

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



Øvelse 1. 400m fri, jenter - født 1999

1p	Johanne Heines Pettersen	99	Sandnes SLK	5.30,15	376
	37,79(37,79)	1.19,79(42,00)	2.02,79(43,00)	2.45,43(42,64)	
	3.27,02(41,59)	4.08,78(41,76)	4.51,15(42,37)	5.30,15(39,00)	
2p	Alina H Bjelancic	99	Randaberg IL	5.30,48	375
	37,42(37,42)	1.19,98(42,56)	2.03,10(43,12)	2.45,99(42,89)	
	3.28,45(42,46)	4.10,17(41,72)	4.51,53(41,36)	5.30,48(38,95)	
3p	Benedikte Øverland	99	Vestkantsvømmerne	5.56,21	299
	38,38(38,38)	1.22,25(43,87)	2.07,65(45,40)	2.53,69(46,04)	
	3.40,38(46,69)	4.27,11(46,73)	5.13,70(46,59)	5.56,21(42,51)	
4	Mie Kreybu	99	Arna SLK	6.07,25	273
	39,24(39,24)	1.24,93(45,69)	2.13,10(48,17)	3.01,28(48,18)	
	3.48,67(47,39)	4.36,90(48,23)	5.24,08(47,18)	6.07,25(43,17)	
5	Stine Bertelsen	99	Bryne SK	6.07,94	272
	41,02(41,02)	1.28,23(47,21)	2.14,50(46,27)	3.01,60(47,10)	
	3.48,83(47,23)	4.37,30(48,47)	5.24,85(47,55)	6.07,94(43,09)	
6	Vilde Kristine Uthus Halse	99	Bergens SC	6.13,73	259
	41,81(41,81)	1.29,23(47,42)	2.17,25(48,02)	3.05,64(48,39)	
	3.54,73(49,09)	4.42,63(47,90)	5.29,07(46,44)	6.13,73(44,66)	
7	Christina Vestre	99	Haugesund SK	6.22,69	241
	42,10(42,10)	1.30,70(48,60)	2.20,43(49,73)	3.09,94(49,51)	
	3.58,44(48,50)	4.47,14(48,70)	5.36,28(49,14)	6.22,69(46,41)	
8	Karianne Møkster	99	Frisinn SK	6.24,15	239
	42,56(42,56)	1.30,00(47,44)	2.19,19(49,19)	3.08,53(49,34)	
	3.59,13(50,60)	4.51,37(52,24)	5.39,50(48,13)	6.24,15(44,65)	
9	Maria Bjerk Aarbu	99	Åstveit SK	6.24,99	237
	43,49(43,49)	1.30,35(46,86)	2.19,21(48,86)	3.08,36(49,15)	
	3.57,90(49,54)	4.47,09(49,19)	5.36,26(49,17)	6.24,99(48,73)	
10	Helene Emmerhoff	99	Randaberg IL	6.28,85	230
	44,06(44,06)	1.33,74(49,68)	2.22,51(48,77)	3.12,84(50,33)	
	4.03,02(50,18)	4.52,27(49,25)	5.43,15(50,88)	6.28,85(45,70)	
11	Nora T. Hinna	99	Delfana	6.30,32	227
	42,15(42,15)	1.31,86(49,71)	2.22,27(50,41)	3.12,51(50,24)	
	4.03,21(50,70)	4.54,24(51,03)	5.42,97(48,73)	6.30,32(47,35)	
12	Vilde Lohmann	99	Delfana	6.33,91	221
	42,46(42,46)	1.31,61(49,15)	2.22,98(51,37)	3.13,48(50,50)	
	4.03,80(50,32)	4.55,11(51,31)	5.46,17(51,06)	6.33,91(47,74)	
13	Katrine Sauesund	99	Delfana	7.01,31	181
	46,13(46,13)	1.38,33(52,20)	2.31,16(52,83)	3.26,07(54,91)	
		5.16,46(1.50,39)	6.10,63(54,17)	7.01,31(50,68)	
14	Amalie A Larsen	99	Delfana	7.06,08	175
	46,31(46,31)	1.40,08(53,77)	2.34,78(54,70)	3.29,77(54,99)	
	4.25,25(55,48)	5.19,74(54,49)	6.14,56(54,82)	7.06,08(51,52)	
15	Andrea G. Skaaland	99	Delfana	7.29,53	149
	44,63(44,63)	1.40,28(55,65)	2.36,60(56,32)	3.35,17(58,57)	
	4.34,28(59,11)	5.34,73(1.00,45)	6.33,55(58,82)	7.29,53(55,98)	
16	Marie Jenssen	99	Delfana	7.32,29	146
	49,54(49,54)	1.46,33(56,79)	2.43,43(57,10)	3.42,79(59,36)	
	4.41,22(58,43)	5.39,47(58,25)	6.37,59(58,12)	7.32,29(54,70)	
17	Nora Sandvoll	99	Frisinn SK	7.36,20	142
	45,17(45,17)	1.41,11(55,94)	2.40,55(59,44)	3.42,22(1.01,67)	
	4.42,24(1.00,02)		6.46,66(2.04,42)	7.36,20(49,54)	
18	Aurora T Truyen	99	Delfana	7.43,86	136
	51,91(51,91)	1.50,81(58,90)	2.50,14(59,33)	3.48,24(58,10)	
	4.45,90(57,66)	5.45,77(59,87)	6.43,80(58,03)	7.43,86(1.00,06)	

Øvelse 2. 400m fri, gutter - født 1999

1p	Truls Wigdel	99	Madla SK	6.14,94	191
	40,98(40,98)	1.28,09(47,11)	2.15,87(47,78)	3.04,07(48,20)	
	3.53,26(49,19)	4.42,44(49,18)	5.30,57(48,13)	6.14,94(44,37)	

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2p	Sindre Salte Dunseth	99	Madla SK	6.25,57	176
	43,04(43,04)	1.31,10(48,06)	2.21,18(50,08)	3.10,58(49,40)	
	3.59,62(49,04)	4.49,11(49,49)	5.38,63(49,52)	6.25,57(46,94)	
3p	Sondre Saltnes Urdal	99	Delfana	6.28,40	172
	39,74(39,74)	1.27,77(48,03)	2.18,76(50,99)	3.09,49(50,73)	
	3.59,98(50,49)	4.50,47(50,49)	5.41,96(51,49)	6.28,40(46,44)	
4	Kristian Nygård Solvik	99	Bryne SK	6.40,08	158
	44,35(44,35)	1.32,05(47,70)	2.24,27(52,22)	3.17,10(52,83)	
	4.09,60(52,50)	5.01,34(51,74)	5.51,44(50,10)	6.40,08(48,64)	
5	Hector Alexander Moland	99	Madla SK	6.58,59	138
	45,22(45,22)	1.36,12(50,90)	2.29,84(53,72)	3.25,19(55,35)	
	4.19,44(54,25)	5.14,20(54,76)	6.08,63(54,43)	6.58,59(49,96)	
6	Petter S Kolaas	99	Delfana	7.00,69	136
	49,61(49,61)	1.42,47(52,86)	2.37,33(54,86)	3.31,65(54,32)	
	4.26,39(54,74)	5.18,41(52,02)	6.10,64(52,23)	7.00,69(50,05)	
7	Heine Nilsen	99	Vestkantsvømmerne	7.10,97	126
	46,66(46,66)	1.40,13(53,47)	2.35,23(55,10)	3.31,23(56,00)	
	4.27,07(55,84)	5.22,71(55,64)	6.19,89(57,18)	7.10,97(51,08)	
8	Jakob Tharaldsen Skaftun	99	Madla SK	8.01,05	91
	51,38(51,38)	1.50,94(59,56)	2.53,44(1.02,50)	3.55,03(1.01,59)	
	4.56,98(1.01,95)	5.58,00(1.01,02)	7.00,76(1.02,76)	8.01,05(1.00,29)	

Øvelse 3. 400m fri, jenter - født 1998

1p	Maria Voldsund	98	Delfana	5.03,53	484
	32,96(32,96)	1.10,11(37,15)	1.49,29(39,18)	2.28,50(39,21)	
	3.08,02(39,52)	3.47,67(39,65)	4.26,22(38,55)	5.03,53(37,31)	
2p	Nina-Therese Storstein	98	Karmøy SK	5.06,89	468
	34,39(34,39)	1.12,19(37,80)	1.51,32(39,13)	2.30,96(39,64)	
	3.11,68(40,72)	3.51,01(39,33)	4.29,85(38,84)	5.06,89(37,04)	
3p	Emilie Lie Mathisen	98	Vestkantsvømmerne	5.18,04	420
	36,25(36,25)	1.15,94(39,69)	1.55,04(39,10)	2.35,55(40,51)	
	3.16,99(41,44)	3.58,01(41,02)	4.38,75(40,74)	5.18,04(39,29)	
4	Ulrikke Rein	98	Madla SK	5.31,01	373
	35,46(35,46)	1.15,05(39,59)	1.56,75(41,70)	2.39,12(42,37)	
	3.22,00(42,88)	4.05,60(43,60)	4.48,97(43,37)	5.31,01(42,04)	
5	Solveig Aarland	98	Delfana	5.34,77	361
	38,32(38,32)	1.21,31(42,99)	2.04,75(43,44)	2.47,96(43,21)	
	3.30,20(42,24)	4.12,65(42,45)	4.54,67(42,02)	5.34,77(40,10)	
6	Ingvild Gullaksen Vatshelle	98	Vestkantsvømmerne	5.35,79	357
	35,96(35,96)	1.16,28(40,32)	1.58,16(41,88)	2.41,25(43,09)	
	3.24,54(43,29)	4.08,51(43,97)	4.52,23(43,72)	5.35,79(43,56)	
7	Hanne Erstad Larsen	98	Delfana	5.42,04	338
	38,84(38,84)	1.21,77(42,93)	2.06,57(44,80)	2.50,34(43,77)	
	3.33,36(43,02)	4.17,61(44,25)	5.00,32(42,71)	5.42,04(41,72)	
8	Gina Alvestad	98	Karmøy SK	5.42,71	336
	37,81(37,81)	1.19,90(42,09)	2.03,68(43,78)	2.47,54(43,86)	
	3.32,20(44,66)	4.16,44(44,24)	5.01,38(44,94)	5.42,71(41,33)	
9	Stine Dale	98	Vestkantsvømmerne	5.43,06	335
	37,73(37,73)	1.20,71(42,98)	2.04,77(44,06)	2.48,72(43,95)	
	3.32,86(44,14)	4.16,72(43,86)	5.00,67(43,95)	5.43,06(42,39)	
10	Kristin Serck-Hanssen	98	Madla SK	5.57,14	297
	39,82(39,82)	1.24,07(44,25)	2.09,02(44,95)	2.54,10(45,08)	
	3.40,32(46,22)	4.26,73(46,41)	5.13,00(46,27)	5.57,14(44,14)	
11	Vilde E. Stokkenes	98	Haugesund SK	5.57,68	296
	38,99(38,99)	1.23,29(44,30)	2.07,98(44,69)	2.53,56(45,58)	
	3.39,68(46,12)	4.25,35(45,67)	5.12,45(47,10)	5.57,68(45,23)	
12	Mari Haugland Ingebregtsen	98	Delfana	5.59,43	291
	40,92(40,92)	1.27,47(46,55)	2.14,58(47,11)	3.01,35(46,77)	
	3.48,23(46,88)	4.32,09(43,86)	5.18,87(46,78)	5.59,43(40,56)	
13	Ingrid Elise Berge Jenssen	98	Madla SK	6.02,32	284
	41,47(41,47)	1.27,10(45,63)	2.13,59(46,49)	3.00,03(46,44)	
	3.46,05(46,02)	4.32,05(46,00)	5.17,76(45,71)	6.02,32(44,56)	
14	Helene Ottesen	98	Delfana	6.06,24	275

