



# Rangeringslister

## Jenter

### 1995

|          |                               |                      |             |
|----------|-------------------------------|----------------------|-------------|
| <b>1</b> | <b>Caroline Ruud Helgesen</b> | <b>Aalesunds SLK</b> | <b>2427</b> |
|          | 100m butterfly                | 1.14,60 453p         |             |
|          | 200m rygg                     | 2.32,81 553p         |             |
|          | 200m bryst                    | 2.45,35 622p         |             |
|          | 400m fri                      | 4.44,85 611p         |             |
|          | 200m IM                       | 2.29,96 641p         |             |
| <b>2</b> | <b>Karina Brunstad Fet</b>    | <b>Aalesunds SLK</b> | <b>2321</b> |
|          | 100m butterfly                | 1.10,96 527p         |             |
|          | 200m rygg                     | 2.37,90 501p         |             |
|          | 200m bryst                    | 2.46,57 609p         |             |
|          | 400m fri                      | 4.49,26 584p         |             |
|          | 200m IM                       | 2.33,19 601p         |             |
| <b>3</b> | <b>Hanna Lepperød</b>         | <b>Aalesunds SLK</b> | <b>1660</b> |
|          | 100m butterfly                | 1.22,04 341p         |             |
|          | 200m rygg                     | 2.49,21 407p         |             |
|          | 200m bryst                    | 3.31,54 297p         |             |
|          | 400m fri                      | 5.06,24 492p         |             |
|          | 200m IM                       | 2.52,62 420p         |             |
| <b>4</b> | <b>Henriette Westerheim</b>   | <b>SK Føniks</b>     | <b>1569</b> |
|          | 100m butterfly                | 1.25,48 301p         |             |
|          | 200m rygg                     | 2.49,23 407p         |             |
|          | 200m bryst                    | 3.24,92 327p         |             |
|          | 400m fri                      | 5.20,82 428p         |             |
|          | 200m IM                       | 2.54,47 407p         |             |
| <b>5</b> | <b>Karoline Marken Smenes</b> | <b>Aalesunds SLK</b> | <b>1398</b> |
|          | 100m butterfly                | 1.26,17 294p         |             |
|          | 200m rygg                     | 3.07,74 298p         |             |
|          | 200m bryst                    | 3.23,33 334p         |             |
|          | 400m fri                      | 5.26,32 406p         |             |
|          | 200m IM                       | 3.01,76 360p         |             |
| <b>6</b> | <b>Maria Bøe</b>              | <b>Trondheim SLK</b> | <b>1385</b> |
|          | 100m butterfly                | 1.36,89 207p         |             |
|          | 200m rygg                     | 3.01,34 330p         |             |
|          | 200m bryst                    | 3.21,30 345p         |             |
|          | 400m fri                      | 5.46,67 339p         |             |
|          | 200m IM                       | 3.02,84 371p         |             |
| <b>7</b> | <b>Marianne Waagan</b>        | <b>IL Norodd</b>     | <b>1201</b> |
|          | 100m butterfly                | 1.26,67 289p         |             |
|          | 200m rygg                     | 3.05,52 309p         |             |
|          | 200m bryst                    | 3.37,05 275p         |             |
|          | 400m fri                      | 5.51,29 326p         |             |
|          | 200m IM                       | 3.18,22 277p         |             |

|                               |                  |             |
|-------------------------------|------------------|-------------|
| <b>8 Kristine Lindseth</b>    | <b>Namsos SK</b> | <b>1194</b> |
| 100m butterfly                | 1.41,03 182p     |             |
| 200m rygg                     | 3.07,72 298p     |             |
| 200m bryst                    | 3.31,66 296p     |             |
| 400m fri                      | 6.03,68 293p     |             |
| 200m IM                       | 3.11,55 307p     |             |
| <b>9 Hilde Camilla Lænd</b>   | <b>Namsos SK</b> | <b>1181</b> |
| 100m butterfly                | 1.34,80 221p     |             |
| 200m rygg                     | 3.19,05 250p     |             |
| 200m bryst                    | 3.46,70 241p     |             |
| 400m fri                      | 5.37,35 368p     |             |
| 200m IM                       | 3.08,68 322p     |             |
| <b>10 Rebecca F Hatlestad</b> | <b>Molde SLK</b> | <b>1056</b> |
| 100m butterfly                | 1.40,43 186p     |             |
| 200m rygg                     | 3.25,73 226p     |             |
| 200m bryst                    | 3.44,72 248p     |             |
| 400m fri                      | 5.58,75 306p     |             |
| 200m IM                       | 3.18,63 276p     |             |

