1 jr.	JR	Setermoen SK	1.53,88	667
	Susann Bjørnsen:	27,21(27,21)			
	Ingrid Elise Woll:	54,58(27,37)			
	Maren E.J. Bakke:	1.25,60(31,02)			
	Katrine Ekstang:	1.53,88(28,28)			
15	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	1.54,24	660
	Ida Johansen:	27,73(27,73)			
	Inger-Cathrine Wium:	57,93(30,20)			
	Guro Knutsen:	1.26,88(28,95)			
	Stine Lise Stenseth:	1.54,24(27,36)			
16	Oslo IL J1 jr.	JR	Oslo IL	1.55,77	634
	Nehna-Louise Møller-Pettersen:	30,05(30,05)			
	Kristin Blyverket:	57,49(27,44)			
	Hanne Grue:	1.26,13(28,64)			
	Oda Almgren Lind:	1.55,77(29,64)			
17	Løren/Rælingen J1 jr.	JR	Lørenskog/Rælingen	1.55,98	631
	Jeanette Erlandsen:	28,36(28,36)			
	Elina Øverås:	56,92(28,56)			
	Aurora Brandtzæg:	1.25,16(28,24)			
	Klara Farkas:	1.55,98(30,82)			

18	Bergens SC J2 jr.	JR	Bergens SC	1.56,63	620
	Ragnhild Søfteland:	29,73(29,73)			
	Ingse Bergh Monsen:	57,79(28,06)			
	Eli Kristin Ølmheim:	1.26,47(28,68)			
	Martha Maria Songstad:	1.56,63(30,16)			
19	Delfana J1 jr.	JR	Delfana	1.58,14	597
	Helene Thunes Truyen:	29,86(29,86)			
	Tone Lill Evanger:	58,58(28,72)			
	Elin Haugland:	1.28,47(29,89)			
	Lisa Skogeng:	1.58,14(29,67)			
20	Moss SK J1 jr.	JR	Moss SK	1.58,93	585
	Tonje Støhr Petersen:	30,24(30,24)			
	Eirin Woldsæter:	59,85(29,61)			
	Marion Ekroll Bårdli:	1.29,68(29,83)			
	Thea Pedersen:	1.58,93(29,25)			
21	Trondheim SLK J1 jr.	JR	Trondheim SLK	1.59,18	581
	Stine Tveit:	28,58(28,58)			
	Irja Gravidahl:	59,43(30,85)			
	Malin Schanke Tømmervik:	1.29,67(30,24)			
	Viktoria Juel:	1.59,18(29,51)			
22	Harstad SK J1 jr.	JR	Harstad SK	2.04,74	507
	Malin Kristine Steffensen:	29,88(29,88)			
	Hanne Lillegård:	1.03,46(33,58)			
	Elise Bjørvik Paulsen:	1.35,24(31,78)			
	Karoline Steffensen:	2.04,74(29,50)			
	Bergensv. J1 jr.	JR	Bergensvømmerne	DISK	
	Hanne Søfteland:	27,74(27,74)			
	Seline Vike Holm:	55,08(27,34)			
	Andrea Hestdal:	1.22,92(27,84)			
	Lise Sand Syversen:				

### Øvelse 38. 200m fri, herrer - Finale

#### Junior

1	Ole Martin Ree	92	TS/Sola SK	1.49,04	851
	25,45(25,45)	52,81(27,36)	1.20,68(27,87)	1.49,04(28,36)	
2	Christian Thorsen	91	Lambertseter SK	1.52,49	775
	26,58(26,58)	55,53(28,95)	1.24,47(28,94)	1.52,49(28,02)	
3	Jørn Nygård	92	Stavanger SC	1.52,75	770
	25,96(25,96)	54,62(28,66)	1.23,86(29,24)	1.52,75(28,89)	
4	Bjarte Ravndal	91	TS/Sola SK	1.54,39	737
	26,61(26,61)	55,97(29,36)	1.25,68(29,71)	1.54,39(28,71)	
5	Kristoffer Skribeland	91	Asker SK	1.57,02	688
	27,10(27,10)	56,48(29,38)	1.26,87(30,39)	1.57,02(30,15)	
6	Sander Rødje	93	Haugesund SK	1.57,36	682
	26,84(26,84)	56,74(29,90)	1.27,66(30,92)	1.57,36(29,70)	

### Øvelse 39. 200m butterfly, damer - Finale

#### Junior

1	Line Løvberg	91	Lambertseter SK/NTG	2.15,93	784
	30,75(30,75)	1.05,16(34,41)	1.40,40(35,24)	2.15,93(35,53)	
2	Victoria Rung	92	TS/Frisinn	2.17,45	758
	31,11(31,11)	1.05,61(34,50)	1.40,90(35,29)	2.17,45(36,55)	
3	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.19,70	722
	31,42(31,42)	1.06,91(35,49)	1.42,85(35,94)	2.19,70(36,85)	
4	Maria Gullvåg Aasen	92	Kristiansand SA/NTG	2.22,70	677
	31,14(31,14)	1.07,16(36,02)	1.44,33(37,17)	2.22,70(38,37)	
5	Helene Solberg	91	Skjetten Svømming	2.26,62	625
	32,84(32,84)	1.09,92(37,08)	1.47,89(37,97)	2.26,62(38,73)	
6	Oona Ovesen	92	Elverum Svømming	2.28,94	596
	32,26(32,26)	1.09,26(37,00)	1.48,09(38,83)	2.28,94(40,85)	

