

Trio to-dagers
24.03-25.03.2007 Husnes
TRIO Symjegruppe

RESULTATLISTE
Safir Stevnebørsen
Søndag 25. mars 2007

ØVELSE 1 50 BRYST MENN

1996

1	p	Marius Berg	1996	DELFANA	00:53.44	121
2	p	Benjamin Ulsmåg	1996	DELFANA	01:12.85	48
999		Tarald Thoresen	1996	DELFANA	Uteble	

1997

		Christopher Brix	1997	TRIO	01:19.72	
		Erlend T. Halvorsen	1997	DELFANA	01:20.92	
		Magnus D Johnsen	1997	DELFANA	01:04.05	
		Christoffer G. Skaaland	1997	DELFANA	01:10.33	
		Marcus Wangsholm	1997	DELFANA	01:18.34	
		Daniel Øvstebø	1997	TRIO	01:04.75	

1998

		Daniel Davidsen	1998	ÅSTVEIT	02:09.92	
		Simen D. Kreybu	1998	ARNA SLK	01:05.48	
		David Vabø	1998	VESTKANT	01:04.66	
		Jarle H. Wallevik	1998	ARNA SLK	01:11.45	
		Henrik Øvrebø	1998	DELFANA	01:04.81	

1999

		Heine Rugland	1999	VESTKANT	01:07.61	
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ØVELSE 2 50 BRYST KVINNER

1993

999		Maria Sætre	1993	DELFANA	Uteble	
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1995

1	p	Ragnhild Litland	1995	ÅSTVEIT	01:01.95	117
2	p	Mariel Askeland	1995	ÅSTVEIT	01:12.53	72
999		Ylva Bårdsdottir	1995	ÅSTVEIT	Uteble	

1996

1	p	Hanne Wiese-Hansen	1996	DELFANA	00:55.37	164
2	p	Ida Birkeland	1996	ARNA SLK	00:56.19	156
3	p	Maria Joselin Straume	1996	DELFANA	00:56.28	156
4	p	Anette Nyheim	1996	ÅSTVEIT	00:57.80	144
5	p	Guro Økland	1996	DELFANA	01:10.00	81
6	p	Celine Øvrebottn	1996	ÅSTVEIT	01:15.61	64
7	p	Malin Heggholmen	1996	DELFANA	01:17.70	59
8	p	Therese Jacobsen	1996	ÅSTVEIT	01:21.07	52

1997

		Thea Fotland	1997	TRIO	01:03.89	
		Amalie Hovland	1997	DELFANA	00:59.82	
		Kristine Kristiansen	1997	STORD	01:24.18	
		Lisa Marie Laukli	1997	ÅSTVEIT	01:03.51	

		Amanda Truyen	1997	DELFANA	01:03.17	
1998						
		Mari Dahl	1998	DELFANA	01:24.06	
		Stine Dale	1998	VESTKANT	01:14.92	
		Julia Dobbe	1998	ARNA SLK	01:12.23	
		Ida Sofie Holmefjord	1998	ARNA SLK	01:18.63	
		Emilie Lie Mathisen	1998	VESTKANT	01:05.82	
		Hanne Christine Torset	1998	ÅSTVEIT	01:06.07	
		Maria Vollsund	1998	DELFANA	01:03.58	
1999						
		Mie Kreybu	1999	ARNA SLK	01:05.97	
		Andrea Gurvin Skaaland	1999	DELFANA	01:17.68	
		Ingrid H. Wallevik	1999	ARNA SLK	01:19.21	
		Benedikte Øverland	1999	VESTKANT	00:59.06	
2000						
		Malin Blom	2000	TRIO	01:31.96	
ØVELSE 3 400 FRI MENN						
1991						
	1	p	Sebastian Stordal	1991	DELFANA	04:25.85 559
	2	p	Jakob Haugstvedt	1991	DELFANA	04:38.93 484
	3	p	Kristoffer Brekke	1991	VESTKANT	04:59.38 392
1992						
	1	p	Eivind Johannesen	1992	ÅSTVEIT	04:32.07 522
	2	p	Sindre Mowatt Gruben	1992	BSC	04:44.79 455
	3	p	Erlend Ulveseter	1992	ÅSTVEIT	04:54.08 413
	4		Markus Heimdal	1992	DELFANA	04:55.18 409
	5		Kristoffer Hvidevoll	1992	Halsnøy	07:35.03 111
	6		Thomas Medhus	1992	Halsnøy	08:08.13 90
	999		Jørgen Grøndal	1992	Halsnøy	Brutt
1993						
	1	p	Robin Sell Dyngeland	1993	ÅSTVEIT	04:38.24 488
	2	p	Anders S. Jordheim	1993	VESTKANT	04:50.78 427
	3	p	Gjermund Fure Johansen	1993	VESTKANT	04:55.60 407
	4		Håvard Hole	1993	DELFANA	05:32.89 285
	5		Lars Haga Bringeland	1993	VESTKANT	06:01.56 222
	6		Anders Grasdøl	1993	VESTKANT	06:06.74 213
	7		Bård Haga Bringeland	1993	VESTKANT	06:09.30 208
	999		Andreas Medhus	1993	Halsnøy	Brutt
1994						
	1	p	Eirik H. Wallevik	1994	ARNA SLK	05:08.66 357
	2	p	Kristian Blumenfelt	1994	VESTKANT	05:15.58 334
1995						
	1	p	Markus Lie	1995	ÅSTVEIT	05:20.90 318
	2	p	Jonas Ødegård Aanby	1995	DELFANA	05:22.28 314
	3	p	Henrik Søfteland	1995	DELFANA	05:33.53 283
	4		Anders Hjelmaas	1995	BSLK	05:45.35 255
	5		Marius Sylta	1995	VESTKANT	06:13.27 202
	6		Andreas Reinertsen	1995	VESTKANT	06:20.38 191
1996						

1	p	Jone Rugland	1996	VESTKANT	05:55.07	235
2	p	Sander Sivertsen	1996	VESTKANT	05:56.14	232
3	p	Steffen Vike Holm	1996	ARNA SLK	06:22.36	188

ØVELSE 4 400 FRI KVINNER

1989

1	p	Ragnhild Smith-Sivertsen	1989	DELFANA	04:47.54	594
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1992

1	p	Andrea Haugstad	1992	VESTKANT	04:50.81	574
2	p	Hanne Søfteland	1992	DELFANA	04:52.99	562
3	p	Katarina Bernhoft	1992	DELFANA	05:26.69	405
4		Iselin Solheim	1992	Halsnøy	09:17.46	81

1993

1	p	Stine Vindenes	1993	VESTKANT	04:58.43	532
2	p	Kaja Bremer	1993	BSLK	05:04.77	499
3	p	Marie Reinertsen	1993	VESTKANT	05:06.37	491
4		Helene Thunes Truyen	1993	DELFANA	05:15.60	449
5		Mirabelle Breidvik	1993	VESTKANT	05:57.35	309

1994

1	p	Marie Øverland	1994	VESTKANT	05:00.58	520
2	p	Johanne G. Skaaland	1994	DELFANA	05:31.94	386
3	p	Marte K Haukeland	1994	ARNA SLK	05:45.00	344
4		Marie Økland	1994	DELFANA	06:19.55	258
5		Mette Thunes	1994	DELFANA	06:39.76	221

1995

1	p	Aslaug Marie Hjelmaas	1995	BSLK	05:14.80	453
2	p	Lise S. Syvertsen	1995	DELFANA	05:38.34	365
3	p	Vilde Stordal	1995	DELFANA	05:49.69	330
4		Helene Dale Johnsen	1995	DELFANA	05:59.27	304
5		Maren Sofie Duus	1995	DELFANA	06:17.01	263
6		Sandra Vabø	1995	VESTKANT	06:20.83	256
7		Silje T. Halvorsen	1995	DELFANA	06:22.60	252
8		Sandra Bernhoft	1995	DELFANA	06:49.79	205

1996

1	p	Elin Haugland	1996	DELFANA	06:20.82	256
2	p	Lisa Skogeng	1996	DELFANA	06:30.77	236
3	p	Stina Dahl	1996	DELFANA	06:49.67	205
4		Frida Hinna	1996	DELFANA	07:07.96	180
5		Katrine Rondestveit	1996	ÅSTVEIT	07:24.59	160

1997

		Karianne Reinertsen	1997	VESTKANT	07:18.63	
		Vanja S. Syvertsen	1997	DELFANA	Uteble	