## 1996

|                                  |                      |             |
|----------------------------------|----------------------|-------------|
| <b>1 Viktoria Juel</b>           | <b>Trondheim SLK</b> | <b>1696</b> |
| 100m butterfly                   | 1.18,89 383p         |             |
| 200m rygg                        | 2.44,71 441p         |             |
| 200m bryst                       | 3.16,76 369p         |             |
| 400m fri                         | 5.22,56 421p         |             |
| 200m IM                          | 2.48,62 451p         |             |
| <b>2 Henriette Øien Mikalsen</b> | <b>Aalesunds SLK</b> | <b>1511</b> |
| 100m butterfly                   | 1.25,88 297p         |             |
| 200m rygg                        | 2.51,65 390p         |             |
| 200m bryst                       | 3.36,54 277p         |             |
| 400m fri                         | 5.14,13 456p         |             |
| 200m IM                          | 3.00,46 368p         |             |
| <b>3 Anne Hildre</b>             | <b>Brattvåg SK</b>   | <b>1441</b> |
| 100m butterfly                   | 1.33,97 227p         |             |
| 200m rygg                        | 2.52,88 381p         |             |
| 200m bryst                       | 3.32,19 294p         |             |
| 400m fri                         | 5.31,85 386p         |             |
| 200m IM                          | 2.58,55 380p         |             |
| <b>4 Ellen Sylvia Visnes</b>     | <b>IL Norodd</b>     | <b>1287</b> |
| 100m butterfly                   | 1.30,43 254p         |             |
| 200m rygg                        | 3.12,84 275p         |             |
| 200m bryst                       | 3.26,47 319p         |             |
| 400m fri                         | 5.40,05 359p         |             |
| 200m IM                          | 3.06,31 334p         |             |

|                                 |                         |             |
|---------------------------------|-------------------------|-------------|
| <b>5 Marie Nygård</b>           | <b>Molde SLK</b>        | <b>1282</b> |
| 100m butterfly                  | 1.39,14 193p            |             |
| 200m rygg                       | 3.04,19 315p            |             |
| 200m bryst                      | 3.21,51 343p            |             |
| 400m fri                        | 5.51,47 325p            |             |
| 200m IM                         | 3.13,30 299p            |             |
| <b>6 Maren Elise E. Finsaas</b> | <b>Kristiansund SLK</b> | <b>1112</b> |
| 100m butterfly                  | 1.48,94 145p            |             |
| 200m rygg                       | 3.08,15 296p            |             |
| 200m bryst                      | 3.51,58 226p            |             |
| 400m fri                        | 5.52,06 324p            |             |
| 200m IM                         | 3.21,02 266p            |             |
| <b>7 Kamilla Grytten</b>        | <b>Brattvåg SK</b>      | <b>1017</b> |
| 100m butterfly                  | 1.48,60 147p            |             |
| 200m rygg                       | 3.24,60 230p            |             |
| 200m bryst                      | 3.45,28 246p            |             |
| 400m fri                        | 6.07,84 284p            |             |
| 200m IM                         | 3.23,38 257p            |             |

**1997**

|                                 |                      |             |
|---------------------------------|----------------------|-------------|
| <b>1 Birgit Kvisvik</b>         | <b>IL Norodd</b>     | <b>1988</b> |
| 100m butterfly                  | 1.18,93 383p         |             |
| 200m rygg                       | 2.38,95 491p         |             |
| 200m bryst                      | 3.03,50 455p         |             |
| 400m fri                        | 5.03,66 505p         |             |
| 200m IM                         | 2.39,04 537p         |             |
| <b>2 Åse Vigdisdatter Nytrø</b> | <b>Trondheim SLK</b> | <b>1896</b> |
| 100m butterfly                  | 1.24,15 316p         |             |
| 200m rygg                       | 2.38,02 500p         |             |
| 200m bryst                      | 3.13,50 388p         |             |
| 400m fri                        | 4.59,07 528p         |             |
| 200m IM                         | 2.45,07 480p         |             |
| <b>3 Maria Willassen</b>        | <b>SK Føniks</b>     | <b>1583</b> |
| 100m butterfly                  | 1.25,57 300p         |             |
| 200m rygg                       | 2.51,91 388p         |             |
| 200m bryst                      | 3.25,35 325p         |             |
| 400m fri                        | 5.14,72 453p         |             |
| 200m IM                         | 2.53,03 417p         |             |
| <b>4 Anne-Marit Blikø</b>       | <b>Rørvik SLK</b>    | <b>1314</b> |
| 100m butterfly                  | 1.30,38 255p         |             |
| 200m rygg                       | 3.04,02 316p         |             |
| 200m bryst                      | 3.27,57 314p         |             |
| 400m fri                        | 5.54,80 316p         |             |
| 200m IM                         | 3.00,33 368p         |             |