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

1	Sverre Næss 25,75(25,75)	53,54(27,79)	92	Sarpsborg IL	(0,66)	53,54	881	NR
2	Lavrans Solli 26,46(26,46)	53,99(27,53)	92	Bergens SC	(0,60)	53,99	859	
3	Dominik Borkowski 26,76(26,76)	56,35(29,59)	90	IL Varg/NTG	(0,65)	56,35	756	
4	Sindri T. Jakobsson 27,52(27,52)	56,61(29,09)	91	BS/Delfana	(0,62)	56,61	745	
5	Mikael Bergene 28,18(28,18)	58,52(30,34)	91	Lambertseter SK	(0,61)	58,52	675	
6	Even Vike Holm 28,62(28,62)	59,14(30,52)	90	BS/Arna	(0,67)	59,14	654	

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

1	Cecilie W. Johannessen 26,48(26,48)	54,38(27,90)	90	Bergens SC		54,38	920	NJR
2	Monica W. Johannessen 26,73(26,73)	54,80(28,07)	90	Bergens SC		54,80	899	
3	Siri Eva Kristiansen 27,33(27,33)	56,62(29,29)	93	Asker SK		56,62	815	
4	Aslaug Marie Hjelmaas 27,81(27,81)	57,95(30,14)	95	Bergens SLK		57,95	760	
5	Oda Marie Siljan 28,16(28,16)	58,69(30,53)	92	Poseidon		58,69	731	
6	Elisabeth H. Svensson 29,26(29,26)	59,47(30,21)	91	Lambertseter SK/NTG		59,47	703	

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

1	Ole Martin Ree	92	TS/Sola SK	23,23	769
2	Christer Koch Kvam	90	Bærumsvømmerne	23,58	736
3	Alexander B. Havre	90	Mandal SK	23,61	733
4	Per Sondre Sodeland	91	Mandal SK	23,72	723
5	Bjarte Ravndal	91	TS/Sola SK	23,75	720
6	Markus Vindenes	94	Vestkantsvømmerne	23,93	704

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

1	Siri Eva Kristiansen 33,62(33,62)	1.10,75(37,13)	93	Asker SK	1.10,75	808
2	Stina Kajsa Colleou 34,30(34,30)	1.11,44(37,14)	93	Lambertseter SK	1.11,44	785
3	Trine Austrøne Olsen 33,93(33,93)	1.11,65(37,72)	90	Fauske SK	1.11,65	778
4	Ingalill Urrang Naustvik 33,72(33,72)	1.11,76(38,04)	95	Karmøy SK	1.11,76	774
5	Sophia Broberg Skeltved 34,21(34,21)	1.12,05(37,84)	92	Tromsø SK/NTG	1.12,05	765
6	Luna Elisabeth Sjøgaard 34,13(34,13)	1.12,60(38,47)	94	Lambertseter SK	1.12,60	748

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

1	Sverre Næss	92	Sarpsborg IL	54,49	918	NJR
	25,29(25,29)	54,49(29,20)				
2	Mattis Saghaug	90	IL Varg/NTG	57,27	791	
	26,45(26,45)	57,27(30,82)				
3	Markus Vindenes	94	Vestkantsvømmerne	58,79	731	
	27,33(27,33)	58,79(31,46)				
4	Sebastian Wigstrøm	91	Bærumsvømmerne	58,93	726	
	27,79(27,79)	58,93(31,14)				
5	Mikael Bergene	91	Lambertseter SK	58,98	724	
	27,48(27,48)	58,98(31,50)				
6	Kristoffer Meisler	90	Fauske SK	59,46	706	
	28,94(28,94)	59,46(30,52)				