ØVELSE 5 100 BRYST MENN

1989

999		Aleksander Haugstvedt	1989	DELFANA	Disk	522
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1991

	1	p	Simen Dale	1991	DELFANA	01:12.02	534
1992							
	1	p	Sondre Bryn	1992	ÅSTVEIT	01:26.12	312
	2	p	Thomas Medhus	1992	Halsnøy	01:45.08	172
1993							
	1	p	Øyvind L. Styrmoen	1993	DELFANA	01:23.35	345
	2	p	Vetle Steffensen	1993	ARNA SLK	01:25.17	323
	3	p	Håkon Dalland	1993	ÅSTVEIT	01:25.42	320
	4		Håvard Hole	1993	DELFANA	01:28.70	286
	5		Bård Haga Bringeland	1993	VESTKANT	01:31.28	262
	6		Jonas Jensen	1993	ÅSTVEIT	01:32.30	254
	7		Lars Haga Bringeland	1993	VESTKANT	01:36.19	224
	8		Simon Stavland	1993	STORD	01:38.41	209
1994							
	1	p	Bård Løvik	1994	DELFANA	01:37.74	213
	2	p	Kristoffer Andreassen	1994	TRIO	01:41.38	191
	3	p	Magnus Horne	1994	STORD	02:41.31	47
	999		Vetle M. Vedøy	1994	TRIO	Disk	
1995							
	1	p	Anders L. Losnegård	1995	STORD	01:46.06	167
	2	p	Andreas Reinertsen	1995	VESTKANT	01:48.38	156
	3	p	Marius Sylta	1995	VESTKANT	01:49.64	151
	4		Marius Torget	1995	TRIO	01:52.83	139
	5		Jim Steinsland	1995	STORD	01:56.98	124
	6		Thomas Sell Dyngeland	1995	ÅSTVEIT	02:13.47	84
	7		Eirik N. Onarheim	1995	STORD	02:59.28	34
	999		Anders Halderaker	1995	STORD	Disk	
1996							
	1	p	Sander Sivertsen	1996	VESTKANT	01:40.85	194
	2	p	Jone Rugland	1996	VESTKANT	01:45.91	168
1997							
			Markus Haukanes	1997	STORD	Disk	
			Erik Hystad	1997	STORD	02:15.85	
			Adrian Etterlid Jensen	1997	STORD	01:46.67	
1998							
			Thomas Halderaker	1998	STORD	02:13.10	
ØVELSE 6 100 BRYST KVINNER							
1991							
	1	p	Kristine Heimli	1991	VESTKANT	01:26.62	440
	2	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	01:31.10	378
1992							
	1	p	Tonje R. Skotheimsvik	1992	DELFANA	01:35.96	324
1993							
	1	p	Malin Dahle	1993	VESTKANT	01:28.61	411
	2	p	Michelle Angell	1993	DELFANA	01:29.80	395

3	p	Juni Rugland	1993	VESTKANT	01:32.13	366
4		Julia Cuypers	1993	DELFANA	01:37.53	308
5		Lena Quam Berland	1993	VESTKANT	01:40.65	280
6		Lillian H. Johansen	1993	TRIO	01:40.70	280
7		Susanne Hansen	1993	ÅSTVEIT	01:42.35	267
8		Charlotte Bryn	1993	DELFANA	01:44.83	248

1994

1	p	Andrea Hestdal	1994	ÅSTVEIT	01:30.78	382
2	p	Marie Øverland	1994	VESTKANT	01:35.94	324
3	p	Malene M. Tangedal	1994	STORD	01:36.17	321
4	p	Anna Thorsen	1994	ARNA SLK	01:37.50	308
5		Sandra Farestvedt	1994	ÅSTVEIT	01:40.47	282
6		Maja Blom	1994	TRIO	01:40.82	279
7		Rikke Lacroise	1994	ARNA SLK	01:51.62	205
8		Martha S. Leivestad	1994	STORD	02:02.74	154
9		Amalie Andreassen	1994	TRIO	02:03.71	151
10		Ingvild F. Rustad	1994	DELFANA	02:07.44	138
11		Kristin I. Milde	1994	TRIO	02:17.64	109
12		Judith Fjellandsbø	1994	TRIO	02:28.30	87

1995

1	p	Sandra Vabø	1995	VESTKANT	01:38.19	302
2	p	Emilie Fjalset	1995	STORD	01:39.79	288
3	p	Bettina Blom	1995	TRIO	01:48.43	224
4		Sandra Bernhoft	1995	DELFANA	01:51.31	207
5		Marlene H. Johansen	1995	TRIO	01:52.61	200
6		Anna Teetzmann	1995	STORD	01:53.25	197
7		Maren Sofie Duus	1995	DELFANA	01:53.83	194
999		Hanne Habbestad	1995	STORD	Disk	
999		Charlotte Mathisen Lie	1995	VESTKANT	Disk	

1996

1	p	Elida Hole	1996	VESTKANT	01:42.18	268
2	p	Tone Lill Evanger	1996	DELFANA	01:45.57	243
3	p	Elin Fossheim	1996	VESTKANT	01:48.83	222
4	p	Lisa Skogeng	1996	DELFANA	01:54.77	189
5	p	Elin Haugland	1996	DELFANA	01:56.79	179
6	p	Marit Hystad	1996	STORD	01:57.70	175
7		Anita Utne	1996	TRIO	02:00.91	161
8		Tonje H. Knoph	1996	VESTKANT	02:01.34	160
9		Ida Birkeland	1996	ARNA SLK	02:02.62	155
10		Frida Hinna	1996	DELFANA	02:06.58	141
11		Helene Viik	1996	TRIO	02:09.12	133
12		Julie Sundt	1996	TRIO	02:14.27	118
13		Emilie H. Røssland	1996	TRIO	02:46.62	61
999		Tina Abdulla	1996	TRIO	Uteble	
999		Nima Ali Adan	1996	TRIO	Uteble	
999		Marte Gjørøther	1996	STORD	Disk	
999		Anette Nyheim	1996	ÅSTVEIT	Disk	

1997

		Marie Bekkevold	1997	STORD	Disk	
		Marte Dale	1997	VESTKANT	01:58.37	
		Martine Fredlund	1997	TRIO	Disk	
		Lene Gjørøther	1997	STORD	02:44.35	
		Vanja S. Syvertsen	1997	DELFANA	01:53.58	
		Marthe Johanne Tangedal	1997	STORD	02:13.03	

SB14

1	p	Hanne Farestvedt	1993	ÅSTVEIT	01:40.19	284
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ØVELSE 7 50 FRI MENN

1972

1	p	Karsten Inge Steinsland	1972	STORD	00:29.18	388
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1989

1	p	Andreas Solem	1989	DELFANA	00:26.90	495
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1990

1	p	Eirik Runningen	1990	DELFANA	00:27.66	456
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1991

1	p	Sindri T. Jakobsson	1991	DELFANA	00:26.60	512
2	p	Jakob Haugstvedt	1991	DELFANA	00:28.36	423
3	p	Kristoffer Brekke	1991	VESTKANT	00:30.50	340

1992

1	p	Eivind Johannesen	1992	ÅSTVEIT	00:28.97	396
2	p	Erlend Ulveseter	1992	ÅSTVEIT	00:29.29	384
3	p	Markus Heimdal	1992	DELFANA	00:30.04	355
4		Jørgen Grøndal	1992	Halsnøy	00:33.49	256
5		Thomas Medhus	1992	Halsnøy	00:36.16	204

1993

1	p	Robin Sell Dyngeland	1993	ÅSTVEIT	00:29.40	379
2	p	Vetle Steffensen	1993	ARNA SLK	00:30.27	347
3	p	Gjermund F. Johansen	1993	VESTKANT	00:30.92	326
4		Simon Thunestvedt	1993	ARNA SLK	00:31.07	321
5		Jonas Jensen	1993	ÅSTVEIT	00:31.12	320
6		Simon Stavland	1993	STORD	00:34.19	241
7		Bård Haga Bringeland	1993	VESTKANT	00:37.43	184
8		Andreas Medhus	1993	Halsnøy	00:39.46	157

1994

1	p	Eirik H. Wallevik	1994	ARNA SLK	00:31.54	307
2	p	Kristoffer Andreassen	1994	TRIO	00:34.36	237
3	p	Christoffer Hvidevoll	1994	Halsnøy	00:41.75	132
4		Odd-Erik T. Lauvskard	1994	ÅSTVEIT	00:45.25	104
5		Magnus Horne	1994	STORD	01:13.36	24
999		Vetle M. Vedøy	1994	TRIO	Uteble	-1

1995

1	p	Markus Lie	1995	ÅSTVEIT	00:31.75	301
2	p	Jonas Ødegård Aanby	1995	DELFANA	00:34.46	235
3	p	Anders L. Losnegård	1995	STORD	00:35.35	218
4		Jim Steinsland	1995	STORD	00:37.86	177
5		Andreas Reinertsen	1995	VESTKANT	00:38.75	165
6		Marius Torget	1995	TRIO	00:41.91	131
7		Anders Halderaker	1995	STORD	00:46.25	97
8		Thomas Sell Dyngeland	1995	ÅSTVEIT	00:46.31	97
9		Eirik N. Onarheim	1995	STORD	01:21.75	17