|           |  |                      |             |
|-----------|--|----------------------|-------------|
| <b>5</b>  | <b>Kristina Elena Bjørklund Mora Trondheim SLK</b> |                      | <b>1288</b> |
|           | 100m butterfly                                     | 1.31,06              | 249p        |
|           | 200m rygg  | 3.04,04              | 316p        |
|           | 200m bryst   | 3.23,85              | 332p        |
|           | 400m fri   | 5.54,63              | 317p        |
|           | 200m IM  | 3.08,31              | 323p        |
| <b>6</b>  | <b>Elise Sørvik</b>                                | <b>Rørvik SLK</b>    | <b>1271</b> |
|           | 100m butterfly                                     | 1.35,83              | 214p        |
|           | 200m rygg  | 3.03,71              | 318p        |
|           | 200m bryst   | 3.28,24              | 311p        |
|           | 400m fri   | 5.58,54              | 306p        |
|           | 200m IM  | 3.05,92              | 336p        |
| <b>7</b>  | <b>Fredrikke Muri Schrøder</b>                     | <b>Aalesunds SLK</b> | <b>1149</b> |
|           | 100m butterfly                                     | 1.38,53              | 196p        |
|           | 200m rygg  | 3.09,64              | 289p        |
|           | 200m bryst   | 3.45,53              | 245p        |
|           | 400m fri   | 5.54,37              | 317p        |
|           | 200m IM  | 3.13,45              | 298p        |
| <b>8</b>  | <b>Anita Charlotte Visnes</b>                      | <b>IL Norodd</b>     | <b>1124</b> |
|           | 100m butterfly                                     | 1.32,77              | 236p        |
|           | 200m rygg  | 3.13,29              | 273p        |
|           | 200m bryst   | 3.36,54              | 277p        |
|           | 400m fri   | 6.14,88              | 268p        |
|           | 200m IM  | 3.11,84              | 306p        |
| <b>9</b>  | <b>Tone Lervåg Hunnestad</b>                       | <b>Rørvik SLK</b>    | <b>989</b>  |
|           | 100m butterfly                                     | 1.40,08              | 187p        |
|           | 200m rygg  | 3.21,29              | 241p        |
|           | 200m bryst   | 3.52,23              | 224p        |
|           | 400m fri   | 6.27,14              | 243p        |
|           | 200m IM  | 3.17,32              | 281p        |
| <b>10</b> | <b>Sarah Almberg Holmeide</b>                      | <b>SK Føniks</b>     | <b>964</b>  |
|           | 100m butterfly                                     | 1.44,46              | 165p        |
|           | 200m rygg  | 3.11,02              | 283p        |
|           | 200m bryst   | 4.20,76              | 158p        |
|           | 400m fri   | 6.03,01              | 295p        |
|           | 200m IM  | 3.33,61              | 221p        |
| <b>11</b> | <b>Gøril Lindseth</b>                              | <b>Namsos SK</b>     | <b>763</b>  |
|           | 100m butterfly                                     | 1.50,40              | 140p        |
|           | 200m rygg  | 3.36,07              | 195p        |
|           | 200m bryst   | 3.59,06              | 206p        |
|           | 400m fri   | 7.24,54              | 160p        |
|           | 200m IM  | 3.40,25              | 202p        |
| <b>12</b> | <b>Sandra Skorstad</b>                             | <b>Namsos SK</b>     | <b>755</b>  |
|           | 100m butterfly                                     | 1.49,40              | 143p        |
|           | 200m rygg  | 3.54,00              | 154p        |
|           | 200m bryst   | 3.46,98              | 240p        |
|           | 400m fri   | 7.44,94              | 140p        |
|           | 200m IM  | 3.34,87              | 218p        |