**Øvelse 45. 1500m fri, damer - Direkte finale****Yngre junior**

1	Lise Sand Syversen	95	BS/Delfana	16.47,71	851	
	30,98(30,98)	1.04,73(33,75)	1.38,20(33,47)	2.11,78(33,58)		
	2.45,60(33,82)	3.19,54(33,94)	3.53,23(33,69)	4.27,15(33,92)		
	5.00,68(33,53)	5.34,50(33,82)	6.08,45(33,95)	6.42,44(33,99)		
	7.16,35(33,91)	7.50,47(34,12)	8.24,45(33,98)	8.58,23(33,78)		
	9.32,21(33,98)	10.06,20(33,99)	10.39,82(33,62)	11.13,68(33,86)		
	11.47,67(33,99)	12.21,69(34,02)	12.55,18(33,49)	13.29,03(33,85)		
	14.02,86(33,83)	14.36,44(33,58)	15.10,18(33,74)	15.43,30(33,12)		
	16.16,11(32,81)	16.47,71(31,60)				
2	Andrea Westbye	95	Bærumsvømmerne	17.35,53	741	
	32,50(32,50)	1.07,12(34,62)	1.41,80(34,68)	2.16,87(35,07)		
	2.52,02(35,15)	3.27,11(35,09)	4.02,22(35,11)	4.37,40(35,18)		
	5.13,14(35,74)	5.48,59(35,45)	6.24,38(35,79)	7.00,12(35,74)		
	7.36,05(35,93)	8.11,98(35,93)	8.47,85(35,87)	9.23,45(35,60)		
	9.58,16(34,71)	10.33,23(35,07)	11.08,49(35,26)	11.43,75(35,26)		
	12.19,16(35,41)	12.54,76(35,60)	13.30,39(35,63)	14.05,42(35,03)		
	14.40,59(35,17)	15.16,05(35,46)	15.51,35(35,30)	16.26,62(35,27)		
	17.01,60(34,98)	17.35,53(33,93)				
3	Veronica Orheim Bjørlykke	94	Aalesund SLK	17.41,84	727	
	32,56(32,56)	1.08,56(36,00)	1.44,92(36,36)	2.20,77(35,85)		
	2.56,53(35,76)	3.32,48(35,95)	4.08,11(35,63)	4.43,83(35,72)		
	5.19,24(35,41)	5.54,69(35,45)	6.30,01(35,32)	7.05,16(35,15)		
	7.40,54(35,38)	8.16,06(35,52)	8.51,48(35,42)	9.26,63(35,15)		
	10.01,93(35,30)	10.37,37(35,44)	11.13,07(35,70)	11.48,85(35,78)		
	12.24,89(36,04)	13.00,53(35,64)	13.36,27(35,74)	14.11,78(35,51)		
	14.47,56(35,78)	15.23,07(35,51)	15.58,27(35,20)	16.34,07(35,80)		
	17.08,91(34,84)	17.41,84(32,93)				
4	Hanne Lockertsen	94	Tromsø SK	17.52,57	706	
	32,06(32,06)	1.06,99(34,93)	1.42,08(35,09)	2.17,33(35,25)		
	2.52,54(35,21)	3.27,78(35,24)	4.03,48(35,70)	4.39,02(35,54)		
	5.14,68(35,66)	5.50,45(35,77)	6.26,25(35,80)	7.02,33(36,08)		
	7.38,34(36,01)	8.14,32(35,98)	8.50,45(36,13)	9.26,60(36,15)		
	10.02,99(36,39)	10.39,36(36,37)	11.15,98(36,62)	11.52,35(36,37)		
	12.28,82(36,47)	13.05,18(36,36)	13.41,33(36,15)	14.17,79(36,46)		
	14.54,12(36,33)	15.30,12(36,00)	16.06,18(36,06)	16.42,17(35,99)		
	17.17,78(35,61)	17.52,57(34,79)				
5	Karoline Pedersen	94	Bergens SLK	17.53,14	705	
	33,08(33,08)	1.08,09(35,01)	1.43,80(35,71)	2.19,66(35,86)		
	2.55,31(35,65)	3.30,78(35,47)	4.06,30(35,52)	4.42,01(35,71)		
	5.17,65(35,64)	5.53,53(35,88)	6.29,31(35,78)	7.05,45(36,14)		
	7.41,04(35,59)	8.17,10(36,06)	8.52,93(35,83)	9.28,87(35,94)		
	10.04,78(35,91)	10.41,14(36,36)	11.17,14(36,00)	11.53,07(35,93)		
	12.29,02(35,95)	13.04,81(35,79)	13.40,96(36,15)	14.17,18(36,22)		
	14.53,57(36,39)	15.29,94(36,37)	16.05,80(35,86)	16.41,98(36,18)		
	17.17,98(36,00)	17.53,14(35,16)				