1996

1	p	Steffen Vike Holm	1996	ARNA SLK	00:36.79	193
2	p	Torstein Tømmervik	1996	TRIO	01:01.46	41

1997

		Markus Haukanes	1997	STORD	01:24.47	
		Erik Hystad	1997	STORD	01:01.73	

Adrian Etterlid Jensen	1997	STORD	00:43.43
Pål Utslåttøy	1997	STORD	01:43.23
Daniel Øvstebø	1997	TRIO	01:04.18

1998

Thomas Halderaker	1998	STORD	01:03.21
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MASTER

1	p	Kenneth Blom	1963	TRIO	00:28.73	406
2	p	Kjetil A. Vedøy	1967	TRIO	00:29.28	384

SENIOR

1	p	Torgeir Tangledal	1970	STORD	00:31.11	320
999		Kjetil Egeland	1988	TRIO	Uteble	-1

ØVELSE 8 50 FRI KVINNER

1990

1	p	Oda S. Leiknes	1990	DELFANA	00:29.69	548
2	p	June J. Kristiansen	1990	DELFANA	00:29.87	538

1991

1	p	Mari Løvik	1991	DELFANA	00:31.19	472
2	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	00:31.44	461
3	p	Kristine Heimli	1991	VESTKANT	00:32.01	437

1992

1	p	Katarina Bernhoft	1992	DELFANA	00:31.51	458
2	p	Tonje R. Skotheimsvik	1992	DELFANA	00:31.66	452

1993

1	p	Marie Reinertsen	1993	VESTKANT	00:30.85	488
2	p	Juni Rugland	1993	VESTKANT	00:31.56	456
3	p	Helene Thunes Truyen	1993	DELFANA	00:32.00	437
4	p	Lillian H. Johansen	1993	TRIO	00:33.23	391
5		Susanne Hansen	1993	ÅSTVEIT	00:34.57	347
6		Heidi Vedøy	1993	VESTKANT	00:36.57	293
7		Lena Quam Berland	1993	VESTKANT	00:37.01	283
8		Lisa Heggholmen	1993	DELFANA	00:39.69	229
9		Charlotte Bryn	1993	DELFANA	00:40.44	216
10		Iselin Solheim	1993	Halsnøy	00:42.83	182
11		Marie Sørli	1993	DELFANA	00:43.35	176
12		Siri Bjørgen	1993	Halsnøy	00:59.42	68

1994

1	p	Marie Øverland	1994	VESTKANT	00:31.58	455
2	p	Anna Thorsen	1994	ARNA SLK	00:31.93	440
3	p	Linn Therese Rondestveit	1994	ÅSTVEIT	00:32.06	435
4	p	Andrea Hestdal	1994	ÅSTVEIT	00:32.33	424
5	p	Marte K Haukeland	1994	ARNA SLK	00:32.79	407
6	p	Sandra Farestvedt	1994	ÅSTVEIT	00:34.64	345
7	p	Johanne G. Skaaland	1994	DELFANA	00:35.04	333
8		Maja Blom	1994	TRIO	00:35.05	333
9		Marie Økland	1994	DELFANA	00:38.26	256
10		Amalie Andreassen	1994	TRIO	00:38.59	249
11		Mette Thunes	1994	DELFANA	00:38.69	247
12		Rikke Lacroise	1994	ARNA SLK	00:39.62	230
13		Martha S. Leivestad	1994	STORD	00:41.02	207
14		Camilla Drivenes	1994	DELFANA	00:43.65	172

15		Ingvild F. Rustad	1994	DELFANA	00:43.97	168
16		Kristin I. Milde	1994	TRIO	00:44.68	160
17		Judith Fjellandsbø	1994	TRIO	00:47.93	130
18		Gudrun Hope	1994	TRIO	00:54.46	88
999		Malene M. Tangedal	1994	STORD	Uteble	-1

1995

1	p	Aslaug Marie Hjelmaas	1995	BSLK	00:30.45	508
2	p	Lise S. Syvertsen	1995	DELFANA	00:33.16	393
3	p	Bettina Blom	1995	TRIO	00:35.60	318
4	p	Sandra Vabø	1995	VESTKANT	00:35.67	316
5		Marlene H. Johansen	1995	TRIO	00:36.10	304
6		Helene Dale Johnsen	1995	DELFANA	00:36.53	294
7		Emilie Fjalset	1995	STORD	00:36.64	291
8		Silje T. Halvorsen	1995	DELFANA	00:36.84	286
9		Sandra Bernhoft	1995	DELFANA	00:39.43	234
10		Anna Teetzmann	1995	STORD	00:41.59	199
11		Hanne Habbestad	1995	STORD	00:55.12	85
999		Charlotte Mathisen Lie	1995	VESTKANT	Uteble	-1

1996

1	p	Tone Lill Evanger	1996	DELFANA	00:38.18	257
2	p	Stina Dahl	1996	DELFANA	00:40.78	211
3	p	Anita Utne	1996	TRIO	00:41.90	195
4	p	Katrine Rondestveit	1996	ÅSTVEIT	00:42.29	189
5	p	Tonje E. Knoph	1996	VESTKANT	00:43.70	171
6		Elin Fossheim	1996	VESTKANT	00:43.86	170
7		Ida Birkeland	1996	ARNA SLK	00:45.18	155
8		Helene Vik	1996	TRIO	00:58.06	73
9		Julie Sundt	1996	TRIO	01:02.03	60
10		Marte Gjørøther	1996	STORD	01:02.93	57
11		Emilie H. Røssland	1996	TRIO	01:16.55	31
12		Anniken Torget	1996	TRIO	01:37.18	15
999		Tina Abdulla	1996	TRIO	Uteble	-1
999		Nima Ali Adan	1996	TRIO	Uteble	-1
999		Marit Hystad	1996	STORD	Uteble	-1

1997

		Marie Bekkevold	1997	STORD	01:18.58	
		Marte Dale	1997	VESTKANT	00:41.68	
		Ann Kristin Eide	1997	TRIO	01:25.05	
		Hannah Fleten	1997	ARNA SLK	00:52.81	
		Thea Fotland	1997	TRIO	01:06.22	
		Martine Fredlund	1997	TRIO	01:35.92	
		Lene Gjørøther	1997	STORD	01:14.48	
		Benedikte Oldervoll	1997	ARNA SLK	00:48.85	
		Karianne Reinertsen	1997	VESTKANT	00:44.69	
		Marthe Johanne Tangedal	1997	STORD	01:08.56	

MASTER

1	p	Yvonne A. Kreybu	0	ARNA SLK	00:37.68	268
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S14

1	p	Hanne Farestvedt	1993	ÅSTVEIT	00:37.48	272
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ØVELSE 9 100 RYGG MENN

1990

1	p	Eirik Runningen	1990	DELFANA	01:07.94	431
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1991

	1	p	Sebastian Stordal	1991	DELFANA	01:07.22	445
1992							
	1	p	Markus Heimdal	1992	DELFANA	01:14.00	333
	2	p	Sondre Bryn	1992	ÅSTVEIT	01:27.40	202
1993							
	1	p	Gjermund Fure Johansen	1993	VESTKANT	01:15.66	312
	2	p	Robin Sell Dyngeland	1993	ÅSTVEIT	01:20.04	263
	3	p	Simon Stavland	1993	STORD	01:28.91	192
	4		Anders Grasdal	1993	VESTKANT	01:31.14	178
1994							
	1	p	Bård Løvik	1994	DELFANA	01:24.99	220
	2	p	Kristoffer Andreassen	1994	TRIO	01:34.56	160
	3	p	Odd-Erik T. Lauvskard	1994	ÅSTVEIT	02:03.05	72
1995							
	1	p	Anders Hjelmaas	1995	BSLK	01:23.54	232
	2	p	Henrik Søfteland	1995	DELFANA	01:26.85	206
	3	p	Anders L. Losnegård	1995	STORD	01:32.69	169
	4		Marius Sylta	1995	VESTKANT	01:37.56	145
	5		Marius Torget	1995	TRIO	01:48.73	105
	6		Thomas Sell Dyngeland	1995	ÅSTVEIT	02:08.36	63
1996							
	1	p	Sander Sivertsen	1996	VESTKANT	01:30.94	179
	2	p	Jone Rugland	1996	VESTKANT	01:32.11	173
	3	p	Steffen Vike Holm	1996	ARNA SLK	01:36.87	148
SENIOR							
	1	p	Benjamin Marum	1988	VESTKANT	01:07.71	435
ØVELSE 10 100 RYGG KVINNER							
1991							
	1	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	01:20.83	376
1992							
	1	p	Katarina Bernhoft	1992	DELFANA	01:25.61	316
1993							
	1	p	Marie Reinertsen	1993	VESTKANT	01:17.05	434
	2	p	Michelle Angell	1993	DELFANA	01:23.32	343
	3	p	Mirabelle Breidvik	1993	VESTKANT	01:29.55	276
	4		Susanne Hansen	1993	ÅSTVEIT	01:30.12	271
	5		Julia Cuyppers	1993	DELFANA	01:32.00	255
	6		Lisa Heggholmen	1993	DELFANA	01:39.72	200
	999		Marie Sørлие	1993	DELFANA	Disk	-1
1994							
	1	p	Marie Økland	1994	DELFANA	01:36.90	218
	2	p	Mette Thunes	1994	DELFANA	01:40.41	196
	3	p	Camilla Drivenes	1994	DELFANA	01:52.75	138
	999		Gudrun Hope	1994	TRIO	Brutt	-1
	999		Martha S. Leivestad	1994	STORD	Disk	-1