## 1998

|          |                                 |                      |             |
|----------|---------------------------------|----------------------|-------------|
| <b>1</b> | <b>Sara Juul Wolfgang</b>       | <b>Trondheim SLK</b> | <b>1209</b> |
|          | 100m butterfly                  | 1.40,32 186p         |             |
|          | 200m rygg                       | 3.03,08 321p         |             |
|          | 200m bryst                      | 3.37,41 273p         |             |
|          | 400m fri                        | 5.50,51 328p         |             |
|          | 200m IM                         | 3.16,01 287p         |             |
| <b>2</b> | <b>Ina Karin Haagensen</b>      | <b>Aalesunds SLK</b> | <b>1172</b> |
|          | 100m butterfly                  | 1.42,70 173p         |             |
|          | 200m rygg                       | 3.26,23 224p         |             |
|          | 200m bryst                      | 3.37,56 273p         |             |
|          | 400m fri                        | 5.39,87 360p         |             |
|          | 200m IM                         | 3.09,96 315p         |             |
| <b>3</b> | <b>Celine Hjeltnes</b>          | <b>Aalesunds SLK</b> | <b>1110</b> |
|          | 100m butterfly                  | 1.42,81 173p         |             |
|          | 200m rygg                       | 3.33,84 201p         |             |
|          | 200m bryst                      | 3.16,87 368p         |             |
|          | 400m fri                        | 6.12,16 274p         |             |
|          | 200m IM                         | 3.20,64 267p         |             |
| <b>4</b> | <b>Andrine Johanne Holen</b>    | <b>Aalesunds SLK</b> | <b>997</b>  |
|          | 100m butterfly                  | 1.39,53 191p         |             |
|          | 200m rygg                       | 3.31,85 207p         |             |
|          | 200m bryst                      | 3.38,55 269p         |             |
|          | 400m fri                        | 6.16,82 264p         |             |
|          | 200m IM                         | 3.23,34 257p         |             |
| <b>5</b> | <b>Mia Olden Larsen</b>         | <b>Vestbyen IL</b>   | <b>946</b>  |
|          | 100m butterfly                  | 1.47,18 153p         |             |
|          | 200m rygg                       | 3.17,41 256p         |             |
|          | 200m bryst                      | 3.51,01 228p         |             |
|          | 400m fri                        | 6.46,08 211p         |             |
|          | 200m IM                         | 3.24,90 251p         |             |
| <b>6</b> | <b>Veronica Furu Resell</b>     | <b>Sunddal SLK</b>   | <b>935</b>  |
|          | 100m butterfly                  | 1.52,44 132p         |             |
|          | 200m rygg                       | 3.24,69 230p         |             |
|          | 200m bryst                      | 3.59,94 203p         |             |
|          | 400m fri                        | 6.17,89 262p         |             |
|          | 200m IM                         | 3.27,89 240p         |             |
| <b>7</b> | <b>Linn Amalie Aresvik</b>      | <b>Trondheim SLK</b> | <b>888</b>  |
|          | 100m butterfly                  | 1.47,98 149p         |             |
|          | 200m rygg                       | 3.25,15 228p         |             |
|          | 200m bryst                      | 4.03,43 195p         |             |
|          | 400m fri                        | 6.36,09 227p         |             |
|          | 200m IM                         | 3.28,59 238p         |             |
| <b>8</b> | <b>Sara Strømsholm Pedersen</b> | <b>Aalesunds SLK</b> | <b>885</b>  |
|          | 100m butterfly                  | 1.54,84 124p         |             |
|          | 200m rygg                       | 3.41,11 182p         |             |
|          | 200m bryst                      | 3.52,88 222p         |             |
|          | 400m fri                        | 6.18,46 260p         |             |
|          | 200m IM                         | 3.33,78 221p         |             |

|                                     |                    |            |
|-------------------------------------|--------------------|------------|
| <b>9 Oda Flatås</b>                 | <b>Sunddal SLK</b> | <b>836</b> |
| 100m butterfly                      | 2.00,02 108p       |            |
| 200m rygg                           | 3.38,96 187p       |            |
| 200m bryst                          | 3.59,83 204p       |            |
| 400m fri                            | 6.25,42 246p       |            |
| 200m IM                             | 3.41,41 199p       |            |
| <b>10 Cecilie Solberg Jørgensen</b> | <b>Vestbyen IL</b> | <b>792</b> |
| 100m butterfly                      | 1.51,40 136p       |            |
| 200m rygg                           | 3.27,23 221p       |            |
| 200m bryst                          | 4.08,85 182p       |            |
| 400m fri                            | 6.45,93 211p       |            |
| 200m IM                             | 3.49,81 178p       |            |
| <b>11 Emilie Hagfors Kvalvaag</b>   | <b>SK Føniks</b>   | <b>346</b> |
| 100m butterfly                      | 2.18,44 71p        |            |
| 200m rygg                           | 5.17,92 61p        |            |
| 200m bryst                          | 5.21,06 85p        |            |
| 400m fri                            | 8.43,84 98p        |            |
| 200m IM                             | 4.45,96 92p        |            |

**1999**

|                          |                      |            |
|--------------------------|----------------------|------------|
| <b>1 Victoria Tolaas</b> | <b>Aalesunds SLK</b> | <b>966</b> |
| 50m butterfly            | 47,40 157p           |            |
| 100m rygg                | 1.39,80 199p         |            |
| 100m bryst               | 1.43,27 259p         |            |
| 400m fri                 | 6.08,94 281p         |            |
| 200m IM                  | 3.31,73 227p         |            |
| <b>2 Karoline Hildre</b> | <b>Brattvåg SK</b>   | <b>782</b> |
| 50m butterfly            | 47,97 152p           |            |
| 100m rygg                | 1.44,37 174p         |            |
| 100m bryst               | 1.52,85 199p         |            |
| 400m fri                 | 6.48,11 208p         |            |
| 200m IM                  | 3.40,62 201p         |            |
| <b>3 Emma Grytten</b>    | <b>Brattvåg SK</b>   | <b>644</b> |
| 50m butterfly            | 56,14 95p            |            |
| 100m rygg                | 1.47,09 161p         |            |
| 100m bryst               | 2.01,74 158p         |            |
| 400m fri                 | 7.33,89 151p         |            |
| 200m IM                  | 3.51,45 174p         |            |
| <b>4 Ingvild Langli</b>  | <b>Rørvik SLK</b>    | <b>621</b> |
| 50m butterfly            | 52,54 115p           |            |
| 100m rygg                | 1.58,36 119p         |            |
| 100m bryst               | 1.55,54 185p         |            |
| 400m fri                 | 7.36,45 148p         |            |
| 200m IM                  | 3.53,63 169p         |            |