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	41,23(41,23)	1.26,08(44,85)	2.14,29(48,21)	3.00,16(45,87)	
	3.45,89(45,73)	4.32,96(47,07)	5.20,22(47,26)	6.06,24(46,02)	
15	Christine Sekkesæter	98	Madla SK	6.09,69	268
	40,83(40,83)	1.26,77(45,94)	2.15,03(48,26)	3.02,29(47,26)	
	3.50,30(48,01)	4.38,57(48,27)	5.26,25(47,68)	6.09,69(43,44)	
16	Ines Nystrand	98	Madla SK	6.23,81	239
	42,89(42,89)	1.31,28(48,39)	2.20,90(49,62)	3.10,13(49,23)	
	3.59,91(49,78)	4.48,71(48,80)	5.36,92(48,21)	6.23,81(46,89)	
17	Ingjerd Davøen	98	Delfana	6.29,11	230
	43,78(43,78)	1.31,35(47,57)	2.22,35(51,00)	3.12,96(50,61)	
	4.04,68(51,72)	4.55,24(50,56)	5.42,27(47,03)	6.29,11(46,84)	
18	Henriette Kronstad Helland	98	Vestkantsvømmerne	6.38,10	214
	43,79(43,79)	1.33,16(49,37)	2.24,77(51,61)	3.15,73(50,96)	
	4.07,34(51,61)	4.57,68(50,34)	5.48,84(51,16)	6.38,10(49,26)	
19	Elisabeth K. Vindfjell	98	Eid SK	6.40,66	210
	41,79(41,79)	1.31,50(49,71)	2.23,14(51,64)	3.15,67(52,53)	
	4.07,13(51,46)	4.58,99(51,86)	5.50,58(51,59)	6.40,66(50,08)	
20	Emilie Nilo Nilssen	98	Madla SK	6.41,77	209
	43,86(43,86)	1.33,43(49,57)	2.24,32(50,89)	3.16,26(51,94)	
	4.09,10(52,84)	5.02,76(53,66)	5.54,32(51,56)	6.41,77(47,45)	
21	Mari Ellingsen Bråten	98	Madla SK	6.42,85	207
	42,66(42,66)	1.34,15(51,49)	2.26,59(52,44)	3.18,69(52,10)	
	4.11,95(53,26)	5.03,34(51,39)	5.54,87(51,53)	6.42,85(47,98)	
22	Sunniva Svanes	98	Madla SK	6.42,94	207
	45,34(45,34)	1.35,40(50,06)	2.26,56(51,16)	3.19,46(52,90)	
	4.11,91(52,45)	5.03,72(51,81)	5.56,16(52,44)	6.42,94(46,78)	
23	Iris Aikio	98	Madla SK	7.27,93	150
	47,59(47,59)	1.44,98(57,39)	2.43,32(58,34)	3.40,08(56,76)	
	4.39,04(58,96)	5.38,62(59,58)	6.34,99(56,37)	7.27,93(52,94)	
24	Rebecca Johnsgaard	98	Delfana	7.37,84	141
	50,06(50,06)	1.46,36(56,30)	2.45,11(58,75)	3.44,80(59,69)	
	4.46,34(1.01,54)	5.46,37(1.00,03)	6.46,20(59,83)	7.37,84(51,64)	
	Mari Dahl	98	Delfana	BRUTT	

Øvelse 4. 400m fri, gutter - født 1998

1p	Eivind Bjelland	98	Haugesund SK	5.08,60	343
	33,39(33,39)	1.10,83(37,44)	1.49,68(38,85)	2.29,29(39,61)	
	3.09,60(40,31)	3.50,16(40,56)	4.30,14(39,98)	5.08,60(38,46)	
2p	Urs Bludau	98	Arna SLK	5.12,66	330
	33,94(33,94)	1.12,20(38,26)	1.51,77(39,57)	2.32,46(40,69)	
	3.12,85(40,39)	3.53,78(40,93)	4.34,11(40,33)	5.12,66(38,55)	
3p	Barnaby Baines	98	Madla SK	5.16,79	317
	34,92(34,92)	1.13,85(38,93)	1.53,71(39,86)	2.35,08(41,37)	
	3.15,60(40,52)	3.56,55(40,95)	4.37,38(40,83)	5.16,79(39,41)	
4	Simen Kreybu	98	Arna SLK	5.16,85	317
	35,12(35,12)	1.14,25(39,13)	1.54,57(40,32)	2.35,12(40,55)	
	3.16,08(40,96)	3.57,06(40,98)	4.37,91(40,85)	5.16,85(38,94)	
5	Teis Malterud	98	Førde IL	5.20,67	306
	34,99(34,99)	1.14,02(39,03)	1.54,67(40,65)	2.35,83(41,16)	
	3.16,98(41,15)	3.58,91(41,93)	4.40,15(41,24)	5.20,67(40,52)	
6	Sigurd Heldal Årethun	98	Arna SLK	5.22,90	300
	34,95(34,95)	1.14,36(39,41)	1.55,39(41,03)	2.36,92(41,53)	
	3.18,29(41,37)	3.59,71(41,42)	4.41,84(42,13)	5.22,90(41,06)	
7	Alec Karlsen	98	Madla SK	5.28,86	284
	35,75(35,75)	1.16,37(40,62)	1.58,03(41,66)	2.40,42(42,39)	
	3.23,52(43,10)	4.06,21(42,69)	4.49,34(43,13)	5.28,86(39,52)	
8	Halvor Alvestad Larsen	98	Karmøy SK	5.42,85	250
	37,90(37,90)	1.21,02(43,12)	2.04,83(43,81)	2.48,81(43,98)	
	3.32,97(44,16)	4.17,24(44,27)	5.01,30(44,06)	5.42,85(41,55)	
9	Aleksander Petter Olsen	98	Sandnes SLK	5.47,51	241
	37,00(37,00)	1.20,75(43,75)	2.05,92(45,17)	2.50,14(44,22)	
	3.35,08(44,94)	4.20,40(45,32)	5.06,10(45,70)	5.47,51(41,41)	

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10	Jonas Østenstad	98	Haugesund SK	5.56,18	223
	37,78(37,78)	1.22,11(44,33)	2.08,30(46,19)	2.54,56(46,26)	
	3.41,17(46,61)	4.27,47(46,30)	5.13,73(46,26)	5.56,18(42,45)	
11	Per Tinius Mowinckel	98	Bergens SC	6.09,03	201
	41,09(41,09)	1.28,40(47,31)	2.16,61(48,21)	3.04,11(47,50)	
	3.51,26(47,15)	4.39,08(47,82)	5.26,70(47,62)	6.09,03(42,33)	
12	Erling Belaska	98	Madla SK	6.09,57	200
	39,92(39,92)	1.27,03(47,11)	2.14,97(47,94)	3.03,23(48,26)	
	3.51,37(48,14)	4.39,46(48,09)	5.26,74(47,28)	6.09,57(42,83)	
13	Leif Petter Sørbrø	98	Stavanger SC	6.15,34	191
		1.31,32(1.31,32)	2.19,14(47,82)	3.07,34(48,20)	
		4.45,91(1.38,57)		6.15,34(1.29,43)	
14	Kim Andre Grønstøl	98	Åstveit SK	6.22,39	181
	40,87(40,87)	1.29,67(48,80)	2.19,47(49,80)	3.10,68(51,21)	
	4.01,53(50,85)	4.51,70(50,17)	5.38,81(47,11)	6.22,39(43,58)	
15	Sindre Vatnamot Amble	98	Madla SK	6.44,88	152
	47,06(47,06)		2.30,12(1.43,06)	3.24,13(54,01)	
	4.15,19(51,06)	5.07,02(51,83)	5.58,32(51,30)	6.44,88(46,56)	
16	Sean Elias Buckland	98	Haugesund SK	6.48,61	148
	45,45(45,45)	1.38,30(52,85)	2.30,68(52,38)	3.24,98(54,30)	
	4.17,16(52,18)	5.08,72(51,56)	6.02,32(53,60)	6.48,61(46,29)	

Øvelse 5. 400m fri, jenter - født 1997

1p	Marte Dale	97	Vestkantsvømmerne	4.56,67	518
	33,25(33,25)	1.10,15(36,90)	1.48,35(38,20)	2.26,45(38,10)	
	3.04,81(38,36)	3.42,61(37,80)	4.21,18(38,57)	4.56,67(35,49)	
2p	Karianne Reinertsen	97	Vestkantsvømmerne	4.56,71	518
	32,35(32,35)	1.09,20(36,85)	1.46,84(37,64)	2.25,14(38,30)	
	3.03,11(37,97)	3.41,35(38,24)	4.19,98(38,63)	4.56,71(36,73)	
3p	Vanja Syversen	97	Delfana	4.58,05	511
	33,38(33,38)	1.10,38(37,00)	1.48,32(37,94)	2.26,29(37,97)	
	3.04,65(38,36)	3.42,99(38,34)	4.21,49(38,50)	4.58,05(36,56)	
4	Ingeborg Liseth Pedersen	97	Åstveit SK	5.05,20	476
	34,66(34,66)	1.12,25(37,59)	1.51,53(39,28)	2.30,57(39,04)	
	3.09,88(39,31)	3.49,02(39,14)	4.27,89(38,87)	5.05,20(37,31)	
5	Ingrid Bergslid	97	Madla SK	5.08,17	462
	33,72(33,72)	1.12,02(38,30)	1.50,94(38,92)	2.30,34(39,40)	
	3.10,29(39,95)	3.50,08(39,79)	4.29,69(39,61)	5.08,17(38,48)	
6	Stina Karlsen Heimnes	97	Åstveit SK	5.09,43	457
	35,19(35,19)	1.12,78(37,59)	1.51,69(38,91)	2.31,07(39,38)	
	3.10,78(39,71)	3.50,47(39,69)	4.30,51(40,04)	5.09,43(38,92)	
7	Toni G. Coudray	97	Bergens SC	5.11,31	448
	35,38(35,38)	1.13,86(38,48)	1.53,03(39,17)	2.32,87(39,84)	
	3.12,93(40,06)	3.52,96(40,03)	4.32,89(39,93)	5.11,31(38,42)	
8	Nina Staveland	97	Madla SK	5.12,42	444
	36,36(36,36)	1.15,26(38,90)	1.54,26(39,00)	2.33,67(39,41)	
	3.13,44(39,77)	3.53,76(40,32)	4.33,78(40,02)	5.12,42(38,64)	
9	Ida Jenssen Lirhus	97	Madla SK	5.13,32	440
	36,01(36,01)	1.14,84(38,83)	1.54,73(39,89)	2.34,38(39,65)	
	3.14,33(39,95)	3.54,19(39,86)	4.34,27(40,08)	5.13,32(39,05)	
10	Sandra Sola	97	Randaberg IL	5.14,16	436
	35,33(35,33)	1.13,69(38,36)	1.53,22(39,53)	2.33,39(40,17)	
	3.13,86(40,47)	3.54,36(40,50)	4.34,81(40,45)	5.14,16(39,35)	
11	Mathilde Konstanse Rasmussen	97	Arna SLK	5.23,49	400
	36,62(36,62)	1.16,55(39,93)	1.56,78(40,23)	2.38,07(41,29)	
	3.19,83(41,76)	4.01,93(42,10)	4.43,61(41,68)	5.23,49(39,88)	
12	Hanne Hana Voss	97	Randaberg IL	5.26,38	389
	38,77(38,77)	1.20,90(42,13)	2.03,50(42,60)	2.45,73(42,23)	
	3.26,27(40,54)	4.07,61(41,34)	4.47,67(40,06)	5.26,38(38,71)	
13	Ida Tomine Glomsaker	97	Madla SK	5.29,36	379
	36,62(36,62)	1.16,96(40,34)	1.58,09(41,13)	2.40,21(42,12)	
	3.22,60(42,39)	4.05,47(42,87)	4.48,29(42,82)	5.29,36(41,07)	
14	Julie Sundstrøm	97	Delfana	5.29,63	378