1995

1	p	Vilde Stordal	1995	DELFANA	01:27.07	301
2	p	Helene Dale Johnsen	1995	DELFANA	01:28.70	284
3	p	Silje T. Halvorsen	1995	DELFANA	01:29.53	276
4		Sandra Vabø	1995	VESTKANT	01:34.97	232
5		Maren Sofie Duus	1995	DELFANA	01:35.74	226
6		Bettina Blom	1995	TRIO	01:36.84	218
7		Anna Teetzmann	1995	STORD	01:44.00	176

1996

1	p	Elida Hole	1996	VESTKANT	01:34.86	232
2	p	Lisa Skogeng	1996	DELFANA	01:37.19	216
3	p	Elin Haugland	1996	DELFANA	01:37.89	211
4		Frida Hinna	1996	DELFANA	01:50.51	147
5		Elin Fossheim	1996	VESTKANT	01:50.64	146
6		Katrine Rondestveit	1996	ÅSTVEIT	01:54.31	133

1997

		Marte Dale	1997	VESTKANT	01:46.10	
		Karianne Reinertsen	1997	VESTKANT	01:41.39	
		Vanja S. Syvertsen	1997	DELFANA	01:44.16	

ØVELSE 11 50 BUTTERFLY MENN

1989

1	p	Aleksander Haugstvedt	1989	DELFANA	00:30.03	441
2	p	Andreas Solem	1989	DELFANA	00:30.35	427

1991

1	p	Sindri T. Jakobsson	1991	DELFANA	00:28.66	507
2	p	Simen Dale	1991	DELFANA	00:30.71	412
3	p	Jakob Haugstvedt	1991	DELFANA	00:32.95	333
4		Kristoffer Brekke	1991	VESTKANT	00:35.32	271

1992

1	p	Sindre Mowatt Gruben	1992	BSC	00:29.47	466
2	p	Erlend Ulveseter	1992	ÅSTVEIT	00:32.73	340

1993

1	p	Øyvind L. Styrmoie	1993	DELFANA	00:30.20	433
2		Gjermund Fure Johansen	1993	VESTKANT	00:34.14	300
3	p	Håvard Hole	1993	DELFANA	00:36.11	253
4		Jonas Jensen	1993	ÅSTVEIT	00:36.73	241
5		Håkon Dalland	1993	ÅSTVEIT	00:37.04	235
6		Simon Thunestvedt	1993	ARNA SLK	00:38.45	210
7		Simon Stavland	1993	STORD	00:39.87	188
8		Lars Haga Bringeland	1993	VESTKANT	00:41.48	167

1994

1	p	Eirik H. Wallevik	1994	ARNA SLK	00:36.80	239
2	p	Bård Løvik	1994	DELFANA	00:39.15	199
3	p	Kristian Blummenfelt	1994	VESTKANT	00:39.21	198
4		Kristoffer Andreassen	1994	TRIO	00:44.40	136

1995

1	p	Henrik Søfteland	1995	DELFANA	00:39.02	201
2	p	Markus Lie	1995	ÅSTVEIT	00:39.08	200

	3	p	Jonas Ødegård Aanby	1995	DELFANA	00:42.46	156
	4		Marius Sylta	1995	VESTKANT	00:42.92	151
	5		Anders L. Losnegård	1995	STORD	00:45.53	126
	6		Andreas Reinertsen	1995	VESTKANT	00:54.64	73
	7		Marius Torget	1995	TRIO	01:00.78	53
1996							
	1	p	Sander Sivertsen	1996	VESTKANT	00:40.20	183
	2	p	Jone Rugland	1996	VESTKANT	00:42.56	154
ØVELSE 12 50 BUTTERFLY KVINNER							
1989							
	1	p	Ragnhild Smith-Sivertsen	1989	DELFANA	00:34.21	420
1990							
	1	p	June J. Kristiansen	1990	DELFANA	00:34.59	406
	999		Oda S. Leiknes	1990	DELFANA	Brutt	-1
1991							
	1	p	Kristine Heimli	1991	VESTKANT	00:34.36	414
	2	p	Mari Løvik	1991	DELFANA	00:34.50	409
	3	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	00:34.70	402
	999		Rebekka U. Davidsen	1991	ÅSTVEIT	Uteble	-1
1992							
	1	p	Hanne Søfteland	1992	DELFANA	00:31.58	533
	2	p	Tonje R. Skotheimsvik	1992	DELFANA	00:36.10	357
1993							
	1	p	Kaja Bremer	1993	BSLK	00:34.41	412
	2	p	Juni Rugland	1993	VESTKANT	00:34.66	403
	3	p	Helene Thunes Truyen	1993	DELFANA	00:37.75	312
	4	p	Lillian H. Johansen	1993	TRIO	00:37.86	309
	5		Malin Dahle	1993	VESTKANT	00:38.94	284
	6		Julia Cuypers	1993	DELFANA	00:39.13	280
	7		Michelle Angell	1993	DELFANA	00:39.91	264
	8		Susanne Hansen	1993	ÅSTVEIT	00:40.91	245
	9		Lisa Heggholmen	1993	DELFANA	00:49.56	138
	10		Charlotte Bryn	1993	DELFANA	00:49.96	134
1994							
	1	p	Linn Therese Rondestveit	1994	ÅSTVEIT	00:36.03	359
	2	p	Marie Øverland	1994	VESTKANT	00:36.12	356
	3	p	Marte K Haukeland	1994	ARNA SLK	00:36.14	356
	3	p	Andrea Hestdal	1994	ÅSTVEIT	00:36.14	356
	5	p	Anna Thorsen	1994	ARNA SLK	00:39.08	281
	6		Maja Blom	1994	TRIO	00:40.06	261
	7		Sandra Farestvedt	1994	ÅSTVEIT	00:40.33	256
	8		Johanne G. Skaaland	1994	DELFANA	00:41.81	230
	9		Mette Thunes	1994	DELFANA	00:45.54	178
	10		Malene M. Tangedal	1994	STORD	00:47.04	161
	11		Amalie Andreassen	1994	TRIO	00:52.14	118
	12		Ingvild F. Rustad	1994	DELFANA	00:55.15	100
	13		Camilla Drivenes	1994	DELFANA	00:57.22	89
	14		Kristin I. Milde	1994	TRIO	00:59.17	81
1995							
	1	p	Aslaug Marie Hjelmaas	1995	BSLK	00:37.18	327

2	p	Lise S. Syvertsen	1995	DELFANA	00:38.21	301
3	p	Vilde Stordal	1995	DELFANA	00:39.78	267
4		Marlene H. Johansen	1995	TRIO	00:43.70	201
5		Emilie Fjalset	1995	STORD	00:44.79	187
6		Sandra Vabø	1995	VESTKANT	00:45.04	184
7		Sandra Bernhoft	1995	DELFANA	00:45.55	177
8		Maren Sofie Duus	1995	DELFANA	00:45.70	176
9		Bettina Blom	1995	TRIO	00:47.00	161

1996

1	p	Elida Hole	1996	VESTKANT	00:44.11	195
2	p	Lisa Skogeng	1996	DELFANA	00:46.46	167
3	p	Stina Dahl	1996	DELFANA	00:50.21	132
4		Elin Haugland	1996	DELFANA	00:50.37	131
5		Tone Lill Evanger	1996	DELFANA	00:50.59	129
6		Katrine Rondestveit	1996	ÅSTVEIT	00:51.70	121
7		Elin Fossheim	1996	VESTKANT	00:55.79	96
8		Frida Hinna	1996	DELFANA	00:55.95	96
9		Marit Hystad	1996	STORD	01:00.70	75

1997

		Vanja S. Syvertsen	1997	DELFANA	00:49.50	
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S14

1	p	Hanne Farestvedt	1993	ÅSTVEIT	00:45.49	178
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ØVELSE 13 4X50 MEDLEY MENN

JUNIOR

1	p	Åstveit SK G1 jr.	0	ÅSTVEIT	02:25.33	
2	p	Delfana G1 jr.	0	DELFANA	02:26.58	
3	p	Arna SLK G 1993	0	ARNA SLK	02:30.91	
4		Vestkant G 1	1994	VESTKANT	02:32.91	
5		Vestkant G 2	1995	VESTKANT	02:46.84	
6		STORD 2		STORD	02:53.02	
7		Delfana G2 jr.	0	DELFANA	03:52.57	
999		Delfana G3 jr.	0	DELFANA	Disk	
999		Åstveit SK G2 jr.	0	ÅSTVEIT	Uteble	

