

## Øvelse 1. 400m fri, jenter - født 1999

1p	Marte Løvberg	99	Lambertseter SK	5.29,35	379
	37,02(37,02)	1.18,97(41,95)	2.01,95(42,98)	3.27,17(1.25,22)	
			4.51,09(1.23,92)	5.29,35(38,26)	
2p	Aleksandra Røys Stranden	99	Asker SK	5.30,74	374
	36,44(36,44)	1.16,96(40,52)	1.58,93(41,97)	2.42,15(43,22)	
	3.25,79(43,64)	4.08,55(42,76)	4.48,69(40,14)	5.30,74(42,05)	
3p	Emma Augustsson	99	Skjetten Svømming	5.31,12	373
	37,43(37,43)	1.19,72(42,29)	2.02,99(43,27)	2.46,31(43,32)	
	3.29,40(43,09)	4.10,96(41,56)	4.48,85(37,89)	5.31,12(42,27)	
4	Solveig Waterloo Dybvik	99	Gjøvik SK	6.01,70	286
	37,15(37,15)	1.21,06(43,91)	2.07,40(46,34)	2.55,02(47,62)	
	3.42,73(47,71)	4.30,42(47,69)	5.16,90(46,48)	6.01,70(44,80)	
5	June Urdahl Kvalheim	99	Oslo IL	6.06,37	275
	39,48(39,48)	1.23,64(44,16)	2.10,21(46,57)	2.57,24(47,03)	
	3.44,97(47,73)	4.33,45(48,48)	5.20,12(46,67)	6.06,37(46,25)	
6	Sara Døving Agdestein	99	Asker SK	6.09,94	267
	38,99(38,99)	1.23,50(44,51)	2.10,67(47,17)	2.58,36(47,69)	
	3.47,34(48,98)	4.36,43(49,09)	5.22,46(46,03)	6.09,94(47,48)	
7	Moira Reinholdt Belsvik	99	Oslo IL	6.23,83	239
	42,13(42,13)	1.31,08(48,95)	2.20,26(49,18)	3.09,31(49,05)	
	3.59,34(50,03)	4.49,08(49,74)	5.38,03(48,95)	6.23,83(45,80)	
8	Hedda Øritsland	99	Bærumsvømmerne	6.25,66	236
		1.32,78(1.32,78)	2.21,39(48,61)	3.10,42(49,03)	
			5.38,76(2.28,34)	6.25,66(46,90)	
9	Erle Gjestad	99	Oslo IL	6.38,93	213
	44,25(44,25)	1.34,58(50,33)	2.25,53(50,95)	3.17,02(51,49)	
	4.09,99(52,97)	5.00,28(50,29)	5.50,94(50,66)	6.38,93(47,99)	
10	Mari Solemslie Sæther	99	Bærumsvømmerne	6.44,87	204
	44,73(44,73)	1.35,06(50,33)	2.26,15(51,09)	3.17,53(51,38)	
	4.09,56(52,03)	5.02,00(52,44)	5.54,55(52,55)	6.44,87(50,32)	
11	Rebekka Lund Danielsen	99	Oslo IL	6.54,73	190
	45,10(45,10)	1.36,35(51,25)	2.29,69(53,34)	3.22,78(53,09)	
	4.16,67(53,89)	5.10,62(53,95)	6.03,66(53,04)	6.54,73(51,07)	
12	Sofie Karlstad	99	Skjetten Svømming	7.07,37	173
	45,93(45,93)	1.38,21(52,28)	2.32,67(54,46)	3.28,00(55,33)	
	4.22,58(54,58)	5.18,36(55,78)	6.13,97(55,61)	7.07,37(53,40)	

## Øvelse 2. 400m fri, gutter - født 1999

1p	Dag Johan Fjelde	99	Kolbotn IL	5.51,07	233
	36,94(36,94)	1.20,58(43,64)	2.05,56(44,98)	2.50,66(45,10)	
	3.36,00(45,34)	4.21,63(45,63)	5.07,77(46,14)	5.51,07(43,30)	
2p	Floyd Mathias Guldhav	99	Kolbotn IL	6.08,21	202
	40,32(40,32)	1.27,21(46,89)	2.14,70(47,49)	3.01,78(47,08)	
	3.49,78(48,00)	4.38,04(48,26)	5.25,62(47,58)	6.08,21(42,59)	
3p	Markus Woxholt	99	SK Speed	6.08,67	201
	40,42(40,42)	1.27,27(46,85)	2.14,32(47,05)	3.01,87(47,55)	
	3.48,76(46,89)	4.37,24(48,48)	5.24,95(47,71)	6.08,67(43,72)	
4	Eivind Løkstad	99	Lørenskog/Rælingen	6.19,66	184
	40,31(40,31)	1.27,74(47,43)	2.16,90(49,16)	3.06,14(49,24)	
	3.55,77(49,63)	4.44,85(49,08)	5.34,09(49,24)	6.19,66(45,57)	
5	Sondre Wikberg	99	Oslo IL	6.24,17	178
	39,81(39,81)	1.28,41(48,60)	2.18,22(49,81)	3.07,04(48,82)	
	3.57,20(50,16)	4.47,26(50,06)	5.37,39(50,13)	6.24,17(46,78)	

6	Erling Syversveen Lie	99	Bærumsvømmerne	6.25,61	176
	41,99(41,99)	1.29,17(47,18)	2.19,11(49,94)	3.08,83(49,72)	
	3.58,40(49,57)	4.48,93(50,53)	5.39,48(50,55)	6.25,61(46,13)	
7	Joshua Welschof	99	Oslo IL	6.59,63	137
		1.40,50(1.40,50)	2.35,61(55,11)	3.29,09(53,48)	
	4.23,06(53,97)	5.18,34(55,28)	6.11,63(53,29)	6.59,63(48,00)	
8	Edvard Berger	99	Haldens SK	7.00,14	136
	42,86(42,86)	1.33,71(50,85)	2.27,15(53,44)	3.22,12(54,97)	
	4.18,86(56,74)	5.11,87(53,01)	6.00,31(48,44)	7.00,14(59,83)	

### Øvelse 3. 400m fri, jenter - født 1998

1p	Natalie Kosiander	98	Eidsvoll SK	5.05,18	476
	34,67(34,67)	1.13,15(38,48)	1.52,02(38,87)	2.30,68(38,66)	
	3.08,54(37,86)	3.47,26(38,72)	4.25,88(38,62)	5.05,18(39,30)	
2p	Celia Lie Storstad	98	Ski SK	5.06,90	468
	34,00(34,00)	1.11,53(37,53)	1.50,22(38,69)	2.29,50(39,28)	
	3.09,16(39,66)	3.48,72(39,56)	4.28,65(39,93)	5.06,90(38,25)	
3p	Hanna Louise Berge	98	SK Speed	5.15,45	431
	33,89(33,89)	1.12,35(38,46)	1.52,69(40,34)	2.32,97(40,28)	
	3.13,41(40,44)	3.54,27(40,86)	4.35,27(41,00)	5.15,45(40,18)	
4	Aurora Kamnes	98	Lørenskog/Rælingen	5.19,19	416
	36,19(36,19)	1.16,15(39,96)	1.57,10(40,95)	2.38,60(41,50)	
	3.19,61(41,01)	4.00,29(40,68)	4.40,73(40,44)	5.19,19(38,46)	
5	Thea Kristine Nord	98	Kolbotn IL	5.20,86	409
	35,90(35,90)	1.16,20(40,30)	1.56,78(40,58)	2.38,07(41,29)	
	3.19,69(41,62)	4.01,02(41,33)	4.42,14(41,12)	5.20,86(38,72)	
6	Celin Eliassen	98	Kongstensvømmerne	5.21,32	408
	36,07(36,07)	1.15,82(39,75)	1.56,38(40,56)	2.37,25(40,87)	
	3.18,52(41,27)	4.00,30(41,78)	4.41,80(41,50)	5.21,32(39,52)	
7	Anna Margrethe Søfteland	98	Sarpsborg IL	5.23,53	399
	35,79(35,79)	1.16,40(40,61)	1.57,58(41,18)	2.39,04(41,46)	
	3.20,33(41,29)	4.01,77(41,44)	4.42,66(40,89)	5.23,53(40,87)	
8	Caroline Sofia Rosmo	98	Lambertseter SK	5.24,84	395
	34,29(34,29)	1.13,46(39,17)	1.54,49(41,03)	2.36,55(42,06)	
	3.18,52(41,97)	4.01,33(42,81)	4.43,97(42,64)	5.24,84(40,87)	
9	Tine Herdal	98	Skjetten Svømming	5.24,95	394
	37,34(37,34)	1.18,18(40,84)	1.59,22(41,04)	2.39,67(40,45)	
	3.20,84(41,17)	4.02,36(41,52)	4.43,61(41,25)	5.24,95(41,34)	
10	Inger-Ane Sætra Schefte	98	Kolbotn IL	5.26,63	388
	37,48(37,48)	1.17,16(39,68)	1.57,99(40,83)	2.39,24(41,25)	
	3.20,57(41,33)	4.02,32(41,75)	4.45,12(42,80)	5.26,63(41,51)	
11	Karina Davidsen	98	Lambertseter SK	5.30,93	373
	35,96(35,96)	1.16,99(41,03)	1.58,94(41,95)	2.40,25(41,31)	
	3.23,35(43,10)	4.07,05(43,70)	4.50,44(43,39)	5.30,93(40,49)	
12	Amalie Ottesen	98	Kolbotn IL	5.34,60	361
	37,16(37,16)	1.17,97(40,81)	2.00,01(42,04)	2.42,74(42,73)	
	3.25,67(42,93)	4.09,21(43,54)	4.52,48(43,27)	5.34,60(42,12)	
13	Marthe Ø. Dalan	98	Asker SK	5.49,66	316
	38,65(38,65)	1.21,63(42,98)	2.06,39(44,76)	2.51,64(45,25)	
	3.36,59(44,95)	4.21,70(45,11)	5.06,43(44,73)	5.49,66(43,23)	
14	Silje Poll Mikkelsen	98	Skjetten Svømming	5.51,22	312
	39,88(39,88)	1.24,41(44,53)	2.08,61(44,20)	2.52,51(43,90)	
	3.37,57(45,06)	4.22,42(44,85)	5.07,88(45,46)	5.51,22(43,34)	
15	Susanne Utgård	98	Ski SK	5.51,33	312
	39,91(39,91)	1.23,08(43,17)	2.07,35(44,27)	2.52,03(44,68)	
	3.37,30(45,27)	4.22,44(45,14)	5.07,54(45,10)	5.51,33(43,79)	
16	Benedikte Marie Sjøberg	98	Sarpsborg IL	5.52,43	309
	38,57(38,57)	1.21,47(42,90)	2.06,31(44,84)	2.51,56(45,25)	

17	Marie Øseth	98	Lambertseter SK	5.52,89	308
	3.37,15(45,59)	4.23,74(46,59)	5.08,38(44,64)	5.52,43(44,05)	
	37,65(37,65)	1.20,68(43,03)	2.05,71(45,03)	2.50,84(45,13)	
	3.36,77(45,93)	4.22,67(45,90)	5.08,62(45,95)	5.52,89(44,27)	
18	Karin Berg	98	Skjetten Svømming	5.53,91	305
	39,81(39,81)	1.24,35(44,54)	2.07,09(42,74)	2.52,74(45,65)	
	3.37,78(45,04)	4.24,21(46,43)	5.11,15(46,94)	5.53,91(42,76)	
19	Anette Sommeling	98	Lørenskog/Rælingen	5.57,23	297
	39,07(39,07)	1.23,88(44,81)	2.09,51(45,63)	2.55,71(46,20)	
	3.42,16(46,45)	4.28,83(46,67)	5.13,73(44,90)	5.57,23(43,50)	
20	Siri Ann Markeng	98	SK Speed	5.59,73	291
	37,45(37,45)	1.20,39(42,94)	2.05,87(45,48)	2.51,70(45,83)	
	3.38,40(46,70)	4.25,29(46,89)	5.12,25(46,96)	5.59,73(47,48)	
21	Katinka Johanne Holmerud	98	Lørenskog/Rælingen	6.00,82	288
	38,50(38,50)	1.20,70(42,20)	2.04,82(44,12)	2.50,43(45,61)	
	3.36,15(45,72)	4.22,28(46,13)	5.06,88(44,60)	6.00,82(53,94)	
22	Amalie S. Skagen	98	Haldens SK	6.04,70	279
	39,49(39,49)	1.23,70(44,21)	2.10,00(46,30)	2.56,05(46,05)	
	3.43,06(47,01)	4.30,47(47,41)	5.18,90(48,43)	6.04,70(45,80)	
23	Solveig Jørgensen Mohr	98	Asker SK	6.10,88	265
		1.27,26(1.27,26)	2.15,85(48,59)	3.03,68(47,83)	
	3.51,35(47,67)	4.38,67(47,32)	5.26,21(47,54)	6.10,88(44,67)	
24	Maren Erichsen Torvanger	98	Lambertseter SK	6.10,94	265
	41,29(41,29)	1.28,42(47,13)	2.16,15(47,73)	3.04,58(48,43)	
	3.51,30(46,72)	4.39,24(47,94)	5.27,11(47,87)	6.10,94(43,83)	
25	Synne Thurmer	98	Asker SK	6.14,69	257
	41,20(41,20)	1.28,28(47,08)	2.16,12(47,84)	3.04,21(48,09)	
	3.53,21(49,00)	4.42,07(48,86)	5.31,19(49,12)	6.14,69(43,50)	
26	Maud Brandtzæg	98	Lørenskog/Rælingen	6.21,30	244
		1.26,40(1.26,40)	2.17,29(50,89)		
	3.57,28(1.39,99)	4.47,16(49,88)	5.35,97(48,81)	6.21,30(45,33)	
27	Madeleine Nesteby	98	Bærumsvømmerne	6.23,11	241
	41,74(41,74)	1.28,70(46,96)	2.17,66(48,96)	3.06,96(49,30)	
	3.56,67(49,71)	4.46,17(49,50)	5.35,41(49,24)	6.23,11(47,70)	
28	Madeleine Bakkejord	98	Lørenskog/Rælingen	6.40,04	211
	41,39(41,39)	1.31,10(49,71)	2.22,41(51,31)	3.14,06(51,65)	
	4.06,47(52,41)	4.58,92(52,45)	5.51,14(52,22)	6.40,04(48,90)	
29	Pernille Fritsvold	98	Kolbotn IL	6.41,01	210
	46,16(46,16)	1.36,48(50,32)	2.27,41(50,93)	3.18,98(51,57)	
	4.08,99(50,01)	5.00,32(51,33)	5.51,58(51,26)	6.41,01(49,43)	
30	Merethe P. Granli	98	SK Speed	6.41,37	209
	44,70(44,70)	1.35,02(50,32)	2.27,39(52,37)	3.19,23(51,84)	
	4.10,78(51,55)	5.03,00(52,22)	5.53,98(50,98)	6.41,37(47,39)	
31	Olivia Essebo	98	Bærumsvømmerne	6.52,22	193
	47,24(47,24)	1.39,09(51,85)	2.31,31(52,22)	3.23,76(52,45)	
	4.15,75(51,99)	5.08,33(52,58)	6.00,80(52,47)	6.52,22(51,42)	
32	Mari Fjellestad	98	Skjetten Svømming	6.54,45	190
	44,66(44,66)	1.36,62(51,96)	2.29,74(53,12)	3.23,49(53,75)	
	4.16,48(52,99)	5.12,11(55,63)	6.03,88(51,77)	6.54,45(50,57)	

#### Øvelse 4. 400m fri, gutter - født 1998

1p	Njål Kolberg Olsen	98	Kongstensvømmerne	5.02,93	363
	35,38(35,38)	1.13,15(37,77)	1.52,18(39,03)	2.31,59(39,41)	
	3.10,11(38,52)	3.48,74(38,63)	4.25,99(37,25)	5.02,93(36,94)	
2p	Thomas Latini	98	Kolbotn IL	5.10,01	339
	33,60(33,60)	1.12,11(38,51)	1.51,85(39,74)	2.31,10(39,25)	
	3.10,50(39,40)	3.50,52(40,02)	4.30,37(39,85)	5.10,01(39,64)	
3p	Sebastian Ivan Hansen	98	Gjøvik SK	5.21,48	304

	35,64(35,64)	1.16,01(40,37)	1.56,77(40,76)	2.37,00(40,23)	
	3.18,42(41,42)	3.59,33(40,91)	4.41,38(42,05)	5.21,48(40,10)	
4	Ole Jørgen Vastveit	98	Sarpsborg IL	5.25,34	293
	35,33(35,33)	1.15,90(40,57)	1.57,34(41,44)	2.39,08(41,74)	
	3.21,09(42,01)	4.03,21(42,12)	4.45,16(41,95)	5.25,34(40,18)	
5	Jan Fredrik Halvorsen	98	Skjetten Svømming	5.30,06	281
	38,93(38,93)	1.19,70(40,77)	2.00,98(41,28)	2.42,81(41,83)	
	3.24,45(41,64)	4.06,51(42,06)	4.48,67(42,16)	5.30,06(41,39)	
6	Fridtjof Mørk	98	Lambertseter SK	5.38,92	259
		1.21,44(1.21,44)	2.04,39(42,95)	2.47,62(43,23)	
		4.15,82(44,68)	4.58,56(42,74)	5.38,92(40,36)	
7	Mikolaj "Miko" Dobies	98	Lambertseter SK	5.39,38	258
	38,12(38,12)	1.20,84(42,72)	2.03,54(42,70)	2.46,91(43,37)	
	3.31,04(44,13)	4.14,32(43,28)	4.58,04(43,72)	5.39,38(41,34)	
8	Henrik Winther Pedersen	98	Kolbotn IL	6.00,04	216
	38,38(38,38)	1.22,72(44,34)	2.08,14(45,42)	2.54,51(46,37)	
	3.40,98(46,47)	4.27,47(46,49)	5.14,10(46,63)	6.00,04(45,94)	
9	Jesper Lund Pettersson	98	Haldens SK	6.03,56	210
				3.00,36(3.00,36)	
				6.03,56(02,10)	
10	Theodor Hystad	98	Sarpsborg IL	6.05,51	207
	38,84(38,84)	1.23,75(44,91)		2.59,85(1.36,10)	
	3.47,13(47,28)	4.32,96(45,83)		6.05,51(1.32,55)	
11	Martin Nyenget Løvberg	98	Bærumsvømmerne	6.06,74	205
	38,60(38,60)	1.24,35(45,75)	2.11,09(46,74)	2.59,01(47,92)	
	3.46,44(47,43)	4.33,74(47,30)	5.20,54(46,80)	6.06,74(46,20)	
12	Viktor Husø Richardsen	98	Lambertseter SK	6.12,12	196
	38,40(38,40)	1.23,81(45,41)	2.11,16(47,35)	2.59,04(47,88)	
		4.33,69(1.34,65)	5.20,13(46,44)	6.12,12(51,99)	
13	Jonas Gulla	98	Kolbotn IL	6.39,83	158
	40,35(40,35)	1.31,70(51,35)	2.23,94(52,24)	3.16,11(52,17)	
	4.07,58(51,47)	4.58,48(50,90)	5.49,89(51,41)	6.39,83(49,94)	
14	Eirik Walle	98	Lørenskog/Rælingen	7.16,47	121
	46,32(46,32)	1.40,78(54,46)	2.36,34(55,56)	3.31,40(55,06)	
	4.28,04(56,64)	5.23,41(55,37)	6.19,99(56,58)	7.16,47(56,48)	

### Øvelse 5. 400m fri, jenter - født 1997

1p	Majken Antonie Smith	97	Asker SK	4.51,83	544
	32,97(32,97)	1.08,83(35,86)	1.45,81(36,98)	2.23,43(37,62)	
	3.00,59(37,16)	3.38,09(37,50)	4.15,31(37,22)	4.51,83(36,52)	
2p	Elise Næss Olsen	97	Asker SK	5.07,63	465
	34,17(34,17)	1.12,08(37,91)	1.50,98(38,90)	2.30,42(39,44)	
	3.10,67(40,25)	3.50,62(39,95)	4.30,31(39,69)	5.07,63(37,32)	
3p	Vilje Mohagen	97	Skjetten Svømming	5.11,57	447
	34,15(34,15)	1.12,13(37,98)	1.51,19(39,06)	2.31,07(39,88)	
	3.10,91(39,84)	3.51,66(40,75)	4.32,11(40,45)	5.11,57(39,46)	
4	Marie Kristine Hartvedt Eide	97	Oslo IL	5.13,86	437
	34,61(34,61)	1.14,04(39,43)	1.54,89(40,85)	2.36,17(41,28)	
	3.16,98(40,81)	3.57,93(40,95)	4.37,58(39,65)	5.13,86(36,28)	
5	Sofie Forsstrøm	97	Haldens SK	5.13,94	437
	35,78(35,78)	1.15,60(39,82)	1.55,87(40,27)	2.37,34(41,47)	
	3.16,70(39,36)	3.57,35(40,65)	4.37,41(40,06)	5.13,94(36,53)	
6	Line Henanger	97	Lambertseter SK	5.14,09	437
	35,15(35,15)	1.14,21(39,06)	1.54,32(40,11)	2.35,13(40,81)	
	3.15,06(39,93)	3.55,54(40,48)	4.35,40(39,86)	5.14,09(38,69)	
7	Ida Amalie Myhr	97	Lambertseter SK	5.16,91	425
	35,04(35,04)	1.13,23(38,19)	1.53,07(39,84)	2.34,12(41,05)	
	3.15,87(41,75)	3.56,61(40,74)	4.37,16(40,55)	5.16,91(39,75)	

8	Frida Kristensen	97	Kolbotn IL	5.18,26	420
	34,54(34,54)	1.12,83(38,29)	1.53,08(40,25)	2.33,96(40,88)	
	3.14,84(40,88)	3.55,76(40,92)	4.36,90(41,14)	5.18,26(41,36)	
9	Helene Joyce Nilssen	97	Kolbotn IL	5.20,20	412
	35,09(35,09)	1.14,17(39,08)	1.54,44(40,27)	2.35,66(41,22)	
	3.16,82(41,16)	3.58,34(41,52)	4.39,60(41,26)	5.20,20(40,60)	
10	Ada Avlund	97	Lambertseter SK	5.22,31	404
	36,76(36,76)	1.16,59(39,83)	1.57,58(40,99)	2.39,12(41,54)	
	3.20,44(41,32)	4.01,48(41,04)	4.42,43(40,95)	5.22,31(39,88)	
11	Mathilde Siggerud Borch	97	Sarpsborg IL	5.22,95	402
	35,32(35,32)	1.15,86(40,54)	1.57,84(41,98)	2.39,40(41,56)	
	3.21,53(42,13)	4.03,17(41,64)	4.44,69(41,52)	5.22,95(38,26)	
12	Maren Kagnes Grobe	97	Lørenskog/Rælingen	5.27,69	384
	36,60(36,60)	1.17,15(40,55)	1.58,81(41,66)	2.41,27(42,46)	
	3.23,47(42,20)	4.05,65(42,18)	4.47,84(42,19)	5.27,69(39,85)	
13	Lotte Stubdal	97	Lambertseter SK	5.29,44	378
	35,16(35,16)	1.15,24(40,08)	1.57,17(41,93)	2.39,74(42,57)	
	3.22,83(43,09)	4.06,03(43,20)	4.46,07(40,04)	5.29,44(43,37)	
14	Thea Sagen	97	Oslo IL	5.29,89	377
	36,93(36,93)	1.17,84(40,91)	1.59,52(41,68)	2.42,08(42,56)	
	3.23,59(41,51)	4.06,36(42,77)	4.49,40(43,04)	5.29,89(40,49)	
15	Tove Frøberg	97	Asker SK	5.32,29	369
	37,93(37,93)	1.19,37(41,44)	2.01,36(41,99)	2.44,12(42,76)	
	3.26,21(42,09)	4.09,11(42,90)	4.51,95(42,84)	5.32,29(40,34)	
16	Kamilla Helene Øverås	97	Lørenskog/Rælingen	5.34,36	362
	38,34(38,34)	1.22,16(43,82)	2.04,50(42,34)	2.47,47(42,97)	
	3.29,21(41,74)	4.12,17(42,96)	4.54,56(42,39)	5.34,36(39,80)	
17	Rebecca Karlsson	97	Gjøvik SK	5.34,46	362
	40,10(40,10)	1.25,24(45,14)	2.08,14(42,90)	2.51,23(43,09)	
	3.33,38(42,15)	4.13,33(39,95)	4.55,33(42,00)	5.34,46(39,13)	
18	Skjæveland Elise	97	Ullensakersvømmerne	5.34,65	361
	37,25(37,25)	1.18,55(41,30)	2.01,44(42,89)	2.44,50(43,06)	
	3.27,45(42,95)	4.10,80(43,35)	4.53,79(42,99)	5.34,65(40,86)	
19	Sunniva Feng Høyser	97	Asker SK	5.35,12	359
	37,62(37,62)	1.19,05(41,43)	2.01,80(42,75)	2.45,15(43,35)	
	3.27,59(42,44)	4.10,49(42,90)	4.53,83(43,34)	5.35,12(41,29)	
20	Karla Ruud	97	Lambertseter SK	5.35,92	357
	36,14(36,14)	1.16,64(40,50)	1.59,51(42,87)	2.42,91(43,40)	
	3.26,80(43,89)	4.10,62(43,82)	4.54,21(43,59)	5.35,92(41,71)	
21	Emilie Nilsen Solheim	97	Lambertseter SK	5.40,38	343
	37,68(37,68)	1.19,09(41,41)	2.02,14(43,05)	2.45,87(43,73)	
	3.29,20(43,33)	4.13,10(43,90)	4.57,15(44,05)	5.40,38(43,23)	
22	Natalia Harackiewicz	97	Haldens SK	5.42,48	337
	37,71(37,71)	1.21,45(43,74)	2.06,15(44,70)	2.50,85(44,70)	
	3.35,24(44,39)	4.19,23(43,99)	5.02,76(43,53)	5.42,48(39,72)	
23	Mina Langrud Sletten	97	Gjelleråsen IF	5.49,31	317
	38,44(38,44)	1.20,99(42,55)	2.06,24(45,25)	2.51,18(44,94)	
	3.35,76(44,58)	4.20,76(45,00)	5.05,80(45,04)	5.49,31(43,51)	
24	Helene Hafsrød Fredriksen	97	Halden SK	5.56,61	298
	37,58(37,58)	1.20,78(43,20)	2.06,59(45,81)	2.53,06(46,47)	
	3.39,35(46,29)	4.26,42(47,07)	5.13,02(46,60)	5.56,61(43,59)	