|                            |                  |      |
|----------------------------|------------------|------|
| <b>5 Maria Reistadbakk</b> | <b>Namsos SK</b> |      |
| 50m butterfly              | 1.15,25          | 39p  |
| 100m rygg                  | 2.25,11          | 65p  |
| 100m bryst                 | 2.06,74          | 140p |
| 400m fri                   | 8.05,40          | 123p |
| 200m IM                    | 4.39,53          | 99p  |

427

## Gutter

### 1995

|                                    |                      |             |
|------------------------------------|----------------------|-------------|
| <b>1 Vetle Henriksen</b>           | <b>Trondheim SLK</b> | <b>1849</b> |
| 100m butterfly                     | 1.11,06              | 367p        |
| 200m rygg                          | 2.28,30              | 434p        |
| 200m bryst                         | 2.45,96              | 446p        |
| 400m fri                           | 4.34,88              | 506p        |
| 200m IM                            | 2.29,69              | 463p        |
| <b>2 Anders Skaanes</b>            | <b>Namsos SK</b>     | <b>1493</b> |
| 100m butterfly                     | 1.23,93              | 222p        |
| 200m rygg                          | 2.37,34              | 363p        |
| 200m bryst                         | 2.58,04              | 362p        |
| 400m fri                           | 5.04,26              | 373p        |
| 200m IM                            | 2.37,72              | 395p        |
| <b>3 Theodor Wærenskjold Thiis</b> | <b>SK Føniks</b>     | <b>1385</b> |
| 100m butterfly                     | 1.18,06              | 277p        |
| 200m rygg                          | 2.57,90              | 251p        |
| 200m bryst                         | 2.56,06              | 374p        |
| 400m fri                           | 5.01,62              | 383p        |
| 200m IM                            | 2.44,14              | 351p        |
| <b>4 Gøran Grongstad</b>           | <b>Rørvik SLK</b>    | <b>1322</b> |
| 100m butterfly                     | 1.13,85              | 327p        |
| 200m rygg                          | 2.48,32              | 296p        |
| 200m bryst                         | 3.00,38              | 348p        |
| 400m fri                           | 5.28,51              | 296p        |
| 200m IM                            | 2.44,07              | 351p        |
| <b>5 Stian Nilsen</b>              | <b>Trondheim SLK</b> | <b>1315</b> |
| 100m butterfly                     | 1.18,52              | 272p        |
| 200m rygg                          | 2.48,86              | 294p        |
| 200m bryst                         | 3.14,51              | 277p        |
| 400m fri                           | 4.58,22              | 396p        |
| 200m IM                            | 2.44,55              | 348p        |
| <b>6 Bjørn Erik Ystenes</b>        | <b>Trondheim SLK</b> | <b>984</b>  |
| 100m butterfly                     | 1.34,81              | 154p        |
| 200m rygg                          | 3.16,25              | 187p        |
| 200m bryst                         | 3.18,50              | 261p        |
| 400m fri                           | 5.27,42              | 299p        |
| 200m IM                            | 3.07,12              | 237p        |

|                        |                    |            |
|------------------------|--------------------|------------|
| <b>7 Jo Flatås</b>     | <b>Sunddal SLK</b> | <b>956</b> |
| 100m butterfly         | 1.31,74 170p       |            |
| 200m rygg              | 3.09,07 209p       |            |
| 200m bryst             | 3.31,85 214p       |            |
| 400m fri               | 5.38,41 271p       |            |
| 200m IM                | 3.00,84 262p       |            |
| <b>8 Even Frantzen</b> | <b>Namsos SK</b>   | <b>740</b> |
| 100m butterfly         | 1.42,05 124p       |            |
| 200m rygg              | 3.19,72 177p       |            |
| 200m bryst             | 3.54,41 158p       |            |
| 400m fri               | 6.01,00 223p       |            |
| 200m IM                | 3.24,28 182p       |            |