ØVELSE 14 4X50 MEDLEY KVINNER

JUNIOR

1	p	Åstveit SK J1 jr.	0	ÅSTVEIT	02:35.34	
2	p	Delfana J1 jr.	0	DELFANA	02:36.08	
3	p	Vestkant J1		VESTKANT	02:38.08	
4	p	Arna SLK J 96 o.y.	0	ARNA SLK	02:54.83	
5		Delfana J3 jr.	0	DELFANA	02:55.56	
6		STORD 2		STORD	03:04.98	
7		Delfana J4 jr.	0	DELFANA	03:19.16	
8		Delfana J5 jr.	0	DELFANA	03:19.68	
999		Arna SLK J 1994	0	ARNA SLK	Disk	
999		Delfana J2 jr.	0	DELFANA	Disk	
999		Delfana J6 jr.	0	DELFANA	Disk	
999		TRIO	0	TRIO	Uteble	

ØVELSE 15 4x100 MEDLEY MENN

JUNIOR

1	p	Delfana G2 jr.	0	DELFANA	04:21.40	518
2	p	Delfana G1 jr.	0	DELFANA	04:39.19	425
3	p	Trio	0	TRIO	06:17.42	172

ØVELSE 16 4x100 MEDLEY KVINNER

JUNIOR

1	p	Delfana J1 jr.	0	DELFANA	04:49.70	556
2	p	Vestkant J 2		VESTKANT	05:04.32	479
3	p	TRIO		TRIO	07:13.16	166

ØVELSE 17 50 FRI MENN

1992

1	p	Jørgen Grøndal	1992	Halsnøy	00:32.70	275
2	p	Thomas Medhus	1992	Halsnøy	00:35.20	221

1993

1	p	Andreas Medhus	1993	Halsnøy	00:41.70	133
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1996

1	p	Marius Berg	1996	DELFANA	00:45.45	102
2	p	Benjamin Ulsmåg	1996	DELFANA	00:49.89	77

1997

		Erlend T. Halvorsen	1997	DELFANA	01:01.93	
		Magnus D Johnsen	1997	DELFANA	00:50.73	
		Christoffer G. Skaaland	1997	DELFANA	00:57.77	
		Marcus Wangsholm	1997	DELFANA	01:01.70	
		Daniel Øvstebø	1997	TRIO	01:04.60	

1998

		Daniel Davidsen	1998	ÅSTVEIT	01:08.20	
		Simen D. Kreybu	1998	ARNA SLK	00:46.45	
		David Vabø	1998	VESTKANT	00:51.34	
		Jarle H. Wallevik	1998	ARNA SLK	00:50.64	
		Henrik Øvrebø	1998	DELFANA	01:07.09	

1999

		Heine Rugland	1999	VESTKANT	Brutt	
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ØVELSE 18 50 FRI KVINNER

1995

1	p	Mariel Askeland	1995	ÅSTVEIT	00:57.77	74
2	p	Ragnhild Litland	1995	ÅSTVEIT	00:59.96	66
999		Ylva Bårdsdottir	1995	ÅSTVEIT	Uteble	-1

1996

1	p	Maria Joselin Straume	1996	DELFANA	00:44.17	166
2	p	Ida Birkeland	1996	ARNA SLK	00:44.60	161
3	p	Hanne Wiese-Hansen	1996	DELFANA	00:48.75	123
4	p	Celine Øvrebottn	1996	ÅSTVEIT	00:50.08	114

	5	p	Anette Nyheim	1996	ÅSTVEIT	00:56.84	78
	6	p	Malin Heggholmen	1996	DELFANA	01:08.20	45
	7	p	Therese Jacobsen	1996	ÅSTVEIT	01:15.87	32
	999		Guro Økland	1996	DELFANA	Uteble	
1997							
			Maria Bekkevoll	1997	STORD	01:21.18	
			Thea Fotland	1997	TRIO	01:04.55	
			Martine Fredlund	1997	TRIO	Uteble	
			Amalie Hovland	1997	DELFANA	00:47.84	
			Kristine Kristiansen	1997	STORD	01:27.97	
			Lisa Marie Laukli	1997	ÅSTVEIT	00:59.16	
			Amanda Truyen	1997	DELFANA	00:59.18	
1998							
			Mari Dahl	1998	DELFANA	01:13.52	
			Stine Dale	1998	VESTKANT	01:08.35	
			Julia Dobbe	1998	ARNA SLK	01:20.32	
			Ida Sofie Holmefjord	1998	ARNA SLK	01:11.18	
			Emilie Lie Mathisen	1998	VESTKANT	00:49.12	
			Hanne Christine Torset	1998	ÅSTVEIT	00:55.13	
			Maria Vollsund	1998	DELFANA	00:55.38	
1999							
			Mie Kreybu	1999	ARNA SLK	01:08.96	
			Andrea Gurvin Skaaland	1999	DELFANA	01:16.39	
			Ingrid H. Wallevik	1999	ARNA SLK	01:06.75	
			Benedikte Øverland	1999	VESTKANT	00:52.46	
2000							
			Malin Blom	2000	TRIO	01:22.17	
ØVELSE 19 200 MEDLEY MENN							
1987							
	1	p	Ole Evanger	1987	DELFANA	02:35.96	409
1989							
	1	p	Aleksander Haugstvedt	1989	DELFANA	02:24.01	520
1991							
	1	p	Sindri T. Jakobsson	1991	DELFANA	02:18.21	588
	2	p	Sebastian Stordal	1991	DELFANA	02:19.80	568
1992							
	1	p	Sindre Mowatt Gruben	1992	BSC	02:30.30	457
	2	p	Eivind Johannesen	1992	ÅSTVEIT	02:32.70	436
	3	p	Erlend Ulveseter	1992	ÅSTVEIT	02:41.94	365
1993							
	1	p	Robin Sell Dyngeland	1993	ÅSTVEIT	02:32.97	434
	2	p	Gjermund Fure Johansen	1993	VESTKANT	02:42.22	363
	3	p	Håkon Dalland	1993	ÅSTVEIT	02:48.24	326
	4		Håvard Hole	1993	DELFANA	02:53.39	298
	5		Bård Haga Bringeland	1993	VESTKANT	03:08.39	232
	6		Lars Haga Bringeland	1993	VESTKANT	03:11.07	222
	7		Anders Grasdal	1993	VESTKANT	03:26.27	177

1994

1	p	Eirik H. Wallevik	1994	ARNA SLK	02:53.22	298
2	p	Kristian Blummenfelt	1994	VESTKANT	02:54.97	290
3	p	Bård Løvik	1994	DELFANA	03:02.47	255

1995

1	p	Markus Lie	1995	ÅSTVEIT	02:49.92	316
2	p	Henrik Søfteland	1995	DELFANA	03:06.25	240
3	p	Jonas Ødegård Aanby	1995	DELFANA	03:07.62	235
4		Marius Sylta	1995	VESTKANT	03:17.80	200
5		Andreas Reinertsen	1995	VESTKANT	03:28.07	172

1996

1	p	Jone Rugland	1996	VESTKANT	03:09.38	228
2	p	Sander Sivertsen	1996	VESTKANT	03:09.95	226
3	p	Steffen Vike Holm	1996	ARNA SLK	03:31.74	163

ØVELSE 20 200 MEDLEY KVINNER

1989

1	p	Ragnhild Smith-Sivertsen	1989	DELFANA	02:35.28	577
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1991

1	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	02:51.19	431
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1992

1	p	Andrea Haugstad	1992	VESTKANT	02:37.61	552
2	p	Hanne Søfteland	1992	DELFANA	02:39.71	531
3	p	Katarina Bernhoft	1992	DELFANA	02:59.44	374

1993

1	p	Marie Reinertsen	1993	VESTKANT	02:47.45	460
2	p	Helene Thunes Truyen	1993	DELFANA	02:51.38	429
3	p	Michelle Angell	1993	DELFANA	02:53.22	416
4		Malin Dahle	1993	VESTKANT	02:54.85	404
5		Mirabelle Breidvik	1993	VESTKANT	03:08.34	323
6		Lena Quam Berland	1993	VESTKANT	03:15.87	287

1994

1	p	Andrea Hestdal	1994	ÅSTVEIT	02:45.56	476
2	p	Marie Øverland	1994	VESTKANT	02:46.56	468
3	p	Johanne G. Skaaland	1994	DELFANA	02:57.23	388
4		Sandra Farestvedt	1994	ÅSTVEIT	03:01.24	363
5		Anna Thorsen	1994	ARNA SLK	03:01.28	363
6		Marie Økland	1994	DELFANA	03:22.46	260
7		Mette Thunes	1994	DELFANA	03:27.84	240
8		Amalie Andreassen	1994	TRIO	03:52.41	172
9		Ingvild F. Rustad	1994	DELFANA	04:05.95	145