### Øvelse 6. 400m fri, gutter - født 1997

1p	Fredrik Løvberg	97	Lambertseter SK	4.37,48	472
	30,74(30,74)	1.04,77(34,03)	1.40,39(35,62)	2.16,21(35,82)	
	2.51,96(35,75)	3.27,27(35,31)	4.03,01(35,74)	4.37,48(34,47)	
2p	Tinus Flagstad	97	Asker SK	4.56,65	387
	32,70(32,70)	1.09,54(36,84)	1.47,20(37,66)	2.25,18(37,98)	

3p	Mads Henry Steinland	3.03,37(38,19) 32,65(32,65) 3.03,69(38,41)	3.41,73(38,36) 97 1.09,51(36,86) 3.42,15(38,46)	4.19,75(38,02) Bærumsvømmerne 1.47,16(37,65) 4.20,67(38,52)	4.56,65(36,90) 4.59,01 2.25,28(38,12) 4.59,01(38,34)	378
4	Jonas Hagmansen	33,29(33,29) 3.06,70(38,71)	97 1.10,65(37,36) 3.45,58(38,88)	SK Speed 1.48,89(38,24) 4.23,67(38,09)	5.00,45 2.27,99(39,10) 5.00,45(36,78)	372
5	Sivert Marius Skarning	33,98(33,98) 3.10,29(39,63)	97 1.11,76(37,78) 3.49,84(39,55)	Sarpsborg IL 1.51,06(39,30) 4.30,05(40,21)	5.04,38 2.30,66(39,60) 5.04,38(34,33)	358
6	Nils Lervik	33,98(33,98) 3.09,18(38,67)	97 1.12,26(38,28)	Asker SK 1.51,94(39,68) 4.28,56(1.19,38)	5.04,56 2.30,51(38,57) 5.04,56(36,00)	357
7	Kristoffer Soot	33,99(33,99) 3.07,68(39,12)	97 1.11,39(37,40) 3.47,55(39,87)	Ski SK 1.49,47(38,08) 4.27,48(39,93)	5.06,81 2.28,56(39,09) 5.06,81(39,33)	349
8	Truls Petter Muller	33,59(33,59) 3.09,77(39,72)	97 1.11,40(37,81) 3.48,80(39,03)	Bærumsvømmerne 1.50,60(39,20) 4.28,95(40,15)	5.07,23 2.30,05(39,45) 5.07,23(38,28)	348
9	Daniel Gabrielsen	34,09(34,09) 3.14,03(40,92)	97 1.13,17(39,08) 3.54,76(40,73)	Sarpsborg IL 1.52,81(39,64) 4.35,11(40,35)	5.13,49 2.33,11(40,30) 5.13,49(38,38)	328
10	Martin Hjeltnstad	34,78(34,78) 3.14,36(41,25)	97 1.13,95(39,17) 3.54,11(39,75)	Skjetten Svømming 1.52,90(38,95) 4.35,37(41,26)	5.14,07 2.33,11(40,21) 5.14,07(38,70)	326
11	Ole Marius Bunæs	34,81(34,81) 3.15,41(40,31)	97 1.13,46(38,65) 3.56,49(41,08)	Haldens SK 1.53,69(40,23) 4.37,37(40,88)	5.15,59 2.35,10(41,41) 5.15,59(38,22)	321
12	Ulrik Rasch Bakke	34,84(34,84) 3.13,18(39,66)	97 1.13,81(38,97) 3.54,19(41,01)	Elverum Svømming 1.53,05(39,24) 4.35,62(41,43)	5.16,14 2.33,52(40,47) 5.16,14(40,52)	319
13	Arjan Nilsen	37,30(37,30) 3.20,89(41,07)	97 1.18,12(40,82) 4.01,34(40,45)	Ski SK 1.59,02(40,90) 4.40,29(38,95)	5.16,94 2.39,82(40,80) 5.16,94(36,65)	317
14	Erlend Lystad Karlsen	36,72(36,72) 3.22,93(1.24,46)	97 1.14,50(39,91) 4.05,23(43,48)	Hamar IL 1.58,47(1.21,75) 4.42,79(1.19,86)	5.20,50 5.20,50(37,71)	307
15	Håkon Werner Vyrje	34,59(34,59) 3.21,75(42,44)	97 1.14,50(39,91) 4.05,23(43,48)	Askimsvømmerne 1.56,71(42,21) 4.48,18(42,95)	5.29,06 2.39,31(42,60) 5.29,06(40,88)	283
16	Fløgstad Ole-Mikal	34,25(34,25) 3.22,27(1.27,71)	97 1.13,14(38,89)	Ullensakersvømmerne 1.54,56(41,42)	5.31,35 5.31,35(2.09,08)	277
17	Marius Nygaard	37,88(37,88) 3.26,25(42,06)	97 1.19,28(41,40) 4.08,96(42,71)	Lambertseter SK 2.01,84(42,56) 4.50,72(41,76)	5.32,34 2.44,19(42,35) 5.32,34(41,62)	275
18	Juel Petter Bergseth	36,10(36,10) 3.23,05(42,89)	97 1.16,59(40,49) 4.05,92(42,87)	Haldens SK 1.58,06(41,47) 4.49,48(43,56)	5.32,74 2.40,16(42,10) 5.32,74(43,26)	274
19	Eirik Helgaker	37,13(37,13) 3.28,10(43,05)	97 1.18,70(41,57) 4.11,20(43,10)	Oslo IL 2.01,63(42,93) 4.54,58(43,38)	5.33,93 2.45,05(43,42) 5.33,93(39,35)	271
20	Soufian Boukili	35,82(35,82) 3.27,91(1.26,68)	97 1.17,86(42,04) 4.11,47(43,56)	SK Speed 2.01,23(43,37) 4.54,37(42,90)	5.34,07 5.34,07(39,70)	271
21	Simen Kvien	36,34(36,34) 3.29,11(43,94)	97 1.18,10(41,76) 4.13,45(44,34)	SK Speed 2.01,40(43,30) 4.57,63(44,18)	5.40,93 2.45,17(43,77) 5.40,93(43,30)	255
22	Erik Torp Myhre	38,08(38,08) 3.43,74(46,08)	97 1.23,30(45,22) 4.32,33(48,59)	SK Speed 2.11,75(48,45) 5.19,25(46,92)	6.02,06 2.57,66(45,91) 6.02,06(42,81)	213
23	Ole Christian Gandrud	37,73(37,73) 3.45,42(47,93)	97 1.23,10(45,37) 4.33,75(48,33)	Sarpsborg IL 2.10,44(47,34) 5.20,37(46,62)	6.09,08 2.57,49(47,05) 6.09,08(48,71)	201
24	Peter F. Mortensen		97	Kolbotn IL	6.14,78	192

38,21(38,21)	1.24,35(46,14)	2.14,21(49,86)	3.04,16(49,95)
3.53,00(48,84)	4.42,22(49,22)	5.31,75(49,53)	6.14,78(43,03)

### Øvelse 7. 400m fri, jenter - født 1996

1p	Malene Pedersen	96	Lambertseter SK	4.39,96	616
	32,16(32,16)	1.06,70(34,54)	1.41,22(34,52)	2.16,18(34,96)	
	2.52,37(36,19)	3.28,59(36,22)	4.04,97(36,38)	4.39,96(34,99)	
2p	Vår Søgaard	96	Lambertseter SK	4.44,94	585
	31,76(31,76)	1.07,30(35,54)	1.43,45(36,15)	2.19,52(36,07)	
	2.56,07(36,55)	3.33,06(36,99)	4.09,59(36,53)	4.44,94(35,35)	
3p	Helene Strømnes	96	Kongstensvømmerne	4.45,55	581
	32,06(32,06)	1.06,96(34,90)	1.43,12(36,16)	2.19,73(36,61)	
	2.56,77(37,04)	3.33,70(36,93)	4.10,29(36,59)	4.45,55(35,26)	
4	Stina Victoria Nordberg	96	Oslo IL	4.53,19	537
	32,42(32,42)	1.08,27(35,85)	1.44,98(36,71)	2.22,40(37,42)	
	3.00,12(37,72)	3.38,26(38,14)	4.16,17(37,91)	4.53,19(37,02)	
5	Silje Moum	96	Kongstensvømmerne	4.57,63	513
	32,65(32,65)	1.09,11(36,46)	1.47,11(38,00)	2.25,06(37,95)	
	3.03,75(38,69)	3.42,27(38,52)	4.20,85(38,58)	4.57,63(36,78)	
6	Nehna-Louise Møller-Pettersen	96	Oslo IL	4.57,67	513
	33,08(33,08)	1.09,37(36,29)	1.46,75(37,38)	2.24,68(37,93)	
	3.02,90(38,22)	3.41,59(38,69)	4.20,16(38,57)	4.57,67(37,51)	
7	Eline Swensen	96	Ski SK	5.00,13	500
	34,26(34,26)	1.12,05(37,79)	1.50,23(38,18)	2.28,20(37,97)	
	3.06,34(38,14)	3.44,95(38,61)	4.23,35(38,40)	5.00,13(36,78)	
8	Ada Emilie Bekk Berggren	96	Lambertseter SK	5.00,27	500
	34,87(34,87)	1.13,31(38,44)	1.52,04(38,73)	2.30,71(38,67)	
	3.08,60(37,89)	3.46,61(38,01)	4.24,42(37,81)	5.00,27(35,85)	
9	Amanda Essebo	96	Bærumsvømmerne	5.08,05	463
	33,59(33,59)	1.11,49(37,90)	1.50,79(39,30)	2.30,16(39,37)	
	3.10,00(39,84)	3.49,57(39,57)	4.29,34(39,77)	5.08,05(38,71)	
10	Klara Farkas	96	Lørenskog/Rælingen	5.20,73	410
	35,04(35,04)	1.13,43(38,39)	1.53,43(40,00)	2.33,84(40,41)	
	3.14,67(40,83)	3.56,56(41,89)	4.38,43(41,87)	5.20,73(42,30)	
11	Christine Tuyen Tran Thanh	96	Lørenskog/Rælingen	5.20,98	409
	35,65(35,65)	1.15,53(39,88)	1.57,07(41,54)	2.38,07(41,00)	
	3.19,68(41,61)	4.00,91(41,23)	4.41,60(40,69)	5.20,98(39,38)	
12	Andrea Olvin	96	Lambertseter SK	5.22,71	402
	35,35(35,35)	1.14,20(38,85)	1.54,86(40,66)	2.36,00(41,14)	
	3.17,86(41,86)	4.00,09(42,23)	4.41,91(41,82)	5.22,71(40,80)	
13	Ronja Thoresen	96	Ski SK	5.26,79	388
	35,07(35,07)	1.14,97(39,90)	1.55,42(40,45)	2.36,98(41,56)	
	3.19,10(42,12)	4.02,09(42,99)	4.45,29(43,20)	5.26,79(41,50)	
14	Susanne Holm Røed	96	SK Speed	5.27,81	384
	36,80(36,80)	1.17,19(40,39)	1.58,53(41,34)	2.40,26(41,73)	
	3.22,65(42,39)	4.04,83(42,18)	4.46,57(41,74)	5.27,81(41,24)	
15	Marie Eugenie Edvardsen	96	Lørenskog/Rælingen	5.28,16	383
	36,46(36,46)	1.17,90(41,44)	1.59,89(41,99)	2.41,66(41,77)	
	3.23,58(41,92)	4.05,87(42,29)	4.48,69(42,82)	5.28,16(39,47)	
15	Elin Emilie Haglund	96	Sarpsborg IL	5.28,16	383
	35,76(35,76)	1.16,33(40,57)	1.58,30(41,97)	2.41,06(42,76)	
		4.05,23(1.24,17)	4.48,87(43,64)	5.28,16(39,29)	
17	Signy Undine Weisz	96	Oslo IL	5.29,33	379
	36,72(36,72)	1.17,79(41,07)	1.58,96(41,17)	2.41,07(42,11)	
	3.22,06(40,99)	4.05,57(43,51)	4.47,58(42,01)	5.29,33(41,75)	
18	Karen Piene Fløtaker	96	Oslo IL	5.29,66	378
	37,13(37,13)	1.18,58(41,45)	2.00,39(41,81)	2.42,77(42,38)	
	3.24,12(41,35)	4.06,15(42,03)	4.48,79(42,64)	5.29,66(40,87)	

19	Trude K. Johannessen	96	Kongstensvømmerne	5.35,32	359
	36,75(36,75)	1.20,46(43,71)	2.03,85(43,39)	2.46,63(42,78)	
	3.29,99(43,36)	4.13,12(43,13)	4.56,19(43,07)	5.35,32(39,13)	
20	Hege Stærli	96	Kolbotn IL	5.37,04	353
	36,87(36,87)	1.17,87(41,00)	2.00,11(42,24)	2.42,96(42,85)	
	3.26,62(43,66)	4.10,71(44,09)	4.54,35(43,64)	5.37,04(42,69)	
21	Pernille Skavang	96	Asker SK	5.37,69	351
	37,25(37,25)	1.18,77(41,52)	2.01,45(42,68)	2.44,39(42,94)	
	3.28,18(43,79)	4.11,92(43,74)	4.56,22(44,30)	5.37,69(41,47)	
22	Pia Irgens Isaksen	96	Skjetten Svømming	5.38,19	350
	37,12(37,12)	1.19,09(41,97)	2.01,81(42,72)	2.44,85(43,04)	
	3.27,82(42,97)	4.11,67(43,85)	4.55,92(44,25)	5.38,19(42,27)	
23	Therese Pettersen	96	Skjetten Svømming	5.42,80	336
	37,25(37,25)	1.19,36(42,11)	2.02,81(43,45)	2.46,63(43,82)	
	3.31,33(44,70)	4.16,18(44,85)	5.01,26(45,08)	5.42,80(41,54)	
24	Anna Finstad	96	Lambertseter SK	5.44,79	330
	37,86(37,86)	1.20,10(42,24)	2.04,69(44,59)	2.49,59(44,90)	
	3.32,85(43,26)	4.17,69(44,84)	5.01,63(43,94)	5.44,79(43,16)	

### Øvelse 8. 400m fri, gutter - født 1996

1p	Knut Oscar Skipperud	96	Askimsvømmerne	4.32,55	499
	30,22(30,22)	1.04,26(34,04)	1.39,71(35,45)	2.15,60(35,89)	
	2.50,42(34,82)	3.25,92(35,50)	3.59,16(33,24)	4.32,55(33,39)	
2p	Philip Solheim	96	Sarpsborg IL	4.32,86	497
	30,31(30,31)	1.04,46(34,15)	1.40,52(36,06)	2.16,43(35,91)	
	2.51,89(35,46)		4.01,99(1.10,10)	4.32,86(30,87)	
3p	Sigve Ekelii Nystuen	96	Asker SK	4.34,16	490
	30,34(30,34)	1.04,24(33,90)	1.39,57(35,33)	2.15,30(35,73)	
	2.50,53(35,23)	3.25,64(35,11)	4.00,54(34,90)	4.34,16(33,62)	
4	Henrik Christiansen	96	Skjetten Svømming	4.36,36	478
	30,87(30,87)	1.05,39(34,52)	1.40,14(34,75)	2.15,19(35,05)	
	2.50,16(34,97)	3.25,73(35,57)	4.01,42(35,69)	4.36,36(34,94)	
5	Grunde Myhrer	96	Oslo IL	4.39,96	460
	30,57(30,57)	1.04,94(34,37)	1.39,68(34,74)	2.15,26(35,58)	
	2.50,86(35,60)	3.27,10(36,24)	4.04,43(37,33)	4.39,96(35,53)	
6	Steven Knutsson	96	Kongstensvømmerne	4.40,22	459
	31,22(31,22)	1.05,76(34,54)	1.41,38(35,62)	2.16,81(35,43)	
	2.53,00(36,19)	3.28,83(35,83)	4.05,67(36,84)	4.40,22(34,55)	
7	Mathias Thorkildsen	96	Bærumsvømmerne	4.40,37	458
	30,65(30,65)	1.05,23(34,58)	1.40,53(35,30)	2.15,91(35,38)	
	2.51,99(36,08)	3.28,51(36,52)	4.04,98(36,47)	4.40,37(35,39)	
8	Armin Porobic	96	Lambertseter SK	4.41,09	454
	30,79(30,79)	1.05,90(35,11)	1.41,33(35,43)	2.16,96(35,63)	
	2.52,91(35,95)	3.29,23(36,32)	4.05,49(36,26)	4.41,09(35,60)	
9	David Engen	96	Haldens SK	4.42,66	447
	30,15(30,15)	1.04,84(34,69)	1.41,05(36,21)	2.17,76(36,71)	
	2.54,04(36,28)	3.29,81(35,77)		4.42,66(1.12,85)	
10	Bendik Søfteland	96	Sarpsborg IL	4.46,68	428
	30,26(30,26)	1.04,50(34,24)	1.40,50(36,00)	2.17,75(37,25)	
	2.54,67(36,92)	3.31,60(36,93)	4.09,43(37,83)	4.46,68(37,25)	
11	Henrik Flood Kvien	96	SK Speed	4.49,88	414
	31,28(31,28)	1.05,92(34,64)	1.42,12(36,20)	2.18,95(36,83)	
	2.56,21(37,26)	3.33,94(37,73)	4.11,87(37,93)	4.49,88(38,01)	
12	Daniel Getachew Nesbø	96	Skjetten Svømming	4.54,40	396
	32,22(32,22)	1.08,18(35,96)	1.44,85(36,67)	2.23,15(38,30)	
	3.00,97(37,82)	3.38,62(37,65)	4.17,21(38,59)	4.54,40(37,19)	
13	Eirik Rugsveen	96	Elverum Svømming	4.55,91	390
	33,52(33,52)	1.10,55(37,03)	1.48,75(38,20)	2.26,73(37,98)	

14	Morgan Boe Johansen	96	3.04,84(38,11) 32,80(32,80) 3.01,89(38,00)	3.42,52(37,68) 1.09,40(36,60)	4.20,02(37,50) 1.46,33(36,93) 4.19,01(1.17,12)	4.55,91(35,89) 4.56,13 2.23,89(37,56) 4.56,13(37,12)	389
15	Henrik Kristiansen	96	33,40(33,40) 3.04,24(38,28)	1.10,30(36,90) 3.42,64(38,40)	Kolbotn IL 1.48,00(37,70) 4.20,90(38,26)	4.56,35 2.25,96(37,96) 4.56,35(35,45)	388
16	Jacob Wilhelm Berger	96	31,62(31,62) 3.03,91(38,66)	1.09,31(37,69) 3.42,33(38,42)	Haldens SK 1.47,49(38,18) 4.20,44(38,11)	4.56,71 2.25,25(37,76) 4.56,71(36,27)	386
17	Jonas Torgersen Nilsen	96	33,54(33,54) 3.05,38(38,47)	1.10,51(36,97) 3.44,34(38,96)	Hamar IL 1.48,87(38,36) 4.23,03(38,69)	5.00,49 2.26,91(38,04) 5.00,49(37,46)	372
18	Kristoffer Rosmo	96	32,46(32,46) 3.04,76(38,48)	1.09,52(37,06) 3.43,42(38,66)	Lambertseter SK 1.47,81(38,29) 4.22,78(39,36)	5.01,08 2.26,28(38,47) 5.01,08(38,30)	370
19	Kai Arne Schröder Myklebust	96	32,60(32,60) 3.05,32(39,44)	1.09,99(37,39) 3.44,21(38,89)	Bærumsvømmerne 1.47,98(37,99) 4.23,55(39,34)	5.01,51 2.25,88(37,90) 5.01,51(37,96)	368
20	Henrik Syversveen Lie	96	33,43(33,43) 3.07,24(39,15)	1.10,55(37,12) 3.45,92(38,68)	Bærumsvømmerne 1.48,89(38,34) 4.25,20(39,28)	5.03,13 2.28,09(39,20) 5.03,13(37,93)	362
21	Alexander H. Widnes	96	33,84(33,84) 3.08,51(38,67)	1.11,94(38,10) 3.48,05(39,54)	Kongstenvømmerne 1.50,62(38,68) 4.27,20(39,15)	5.05,22 2.29,84(39,22) 5.05,22(38,02)	355
22	Petter Eriksen	96	33,26(33,26) 3.06,72(39,14)	1.10,28(37,02) 3.46,65(39,93)	Moss SK 1.48,30(38,02) 4.26,84(40,19)	5.06,74 2.27,58(39,28) 5.06,74(39,90)	350
23	Akshay Nayee	96	34,47(34,47) 3.14,85(41,73)	1.13,15(38,68) 3.56,58(41,73)	Kongstenvømmerne 1.52,35(39,20) 4.38,62(42,04)	5.18,42 2.33,12(40,77) 5.18,42(39,80)	313
24	Arman Balic	96	34,82(34,82) 3.18,73(41,42)	1.14,46(39,64) 4.00,31(41,58)	Kongstenvømmerne 1.55,63(41,17) 4.40,75(40,44)	5.19,86 2.37,31(41,68) 5.19,86(39,11)	308