6	Julie Rønningsen	94	Lambertseter SK	18.08,32	676
	33,31(33,31)	1.09,40(36,09)	1.45,48(36,08)	2.22,00(36,52)	
	2.58,07(36,07)	3.33,98(35,91)	4.10,22(36,24)	4.46,59(36,37)	
	5.22,83(36,24)	5.59,44(36,61)	6.35,84(36,40)	7.11,85(36,01)	
	7.48,20(36,35)	8.24,09(35,89)	9.00,26(36,17)	9.36,54(36,28)	
	10.12,58(36,04)	10.49,27(36,69)	11.26,02(36,75)	12.02,72(36,70)	
	12.39,53(36,81)	13.16,46(36,93)	13.53,53(37,07)	14.29,86(36,33)	
	15.06,77(36,91)	15.43,94(37,17)	16.20,73(36,79)	16.57,55(36,82)	
	17.33,71(36,16)	18.08,32(34,61)			
7	Elin Haugland	96	Delfana	18.13,94	665
	33,39(33,39)	1.09,25(35,86)	1.45,75(36,50)	2.22,60(36,85)	
	2.59,17(36,57)	3.36,31(37,14)	4.13,15(36,84)	4.50,01(36,86)	
	5.27,18(37,17)	6.04,27(37,09)	6.41,27(37,00)	7.17,01(35,74)	
	7.55,13(38,12)	8.32,06(36,93)	9.08,62(36,56)	9.45,62(37,00)	
	10.22,45(36,83)	10.59,52(37,07)	11.36,38(36,86)	12.12,98(36,60)	
	12.50,03(37,05)	13.26,63(36,60)	14.03,81(37,18)	14.40,46(36,65)	
	15.16,95(36,49)	15.53,17(36,22)	16.29,17(36,00)	17.05,10(35,93)	
	17.40,47(35,37)	18.13,94(33,47)			
8	Tina Schütz	96	Vestkantsvømmerne	18.20,59	653
	33,46(33,46)	1.09,29(35,83)	1.45,89(36,60)	2.22,28(36,39)	
	2.59,31(37,03)	3.35,83(36,52)	4.13,00(37,17)	4.50,39(37,39)	
	5.27,89(37,50)	6.04,79(36,90)	6.41,88(37,09)	7.19,03(37,15)	
	7.56,14(37,11)	8.33,23(37,09)	9.10,20(36,97)	9.47,27(37,07)	
	10.24,21(36,94)	11.00,93(36,72)	11.37,62(36,69)	12.14,87(37,25)	
	12.52,03(37,16)	13.29,32(37,29)	14.05,97(36,65)	14.42,97(37,00)	
	15.19,35(36,38)	15.56,38(37,03)	16.32,88(36,50)	17.09,46(36,58)	
	17.45,75(36,29)	18.20,59(34,84)			
9	Helene Strømnes	96	Kongstensvømmerne	18.27,32	641
	33,04(33,04)	1.09,11(36,07)	1.45,80(36,69)	2.22,47(36,67)	
	2.59,39(36,92)	3.36,55(37,16)	4.13,49(36,94)	4.50,82(37,33)	
	5.28,04(37,22)	6.05,44(37,40)	6.41,74(36,30)	7.18,85(37,11)	
	7.56,28(37,43)	8.33,59(37,31)	9.10,75(37,16)	9.48,54(37,79)	
	10.25,80(37,26)	11.03,34(37,54)	11.40,76(37,42)	12.18,15(37,39)	
	12.54,41(36,26)	13.31,97(37,56)	14.08,65(36,68)	14.45,89(37,24)	
	15.22,88(36,99)	16.00,30(37,42)	16.37,08(36,78)	17.14,46(37,38)	
	17.51,43(36,97)	18.27,32(35,89)			

## Junior

1	Lise Sand Syversen	95	BS/Delfana	16.47,71	851
	30,98(30,98)	1.04,73(33,75)	1.38,20(33,47)	2.11,78(33,58)	
	2.45,60(33,82)	3.19,54(33,94)	3.53,23(33,69)	4.27,15(33,92)	
	5.00,68(33,53)	5.34,50(33,82)	6.08,45(33,95)	6.42,44(33,99)	
	7.16,35(33,91)	7.50,47(34,12)	8.24,45(33,98)	8.58,23(33,78)	
	9.32,21(33,98)	10.06,20(33,99)	10.39,82(33,62)	11.13,68(33,86)	
	11.47,67(33,99)	12.21,69(34,02)	12.55,18(33,49)	13.29,03(33,85)	
	14.02,86(33,83)	14.36,44(33,58)	15.10,18(33,74)	15.43,30(33,12)	
	16.16,11(32,81)	16.47,71(31,60)			
2	Gina B. Andersen	90	Lambertseter SK	17.16,21	783
	31,21(31,21)	1.05,09(33,88)	1.38,75(33,66)	2.12,51(33,76)	
	2.46,67(34,16)	3.21,33(34,66)	3.55,86(34,53)	4.30,73(34,87)	
	5.05,77(35,04)	5.40,15(34,38)	6.14,72(34,57)	6.49,45(34,73)	
	7.24,23(34,78)	7.59,02(34,79)	8.33,64(34,62)	9.08,55(34,91)	
	9.42,84(34,29)	10.17,85(35,01)	10.52,36(34,51)	11.27,48(35,12)	
	12.02,65(35,17)	12.38,07(35,42)	13.13,36(35,29)	13.48,52(35,16)	
	14.23,45(34,93)	14.58,52(35,07)	15.33,72(35,20)	16.08,58(34,86)	
	16.43,08(34,50)	17.16,21(33,13)			
3	Siri Anette Sønju	92	Øvre Eiker SK	17.26,79	759
	31,18(31,18)	1.05,20(34,02)	1.39,76(34,56)	2.14,32(34,56)	
	2.48,98(34,66)	3.23,58(34,60)	3.58,44(34,86)	4.33,53(35,09)	
	5.08,46(34,93)	5.43,36(34,90)	6.18,56(35,20)	6.53,76(35,20)	
	7.28,70(34,94)	8.03,96(35,26)	8.39,19(35,23)	9.14,46(35,27)	
	9.49,77(35,31)	10.24,98(35,21)	11.00,70(35,72)	11.35,77(35,07)	
	12.10,82(35,05)	12.45,98(35,16)	13.21,19(35,21)	13.56,58(35,39)	
	14.31,89(35,31)	15.07,16(35,27)	15.42,44(35,28)	16.17,76(35,32)	
	16.52,86(35,10)	17.26,79(33,93)			