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	35,12(35,12)	1.16,36(41,24)	1.59,18(42,82)	2.42,05(42,87)	
	3.24,75(42,70)	4.07,64(42,89)	4.50,22(42,58)	5.29,63(39,41)	
15	Siri Kathrine Tangedal	97	Bergen SLK	5.29,79	377
	34,97(34,97)	1.14,11(39,14)	1.55,66(41,55)	2.38,73(43,07)	
	3.21,84(43,11)	4.05,14(43,30)	4.48,37(43,23)	5.29,79(41,42)	
16	Susann Pleym Olsen	97	Delfana	5.41,43	340
	37,62(37,62)	1.21,13(43,51)	2.04,75(43,62)	2.49,19(44,44)	
	3.33,01(43,82)	4.16,67(43,66)	5.00,53(43,86)	5.41,43(40,90)	
17	Brita Stang Aune	97	Stavanger SC	5.43,37	334
	37,59(37,59)	1.20,74(43,15)	2.05,25(44,51)		
	3.34,30(1.29,05)	4.18,47(44,17)	5.02,77(44,30)	5.43,37(40,60)	
18	Cecilia Eide Songstad	97	Bergens SC	5.45,38	328
	37,70(37,70)	1.20,34(42,64)	2.04,16(43,82)	2.47,80(43,64)	
	3.32,50(44,70)	4.17,58(45,08)	5.01,76(44,18)	5.45,38(43,62)	
19	Lisa Marie Berntzen Laukli	97	Åstveit SK	5.45,47	328
	38,42(38,42)	1.21,19(42,77)	2.05,35(44,16)	2.49,17(43,82)	
	3.33,19(44,02)	4.17,71(44,52)	5.02,11(44,40)	5.45,47(43,36)	
20	Ingrid Dvergsdal	97	Førde IL	5.47,79	322
	38,39(38,39)	1.21,84(43,45)	2.05,49(43,65)	2.49,88(44,39)	
	3.34,70(44,82)	4.19,38(44,68)	5.04,20(44,82)	5.47,79(43,59)	
21	Thea Anderssen Søreng	97	Vestkantsvømmerne	5.58,29	294
	39,92(39,92)	1.24,58(44,66)	2.10,40(45,82)	2.56,55(46,15)	
	3.42,20(45,65)	4.28,58(46,38)	5.14,61(46,03)	5.58,29(43,68)	
22	Rebekka Frimannslund Blix	97	Svelgen TIF	6.04,21	280
	37,59(37,59)	1.23,51(45,92)	2.10,14(46,63)	2.59,68(49,54)	
	3.44,39(44,71)	4.32,19(47,80)	5.20,37(48,18)	6.04,21(43,84)	
23	Amalie Tørlen	97	Stavanger SC	6.10,90	265
	37,95(37,95)		2.08,50(1.30,55)	2.56,83(48,33)	
	3.45,84(49,01)	4.35,45(49,61)	5.25,39(49,94)	6.10,90(45,51)	
24	Maren Chungøe	97	Stavanger SC	6.19,62	247
	40,77(40,77)	1.27,52(46,75)	2.15,42(47,90)	3.04,18(48,76)	
	3.52,72(48,54)	4.42,08(49,36)	5.31,52(49,44)	6.19,62(48,10)	

Øvelse 6. 400m fri, gutter - født 1997

1p	Maurice Sudkamp	97	Randaberg IL	4.46,28	430
	31,29(31,29)	1.05,88(34,59)	1.41,55(35,67)	2.18,11(36,56)	
	2.54,71(36,60)	3.32,51(37,80)	4.10,82(38,31)	4.46,28(35,46)	
2p	Erik Årslund Gidskehaug	97	Bryne SK	4.51,83	406
	33,63(33,63)	1.09,95(36,32)	1.46,95(37,00)	2.23,97(37,02)	
	3.00,90(36,93)	3.38,18(37,28)	4.15,72(37,54)	4.51,83(36,11)	
3p	Matias Gulestøl	97	Svelgen TIF	4.59,53	376
	32,48(32,48)	1.08,60(36,12)	1.46,36(37,76)	2.24,21(37,85)	
	3.02,54(38,33)	3.42,75(40,21)	4.21,73(38,98)	4.59,53(37,80)	
4	Lars-Kristian Gotaas Bjørkbom	97	Bergen SLK	5.07,45	347
	33,84(33,84)	1.11,69(37,85)	1.50,77(39,08)	2.30,66(39,89)	
	3.10,19(39,53)	3.50,18(39,99)	4.29,65(39,47)	5.07,45(37,80)	
5	Tim Samuelson	97	Madla SK	5.08,62	343
	34,22(34,22)	1.12,15(37,93)	1.51,07(38,92)	2.30,86(39,79)	
	3.10,35(39,49)	3.49,93(39,58)	4.29,65(39,72)	5.08,62(38,97)	
6	Halvor Arne Borgstrøm	97	Stavanger SC	5.14,07	326
	33,51(33,51)	1.12,36(38,85)	1.53,21(40,85)	2.33,01(39,80)	
	3.14,53(41,52)	3.56,01(41,48)	4.35,35(39,34)	5.14,07(38,72)	
7	Vladimir Koynarev	97	Bergen SLK	5.14,35	325
	34,27(34,27)	1.14,42(40,15)	1.54,33(39,91)	2.35,28(40,95)	
	3.16,07(40,79)	3.57,44(41,37)	4.37,29(39,85)	5.14,35(37,06)	
8	Dennis Asbjørnsen	97	Madla SK	5.14,74	324
	36,09(36,09)	1.15,50(39,41)	1.56,00(40,50)	2.36,58(40,58)	
	3.16,56(39,98)	3.57,13(40,57)	4.36,51(39,38)	5.14,74(38,23)	
9	Harald Goa Fagerheim	97	Karmøy SK	5.19,19	310
	32,91(32,91)	1.11,77(38,86)	1.52,64(40,87)	2.33,99(41,35)	
	3.16,07(42,08)	3.58,33(42,26)	4.37,92(39,59)	5.19,19(41,27)	
10	Gord Behzadi	97	Madla SK	5.27,84	286
	36,61(36,61)	1.16,91(40,30)	1.58,68(41,77)	2.40,31(41,63)	
	3.22,60(42,29)	4.04,67(42,07)	4.46,88(42,21)	5.27,84(40,96)	

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11	Hans Fredrik Laache	97	Førde IL	5.30,97	278
	35,81(35,81)	1.15,39(39,58)	1.57,27(41,88)	2.39,98(42,71)	
	3.23,59(43,61)	4.07,47(43,88)	4.51,35(43,88)	5.30,97(39,62)	
12	Marius Haukland	97	IL Trio	5.31,37	277
	35,78(35,78)	1.16,45(40,67)	1.59,26(42,81)	2.43,09(43,83)	
	3.26,81(43,72)	4.09,10(42,29)	4.52,58(43,48)	5.31,37(38,79)	
13	Sebastian H. Mikkelsen	97	Bergen SLK	5.32,34	275
	35,65(35,65)	1.16,19(40,54)	1.58,20(42,01)	2.41,05(42,85)	
	3.23,52(42,47)	4.06,59(43,07)	4.50,08(43,49)	5.32,34(42,26)	
14	Adrian Etterlid Jensen	97	Stord IL	5.35,89	266
	36,56(36,56)	1.17,19(40,63)	2.00,67(43,48)	2.43,23(42,56)	
	3.26,43(43,20)	4.09,74(43,31)	4.53,77(44,03)	5.35,89(42,12)	
15	Magnus Dale Johnsen	97	Delfana	5.37,33	263
	39,56(39,56)	1.23,08(43,52)	2.06,86(43,78)	2.49,98(43,12)	
	3.32,43(42,45)	4.15,17(42,74)	4.57,45(42,28)	5.37,33(39,88)	
16	Vegard Strandos	97	Svelgen TIF	5.44,75	246
	38,47(38,47)	1.21,32(42,85)	2.05,48(44,16)	2.50,16(44,68)	
	3.34,44(44,28)	4.19,68(45,24)	5.03,42(43,74)	5.44,75(41,33)	
17	Torbjørn Visnes	97	Stord IL	6.06,29	205
	39,98(39,98)	1.24,96(44,98)	2.12,49(47,53)	2.59,90(47,41)	
		4.35,31(1.35,41)	5.21,61(46,30)	6.06,29(44,68)	
18	Anders Johan Pedersen	97	Delfana	6.08,14	202
	40,43(40,43)	1.27,34(46,91)	2.14,25(46,91)	3.01,25(47,00)	
	3.47,87(46,62)	4.35,19(47,32)	5.22,00(46,81)	6.08,14(46,14)	
19	Christoffer Gurvin Skaaland	97	Delfana	6.16,44	189
	41,60(41,60)	1.30,77(49,17)	2.18,08(47,31)	3.06,68(48,60)	
	3.53,10(46,42)	4.41,91(48,81)	5.29,96(48,05)	6.16,44(46,48)	
20	Erik Hystad	97	Stord IL	6.18,50	186
	40,38(40,38)	1.27,23(46,85)	2.16,10(48,87)	3.06,06(49,96)	
	3.56,29(50,23)	4.45,23(48,94)	5.34,31(49,08)	6.18,50(44,19)	
21	Erlend Tveitnes Halvorsen	97	Delfana	6.20,26	184
	42,20(42,20)	1.30,11(47,91)	2.19,81(49,70)	3.09,07(49,26)	
	3.58,29(49,22)	4.46,63(48,34)	5.34,83(48,20)	6.20,26(45,43)	
22	Marcus Wangsholm	97	Delfana	6.24,10	178
	40,61(40,61)	1.28,93(48,32)	2.19,20(50,27)	3.09,70(50,50)	
				6.24,10(3.14,40)	