1995

1	p	Lise S. Syvertsen	1995	DELFANA	03:03.53	349
2	p	Vilde Stordal	1995	DELFANA	03:09.58	317
3	p	Helene Dale Johnsen	1995	DELFANA	03:15.40	289
4		Sandra Vabø	1995	VESTKANT	03:21.77	263
5		Silje T. Halvorsen	1995	DELFANA	03:22.39	260
6		Maren Sofie Duus	1995	DELFANA	03:24.17	254

1996

1	p	Elida Hole	1996	VESTKANT	03:16.51	285
2	p	Elin Haugland	1996	DELFANA	03:32.46	225
3	p	Stina Dahl	1996	DELFANA	03:49.27	179
4		Frida Hinna	1996	DELFANA	03:49.52	178
5		Katrine Rondestveit	1996	ÅSTVEIT	03:54.01	168
999		Lisa Skogeng	1996	DELFANA	Disk	-1
1997						
		Vanja S. Syvertsen	1997	DELFANA	03:31.68	
ØVELSE 21 100 FRI MENN						
1989						
1	p	Andreas Solem	1989	DELFANA	00:58.49	518
1990						
1	p	Eirik Runningen	1990	DELFANA	01:00.24	474
1991						
1	p	Simen Dale	1991	DELFANA	00:58.92	507
2	p	Jakob Haugstvedt	1991	DELFANA	01:01.34	449
3	p	Kristoffer Brekke	1991	VESTKANT	01:04.64	384
1992						
1	p	Erlend Ulveseter	1992	ÅSTVEIT	01:02.99	415
2	p	Markus Heimdahl	1992	DELFANA	01:05.95	361
3	p	Sondre Bryn	1992	ÅSTVEIT	01:13.34	263
4		Thomas Medhus	1992	Halsnøy	01:25.79	164
5		Andreas Medhus	1992	Halsnøy	01:33.77	125
1993						
1	p	Øyvind L. Styrmo	1993	DELFANA	01:00.60	466
2	p	Vetle Steffensen	1993	ARNA SLK	01:06.04	360
3	p	Jonas Jensen	1993	ÅSTVEIT	01:09.08	314
4		Simon Thunestvedt	1993	ARNA SLK	01:09.69	306
5		Simon Stavland	1993	STORD	01:14.53	250
6		Lars Haga Bringeland	1993	VESTKANT	01:19.17	209
7		Bård Haga Bringeland	1993	VESTKANT	01:21.34	192
8		Anders Grasdahl	1993	VESTKANT	01:24.09	174
1994						
1	p	Kristoffer Andreassen	1994	TRIO	01:15.27	243
2	p	Odd-Erik T. Lauvskard	1994	ÅSTVEIT	01:41.10	100
3	p	Vetle M. Vedøy	1994	TRIO	01:45.10	89
4		Magnus Horne	1994	STORD	02:33.85	28
1995						
1	p	Markus Lie	1995	ÅSTVEIT	01:12.30	274
2	p	Jonas Ødegård Aanby	1995	DELFANA	01:13.39	262
3	p	Marius Sylta	1995	VESTKANT	01:20.89	196
4		Anders L. Losnegård	1995	STORD	01:22.12	187
5		Jim Steinsland	1995	STORD	01:24.96	169
6		Marius Torget	1995	TRIO	01:33.86	125
7		Anders Halderaker	1995	STORD	01:43.44	93
8		Thomas Sell Dyngeland	1995	ÅSTVEIT	01:44.14	91
9		Eirik N. Onarheim	1995	STORD	02:42.52	24
1996						

	1	p	Jone Rugland	1996	VESTKANT	01:18.89	211
1997							
			Markus Haukanes	1997	STORD	02:44.25	
			Erik Hystad	1997	STORD	02:18.19	
			Adrian Etterlid Jensen	1997	STORD	01:38.42	
			Pål Utslåttøy	1997	STORD	Uteble	
1998							
			Thomas Halderaker	1998	STORD	02:09.13	
MASTER							
	1	p	Kenneth Blom	1963	TRIO	01:04.86	380
	2	p	Kjetil A. Vedøy	1967	TRIO	01:05.73	365
SENIOR							
	999		Kjetil Egeland	1988	TRIO	Uteble	-1
ØVELSE 22 100 FRI KVINNER							
1990							
	1	p	Oda S. Leiknes	1990	DELFA NA	01:03.77	570
	2	p	June J. Kristiansen	1990	DELFA NA	01:04.26	557
1991							
	1	p	Mari Løvik	1991	DELFA NA	01:06.37	506
	2	p	Kristine Heimli	1991	VESTKANT	01:11.78	400
1992							
	1	p	Tonje R. Skotheimsvik	1992	DELFA NA	01:08.57	458
	2	p	Katarina Bernhoft	1992	DELFA NA	01:09.71	436
	3	p	Iselin Solheim	1992	Halsnøy	01:46.77	121
1993							
	1	p	Susanne Hansen	1993	ÅSTVEIT	01:14.75	354
	2	p	Lillian H. Johansen	1993	TRIO	01:16.91	325
	3	p	Lisa Hegg holmen	1993	DELFA NA	01:28.51	213
	4		Charlotte Brynhildsen	1993	DELFA NA	01:29.30	207
	5		Marie Sør lie	1993	DELFA NA	01:42.09	139
1994							
	1	p	Andrea Hestdal	1994	ÅSTVEIT	01:09.67	437
	2	p	Anna Thorsen	1994	ARNA SLK	01:11.42	406
	3	p	Linn Therese Rondestveit	1994	ÅSTVEIT	01:11.63	402
	4	p	Marte K Haukeland	1994	ARNA SLK	01:13.01	380
	5	p	Sandra Farestvedt	1994	ÅSTVEIT	01:13.76	368
	6		Johanne G. Skaaland	1994	DELFA NA	01:15.22	347
	7		Maja Blom	1994	TRIO	01:18.66	303
	8		Amalie Andreassen	1994	TRIO	01:28.35	214
	9		Martha S. Leivestad	1994	STORD	01:34.84	173
	10		Malene M. Tangedal	1994	STORD	01:37.19	161
	11		Kristin I. Milde	1994	TRIO	01:46.79	121
	12		Camilla Drivenes	1994	DELFA NA	01:49.45	112
	13		Gudrun Hope	1994	TRIO	02:30.43	43
	999		Judith Fjellandsbø	1994	TRIO	Uteble	-1
1995							

1995

1	p	Lise S. Syvertsen	1995	DELFANA	01:14.68	355
2	p	Bettina Blom	1995	TRIO	01:17.42	318
3	p	Sandra Vabø	1995	VESTKANT	01:20.19	286
4		Emilie Fjalset	1995	STORD	01:20.91	279
5		Sandra Bernhoft	1995	DELFANA	01:26.05	232
6		Anna Teetzmann	1995	STORD	01:30.38	200
7		Hanne Habbestad	1995	STORD	02:06.27	73

1996

1	p	Tone Lill Evanger	1996	DELFANA	01:26.02	232
2	p	Anita Utne	1996	TRIO	01:29.57	205
3	p	Elin Haugland	1996	DELFANA	01:30.26	201
4	p	Stina Dahl	1996	DELFANA	01:31.23	194
5	p	Elin Fossheim	1996	VESTKANT	01:32.95	184
6		Frida Hinna	1996	DELFANA	01:38.36	155
7		Katrine Rondestveit	1996	ÅSTVEIT	01:38.88	153
8		Tonje E. Knoph	1996	VESTKANT	01:40.37	146
9		Marit Hystad	1996	STORD	01:43.56	133
10		Julie Sundt	1996	TRIO	02:07.75	70
999		Tina Abdulla	1996	TRIO	Uteble	-1
999		Nima Ali Adan	1996	TRIO	Uteble	-1
999		Helene Viik	1996	TRIO	Uteble	-1

1997

		Marte Dale	1997	VESTKANT	01:34.77	
		Lene Gjørøther	1997	STORD	02:34.94	
		Karianne Reinertsen	1997	VESTKANT	01:35.73	
		Marthe Johanne Tangedal	1997	STORD	02:11.55	

S14

1	p	Hanne Farestvedt	1993	ÅSTVEIT	01:22.36	264
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ØVELSE 23 50 BRYST MENN

1989

1	p	Aleksander Haugstvedt	1989	DELFANA	00:33.95	475
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1991

1	p	Jakob Haugstvedt	1991	DELFANA	00:37.77	345
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1992

1	p	Sondre Bryn	1992	ÅSTVEIT	00:39.28	307
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1993