### Øvelse 9. 400m fri, jenter - født 1995

1p	Emilie Nyenget Løvberg	95	31,12(31,12) 2.45,06(33,74)	1.04,50(33,38) 3.19,04(33,98)	Bærumsvømmerne 1.37,63(33,13) 3.53,26(34,22)	4.26,68 2.11,32(33,69) 4.26,68(33,42)	713
2p	Andrea Barstad Westbye	95	30,97(30,97) 2.46,11(34,20)	1.04,43(33,46) 3.20,14(34,03)	Bærumsvømmerne 1.38,13(33,70) 3.54,70(34,56)	4.29,31 2.11,91(33,78) 4.29,31(34,61)	692
3p	Andrine Davidsen	95	32,59(32,59) 2.56,98(36,48)	1.08,17(35,58) 3.33,67(36,69)	Lambertseter SK 1.44,28(36,11) 4.09,51(35,84)	4.44,81 2.20,50(36,22) 4.44,81(35,30)	585
4	Sara Boukili	95	31,60(31,60) 2.55,97(36,24)	1.06,50(34,90) 3.33,25(37,28)	SK Speed 1.42,58(36,08) 4.10,51(37,26)	4.46,90 2.19,73(37,15) 4.46,90(36,39)	573
5	Marte K. Bolstad	95	33,30(33,30) 2.58,76(36,56)	1.09,26(35,96) 3.35,69(36,93)	Asker SK 1.45,83(36,57) 4.12,67(36,98)	4.49,34 2.22,20(36,37) 4.49,34(36,67)	558
6	Elina Marie Øverås	95	32,00(32,00) 3.00,66(38,16)	1.07,63(35,63) 3.38,55(37,89)	Lørenskog/Rælingen 1.44,82(37,19) 4.16,07(37,52)	4.52,38 2.22,50(37,68) 4.52,38(36,31)	541
7	Mette Mellbye Larsen	95	33,37(33,37) 2.59,11(36,79)	1.09,31(35,94) 3.36,50(37,39)	Asker SK 1.45,71(36,40) 4.15,28(38,78)	4.53,25 2.22,32(36,61) 4.53,25(37,97)	536
8	Rikke Nagell	95			Asker SK	4.55,63	523

	32,65(32,65)	1.09,36(36,71)	1.46,82(37,46)	2.24,41(37,59)	
	3.02,69(38,28)	3.41,79(39,10)	4.19,31(37,52)	4.55,63(36,32)	
9	Anne Kristin McLaren Berge	95	Asker SK	4.57,27	515
	32,07(32,07)	1.08,00(35,93)	1.45,05(37,05)	2.23,13(38,08)	
	3.02,10(38,97)	3.41,25(39,15)	4.19,55(38,30)	4.57,27(37,72)	
10	Marie Svensson	95	Skjetten Svømming	4.59,70	502
	32,81(32,81)	1.10,06(37,25)	1.47,77(37,71)	2.25,60(37,83)	
	3.03,50(37,90)	3.41,77(38,27)	4.21,21(39,44)	4.59,70(38,49)	
11	Mari Louise Nerdrum	95	Asker SK	5.03,37	484
	34,23(34,23)	1.12,14(37,91)	1.51,01(38,87)	2.29,95(38,94)	
	3.08,87(38,92)	3.47,24(38,37)	4.25,68(38,44)	5.03,37(37,69)	
12	Oda Kristiane Almgren Lind	95	Oslo IL	5.05,45	475
	33,67(33,67)	1.11,75(38,08)	1.50,49(38,74)	2.29,88(39,39)	
	3.08,35(38,47)	3.47,66(39,31)	4.27,27(39,61)	5.05,45(38,18)	
13	Hedda Skarning	95	Sarpsborg IL	5.06,05	472
	34,11(34,11)	1.11,09(36,98)	1.50,47(39,38)	2.30,38(39,91)	
	3.09,98(39,60)	3.49,29(39,31)	4.28,43(39,14)	5.06,05(37,62)	
14	Sara Elisabeth Arnesen Haugen	95	Kongstenvømmerne	5.08,74	460
	33,62(33,62)	1.11,11(37,49)	1.49,94(38,83)	2.29,11(39,17)	
	3.08,77(39,66)	3.48,75(39,98)	4.29,73(40,98)	5.08,74(39,01)	
15	Gina Struksnæs Sand	95	Ski SK	5.10,77	451
	33,42(33,42)	1.12,15(38,73)	1.52,37(40,22)	2.32,64(40,27)	
	3.12,78(40,14)	3.53,64(40,86)	4.32,90(39,26)	5.10,77(37,87)	
16	Marion Ekroll Bårdli	95	Moss SK	5.13,55	439
	33,30(33,30)	1.10,76(37,46)	1.49,36(38,60)	2.29,26(39,90)	
	3.09,58(40,32)	3.50,89(41,31)	4.32,74(41,85)	5.13,55(40,81)	
17	Maria Carlsen Johnsen	95	Moss SK	5.14,42	435
	34,08(34,08)	1.11,65(37,57)	1.50,62(38,97)	2.30,25(39,63)	
	3.10,83(40,58)	3.51,62(40,79)	4.32,78(41,16)	5.14,42(41,64)	
18	Helle Backer	95	Bærumsvømmerne	5.17,55	422
	33,27(33,27)	1.11,11(37,84)	1.51,08(39,97)	2.32,48(41,40)	
	3.13,92(41,44)	3.56,11(42,19)	4.36,87(40,76)	5.17,55(40,68)	
19	Stine Bergan	95	Asker SK	5.25,94	391
	36,26(36,26)	1.16,77(40,51)	1.58,12(41,35)	2.40,19(42,07)	
	3.22,03(41,84)	4.04,11(42,08)	4.46,15(42,04)	5.25,94(39,79)	
20	Rebecca Holth Clasen	95	Lørenskog/Rælingen	5.27,60	385
	35,23(35,23)	1.15,34(40,11)	1.56,72(41,38)	2.39,10(42,38)	
	3.20,87(41,77)	4.03,47(42,60)	4.46,20(42,73)	5.27,60(41,40)	
21	Eirin Avlund	95	Lambertseter SK	5.28,37	382
	34,95(34,95)	1.15,77(40,82)	1.57,54(41,77)	2.40,09(42,55)	
	3.22,34(42,25)	4.05,86(43,52)	4.47,74(41,88)	5.28,37(40,63)	
22	Kaja Sandstrand	95	Oslo IL	5.29,55	378
	35,72(35,72)	1.17,10(41,38)	1.58,75(41,65)	2.41,99(43,24)	
	3.22,44(40,45)	4.05,28(42,84)	4.49,39(44,11)	5.29,55(40,16)	
23	Emilie Gjølme Voigt	95	Asker SK	5.32,02	370
	35,74(35,74)	1.16,09(40,35)	1.58,02(41,93)	2.40,33(42,31)	
	3.23,23(42,90)	4.06,14(42,91)	4.49,12(42,98)	5.32,02(42,90)	
24	Rebekka Wiik Eckhoff	95	Bærumsvømmerne	5.40,14	344
	35,80(35,80)	1.17,91(42,11)	2.01,05(43,14)	2.45,01(43,96)	
	3.29,04(44,03)	4.13,36(44,32)	4.58,26(44,90)	5.40,14(41,88)	

### Øvelse 10. 400m fri, gutter - født 1995

1p	Erik Tobias Sollesnes	95	Kolbotn IL	4.13,81	617
	28,87(28,87)	1.00,84(31,97)	1.32,95(32,11)	2.05,36(32,41)	
	2.37,60(32,24)	3.10,28(32,68)	3.42,62(32,34)	4.13,81(31,19)	
2p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	4.15,59	604
	29,24(29,24)	1.00,99(31,75)	1.33,20(32,21)	2.05,45(32,25)	
	2.37,70(32,25)	3.10,37(32,67)	3.43,53(33,16)	4.15,59(32,06)	

3p	Jarl Andre Bergsvenkerud	95	Lørenskog/Rælingen	4.20,32	572
	28,99(28,99)	1.01,79(32,80)	1.34,17(32,38)	2.06,43(32,26)	
	2.39,04(32,61)	3.12,20(33,16)	3.46,61(34,41)	4.20,32(33,71)	
4	Martin Næss Kjølholdt	95	Kolbotn IL	4.25,09	542
	30,02(30,02)	1.02,92(32,90)	1.36,19(33,27)	2.10,12(33,93)	
	2.43,86(33,74)	3.17,78(33,92)	3.51,34(33,56)	4.25,09(33,75)	
5	Andreas Severin Bunæs	95	Haldens SK	4.27,60	527
	29,89(29,89)	1.02,93(33,04)	1.36,52(33,59)	2.10,55(34,03)	
	2.44,16(33,61)	3.18,95(34,79)	3.54,08(35,13)	4.27,60(33,52)	
6	Jørgen Gundersen	95	Skjetten Svømming	4.28,34	522
	30,47(30,47)	1.03,54(33,07)	1.37,22(33,68)	2.11,35(34,13)	
	2.45,58(34,23)	3.20,09(34,51)	3.54,72(34,63)	4.28,34(33,62)	
7	Tord Gunnar Fjeld	95	Hamar IL	4.33,38	494
	30,95(30,95)	1.04,38(33,43)	1.38,86(34,48)	2.13,42(34,56)	
	2.48,06(34,64)	3.23,34(35,28)	3.58,49(35,15)	4.33,38(34,89)	
8	Andreas Manum Hagby	95	Asker SK	4.38,64	467
	31,04(31,04)	1.04,89(33,85)	1.39,69(34,80)	2.15,08(35,39)	
	2.50,30(35,22)	3.26,33(36,03)	4.03,09(36,76)	4.38,64(35,55)	
9	Iver Hvidsten	95	Bærumsvømmerne	4.40,76	456
	31,41(31,41)	1.06,03(34,62)	1.41,08(35,05)	2.16,58(35,50)	
	2.52,20(35,62)	3.28,44(36,24)	4.05,08(36,64)	4.40,76(35,68)	
9	Jakob Bernstein	95	Bærumsvømmerne	4.40,76	456
	31,45(31,45)	1.06,53(35,08)	1.41,66(35,13)	2.17,73(36,07)	
	2.53,60(35,87)	3.29,68(36,08)	4.06,08(36,40)	4.40,76(34,68)	
11	Paul Henrik Devenish Andreassen	95	Kongstensvømmerne	4.41,12	454
	30,26(30,26)	1.04,22(33,96)	1.39,23(35,01)	2.15,41(36,18)	
	2.51,29(35,88)	3.28,43(37,14)	4.05,42(36,99)	4.41,12(35,70)	
12	Mathias Hammer	95	Kongstensvømmerne	4.41,69	452
	30,68(30,68)	1.04,95(34,27)	1.40,56(35,61)	2.16,67(36,11)	
	2.53,32(36,65)	3.30,22(36,90)	4.07,02(36,80)	4.41,69(34,67)	
13	Martin Bråthen	95	Kolbotn IL	4.42,24	449
	31,15(31,15)	1.06,28(35,13)	1.42,62(36,34)	2.18,92(36,30)	
	2.54,79(35,87)	3.31,26(36,47)	4.07,63(36,37)	4.42,24(34,61)	
14	Johann David Ørbeck	95	Asker SK	4.43,14	445
	30,91(30,91)	1.05,48(34,57)	1.40,66(35,18)	2.16,97(36,31)	
	2.53,62(36,65)	3.30,74(37,12)	4.07,99(37,25)	4.43,14(35,15)	
15	Anders Erichsen Torvanger	95	Lambertseter SK	4.46,00	431
	31,58(31,58)	1.06,09(34,51)	1.42,69(36,60)	2.19,90(37,21)	
	2.56,77(36,87)	3.33,62(36,85)	4.10,80(37,18)	4.46,00(35,20)	
16	Daniel Johansen	95	Kongstensvømmerne	4.51,47	408
	32,08(32,08)	1.07,82(35,74)	1.44,62(36,80)	2.21,73(37,11)	
	2.59,19(37,46)	3.37,08(37,89)	4.14,48(37,40)	4.51,47(36,99)	
17	Eirik Nilsen	95	Ski SK	5.02,29	365
	33,81(33,81)	1.11,02(37,21)	1.49,12(38,10)	2.27,48(38,36)	
	3.06,08(38,60)	3.45,16(39,08)	4.24,13(38,97)	5.02,29(38,16)	
18	Nicholas Verula Braaten	95	Sarpsborg IL	5.13,15	329
	34,70(34,70)	1.13,51(38,81)	1.53,64(40,13)	2.34,81(41,17)	
	3.15,25(40,44)	3.55,45(40,20)	4.34,61(39,16)	5.13,15(38,54)	
19	Morten Hansen	95	Lørenskog/Rælingen	5.13,63	327
		1.14,37(1.14,37)	1.54,88(40,51)		
	3.16,30(1.21,42)	3.56,51(40,21)	4.36,27(39,76)	5.13,63(37,36)	
19	Gard Ruben Fauske	95	Lørenskog/Rælingen	5.13,63	327
	34,35(34,35)	1.13,68(39,33)	1.55,33(41,65)	2.36,08(40,75)	
	3.17,23(41,15)	3.58,24(41,01)	4.38,63(40,39)	5.13,63(35,00)	
21	Emil Baardseth	95	Skjetten Svømming	5.22,79	300
	34,39(34,39)	1.12,89(38,50)	1.53,42(40,53)		
	3.16,95(1.23,53)	3.58,69(41,74)	4.40,84(42,15)	5.22,79(41,95)	
22	Thomas Frogner	95	Moss SK	5.29,24	283
	35,56(35,56)	1.16,12(40,56)	1.59,13(43,01)	2.41,44(42,31)	
	3.23,72(42,28)	4.05,98(42,26)	4.48,57(42,59)	5.29,24(40,67)	

### Øvelse 11. 100m rygg, jenter - født 1999

1p	Emma Augustsson 40,07(40,07)	99	Skjetten Svømming	1.19,58	367
2p	Marte Løvberg 40,21(40,21)	99	Lambertseter SK	1.21,92	336
3p	Aleksandra Røys Stranden 42,28(42,28)	99	Asker SK	1.26,16	289
4	Sara Døving Agdestein 43,68(43,68)	99	Asker SK	1.30,13	253
5	Solveig Waterloo Dybvik 43,44(43,44)	99	Gjøvik SK	1.30,77	247
6	June Urdahl Kvalheim	99	Oslo IL	1.33,00	230
7	Moira Reinholdt Belsvik 47,27(47,27)	99	Oslo IL	1.36,00	209
8	Erle Gjestad 47,04(47,04)	99	Oslo IL	1.36,87	203
9	Sofie Karlstad 48,23(48,23)	99	Skjetten Svømming	1.37,86	197
10	Mari Solemslie Sæther 50,13(50,13)	99	Bærumsvømmerne	1.41,40	177
11	Hedda Øritsland	99	Bærumsvømmerne	1.41,45	177
12	Rebekka Lund Danielsen	99	Oslo IL	1.48,10	146

### Øvelse 12. 100m rygg, gutter - født 1999

1p	Floyd Mathias Guldhav	99	Kolbotn IL	1.30,57	168
2p	Markus Woxholt 46,03(46,03)	99	SK Speed	1.32,56	157
3p	Sondre Wikberg 46,11(46,11)	99	Oslo IL	1.35,53	143
4	Erling Syversveen Lie 46,59(46,59)	99	Bærumsvømmerne	1.37,92	133
5	Eivind Løkstad 49,65(49,65)	99	Lørenskog/Rælingen	1.42,59	115
6	Edvard Berger 51,53(51,53)	99	Haldens SK	1.47,48	100
7	Joshua Welschhof 53,38(53,38)	99	Oslo IL	1.50,20	93

### Øvelse 13. 200m rygg, jenter - født 1998

1p	Natalie Kosiander 39,01(39,01)	98	Eidsvoll SK	2.42,90	429
2p	Karina Davidsen 39,77(39,77)	98	Lambertseter SK	2.50,72	373
3p	Hanna Louise Berge	98	SK Speed	2.50,91	372

4	Caroline Sofia Rosmo 40,86(40,86)	98	1.24,53(43,67)	2.07,87(2.07,87) Lambertseter SK 2.09,13(44,60)	2.50,91(43,04) 2.52,87 2.52,87(43,74)	359
5	Thea Kristine Nord 42,80(42,80)	98	1.28,09(45,29)	Kolbotn IL 2.13,00(44,91)	2.54,73 2.54,73(41,73)	348
6	Inger-Ane Sætra Schefte 40,33(40,33)	98	1.25,38(45,05)	Kolbotn IL 2.10,20(44,82)	2.55,03 2.55,03(44,83)	346
7	Celia Lie Storstad 41,25(41,25)	98	1.25,36(44,11)	Ski SK 2.11,01(45,65)	2.55,88 2.55,88(44,87)	341
8	Silje Poll Mikkeltorg 43,28(43,28)	98	1.28,37(45,09)	Skjetten Svømming 2.14,00(45,63)	2.57,01 2.57,01(43,01)	335
9	Tine Herdal 41,65(41,65)	98	1.26,94(45,29)	Skjetten Svømming 2.12,49(45,55)	2.57,19 2.57,19(44,70)	334
10	Susanne Utgård 43,02(43,02)	98	1.27,67(44,65)	Ski SK 2.12,92(45,25)	2.57,22 2.57,22(44,30)	333
11	Aurora Kamnes 41,70(41,70)	98	1.25,90(44,20)	Lørenskog/Rælingen 2.11,80(45,90)	2.57,23 2.57,23(45,43)	333
12	Celin Eliassen 43,10(43,10)	98	1.28,74(45,64)	Kongstenvømmerne 2.15,37(46,63)	3.00,94 3.00,94(45,57)	313
13	Anna Margrethe Søfteland 43,87(43,87)	98	1.31,45(47,58)	Sarpsborg IL 2.17,71(46,26)	3.02,67 3.02,67(44,96)	304
14	Benedikte Marie Sjøberg 41,70(41,70)	98	1.29,60(1.29,60)	Sarpsborg IL 2.18,35(48,75)	3.03,41 3.03,41(45,06)	301
15	Marthe Ø. Dalan 43,74(43,74)	98	1.30,50(46,76)	Asker SK 2.18,18(47,68)	3.05,06 3.05,06(46,88)	293
16	Marie Øseth 43,66(43,66)	98	1.31,04(47,38)	Lambertseter SK 2.18,18(47,68)	3.06,71 3.06,71(1.35,67)	285
17	Amalie Ottesen 43,61(43,61)	98	1.31,11(47,50)	Kolbotn IL 2.19,68(48,57)	3.07,55 3.07,55(47,87)	281
18	Karin Berg 45,48(45,48)	98	1.32,89(47,41)	Skjetten Svømming 2.21,56(48,67)	3.09,58 3.09,58(48,02)	272
19	Anette Sommeling 45,39(45,39)	98	1.34,69(49,30)	Lørenskog/Rælingen 2.23,25(48,56)	3.09,80 3.09,80(46,55)	271
20	Katinka Johanne Holmerud 45,71(45,71)	98	1.34,98(49,27)	Lørenskog/Rælingen 2.24,51(49,53)	3.12,96 3.12,96(48,45)	258
21	Siri Ann Markeng 43,36(43,36)	98	1.33,58(50,22)	SK Speed 2.24,84(51,26)	3.15,03 3.15,03(50,19)	250
22	Amalie S. Skagen 46,29(46,29)	98	1.36,65(50,36)	Haldens SK 2.27,21(50,56)	3.17,22 3.17,22(50,01)	242
23	Solveig Jørgensen Mohr 46,83(46,83)	98	1.37,43(50,60)	Asker SK 2.29,93(52,50)	3.17,52 3.17,52(47,59)	241
24	Mari Fjellestad 47,28(47,28)	98	1.39,39(52,11)	Skjetten Svømming 2.31,56(52,17)	3.21,82 3.21,82(50,26)	226
25	Maud Brandtzæg 46,86(46,86)	98	1.37,43(50,60)	Lørenskog/Rælingen 2.29,93(52,50)	3.22,06 3.22,06(2.35,20)	225
26	Maren Erichsen Torvanger 48,57(48,57)	98	1.41,29(52,72)	Lambertseter SK 2.34,36(53,07)	3.26,26 3.26,26(51,90)	211
27	Madeleine Bakkejord 48,26(48,26)	98	1.41,29(52,72)	Lørenskog/Rælingen 2.36,27(1.48,01)	3.27,18 3.27,18(50,91)	209
28	Pernille Fritsvold 50,10(50,10)	98	1.41,29(52,72)	Kolbotn IL 2.38,12(1.48,02)	3.29,78 3.29,78(51,66)	201
29	Synne Thurmer 51,66(51,66)	98	1.41,29(52,72)	Asker SK 2.45,25(56,07)	3.33,09 3.33,09(2.41,43)	192
30	Merethe P. Granli 52,87(52,87)	98	1.49,18(56,31)	SK Speed 2.45,25(56,07)	3.39,41 3.39,41(54,16)	176
31	Olivia Essebo 55,35(55,35)	98	1.53,10(57,75)	Bærumsvømmerne 2.49,82(56,72)	3.44,34 3.44,34(54,52)	164
	Madeleine Nesteby	98		Bærumsvømmerne	DISK	

### Øvelse 14. 200m rygg, gutter - født 1998

1p	Njål Kolberg Olsen	98	Kongstensvømmerne	2.43,43	301
	38,94(38,94)	1.20,39(41,45)	2.02,09(41,70)	2.43,43(41,34)	
2p	Thomas Latini	98	Kolbotn IL	2.46,88	283
	39,71(39,71)	1.21,53(41,82)	2.04,74(43,21)	2.46,88(42,14)	
3p	Sebastian Ivan Hansen	98	Gjøvik SK	2.49,54	269
	42,03(42,03)	1.24,49(42,46)	2.07,79(43,30)	2.49,54(41,75)	
4	Fridtjof Mørk	98	Lambertseter SK	2.49,56	269
	40,37(40,37)	1.23,98(43,61)	2.07,77(43,79)	2.49,56(41,79)	
5	Jan Fredrik Halvorsen	98	Skjetten Svømming	2.51,71	259
	41,38(41,38)	1.24,51(43,13)	2.08,25(43,74)	2.51,71(43,46)	
6	Ole Jørgen Vastveit	98	Sarpsborg IL	2.57,22	236
	41,82(41,82)	1.27,25(45,43)	2.13,02(45,77)	2.57,22(44,20)	
7	Jesper Lund Pettersson	98	Haldens SK	3.05,17	207
	44,87(44,87)	1.31,95(47,08)	2.21,06(49,11)	3.05,17(44,11)	
8	Theodor Hystad	98	Sarpsborg IL	3.06,97	201
	44,68(44,68)	1.33,62(48,94)	2.22,88(49,26)	3.06,97(44,09)	
9	Viktor Husø Richardsen	98	Lambertseter SK	3.13,70	181
	44,93(44,93)		2.26,24(1.41,31)	3.13,70(47,46)	
10	Martin Nyenget Løvberg	98	Bærumsvømmerne	3.15,16	177
	45,14(45,14)	1.35,71(50,57)	2.26,72(51,01)	3.15,16(48,44)	
11	Jonas Gulla	98	Kolbotn IL	3.15,54	176
	45,11(45,11)	1.36,74(51,63)	2.28,89(52,15)	3.15,54(46,65)	
12	Henrik Winther Pedersen	98	Kolbotn IL	3.27,01	148
	49,84(49,84)	1.41,88(52,04)	2.35,39(53,51)	3.27,01(51,62)	
13	Eirik Walle	98	Lørenskog/Rælingen	3.38,11	127
	53,56(53,56)	1.50,96(57,40)	2.48,33(57,37)	3.38,11(49,78)	
	Mikolaj "Miko" Dobies	98	Lambertseter SK	DISK	

### Øvelse 15. 200m rygg, jenter - født 1997

1p	Ida Amalie Myhr	97	Lambertseter SK	2.40,27	451
	36,13(36,13)	1.16,98(40,85)	1.58,95(41,97)	2.40,27(41,32)	
2p	Elise Næss Olsen	97	Asker SK	2.40,41	450
	37,98(37,98)	1.19,50(41,52)	2.01,25(41,75)	2.40,41(39,16)	
3p	Vilje Mohagen	97	Skjetten Svømming	2.40,63	448
	36,80(36,80)	1.17,71(40,91)	1.59,78(42,07)	2.40,63(40,85)	
4	Majken Antonie Smith	97	Asker SK	2.40,98	445
	38,26(38,26)		2.00,61(1.22,35)	2.40,98(40,37)	
5	Marie Kristine Hartvedt Eide	97	Oslo IL	2.42,80	430
	38,53(38,53)	1.20,37(41,84)	2.03,03(42,66)	2.42,80(39,77)	
6	Frida Kristensen	97	Kolbotn IL	2.45,22	411
	38,70(38,70)	1.19,61(40,91)	2.02,43(42,82)	2.45,22(42,79)	
7	Lotte Stubdal	97	Lambertseter SK	2.49,88	378
	39,85(39,85)	1.22,99(43,14)	2.07,06(44,07)	2.49,88(42,82)	
8	Ada Avlund	97	Lambertseter SK	2.50,12	377
	40,19(40,19)	1.22,93(42,74)	2.06,91(43,98)	2.50,12(43,21)	
9	Helene Joyce Nilssen	97	Kolbotn IL	2.50,98	371
	41,22(41,22)	1.23,94(42,72)	2.07,62(43,68)	2.50,98(43,36)	
10	Line Henanger	97	Lambertseter SK	2.52,71	360
	40,88(40,88)	1.25,19(44,31)	2.09,56(44,37)	2.52,71(43,15)	
11	Karla Ruud	97	Lambertseter SK	2.55,23	345

