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* Basert på tider f.o.m. 2000.

KVINNER				MENN		
År	Navn	Tid	#	Tid	Navn	År
25 FRI						
2005	Eriksrud, Tone Wold	00:13.75	1	00:11.68	Evensen, Bjørn Emil	2009
2010	Karlsson, Rebecca	00:14.42	2	00:11.91	Evensen, Dag Anders	2005
2003	Kristoffersen, Elisabeth	00:14.50	3	00:11.93	Aamodt, Magnus Smestad	2007
2008	Andresen, Katrine	00:14.52	4	00:12.12	Stadheim, Magnus	2005
2003	Paydar, Setare	00:14.62	5	00:12.78	Ravnan, Eirik	2003
2004	Aase, Anette Løkken	00:14.66	6	00:12.88	Nordeng, Gard Nyborg	2006
50 FRI						
2007	Eriksrud, Tone Wold	00:29.90	1	00:24.93	Evensen, Bjørn Emil	2009
2007	Mathiesen, Hanne	00:31.20	2	00:25.78	Johnsen, Erik	2003
2010	Wasilewski, Desiree	00:31.41	3	00:25.85	Aamodt, Magnus Smestad	2009
2010	Karlsson, Rebecca	00:31.44	4	00:26.03	Evensen, Dag Anders	2008
2008	Andresen, Katrine	00:31.46	5	00:26.76	Nordeng, Gard Nyborg	2006
2002	Haugen, Iselin	00:31.56	6	00:26.78	Ravnan, Eirik	2004
100 FRI						
2007	Eriksrud, Tone Wold	01:05.03	1	00:55.08	Evensen, Bjørn Emil	2009
2010	Wasilewski, Desiree	01:07.50	2	00:56.71	Aamodt, Magnus Smestad	2009
2009	Foss, Ane Mathea	01:08.82	3	00:58.32	Ravnan, Eirik	2004
2010	Karlsson, Rebecca	01:09.69	4	00:58.72	Evensen, Dag Anders	2006
2008	Helgesen, Guro	01:10.33	5	00:59.21	Kjellsby, Asbjørn Eskild	2004
2010	Vig, Inger	01:11.28	6	01:00.12	Stadheim, Andreas	2008
200 FRI						
2007	Eriksrud, Tone Wold	02:24.18	1	02:06.62	Evensen, Bjørn Emil	2008
2009	Foss, Ane Mathea	02:30.90	2	02:14.31	Aamodt, Magnus Smestad	2009
2010	Karlsson, Rebecca	02:33.38	3	02:14.97	Ravnan, Eirik	2003
2009	Andresen, Katrine	02:39.15	4	02:15.27	Evensen, Dag Anders	2004
2010	Sandvik, Carina Martinsen	02:41.06	5	02:17.03	Kjelsrud, Tom Rune	2002
2010	Vig, Inger	02:41.34	6	02:20.73	Kjellsby, Asbjørn Eskild	2004
400 FRI						
2007	Eriksrud, Tone Wold	05:05.93	1	04:40.65	Evensen, Bjørn Emil	2006
2008	Foss, Ane Mathea	05:29.41	2	04:41.22	Ravnan, Eirik	2004
2010	Karlsson, Rebecca	05:34.46	3	04:56.30	Kjelsrud, Tom Rune	2002
2007	Andresen, Katrine	05:51.35	4	05:06.81	Strøm, Sven	2003
2008	Vig, Inger	05:57.99	5	05:08.80	Brekke, Erlend	2008
2010	Dybvik, Solveig Waterloo	06:01.70	6	05:08.94	Evensen, Dag Anders	2003
800 FRI						
			1	10:10.60	Ravnan, Eirik	2004
			2	11:29.58	Tunold-Hanssen, Jarl	2002
			3			
			4			
			5			
			6			
1500 FRI						
			1	21:32.53	Tunold-Hanssen, Jarl	2000
			2			
			3			
			4			
			5			
			6			

KVINNER				MENN		
År	Navn	Tid	#	Tid	Navn	År
25 BRYST						
2006	Eriksrud, Tone Wold	00:17.19	1	00:14.47	Evensen, Bjørn Emil	2007
2009	Karlsson, Rebecca	00:18.06	2	00:15.56	Stadheim, Andreas	2005
2009	Rennan, Ingrid Marie	00:18.28	3	00:15.72	Stadheim, Magnus	2005
2002	Holmgren, Tonje Kristine	00:19.03	4	00:15.75	Aamodt, Magnus Smestad	2009