1	p	Vetle Steffensen	1993	ARNA SLK	00:39.47	302
2	p	Håvard Hole	1993	DELFANA	00:39.78	295
3	p	Håkon Dalland	1993	ÅSTVEIT	00:41.76	255
4		Jonas Jensen	1993	ÅSTVEIT	00:43.07	232
5		Bård Haga Bringeland	1993	VESTKANT	00:43.48	226
6		Lars Haga Bringeland	1993	VESTKANT	00:45.16	202
7		Simon Stavland	1993	STORD	00:46.30	187

1994

1	p	Eirik H. Wallevik	1994	ARNA SLK	00:43.72	222
2	p	Kristoffer Andreassen	1994	TRIO	00:48.99	158
3	p	Magnus Horne	1994	STORD	01:13.58	46
999		Vetle M. Vedøy	1994	TRIO	Disk	68

1995

1	p	Andreas Reinertsen	1995	VESTKANT	00:49.13	156
2	p	Anders L. Losnegård	1995	STORD	00:50.29	146
3	p	Marius Sylta	1995	VESTKANT	00:51.00	140
4		Marius Torget	1995	TRIO	00:53.19	123
5		Jim Steinsland	1995	STORD	00:55.77	107
6		Thomas Sell Dyngeland	1995	ÅSTVEIT	01:03.42	72
999		Anders Halderaker	1995	STORD	Disk	80
999		Eirik N. Onarheim	1995	STORD	Disk	-1

1997

		Markus Haukanes	1997	STORD	Disk	
		Erik Hystad	1997	STORD	01:02.98	
		Adrian Etterlid Jensen	1997	STORD	00:51.91	
		Pål Utslåttøy	1997	STORD	Disk	
		Daniel Øvstebø	1997	TRIO	Disk	

1998

		Thomas Halderaker	1998	STORD	Disk	
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SENIOR

1	p	Karsten I. Steinsland	1972	STORD	00:36.72	375
999		Kjetil Egeland	1988	TRIO	Uteble	-1

ØVELSE 24 50 BRYST KVINNER

1989

1	p	Ragnhild Smith-Sivertsen	1989	DELFANA	00:35.94	599
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1991

1	p	Kristine Heimli	1991	VESTKANT	00:40.30	425
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1992

1	p	Tonje R. Skotheimsvik	1992	DELFANA	00:45.10	303
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1993

1	p	Juni Rugland	1993	VESTKANT	00:40.81	409
2	p	Malin Dahle	1993	VESTKANT	00:41.50	389
3	p	Michelle Angell	1993	DELFANA	00:42.48	363
4	p	Lillian H. Johansen	1993	TRIO	00:44.74	310
5		Julia Cuypers	1993	DELFANA	00:45.03	304
6		Mirabelle Breidvik	1993	VESTKANT	00:47.37	261
7		Lena Quam Berland	1993	VESTKANT	00:47.70	256
8		Susanne Hansen	1993	ÅSTVEIT	00:48.13	249
9		Charlotte Brynhildsen	1993	DELFANA	00:49.09	235
10		Heidi Vedøy	1993	VESTKANT	00:54.80	169

1994

1	p	Maja Blom	1994	TRIO	00:44.68	312
2	p	Malene M. Tangedal	1994	STORD	00:44.97	306
3	p	Linn Therese Rondestveit	1994	ÅSTVEIT	00:45.11	303
4	p	Marie Økland	1994	DELFANA	00:46.28	280
5		Rikke Lacroise	1994	ARNA SLK	00:52.00	198
6		Mette Thunes	1994	DELFANA	00:53.53	181
7		Amalie Andreassen	1994	TRIO	00:54.43	172
8		Martha S. Leivestad	1994	STORD	00:58.49	139
9		Ingvild F. Rustad	1994	DELFANA	00:58.50	139
10		Kristin I. Milde	1994	TRIO	01:02.99	111

	11	Gudrun Hope	1994	TRIO	01:05.81	97
	12	Camilla Drivenes	1994	DELFANA	01:10.99	77
1995						
	1	p Sandra Vabø	1995	VESTKANT	00:45.29	299
	2	p Silje T. Halvorsen	1995	DELFANA	00:45.48	296
	3	p Emilie Fjalset	1995	STORD	00:47.49	259
	4	Sandra Bernhoft	1995	DELFANA	00:50.37	217
	5	Bettina Blom	1995	TRIO	00:52.20	195
	6	Maren Sofie Duus	1995	DELFANA	00:52.71	190
	7	Anna Teetzmann	1995	STORD	00:53.73	179
	8	Hanne Habbestad	1995	STORD	01:02.79	112
	999	Charlotte Mathisen Lie	1995	VESTKANT	Brutt	-1
1996						
	1	p Tone Lill Evanger	1996	DELFANA	00:48.62	242
	2	p Elin Fossheim	1996	VESTKANT	00:51.82	200
	3	p Marit Hystad	1996	STORD	00:54.55	171
	4	p Lisa Skogeng	1996	DELFANA	00:54.73	169
	5	Anita Utne	1996	TRIO	00:57.05	149
	6	Ida Birkeland	1996	ARNA SLK	00:57.13	149
	7	Katrine Rondestveit	1996	ÅSTVEIT	00:58.19	141
	8	Julie Sundt	1996	TRIO	01:05.85	97
	999	Nima Ali Adan	1996	TRIO	Uteble	-1
	999	Tonje E. Knoph	1996	VESTKANT	Disk	-1
	999	Anniken Torget	1996	TRIO	Disk	-1
1997						
		Marte Dale	1997	VESTKANT	00:54.43	
		Ann Kristin Eide	1997	TRIO	01:30.33	
		Hannah Fleten	1997	ARNA SLK	01:05.76	
		Martine Fredlund	1997	TRIO	01:50.06	
		Lene Gjørøther	1997	STORD	Uteble	
		Benedikte Oldervoll	1997	ARNA SLK	Disk	
		Karianne Reinertsen	1997	VESTKANT	00:56.49	
		Vanja S. Syvertsen	1997	DELFANA	00:52.25	
		Marthe Johanne Tangedal	1997	STORD	01:03.87	
SB14						
	1	p Hanne Farestvedt	1993	ÅSTVEIT	00:49.17	234
ØVELSE 25 100 BUTTERFLY MENN						
1991						
	1	p Sebastian Stordal	1991	DELFANA	01:03.48	515
1992						
	1	p Sindre Mowatt Gruben	1992	BSC	01:08.48	410
	2	p Erlend Ulveseter	1992	ÅSTVEIT	01:12.83	341
	3	p Eivind Johannesen	1992	ÅSTVEIT	01:22.37	235
1993						
	1	p Robin Sell Dyngeland	1993	ÅSTVEIT	01:10.90	369
	2	p Håkon Dalland	1993	ÅSTVEIT	01:20.56	252
	3	p Jonas Jensen	1993	ÅSTVEIT	01:22.69	233
	4	Håvard Hole	1993	DELFANA	01:25.48	211
	999	Simon Thunestvedt	1993	ARNA SLK	Disk	-1
1994						

1	p	Bård Løvik	1994	DELFANA	01:25.81	208
2	p	Kristian Blummenfelt	1994	VESTKANT	01:26.42	204
3	p	Kristoffer Andreassen	1994	TRIO	01:51.38	95

1995

1	p	Markus Lie	1995	ÅSTVEIT	01:22.54	234
2	p	Henrik Søfteland	1995	DELFANA	01:26.82	201
3	p	Jonas Ødegård Aanby	1995	DELFANA	01:36.72	145
4		Marius Sylta	1995	VESTKANT	01:41.55	125

1996

1	p	Sander Sivertsen	1996	VESTKANT	01:37.22	143
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ØVELSE 26 100 BUTTERFLY KVINNER

1991

1	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	01:20.23	364
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1992

1	p	Hanne Søfteland	1992	DELFANA	01:12.84	487
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1993

1	p	Marie Reinertsen	1993	VESTKANT	01:20.34	363
2	p	Helene Thunes Truyen	1993	DELFANA	01:23.39	324
3	p	Susanne Hansen	1993	ÅSTVEIT	01:30.67	252
4		Malin Dahle	1993	VESTKANT	01:33.02	234
5		Julia Cuypers	1993	DELFANA	01:34.70	221

1994

1	p	Andrea Hestdal	1994	ÅSTVEIT	01:19.31	377
2	p	Marte K Haukeland	1994	ARNA SLK	01:20.90	355
3	p	Marie Øverland	1994	VESTKANT	01:21.86	343
4		Johanne G. Skaaland	1994	DELFANA	01:25.15	305
5		Anna Thorsen	1994	ARNA SLK	01:28.69	270
6		Maja Blom	1994	TRIO	01:39.43	191
7		Marie Økland	1994	DELFANA	01:41.86	178
8		Mette Thunes	1994	DELFANA	01:46.18	157