	41,52(41,52)	1.25,16(43,64)	2.10,70(45,54)	2.55,23(44,53)	
12	Sunniva Feng Høyer 43,25(43,25)	97 1.28,11(44,86)	Asker SK 2.13,35(45,24)	2.56,83 2.56,83(43,48)	336
13	Mathilde Siggerud Borch 40,90(40,90)	97 1.27,12(46,22)	Sarpsborg IL 2.14,40(47,28)	2.59,34 2.59,34(44,94)	322
14	Rebecca Karlsson 45,38(45,38)	97 1.31,50(46,12)	Gjøvik SK 2.16,13(44,63)	3.00,10 3.00,10(43,97)	318
15	Kamilla Helene Øverås 43,90(43,90)	97 1.30,79(46,89)	Lørenskog/Rælingen 2.17,05(46,26)	3.01,06 3.01,06(44,01)	313
16	Thea Sagen 41,79(41,79)	97 1.26,66(44,87)	Oslo IL 2.14,14(47,48)	3.01,34 3.01,34(47,20)	311
17	Skjæveland Elise 42,93(42,93)	97 1.28,59(45,66)	Ullensakersvømmerne 2.15,95(47,36)	3.01,72 3.01,72(45,77)	309
18	Mina Langrud Sletten 42,77(42,77)	97 1.29,05(46,28)	Gjelleråsen IF 2.17,06(48,01)	3.02,38 3.02,38(45,32)	306
19	Tove Frøberg 45,39(45,39)	97 1.34,43(49,04)	Asker SK 2.23,21(48,78)	3.09,30 3.09,30(46,09)	274
20	Emilie Nilsen Solheim 44,37(44,37)	97 1.22,65(1.38,28)	Lambertseter SK 2.22,65(1.38,28)	3.10,29 3.10,29(47,64)	269
21	Helene Hafsrød Fredriksen 45,59(45,59)	97 1.34,38(48,79)	Halden SK 2.25,58(51,20)	3.11,09 3.11,09(45,51)	266
22	Sofie Forsstrøm 45,16(45,16)	97 1.34,39(49,23)	Haldens SK 2.24,05(49,66)	3.11,53 3.11,53(47,48)	264
23	Maren Kagnes Grobe 44,91(44,91)	97 1.34,05(49,14)	Lørenskog/Rælingen 2.23,71(49,66)	3.11,82 3.11,82(48,11)	263
24	Natalia Harackiewicz 45,81(45,81)	97 1.37,73(51,92)	Haldens SK 2.29,73(52,00)	3.19,50 3.19,50(49,77)	234

### Øvelse 16. 200m rygg, gutter - født 1997

1p	Fredrik Løvberg 36,06(36,06)	97 1.13,98(37,92)	Lambertseter SK 1.53,68(39,70)	2.32,89 2.32,89(39,21)	367
2p	Mads Henry Steinland 35,43(35,43)	97 1.13,83(38,40)	Bærumsvømmerne 1.53,66(39,83)	2.33,89 2.33,89(40,23)	360
3p	Martin Hjelmstad 37,40(37,40)	97 1.17,17(39,77)	Skjetten Svømming 1.57,62(40,45)	2.37,93 2.37,93(40,31)	333
4	Tinus Flagstad 38,15(38,15)	97 1.19,31(41,16)	Asker SK 2.01,81(42,50)	2.43,38 2.43,38(41,57)	301
5	Truls Petter Muller 38,41(38,41)	97 1.20,69(42,28)	Bærumsvømmerne 2.03,47(42,78)	2.44,79 2.44,79(41,32)	293
6	Jonas Hagmansen 38,60(38,60)	97 1.20,96(42,36)	SK Speed 2.03,05(42,09)	2.45,14 2.45,14(42,09)	292
7	Ulrik Rasch Bakke 38,15(38,15)	97 1.19,66(41,51)	Elverum Svømming 2.03,11(43,45)	2.46,06 2.46,06(42,95)	287
8	Ole Marius Bunæs 40,10(40,10)	97 1.22,52(42,42)	Haldens SK 2.05,29(42,77)	2.46,65 2.46,65(41,36)	284
9	Nils Lervik 39,25(39,25)	97 1.23,01(43,76)	Asker SK 2.07,16(44,15)	2.48,77 2.48,77(41,61)	273
10	Kristoffer Soot 39,34(39,34)	97 1.21,61(42,27)	Ski SK 2.05,45(43,84)	2.49,69 2.49,69(44,24)	269
11	Håkon Werner Vyrje 40,80(40,80)	97 1.26,37(45,57)	Askimsvømmerne 2.11,50(45,13)	2.54,74 2.54,74(43,24)	246
12	Marius Nygaard 41,64(41,64)	97 1.27,63(45,99)	Lambertseter SK 2.12,10(44,47)	2.55,93 2.55,93(43,83)	241
13	Soufian Boukili 42,06(42,06)	97 1.27,52(45,46)	SK Speed 2.12,79(45,27)	2.57,31 2.57,31(44,52)	236
14	Eirik Helgaker	97	Oslo IL	2.58,18	232

	43,14(43,14)	1.29,22(46,08)	2.15,25(46,03)	2.58,18(42,93)	
15	Sivert Marius Skarning	97	Sarpsborg IL	2.58,68	230
		1.29,38(1.29,38)	2.16,29(46,91)	2.58,68(42,39)	
16	Fløgstad Ole-Mikal	97	Ullensakersvømmerne	3.00,08	225
	42,42(42,42)	1.28,66(46,24)		3.00,08(1.31,42)	
17	Juel Petter Bergseth	97	Haldens SK	3.00,61	223
	43,31(43,31)	1.30,08(46,77)	2.16,80(46,72)	3.00,61(43,81)	
18	Erlend Lystad Karlsen	97	Hamar IL	3.04,13	210
				3.04,13(3.04,13)	
19	Arjan Nilsen	97	Ski SK	3.05,84	205
	45,31(45,31)	1.32,73(47,42)	2.21,03(48,30)	3.05,84(44,81)	
20	Peter F. Mortensen	97	Kolbotn IL	3.08,55	196
	44,78(44,78)	1.32,31(47,53)	2.22,29(49,98)	3.08,55(46,26)	
21	Erik Torp Myhre	97	SK Speed	3.15,20	177
	47,16(47,16)	1.37,80(50,64)	2.28,60(50,80)	3.15,20(46,60)	
22	Simen Kvien	97	SK Speed	3.15,29	176
	47,24(47,24)	1.37,17(49,93)	2.27,71(50,54)	3.15,29(47,58)	
23	Ole Christian Gandrud	97	Sarpsborg IL	3.18,73	167
	46,54(46,54)	1.38,03(51,49)	2.29,42(51,39)	3.18,73(49,31)	
	Daniel Gabrielsen	97	Sarpsborg IL	DISK	

### Øvelse 17. 200m rygg, jenter - født 1996

1p	Vår Søgaaard	96	Lambertseter SK	2.27,72	576
	34,56(34,56)	1.11,83(37,27)	1.50,16(38,33)	2.27,72(37,56)	
2p	Malene Pedersen	96	Lambertseter SK	2.27,74	575
	35,70(35,70)	1.12,69(36,99)	1.50,59(37,90)	2.27,74(37,15)	
3p	Stina Victoria Nordberg	96	Oslo IL	2.38,01	470
	37,66(37,66)	1.17,80(40,14)	1.58,20(40,40)	2.38,01(39,81)	
4	Helene Strømnes	96	Kongstenvømmerne	2.38,17	469
	36,18(36,18)	1.16,06(39,88)	1.57,36(41,30)	2.38,17(40,81)	
5	Silje Moum	96	Kongstenvømmerne	2.42,15	435
	37,43(37,43)	1.19,13(41,70)	2.01,44(42,31)	2.42,15(40,71)	
6	Nehna-Louise Møller-Pettersen	96	Oslo IL	2.42,24	434
	36,64(36,64)	1.17,89(41,25)	2.00,52(42,63)	2.42,24(41,72)	
7	Ada Emilie Bekk Berggren	96	Lambertseter SK	2.42,31	434
	38,76(38,76)	1.19,76(41,00)	2.01,66(41,90)	2.42,31(40,65)	
8	Klara Farkas	96	Lørenskog/Rælingen	2.44,91	414
	38,94(38,94)	1.20,56(41,62)	2.02,83(42,27)	2.44,91(42,08)	
9	Amanda Essebo	96	Bærumsvømmerne	2.47,05	398
	39,04(39,04)	1.20,97(41,93)	2.04,33(43,36)	2.47,05(42,72)	
10	Eline Swensen	96	Ski SK	2.50,46	375
	40,86(40,86)	1.24,35(43,49)	2.07,79(43,44)	2.50,46(42,67)	
11	Anna Finstad	96	Lambertseter SK	2.51,98	365
	39,70(39,70)	1.23,76(44,06)	2.09,36(45,60)	2.51,98(42,62)	
12	Christine Tuyen Tran Thanh	96	Lørenskog/Rælingen	2.53,28	357
	38,35(38,35)	1.22,02(43,67)	2.07,98(45,96)	2.53,28(45,30)	
13	Karen Piene Fløtaker	96	Oslo IL	2.55,78	342
	41,57(41,57)	1.27,02(45,45)	2.11,56(44,54)	2.55,78(44,22)	
14	Ronja Thoresen	96	Ski SK	2.55,95	341
	40,22(40,22)	1.24,42(44,20)	2.10,38(45,96)	2.55,95(45,57)	
15	Susanne Holm Røed	96	SK Speed	2.58,11	328
	41,84(41,84)	1.26,24(44,40)	2.11,97(45,73)	2.58,11(46,14)	
16	Pia Irgens Isaksen	96	Skjetten Svømming	2.58,25	328
	41,58(41,58)	1.26,51(44,93)	2.12,44(45,93)	2.58,25(45,81)	
17	Pernille Skavang	96	Asker SK	2.59,78	319

	42,02(42,02)	1.27,56(45,54)	2.14,80(47,24)	2.59,78(44,98)	
18	Therese Pettersen 41,71(41,71)	96 1.27,08(45,37)	Skjetten Svømming 2.14,05(46,97)	3.00,08 3.00,08(46,03)	318
19	Elin Emilie Haglund 42,11(42,11)	96 1.28,18(46,07)	Sarpsborg IL 2.15,87(47,69)	3.01,54 3.01,54(45,67)	310
20	Trude K. Johannessen 40,89(40,89)	96 1.28,20(47,31)	Kongstensvømmerne 2.16,75(48,55)	3.01,95 3.01,95(45,20)	308
21	Marie Eugenie Edvardsen 44,03(44,03)	96 1.30,31(46,28)	Lørenskog/Rælingen 2.17,77(47,46)	3.03,88 3.03,88(46,11)	298
22	Andrea Olvin 43,15(43,15)	96 1.31,30(48,15)	Lambertseter SK 2.20,01(48,71)	3.04,85 3.04,85(44,84)	294
23	Signy Undine Weisz 44,95(44,95)	96 1.31,93(46,98)	Oslo IL 2.19,08(47,15)	3.05,25 3.05,25(46,17)	292
24	Hege Stærli 45,56(45,56)	96 1.33,06(47,50)	Kolbotn IL 2.22,85(49,79)	3.11,37 3.11,37(48,52)	265

### Øvelse 18. 200m rygg, gutter - født 1996

1p	Armin Porobic 33,94(33,94)	96 1.11,02(37,08)	Lambertseter SK 1.49,48(38,46)	2.23,88 2.23,88(34,40)	441
2p	Grunde Myhrer 32,83(32,83)	96 1.08,94(36,11)	Oslo IL 1.46,33(37,39)	2.24,28 2.24,28(37,95)	437
3p	Bendik Søfteland 34,08(34,08)	96 1.10,59(36,51)	Sarpsborg IL 1.49,01(38,42)	2.25,55 2.25,55(36,54)	426
4	Sigve Ekeli Nystuen 35,63(35,63)	96 1.13,38(37,75)	Asker SK 1.51,91(38,53)	2.29,46 2.29,46(37,55)	393
5	Mathias Thorkildsen 35,45(35,45)	96 1.13,55(38,10)	Bærumsvømmerne 1.52,46(38,91)	2.31,49 2.31,49(39,03)	378
6	Knut Oscar Skipperud 35,92(35,92)	96 1.15,44(39,52)	Askimsvømmerne 1.54,62(39,18)	2.32,54 2.32,54(37,92)	370
7	Steven Knutsson 37,23(37,23)	96 1.15,81(38,58)	Kongstensvømmerne 1.55,68(39,87)	2.33,97 2.33,97(38,29)	360
8	Henrik Christiansen 36,91(36,91)	96 1.16,28(39,37)	Skjetten Svømming 1.56,17(39,89)	2.35,86 2.35,86(39,69)	347
9	Daniel Getachew Nesbø 36,82(36,82)	96 1.16,66(39,84)	Skjetten Svømming 1.57,06(40,40)	2.37,14 2.37,14(40,08)	338
10	Kristoffer Rosmo 36,65(36,65)	96 1.16,92(40,27)	Lambertseter SK 1.57,75(40,83)	2.37,75 2.37,75(40,00)	335
11	Henrik Flood Kvien 37,13(37,13)	96 1.16,79(39,66)	SK Speed 1.57,81(41,02)	2.38,20 2.38,20(40,39)	332
12	Jacob Wilhelm Berger 35,75(35,75)	96 1.15,65(39,90)	Haldens SK 1.58,22(42,57)	2.38,26 2.38,26(40,04)	331
13	Henrik Syversveen Lie 37,37(37,37)	96 1.17,08(39,71)	Bærumsvømmerne 1.58,62(41,54)	2.38,93 2.38,93(40,31)	327
14	Philip Solheim 37,56(37,56)	96 1.17,45(39,89)	Sarpsborg IL 1.57,89(40,44)	2.39,57 2.39,57(41,68)	323
15	David Engen 36,19(36,19)	96 1.17,08(40,89)	Haldens SK 1.59,67(42,59)	2.40,84 2.40,84(41,17)	316
16	Kai Arne Schröder Myklebust 38,08(38,08)	96 1.19,61(41,53)	Bærumsvømmerne 2.01,16(41,55)	2.41,22 2.41,22(40,06)	313
17	Eirik Rugsveen 39,79(39,79)	96 1.21,36(41,57)	Elverum Svømming 2.02,93(41,57)	2.43,69 2.43,69(40,76)	299
18	Morgan Boe Johansen 39,09(39,09)	96 1.20,70(41,61)	Skjetten Svømming 2.02,73(42,03)	2.44,60 2.44,60(41,87)	294
19	Petter Eriksen 38,60(38,60)	96 1.19,48(40,88)	Moss SK 2.01,55(42,07)	2.44,61 2.44,61(43,06)	294
20	Akshay Nayee	96	Kongstensvømmerne	2.49,77	268

	39,69(39,69)	1.22,24(42,55)	2.06,57(44,33)	2.49,77(43,20)	
21	Jonas Torgersen Nilsen 42,25(42,25)	96 1.25,85(43,60)	Hamar IL 2.10,30(44,45)	2.53,85 2.53,85(43,55)	250
22	Alexander H. Widnes 40,94(40,94)	96 1.25,64(44,70)	Kongstensvømmerne 2.11,48(45,84)	2.55,33 2.55,33(43,85)	244
23	Henrik Kristiansen 42,38(42,38)	96 1.27,38(45,00)	Kolbotn IL 2.12,72(45,34)	2.55,87 2.55,87(43,15)	241
24	Arman Balic 41,24(41,24)	96 1.26,77(45,53)	Kongstensvømmerne 2.12,21(45,44)	2.57,12 2.57,12(44,91)	236

### Øvelse 19. 200m rygg, jenter - født 1995

1p	Emilie Nyenget Løvberg 35,77(35,77)	95 1.13,62(37,85)	Bærumsvømmerne 1.50,80(37,18)	2.26,07 2.26,07(35,27)	595
2p	Andrine Davidsen 34,16(34,16)	95 1.11,18(37,02)	Lambertseter SK 1.49,24(38,06)	2.26,95 2.26,95(37,71)	585
3p	Andrea Barstad Westbye 36,19(36,19)	95 1.14,42(38,23)	Bærumsvømmerne 1.53,70(39,28)	2.32,50 2.32,50(38,80)	523
4	Sara Boukili 35,16(35,16)	95 1.13,30(38,14)	SK Speed 1.53,38(40,08)	2.33,22 2.33,22(39,84)	516
5	Marie Svensson 35,77(35,77)	95 1.13,76(37,99)	Skjetten Svømming 1.53,41(39,65)	2.33,64 2.33,64(40,23)	512
6	Marion Ekroll Bårdli 35,22(35,22)	95 1.13,89(38,67)	Moss SK 1.54,13(40,24)	2.34,53 2.34,53(40,40)	503
7	Elina Marie Øverås 36,47(36,47)	95 1.16,29(39,82)	Lørenskog/Rælingen 1.56,51(40,22)	2.35,36 2.35,36(38,85)	495
8	Rikke Nagell 35,88(35,88)	95 1.15,25(39,37)	Asker SK 1.55,67(40,42)	2.36,05 2.36,05(40,38)	488
8	Marte K. Bolstad 36,87(36,87)	95 1.16,10(39,23)	Asker SK 1.56,04(39,94)	2.36,05 2.36,05(40,01)	488
10	Anne Kristin McLaren Berge 35,96(35,96)	95 1.15,74(39,78)	Asker SK 1.56,95(41,21)	2.37,18 2.37,18(40,23)	478
11	Mari Louise Nerdrum 37,77(37,77)	95 1.18,54(40,77)	Asker SK 1.59,83(41,29)	2.40,60 2.40,60(40,77)	448
12	Mette Mellbye Larsen 38,60(38,60)	95 1.19,18(40,58)	Asker SK 2.00,44(41,26)	2.42,24 2.42,24(41,80)	434
13	Oda Kristiane Almgren Lind 38,72(38,72)	95 1.20,03(41,31)	Oslo IL 2.02,12(42,09)	2.43,63 2.43,63(41,51)	424
14	Gina Struksnæs Sand 38,58(38,58)	95 1.20,55(41,97)	Ski SK 2.03,72(43,17)	2.45,10 2.45,10(41,38)	412
15	Stine Bergan 39,46(39,46)	95 1.21,49(42,03)	Asker SK 2.04,62(43,13)	2.45,36 2.45,36(40,74)	410
16	Eirin Avlund 40,05(40,05)	95 1.22,59(42,54)	Lambertseter SK 2.05,72(43,13)	2.48,61 2.48,61(42,89)	387
17	Sara Elisabeth Arnesen Haugen 39,90(39,90)	95 1.23,16(43,26)	Kongstensvømmerne 2.08,56(45,40)	2.52,81 2.52,81(44,25)	360
18	Kaja Sandstrand 41,17(41,17)	95 1.25,84(44,67)	Oslo IL 2.10,43(44,59)	2.54,22 2.54,22(43,79)	351
19	Helle Backer 40,30(40,30)	95 1.24,39(44,09)	Bærumsvømmerne 2.10,11(45,72)	2.55,76 2.55,76(45,65)	342
20	Hedda Skarning 43,46(43,46)	95 1.28,68(45,22)	Sarpsborg IL 2.13,71(45,03)	2.57,82 2.57,82(44,11)	330
21	Rebecca Holth Clasen 41,91(41,91)	95 1.27,34(45,43)	Lørenskog/Rælingen 2.14,49(47,15)	3.01,14 3.01,14(46,65)	312
22	Emilie Gjørme Voigt 43,95(43,95)	95 1.29,97(46,02)	Asker SK 2.16,44(46,47)	3.01,78 3.01,78(45,34)	309
23	Rebekka Wiik Eckhoff	95	Bærumsvømmerne	3.02,07	307

42,01(42,01)                      1.27,75(45,74)                      2.15,11(47,36)                      3.02,07(46,96)

### Øvelse 20. 200m rygg, gutter - født 1995

1p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	2.14,64	538
	31,27(31,27)	1.05,21(33,94)	1.39,80(34,59)	2.14,64(34,84)	
2p	Erik Tobias Sollesnes	95	Kolbotn IL	2.19,93	479
	33,09(33,09)	1.08,01(34,92)	1.44,24(36,23)	2.19,93(35,69)	
3p	Andreas Severin Bunæs	95	Haldens SK	2.22,32	456
	32,85(32,85)	1.08,63(35,78)	1.46,07(37,44)	2.22,32(36,25)	
4	Tord Gunnar Fjeld	95	Hamar IL	2.23,95	440
	33,74(33,74)	1.09,64(35,90)	1.46,60(36,96)	2.23,95(37,35)	
5	Jarl Andre Bergsvenkerud	95	Lørenskog/Rælingen	2.25,64	425
	32,65(32,65)	1.09,50(36,85)	1.47,77(38,27)	2.25,64(37,87)	
6	Iver Hvidsten	95	Bærumsvømmerne	2.25,87	423
	35,18(35,18)	1.10,98(35,80)	1.48,79(37,81)	2.25,87(37,08)	
7	Jørgen Gundersen	95	Skjetten Svømming	2.26,51	418
	34,95(34,95)	1.11,71(36,76)	1.49,45(37,74)	2.26,51(37,06)	
8	Paul Henrik Devenish Andreassen	95	Kongstensvømmerne	2.28,94	397
	34,76(34,76)	1.11,59(36,83)	1.50,47(38,88)	2.28,94(38,47)	
9	Martin Næss Kjølholdt	95	Kolbotn IL	2.31,18	380
	35,44(35,44)	1.14,10(38,66)	1.52,57(38,47)	2.31,18(38,61)	
10	Jakob Bernstein	95	Bærumsvømmerne	2.31,76	376
	36,03(36,03)	1.14,81(38,78)	1.54,44(39,63)	2.31,76(37,32)	
11	Johann David Ørbeck	95	Asker SK	2.32,71	369
	35,07(35,07)	1.14,51(39,44)	1.54,18(39,67)	2.32,71(38,53)	
12	Martin Bråthen	95	Kolbotn IL	2.33,18	365
	37,45(37,45)	1.15,59(38,14)		2.33,18(1.17,59)	
13	Mathias Hammer	95	Kongstensvømmerne	2.34,12	359
	35,93(35,93)	1.15,30(39,37)	1.55,36(40,06)	2.34,12(38,76)	
14	Gard Ruben Fauske	95	Lørenskog/Rælingen	2.40,54	317
	36,74(36,74)	1.18,14(41,40)	2.00,83(42,69)	2.40,54(39,71)	
15	Daniel Johansen	95	Kongstensvømmerne	2.43,28	302
	37,82(37,82)	1.19,37(41,55)	2.02,68(43,31)	2.43,28(40,60)	
16	Morten Hansen	95	Lørenskog/Rælingen	2.43,70	299
	38,70(38,70)		2.03,41(1.24,71)	2.43,70(40,29)	
17	Anders Erichsen Torvanger	95	Lambertseter SK	2.45,31	291
	37,95(37,95)	1.19,64(41,69)	2.02,92(43,28)	2.45,31(42,39)	
18	Emil Baardseth	95	Skjetten Svømming	2.48,39	275
	38,46(38,46)	1.21,05(42,59)		2.48,39(1.27,34)	
19	Eirik Nilsen	95	Ski SK	2.48,90	273
	39,62(39,62)	1.21,68(42,06)	2.05,73(44,05)	2.48,90(43,17)	
20	Thomas Frogner	95	Moss SK	2.49,40	270
	38,80(38,80)	1.22,08(43,28)	2.06,28(44,20)	2.49,40(43,12)	
21	Nicholas Verula Braaten	95	Sarpsborg IL	3.02,54	216
	42,69(42,69)	1.30,17(47,48)	2.17,50(47,33)	3.02,54(45,04)	