**1996**

|                                   |                      |             |
|-----------------------------------|----------------------|-------------|
| <b>1 Ole Martin Bjørlykke</b>     | <b>Aalesunds SLK</b> | <b>1674</b> |
| 100m butterfly                    | 1.17,52 282p         |             |
| 200m rygg                         | 2.31,92 403p         |             |
| 200m bryst                        | 2.54,88 381p         |             |
| 400m fri                          | 4.37,30 493p         |             |
| 200m IM                           | 2.37,50 397p         |             |
| <b>2 Tage Singstad</b>            | <b>Vestbyen IL</b>   | <b>1423</b> |
| 100m butterfly                    | 1.15,24 309p         |             |
| 200m rygg                         | 2.47,74 299p         |             |
| 200m bryst                        | 3.18,60 260p         |             |
| 400m fri                          | 4.47,34 443p         |             |
| 200m IM                           | 2.41,03 372p         |             |
| <b>3 Jahn Håvard Holthe Olsen</b> | <b>Rørvik SLK</b>    | <b>1118</b> |
| 100m butterfly                    | 1.26,54 203p         |             |
| 200m rygg                         | 3.01,76 235p         |             |
| 200m bryst                        | 3.13,91 280p         |             |
| 400m fri                          | 5.20,50 319p         |             |
| 200m IM                           | 2.56,14 284p         |             |
| <b>4 Mathias Langli</b>           | <b>Rørvik SLK</b>    | <b>1079</b> |
| 100m butterfly                    | 1.27,39 197p         |             |
| 200m rygg                         | 3.01,67 236p         |             |
| 200m bryst                        | 3.25,07 236p         |             |
| 400m fri                          | 5.18,80 324p         |             |
| 200m IM                           | 2.56,36 283p         |             |
| <b>5 Erlend Forsland Zabka</b>    | <b>Aalesunds SLK</b> | <b>1046</b> |
| 100m butterfly                    | 1.21,89 239p         |             |
| 200m rygg                         | 3.04,16 226p         |             |
| 200m bryst                        | 3.29,52 222p         |             |
| 400m fri                          | 5.27,14 300p         |             |
| 200m IM                           | 2.56,82 281p         |             |

|   |                      |            |
|---|----------------------|------------|
| <b>6 Erlend Myklebust</b>               | <b>Aalesunds SLK</b> | <b>914</b> |
| 100m butterfly                          | 1.55,53 85p          |            |
| 200m rygg                               | 3.07,69 214p         |            |
| 200m bryst                              | 3.27,94 227p         |            |
| 400m fri                                | 5.46,58 252p         |            |
| 200m IM                                 | 3.11,43 221p         |            |
| <b>7 Sigurd Nikolai Kjerstad</b>        | <b>Molde SLK</b>     | <b>878</b> |
| 100m butterfly                          | 1.35,23 152p         |            |
| 200m rygg                               | 3.09,80 207p         |            |
| 200m bryst                              | 3.44,53 180p         |            |
| 400m fri                                | 5.38,77 270p         |            |
| 200m IM                                 | 3.11,50 221p         |            |
| <b>8 Andreas Hollingsæter Lystad</b>    | <b>Aalesunds SLK</b> | <b>860</b> |
| 100m butterfly                          | 1.43,16 120p         |            |
| 200m rygg                               | 3.14,23 193p         |            |
| 200m bryst                              | 3.29,78 221p         |            |
| 400m fri                                | 5.44,56 257p         |            |
| 200m IM                                 | 3.21,50 189p         |            |
| <b>9 Aksel Haagenen</b>                 | <b>Aalesunds SLK</b> | <b>780</b> |
| 100m butterfly                          | 1.43,32 119p         |            |
| 200m rygg                               | 3.27,95 157p         |            |
| 200m bryst                              | 3.41,36 188p         |            |
| 400m fri                                | 5.53,64 237p         |            |
| 200m IM                                 | 3.18,51 198p         |            |
| <b>10 Christoffer Solberg Jørgensen</b> | <b>Vestbyen IL</b>   | <b>760</b> |
| 100m butterfly                          | 1.48,00 104p         |            |
| 200m rygg                               | 3.11,62 201p         |            |
| 200m bryst                              | 3.48,78 170p         |            |
| 400m fri                                | 6.02,95 220p         |            |
| 200m IM                                 | 3.29,12 169p         |            |
| <b>11 Markus Brevik</b>                 | <b>IL Norodd</b>     | <b>518</b> |
| 100m butterfly                          | 2.09,75 60p          |            |
| 200m rygg                               | 3.41,77 129p         |            |
| 200m bryst                              | 4.05,01 138p         |            |
| 400m fri                                | 7.19,98 123p         |            |
| 200m IM                                 | 3.49,68 128p         |            |