4	Andrea Westbye	95	Bærumsvømmerne	17.35,53	741
	32,50(32,50)	1.07,12(34,62)	1.41,80(34,68)	2.16,87(35,07)	
	2.52,02(35,15)	3.27,11(35,09)	4.02,22(35,11)	4.37,40(35,18)	
	5.13,14(35,74)	5.48,59(35,45)	6.24,38(35,79)	7.00,12(35,74)	
	7.36,05(35,93)	8.11,98(35,93)	8.47,85(35,87)	9.23,45(35,60)	
	9.58,16(34,71)	10.33,23(35,07)	11.08,49(35,26)	11.43,75(35,26)	
	12.19,16(35,41)	12.54,76(35,60)	13.30,39(35,63)	14.05,42(35,03)	
	14.40,59(35,17)	15.16,05(35,46)	15.51,35(35,30)	16.26,62(35,27)	
	17.01,60(34,98)	17.35,53(33,93)			
5	Veronica Orheim Bjørlykke	94	Aalesund SLK	17.41,84	727
	32,56(32,56)	1.08,56(36,00)	1.44,92(36,36)	2.20,77(35,85)	
	2.56,53(35,76)	3.32,48(35,95)	4.08,11(35,63)	4.43,83(35,72)	
	5.19,24(35,41)	5.54,69(35,45)	6.30,01(35,32)	7.05,16(35,15)	
	7.40,54(35,38)	8.16,06(35,52)	8.51,48(35,42)	9.26,63(35,15)	
	10.01,93(35,30)	10.37,37(35,44)	11.13,07(35,70)	11.48,85(35,78)	
	12.24,89(36,04)	13.00,53(35,64)	13.36,27(35,74)	14.11,78(35,51)	
	14.47,56(35,78)	15.23,07(35,51)	15.58,27(35,20)	16.34,07(35,80)	
	17.08,91(34,84)	17.41,84(32,93)			
6	Julie Torgersen Nilsen	92	Hamar IL	17.45,99	719
	33,06(33,06)	1.07,98(34,92)	1.44,02(36,04)	2.19,99(35,97)	
	2.55,79(35,80)	3.31,60(35,81)	4.07,36(35,76)	4.43,04(35,68)	
	5.19,03(35,99)	5.54,62(35,59)	6.31,06(36,44)	7.06,71(35,65)	
	7.42,28(35,57)	8.18,08(35,80)	8.53,81(35,73)	9.29,49(35,68)	
	10.05,42(35,93)	10.41,08(35,66)	11.16,59(35,51)	11.52,04(35,45)	
	12.27,34(35,30)	13.02,91(35,57)	13.38,57(35,66)	14.14,76(36,19)	
	14.50,32(35,56)	15.25,48(35,16)	16.01,50(36,02)	16.37,38(35,88)	
	17.12,65(35,27)	17.45,99(33,34)			
7	Andrea Haugstad	92	Vestkantsvømmerne	17.49,38	712
	32,02(32,02)	1.05,98(33,96)	1.40,47(34,49)	2.15,33(34,86)	
	2.50,48(35,15)	3.25,73(35,25)	4.01,08(35,35)	4.36,51(35,43)	
	5.12,38(35,87)	5.48,03(35,65)	6.23,95(35,92)	6.59,68(35,73)	
	7.35,82(36,14)	8.11,60(35,78)	8.47,92(36,32)	9.23,81(35,89)	
	9.59,14(35,33)	10.35,16(36,02)	11.11,18(36,02)	11.47,39(36,21)	
	12.23,34(35,95)	12.59,70(36,36)	13.36,12(36,42)	14.12,52(36,40)	
	14.49,09(36,57)	15.25,59(36,50)	16.01,90(36,31)	16.38,67(36,77)	
	17.14,52(35,85)	17.49,38(34,86)			
8	Hanne Lockertsen	94	Tromsø SK	17.52,57	706
	32,06(32,06)	1.06,99(34,93)	1.42,08(35,09)	2.17,33(35,25)	
	2.52,54(35,21)	3.27,78(35,24)	4.03,48(35,70)	4.39,02(35,54)	
	5.14,68(35,66)	5.50,45(35,77)	6.26,25(35,80)	7.02,33(36,08)	
	7.38,34(36,01)	8.14,32(35,98)	8.50,45(36,13)	9.26,60(36,15)	
	10.02,99(36,39)	10.39,36(36,37)	11.15,98(36,62)	11.52,35(36,37)	
	12.28,82(36,47)	13.05,18(36,36)	13.41,33(36,15)	14.17,79(36,46)	
	14.54,12(36,33)	15.30,12(36,00)	16.06,18(36,06)	16.42,17(35,99)	
	17.17,78(35,61)	17.52,57(34,79)			
9	Karoline Pedersen	94	Bergens SLK	17.53,14	705
	33,08(33,08)	1.08,09(35,01)	1.43,80(35,71)	2.19,66(35,86)	
	2.55,31(35,65)	3.30,78(35,47)	4.06,30(35,52)	4.42,01(35,71)	
	5.17,65(35,64)	5.53,53(35,88)	6.29,31(35,78)	7.05,45(36,14)	
	7.41,04(35,59)	8.17,10(36,06)	8.52,93(35,83)	9.28,87(35,94)	
	10.04,78(35,91)	10.41,14(36,36)	11.17,14(36,00)	11.53,07(35,93)	
	12.29,02(35,95)	13.04,81(35,79)	13.40,96(36,15)	14.17,18(36,22)	
	14.53,57(36,39)	15.29,94(36,37)	16.05,80(35,86)	16.41,98(36,18)	
	17.17,98(36,00)	17.53,14(35,16)			
10	Katrine Ekstang	92	Setermoen SK	18.05,99	680
	32,75(32,75)	1.08,18(35,43)	1.43,87(35,69)	2.19,69(35,82)	
	2.55,48(35,79)	3.31,09(35,61)	4.06,68(35,59)	4.42,65(35,97)	
	5.18,27(35,62)	5.54,16(35,89)	6.30,38(36,22)	7.06,35(35,97)	
	7.42,16(35,81)	8.18,45(36,29)	8.54,52(36,07)	9.31,60(37,08)	
	10.08,18(36,58)	10.45,08(36,90)	11.21,68(36,60)	11.58,93(37,25)	
	12.35,95(37,02)	13.13,34(37,39)	13.49,78(36,44)	14.26,22(36,44)	
	15.02,86(36,64)	15.39,86(37,00)	16.16,77(36,91)	16.53,79(37,02)	
	17.29,90(36,11)	18.05,99(36,09)			
11	Julie Rønningsen	94	Lambertseter SK	18.08,32	676
	33,31(33,31)	1.09,40(36,09)	1.45,48(36,08)	2.22,00(36,52)	
	2.58,07(36,07)	3.33,98(35,91)	4.10,22(36,24)	4.46,59(36,37)	
	5.22,83(36,24)	5.59,44(36,61)	6.35,84(36,40)	7.11,85(36,01)	
	7.48,20(36,35)	8.24,09(35,89)	9.00,26(36,17)	9.36,54(36,28)	
	10.12,58(36,04)	10.49,27(36,69)	11.26,02(36,75)	12.02,72(36,70)	
	12.39,53(36,81)	13.16,46(36,93)	13.53,53(37,07)	14.29,86(36,33)	
	15.06,77(36,91)	15.43,94(37,17)	16.20,73(36,79)	16.57,55(36,82)	
	17.33,71(36,16)	18.08,32(34,61)			