Øvelse 7. 400m fri, jenter - født 1996

1p	Elin Haugland	96	Delfana	4.34,18	656
	32,17(32,17)	1.06,10(33,93)	1.40,92(34,82)	2.15,93(35,01)	
	2.51,13(35,20)	3.26,23(35,10)	4.01,21(34,98)	4.34,18(32,97)	
2p	Tina Schutz	96	Vestkant svømmere	4.38,99	623
	32,22(32,22)	1.06,63(34,41)	1.42,02(35,39)	2.17,37(35,35)	
	2.52,86(35,49)	3.28,39(35,53)	4.04,20(35,81)	4.38,99(34,79)	
3p	Tone-Lill Evanger	96	Delfana	4.41,58	606
	32,51(32,51)	1.07,58(35,07)	1.42,87(35,29)	2.18,54(35,67)	
	2.54,40(35,86)	3.30,52(36,12)	4.06,28(35,76)	4.41,58(35,30)	
4	Maria Thompson Clausen	96	Madla SK	4.42,03	603
	32,87(32,87)	1.07,96(35,09)	1.43,62(35,66)	2.19,71(36,09)	
	2.55,87(36,16)	3.31,74(35,87)	4.07,19(35,45)	4.42,03(34,84)	
5	Elida Marie Folkedal Hole	96	Vestkant svømmere	4.45,43	582
	31,94(31,94)	1.06,97(35,03)	1.43,03(36,06)	2.19,78(36,75)	
	2.57,15(37,37)	3.34,66(37,51)	4.10,54(35,88)	4.45,43(34,89)	
6	Vilde Tengesdal	96	Bryne SK	4.45,84	579
	32,33(32,33)	1.07,90(35,57)	1.44,26(36,36)	2.21,13(36,87)	
	2.57,55(36,42)	3.34,39(36,84)	4.10,84(36,45)	4.45,84(35,00)	
7	Lisa Skogeng	96	Delfana	4.46,05	578
	32,58(32,58)	1.07,40(34,82)	1.42,97(35,57)	2.18,75(35,78)	
	2.54,75(36,00)	3.31,76(37,01)	4.09,20(37,44)	4.46,05(36,85)	
8	Frida Hinna	96	Delfana	4.52,53	540
	32,96(32,96)	1.08,93(35,97)	1.45,87(36,94)	2.22,67(36,80)	
	3.00,65(37,98)	3.38,45(37,80)	4.15,83(37,38)	4.52,53(36,70)	
9	Christine Akselberg	96	Arna SLK	4.55,14	526

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	32,05(32,05)	1.08,01(35,96)	1.44,82(36,81)	2.22,81(37,99)	
	3.01,07(38,26)	3.39,53(38,46)	4.18,12(38,59)	4.55,14(37,02)	
10	Lotte Miller	96	Madla SK	4.55,49	524
	32,42(32,42)	1.09,72(37,30)	1.47,68(37,96)	2.25,95(38,27)	
	3.04,40(38,45)	3.42,89(38,49)	4.20,22(37,33)	4.55,49(35,27)	
11	Stina Dahl	96	Delfana	5.01,30	494
	33,83(33,83)	1.11,36(37,53)	1.49,93(38,57)	2.28,77(38,84)	
	3.07,40(38,63)	3.46,35(38,95)	4.24,62(38,27)	5.01,30(36,68)	
12	Emilie Knutsen Hegdal	96	Stavanger SC	5.08,10	462
	33,66(33,66)	1.11,72(38,06)	1.51,25(39,53)	2.30,09(38,84)	
	3.10,12(40,03)	3.48,35(38,23)	4.28,29(39,94)	5.08,10(39,81)	
13	Camilla Birkeland	96	Haugesund SK	5.11,59	447
	34,63(34,63)	1.13,60(38,97)	1.53,13(39,53)	2.33,26(40,13)	
	3.12,58(39,32)	3.52,64(40,06)	4.32,78(40,14)	5.11,59(38,81)	
14	Susan Ultee	96	Frisinn SK	5.18,47	419
	35,58(35,58)	1.16,17(40,59)	1.57,40(41,23)	2.38,72(41,32)	
	3.19,99(41,27)	4.01,16(41,17)	4.40,83(39,67)	5.18,47(37,64)	
15	Nora Caroline Teigene	96	Svelgen TIF	5.20,35	411
	34,84(34,84)	1.13,54(38,70)	1.54,50(40,96)	2.35,69(41,19)	
	3.17,64(41,95)	3.59,86(42,22)	4.42,45(42,59)	5.20,35(37,90)	
16	Karine Johannessen	96	Bergen SLK	5.20,79	410
	34,86(34,86)	1.13,51(38,65)	1.53,74(40,23)	2.34,89(41,15)	
	3.17,21(42,32)	3.59,46(42,25)	4.41,79(42,33)	5.20,79(39,00)	
17	Lotte Aune	96	Stavanger SC	5.22,71	402
	35,74(35,74)	1.16,22(40,48)	1.57,22(41,00)	2.38,50(41,28)	
	3.19,96(41,46)	4.01,04(41,08)	4.42,59(41,55)	5.22,71(40,12)	
18	Regine Sjørdal Lindanger	96	Frisinn SK	5.32,26	369
	35,26(35,26)	1.16,19(40,93)	1.58,78(42,59)	2.41,31(42,53)	
	3.24,48(43,17)	4.07,78(43,30)	4.51,39(43,61)	5.32,26(40,87)	
19	Elin Alette Fosshheim	96	Vestkantsvømmerne	5.34,61	361
	36,91(36,91)	1.17,95(41,04)	2.01,05(43,10)	2.43,91(42,86)	
	3.27,47(43,56)	4.10,75(43,28)	4.54,11(43,36)	5.34,61(40,50)	
20	Lisa Aaslestad	96	Sandnes SLK	5.36,88	354
	35,84(35,84)	1.16,63(40,79)	1.58,85(42,22)	2.41,76(42,91)	
	3.25,47(43,71)	4.10,15(44,68)	4.54,55(44,40)	5.36,88(42,33)	
21	Maria Teige	96	Vestkantsvømmerne	5.38,22	350
	35,74(35,74)	1.15,77(40,03)	1.56,75(40,98)	2.39,52(42,77)	
	3.24,78(45,26)	4.09,89(45,11)	4.54,99(45,10)	5.38,22(43,23)	
22	Thea Støle	96	Frisinn SK	5.44,20	332
	37,20(37,20)	1.19,92(42,72)	2.04,77(44,85)	2.50,13(45,36)	
	3.35,94(45,81)	4.22,06(46,12)	5.05,61(43,55)	5.44,20(38,59)	
23	Elise Sandvoll	96	Frisinn SK	5.47,36	323
	38,48(38,48)	1.22,02(43,54)	2.07,36(45,34)	2.53,34(45,98)	
	3.38,59(45,25)	4.24,19(45,60)	5.06,91(42,72)	5.47,36(40,45)	
24	Victoria Larsen	96	Delfana	6.08,22	271
	39,95(39,95)	1.23,42(43,47)	2.09,31(45,89)	2.57,10(47,79)	
	3.45,70(48,60)	4.34,05(48,35)	5.21,45(47,40)	6.08,22(46,77)	

Øvelse 8. 400m fri, gutter - født 1996

1p	Morten Wee Hollund	96	Karmøy SK	4.24,89	543
	29,93(29,93)	1.03,25(33,32)	1.37,24(33,99)	2.11,76(34,52)	
	2.45,29(33,53)	3.19,49(34,20)	3.53,27(33,78)	4.24,89(31,62)	
2p	Håkon P. Ludvigsen	96	Randaberg IL	4.29,98	513
	29,85(29,85)	1.03,71(33,86)	1.38,03(34,32)	2.12,75(34,72)	
	2.46,21(33,46)	3.21,04(34,83)	3.55,80(34,76)	4.29,98(34,18)	
3p	Sindre Aasland Ranaweera	96	Madla SK	4.33,27	495
	30,63(30,63)	1.03,74(33,11)	1.37,50(33,76)	2.11,75(34,25)	
	2.46,02(34,27)	3.21,18(35,16)	3.57,25(36,07)	4.33,27(36,02)	
4	Sander Nilsen Sivertsen	96	Vestkantsvømmerne	4.39,57	462
	30,54(30,54)	1.04,64(34,10)	1.40,00(35,36)	2.15,85(35,85)	
	2.52,07(36,22)	3.28,39(36,32)	4.04,87(36,48)	4.39,57(34,70)	
5	Eirik Johnsen	96	Bergens SC	4.46,66	428
	31,21(31,21)	1.06,61(35,40)	1.43,24(36,63)	2.19,57(36,33)	
	2.56,20(36,63)	3.33,43(37,23)	4.10,67(37,24)	4.46,66(35,99)	

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



6	Kacper Domanski	96	Frisinn SK	4.51,38	408
	31,60(31,60)	1.08,16(36,56)	1.45,71(37,55)	2.23,91(38,20)	
	3.02,05(38,14)	3.39,78(37,73)	4.17,29(37,51)	4.51,38(34,09)	
7	Bendik Aarbu	96	Åstveit SK	4.59,33	376
	34,18(34,18)	1.10,90(36,72)	1.48,18(37,28)	2.26,04(37,86)	
	3.04,56(38,52)	3.42,77(38,21)	4.21,84(39,07)	4.59,33(37,49)	
8	Martin Langeland-Knutsen	96	Sola SK	5.00,38	372
	31,85(31,85)	1.08,25(36,40)	1.45,98(37,73)	2.24,69(38,71)	
	3.04,20(39,51)	3.43,53(39,33)	4.23,08(39,55)	5.00,38(37,30)	
9	Are Mowatt Gruben	96	Bergens SC	5.00,72	371
	33,12(33,12)	1.10,38(37,26)	1.48,46(38,08)	2.26,60(38,14)	
	3.05,17(38,57)	3.42,40(37,23)	4.21,79(39,39)	5.00,72(38,93)	
10	Vegard Hauge Svartveit	96	Arna SLK	5.02,49	365
	33,25(33,25)	1.10,99(37,74)	1.49,13(38,14)	2.28,26(39,13)	
	3.07,36(39,10)	3.46,71(39,35)	4.25,08(38,37)	5.02,49(37,41)	
11	Lars Berg	96	Bergen SLK	5.11,38	334
	34,08(34,08)	1.12,30(38,22)	1.51,45(39,15)	2.31,17(39,72)	
	3.11,84(40,67)	3.52,28(40,44)	4.33,95(41,67)	5.11,38(37,43)	
12	Alexander Johnsgaard	96	Delfana	5.11,64	333
	35,34(35,34)	1.15,49(40,15)	1.55,75(40,26)	2.35,93(40,18)	
	3.15,24(39,31)	3.55,01(39,77)	4.33,85(38,84)	5.11,64(37,79)	
13	Lars Ole Taule Fjørtoft	96	Arna SLK	5.11,73	333
	35,35(35,35)	1.14,93(39,58)	1.54,37(39,44)	2.34,50(40,13)	
	3.15,14(40,64)	3.55,26(40,12)	4.34,50(39,24)	5.11,73(37,23)	
14	Håkon Wulf Haugen	96	Bergens SC	5.16,85	317
	33,49(33,49)	1.12,63(39,14)	1.53,46(40,83)	2.34,25(40,79)	
	3.15,37(41,12)	3.56,43(41,06)	4.37,12(40,69)	5.16,85(39,73)	
15	Erik Andre Klepp Vik	96	Sandnes SLK	5.18,85	311
	33,64(33,64)	1.13,09(39,45)	1.54,46(41,37)	2.35,75(41,29)	
	3.18,17(42,42)	3.59,23(41,06)	4.39,96(40,73)	5.18,85(38,89)	
16	Espen B. Sakariassen	96	Åstveit SK	5.21,40	304
	35,05(35,05)	1.14,75(39,70)	1.55,19(40,44)	2.36,38(41,19)	
	3.17,97(41,59)	3.59,85(41,88)	4.41,79(41,94)	5.21,40(39,61)	
17	Johannes Hauge	96	Førde IL	5.29,17	283
	37,72(37,72)	1.20,07(42,35)	2.03,23(43,16)	2.46,37(43,14)	
	3.28,67(42,30)	4.10,91(42,24)	4.52,79(41,88)	5.29,17(36,38)	
18	Benjamin Ulsmåg	96	Delfana	5.29,40	282
	38,28(38,28)	1.19,77(41,49)	2.01,71(41,94)	2.43,89(42,18)	
	3.25,07(41,18)	4.06,99(41,92)	4.48,82(41,83)	5.29,40(40,58)	
19	Marius Berg	96	Delfana	5.31,41	277
	37,09(37,09)	1.18,82(41,73)	2.00,68(41,86)	2.43,16(42,48)	
	3.25,80(42,64)	4.08,05(42,25)	4.49,91(41,86)	5.31,41(41,50)	
20	Aksel Johannesen	96	Bergens SC	5.40,14	256
	37,00(37,00)	1.18,45(41,45)	2.02,37(43,92)	2.46,73(44,36)	
	3.31,01(44,28)	4.14,76(43,75)	4.59,57(44,81)	5.40,14(40,57)	
21	Kristoffer Reidar Jørgensen	96	Vestkant svømmerne	5.43,98	248
	34,05(34,05)	1.13,87(39,82)	1.56,55(42,68)	2.40,97(44,42)	
	3.26,81(45,84)	4.11,96(45,15)	4.56,48(44,52)	5.43,98(47,50)	
22	Malik Knapp	96	Sola SK	5.45,98	244
	37,44(37,44)	1.19,61(42,17)	2.03,47(43,86)	2.47,59(44,12)	
	3.31,91(44,32)		5.02,06(1.30,15)	5.45,98(43,92)	
23	Steffen Kvamme	96	Arna SLK	6.22,46	180
	40,27(40,27)	1.28,00(47,73)	2.17,37(49,37)	3.07,43(50,06)	
	3.57,49(50,06)	4.47,78(50,29)	5.37,16(49,38)	6.22,46(45,30)	