**1997**

|                             |                      |             |
|-----------------------------|----------------------|-------------|
| <b>1 Sigurd Holten Bøen</b> | <b>Aalesunds SLK</b> | <b>1053</b> |
| 100m butterfly              | 1.23,03 230p         |             |
| 200m rygg                   | 3.15,45 189p         |             |
| 200m bryst                  | 3.15,78 272p         |             |
| 400m fri                    | 5.25,62 304p         |             |
| 200m IM                     | 3.04,50 247p         |             |



|          |                              |                      |            |
|----------|------------------------------|----------------------|------------|
| <b>2</b> | <b>Manith Attanapola</b>     | <b>Trondheim SLK</b> |            |
|          | 100m butterfly               | 1.35,15              | 152p       |
|          | 200m rygg                    | 3.08,43              | 211p       |
|          | 200m bryst                   | 3.28,07              | 226p       |
|          | 400m fri                     | 5.42,55              | 261p       |
|          | 200m IM                      | 3.06,24              | 240p       |
| <b>3</b> | <b>Henrik Lundgreen</b>      | <b>Molde SLK</b>     | <b>890</b> |
|          | 100m butterfly               | 1.38,96              | 135p       |
|          | 200m rygg                    | 3.08,03              | 212p       |
|          | 200m bryst                   | 3.46,34              | 176p       |
|          | 400m fri                     | 5.31,75              | 288p       |
|          | 200m IM                      | 3.13,56              | 214p       |
| <b>4</b> | <b>Erlend Søderlund</b>      | <b>Trondheim SLK</b> | <b>886</b> |
|          | 100m butterfly               | 1.29,85              | 181p       |
|          | 200m rygg                    | 3.20,36              | 200p       |
|          | 200m bryst                   | 3.35,76              | 203p       |
|          | 400m fri                     | 5.57,85              | 245p       |
|          | 200m IM                      | 3.13,00              | 238p       |
| <b>5</b> | <b>Werner André W. Drogg</b> | <b>SK Føniks</b>     | <b>869</b> |
|          | 100m butterfly               | 1.28,34              | 191p       |
|          | 200m rygg                    | 3.35,11              | 142p       |
|          | 200m bryst                   | 3.49,94              | 168p       |
|          | 400m fri                     | 5.32,79              | 285p       |
|          | 200m IM                      | 3.10,15              | 225p       |
| <b>6</b> | <b>Henning Andersson</b>     | <b>Trondheim SLK</b> | <b>820</b> |
|          | 100m butterfly               | 1.39,25              | 134p       |
|          | 200m rygg                    | 3.29,09              | 154p       |
|          | 200m bryst                   | 3.39,07              | 194p       |
|          | 400m fri                     | 5.45,91              | 254p       |
|          | 200m IM                      | 3.12,35              | 218p       |
| <b>7</b> | <b>Jonas Larsson</b>         | <b>Molde SLK</b>     | <b>716</b> |
|          | 100m butterfly               | 1.40,39              | 130p       |
|          | 200m rygg                    | 3.33,15              | 146p       |
|          | 200m bryst                   | 3.37,12              | 199p       |
|          | 400m fri                     | 6.32,13              | 174p       |
|          | 200m IM                      | 3.18,74              | 197p       |
| <b>8</b> | <b>Ole Emil Øyen Eikebø</b>  | <b>IL Norodd</b>     | <b>653</b> |
|          | 100m butterfly               | 2.03,27              | 70p        |
|          | 200m rygg                    | 3.32,75              | 147p       |
|          | 200m bryst                   | 3.52,62              | 162p       |
|          | 400m fri                     | 6.21,11              | 190p       |
|          | 200m IM                      | 3.35,89              | 154p       |
| <b>9</b> | <b>Mathias S. Valderhaug</b> | <b>Aalesunds SLK</b> | <b>649</b> |
|          | 100m butterfly               | 1.51,77              | 94p        |
|          | 200m rygg                    | 4.00,32              | 102p       |
|          | 200m bryst                   | 3.48,27              | 171p       |
|          | 400m fri                     | 6.12,31              | 203p       |
|          | 200m IM                      | 3.27,82              | 173p       |