2007	Foss, Ane Mathea	00:19.13	5	00:15.78	Zarei, Arsham	2009
2009	Slettum, Eva Cecilie	00:19.38	6	00:16.00	Evensen, Dag Anders	2005
50 BRYST						
2010	Karlsson, Rebecca	00:38.59	1	00:31.26	Stadheim, Andreas	2007
2005	Eriksrud, Tone Wold	00:39.28	2	00:31.27	Evensen, Bjørn Emil	2009
2009	Rennan, Ingrid Marie	00:40.32	3	00:33.16	Zarei, Arsham	2010
2002	Clarke, Nicole	00:40.61	4	00:33.90	Johnsen, Erik	2003
2003	Holmgren, Tonje Kristine	00:40.97	5	00:34.41	Evensen, Dag Anders	2005
2007	Mathiesen, Hanne	00:41.44	6	00:34.66	Brekke, Erlend	2008
100 BRYST						
2010	Karlsson, Rebecca	01:25.15	1	01:07.87	Evensen, Bjørn Emil	2009
2007	Eriksrud, Tone Wold	01:25.99	2	01:09.43	Stadheim, Andreas	2007
2010	Rennan, Ingrid Marie	01:30.69	3	01:11.19	Johnsen, Erik	2004
2003	Holmgren, Tonje Kristine	01:32.81	4	01:16.21	Zarei, Arsham	2009
2010	Aure, Synne	01:34.22	5	01:17.56	Ravnan, Eirik	2003
2008	Langerud, Ada Andersen	01:36.28	6	01:20.39	Brekke, Erlend	2008
200 BRYST						
2010	Karlsson, Rebecca	03:02.61	1	02:39.27	Stadheim, Andreas	2008
2007	Eriksrud, Tone Wold	03:04.79	2	02:39.92	Evensen, Bjørn Emil	2007
2009	Rennan, Ingrid Marie	03:20.09	3	02:45.11	Ravnan, Eirik	2004
2008	Langerud, Ada Andersen	03:26.50	4	02:48.88	Zarei, Arsham	2010
2002	Holmgren, Tonje Kristine	03:27.69	5	03:01.28	Evensen, Dag Anders	2005
2009	Mæhlum, Tiril	03:28.49	6	03:02.18	Dybvik, Vemund Waterloo	2010
25 RYGG						
2006	Mathiesen, Hanne	00:16.88	1	00:14.41	Evensen, Bjørn Emil	2007
2006	Eriksrud, Tone Wold	00:17.03	2	00:15.22	Kristoffersen, Eivind	2009
2010	Karlsson, Rebecca	00:17.59	3	00:15.40	Aamodt, Magnus Smestad	2007
2009	Foss, Ane Mathea	00:18.29	4	00:16.16	Evensen, Dag Anders	2004
2009	Andresen, Katrine	00:18.59	5	00:17.03	Ravnan, Eirik	2004
2004	Aase, Anette Løkken	00:18.72	6	00:17.88	Savva, Mikkel	2010
50 RYGG						
2010	Wasilewski, Desiree	00:35.71	1	00:29.61	Evensen, Bjørn Emil	2009
2007	Mathiesen, Hanne	00:36.27	2	00:30.96	Kristoffersen, Eivind	2009
2007	Eriksrud, Tone Wold	00:36.80	3	00:31.59	Evensen, Dag Anders	2009
2010	Karlsson, Rebecca	00:36.94	4	00:32.00	Ravnan, Eirik	2004
2009	Foss, Ane Mathea	00:37.57	5	00:32.62	Johnsen, Erik	2003
2010	Grøtberg, Sigrid Røstø	00:37.72	6	00:33.34	Aamodt, Magnus Smestad	2008
100 RYGG						
2010	Wasilewski, Desiree	01:17.26	1	01:05.29	Evensen, Bjørn Emil	2008
2008	Foss, Ane Mathea	01:19.63	2	01:07.01	Kristoffersen, Eivind	2009
2007	Mathiesen, Hanne	01:19.68	3	01:08.03	Evensen, Dag Anders	2005
2007	Eriksrud, Tone Wold	01:20.30	4	01:08.57	Ravnan, Eirik	2004
2008	Andresen, Katrine	01:23.14	5	01:12.09	Aamodt, Magnus Smestad	2008
2010	Karlsson, Rebecca	01:23.76	6	01:19.72	Jostad, Jonas Kirkeberg	2004
200 RYGG						
2008	Foss, Ane Mathea	02:50.54	1	02:21.39	Ravnan, Eirik	2004
2006	Eriksrud, Tone Wold	02:50.76	2	02:28.67	Evensen, Dag Anders	2006