Øvelse 9. 400m fri, jenter - født 1995

1p	Lise Sand Syversen	95	Bergens svømmerne	4.23,64	738
	30,34(30,34)	1.02,98(32,64)	1.36,27(33,29)	2.09,77(33,50)	
	2.43,43(33,66)	3.17,66(34,23)	3.51,58(33,92)	4.23,64(32,06)	
2p	Oda Gjerde	95	Bryne SK	4.33,97	658
	31,77(31,77)	1.05,58(33,81)	1.39,86(34,28)	2.14,38(34,52)	
	2.48,99(34,61)	3.24,45(35,46)	3.59,94(35,49)	4.33,97(34,03)	
3p	Pernille Berntsen	95	Førde IL	4.44,76	586

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



	31,13(31,13)	1.06,60(35,47)	1.43,06(36,46)	2.19,46(36,40)	
	2.56,02(36,56)	3.32,96(36,94)	4.10,01(37,05)	4.44,76(34,75)	
4	Vilde Stordal	95	Delfana	4.45,05	584
	32,39(32,39)	1.07,83(35,44)	1.44,06(36,23)	2.20,87(36,81)	
	2.56,17(35,30)	3.33,28(37,11)	4.09,28(36,00)	4.45,05(35,77)	
5	Ane Nygård	95	Stavanger SC	4.46,46	575
	31,48(31,48)	1.06,20(34,72)	1.42,44(36,24)	2.18,73(36,29)	
	2.55,49(36,76)	3.32,45(36,96)	4.09,94(37,49)	4.46,46(36,52)	
6	Amalie Kristiansen	95	Haugesund SK	4.46,87	573
	32,00(32,00)	1.07,16(35,16)	1.43,49(36,33)	2.20,07(36,58)	
	2.56,92(36,85)	3.33,71(36,79)	4.10,75(37,04)	4.46,87(36,12)	
7	Ingalill Urrang Naustvik	95	Karmøy SK	4.51,30	547
	31,51(31,51)	1.05,76(34,25)	1.42,63(36,87)	2.19,85(37,22)	
	2.57,02(37,17)	3.35,00(37,98)	4.13,29(38,29)	4.51,30(38,01)	
8	Sandra Bernhoft	95	Delfana	4.57,84	512
	33,36(33,36)	1.09,90(36,54)	1.47,52(37,62)	2.25,38(37,86)	
	3.03,81(38,43)	3.42,29(38,48)	4.20,57(38,28)	4.57,84(37,27)	
9	Rachel Eden	95	Madla SK	5.01,41	494
	34,03(34,03)	1.11,32(37,29)	1.49,98(38,66)	2.28,76(38,78)	
	3.08,19(39,43)	3.47,54(39,35)	4.25,56(38,02)	5.01,41(35,85)	
10	Martine Heimdal	95	Delfana	5.06,21	471
	33,69(33,69)	1.10,89(37,20)	1.49,21(38,32)	2.28,19(38,98)	
	3.07,61(39,42)	3.47,72(40,11)	4.27,52(39,80)	5.06,21(38,69)	
11	Susanne Sekkesæter	95	Madla SK	5.09,22	457
	34,35(34,35)	1.11,55(37,20)	1.49,92(38,37)	2.29,20(39,28)	
	3.08,97(39,77)	3.49,25(40,28)	4.29,57(40,32)	5.09,22(39,65)	
12	Mari Mjøllhus Kristoffersen	95	Madla SK	5.12,87	442
	34,29(34,29)	1.11,93(37,64)	1.50,41(38,48)	2.29,30(38,89)	
	3.08,60(39,30)	3.52,38(43,78)	4.33,20(40,82)	5.12,87(39,67)	
13	Alida Etterlid Jensen	95	Stord IL	5.13,19	440
	33,86(33,86)	1.11,05(37,19)	1.50,10(39,05)	2.30,49(40,39)	
	3.11,17(40,68)	3.52,29(41,12)	4.33,77(41,48)	5.13,19(39,42)	
14	Helene Dale Johnsen	95	Delfana	5.15,85	429
	35,21(35,21)	1.14,10(38,89)	1.54,10(40,00)	2.34,25(40,15)	
	3.14,16(39,91)	3.54,95(40,79)	4.36,08(41,13)	5.15,85(39,77)	
15	May Synnøve Bartlett	95	Madla SK	5.17,53	422
	36,26(36,26)	1.15,81(39,55)	1.55,54(39,73)	2.36,23(40,69)	
	3.16,37(40,14)	3.57,62(41,25)	4.38,65(41,03)	5.17,53(38,88)	
16	Maren Sofie Duus	95	Delfana	5.18,73	418
	36,15(36,15)	1.16,05(39,90)	1.56,61(40,56)	2.37,55(40,94)	
	3.18,08(40,53)	3.58,22(40,14)	4.39,13(40,91)	5.18,73(39,60)	
17	Henriette Dahl	95	Bergens SC	5.19,26	416
	35,04(35,04)	1.13,79(38,75)	1.53,88(40,09)	2.35,29(41,41)	
	3.16,75(41,46)	3.57,83(41,08)	4.40,25(42,42)	5.19,26(39,01)	
18	Stine Anderssen	95	Sandnes SLK	5.21,31	408
	34,65(34,65)	1.12,71(38,06)	1.52,02(39,31)	2.33,59(41,57)	
	3.15,73(42,14)	3.58,83(43,10)	4.41,10(42,27)	5.21,31(40,21)	
19	Kaja Konow Grønseth	95	Frisinn SK	5.22,31	404
	36,40(36,40)	1.16,53(40,13)	1.56,89(40,36)	2.37,55(40,66)	
	3.19,25(41,70)	4.01,50(42,25)	4.43,08(41,58)	5.22,31(39,23)	
20	Hanna Huglen Vinsnesbakk	95	Stord IL	5.23,63	399
	36,36(36,36)	1.17,20(40,84)	1.58,07(40,87)	2.39,41(41,34)	
	3.20,62(41,21)	4.02,32(41,70)	4.43,91(41,59)	5.23,63(39,72)	
21	Charlotte Mathisen Lie	95	Vestkantsvømmerne	5.28,47	382
	36,94(36,94)	1.16,93(39,99)	1.58,66(41,73)	2.40,14(41,48)	
	3.22,72(42,58)	4.04,42(41,70)	4.47,05(42,63)	5.28,47(41,42)	
22	Silje Tveitnes Halvorsen	95	Delfana	5.34,69	361
	36,42(36,42)	1.16,00(39,58)	1.57,51(41,51)	2.40,38(42,87)	
	3.24,00(43,62)	4.08,38(44,38)	4.52,79(44,41)	5.34,69(41,90)	
23	Vanja Strand	95	Vestkantsvømmerne	5.38,94	347
	35,11(35,11)	1.15,41(40,30)	1.58,24(42,83)	2.40,99(42,75)	
	3.25,06(44,07)	4.09,52(44,46)	4.54,58(45,06)	5.38,94(44,36)	

Øvelse 10. 400m fri, gutter - født 1995

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



1p	Ivan Aleksander Larsen	95	Karmøy SK	4.18,41	585
	28,69(28,69)	1.00,67(31,98)	1.34,03(33,36)	2.07,67(33,64)	
	2.41,03(33,36)	3.14,05(33,02)	3.47,10(33,05)	4.18,41(31,31)	
2p	Jonas Ødegård Aanby	95	Delfana	4.22,42	559
	30,36(30,36)	1.02,66(32,30)	1.35,94(33,28)	2.08,82(32,88)	
	2.42,47(33,65)	3.16,16(33,69)	3.49,75(33,59)	4.22,42(32,67)	
3p	Daniel Sandhåland	95	Karmøy SK	4.26,61	533
	29,60(29,60)	1.01,69(32,09)	1.35,03(33,34)	2.09,25(34,22)	
	2.43,53(34,28)	3.18,16(34,63)	3.53,07(34,91)	4.26,61(33,54)	
4	Henrik Søfteland	95	Delfana	4.27,96	525
	29,77(29,77)	1.01,91(32,14)	1.35,33(33,42)	2.09,40(34,07)	
	2.44,09(34,69)	3.18,95(34,86)	3.54,07(35,12)	4.27,96(33,89)	
5	Markus Lie	95	Åstveit SK	4.30,14	512
	29,78(29,78)	1.03,09(33,31)	1.37,10(34,01)	2.11,47(34,37)	
	2.45,82(34,35)	3.20,89(35,07)	3.56,13(35,24)	4.30,14(34,01)	
6	Alexander Mork	95	Stavanger SC	4.32,32	500
	29,73(29,73)	1.02,40(32,67)	1.36,52(34,12)	2.11,91(35,39)	
	2.46,86(34,95)	3.22,51(35,65)	3.58,39(35,88)	4.32,32(33,93)	
7	Vebjørn Arne J. Aasheim	95	Vestkantsvømmerne	4.33,39	494
	30,29(30,29)	1.03,25(32,96)	1.37,60(34,35)	2.12,38(34,78)	
	2.47,10(34,72)	3.22,69(35,59)	3.58,57(35,88)	4.33,39(34,82)	
8	Ole Martin Turøy	95	Stavanger SC	4.33,81	492
	30,55(30,55)	1.04,25(33,70)	1.38,79(34,54)	2.13,82(35,03)	
	2.48,92(35,10)	3.24,91(35,99)	4.00,53(35,62)	4.33,81(33,28)	
9	Andreas Johan Reinertsen	95	Vestkantsvømmerne	4.35,74	481
	30,89(30,89)	1.05,23(34,34)	1.40,43(35,20)	2.15,76(35,33)	
	2.51,11(35,35)	3.27,03(35,92)	4.01,61(34,58)	4.35,74(34,13)	
10	Marius Bjørke	95	Eid SK	4.42,98	445
	30,51(30,51)	1.04,55(34,04)	1.39,75(35,20)	2.15,96(36,21)	
	2.52,00(36,04)	3.28,82(36,82)	4.05,99(37,17)	4.42,98(36,99)	
11	Johan Markus Mowinckel	95	Bergens SC	4.44,58	438
	31,06(31,06)	1.05,79(34,73)	1.42,41(36,62)	2.19,38(36,97)	
	2.55,93(36,55)	3.33,13(37,20)	4.09,63(36,50)	4.44,58(34,95)	
12	Ole Andreas Walde	95	Åstveit SK	4.49,25	417
	32,36(32,36)	1.07,88(35,52)	1.44,08(36,20)	2.20,44(36,36)	
	2.57,62(37,18)	3.34,80(37,18)	4.12,30(37,50)	4.49,25(36,95)	
13	Michael Gutierrez	95	Bergens SC	4.55,95	389
	32,33(32,33)	1.09,04(36,71)	1.46,91(37,87)	2.24,92(38,01)	
	3.03,53(38,61)	3.41,59(38,06)	4.17,85(36,26)	4.55,95(38,10)	
14	Arvid Sundstrøm	95	Delfana	5.04,75	357
	33,37(33,37)	1.10,47(37,10)	1.49,25(38,78)	2.28,80(39,55)	
	3.08,33(39,53)	3.47,71(39,38)	4.27,29(39,58)	5.04,75(37,46)	
15	Anders Lindanger	95	Stavanger SC	5.09,59	340
	33,48(33,48)	1.10,51(37,03)	1.49,48(38,97)	2.29,49(40,01)	
	3.10,27(40,78)	3.50,31(40,04)	4.30,67(40,36)	5.09,59(38,92)	
16	Even Dvergsdal	95	Førde IL	5.10,44	337
	33,43(33,43)	1.10,71(37,28)	1.50,44(39,73)	2.30,26(39,82)	
	3.10,08(39,82)	3.50,32(40,24)	4.31,12(40,80)	5.10,44(39,32)	
17	Olav Ravndal Skjølingstad	95	Stavanger SC	5.13,63	327
	32,31(32,31)	1.09,65(37,34)	1.48,62(38,97)	2.27,96(39,34)	
	3.08,30(40,34)	3.50,80(42,50)	4.33,62(42,82)	5.13,63(40,01)	
18	Anders Madsen	95	Delfana	5.16,61	318
	33,37(33,37)	1.11,00(37,63)	1.50,69(39,69)	2.30,52(39,83)	
	3.11,97(41,45)	3.53,22(41,25)	4.35,07(41,85)	5.16,61(41,54)	
19	Marius Rognsøy Sylta	95	Vestkantsvømmerne	5.24,68	295
	34,98(34,98)	1.15,50(40,52)	1.56,69(41,19)	2.39,60(42,91)	
	3.21,46(41,86)	4.04,11(42,65)	4.45,40(41,29)	5.24,68(39,28)	
20	Thomas Sell Dyngeland	95	Åstveit SK	5.33,91	271
	37,16(37,16)	1.18,28(41,12)	2.01,51(43,23)	2.44,34(42,83)	
	3.28,22(43,88)	4.11,34(43,12)		5.33,91(1.22,57)	
	Marcus Sandnes	95	Delfana	DISK	