12	Elin Haugland	96	Delfana	18.13,94	665
	33,39(33,39)	1.09,25(35,86)	1.45,75(36,50)	2.22,60(36,85)	
	2.59,17(36,57)	3.36,31(37,14)	4.13,15(36,84)	4.50,01(36,86)	
	5.27,18(37,17)	6.04,27(37,09)	6.41,27(37,00)	7.17,01(35,74)	
	7.55,13(38,12)	8.32,06(36,93)	9.08,62(36,56)	9.45,62(37,00)	
	10.22,45(36,83)	10.59,52(37,07)	11.36,38(36,86)	12.12,98(36,60)	
	12.50,03(37,05)	13.26,63(36,60)	14.03,81(37,18)	14.40,46(36,65)	
	15.16,95(36,49)	15.53,17(36,22)	16.29,17(36,00)	17.05,10(35,93)	
	17.40,47(35,37)	18.13,94(33,47)			
13	Tina Schütz	96	Vestkantsvømmerne	18.20,59	653
	33,46(33,46)	1.09,29(35,83)	1.45,89(36,60)	2.22,28(36,39)	
	2.59,31(37,03)	3.35,83(36,52)	4.13,00(37,17)	4.50,39(37,39)	
	5.27,89(37,50)	6.04,79(36,90)	6.41,88(37,09)	7.19,03(37,15)	
	7.56,14(37,11)	8.33,23(37,09)	9.10,20(36,97)	9.47,27(37,07)	
	10.24,21(36,94)	11.00,93(36,72)	11.37,62(36,69)	12.14,87(37,25)	
	12.52,03(37,16)	13.29,32(37,29)	14.05,97(36,65)	14.42,97(37,00)	
	15.19,35(36,38)	15.56,38(37,03)	16.32,88(36,50)	17.09,46(36,58)	
	17.45,75(36,29)	18.20,59(34,84)			
14	Inger-Cathrine Wium	92	Øvre Eiker SK	18.23,33	648
	33,40(33,40)	1.09,20(35,80)	1.45,37(36,17)	2.21,75(36,38)	
	2.58,17(36,42)	3.34,50(36,33)	4.10,81(36,31)	4.47,80(36,99)	
	5.24,85(37,05)	6.01,93(37,08)	6.38,59(36,66)	7.15,59(37,00)	
	7.52,61(37,02)	8.29,62(37,01)	9.06,42(36,80)	9.43,31(36,89)	
	10.20,72(37,41)	10.58,08(37,36)	11.35,39(37,31)	12.12,53(37,14)	
	12.49,61(37,08)	13.26,47(36,86)	14.03,27(36,80)	14.40,50(37,23)	
	15.17,93(37,43)	15.55,18(37,25)	16.32,45(37,27)	17.09,78(37,33)	
	17.46,69(36,91)	18.23,33(36,64)			
15	Helene Strømnes	96	Kongstensvømmerne	18.27,32	641
	33,04(33,04)	1.09,11(36,07)	1.45,80(36,69)	2.22,47(36,67)	
	2.59,39(36,92)	3.36,55(37,16)	4.13,49(36,94)	4.50,82(37,33)	
	5.28,04(37,22)	6.05,44(37,40)	6.41,74(36,30)	7.18,85(37,11)	
	7.56,28(37,43)	8.33,59(37,31)	9.10,75(37,16)	9.48,54(37,79)	
	10.25,80(37,26)	11.03,34(37,54)	11.40,76(37,42)	12.18,15(37,39)	
	12.54,41(36,26)	13.31,97(37,56)	14.08,65(36,68)	14.45,89(37,24)	
	15.22,88(36,99)	16.00,30(37,42)	16.37,08(36,78)	17.14,46(37,38)	
	17.51,43(36,97)	18.27,32(35,89)			
16	Christiane Sandbye	93	Skjetten Svømming	19.38,00	533
	33,33(33,33)	1.09,96(36,63)	1.47,09(37,13)	2.25,15(38,06)	
	3.03,98(38,83)	3.42,71(38,73)	4.22,61(39,90)	5.01,85(39,24)	
	5.41,26(39,41)	6.21,12(39,86)	7.00,72(39,60)	7.40,70(39,98)	
	8.20,14(39,44)	8.59,75(39,61)	9.37,85(38,10)	10.17,98(40,13)	
	10.58,75(40,77)	11.38,86(40,11)	12.18,18(39,32)	12.58,80(40,62)	
	13.38,92(40,12)	14.19,71(40,79)	15.00,46(40,75)	15.40,32(39,86)	
	16.20,60(40,28)	17.01,13(40,53)	17.40,28(39,15)	18.19,83(39,55)	
	18.58,83(39,00)	19.38,00(39,17)			