### Øvelse 21. 100m bryst, jenter - født 1999

1p	Emma Augustsson	99	Skjetten Svømming	1.31,95	349
	44,47(44,47)	1.31,95(47,48)			
2p	Marte Løvberg	99	Lambertseter SK	1.32,06	347

	44,41(44,41)	1.32,06(47,65)			
3p	Aleksandra Røys Stranden 46,73(46,73)	99	Asker SK	1.39,74	273
4	Solveig Waterloo Dybvik 48,46(48,46)	99	Gjøvik SK	1.44,68	236
5	Sara Døving Agdestein 50,88(50,88)	99	Asker SK	1.45,27	232
6	Moira Reinholdt Belsvik 50,38(50,38)	99	Oslo IL	1.46,09	227
7	June Urdahl Kvalheim 52,11(52,11)	99	Oslo IL	1.49,16	208
8	Erle Gjestad 53,30(53,30)	99	Oslo IL	1.50,74	200
9	Hedda Øritsland 53,96(53,96)	99	Bærumsvømmerne	1.52,36	191
10	Rebekka Lund Danielsen 57,70(57,70)	99	Oslo IL	1.58,37	163
11	Mari Solemslie Sæther 57,23(57,23)	99	Bærumsvømmerne	1.59,76	158
12	Sofie Karlstad 58,50(58,50)	99	Skjetten Svømming	2.01,27	152

### Øvelse 22. 100m bryst, gutter - født 1999

1p	Markus Woxholt 50,19(50,19)	99	SK Speed	1.44,82	166
2p	Erling Syversveen Lie 49,55(49,55)	99	Bærumsvømmerne	1.45,84	161
3p	Sondre Wikberg 51,39(51,39)	99	Oslo IL	1.47,69	153
4	Floyd Mathias Guldhav 53,36(53,36)	99	Kolbotn IL	1.53,17	132
5	Edvard Berger 57,70(57,70)	99	Haldens SK	2.00,08	110
6	Eivind Løkstad 59,15(59,15)	99	Lørenskog/Rælingen	2.06,70	94
7	Joshua Welschof 59,66(59,66)	99	Oslo IL	2.06,94	93

### Øvelse 23. 200m bryst, jenter - født 1998

1p	Anna Margrethe Søfteland 42,45(42,45)	98	Sarpsborg IL 2.18,29(48,61)	3.06,11(47,82)	416
2p	Natalie Kosiander 43,39(43,39)	98	Eidsvoll SK 2.19,71(48,73)	3.07,01(47,30)	410
3p	Caroline Sofia Rosmo 43,04(43,04)	98	Lambertseter SK 2.20,01(48,98)	3.08,42(48,41)	400
4	Hanna Louise Berge 42,38(42,38)	98	SK Speed 2.19,99(49,46)	3.09,60(49,61)	393
5	Silje Poll Mikkelborg 44,60(44,60)	98	Skjetten Svømming 2.24,94(50,31)	3.14,43(49,49)	364
6	Celia Lie Storstad	98	Ski SK	3.14,74	363

	44,14(44,14)	1.33,98(49,84)	2.24,51(50,53)	3.14,74(50,23)	
7	Thea Kristine Nord 45,33(45,33)	98 1.36,71(51,38)	Kolbotn IL 2.28,30(51,59)	3.17,40 3.17,40(49,10)	348
8	Marthe Ø. Dalan 46,07(46,07)	98 1.37,51(51,44)	Asker SK 2.29,52(52,01)	3.21,40 3.21,40(51,88)	328
9	Amalie Ottesen 45,17(45,17)	98 1.36,81(51,64)	Kolbotn IL 2.29,88(53,07)	3.22,13 3.22,13(52,25)	324
10	Tine Herdal 46,65(46,65)	98 1.38,03(51,38)	Skjetten Svømming 2.30,86(52,83)	3.24,20 3.24,20(53,34)	315
11	Aurora Kamnes 47,74(47,74)	98 1.40,25(52,51)	Lørenskog/Rælingen 2.34,16(53,91)	3.25,81 3.25,81(51,65)	307
12	Karin Berg 47,03(47,03)	98 1.39,70(52,67)	Skjetten Svømming 2.32,83(53,13)	3.25,83 3.25,83(53,00)	307
13	Inger-Ane Sætra Schefte 48,39(48,39)	98 1.41,17(52,78)	Kolbotn IL 2.34,19(53,02)	3.27,21 3.27,21(53,02)	301
14	Celin Eliassen 49,28(49,28)	98 1.41,81(52,53)	Kongstenvømmerne 2.35,68(53,87)	3.28,93 3.28,93(53,25)	294
15	Synne Thurmer 50,04(50,04)	98 1.44,89(54,85)	Asker SK 2.40,62(55,73)	3.35,70 3.35,70(55,08)	267
16	Siri Ann Markeng 48,25(48,25)	98 1.42,89(54,64)	SK Speed 2.39,88(56,99)	3.35,79 3.35,79(55,91)	267
17	Katinka Johanne Holmerud 49,57(49,57)	98 1.44,55(54,98)	Lørenskog/Rælingen 2.40,97(56,42)	3.36,27 3.36,27(55,30)	265
18	Maren Erichsen Torvanger 49,90(49,90)	98 1.46,51(56,61)	Lambertseter SK 2.43,63(57,12)	3.38,45 3.38,45(54,82)	257
19	Maud Brandtzæg 45,77(45,77)	98 1.42,88(57,11)	Lørenskog/Rælingen 2.40,94(58,06)	3.38,74 3.38,74(57,80)	256
20	Karina Davidsen 49,69(49,69)	98 1.45,63(55,94)	Lambertseter SK 2.42,66(57,03)	3.38,97 3.38,97(56,31)	255
21	Amalie S. Skagen 50,65(50,65)	98 1.47,13(56,48)	Haldens SK 2.45,01(57,88)	3.41,92 3.41,92(56,91)	245
22	Anette Sommeling 52,85(52,85)	98 1.51,82(58,97)	Lørenskog/Rælingen 2.50,99(59,17)	3.48,43 3.48,43(57,44)	225
23	Susanne Utgård 52,49(52,49)	98 1.51,17(58,68)	Ski SK 2.49,69(58,52)	3.48,65 3.48,65(58,96)	224
24	Solveig Jørgensen Mohr 53,21(53,21)	98 1.52,06(58,85)	Asker SK 2.51,20(59,14)	3.50,09 3.50,09(58,89)	220
25	Madeleine Bakkejord 51,67(51,67)	98 1.51,35(59,68)	Lørenskog/Rælingen 2.51,93(1.00,58)	3.53,33 3.53,33(1.01,40)	211
26	Olivia Essebo 55,02(55,02)	98 1.55,58(1.00,56)	Bærumsvømmerne 2.55,89(1.00,31)	3.55,96 3.55,96(1.00,07)	204
27	Madeleine Nesteby 54,82(54,82)	98 1.56,47(1.01,65)	Bærumsvømmerne 2.59,38(1.02,91)	4.00,61 4.00,61(1.01,23)	192
28	Mari Fjellestad 54,33(54,33)	98 1.56,30(1.01,97)	Skjetten Svømming 2.59,47(1.03,17)	4.02,43 4.02,43(1.02,96)	188
29	Merethe P. Granli 56,73(56,73)	98 1.59,65(1.02,92)	SK Speed 3.03,13(1.03,48)	4.03,40 4.03,40(1.00,27)	186
30	Marie Øseth 56,60(56,60)	98 2.00,39(1.03,79)	Lambertseter SK 3.04,93(1.04,54)	4.08,65 4.08,65(1.03,72)	174
31	Benedikte Marie Sjøberg 58,65(58,65)	98 2.05,02(1.06,37)	Sarpsborg IL 3.12,05(1.07,03)	4.17,73 4.17,73(1.05,68)	156
32	Pernille Fritsvold 58,54(58,54)	98 2.05,32(1.06,78)	Kolbotn IL 3.12,74(1.07,42)	4.19,36 4.19,36(1.06,62)	154

## Øvelse 24. 200m bryst, gutter - født 1998

1p	Mikolaj "Miko" Dobies	98	Lambertseter SK	3.06,06	297
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	41,72(41,72)	1.29,97(48,25)	2.19,40(49,43)	3.06,06(46,66)	
2p	Njål Kolberg Olsen 43,67(43,67)	98 1.30,56(46,89)	Kongstensvømmerne 2.19,84(49,28)	3.06,44 3.06,44(46,60)	296
3p	Sebastian Ivan Hansen 44,38(44,38)	98 1.32,35(47,97)	Gjøvik SK 2.21,06(48,71)	3.08,53 3.08,53(47,47)	286
4	Thomas Latini 46,58(46,58)	98 1.39,95(53,37)	Kolbotn IL 2.34,22(54,27)	3.28,07 3.28,07(53,85)	213
5	Fridtjof Mørk 48,16(48,16)	98 1.41,96(53,80)	Lambertseter SK 2.36,57(54,61)	3.29,88 3.29,88(53,31)	207
6	Jan Fredrik Halvorsen 50,89(50,89)	98 1.46,87(55,98)	Skjetten Svømming 2.41,67(54,80)	3.35,97 3.35,97(54,30)	190
7	Theodor Hystad 50,36(50,36)	98 1.46,57(56,21)	Sarpsborg IL 2.43,97(57,40)	3.38,17 3.38,17(54,20)	184
8	Viktor Husø Richardsen 51,40(51,40)	98 1.49,83(58,43)	Lambertseter SK 2.49,06(59,23)	3.47,80 3.47,80(58,74)	162
9	Ole Jørgen Vastveit 52,71(52,71)	98 1.51,33(58,62)	Sarpsborg IL 2.50,82(59,49)	3.48,60 3.48,60(57,78)	160
10	Jesper Lund Pettersson 53,19(53,19)	98 1.52,93(59,74)	Haldens SK 2.53,01(1.00,08)	3.51,16 3.51,16(58,15)	155
11	Jonas Gulla 53,56(53,56)	98 1.55,42(1.01,86)	Kolbotn IL 2.57,45(1.02,03)	3.56,77 3.56,77(59,32)	144
12	Henrik Winther Pedersen 55,71(55,71)	98 1.56,28(1.00,57)	Kolbotn IL 2.57,70(1.01,42)	3.58,56 3.58,56(1.00,86)	141
13	Martin Nyenget Løvberg 54,74(54,74)	98 1.57,84(1.03,10)	Bærumsvømmerne 3.00,00(1.02,16)	4.01,17 4.01,17(1.01,17)	137
14	Eirik Walle 1.03,52(1.03,52)	98 2.16,49(1.12,97)	Lørenskog/Rælingen 3.28,06(1.11,57)	4.38,17 4.38,17(1.10,11)	89

## Øvelse 25. 200m bryst, jenter - født 1997

1p	Majken Antonie Smith 39,62(39,62)	97 1.22,57(42,95)	Asker SK 2.06,77(44,20)	2.51,19 2.51,19(44,42)	534
2p	Lotte Stubdal 41,70(41,70)	97 1.28,15(46,45)	Lambertseter SK 2.15,20(47,05)	3.02,10 3.02,10(46,90)	444
3p	Rebecca Karlsson 42,72(42,72)	97 1.29,06(46,34)	Gjøvik SK 2.16,49(47,43)	3.02,61 3.02,61(46,12)	440
4	Elise Næss Olsen 41,42(41,42)	97 1.28,40(46,98)	Asker SK 2.17,09(48,69)	3.03,38 3.03,38(46,29)	434
5	Marie Kristine Hartvedt Eide 42,26(42,26)	97 1.29,84(47,58)	Oslo IL 2.17,87(48,03)	3.03,77 3.03,77(45,90)	432
6	Line Henanger 42,87(42,87)	97 1.31,15(48,28)	Lambertseter SK 2.20,25(49,10)	3.08,15 3.08,15(47,90)	402
7	Ida Amalie Myhr 42,48(42,48)	97 1.30,90(48,42)	Lambertseter SK 2.20,84(49,94)	3.10,68 3.10,68(49,84)	386
8	Helene Hafsrød Fredriksen 46,78(46,78)	97 1.37,85(51,07)	Halden SK 2.29,70(51,85)	3.20,99 3.20,99(51,29)	330
9	Ada Avlund 46,27(46,27)	97 1.37,56(51,29)	Lambertseter SK 2.29,51(51,95)	3.21,11 3.21,11(51,60)	329
10	Helene Joyce Nilssen 45,88(45,88)	97 1.37,23(51,35)	Kolbotn IL 2.28,87(51,64)	3.21,49 3.21,49(52,62)	327
11	Maren Kagnes Grobe 45,61(45,61)	97 1.36,78(51,17)	Lørenskog/Rælingen 2.29,03(52,25)	3.21,92 3.21,92(52,89)	325
12	Skjæveland Elise 47,30(47,30)	97 1.38,24(50,94)	Ullensakersvømmerne 2.30,25(52,01)	3.22,52 3.22,52(52,27)	322
13	Karla Ruud 47,15(47,15)	97 1.38,85(51,70)	Lambertseter SK 2.31,58(52,73)	3.22,99 3.22,99(51,41)	320
14	Emilie Nilsen Solheim	97	Lambertseter SK	3.24,97	311

	46,94(46,94)	1.38,52(51,58)	2.31,99(53,47)	3.24,97(52,98)	
15	Frida Kristensen 46,45(46,45)	97 1.38,66(52,21)	Kolbotn IL 2.31,64(52,98)	3.25,38 3.25,38(53,74)	309
16	Kamilla Helene Øverås 47,51(47,51)	97 1.40,75(53,24)	Lørenskog/Rælingen 2.33,48(52,73)	3.25,48 3.25,48(52,00)	309
17	Mina Langrud Sletten 47,77(47,77)	97 1.40,69(52,92)	Gjelleråsen IF 2.34,59(53,90)	3.27,66 3.27,66(53,07)	299
18	Sunniva Feng Høyer 49,22(49,22)	97 1.41,98(52,76)	Asker SK 2.35,30(53,32)	3.28,57 3.28,57(53,27)	295
19	Tove Frøberg 48,10(48,10)	97 1.41,78(53,68)	Asker SK 2.36,17(54,39)	3.28,71 3.28,71(52,54)	295
20	Natalia Harackiewicz 47,21(47,21)	97 1.40,77(53,56)	Haldens SK 2.35,96(55,19)	3.30,41 3.30,41(54,45)	288
21	Thea Sagen 47,77(47,77)	97 1.41,73(53,96)	Oslo IL 2.37,46(55,73)	3.33,81 3.33,81(56,35)	274
22	Vilje Mohagen 47,78(47,78)	97 1.42,06(54,28)	Skjetten Svømming 2.38,10(56,04)	3.34,42 3.34,42(56,32)	272
23	Mathilde Siggerud Borch 48,38(48,38)	97 1.45,61(57,23)	Sarpsborg IL 2.44,41(58,80)	3.41,44 3.41,44(57,03)	247
24	Sofie Forsstrøm 48,85(48,85)	97 1.46,06(57,21)	Haldens SK 2.45,14(59,08)	3.44,06 3.44,06(58,92)	238

## Øvelse 26. 200m bryst, gutter - født 1997

1p	Fredrik Løvberg 38,18(38,18)	97 1.21,08(42,90)	Lambertseter SK 2.05,23(44,15)	2.49,55 2.49,55(44,32)	393
2p	Mads Henry Steinland 39,53(39,53)	97 1.25,89(46,36)	Bærumsvømmerne 2.13,57(47,68)	3.01,78 3.01,78(48,21)	319
3p	Ulrik Rasch Bakke 42,84(42,84)	97 1.30,17(47,33)	Elverum Svømming 2.17,89(47,72)	3.06,14 3.06,14(48,25)	297
4	Ole Marius Bunæs 43,22(43,22)	97 1.31,91(48,69)	Haldens SK 2.19,47(47,56)	3.06,31 3.06,31(46,84)	296
5	Nils Lervik 42,68(42,68)	97 1.31,13(48,45)	Asker SK 2.21,54(50,41)	3.11,79 3.11,79(50,25)	272
6	Truls Petter Muller 43,98(43,98)	97 1.33,86(49,88)	Bærumsvømmerne 2.24,09(50,23)	3.14,34 3.14,34(50,25)	261
7	Sivert Marius Skarning 43,57(43,57)	97 1.34,15(50,58)	Sarpsborg IL 2.25,92(51,77)	3.14,64 3.14,64(48,72)	260
8	Tinus Flagstad 44,73(44,73)	97 1.34,56(49,83)	Asker SK 2.25,00(50,44)	3.15,19 3.15,19(50,19)	258
9	Jonas Hagmansen 44,91(44,91)	97 1.35,53(50,62)	SK Speed 2.27,27(51,74)	3.17,28 3.17,28(50,01)	249
10	Marius Nygaard 44,88(44,88)	97 1.35,86(50,98)	Lambertseter SK 2.27,17(51,31)	3.17,48 3.17,48(50,31)	249
11	Kristoffer Soot 44,35(44,35)	97 1.35,28(50,93)	Ski SK 2.27,28(52,00)	3.17,95 3.17,95(50,67)	247
12	Håkon Werner Vyrje 43,07(43,07)	97 1.33,56(50,49)	Askimsvømmerne 2.27,07(53,51)	3.18,62 3.18,62(51,55)	244
13	Eirik Helgaker 45,52(45,52)	97 1.36,27(50,75)	Oslo IL 2.28,39(52,12)	3.19,83 3.19,83(51,44)	240
14	Daniel Gabrielsen 46,15(46,15)	97 1.36,62(50,47)	Sarpsborg IL 2.28,89(52,27)	3.19,89 3.19,89(51,00)	240
15	Juel Petter Bergseth 46,70(46,70)	97 1.38,07(51,37)	Haldens SK 2.29,90(51,83)	3.21,92 3.21,92(52,02)	233
16	Martin Hjelmstad 44,76(44,76)	97 1.36,57(51,81)	Skjetten Svømming 2.30,26(53,69)	3.23,83 3.23,83(53,57)	226
17	Arjan Nilsen	97	Ski SK	3.26,23	218

	48,63(48,63)	1.41,41(52,78)	2.34,88(53,47)	3.26,23(51,35)	
18	Soufian Boukili	97	SK Speed	3.27,51	214
	48,34(48,34)	1.41,73(53,39)	2.34,32(52,59)	3.27,51(53,19)	
19	Fløgstad Ole-Mikal	97	Ullensakersvømmerne	3.27,64	214
	46,57(46,57)	1.39,31(52,74)	2.34,07(54,76)	3.27,64(53,57)	
20	Erik Torp Myhre	97	SK Speed	3.34,02	195
	50,42(50,42)	1.45,46(55,04)	2.41,13(55,67)	3.34,02(52,89)	
21	Simen Kvien	97	SK Speed	3.44,26	170
	50,80(50,80)	1.47,53(56,73)	2.45,75(58,22)	3.44,26(58,51)	
22	Erlend Lystad Karlsen	97	Hamar IL	3.45,38	167
	49,11(49,11)	1.45,05(55,94)	2.44,79(59,74)	3.45,38(1.00,59)	
23	Peter F. Mortensen	97	Kolbotn IL	3.53,79	150
	51,84(51,84)	1.52,58(1.00,74)	2.54,53(1.01,95)	3.53,79(59,26)	
24	Ole Christian Gandrud	97	Sarpsborg IL	4.01,09	137
	52,78(52,78)	1.54,24(1.01,46)	2.59,64(1.05,40)	4.01,09(1.01,45)	

### Øvelse 27. 200m bryst, jenter - født 1996

1p	Malene Pedersen	96	Lambertseter SK	2.47,30	572
	39,05(39,05)	1.20,96(41,91)	2.04,13(43,17)	2.47,30(43,17)	
2p	Stina Victoria Nordberg	96	Oslo IL	2.53,75	511
	38,96(38,96)	1.23,23(44,27)	2.08,62(45,39)	2.53,75(45,13)	
3p	Signy Undine Weisz	96	Oslo IL	2.58,37	472
	40,94(40,94)	1.26,64(45,70)	2.12,76(46,12)	2.58,37(45,61)	
4	Eline Swensen	96	Ski SK	3.03,83	431
	41,65(41,65)	1.28,70(47,05)	2.16,57(47,87)	3.03,83(47,26)	
5	Anna Finstad	96	Lambertseter SK	3.05,02	423
	41,99(41,99)	1.28,58(46,59)	2.16,54(47,96)	3.05,02(48,48)	
6	Vår Søgaard	96	Lambertseter SK	3.05,25	421
	41,99(41,99)	1.28,71(46,72)	2.16,91(48,20)	3.05,25(48,34)	
7	Pia Irgens Isaksen	96	Skjetten Svømming	3.06,70	412
	42,53(42,53)	1.29,66(47,13)	2.17,93(48,27)	3.06,70(48,77)	
8	Klara Farkas	96	Lørenskog/Rælingen	3.07,37	407
	42,78(42,78)	1.30,35(47,57)	2.18,20(47,85)	3.07,37(49,17)	
9	Helene Strømnes	96	Kongstensvømmerne	3.08,44	400
	41,84(41,84)	1.29,90(48,06)	2.19,86(49,96)	3.08,44(48,58)	
10	Amanda Essebo	96	Bærumsvømmerne	3.08,69	399
	43,02(43,02)	1.31,86(48,84)	2.20,38(48,52)	3.08,69(48,31)	
11	Therese Pettersen	96	Skjetten Svømming	3.10,07	390
	43,81(43,81)	1.32,24(48,43)	2.21,59(49,35)	3.10,07(48,48)	
12	Marie Eugenie Edvardsen	96	Lørenskog/Rælingen	3.10,82	386
	43,99(43,99)	1.33,06(49,07)	2.22,24(49,18)	3.10,82(48,58)	
13	Ronja Thoresen	96	Ski SK	3.11,78	380
	41,99(41,99)	1.29,76(47,77)	2.20,33(50,57)	3.11,78(51,45)	
14	Nehna-Louise Møller-Pettersen	96	Oslo IL	3.11,84	379
	44,05(44,05)	1.32,70(48,65)	2.22,40(49,70)	3.11,84(49,44)	
15	Andrea Olvin	96	Lambertseter SK	3.19,52	337
	45,60(45,60)	1.37,38(51,78)	2.29,51(52,13)	3.19,52(50,01)	
16	Ada Emilie Bekk Berggren	96	Lambertseter SK	3.20,14	334
	45,47(45,47)	1.37,29(51,82)	2.29,67(52,38)	3.20,14(50,47)	
17	Christine Tuyen Tran Thanh	96	Lørenskog/Rælingen	3.23,98	316
	46,58(46,58)	1.37,93(51,35)	2.30,18(52,25)	3.23,98(53,80)	
18	Silje Moum	96	Kongstensvømmerne	3.24,20	315
	45,55(45,55)	1.37,73(52,18)	2.31,77(54,04)	3.24,20(52,43)	
19	Pernille Skavang	96	Asker SK	3.26,08	306
	46,24(46,24)	1.38,80(52,56)	2.32,45(53,65)	3.26,08(53,63)	
20	Elin Emilie Haglund	96	Sarpsborg IL	3.27,12	301

	46,27(46,27)	1.38,64(52,37)	2.33,00(54,36)	3.27,12(54,12)	
21	Hege Stærli 47,59(47,59)	96 1.39,98(52,39)	Kolbotn IL 2.34,38(54,40)	3.29,65 3.29,65(55,27)	291
22	Karen Piene Fløtaker 48,09(48,09)	96 1.42,88(54,79)	Oslo IL 2.37,28(54,40)	3.33,20 3.33,20(55,92)	276
23	Susanne Holm Røed 48,55(48,55)	96 1.43,84(55,29)	SK Speed 2.41,65(57,81)	3.40,22 3.40,22(58,57)	251
24	Trude K. Johannessen 47,72(47,72)	96 1.44,94(57,22)	Kongstensvømmerne 2.44,69(59,75)	3.43,62 3.43,62(58,93)	240