Øvelse 11. 100m rygg, jenter - født 1999

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



1p	Johanne Heines Pettersen	99	Sandnes SLK	(0,84)	1.24,65	305
	40,86(40,86)	1.24,65(43,79)				
2p	Benedikte Øverland	99	Vestkantsvømmerne	(0,82)	1.28,38	268
	42,90(42,90)	1.28,38(45,48)				
3p	Vilde Kristine Uthus Halse	99	Bergens SC	(0,77)	1.30,78	247
	43,49(43,49)	1.30,78(47,29)				
4	Maria Bjerk Aarbu	99	Åstveit SK	(0,87)	1.36,21	208
		1.36,21(1.36,21)				
5	Stine Bertelsen	99	Bryne SK	(0,81)	1.36,24	207
	47,41(47,41)	1.36,24(48,83)				
6	Helene Emmerhoff	99	Randaberg IL	(0,82)	1.36,68	205
	46,36(46,36)	1.36,68(50,32)				
7	Mie Kreybu	99	Arna SLK	(0,66)	1.37,73	198
	46,80(46,80)	1.37,73(50,93)				
8	Nora T. Hinna	99	Delfana	(0,78)	1.37,82	198
	47,22(47,22)	1.37,82(50,60)				
9	Karianne Møkster	99	Frisinn SK	(1,05)	1.39,45	188
	49,38(49,38)	1.39,45(50,07)				
10	Andrea G. Skaaland	99	Delfana	(0,69)	1.42,32	173
	49,50(49,50)	1.42,32(52,82)				
11	Christina Vestre	99	Haugesund SK	(0,95)	1.43,90	165
	49,85(49,85)	1.43,90(54,05)				
12	Vilde Lohmann	99	Delfana	(0,85)	1.44,45	162
	53,94(53,94)	1.44,45(50,51)				
13	Katrine Sauesund	99	Delfana	(0,75)	1.45,78	156
	52,93(52,93)	1.45,78(52,85)				
14	Marie Jenssen	99	Delfana	(0,97)	1.45,88	156
	52,77(52,77)	1.45,88(53,11)				
15	Amalie A Larsen	99	Delfana	(0,83)	1.48,74	144
	53,57(53,57)	1.48,74(55,17)				
16	Aurora T Truyen	99	Delfana	(0,69)	1.51,88	132
	54,16(54,16)	1.51,88(57,72)				
17	Nora Sandvoll	99	Frisinn SK	(0,79)	1.52,85	129
	51,31(51,31)	1.52,85(1.01,54)				
	Alina H Bjelancic	99	Randaberg IL	(0,78)	DISK	

Øvelse 12. 100m rygg, gutter - født 1999

1p	Kristian Nygård Solvik	99	Bryne SK	(0,78)	1.31,77	161
	43,61(43,61)	1.31,77(48,16)				
2p	Sondre Saltnes Urdal	99	Delfana	(0,90)	1.33,03	155
	45,48(45,48)	1.33,03(47,55)				
3p	Sindre Salte Dunseth	99	Madla SK	(0,76)	1.36,75	138
		1.36,75(1.36,75)				
4	Truls Wigdel	99	Madla SK	(1,20)	1.38,44	131
	49,39(49,39)	1.38,44(49,05)				
5	Hector Alexander Moland	99	Madla SK	(0,91)	1.44,01	111
	50,63(50,63)	1.44,01(53,38)				
6	Petter S Kolaas	99	Delfana	(0,88)	1.46,90	102
	54,57(54,57)	1.46,90(52,33)				
7	Heine Nilsen	99	Vestkantsvømmerne	(1,01)	1.48,91	96
	54,31(54,31)	1.48,91(54,60)				
8	Jakob Tharaldsen Skaftun	99	Madla SK	(0,99)	1.53,63	85
	54,69(54,69)	1.53,63(58,94)				

Øvelse 13. 200m rygg, jenter - født 1998

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1p	Maria Voldsund 38,30(38,30)	98	Delfana 2.04,95(43,88)	(0,86)	2.47,22	397
					2.47,22(42,27)	
2p	Ulrikke Rein 39,95(39,95)	98	Madla SK 2.10,22(45,83)	(0,87)	2.56,07	340
					2.56,07(45,85)	
3p	Emilie Lie Mathisen 42,20(42,20)	98	Vestkant svømmernes 2.13,58(45,94)	(0,70)	2.57,31	333
					2.57,31(43,73)	
4	Gina Alvestad 42,65(42,65)	98	Karmøy SK 2.15,59(46,56)	(0,78)	2.59,54	321
					2.59,54(43,95)	
5	Christine Sekkesæter 41,76(41,76)	98	Madla SK 2.14,45(47,34)	(0,73)	2.59,88	319
					2.59,88(45,43)	
6	Solveig Aarland 42,51(42,51)	98	Delfana 2.14,94(46,86)	(0,94)	3.00,01	318
					3.00,01(45,07)	
7	Nina-Therese Storstein 42,82(42,82)	98	Karmøy SK 2.15,60(47,18)	(0,80)	3.01,01	313
					3.01,01(45,41)	
8	Ingvild Gullaksen Vatshelle 43,49(43,49)	98	Vestkant svømmernes 2.18,45(48,92)	(0,76)	3.03,24	302
					3.03,24(44,79)	
8	Stine Dale 43,86(43,86)	98	Vestkant svømmernes 2.17,83(46,96)	(0,76)	3.03,24	302
					3.03,24(45,41)	
10	Kristin Serck-Hanssen 43,55(43,55)	98	Madla SK 2.18,53(48,11)	(0,76)	3.05,09	293
					3.05,09(46,56)	
11	Vilde E. Stokkenes 44,32(44,32)	98	Haugesund SK 2.21,05(49,88)	(0,84)	3.07,43	282
					3.07,43(46,38)	
12	Ingrid Elise Berge Jenssen 44,47(44,47)	98	Madla SK 2.21,22(49,03)	(0,89)	3.08,78	276
					3.08,78(47,56)	
13	Hanne Erstad Larsen 46,29(46,29)	98	Delfana 2.26,49(49,71)	(0,85)	3.13,27	257
					3.13,27(46,78)	
14	Mari Dahl 46,76(46,76)	98	Delfana 2.26,29(49,86)	(0,69)	3.14,85	251
					3.14,85(48,56)	
15	Helene Ottesen 1.37,67(1.37,67)	98	Delfana 2.28,50(50,83)		3.16,03	246
					3.16,03(47,53)	
16	Mari Haugland Ingebregtsen 48,07(48,07)	98	Delfana 2.29,86(50,35)	(0,71)	3.18,24	238
					3.18,24(48,38)	
17	Emilie Nilo Nilssen 48,51(48,51)	98	Madla SK 2.33,26(1.44,75)	(0,89)	3.23,93	219
					3.23,93(50,67)	
18	Sunniva Svanes 48,41(48,41)	98	Madla SK 2.28,78(48,95)	(1,15)	3.25,46	214
					3.25,46(56,68)	
19	Mari Ellingsen Bråten 47,31(47,31)	98	Madla SK 2.34,04(53,54)	(0,81)	3.25,57	214
					3.25,57(51,53)	
20	Henriette Kronstad Helland 48,69(48,69)	98	Vestkant svømmernes 2.36,52(54,55)	(1,02)	3.26,35	211
					3.26,35(49,83)	
21	Ines Nystrand 49,52(49,52)	98	Madla SK 2.39,63(56,25)	(1,16)	3.33,64	190
					3.33,64(54,01)	
22	Elisabeth K. Vindfjell 47,15(47,15)	98	Eid SK 2.40,11(56,71)	(0,82)	3.34,16	189
					3.34,16(54,05)	
23	Ingjerd Davøen 53,57(53,57)	98	Delfana 2.47,07(56,16)	(0,95)	3.37,73	180
					3.37,73(50,66)	
24	Iris Aikio 51,19(51,19)	98	Madla SK	(0,86)	3.41,83	170
					3.41,83(2.50,64)	
25	Rebecca Johnsgaard 57,33(57,33)	98	Delfana 3.01,77(1.03,04)	(0,86)	3.59,54	135
					3.59,54(57,77)	

Øvelse 14. 200m rygg, gutter - født 1998

1p	Urs Bludau 40,54(40,54)	98	Arna SLK	(0,68)	2.46,49	285
					2.46,49(2.05,95)	
2p	Eivind Bjelland 40,50(40,50)	98	Haugesund SK 2.07,43(43,86)	(0,83)	2.49,52	270
					2.49,52(42,09)	
3p	Halvor Alvestad Larsen 39,84(39,84)	98	Karmøy SK 2.07,25(43,95)	(0,79)	2.49,75	268
					2.49,75(42,50)	
4	Simen Kreybu	98	Arna SLK	(0,65)	2.51,52	260