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

#### Junior

1	Bergensv. G1 jr.	JR	Bergensvømmerne	(0,74)	3.47,46	786
	Even Vike Holm:	28,86(28,86)	57,95(29,09)	57,95		
	Simen Dale:	1.27,33(29,38)	2.02,26(34,93)	1.04,31		
	Sindri T. Jakobsson:	2.27,09(24,83)	2.56,11(29,02)	53,85		
	Marcus Tesdal:	3.20,42(24,31)	3.47,46(27,04)	51,35		
2	Bærumsv G1 jr.	JR	Bærumsvømmerne	(0,78)	3.47,67	784 NJR
	Vegard Nyenget Løvberg:	28,37(28,37)	58,08(29,71)	58,08		
	Sebastian Wigstrøm:	1.27,53(29,45)	2.01,06(33,53)	1.02,98		
	Tor Hafnor:	2.27,03(25,97)	2.57,88(30,85)	56,82		
	Christer Koch Kvam:	3.21,05(23,17)	3.47,67(26,62)	49,79		
3	IL Varg G1 jr.	JR	IL Varg	(0,66)	3.48,99	771
	Dominik Borkowski:	27,48(27,48)	56,72(29,24)	56,72		
	Mattis Saghaug:	1.25,23(28,51)	1.58,37(33,14)	1.01,65		
	Odin Spangen Normann:	2.24,54(26,17)	2.56,64(32,10)	58,27		
	Daniel Berenett:	3.21,51(24,87)	3.48,99(27,48)	52,35		
4	Team Stavanger G1 jr.	JR	Team Stavanger	(0,62)	3.53,24	729
	Erlend Tveteraas:	29,49(29,49)	1.01,40(31,91)	1.01,40		
	Erling Mjøs Brattelid:	1.30,67(29,27)	2.04,45(33,78)	1.03,05		
	Ole Martin Ree:	2.30,34(25,89)	3.00,46(30,12)	56,01		
	Bjarte Ravndal:	3.25,61(25,15)	3.53,24(27,63)	52,78		