1995

1	p	Vilde Stordal	1995	DELFANA	01:30.56	253
2	p	Lise S. Syvertsen	1995	DELFANA	01:32.16	240
3	p	Helene Dale Johnsen	1995	DELFANA	01:37.96	200
4		Sandra Vabø	1995	VESTKANT	01:45.39	160
5		Silje T. Halvorsen	1995	DELFANA	01:52.33	132

1996

1	p	Elida Hole	1996	VESTKANT	01:41.77	178
2	p	Katrine Rondestveit	1996	ÅSTVEIT	02:01.69	104
3	p	Tonje E. Knoph	1996	VESTKANT	02:10.32	85

ØVELSE 27 50 RYGG MENN

1987

1	p	Ole Evanger	1987	DELFANA	00:32.43	387
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1989

	1	p	Andreas Solem	1989	DELFANA	00:32.83	373
1990							
	1	p	Eirik Runningen	1990	DELFANA	00:32.13	398
1991							
	1	p	Sindri T. Jakobsson	1991	DELFANA	00:29.78	500
	2	p	Simen Dale	1991	DELFANA	00:31.99	404
	3	p	Kristoffer Brekke	1991	VESTKANT	00:35.61	292
1992							
	1	p	Markus Heimdal	1992	DELFANA	00:35.25	302
1993							
	1	p	Øyvind L. Styrmo	1993	DELFANA	00:31.37	428
	2	p	Gjermund Fure Johansen	1993	VESTKANT	00:34.50	322
	3	p	Simon Stavland	1993	STORD	00:41.17	189
	4		Anders Grasdahl	1993	VESTKANT	00:43.42	161
1994							
	1	p	Bård Løvik	1994	DELFANA	00:38.98	223
	2	p	Eirik H. Wallevik	1994	ARNA SLK	00:39.10	221
	3	p	Kristoffer Andreassen	1994	TRIO	00:41.17	189
	4		Marius Torget	1994	VESTKANT	00:49.18	111
	5		Odd-Erik T. Lauvskard	1994	ÅSTVEIT	01:00.86	58
1995							
	1	p	Henrik Søfteland	1995	DELFANA	00:41.70	182
	2	p	Anders L. Losnegård	1995	STORD	00:43.37	162
	3	p	Marius Sylta	1995	VESTKANT	00:45.19	143
	4		Andreas Reinertsen	1995	VESTKANT	00:46.27	133
	5		Thomas Sell Dyngeland	1995	ÅSTVEIT	00:58.96	64
	999		Jim Steinsland	1995	STORD	Uteble	-1
1996							
	1	p	Jone Rugland	1996	VESTKANT	00:41.52	184
	2	p	Steffen Vike Holm	1996	ARNA SLK	00:42.77	169
ØVELSE 28	50		RYGG KVINNER				
1990							
	1	p	June J. Kristiansen	1990	DELFANA	00:35.59	445
	2	p	Oda S. Leiknes	1990	DELFANA	00:36.45	415
1991							
	1	p	Mari Løvik	1991	DELFANA	00:36.59	410
	2	p	Kristine Heimli	1991	VESTKANT	00:38.65	348
	3	p	Rebekka Unni Davidsen	1991	ÅSTVEIT	00:38.69	347
1992							
	1	p	Katarina Bernhoft	1992	DELFANA	00:40.13	311
1993							
	1	p	Marie Reinertsen	1993	VESTKANT	00:36.05	429
	2	p	Juni Rugland	1993	VESTKANT	00:36.37	417

3	p	Helene Thunes Truyen	1993	DELFANA	00:37.16	391
4		Michelle Angell	1993	DELFANA	00:39.32	330
5		Mirabelle Breidvik	1993	VESTKANT	00:40.37	305
6		Lena Quam Berland	1993	VESTKANT	00:47.17	191
7		Heidi Vedøy	1993	VESTKANT	00:47.43	188
999		Marie Sørлие	1993	DELFANA	Disk	175

1994

1	p	Marie Øverland	1994	VESTKANT	00:35.51	448
2	p	Linn Therese Rondestveit	1994	ÅSTVEIT	00:38.10	363
3	p	Marte K Haukeland	1994	ARNA SLK	00:39.93	315
4	p	Sandra Farestvedt	1994	ÅSTVEIT	00:43.40	245
5		Malene M. Tangedal	1994	STORD	00:50.31	157
6		Amalie Andreassen	1994	TRIO	00:50.66	154
7		Kristin I. Milde	1994	TRIO	00:50.85	152
8		Camilla Drivenes	1994	DELFANA	00:52.95	135
9		Rikke Lacroise	1994	ARNA SLK	00:54.29	125
10		Martha S. Leivestad	1994	STORD	00:54.72	122
11		Ingvild F. Rustad	1994	DELFANA	00:58.04	102
999		Judith Fjellandsbø	1994	TRIO	Uteble	-1

1995

1	p	Vilde Stordal	1995	DELFANA	00:41.56	280
2	p	Helene Dale Johnsen	1995	DELFANA	00:42.73	257
3	p	Emilie Fjalset	1995	STORD	00:42.86	255
4		Sandra Vabø	1995	VESTKANT	00:44.25	231
5		Maren Sofie Duus	1995	DELFANA	00:44.36	230
6		Bettina Blom	1995	TRIO	00:44.41	229
7		Sandra Bernhoft	1995	DELFANA	00:48.25	178
8		Anna Teetzmann	1995	STORD	00:49.73	163
9		Charlotte Mathisen Lie	1995	VESTKANT	01:11.71	54

1996

1	p	Elida Hole	1996	VESTKANT	00:44.67	225
2	p	Elin Haugland	1996	DELFANA	00:46.44	200
3	p	Lisa Skogeng	1996	DELFANA	00:46.81	195
4	p	Tone Lill Evanger	1996	DELFANA	00:47.00	193
5	p	Stina Dahl	1996	DELFANA	00:47.82	183
6		Elin Fossheim	1996	VESTKANT	00:49.50	165
7		Frida Hinna	1996	DELFANA	00:52.09	142
8		Katrine Rondestveit	1996	ÅSTVEIT	00:55.03	120
9		Tonje E. Knoph	1996	VESTKANT	00:57.17	107
10		Marit Hystad	1996	STORD	00:58.73	99
11		Anette Nyheim	1996	ÅSTVEIT	01:07.26	66
12		Anniken Torget	1996	TRIO	01:11.30	55
999		Ida Birkeland	1996	ARNA SLK	Uteble	-1

1997

		Marte Dale	1997	VESTKANT	00:49.12	
		Karianne Reinertsen	1997	VESTKANT	00:46.59	
		Vanja S. Syvertsen	1997	DELFANA	00:50.25	

S14

1	p	Hanne Farestvedt	1993	ÅSTVEIT	00:47.46	188
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ØVELSE 29 4x50 FRI MENN

JUNIOR

1	p	Delfana G1 jr.	0	DELFANA	02:05.75	319
2	p	Åstveit SK G1 jr.	0	ÅSTVEIT	02:06.12	317
3	p	Arna SLK G 1993	0	ARNA SLK	02:07.31	308

4		STORD 2		STORD	02:32.77	178
5		Delfana G3 jr.	0	DELFFANA	03:16.15	84
6		Åstveit SK G2 jr.	0	ÅSTVEIT	03:31.15	67

ØVELSE 30 4x50 FRI KVINNER

JUNIOR

1	p	Åstveit SK J2 jr.	0	ÅSTVEIT	02:12.77	420
2	p	Delfana J1 jr.	0	DELFFANA	02:13.33	415
3	p	TRIO J jr.		TRIO	02:28.34	301
4	p	Delfana J2 jr.	0	DELFFANA	02:29.32	295
5		Delfana J3 jr.	0	DELFFANA	02:33.30	273
6		Arna SLK J 96 o.y.	0	ARNA SLK	02:35.24	263
7		STORD 2		STORD	02:44.02	223
8		Delfana J5 jr.	0	DELFFANA	02:54.24	186
9		Delfana J6 jr.	0	DELFFANA	03:23.96	116
10		Arna SLK J 1994	0	ARNA SLK	04:14.78	59
999		Delfana J4 jr.	0	DELFFANA	Disk	257
999		Åstveit SK J1 jr.	0	ÅSTVEIT	Disk	89

ØVELSE 31 4x100 FRI MENN

JUNIOR

1	p	Delfana G1 jr.	0	DELFFANA	03:55.72	531
2	p	Delfana G2 jr.	0	DELFFANA	04:07.97	456
3	p	Vestkant G 1	1994	VESTKANT	04:51.19	282
4		TRIO G jr.		TRIO	05:05.61	244
5		Vestkant G 2	1995	VESTKANT	05:20.04	212

ØVELSE 32 4x100 FRI KVINNER

JUNIOR

1	p	Delfana J1 jr.	0	DELFFANA	04:18.31	584
2	p	Vestkant J 1	1994	VESTKANT	04:31.50	503
3	p	Vestkant J 2	1995	VESTKANT	04:58.78	377
4		TRIO J jr.		TRIO	06:01.53	213