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater

5	Aleksander Petter Olsen	41,50(41,50)	1.24,47(42,97)	98	Sandnes SLK	2.08,68(44,21)	2.51,52(42,84)	(0,80)	2.59,10	229
		42,02(42,02)	1.27,67(45,65)	98		2.14,98(47,31)	2.59,10(44,12)			
6	Sigurd Heldal Årethun	43,02(43,02)	1.28,02(45,00)	98	Arna SLK	2.13,53(45,51)	2.59,44(45,91)	(0,79)	2.59,44	227
7	Teis Malterud	41,23(41,23)	1.28,25(47,02)	98	Førde IL	2.15,04(46,79)	3.01,16(46,12)	(1,11)	3.01,16	221
8	Barnaby Baines	42,84(42,84)	1.30,23(47,39)	98	Madla SK	2.18,55(48,32)	3.05,23(46,68)	(0,72)	3.05,23	207
9	Alec Karlsen	45,55(45,55)	1.34,92(49,37)	98	Madla SK	2.24,20(49,28)	3.10,84(46,64)	(0,73)	3.10,84	189
10	Per Tinius Mowinckel	47,71(47,71)	1.38,04(50,33)	98	Bergens SC	2.28,89(50,85)	3.15,84(46,95)	(0,74)	3.15,84	175
11	Erling Belaska	46,04(46,04)	1.36,54(50,50)	98	Madla SK	2.28,68(52,14)	3.16,92(48,24)	(0,82)	3.16,92	172
12	Leif Petter Sørbrø	47,36(47,36)	1.39,26(51,90)	98	Stavanger SC	2.31,04(51,78)	3.22,27(51,23)	(0,77)	3.22,27	159
13	Sean Elias Buckland	52,39(52,39)	1.46,68(54,29)	98	Haugesund SK	2.37,62(50,94)	3.32,17(54,55)	(0,79)	3.32,17	138
14	Kim Andre Grønstøl	51,74(51,74)	1.47,56(55,82)	98	Åstveit SK	2.41,95(54,39)	3.34,00(52,05)	(0,76)	3.34,00	134
15	Sindre Vatnamot Amble	53,57(53,57)	1.51,98(58,41)	98	Madla SK	2.50,81(58,83)	3.45,69(54,88)	(0,75)	3.45,69	114
	Jonas Østenstad			98	Haugesund SK		(0,72)	DISK		

Øvelse 15. 200m rygg, jenter - født 1997

1p	Karianne Reinertsen	35,43(35,43)	1.14,05(38,62)	97	Vestkantsvømmerne	1.53,98(39,93)	2.33,53(39,55)	(0,83)	2.33,53	513
2p	Toni G. Coudray	36,86(36,86)	1.16,77(39,91)	97	Bergens SC	1.56,96(40,19)	2.35,87(38,91)	(0,68)	2.35,87	490
3p	Marte Dale	37,11(37,11)	1.17,61(40,50)	97	Vestkantsvømmerne	1.58,72(41,11)	2.37,57(38,85)	(0,77)	2.37,57	474
4	Ingrid Bergslid	37,28(37,28)	1.18,09(40,81)	97	Madla SK	1.59,34(41,25)	2.39,17(39,83)	(0,89)	2.39,17	460
5	Ida Jenssen Lirhus	39,05(39,05)	1.20,43(41,38)	97	Madla SK	2.02,42(41,99)	2.42,82(40,40)	(0,70)	2.42,82	430
6	Nina Staveland	39,29(39,29)	1.20,99(41,70)	97	Madla SK	2.02,95(41,96)	2.44,55(41,60)	(0,78)	2.44,55	416
7	Vanja Syversen	38,41(38,41)	1.20,00(41,59)	97	Delfana	2.03,60(43,60)	2.45,84(42,24)	(0,78)	2.45,84	407
8	Ida Tomine Glomsaker	40,13(40,13)	1.22,10(41,97)	97	Madla SK	2.06,05(43,95)	2.49,37(43,32)	(0,93)	2.49,37	382
9	Sandra Sola	40,29(40,29)	1.23,30(43,01)	97	Randaberg IL	2.07,77(44,47)	2.51,16(43,39)	(0,78)	2.51,16	370
10	Mathilde Konstanse Rasmussen	40,18(40,18)	1.23,71(43,53)	97	Arna SLK	2.08,36(44,65)	2.52,28(43,92)	(0,69)	2.52,28	363
11	Stina Karlsen Heimnes	42,35(42,35)	1.26,91(44,56)	97	Åstveit SK	2.10,96(44,05)	2.54,08(43,12)	(0,93)	2.54,08	352
12	Brita Stang Aune	40,10(40,10)	1.25,20(45,10)	97	Stavanger SC		2.55,59(1.30,39)	(0,88)	2.55,59	343
13	Susann Pleyrn Olsen	44,34(44,34)	1.30,40(46,06)	97	Delfana	2.15,92(45,52)	3.00,58(44,66)	(0,80)	3.00,58	315
14	Julie Sundstrøm	43,17(43,17)	1.30,30(47,13)	97	Delfana	2.16,82(46,52)	3.01,60(44,78)	(0,73)	3.01,60	310
15	Siri Kathrine Tangedal	42,77(42,77)	1.29,17(46,40)	97	Bergen SLK	2.17,45(48,28)	3.03,69(46,24)	(0,82)	3.03,69	299
16	Lisa Marie Berntzen Laukli	43,19(43,19)	1.30,55(47,36)	97	Åstveit SK	2.18,52(47,97)	3.04,45(45,93)	(0,79)	3.04,45	296
17	Thea Anderssen Sjøreng	42,84(42,84)	1.29,69(46,85)	97	Vestkantsvømmerne	2.17,85(48,16)	3.04,93(47,08)	(0,76)	3.04,93	293

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18	Ingrid Dvergsdal	97	Førde IL	(0,67)	3.06,83	285
	43,09(43,09)	1.30,73(47,64)	2.19,57(48,84)	3.06,83(47,26)		
19	Hanne Hana Voss	97	Randaberg IL	(1,09)	3.07,26	283
	46,13(46,13)	1.33,98(47,85)	2.20,88(46,90)	3.07,26(46,38)		
20	Amalie Tørle	97	Stavanger SC	(0,85)	3.09,04	275
	43,92(43,92)	1.31,97(48,05)		3.09,04(1.37,07)		
21	Ingeborg Liseth Pedersen	97	Åstveit SK	(0,78)	3.09,25	274
	44,65(44,65)	1.32,06(47,41)	2.21,13(49,07)	3.09,25(48,12)		
22	Cecilia Eide Songstad	97	Bergens SC	(0,89)	3.12,69	259
	46,66(46,66)	1.35,24(48,58)	2.25,38(50,14)	3.12,69(47,31)		
23	Maren Chung	97	Stavanger SC	(0,81)	3.21,94	225
	46,54(46,54)	1.37,55(51,01)	2.30,85(53,30)	3.21,94(51,09)		
	Rebekka Frimannslund Blix	97	Svelgen TIF	(0,76)	DISK	

Øvelse 16. 200m rygg, gutter - født 1997

1p	Maurice Sudkamp	97	Randaberg IL	(0,91)	2.35,44	350
	37,08(37,08)	1.16,17(39,09)	1.56,01(39,84)	2.35,44(39,43)		
2p	Erik Årslund Gidskehaug	97	Bryne SK	(0,68)	2.39,66	323
	37,66(37,66)	1.18,26(40,60)	1.59,62(41,36)	2.39,66(40,04)		
3p	Halvor Arne Borgstrøm	97	Stavanger SC	(0,82)	2.45,06	292
	38,74(38,74)	1.22,28(43,54)	2.04,59(42,31)	2.45,06(40,47)		
4	Dennis Asbjørnsen	97	Madla SK	(0,67)	2.45,15	292
	39,83(39,83)	1.21,77(41,94)	2.04,19(42,42)	2.45,15(40,96)		
5	Harald Goa Fagerheim	97	Karmøy SK	(0,70)	2.52,15	257
	38,27(38,27)	1.23,35(45,08)	2.09,21(45,86)	2.52,15(42,94)		
6	Matias Gulestøl	97	Svelgen TIF	(0,91)	2.52,41	256
	40,21(40,21)	1.25,16(44,95)	2.10,49(45,33)	2.52,41(41,92)		
7	Adrian Etterlid Jensen	97	Stord IL	(0,73)	2.54,04	249
	41,08(41,08)	1.26,33(45,25)	2.11,28(44,95)	2.54,04(42,76)		
8	Vladimir Koynarev	97	Bergen SLK	(0,75)	2.59,17	228
			2.14,57(2.14,57)	2.59,17(44,60)		
9	Tim Samuelsen	97	Madla SK	(0,81)	2.59,38	228
	41,60(41,60)	1.28,03(46,43)	2.14,58(46,55)	2.59,38(44,80)		
10	Lars-Kristian Gotaas Bjørkbom	97	Bergen SLK	(0,70)	2.59,97	225
	41,08(41,08)	1.26,90(45,82)	2.14,91(48,01)	2.59,97(45,06)		
11	Gord Behzadi	97	Madla SK	(0,75)	3.00,55	223
	43,16(43,16)	1.28,87(45,71)	2.14,58(45,71)	3.00,55(45,97)		
12	Marius Haukland	97	IL Trio	(0,82)	3.03,06	214
	43,25(43,25)	1.29,37(46,12)	2.17,95(48,58)	3.03,06(45,11)		
13	Magnus Dale Johnsen	97	Delfana	(0,82)	3.04,38	210
	45,43(45,43)	1.32,64(47,21)	2.18,91(46,27)	3.04,38(45,47)		
14	Anders Johan Pedersen	97	Delfana	(0,80)	3.05,48	206
	44,58(44,58)	1.32,10(47,52)	2.20,09(47,99)	3.05,48(45,39)		
15	Sebastian H. Mikkelsen	97	Bergen SLK	(0,71)	3.05,95	204
	42,57(42,57)	1.29,29(46,72)		3.05,95(1.36,66)		
16	Erlend Tveitnes Halvorsen	97	Delfana	(1,00)	3.09,55	193
	44,25(44,25)	1.31,60(47,35)	2.21,07(49,47)	3.09,55(48,48)		
17	Torbjørn Visnes	97	Stord IL	(0,72)	3.10,40	190
	46,41(46,41)	1.35,38(48,97)		3.10,40(1.35,02)		
18	Marcus Wangsholm	97	Delfana	(0,71)	3.16,78	172
	46,73(46,73)	1.37,20(50,47)	2.28,24(51,04)	3.16,78(48,54)		
19	Erik Hystad	97	Stord IL	(0,88)	3.21,52	160
	45,84(45,84)	1.37,99(52,15)	2.31,89(53,90)	3.21,52(49,63)		
20	Christoffer Gurvin Skaaland	97	Delfana	(0,77)	3.23,10	157
	48,66(48,66)	1.42,23(53,57)	2.34,62(52,39)	3.23,10(48,48)		
21	Vegard Strandos	97	Svelgen TIF		3.29,25	143
	50,43(50,43)	1.43,94(53,51)	2.37,30(53,36)	3.29,25(51,95)		
	Hans Fredrik Laache	97	Førde IL	(0,83)	DISK	

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Øvelse 17. 200m rygg, jenter - født 1996