5	Lambertseter SK G1 jr.	JR	Lambertseter SK	(0,61)	3.54,01	722	NJR
	Mikael Bergene:	28,93(28,93)	58,94(30,01)	58,94			
	Christian Thorsen:	1.28,98(30,04)	2.04,12(35,14)	1.05,18			
	Sindre Eilertsen:	2.30,16(26,04)	3.01,64(31,48)	57,52			
	David Evja:	3.26,78(25,14)	3.54,01(27,23)	52,37			
6	Stavanger SC G1 jr.	JR	Stavanger SC	(0,58)	3.59,98	670	
	Henrik Knudsen:	31,52(31,52)	1.03,92(32,40)	1.03,92			
	Hans Østerdal:	1.34,17(30,25)	2.10,61(36,44)	1.06,69			
	Christian Juvik:	2.36,84(26,23)	3.08,29(31,45)	57,68			
	Jørn Nygård:	3.32,98(24,69)	3.59,98(27,00)	51,69			
7	Bergensv. G2 jr.	JR	Bergensvømmerne	(0,71)	4.00,32	667	
	Mathias Sørstrand Æsøy:	28,89(28,89)	1.00,07(31,18)	1.00,07			
	Espen Halhjem:	1.32,42(32,35)	2.10,72(38,30)	1.10,65			
	Sebastian Stordal:	2.36,77(26,05)	3.07,38(30,61)	56,66			
	Zoltan Csernai:	3.32,71(25,33)	4.00,32(27,61)	52,94			
8	Asker SK G1 jr.	JR	Asker SK	(0,70)	4.06,11	621	
	Andreas Bergman:	31,28(31,28)	1.05,93(34,65)	1.05,93			
	Patryk Bubilek:	1.37,97(32,04)	2.14,80(36,83)	1.08,87			
	Jan Aleksander Bakke:	2.41,51(26,71)	3.12,84(31,33)	58,04			
	Kristoffer Skribeland:	3.38,46(25,62)	4.06,11(27,65)	53,27			
9	Mandal SK G1 jr.	JR	Mandal SK	(0,64)	4.06,68	616	
	Daniel B. Havre:	31,39(31,39)	1.06,26(34,87)	1.06,26			
	Per Sondre Sodeland:	1.37,53(31,27)	2.15,43(37,90)	1.09,17			
	Alexander B. Havre:	2.41,01(25,58)	3.12,27(31,26)	56,84			
	Tord Eirik Seyffarth:	3.37,80(25,53)	4.06,68(28,88)	54,41			
10	Lambertseter SK G2 jr.	JR	Lambertseter SK	(0,61)	4.09,34	597	
	Aksel Øvern:	30,09(30,09)	1.03,83(33,74)	1.03,83			
	Kristian Nygård:	1.35,63(31,80)	2.13,10(37,47)	1.09,27			
	Alexander Schüssler:	2.41,43(28,33)	3.14,71(33,28)	1.01,61			
	Alexander Thorvaldsen:	3.40,02(25,31)	4.09,34(29,32)	54,63			
11	Delfana G1 jr.	JR	Delfana	(0,65)	4.12,10	578	
	Øyvind L. Styrmoec:	30,46(30,46)	1.02,64(32,18)	1.02,64			
	Håvard Hole:	1.34,22(31,58)	2.11,70(37,48)	1.09,06			
	Bård Løvik:	2.41,28(29,58)	3.15,53(34,25)	1.03,83			
	Marius Thorsø:	3.42,26(26,73)	4.12,10(29,84)	56,57			
12	Vestbyen IL G1 jr.	JR	Vestbyen IL	(0,76)	4.15,31	556	
	Fredrik Tronvoll:	31,28(31,28)	1.07,66(36,38)	1.07,66			
	Christopher Wolf:	1.39,90(32,24)	2.18,90(39,00)	1.11,24			
	Christian Tronvoll:	2.47,18(28,28)	3.20,64(33,46)	1.01,74			
	Sigvart Evjen:	3.46,42(25,78)	4.15,31(28,89)	54,67			
13	Trondheim SLK G1 jr.	JR	Trondheim SLK	(0,75)	4.16,26	550	
	Geir T. Kristiansen:	31,06(31,06)	1.04,89(33,83)	1.04,89			
	Sindre Søderlund:	1.35,33(30,44)	2.10,73(35,40)	1.05,84			
	Arnt Martin Ystenes:	2.39,97(29,24)	3.15,02(35,05)	1.04,29			
	Dag Vetle Henriksen:	3.44,20(29,18)	4.16,26(32,06)	1.01,24			
14	Løren/Rælingen G1 jr.	JR	Lørenskog/Rælingen	(0,76)	4.18,34	537	
	Vebjørn Lindhjem:	30,78(30,78)	1.03,14(32,36)	1.03,14			
	Tore Skauge Bysting:	1.35,92(32,78)	2.15,16(39,24)	1.12,02			
	Kjetil Flatland:	2.44,77(29,61)	3.20,93(36,16)	1.05,77			
	Jarl André Bergsvenkerud:	3.48,15(27,22)	4.18,34(30,19)	57,41			
	Bærumsv G2 jr.	JR	Bærumsvømmerne	(0,67)	DISK		
	Henrik Wathne:	30,97(30,97)	1.04,37(33,40)	1.04,37			
	Sindre Nilo:	1.35,98(31,61)	2.13,43(37,45)	1.09,06			
	Carl Andreas Wathne:	2.40,98(27,55)	3.15,58(34,60)	1.02,15			
	Henry Emil Nordhagen:						