2010	Karlsson, Rebecca	03:00.10	3	02:29.69	Evensen, Bjørn Emil	2006
2008	Andresen, Katrine	03:00.85	4	02:36.75	Kristoffersen, Eivind	2007
2009	Grøtberg, Sigrid Røstø	03:12.10	5	02:39.38	Aamodt, Magnus Smestad	2007
2008	Rennan, Jorun Eline	03:33.95	6	02:49.45	Jostad, Jonas Kirkeberg	2004

KVINNER				MENN		
År	Navn	Tid	#	Tid	Navn	År
25 BUTTERFLY						
2007	Eriksrud, Tone Wold	00:14.68	1	00:12.16	Evensen, Bjørn Emil	2009
2009	Rennan, Ingrid Marie	00:15.84	2	00:12.44	Aamodt, Magnus Smestad	2009
2006	Mathiesen, Hanne	00:15.85	3	00:13.66	Evensen, Dag Anders	2004
2007	Andresen, Katrine	00:15.87	4	00:14.00	Zarei, Arsham	2009
2006	Foss, Ane Mathea	00:15.88	5	00:14.12	Ravnan, Eirik	2004
2009	Vig, Inger	00:16.69	6	00:14.38	Nordeng, Gard Nyborg	2006
50 BUTTERFLY						
2006	Eriksrud, Tone Wold	00:31.39	1	00:26.46	Evensen, Bjørn Emil	2009
2002	Clarke, Nicole	00:34.06	2	00:27.72	Johnsen, Erik	2003
2008	Mathiesen, Hanne	00:34.80	3	00:27.74	Aamodt, Magnus Smestad	2009
2008	Andresen, Katrine	00:34.94	4	00:28.63	Kiani, Baharam	2001
2010	Vig, Inger	00:35.13	5	00:29.51	Stadheim, Andreas	2007
2006	Foss, Ane Mathea	00:35.34	6	00:29.68	Strøm, Sven	2005
100 BUTTERFLY						
2007	Eriksrud, Tone Wold	01:12.98	1	00:59.04	Evensen, Bjørn Emil	2009
2002	Clarke, Nicole	01:18.97	2	01:02.66	Aamodt, Magnus Smestad	2009
2007	Andresen, Katrine	01:25.09	3	01:04.09	Johnsen, Erik	2004
2006	Foss, Ane Mathea	01:25.65	4	01:07.78	Stadheim, Andreas	2008
2009	Ramfjord, Hege	01:25.90	5	01:08.24	Strøm, Sven	2005
2009	Vig, Inger	01:27.48	6	01:10.60	Ravnan, Eirik	2003
200 BUTTERFLY						
2007	Eriksrud, Tone Wold	03:06.94	1	02:27.10	Evensen, Bjørn Emil	2006
2007	Csirmaz, Martine Amble	03:26.10	2	03:19.82	Tunold-Hanssen, Jarl	2006
			3			
			4			
			5			
			6			
100 MEDLEY						
2006	Eriksrud, Tone Wold	01:13.47	1	01:01.52	Evensen, Bjørn Emil	2009
2010	Karlsson, Rebecca	01:17.73	2	01:02.78	Johnsen, Erik	2003
2008	Foss, Ane Mathea	01:19.00	3	01:05.47	Stadheim, Andreas	2007
2010	Wasilevski, Desiree	01:20.44	4	01:05.65	Aamodt, Magnus Smestad	2007
2007	Mathiesen, Hanne	01:21.75	5	01:07.41	Ravnan, Eirik	2004
2002	Clarke, Nicole	01:22.38	6	01:08.79	Evensen, Dag Anders	2009
200 MEDLEY						
2007	Eriksrud, Tone Wold	02:43.13	1	02:16.71	Evensen, Bjørn Emil	2008
2010	Karlsson, Rebecca	02:53.88	2	02:23.03	Ravnan, Eirik	2004
2004	Aase, Anette Løkken	03:02.03	3	02:36.47	Aamodt, Magnus Smestad	2007
2008	Vig, Inger	03:06.76	4	02:36.93	Evensen, Dag Anders	2005
2006	Foss, Ane Mathea	03:08.72	5	02:40.37	Stadheim, Andreas	2005
2009	Rennan, Ingrid Marie	03:09.73	6	02:42.25	Kjelsrud, Tom Rune	2003
400 MEDLEY						
2006	Eriksrud, Tone Wold	05:54.56	1	05:09.47	Ravnan, Eirik	2004
2006	Ramfjord, Hege	08:30.77	2	06:16.01	Tunold-Hanssen, Jarl	2003
			3	07:07.61	Ravnan, Sigurd	2004
			4			
			5			
			6			