### Øvelse 28. 200m bryst, gutter - født 1996

1p	Grunde Myhrer 35,05(35,05)	96 1.15,23(40,18)	Oslo IL 1.57,13(41,90)	2.40,36 2.40,36(43,23)	464
2p	Mathias Thorkildsen 36,37(36,37)	96 1.17,71(41,34)	Bærumsvømmerne 1.59,74(42,03)	2.42,85 2.42,85(43,11)	444
3p	Bendik Søfteland 35,86(35,86)	96 1.17,57(41,71)	Sarpsborg IL 2.01,54(43,97)	2.44,96 2.44,96(43,42)	427
4	Armin Porobic 38,11(38,11)	96 1.21,76(43,65)	Lambertseter SK 2.05,41(43,65)	2.49,07 2.49,07(43,66)	396
5	Henrik Christiansen 38,64(38,64)	96 1.22,29(43,65)	Skjetten Svømming 2.06,18(43,89)	2.50,25 2.50,25(44,07)	388
6	Sigve Ekeli Nystuen 39,26(39,26)	96 1.23,18(43,92)	Asker SK 2.08,00(44,82)	2.52,48 2.52,48(44,48)	373
7	Philip Solheim 39,14(39,14)	96 1.23,68(44,54)	Sarpsborg IL 2.10,72(47,04)	2.55,18 2.55,18(44,46)	356
8	Steven Knutsson 39,03(39,03)	96 1.23,54(44,51)	Kongstensvømmerne 2.09,25(45,71)	2.55,27 2.55,27(46,02)	356
9	Kristoffer Rosmo 38,85(38,85)	96 1.23,67(44,82)	Lambertseter SK 2.10,15(46,48)	2.56,07 2.56,07(45,92)	351
10	Knut Oscar Skipperud 40,89(40,89)	96 1.26,98(46,09)	Askimsvømmerne 2.12,65(45,67)	2.57,25 2.57,25(44,60)	344
11	Henrik Flood Kvien 40,87(40,87)	96 1.26,07(45,20)	SK Speed 2.11,83(45,76)	2.57,35 2.57,35(45,52)	343
12	Kai Arne Schröder Myklebust 38,95(38,95)	96 1.24,55(45,60)	Bærumsvømmerne 2.11,23(46,68)	2.57,61 2.57,61(46,38)	342
13	Jacob Wilhelm Berger 41,26(41,26)	96 1.29,32(48,06)	Haldens SK 2.15,55(46,23)	3.01,09 3.01,09(45,54)	323
14	David Engen 39,55(39,55)	96 1.26,02(46,47)	Haldens SK 2.14,00(47,98)	3.02,60 3.02,60(48,60)	315
15	Morgan Boe Johansen 41,06(41,06)	96 1.28,43(47,37)	Skjetten Svømming 2.15,53(47,10)	3.02,76 3.02,76(47,23)	314
16	Arman Balic 41,33(41,33)	96 1.28,80(47,47)	Kongstensvømmerne 2.16,70(47,90)	3.03,86 3.03,86(47,16)	308
17	Daniel Getachew Nesbø 42,55(42,55)	96 1.29,50(46,95)	Skjetten Svømming 2.17,33(47,83)	3.05,38 3.05,38(48,05)	301
18	Jonas Torgersen Nilsen 42,58(42,58)	96 1.30,84(48,26)	Hamar IL 2.19,26(48,42)	3.05,44 3.05,44(46,18)	300
19	Akshay Nayee 42,22(42,22)	96 1.30,95(48,73)	Kongstensvømmerne 2.22,05(51,10)	3.10,38 3.10,38(48,33)	278
20	Henrik Syversveen Lie 43,26(43,26)	96 1.31,86(48,60)	Bærumsvømmerne 2.21,99(50,13)	3.11,29 3.11,29(49,30)	274
21	Eirik Rugsveen 44,44(44,44)	96 1.34,45(50,01)	Elverum Svømming 2.24,70(50,25)	3.14,75 3.14,75(50,05)	259
22	Petter Eriksen 44,63(44,63)	96 1.34,79(50,16)	Moss SK 2.25,30(50,51)	3.15,90 3.15,90(50,60)	255
23	Henrik Kristiansen	96	Kolbotn IL	3.23,02	229

24	Alexander H. Widnes	46,46(46,46) 47,17(47,17)	1.38,38(51,92) 1.39,35(52,18)	96	Kongstensvømmerne	2.30,93(52,55) 2.32,93(53,58)	3.23,02(52,09) 3.25,79(52,86)	220
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### Øvelse 29. 200m bryst, jenter - født 1995

1p	Rikke Nagell		95	Asker SK	2.45,90	587
	37,91(37,91)	1.19,88(41,97)		2.03,10(43,22)	2.45,90(42,80)	
2p	Mari Louise Nerdrum		95	Asker SK	2.50,23	543
	38,70(38,70)	1.21,82(43,12)		2.05,36(43,54)	2.50,23(44,87)	
3p	Emilie Nyenget Løvberg		95	Bærumsvømmerne	2.51,45	532
	39,12(39,12)	1.23,19(44,07)		2.07,24(44,05)	2.51,45(44,21)	
4	Mette Mellbye Larsen		95	Asker SK	2.53,29	515
	39,02(39,02)	1.22,89(43,87)		2.08,09(45,20)	2.53,29(45,20)	
5	Rebecca Holth Clasen		95	Lørenskog/Rælingen	2.59,51	463
	40,40(40,40)	1.26,02(45,62)		2.12,40(46,38)	2.59,51(47,11)	
6	Oda Kristiane Almgren Lind		95	Oslo IL	3.00,62	455
	40,38(40,38)	1.26,16(45,78)		2.13,21(47,05)	3.00,62(47,41)	
7	Marte K. Bolstad		95	Asker SK	3.01,02	452
	41,14(41,14)	1.26,09(44,95)		2.12,95(46,86)	3.01,02(48,07)	
8	Emilie Gjølme Voigt		95	Asker SK	3.01,69	447
	40,69(40,69)	1.26,90(46,21)		2.14,21(47,31)	3.01,69(47,48)	
9	Sara Boukili		95	SK Speed	3.02,36	442
	40,22(40,22)	1.26,04(45,82)		2.13,51(47,47)	3.02,36(48,85)	
10	Andrine Davidsen		95	Lambertseter SK	3.05,52	420
	41,62(41,62)	1.28,47(46,85)		2.16,98(48,51)	3.05,52(48,54)	
11	Elina Marie Øverås		95	Lørenskog/Rælingen	3.07,77	405
	42,33(42,33)	1.31,26(48,93)		2.19,74(48,48)	3.07,77(48,03)	
12	Andrea Barstad Westbye		95	Bærumsvømmerne	3.08,49	400
	43,23(43,23)	1.31,63(48,40)		2.20,69(49,06)	3.08,49(47,80)	
13	Marie Svensson		95	Skjetten Svømming	3.08,55	400
	42,55(42,55)	1.31,07(48,52)		2.20,06(48,99)	3.08,55(48,49)	
14	Helle Backer		95	Bærumsvømmerne	3.09,34	395
	42,98(42,98)	1.31,57(48,59)		2.20,48(48,91)	3.09,34(48,86)	
15	Eirin Avlund		95	Lambertseter SK	3.10,68	386
	43,70(43,70)	1.32,82(49,12)		2.21,61(48,79)	3.10,68(49,07)	
16	Stine Bergan		95	Asker SK	3.11,34	382
	43,38(43,38)	1.32,13(48,75)		2.21,91(49,78)	3.11,34(49,43)	
17	Hedda Skarning		95	Sarpsborg IL	3.11,92	379
	44,19(44,19)	1.32,54(48,35)		2.22,26(49,72)	3.11,92(49,66)	
18	Kaja Sandstrand		95	Oslo IL	3.12,99	373
	42,94(42,94)	1.31,64(48,70)		2.22,01(50,37)	3.12,99(50,98)	
19	Marion Ekroll Bårdli		95	Moss SK	3.13,32	371
	43,76(43,76)	1.33,25(49,49)		2.23,01(49,76)	3.13,32(50,31)	
20	Anne Kristin McLaren Berge		95	Asker SK	3.14,55	364
	43,68(43,68)	1.32,72(49,04)		2.23,76(51,04)	3.14,55(50,79)	
21	Sara Elisabeth Arnesen Haugen		95	Kongstensvømmerne	3.21,50	327
	44,34(44,34)	1.35,80(51,46)		2.28,75(52,95)	3.21,50(52,75)	
22	Gina Struksnæs Sand		95	Ski SK	3.24,59	313
	45,45(45,45)	1.37,86(52,41)		2.31,47(53,61)	3.24,59(53,12)	
23	Rebekka Wiik Eckhoff		95	Bærumsvømmerne	3.25,21	310
	45,54(45,54)	1.37,99(52,45)		2.31,46(53,47)	3.25,21(53,75)	

### Øvelse 30. 200m bryst, gutter - født 1995

1p	Jarl Andre Bergsvenkerud	95	Lørenskog/Rælingen	2.33,63	528
	34,68(34,68)	1.15,68(41,00)	1.54,16(38,48)	2.33,63(39,47)	
2p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	2.44,12	433
	37,18(37,18)	1.19,39(42,21)	2.02,21(42,82)	2.44,12(41,91)	
3p	Tord Gunnar Fjeld	95	Hamar IL	2.48,39	401
	38,33(38,33)	1.21,28(42,95)	2.04,12(42,84)	2.48,39(44,27)	
4	Erik Tobias Sollesnes	95	Kolbotn IL	2.49,28	395
	38,90(38,90)	1.21,70(42,80)	2.05,46(43,76)	2.49,28(43,82)	
5	Iver Hvidsten	95	Bærumsvømmerne	2.50,71	385
	38,53(38,53)	1.21,82(43,29)	2.06,15(44,33)	2.50,71(44,56)	
6	Jørgen Gundersen	95	Skjetten Svømming	2.51,52	380
	38,93(38,93)	1.22,46(43,53)	2.07,32(44,86)	2.51,52(44,20)	
7	Anders Erichsen Torvanger	95	Lambertseter SK	2.51,73	378
	37,62(37,62)	1.21,21(43,59)	2.06,14(44,93)	2.51,73(45,59)	
8	Andreas Severin Bunæs	95	Haldens SK	2.51,87	377
	38,30(38,30)	1.21,41(43,11)	2.05,93(44,52)	2.51,87(45,94)	
9	Johann David Ørbeck	95	Asker SK	2.54,32	362
	38,24(38,24)	1.22,58(44,34)	2.08,61(46,03)	2.54,32(45,71)	
10	Jakob Bernstein	95	Bærumsvømmerne	2.56,75	347
	40,42(40,42)	1.26,28(45,86)	2.12,42(46,14)	2.56,75(44,33)	
11	Morten Hansen	95	Lørenskog/Rælingen	2.59,45	331
	40,79(40,79)	1.27,14(46,35)	2.14,17(47,03)	2.59,45(45,28)	
12	Martin Næss Kjølholdt	95	Kolbotn IL	3.01,91	318
	41,51(41,51)	1.27,47(45,96)	2.14,18(46,71)	3.01,91(47,73)	
13	Gard Ruben Fauske	95	Lørenskog/Rælingen	3.02,24	316
	41,82(41,82)	1.28,23(46,41)	2.14,80(46,57)	3.02,24(47,44)	
14	Thomas Frogner	95	Moss SK	3.03,55	310
	41,15(41,15)	1.28,57(47,42)	2.16,33(47,76)	3.03,55(47,22)	
15	Paul Henrik Devenish Andreassen	95	Kongstensvømmerne	3.06,74	294
	41,80(41,80)	1.29,07(47,27)	2.17,52(48,45)	3.06,74(49,22)	
16	Martin Bråthen	95	Kolbotn IL	3.07,96	288
	42,89(42,89)	1.30,49(47,60)	2.18,91(48,42)	3.07,96(49,05)	
17	Eirik Nilsen	95	Ski SK	3.10,04	279
	42,30(42,30)	1.30,49(48,19)	2.20,82(50,33)	3.10,04(49,22)	
18	Mathias Hammer	95	Kongstensvømmerne	3.11,43	273
	41,33(41,33)	1.30,18(48,85)	2.20,93(50,75)	3.11,43(50,50)	
19	Daniel Johansen	95	Kongstensvømmerne	3.12,13	270
	44,04(44,04)	1.34,90(50,86)	2.24,43(49,53)	3.12,13(47,70)	
20	Nicholas Verula Braaten	95	Sarpsborg IL	3.19,80	240
	45,37(45,37)	1.35,70(50,33)	2.27,83(52,13)	3.19,80(51,97)	
21	Emil Baardseth	95	Skjetten Svømming	3.28,36	212
	46,49(46,49)	1.39,45(52,96)	2.33,79(54,34)	3.28,36(54,57)	

### Øvelse 31. 50m butterfly, jenter - født 1999

1p	Emma Augustsson	99	Skjetten Svømming	36,19	344
2p	Marte Løvberg	99	Lambertseter SK	37,12	319
3p	Aleksandra Røys Stranden	99	Asker SK	41,98	220
4	June Urdahl Kvalheim	99	Oslo IL	42,51	212
5	Sara Døving Agdestein	99	Asker SK	42,65	210
6	Solveig Waterloo Dybvik	99	Gjøvik SK	42,72	209
7	Hedda Øritsland	99	Bærumsvømmerne	44,11	190
8	Mari Solemslie Sæther	99	Bærumsvømmerne	47,25	155
9	Rebekka Lund Danielsen	99	Oslo IL	49,46	135

10	Sofie Karlstad	99	Skjetten Svømming	52,88	110
11	Moira Reinholdt Belsvik	99	Oslo IL	54,22	102

### Øvelse 32. 50m butterfly, gutter - født 1999

1p	Erling Syversveen Lie	99	Bærumsvømmerne	39,70	182
2p	Markus Woxholt	99	SK Speed	40,08	177
3p	Edvard Berger	99	Haldens SK	43,34	140
4	Sondre Wikberg	99	Oslo IL	46,46	114
5	Floyd Mathias Guldhav	99	Kolbotn IL	46,81	111
6	Eivind Løkstad	99	Lørenskog/Rælingen	51,88	82
7	Joshua Welschof	99	Oslo IL	52,74	78

### Øvelse 33. 100m butterfly, jenter - født 1998

1p	Karina Davidsen	98	Lambertseter SK	1.21,36	332
	37,58(37,58)	1.21,36(43,78)			
1p	Tine Herdal	98	Skjetten Svømming	1.21,36	332
	37,68(37,68)	1.21,36(43,68)			
3p	Hanna Louise Berge	98	SK Speed	1.21,87	326
	37,60(37,60)	1.21,87(44,27)			
4	Inger-Ane Sætra Schefte	98	Kolbotn IL	1.22,27	321
	36,92(36,92)	1.22,27(45,35)			
5	Natalie Kosiander	98	Eidsvoll SK	1.22,81	315
	38,40(38,40)	1.22,81(44,41)			
6	Celia Lie Storstad	98	Ski SK	1.24,03	301
	39,40(39,40)	1.24,03(44,63)			
7	Aurora Kamnes	98	Lørenskog/Rælingen	1.25,86	282
	40,66(40,66)	1.25,86(45,20)			
8	Thea Kristine Nord	98	Kolbotn IL	1.28,41	259
	40,39(40,39)	1.28,41(48,02)			
9	Benedikte Marie Sjøberg	98	Sarpsborg IL	1.28,83	255
	41,41(41,41)	1.28,83(47,42)			
10	Karin Berg	98	Skjetten Svømming	1.30,76	239
	41,02(41,02)	1.30,76(49,74)			
11	Caroline Sofia Rosmo	98	Lambertseter SK	1.30,98	237
	41,67(41,67)	1.30,98(49,31)			
12	Celin Eliassen	98	Kongstensvømmerne	1.31,10	236
	41,84(41,84)	1.31,10(49,26)			
13	Silje Poll Mikkelsen	98	Skjetten Svømming	1.32,81	223
	42,88(42,88)	1.32,81(49,93)			
14	Siri Ann Markeng	98	SK Speed	1.33,41	219
	41,15(41,15)	1.33,41(52,26)			
15	Amalie Ottesen	98	Kolbotn IL	1.37,66	192
	44,15(44,15)	1.37,66(53,51)			
16	Anna Margrethe Søfteland	98	Sarpsborg IL	1.38,01	190
	45,30(45,30)	1.38,01(52,71)			
17	Pernille Fritsvold	98	Kolbotn IL	1.41,07	173
	49,93(49,93)	1.41,07(51,14)			
18	Amalie S. Skagen	98	Haldens SK	1.42,03	168
	45,25(45,25)	1.42,03(56,78)			

19	Katinka Johanne Holmerud 47,59(47,59)	98	Lørenskog/Rælingen	1.42,40	166
20	Solveig Jørgensen Mohr 47,08(47,08)	98	Asker SK	1.44,36	157
21	Madeleine Nesteby 47,14(47,14)	98	Bærumsvømmerne	1.44,58	156
22	Susanne Utgård 46,72(46,72)	98	Ski SK	1.45,68	151
23	Madeleine Bakkejord 50,05(50,05)	98	Lørenskog/Rælingen	1.47,88	142
24	Synne Thurmer 48,58(48,58)	98	Asker SK	1.49,04	138
24	Anette Sommeling 51,02(51,02)	98	Lørenskog/Rælingen	1.49,04	138
26	Maren Erichsen Torvanger 51,33(51,33)	98	Lambertseter SK	1.50,95	131
27	Marie Øseth 51,58(51,58)	98	Lambertseter SK	1.52,52	125
28	Maud Brandtzæg 49,56(49,56)	98	Lørenskog/Rælingen	1.55,31	117
29	Mari Fjellestad 54,69(54,69)	98	Skjetten Svømming	1.57,14	111
30	Merethe P. Granli 56,87(56,87)	98	SK Speed	2.01,38	100
	Marthe Ø. Dalan	98	Asker SK	BRUTT	
	Olivia Essebo	98	Bærumsvømmerne	BRUTT	

### Øvelse 34. 100m butterfly, gutter - født 1998

1p	Njål Kolberg Olsen 37,52(37,52)	98	Kongstensvømmerne	1.17,59	265
2p	Sebastian Ivan Hansen 38,03(38,03)	98	Gjøvik SK	1.21,56	228
3p	Thomas Latini 40,72(40,72)	98	Kolbotn IL	1.27,22	186
4	Ole Jørgen Vastveit 40,60(40,60)	98	Sarpsborg IL	1.29,10	175
5	Henrik Winther Pedersen 40,67(40,67)	98	Kolbotn IL	1.29,99	170
6	Jan Fredrik Halvorsen 42,74(42,74)	98	Skjetten Svømming	1.30,38	167
7	Fridtjof Mørk 43,94(43,94)	98	Lambertseter SK	1.32,41	157
8	Martin Nyenget Løvberg 47,59(47,59)	98	Bærumsvømmerne	1.37,47	133
9	Jesper Lund Pettersson 46,16(46,16)	98	Haldens SK	1.39,23	126
10	Mikolaj "Miko" Dobies 45,74(45,74)	98	Lambertseter SK	1.40,47	122
11	Theodor Hystad 45,82(45,82)	98	Sarpsborg IL	1.43,77	111
12	Viktor Husø Richardsen 49,58(49,58)	98	Lambertseter SK	1.50,53	92
13	Jonas Gulla 52,20(52,20)	98	Kolbotn IL	1.55,21	81

14	Eirik Walle 59,01(59,01)	98	Lørenskog/Rælingen	2.07,07	60
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### Øvelse 35. 100m butterfly, jenter - født 1997

1p	Marie Kristine Hartvedt Eide 36,26(36,26)	97	Oslo IL	1.15,93	408
2p	Lotte Stubdal 36,05(36,05)	97	Lambertseter SK	1.19,56	355
3p	Ida Amalie Myhr 36,74(36,74)	97	Lambertseter SK	1.20,89	338
4	Tove Frøberg 38,11(38,11)	97	Asker SK	1.21,27	333
5	Frida Kristensen 37,00(37,00)	97	Kolbotn IL	1.21,71	327
6	Thea Sagen 37,45(37,45)	97	Oslo IL	1.23,65	305
7	Majken Antonie Smith 37,90(37,90)	97	Asker SK	1.24,50	296
8	Ada Avlund 38,99(38,99)	97	Lambertseter SK	1.24,83	293
9	Line Henanger 39,72(39,72)	97	Lambertseter SK	1.25,04	290
10	Sunniva Feng Høyen 39,32(39,32)	97	Asker SK	1.25,79	283
11	Karla Ruud 39,35(39,35)	97	Lambertseter SK	1.26,72	274
12	Vilje Mohagen 39,04(39,04)	97	Skjetten Svømming	1.27,05	271
13	Helene Joyce Nilssen 41,01(41,01)	97	Kolbotn IL	1.28,45	258
14	Maren Kagnes Grøbe 41,15(41,15)	97	Lørenskog/Rælingen	1.28,97	254
15	Helene Hafsrød Fredriksen 41,74(41,74)	97	Halden SK	1.30,17	244
16	Kamilla Helene Øverås 42,38(42,38)	97	Lørenskog/Rælingen	1.31,63	232
17	Sofie Forsstrøm 42,41(42,41)	97	Haldens SK	1.32,96	222
18	Mina Langrud Sletten 43,28(43,28)	97	Gjelleråsen IF	1.33,39	219
19	Skjæveland Elise 42,93(42,93)	97	Ullensakersvømmerne	1.33,60	218
20	Rebecca Karlsson 40,82(40,82)	97	Gjøvik SK	1.37,32	194
21	Natalia Harackiewicz 45,04(45,04)	97	Haldens SK	1.38,50	187
22	Emilie Nilsen Solheim 47,28(47,28)	97	Lambertseter SK	1.42,13	168

### Øvelse 36. 100m butterfly, gutter - født 1997

1p	Fredrik Løvberg 32,96(32,96)	97	Lambertseter SK	1.10,55	352
2p	Tinus Flagstad 34,01(34,01)	97	Asker SK	1.13,72	308
3p	Martin Hjelmstad 35,19(35,19)	97	Skjetten Svømming	1.14,98	293
4	Ulrik Rasch Bakke 35,57(35,57)	97	Elverum Svømming	1.18,07	260
5	Mads Henry Steinland 35,37(35,37)	97	Bærumsvømmerne	1.18,77	253
6	Nils Lervik 35,61(35,61)	97	Asker SK	1.19,26	248
7	Kristoffer Soot 37,95(37,95)	97	Ski SK	1.21,23	231
8	Arjan Nilsen 39,73(39,73)	97	Ski SK	1.22,23	222
9	Ole Marius Bunæs 38,58(38,58)	97	Haldens SK	1.22,26	222
10	Eirik Helgaker 39,33(39,33)	97	Oslo IL	1.23,14	215
11	Sivert Marius Skarning 37,54(37,54)	97	Sarpsborg IL	1.23,19	215
12	Daniel Gabrielsen 38,89(38,89)	97	Sarpsborg IL	1.24,28	206
13	Jonas Hagmansen 39,19(39,19)	97	SK Speed	1.24,80	203
14	Juel Petter Bergseth 40,19(40,19)	97	Haldens SK	1.27,37	185
15	Truls Petter Muller 38,48(38,48)	97	Bærumsvømmerne	1.28,39	179
16	Simen Kvien 41,89(41,89)	97	SK Speed	1.34,01	149
17	Erlend Lystad Karlsen 42,32(42,32)	97	Hamar IL	1.35,20	143
18	Fløgstad Ole-Mikal 42,41(42,41)	97	Ullensakersvømmerne	1.36,17	139
19	Håkon Werner Vyrje 40,48(40,48)	97	Askimsvømmerne	1.38,74	128
20	Marius Nygaard 43,30(43,30)	97	Lambertseter SK	1.40,73	121
21	Erik Torp Myhre 45,31(45,31)	97	SK Speed	1.41,92	117
22	Peter F. Mortensen 44,98(44,98)	97	Kolbotn IL	1.43,96	110
23	Ole Christian Gandrud 47,38(47,38)	97	Sarpsborg IL	1.44,49	108
24	Soufian Boukili 49,32(49,32)	97	SK Speed	1.50,31	92

### Øvelse 37. 100m butterfly, jenter - født 1996

1p	Vår Søgaaard 32,78(32,78)	96	Lambertseter SK	1.10,27	515
2p	Malene Pedersen 32,96(32,96)	96	Lambertseter SK	1.10,93	501
3p	Klara Farkas 34,77(34,77)	96	Lørenskog/Rælingen	1.14,24	437