|                            |                   |      |            |
|----------------------------|-------------------|------|------------|
| <b>10 Sondre Bøe</b>       | <b>SK Føniks</b>  |      | <b>626</b> |
| 100m butterfly             | 1.50,36           | 98p  |            |
| 200m rygg                  | 3.51,88           | 113p |            |
| 200m bryst                 | 3.48,41           | 171p |            |
| 400m fri                   | 6.15,48           | 198p |            |
| 200m IM                    | 3.40,55           | 144p |            |
| <b>11 Simon Hanssen</b>    | <b>Rørvik SLK</b> |      | <b>570</b> |
| 100m butterfly             | 1.48,23           | 103p |            |
| 200m rygg                  | 3.33,86           | 144p |            |
| 200m bryst                 | 4.11,42           | 128p |            |
| 400m fri                   | 6.47,34           | 155p |            |
| 200m IM                    | 3.41,20           | 143p |            |
| <b>12 Sander Falch</b>     | <b>Namsos SK</b>  |      | <b>528</b> |
| 100m butterfly             | 2.00,95           | 74p  |            |
| 200m rygg                  | 3.34,89           | 142p |            |
| 200m bryst                 | 4.12,98           | 126p |            |
| 400m fri                   | 7.01,65           | 140p |            |
| 200m IM                    | 3.54,54           | 120p |            |
| <b>13 Johan Lein Ahlin</b> | <b>Namsos SK</b>  |      | <b>470</b> |
| 100m butterfly             | 1.59,91           | 76p  |            |
| 200m rygg                  | 3.44,45           | 125p |            |
| 200m bryst                 | 4.14,10           | 124p |            |
| 400m fri                   | 7.10,18           | 132p |            |
| 200m IM                    | 4.27,31           | 89p  |            |

**1998**

|                              |                      |      |            |
|------------------------------|----------------------|------|------------|
| <b>1 Aksel Myklebust</b>     | <b>Aalesunds SLK</b> |      | <b>912</b> |
| 100m butterfly               | 1.42,37              | 122p |            |
| 200m rygg                    | 3.11,01              | 203p |            |
| 200m bryst                   | 3.31,23              | 216p |            |
| 400m fri                     | 5.45,19              | 255p |            |
| 200m IM                      | 3.06,85              | 238p |            |
| <b>2 Håvard Svergja</b>      | <b>Molde SLK</b>     |      | <b>640</b> |
| 100m butterfly               | 2.06,56              | 65p  |            |
| 200m rygg                    | 3.29,27              | 154p |            |
| 200m bryst                   | 3.55,73              | 155p |            |
| 400m fri                     | 6.26,99              | 181p |            |
| 200m IM                      | 3.37,97              | 150p |            |
| <b>3 Morten Olden Larsen</b> | <b>Vestbyen IL</b>   |      | <b>639</b> |
| 100m butterfly               | 1.50,62              | 97p  |            |
| 200m rygg                    | 3.33,91              | 144p |            |
| 200m bryst                   | 4.03,06              | 142p |            |
| 400m fri                     | 6.21,88              | 188p |            |
| 200m IM                      | 3.31,04              | 165p |            |

|          |   |                      |            |
|----------|---|----------------------|------------|
| <b>4</b> | <b>Jon Olav Båtbukt</b>                         | <b>Trondheim SLK</b> | <b>532</b> |
|          | 100m butterfly                                  | 1.49,90 99p          |            |
|          | 200m rygg                                       | 3.22,38 170p         |            |
|          | 200m bryst                                      | 4.15,48 122p         |            |
|          | 400m fri  | 7.06,89 135p         |            |
|          | 200m IM   | 4.05,33 105p         |            |
| <b>5</b> | <b>Joakim Gjerde</b>                            | <b>Trondheim SLK</b> | <b>454</b> |
|          | 100m butterfly                                  | 1.58,09 80p          |            |
|          | 200m rygg                                       | 4.01,07 101p         |            |
|          | 200m bryst                                      | 4.04,20 140p         |            |
|          | 400m fri  | 7.41,22 107p         |            |
|          | 200m IM   | 4.04,39 106p         |            |
| <b>6</b> | <b>Andreas Edvardsen Killingberg Rørvik SLK</b> |                      | <b>424</b> |
|          | 100m butterfly                                  | 2.21,55 46p          |            |
|          | 200m rygg                                       | 4.02,76 98p          |            |
|          | 200m bryst                                      | 4.02,32 143p         |            |
|          | 400m fri  | 7.49,14 101p         |            |
|          | 200m IM   | 4.25,52 82p          |            |

**1999**

|          |                             |                      |            |
|----------|-----------------------------|----------------------|------------|
| <b>1</b> | <b>Peder Lænd</b>           | <b>Namsos SK</b>     | <b>588</b> |
|          | 50m butterfly               | 47,87 108p           |            |
|          | 100m rygg                   | 1.41,76 128p         |            |
|          | 100m bryst                  | 1.59,58 116p         |            |
|          | 400m fri                    | 6.26,67 181p         |            |
|          | 200m IM                     | 3.31,73 163p         |            |
| <b>2</b> | <b>Marcus Nikolay Vatne</b> | <b>Aalesunds SLK</b> | <b>572</b> |
|          | 50m butterfly               | 49,25 100p           |            |
|          | 100m rygg                   | 1.34,14 162p         |            |
|          | 100m bryst                  | 2.06,82 97p          |            |
|          | 400m fri                    | 6.25,65 183p         |            |
|          | 200m IM                     | 3.50,31 127p         |            |