4	Stina Victoria Nordberg	96	Oslo IL	1.14,83	426
	35,00(35,00)	1.14,83(39,83)			
5	Amanda Essebo	96	Bærumsvømmerne	1.17,04	391
	35,97(35,97)	1.17,04(41,07)			
6	Helene Strømnes	96	Kongstensvømmerne	1.19,35	358
	35,37(35,37)	1.19,35(43,98)			
7	Nehna-Louise Møller-Pettersen	96	Oslo IL	1.19,54	355
	35,29(35,29)	1.19,54(44,25)			
8	Eline Swensen	96	Ski SK	1.19,71	353
	36,84(36,84)	1.19,71(42,87)			
9	Silje Moum	96	Kongstensvømmerne	1.20,10	348
	36,44(36,44)	1.20,10(43,66)			
10	Hege Stærli	96	Kolbotn IL	1.21,23	333
	38,49(38,49)	1.21,23(42,74)			
11	Karen Piene Fløtaker	96	Oslo IL	1.21,30	332
	38,69(38,69)	1.21,30(42,61)			
12	Susanne Holm Røed	96	SK Speed	1.22,50	318
	38,03(38,03)	1.22,50(44,47)			
13	Ronja Thoresen	96	Ski SK	1.23,52	307
	36,78(36,78)	1.23,52(46,74)			
14	Christine Tuyen Tran Thanh	96	Lørenskog/Rælingen	1.23,83	303
	37,64(37,64)	1.23,83(46,19)			
15	Anna Finstad	96	Lambertseter SK	1.25,68	284
	39,69(39,69)	1.25,68(45,99)			
16	Elin Emilie Haglund	96	Sarpsborg IL	1.27,08	271
	38,85(38,85)	1.27,08(48,23)			
17	Signy Undine Weisz	96	Oslo IL	1.29,88	246
	40,71(40,71)	1.29,88(49,17)			
18	Trude K. Johannessen	96	Kongstensvømmerne	1.30,14	244
	39,22(39,22)	1.30,14(50,92)			
19	Ada Emilie Bekk Berggren	96	Lambertseter SK	1.30,63	240
	40,38(40,38)	1.30,63(50,25)			
20	Marie Eugenie Edvardsen	96	Lørenskog/Rælingen	1.30,66	240
	40,76(40,76)	1.30,66(49,90)			
21	Pia Irgens Isaksen	96	Skjetten Svømming	1.31,50	233
	40,27(40,27)	1.31,50(51,23)			
22	Pernille Skavang	96	Asker SK	1.34,45	212
	42,41(42,41)	1.34,45(52,04)			
23	Andrea Olvin	96	Lambertseter SK	1.37,00	196
	44,64(44,64)	1.37,00(52,36)			
24	Therese Pettersen	96	Skjetten Svømming	1.37,59	192
	42,05(42,05)	1.37,59(55,54)			

### Øvelse 38. 100m butterfly, gutter - født 1996

1p	Grunde Myhrer	96	Oslo IL	1.03,04	493
	28,96(28,96)	1.03,04(34,08)			
2p	Jacob Wilhelm Berger	96	Haldens SK	1.06,80	415
	31,53(31,53)	1.06,80(35,27)			
3p	Armin Porobic	96	Lambertseter SK	1.08,70	381
	31,69(31,69)	1.08,70(37,01)			
4	Mathias Thorkildsen	96	Bærumsvømmerne	1.09,64	366
	31,09(31,09)	1.09,64(38,55)			
5	Knut Oscar Skipperud	96	Askimsvømmerne	1.09,74	364
	32,92(32,92)	1.09,74(36,82)			
6	Bendik Søfteland	96	Sarpsborg IL	1.12,11	330
	31,46(31,46)	1.12,11(40,65)			

7	Steven Knutsson	96	Kongstensvømmerne	1.12,17	329
	33,41(33,41)	1.12,17(38,76)			
8	Daniel Getachew Nesbø	96	Skjetten Svømming	1.12,21	328
	32,68(32,68)	1.12,21(39,53)			
9	Philip Solheim	96	Sarpsborg IL	1.12,79	320
	33,12(33,12)	1.12,79(39,67)			
10	Sigve Ekeli Nystuen	96	Asker SK	1.13,10	316
	33,55(33,55)	1.13,10(39,55)			
11	Henrik Flood Kvien	96	SK Speed	1.13,50	311
	33,61(33,61)	1.13,50(39,89)			
12	David Engen	96	Haldens SK	1.13,77	308
	32,62(32,62)	1.13,77(41,15)			
13	Henrik Christiansen	96	Skjetten Svømming	1.16,53	276
	34,28(34,28)	1.16,53(42,25)			
14	Morgan Boe Johansen	96	Skjetten Svømming	1.19,57	245
	36,27(36,27)	1.19,57(43,30)			
15	Akshay Nayee	96	Kongstensvømmerne	1.19,97	242
	35,87(35,87)	1.19,97(44,10)			
16	Henrik Syversveen Lie	96	Bærumsvømmerne	1.20,16	240
	37,79(37,79)	1.20,16(42,37)			
17	Kai Arne Schröder Myklebust	96	Bærumsvømmerne	1.20,35	238
	35,94(35,94)	1.20,35(44,41)			
18	Kristoffer Rosmo	96	Lambertseter SK	1.22,61	219
	36,95(36,95)	1.22,61(45,66)			
19	Alexander H. Widnes	96	Kongstensvømmerne	1.22,88	217
	37,79(37,79)	1.22,88(45,09)			
20	Eirik Rugsveen	96	Elverum Svømming	1.23,86	210
	37,96(37,96)	1.23,86(45,90)			
21	Petter Eriksen	96	Moss SK	1.23,95	209
	37,94(37,94)	1.23,95(46,01)			
22	Arman Balic	96	Kongstensvømmerne	1.25,44	198
	38,26(38,26)	1.25,44(47,18)			
23	Henrik Kristiansen	96	Kolbotn IL	1.27,20	186
	40,44(40,44)	1.27,20(46,76)			
24	Jonas Torgersen Nilsen	96	Hamar IL	1.27,67	183
	41,00(41,00)	1.27,67(46,67)			

### Øvelse 39. 100m butterfly, jenter - født 1995

1p	Emilie Nyenget Løvberg	95	Bærumsvømmerne	1.04,65	661
	30,98(30,98)	1.04,65(33,67)			
2p	Mette Mellbye Larsen	95	Asker SK	1.09,39	535
	32,50(32,50)	1.09,39(36,89)			
3p	Marte K. Bolstad	95	Asker SK	1.10,00	521
	32,65(32,65)	1.10,00(37,35)			
4	Andrine Davidsen	95	Lambertseter SK	1.10,03	520
	32,88(32,88)	1.10,03(37,15)			
5	Andrea Barstad Westbye	95	Bærumsvømmerne	1.11,90	481
	33,83(33,83)	1.11,90(38,07)			
6	Rikke Nagell	95	Asker SK	1.12,57	467
	33,93(33,93)	1.12,57(38,64)			
7	Sara Boukili	95	SK Speed	1.14,72	428
	33,73(33,73)	1.14,72(40,99)			
8	Elina Marie Øverås	95	Lørenskog/Rælingen	1.16,39	401
	34,87(34,87)	1.16,39(41,52)			
9	Anne Kristin McLaren Berge	95	Asker SK	1.17,76	380
	35,00(35,00)	1.17,76(42,76)			

10	Helle Backer	95	Bærumsvømmerne	1.18,07	375
	35,50(35,50)	1.18,07(42,57)			
11	Marion Ekroll Bårdli	95	Moss SK	1.18,15	374
	35,37(35,37)	1.18,15(42,78)			
12	Emilie Gjølme Voigt	95	Asker SK	1.18,35	371
	35,58(35,58)	1.18,35(42,77)			
13	Hedda Skarning	95	Sarpsborg IL	1.20,98	336
	36,30(36,30)	1.20,98(44,68)			
14	Kaja Sandstrand	95	Oslo IL	1.22,01	324
	38,23(38,23)	1.22,01(43,78)			
15	Rebekka Wiik Eckhoff	95	Bærumsvømmerne	1.22,89	314
	37,49(37,49)	1.22,89(45,40)			
16	Gina Struksnæs Sand	95	Ski SK	1.23,85	303
	38,03(38,03)	1.23,85(45,82)			
17	Sara Elisabeth Arnesen Haugen	95	Kongstensvømmerne	1.24,39	297
	37,85(37,85)	1.24,39(46,54)			
18	Marie Svensson	95	Skjetten Svømming	1.25,22	289
	37,61(37,61)	1.25,22(47,61)			
19	Rebecca Holth Clasen	95	Lørenskog/Rælingen	1.27,14	270
	39,97(39,97)	1.27,14(47,17)			
20	Oda Kristiane Almgren Lind	95	Oslo IL	1.27,51	267
	37,55(37,55)	1.27,51(49,96)			
21	Stine Bergan	95	Asker SK	1.28,95	254
	38,32(38,32)	1.28,95(50,63)			
22	Mari Louise Nerdrum	95	Asker SK	1.29,54	249
	40,22(40,22)	1.29,54(49,32)			

#### Øvelse 40. 100m butterfly, gutter - født 1995

1p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	1.02,96	495
	29,50(29,50)	1.02,96(33,46)			
2p	Erik Tobias Sollesnes	95	Kolbotn IL	1.05,48	440
	29,71(29,71)	1.05,48(35,77)			
3p	Johann David Ørbeck	95	Asker SK	1.05,54	439
	30,59(30,59)	1.05,54(34,95)			
4	Jarl Andre Bergsvenkerud	95	Lørenskog/Rælingen	1.07,58	400
	31,04(31,04)	1.07,58(36,54)			
5	Andreas Severin Bunæs	95	Haldens SK	1.09,08	375
	31,88(31,88)	1.09,08(37,20)			
6	Jakob Bernstein	95	Bærumsvømmerne	1.10,15	358
	32,41(32,41)	1.10,15(37,74)			
7	Jørgen Gundersen	95	Skjetten Svømming	1.10,19	357
	32,96(32,96)	1.10,19(37,23)			
8	Iver Hvidsten	95	Bærumsvømmerne	1.12,06	330
	33,28(33,28)	1.12,06(38,78)			
9	Tord Gunnar Fjeld	95	Hamar IL	1.12,41	326
	32,63(32,63)	1.12,41(39,78)			
10	Paul Henrik Devenish Andreassen	95	Kongstensvømmerne	1.12,76	321
	33,16(33,16)	1.12,76(39,60)			
11	Martin Bråthen	95	Kolbotn IL	1.13,12	316
	33,59(33,59)	1.13,12(39,53)			
12	Martin Næss Kjølholdt	95	Kolbotn IL	1.14,02	305
	32,74(32,74)	1.14,02(41,28)			
13	Mathias Hammer	95	Kongstensvømmerne	1.14,84	295
	33,82(33,82)	1.14,84(41,02)			
14	Anders Erichsen Torvanger	95	Lambertseter SK	1.15,69	285
	34,16(34,16)	1.15,69(41,53)			

15	Daniel Johansen	95	Kongstensvømmerne	1.16,03	281
	34,91(34,91)	1.16,03(41,12)			
16	Nicholas Verula Braaten	95	Sarpsborg IL	1.16,10	280
	34,68(34,68)	1.16,10(41,42)			
17	Thomas Frogner	95	Moss SK	1.19,73	244
	37,61(37,61)	1.19,73(42,12)			
18	Morten Hansen	95	Lørenskog/Rælingen	1.20,51	237
	36,56(36,56)	1.20,51(43,95)			
19	Eirik Nilsen	95	Ski SK	1.22,15	223
	37,57(37,57)	1.22,15(44,58)			
20	Gard Ruben Fauske	95	Lørenskog/Rælingen	1.22,71	218
	37,68(37,68)	1.22,71(45,03)			
21	Emil Baardseth	95	Skjetten Svømming	1.24,31	206
	38,13(38,13)	1.24,31(46,18)			

### Øvelse 41. 200m individuell medley, jenter - født 1999

1p	Emma Augustsson	99	Skjetten Svømming	2.53,94	393
	38,74(38,74)	1.23,12(44,38)	2.13,61(50,49)	2.53,94(40,33)	
2p	Marte Løvberg	99	Lambertseter SK	2.58,31	365
	40,85(40,85)	1.26,56(45,71)	2.18,47(51,91)	2.58,31(39,84)	
3p	Aleksandra Røys Stranden	99	Asker SK	3.06,95	316
	42,75(42,75)	1.30,40(47,65)	2.27,03(56,63)	3.06,95(39,92)	
4	June Urdahl Kvalheim	99	Oslo IL	3.12,51	290
	42,65(42,65)	1.30,79(48,14)	2.26,56(55,77)	3.12,51(45,95)	
5	Solveig Waterloo Dybvik	99	Gjøvik SK	3.16,53	272
	44,91(44,91)	1.33,45(48,54)	2.32,88(59,43)	3.16,53(43,65)	
6	Sara Døving Agdestein	99	Asker SK	3.16,96	271
	44,79(44,79)	1.33,79(49,00)	2.33,63(59,84)	3.16,96(43,33)	
7	Hedda Øritsland	99	Bærumsvømmerne	3.24,60	241
	45,93(45,93)	1.41,09(55,16)	2.40,01(58,92)	3.24,60(44,59)	
8	Moira Reinholdt Belsvik	99	Oslo IL	3.30,15	223
	54,75(54,75)	1.46,36(51,61)	2.43,93(57,57)	3.30,15(46,22)	
9	Rebekka Lund Danielsen	99	Oslo IL	3.38,68	198
	52,68(52,68)	1.47,51(54,83)	2.51,65(1.04,14)	3.38,68(47,03)	
10	Mari Solemslie Sæther	99	Bærumsvømmerne	3.38,94	197
	49,37(49,37)	1.44,09(54,72)	2.51,90(1.07,81)	3.38,94(47,04)	
11	Sofie Karlstad	99	Skjetten Svømming	3.40,30	193
	55,62(55,62)	1.48,10(52,48)	2.50,85(1.02,75)	3.40,30(49,45)	

### Øvelse 42. 200m individuell medley, gutter - født 1999

1p	Markus Woxholt	99	SK Speed	3.14,78	196
	42,93(42,93)	1.32,77(49,84)	2.30,02(57,25)	3.14,78(44,76)	
2p	Sondre Wikberg	99	Oslo IL	3.33,52	149
	48,59(48,59)	1.39,13(50,54)	2.45,44(1.06,31)	3.33,52(48,08)	
3p	Eivind Løkstad	99	Lørenskog/Rælingen	3.45,28	127
	52,03(52,03)	1.49,03(57,00)	2.58,28(1.09,25)	3.45,28(47,00)	
4	Joshua Welschof	99	Oslo IL	3.52,02	116
	55,08(55,08)	1.50,56(55,48)	3.01,21(1.10,65)	3.52,02(50,81)	
	Erling Syversveen Lie	99	Bærumsvømmerne	DISK	

Edvard Berger	99	Haldens SK	DISK
Floyd Mathias Guldhav	99	Kolbotn IL	DISK

### Øvelse 43. 200m individuell medley, jenter - født 1998

1p	Natalie Kosiander	98	Eidsvoll SK	2.46,16	451
	38,01(38,01)	1.19,65(41,64)	2.08,34(48,69)	2.46,16(37,82)	
2p	Hanna Louise Berge	98	SK Speed	2.48,48	432
	37,69(37,69)	1.21,96(44,27)	2.09,99(48,03)	2.48,48(38,49)	
3p	Celia Lie Storstad	98	Ski SK	2.51,43	410
	39,61(39,61)	1.24,12(44,51)	2.13,37(49,25)	2.51,43(38,06)	
4	Caroline Sofia Rosmo	98	Lambertseter SK	2.51,96	406
	40,07(40,07)	1.24,19(44,12)	2.13,48(49,29)	2.51,96(38,48)	
5	Aurora Kamnes	98	Lørenskog/Rælingen	2.54,60	388
	39,76(39,76)	1.25,09(45,33)	2.16,65(51,56)	2.54,60(37,95)	
6	Tine Herdal	98	Skjetten Svømming	2.54,99	386
	38,83(38,83)	1.22,55(43,72)	2.14,53(51,98)	2.54,99(40,46)	
7	Inger-Ane Sætra Schefte	98	Kolbotn IL	2.56,14	378
	38,71(38,71)	1.22,69(43,98)	2.17,29(54,60)	2.56,14(38,85)	
8	Celin Eliassen	98	Kongstensvømmerne	2.56,26	377
	40,41(40,41)	1.25,34(44,93)	2.17,71(52,37)	2.56,26(38,55)	
9	Silje Poll Mikkelborg	98	Skjetten Svømming	2.56,80	374
	42,00(42,00)	1.27,29(45,29)	2.17,43(50,14)	2.56,80(39,37)	
10	Anna Margrethe Søfteland	98	Sarpsborg IL	2.57,46	370
	42,85(42,85)	1.30,70(47,85)	2.18,22(47,52)	2.57,46(39,24)	
11	Thea Kristine Nord	98	Kolbotn IL	2.57,60	369
	39,95(39,95)	1.26,83(46,88)	2.17,19(50,36)	2.57,60(40,41)	
12	Karina Davidsen	98	Lambertseter SK	2.59,76	356
	37,69(37,69)	1.22,36(44,67)	2.18,58(56,22)	2.59,76(41,18)	
13	Marthe Ø. Dalan	98	Asker SK	3.02,32	341
	40,38(40,38)	1.26,78(46,40)	2.19,93(53,15)	3.02,32(42,39)	
14	Amalie Ottesen	98	Kolbotn IL	3.09,18	305
	44,92(44,92)	1.33,66(48,74)	2.26,31(52,65)	3.09,18(42,87)	
15	Susanne Utgård	98	Ski SK	3.12,38	290
	46,42(46,42)	1.31,67(45,25)	2.30,64(58,97)	3.12,38(41,74)	
16	Siri Ann Markeng	98	SK Speed	3.13,15	287
	41,23(41,23)	1.31,87(50,64)	2.29,09(57,22)	3.13,15(44,06)	
17	Katinka Johanne Holmerud	98	Lørenskog/Rælingen	3.14,48	281
	46,36(46,36)	1.35,59(49,23)	2.31,96(56,37)	3.14,48(42,52)	
18	Maren Erichsen Torvanger	98	Lambertseter SK	3.15,90	275
	47,24(47,24)	1.38,18(50,94)	2.33,47(55,29)	3.15,90(42,43)	
19	Benedikte Marie Sjøberg	98	Sarpsborg IL	3.16,31	273
	39,87(39,87)	1.26,30(46,43)	2.33,48(1.07,18)	3.16,31(42,83)	
20	Amalie S. Skagen	98	Haldens SK	3.19,27	261
	47,65(47,65)	1.38,18(50,53)	2.36,46(58,28)	3.19,27(42,81)	
21	Anette Sommeling	98	Lørenskog/Rælingen	3.19,93	259
	51,33(51,33)	1.39,90(48,57)	2.37,03(57,13)	3.19,93(42,90)	
22	Synne Thurmer	98	Asker SK	3.22,99	247
	48,21(48,21)	1.43,71(55,50)	2.38,40(54,69)	3.22,99(44,59)	
23	Maud Brandtzæg	98	Lørenskog/Rælingen	3.23,29	246
	49,61(49,61)	1.42,66(53,05)	2.38,77(56,11)	3.23,29(44,52)	
24	Solveig Jørgensen Mohr	98	Asker SK	3.24,33	242
	49,33(49,33)	1.40,31(50,98)	2.39,21(58,90)	3.24,33(45,12)	
25	Madeleine Nesteby	98	Bærumsvømmerne	3.24,60	241
	47,62(47,62)	1.39,33(51,71)	2.40,19(1.00,86)	3.24,60(44,41)	

26	Marie Øseth	98	Lambertseter SK	3.27,08	233
	50,51(50,51)	1.39,34(48,83)	2.43,24(1.03,90)	3.27,08(43,84)	
27	Madeleine Bakkejord	98	Lørenskog/Rælingen	3.28,39	228
	48,21(48,21)	1.41,30(53,09)	2.41,22(59,92)	3.28,39(47,17)	
28	Mari Fjellestad	98	Skjetten Svømming	3.36,93	202
	53,31(53,31)	1.46,41(53,10)	2.47,25(1.00,84)	3.36,93(49,68)	
29	Pernille Fritsvold	98	Kolbotn IL	3.38,11	199
	50,69(50,69)	1.46,87(56,18)	2.52,72(1.05,85)	3.38,11(45,39)	
30	Merethe P. Granli	98	SK Speed	3.42,19	188
	55,94(55,94)	1.52,60(56,66)	2.54,37(1.01,77)	3.42,19(47,82)	
31	Olivia Essebo	98	Bærumsvømmerne	3.47,95	174
	55,01(55,01)	1.53,80(58,79)	2.57,11(1.03,31)	3.47,95(50,84)	
	Karin Berg	98	Skjetten Svømming	DISK	

#### Øvelse 44. 200m individuell medley, gutter - født 1998

1p	Njål Kolberg Olsen	98	Kongstensvømmerne	2.45,19	321
	35,59(35,59)	1.18,52(42,93)	2.07,41(48,89)	2.45,19(37,78)	
2p	Sebastian Ivan Hansen	98	Gjøvik SK	2.48,91	301
	37,93(37,93)	1.23,59(45,66)	2.11,83(48,24)	2.48,91(37,08)	
3p	Thomas Latini	98	Kolbotn IL	2.58,39	255
	41,18(41,18)	1.24,00(42,82)	2.19,84(55,84)	2.58,39(38,55)	
4	Fridtjof Mørk	98	Lambertseter SK	3.00,03	248
	43,41(43,41)	1.26,90(43,49)	2.21,17(54,27)	3.00,03(38,86)	
5	Jan Fredrik Halvorsen	98	Skjetten Svømming	3.01,41	243
	42,35(42,35)	1.27,16(44,81)	2.21,37(54,21)	3.01,41(40,04)	
6	Ole Jørgen Vastveit	98	Sarpsborg IL	3.02,27	239
	39,82(39,82)	1.24,36(44,54)	2.23,38(59,02)	3.02,27(38,89)	
7	Mikolaj "Miko" Dobies	98	Lambertseter SK	3.07,19	221
	46,29(46,29)	1.35,17(48,88)	2.26,32(51,15)	3.07,19(40,87)	
8	Martin Nyenget Løvberg	98	Bærumsvømmerne	3.14,79	196
	44,38(44,38)	1.34,18(49,80)	2.34,46(1.00,28)	3.14,79(40,33)	
9	Theodor Hystad	98	Sarpsborg IL	3.16,05	192
	45,48(45,48)	1.34,16(48,68)	2.34,36(1.00,20)	3.16,05(41,69)	
10	Jesper Lund Pettersson	98	Haldens SK	3.16,25	192
	45,58(45,58)	1.34,09(48,51)	2.32,46(58,37)	3.16,25(43,79)	
11	Viktor Husø Richardsen	98	Lambertseter SK	3.16,92	190
	44,78(44,78)	1.34,90(50,12)	2.33,57(58,67)	3.16,92(43,35)	
12	Henrik Winther Pedersen	98	Kolbotn IL	3.20,39	180
	41,59(41,59)	1.33,67(52,08)	2.37,45(1.03,78)	3.20,39(42,94)	
13	Jonas Gulla	98	Kolbotn IL	3.32,67	151
	52,03(52,03)	1.45,21(53,18)	2.46,00(1.00,79)	3.32,67(46,67)	
14	Eirik Walle	98	Lørenskog/Rælingen	3.59,60	105
	1.00,59(1.00,59)	1.58,64(58,05)	3.09,53(1.10,89)	3.59,60(50,07)	

#### Øvelse 45. 200m individuell medley, jenter - født 1997

1p	Majken Antonie Smith	97	Asker SK	2.39,40	510
	37,65(37,65)	1.18,46(40,81)	2.02,65(44,19)	2.39,40(36,75)	
2p	Marie Kristine Hartvedt Eide	97	Oslo IL	2.42,74	480
	35,81(35,81)	1.18,30(42,49)	2.05,04(46,74)	2.42,74(37,70)	

3p	Ida Amalie Myhr 36,59(36,59)	97	Lambertseter SK 2.06,17(49,47)	2.46,61 2.46,61(40,44)	447
4	Line Henanger 37,65(37,65)	97	Lambertseter SK 2.10,16(48,05)	2.47,46 2.47,46(37,30)	440
5	Lotte Stubdal 36,52(36,52)	97	Lambertseter SK 2.08,41(47,74)	2.47,91 2.47,91(39,50)	437
6	Frida Kristensen 38,54(38,54)	97	Kolbotn IL 2.15,02(52,62)	2.53,35 2.53,35(38,33)	397
7	Ada Avlund 39,30(39,30)	97	Lambertseter SK 2.14,10(50,13)	2.53,42 2.53,42(39,32)	396
8	Rebecca Karlsson 40,12(40,12)	97	Gjøvik SK 2.14,32(48,48)	2.53,88 2.53,88(39,56)	393
9	Vilje Mohagen 39,29(39,29)	97	Skjetten Svømming 2.16,22(54,39)	2.54,13 2.54,13(37,91)	391
10	Helene Joyce Nilssen 41,12(41,12)	97	Kolbotn IL 2.16,99(50,78)	2.56,86 2.56,86(39,87)	374
11	Karla Ruud 38,27(38,27)	97	Lambertseter SK 2.16,58(53,33)	2.58,39 2.58,39(41,81)	364
12	Sunniva Feng Høyer 39,14(39,14)	97	Asker SK 2.17,93(52,87)	2.59,88 2.59,88(41,95)	355
13	Mina Langrud Sletten 40,14(40,14)	97	Gjelleråsen IF 2.18,58(53,50)	3.00,63 3.00,63(42,05)	351
14	Thea Sagen 38,64(38,64)	97	Oslo IL 2.19,94(54,87)	3.01,23 3.01,23(41,29)	347
15	Maren Kagnes Grobe 41,24(41,24)	97	Lørenskog/Rælingen 2.21,30(52,05)	3.02,07 3.02,07(40,77)	342
16	Kamilla Helene Øverås 43,17(43,17)	97	Lørenskog/Rælingen 2.23,98(52,81)	3.03,29 3.03,29(39,31)	336
17	Tove Frøberg 38,64(38,64)	97	Asker SK 2.23,70(54,23)	3.03,47 3.03,47(39,77)	335
18	Skjæveland Elise 42,13(42,13)	97	Ullensakersvømmerne 2.23,60(53,48)	3.04,59 3.04,59(40,99)	329
19	Sofie Forsstrøm 44,27(44,27)	97	Haldens SK 2.28,28(54,80)	3.06,25 3.06,25(37,97)	320
20	Helene Hafsrød Fredriksen 43,96(43,96)	97	Halden SK 2.26,49(53,24)	3.06,59 3.06,59(40,10)	318
21	Emilie Nilsen Solheim 46,32(46,32)	97	Lambertseter SK 2.28,27(53,65)	3.10,52 3.10,52(42,25)	299
22	Natalia Harackiewicz 46,03(46,03)	97	Haldens SK 2.30,46(54,45)	3.12,45 3.12,45(41,99)	290

#### Øvelse 46. 200m individuell medley, gutter - født 1997

1p	Fredrik Løvberg 32,89(32,89)	97	Lambertseter SK 1.55,98(44,00)	2.29,64 2.29,64(33,66)	432
2p	Mads Henry Steinland 35,50(35,50)	97	Bærumsvømmerne 2.00,42(44,55)	2.37,38 2.37,38(36,96)	372
3p	Ulrik Rasch Bakke 37,03(37,03)	97	Elverum Svømming 2.06,76(48,43)	2.44,85 2.44,85(38,09)	323
4	Martin Hjelmstad 35,30(35,30)	97	Skjetten Svømming 2.08,24(50,27)	2.46,04 2.46,04(37,80)	316
5	Ole Marius Bunæs 38,42(38,42)	97	Haldens SK 2.08,71(47,77)	2.46,69 2.46,69(37,98)	313
6	Nils Lervik 35,68(35,68)	97	Asker SK 2.09,00(49,14)	2.47,85 2.47,85(38,85)	306
7	Tinus Flagstad 35,51(35,51)	97	Asker SK 2.12,34(52,25)	2.49,20 2.49,20(36,86)	299

8	Jonas Hagemansen	97	SK Speed	2.50,83	291
	39,77(39,77)	1.22,68(42,91)	2.14,19(51,51)	2.50,83(36,64)	
9	Sivert Marius Skarning	97	Sarpsborg IL	2.50,93	290
	38,26(38,26)	1.26,42(48,16)	2.15,73(49,31)	2.50,93(35,20)	
10	Daniel Gabrielsen	97	Sarpsborg IL	2.51,80	286
	39,02(39,02)	1.22,01(42,99)	2.13,81(51,80)	2.51,80(37,99)	
11	Kristoffer Soot	97	Ski SK	2.51,86	285
	38,68(38,68)	1.21,83(43,15)	2.12,93(51,10)	2.51,86(38,93)	
12	Truls Petter Muller	97	Bærumsvømmerne	2.53,03	280
	38,32(38,32)	1.22,22(43,90)	2.14,64(52,42)	2.53,03(38,39)	
13	Eirik Helgaker	97	Oslo IL	2.54,25	274
	37,17(37,17)	1.22,50(45,33)	2.12,53(50,03)	2.54,25(41,72)	
14	Juel Petter Bergseth	97	Haldens SK	2.55,74	267
	40,31(40,31)	1.26,16(45,85)	2.18,19(52,03)	2.55,74(37,55)	
15	Arjan Nilsen	97	Ski SK	2.56,14	265
	38,91(38,91)	1.26,40(47,49)	2.17,60(51,20)	2.56,14(38,54)	
16	Håkon Werner Vyrje	97	Askimsvømmerne	2.59,39	251
	40,94(40,94)	1.26,23(45,29)	2.19,37(53,14)	2.59,39(40,02)	
17	Marius Nygaard	97	Lambertseter SK	3.00,84	245
	44,76(44,76)	1.30,61(45,85)	2.20,75(50,14)	3.00,84(40,09)	
18	Fløgstad Ole-Mikal	97	Ullensakersvømmerne	3.02,06	240
	42,83(42,83)	1.30,56(47,73)	2.23,76(53,20)	3.02,06(38,30)	
19	Erlend Lystad Karlsen	97	Hamar IL	3.08,11	218
	43,68(43,68)	1.31,12(47,44)	2.26,76(55,64)	3.08,11(41,35)	
20	Soufian Boukili	97	SK Speed	3.10,06	211
	47,18(47,18)	1.33,78(46,60)	2.30,11(56,33)	3.10,06(39,95)	
21	Simen Kvien	97	SK Speed	3.12,10	204
	42,37(42,37)	1.32,90(50,53)	2.30,29(57,39)	3.12,10(41,81)	
22	Erik Torp Myhre	97	SK Speed	3.13,85	199
	45,33(45,33)	1.38,30(52,97)	2.33,69(55,39)	3.13,85(40,16)	
23	Peter F. Mortensen	97	Kolbotn IL	3.21,96	176
	46,87(46,87)	1.38,72(51,85)	2.39,82(1.01,10)	3.21,96(42,14)	
24	Ole Christian Gandrud	97	Sarpsborg IL	3.23,36	172
	47,45(47,45)	1.39,80(52,35)	2.40,80(1.01,00)	3.23,36(42,56)	

### Øvelse 47. 200m individuell medley, jenter - født 1996

1p	Malene Pedersen	96	Lambertseter SK	2.30,33	608
	33,50(33,50)	1.12,37(38,87)	1.54,88(42,51)	2.30,33(35,45)	
2p	Vår Sjøgaard	96	Lambertseter SK	2.34,46	561
	33,49(33,49)	1.12,98(39,49)	1.59,62(46,64)	2.34,46(34,84)	
3p	Stina Victoria Nordberg	96	Oslo IL	2.38,64	518
	35,24(35,24)	1.16,63(41,39)	2.01,45(44,82)	2.38,64(37,19)	
4	Helene Strømnes	96	Kongstensvømmerne	2.42,51	482
	36,01(36,01)	1.17,45(41,44)	2.05,80(48,35)	2.42,51(36,71)	
5	Klara Farkas	96	Lørenskog/Rælingen	2.44,58	464
	34,98(34,98)	1.15,76(40,78)	2.04,93(49,17)	2.44,58(39,65)	
6	Eline Swensen	96	Ski SK	2.44,93	461
	37,48(37,48)	1.22,27(44,79)	2.08,89(46,62)	2.44,93(36,04)	
7	Amanda Essebo	96	Bærumsvømmerne	2.45,09	459
	34,94(34,94)	1.17,68(42,74)	2.06,52(48,84)	2.45,09(38,57)	
8	Silje Moum	96	Kongstensvømmerne	2.46,18	450
	37,07(37,07)	1.17,36(40,29)	2.09,58(52,22)	2.46,18(36,60)	
9	Nehna-Louise Møller-Pettersen	96	Oslo IL	2.48,62	431
	36,69(36,69)	1.20,57(43,88)	2.10,27(49,70)	2.48,62(38,35)	
10	Ada Emilie Bekk Berggren	96	Lambertseter SK	2.51,38	411
	39,64(39,64)	1.22,39(42,75)	2.14,26(51,87)	2.51,38(37,12)	

11	Anna Finstad	96	Lambertseter SK	2.51,64	409
	39,03(39,03)	1.22,46(43,43)	2.11,37(48,91)	2.51,64(40,27)	
12	Ronja Thoresen	96	Ski SK	2.54,09	392
	37,24(37,24)	1.23,37(46,13)	2.13,50(50,13)	2.54,09(40,59)	
13	Christine Tuyen Tran Thanh	96	Lørenskog/Rælingen	2.54,10	392
	38,04(38,04)	1.21,37(43,33)	2.14,44(53,07)	2.54,10(39,66)	
14	Karen Piene Fløtaker	96	Oslo IL	2.55,39	383
	38,49(38,49)	1.24,48(45,99)	2.17,90(53,42)	2.55,39(37,49)	
15	Signy Undine Weisz	96	Oslo IL	2.57,09	372
	42,17(42,17)	1.30,89(48,72)	2.16,97(46,08)	2.57,09(40,12)	
16	Pia Irgens Isaksen	96	Skjetten Svømming	2.57,11	372
	40,81(40,81)	1.26,99(46,18)	2.14,71(47,72)	2.57,11(42,40)	
17	Elin Emilie Haglund	96	Sarpsborg IL	2.58,31	365
	39,62(39,62)	1.24,33(44,71)	2.16,85(52,52)	2.58,31(41,46)	
18	Andrea Olvin	96	Lambertseter SK	2.59,04	360
	43,46(43,46)	1.29,63(46,17)	2.21,17(51,54)	2.59,04(37,87)	
19	Marie Eugenie Edvardsen	96	Lørenskog/Rælingen	2.59,28	359
	41,80(41,80)	1.29,19(47,39)	2.18,10(48,91)	2.59,28(41,18)	
20	Therese Pettersen	96	Skjetten Svømming	3.01,09	348
	40,44(40,44)	1.27,48(47,04)	2.18,53(51,05)	3.01,09(42,56)	
21	Pernille Skavang	96	Asker SK	3.02,09	342
	42,48(42,48)	1.29,46(46,98)	2.22,25(52,79)	3.02,09(39,84)	
22	Susanne Holm Røed	96	SK Speed	3.02,28	341
	38,68(38,68)	1.23,53(44,85)	2.20,73(57,20)	3.02,28(41,55)	
23	Trude K. Johannessen	96	Kongstensvømmerne	3.04,24	330
	39,10(39,10)	1.25,38(46,28)	2.23,09(57,71)	3.04,24(41,15)	
24	Hege Stærli	96	Kolbotn IL	3.04,26	330
	38,63(38,63)	1.27,33(48,70)	2.22,72(55,39)	3.04,26(41,54)	

#### Øvelse 48. 200m individuell medley, gutter - født 1996

1p	Grunde Myhrer	96	Oslo IL	2.22,14	504
	28,97(28,97)	1.05,03(36,06)	1.47,72(42,69)	2.22,14(34,42)	
2p	Bendik Søfteland	96	Sarpsborg IL	2.26,41	461
	32,85(32,85)	1.10,77(37,92)	1.52,79(42,02)	2.26,41(33,62)	
3p	Armin Porobic	96	Lambertseter SK	2.27,18	454
	31,68(31,68)	1.09,64(37,96)	1.53,27(43,63)	2.27,18(33,91)	
4	Mathias Thorkildsen	96	Bærumsvømmerne	2.28,04	446
	32,36(32,36)	1.12,03(39,67)	1.52,94(40,91)	2.28,04(35,10)	
5	Sigve Ekeli Nystuen	96	Asker SK	2.31,31	418
	33,89(33,89)	1.12,46(38,57)	1.57,28(44,82)	2.31,31(34,03)	
6	Knut Oscar Skipperud	96	Askimsvømmerne	2.33,50	400
	33,47(33,47)	1.13,86(40,39)	1.59,07(45,21)	2.33,50(34,43)	
7	Philip Solheim	96	Sarpsborg IL	2.33,52	400
	34,46(34,46)	1.14,40(39,94)	2.00,78(46,38)	2.33,52(32,74)	
8	Henrik Christiansen	96	Skjetten Svømming	2.33,68	399
	34,72(34,72)	1.15,26(40,54)	1.58,98(43,72)	2.33,68(34,70)	
9	Steven Knutsson	96	Kongstensvømmerne	2.33,76	398
	33,41(33,41)	1.12,80(39,39)	1.59,77(46,97)	2.33,76(33,99)	
10	Henrik Flood Kvien	96	SK Speed	2.36,18	380
	34,23(34,23)	1.15,33(41,10)	2.00,90(45,57)	2.36,18(35,28)	
11	Jacob Wilhelm Berger	96	Haldens SK	2.37,35	372
	33,42(33,42)	1.13,03(39,61)	2.02,31(49,28)	2.37,35(35,04)	
12	David Engen	96	Haldens SK	2.37,40	371
	32,64(32,64)	1.13,31(40,67)	2.02,92(49,61)	2.37,40(34,48)	
13	Daniel Getachew Nesbø	96	Skjetten Svømming	2.38,09	367
	33,02(33,02)	1.13,17(40,15)	2.01,49(48,32)	2.38,09(36,60)	

14	Kai Arne Schröder Myklebust	96	Bærumsvømmerne	2.39,26	359
	36,37(36,37)	1.18,53(42,16)	2.03,78(45,25)	2.39,26(35,48)	
15	Morgan Boe Johansen	96	Skjetten Svømming	2.39,54	357
	35,12(35,12)	1.18,24(43,12)	2.04,88(46,64)	2.39,54(34,66)	
16	Kristoffer Rosmo	96	Lambertseter SK	2.41,90	341
	36,52(36,52)	1.17,52(41,00)	2.03,59(46,07)	2.41,90(38,31)	
17	Henrik Syversveen Lie	96	Bærumsvømmerne	2.45,81	318
	38,07(38,07)	1.19,11(41,04)	2.08,59(49,48)	2.45,81(37,22)	
18	Akshay Nayee	96	Kongstensvømmerne	2.46,11	316
	35,35(35,35)	1.19,58(44,23)	2.07,05(47,47)	2.46,11(39,06)	
19	Petter Eriksen	96	Moss SK	2.46,71	313
	38,68(38,68)	1.19,81(41,13)	2.08,60(48,79)	2.46,71(38,11)	
20	Eirik Rugsveen	96	Elverum Svømming	2.47,26	310
	39,70(39,70)	1.21,61(41,91)	2.12,56(50,95)	2.47,26(34,70)	
21	Jonas Torgersen Nilsen	96	Hamar IL	2.48,48	303
	40,40(40,40)	1.24,46(44,06)	2.11,90(47,44)	2.48,48(36,58)	
22	Arman Balic	96	Kongstensvømmerne	2.49,40	298
	38,14(38,14)	1.22,18(44,04)	2.11,85(49,67)	2.49,40(37,55)	
23	Henrik Kristiansen	96	Kolbotn IL	2.54,92	271
	38,57(38,57)	1.24,35(45,78)	2.17,51(53,16)	2.54,92(37,41)	
24	Alexander H. Widnes	96	Kongstensvømmerne	2.56,29	264
	38,69(38,69)	1.24,96(46,27)	2.17,45(52,49)	2.56,29(38,84)	

#### Øvelse 49. 200m individuell medley, jenter - født 1995

1p	Emilie Nyenget Løvberg	95	Bærumsvømmerne	2.24,95	679
	31,56(31,56)	1.07,82(36,26)	1.53,17(45,35)	2.24,95(31,78)	
2p	Andrea Barstad Westbye	95	Bærumsvømmerne	2.30,56	606
	32,88(32,88)	1.11,01(38,13)	1.57,65(46,64)	2.30,56(32,91)	
3p	Rikke Nagell	95	Asker SK	2.31,34	596
	33,89(33,89)	1.13,91(40,02)	1.57,19(43,28)	2.31,34(34,15)	
4	Andrine Davidsen	95	Lambertseter SK	2.32,50	583
	32,89(32,89)	1.10,24(37,35)	1.56,79(46,55)	2.32,50(35,71)	
5	Marte K. Bolstad	95	Asker SK	2.32,54	582
	32,22(32,22)	1.12,03(39,81)	1.57,13(45,10)	2.32,54(35,41)	
6	Mette Mellbye Larsen	95	Asker SK	2.37,49	529
	33,18(33,18)	1.14,98(41,80)	2.00,49(45,51)	2.37,49(37,00)	
7	Sara Boukili	95	SK Speed	2.37,66	527
	33,74(33,74)	1.12,73(38,99)	2.01,37(48,64)	2.37,66(36,29)	
8	Marie Svensson	95	Skjetten Svømming	2.38,61	518
	35,22(35,22)	1.13,80(38,58)	2.01,85(48,05)	2.38,61(36,76)	
9	Elina Marie Øverås	95	Lørenskog/Rælingen	2.40,33	501
	36,30(36,30)	1.15,90(39,60)	2.03,29(47,39)	2.40,33(37,04)	
10	Anne Kristin McLaren Berge	95	Asker SK	2.43,22	475
	35,37(35,37)	1.15,19(39,82)	2.07,16(51,97)	2.43,22(36,06)	
11	Marion Ekroll Bårdli	95	Moss SK	2.43,42	474
	35,61(35,61)	1.15,73(40,12)	2.06,24(50,51)	2.43,42(37,18)	
12	Mari Louise Nerdrum	95	Asker SK	2.44,26	466
	39,91(39,91)	1.21,81(41,90)	2.06,79(44,98)	2.44,26(37,47)	
13	Oda Kristiane Almgren Lind	95	Oslo IL	2.45,52	456
	37,82(37,82)	1.20,60(42,78)	2.06,97(46,37)	2.45,52(38,55)	
14	Hedda Skarning	95	Sarpsborg IL	2.48,03	436
	35,11(35,11)	1.21,36(46,25)	2.11,21(49,85)	2.48,03(36,82)	
15	Helle Backer	95	Bærumsvømmerne	2.48,49	432
	36,63(36,63)	1.20,67(44,04)	2.09,88(49,21)	2.48,49(38,61)	
16	Gina Struksnæs Sand	95	Ski SK	2.49,48	425
	36,20(36,20)	1.19,29(43,09)	2.11,16(51,87)	2.49,48(38,32)	

17	Stine Bergan	95	Asker SK	2.50,42	418
	37,96(37,96)	1.20,67(42,71)	2.11,00(50,33)	2.50,42(39,42)	
18	Rebecca Holth Clasen	95	Lørenskog/Rælingen	2.50,90	414
	39,57(39,57)	1.24,22(44,65)	2.09,55(45,33)	2.50,90(41,35)	
19	Emilie Gjølme Voigt	95	Asker SK	2.52,09	406
	35,88(35,88)	1.24,34(48,46)	2.10,43(46,09)	2.52,09(41,66)	
20	Kaja Sandstrand	95	Oslo IL	2.53,15	398
	38,13(38,13)	1.21,17(43,04)	2.11,58(50,41)	2.53,15(41,57)	
21	Sara Elisabeth Arnesen Haugen	95	Kongstensvømmerne	2.54,42	390
	37,68(37,68)	1.22,75(45,07)	2.15,94(53,19)	2.54,42(38,48)	
22	Rebekka Wiik Eckhoff	95	Bærumsvømmerne	2.59,03	360
	37,84(37,84)	1.25,92(48,08)	2.18,21(52,29)	2.59,03(40,82)	

### Øvelse 50. 200m individuell medley, gutter - født 1995

1p	Vebjørn Lindhjem	95	Lørenskog/Rælingen	2.18,54	545
	29,94(29,94)	1.04,20(34,26)	1.46,29(42,09)	2.18,54(32,25)	
2p	Jarl Andre Bergsvenkerud	95	Lørenskog/Rælingen	2.20,84	518
	31,34(31,34)	1.07,91(36,57)	1.47,99(40,08)	2.20,84(32,85)	
3p	Erik Tobias Sollesnes	95	Kolbotn IL	2.23,91	486
	30,28(30,28)	1.06,33(36,05)	1.51,17(44,84)	2.23,91(32,74)	
4	Iver Hvidsten	95	Bærumsvømmerne	2.27,59	450
	33,15(33,15)	1.10,07(36,92)	1.53,87(43,80)	2.27,59(33,72)	
5	Jørgen Gundersen	95	Skjetten Svømming	2.28,41	443
	32,59(32,59)	1.09,96(37,37)	1.54,76(44,80)	2.28,41(33,65)	
6	Tord Gunnar Fjeld	95	Hamar IL	2.29,58	433
	33,65(33,65)	1.10,56(36,91)	1.54,45(43,89)	2.29,58(35,13)	
7	Andreas Severin Bunæs	95	Haldens SK	2.29,87	430
	32,43(32,43)	1.09,46(37,03)	1.55,52(46,06)	2.29,87(34,35)	
8	Johann David Ørbeck	95	Asker SK	2.30,69	423
	31,35(31,35)	1.11,21(39,86)	1.57,04(45,83)	2.30,69(33,65)	
9	Martin Næss Kjølholdt	95	Kolbotn IL	2.30,92	421
	33,28(33,28)	1.12,53(39,25)	1.58,05(45,52)	2.30,92(32,87)	
10	Paul Henrik Devenish Andreassen	95	Kongstensvømmerne	2.32,95	405
	32,06(32,06)	1.09,87(37,81)	1.58,02(48,15)	2.32,95(34,93)	
11	Jakob Bernstein	95	Bærumsvømmerne	2.33,46	401
	32,31(32,31)	1.13,06(40,75)	1.59,03(45,97)	2.33,46(34,43)	
12	Martin Bråthen	95	Kolbotn IL	2.34,95	389
	33,59(33,59)	1.12,40(38,81)	2.00,04(47,64)	2.34,95(34,91)	
13	Anders Erichsen Torvanger	95	Lambertseter SK	2.34,96	389
	33,23(33,23)	1.14,71(41,48)	2.00,35(45,64)	2.34,96(34,61)	
14	Mathias Hammer	95	Kongstensvømmerne	2.37,58	370
	33,30(33,30)	1.12,74(39,44)	2.01,92(49,18)	2.37,58(35,66)	
15	Morten Hansen	95	Lørenskog/Rælingen	2.40,83	348
	36,43(36,43)	1.18,27(41,84)	2.03,96(45,69)	2.40,83(36,87)	
16	Gard Ruben Fauske	95	Lørenskog/Rælingen	2.42,69	336
	38,99(38,99)	1.17,93(38,94)	2.04,24(46,31)	2.42,69(38,45)	
17	Daniel Johansen	95	Kongstensvømmerne	2.46,22	315
	36,13(36,13)	1.19,16(43,03)	2.09,10(49,94)	2.46,22(37,12)	
18	Thomas Frogner	95	Moss SK	2.47,76	307
	37,61(37,61)	1.21,17(43,56)	2.08,64(47,47)	2.47,76(39,12)	
19	Eirik Nilsen	95	Ski SK	2.49,83	296
	38,02(38,02)	1.20,99(42,97)	2.11,43(50,44)	2.49,83(38,40)	
20	Nicholas Verula Braaten	95	Sarpsborg IL	2.50,90	290
	35,61(35,61)	1.22,18(46,57)	2.13,42(51,24)	2.50,90(37,48)	
21	Emil Baardseth	95	Skjetten Svømming	2.55,25	269
	39,94(39,94)	1.20,84(40,90)	2.15,18(54,34)	2.55,25(40,07)	