1p	Elin Haugland	96	Delfana	(0,72)	2.30,16	548
	36,30(36,30)	1.14,46(38,16)	1.52,78(38,32)	2.30,16(37,38)		
2p	Lisa Skogeng	96	Delfana	(0,82)	2.30,51	544
	36,78(36,78)	1.14,08(37,30)	1.52,14(38,06)	2.30,51(38,37)		
3p	Vilde Tengesdal	96	Bryne SK	(0,76)	2.31,21	537
	34,81(34,81)	1.12,72(37,91)	1.51,73(39,01)	2.31,21(39,48)		
4	Tina Schutz	96	Vestkantsvømmerne	(0,85)	2.32,24	526
	35,95(35,95)	1.14,42(38,47)	1.53,63(39,21)	2.32,24(38,61)		
5	Maria Thompson Clausen	96	Madla SK	(0,76)	2.32,62	522
	35,84(35,84)	1.14,06(38,22)	1.53,43(39,37)	2.32,62(39,19)		
6	Tone-Lill Evanger	96	Delfana	(0,91)	2.34,62	502
	36,92(36,92)	1.16,06(39,14)	1.56,00(39,94)	2.34,62(38,62)		
7	Christine Akselberg	96	Arna SLK	(0,72)	2.36,05	488
	36,72(36,72)	1.16,06(39,34)	1.56,79(40,73)	2.36,05(39,26)		
8	Emilie Knutsen Hegdal	96	Stavanger SC	(0,85)	2.40,40	450
	36,94(36,94)	1.16,93(39,99)	1.58,36(41,43)	2.40,40(42,04)		
9	Elida Marie Folkedal Hole	96	Vestkantsvømmerne	(0,67)	2.41,22	443
	37,38(37,38)	1.18,27(40,89)	2.01,11(42,84)	2.41,22(40,11)		
10	Stina Dahl	96	Delfana	(0,82)	2.45,08	412
	38,53(38,53)	1.20,58(42,05)	2.03,42(42,84)	2.45,08(41,66)		
11	Frida Hinna	96	Delfana	(0,78)	2.45,35	410
	39,17(39,17)	1.21,69(42,52)	2.04,38(42,69)	2.45,35(40,97)		
12	Camilla Birkeland	96	Haugesund SK	(0,89)	2.45,90	406
	38,14(38,14)	1.19,50(41,36)	2.02,86(43,36)	2.45,90(43,04)		
13	Susan Ultee	96	Frisinn SK	(0,73)	2.46,64	401
	39,43(39,43)	1.22,26(42,83)	2.05,39(43,13)	2.46,64(41,25)		
14	Lotte Aune	96	Stavanger SC	(0,76)	2.46,86	399
	38,89(38,89)	1.21,75(42,86)	2.05,01(43,26)	2.46,86(41,85)		
15	Lotte Miller	96	Madla SK	(0,75)	2.49,52	381
	34,60(34,60)	1.34,34(59,74)	2.11,90(37,56)	2.49,52(37,62)		
16	Karine Johannessen	96	Bergen SLK	(0,69)	2.54,86	347
	39,76(39,76)	1.22,95(43,19)	2.09,22(46,27)	2.54,86(45,64)		
17	Regine Sjørdal Lindanger	96	Frisinn SK	(0,81)	2.56,85	335
	39,83(39,83)	1.24,67(44,84)	2.11,90(47,23)	2.56,85(44,95)		
18	Elin Alette Fossheim	96	Vestkantsvømmerne		2.57,06	334
	42,48(42,48)	1.27,47(44,99)	2.13,19(45,72)	2.57,06(43,87)		
19	Nora Caroline Teigene	96	Svelgen TIF	(0,88)	2.57,69	331
	42,05(42,05)	1.27,08(45,03)	2.12,82(45,74)	2.57,69(44,87)		
20	Maria Teige	96	Vestkantsvømmerne	(1,07)	2.57,96	329
	42,74(42,74)	1.27,98(45,24)	2.13,47(45,49)	2.57,96(44,49)		
21	Elise Sandvoll	96	Frisinn SK	(1,02)	3.01,13	312
	42,44(42,44)	1.28,65(46,21)	2.16,23(47,58)	3.01,13(44,90)		
22	Lisa Aaslestad	96	Sandnes SLK	(0,98)	3.04,96	293
	42,73(42,73)	1.29,60(46,87)	2.18,02(48,42)	3.04,96(46,94)		
23	Victoria Larsen	96	Delfana	(0,84)	3.24,06	218
	47,95(47,95)		2.33,02(1.45,07)	3.24,06(51,04)		
	Thea Støle	96	Frisinn SK	(0,83)	DISK	

Øvelse 18. 200m rygg, gutter - født 1996

1p	Håkon P. Ludvigsen	96	Randaberg IL	(0,76)	2.19,18	487
	33,01(33,01)	1.08,85(35,84)	1.44,50(35,65)	2.19,18(34,68)		
2p	Morten Wee Hollund	96	Karmøy SK	(0,66)	2.26,89	414
	34,81(34,81)	1.13,16(38,35)	1.51,13(37,97)	2.26,89(35,76)		

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



3p	Sander Nilsen Sivertsen	96	Vestkantsvømmerne	(0,67)	2.27,76	407
	34,40(34,40)	1.12,76(38,36)		1.50,73(37,97)	2.27,76(37,03)	
4	Sindre Aasland Ranaweera	96	Madla SK	(0,86)	2.31,11	381
	34,72(34,72)	1.12,62(37,90)		1.51,84(39,22)	2.31,11(39,27)	
5	Eirik Johnsen	96	Bergens SC	(0,70)	2.33,13	366
	35,89(35,89)	1.15,39(39,50)		1.54,94(39,55)	2.33,13(38,19)	
6	Martin Langeland-Knutzen	96	Sola SK	(0,72)	2.35,62	348
	36,36(36,36)	1.15,74(39,38)		1.56,30(40,56)	2.35,62(39,32)	
7	Kacper Domanski	96	Frisinn SK	(0,81)	2.40,42	318
	35,54(35,54)			2.40,42(2.04,88)		
8	Vegard Hauge Svartveit	96	Arna SLK	(0,74)	2.41,56	311
	38,12(38,12)	1.19,53(41,41)		2.01,29(41,76)	2.41,56(40,27)	
9	Bendik Aarbu	96	Åstveit SK	(0,74)	2.45,26	291
	38,94(38,94)	1.20,94(42,00)		2.03,41(42,47)	2.45,26(41,85)	
10	Alexander Johnsgaard	96	Delfana	(0,83)	2.49,08	272
	40,65(40,65)	1.23,63(42,98)		2.07,07(43,44)	2.49,08(42,01)	
11	Håkon Wulf Haugen	96	Bergens SC	(0,73)	2.50,49	265
	38,67(38,67)	1.22,35(43,68)		2.07,45(45,10)	2.50,49(43,04)	
12	Espen B. Sakariassen	96	Åstveit SK	(0,70)	2.50,65	264
	40,37(40,37)	1.23,79(43,42)		2.07,68(43,89)	2.50,65(42,97)	
13	Lars Ole Taule Fjørtoft	96	Arna SLK	(0,77)	2.51,89	259
	41,34(41,34)	1.25,74(44,40)		2.09,43(43,69)	2.51,89(42,46)	
14	Are Mowatt Gruben	96	Bergens SC	(0,70)	2.52,03	258
	40,21(40,21)	1.24,27(44,06)		2.09,80(45,53)	2.52,03(42,23)	
15	Erik Andre Klepp Vik	96	Sandnes SLK	(1,03)	2.55,81	242
	39,87(39,87)	1.24,88(45,01)		2.10,29(45,41)	2.55,81(45,52)	
16	Malik Knapp	96	Sola SK	(0,97)	2.56,97	237
	41,02(41,02)	1.25,27(44,25)		2.12,45(47,18)	2.56,97(44,52)	
17	Lars Berg	96	Bergen SLK	(0,85)	2.57,34	235
	40,65(40,65)			2.12,62(1.31,97)	2.57,34(44,72)	
18	Kristoffer Reidar Jørgensen	96	Vestkantsvømmerne	(0,73)	2.57,79	234
	40,56(40,56)	1.25,85(45,29)		2.12,16(46,31)	2.57,79(45,63)	
19	Benjamin Ulsmåg	96	Delfana	(0,82)	3.09,24	194
	45,39(45,39)	1.33,39(48,00)		2.22,26(48,87)	3.09,24(46,98)	
20	Johannes Hauge	96	Førde IL	(0,77)	3.12,08	185
	46,96(46,96)	1.36,13(49,17)		2.25,53(49,40)	3.12,08(46,55)	
21	Marius Berg	96	Delfana	(0,81)	3.13,65	181
	46,21(46,21)	1.35,27(49,06)		2.25,23(49,96)	3.13,65(48,42)	
22	Steffen Kvamme	96	Arna SLK	(0,90)	3.15,55	176
		1.37,02(1.37,02)		2.28,28(51,26)	3.15,55(47,27)	
	Aksel Johannesen	96	Bergens SC	(0,76)	DISK	

Øvelse 19. 200m rygg, jenter - født 1995

1p	Lise Sand Syversen	95	Bergensvømmerne		2.25,55	602
					2.25,55(2.25,55)	
2p	Amalie Kristiansen	95	Haugesund SK		2.28,96	561
					2.28,96(2.28,96)	
3p	Ingalill Urrang Naustvik	95	Karmøy SK		2.31,08	538
					2.31,08(2.31,08)	
4	Oda Gjerde	95	Bryne SK		2.34,72	501
					2.34,72(2.34,72)	
5	Vilde Stordal	95	Delfana		2.35,51	493
					2.35,51(2.35,51)	
6	Pernille Berntsen	95	Førde IL	(0,82)	2.38,62	465
	36,95(36,95)	1.17,32(40,37)		1.58,20(40,88)	2.38,62(40,42)	
7	Sandra Bernhoft	95	Delfana	(0,67)	2.42,07	436
	38,77(38,77)	1.20,30(41,53)		2.02,04(41,74)	2.42,07(40,03)	
8	Ane Nygård	95	Stavanger SC		2.42,24	434
					2.42,24(2.42,24)	
9	Susanne Sekkesæter	95	Madla SK	(0,67)	2.43,07	428

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	38,73(38,73)	1.19,65(40,92)	2.01,97(42,32)	2.43,07(41,10)	
10	Martine Heimdahl 38,64(38,64)	95	Delfana 2.01,83(41,85)	(0,85) 2.43,35	426
11	Mari Mjøllhus Kristoffersen 40,68(40,68)	95	Madla SK 2.06,21(42,52)	(0,75) 2.48,67	387
12	Helene Dale Johnsen 40,37(40,37)	95	Delfana 2.07,40(43,42)	(0,74) 2.50,29	376
12	Stine Anderssen 39,69(39,69)	95	Sandnes SLK 2.09,06(45,15)	(0,88) 2.50,29	376
14	Alida Etterlid Jensen 40,35(40,35)	95	Stord IL 2.06,70(43,81)	(1,08) 2.50,36	375
15	Rachel Eden 39,65(39,65)	95	Madla SK 2.07,38(44,64)	(0,80) 2.50,54	374
16	Hanna Huglen Vinsnesbakk 40,35(40,35)	95	Stord IL 2.09,64(44,55)	(0,76) 2.52,56	361
17	Maren Sofie Duus 41,32(41,32)	95	Delfana 2.10,30(44,96)	(0,81) 2.54,83	347
18	Kaja Konow Grønseth 41,93(41,93)	95	Frisinn SK 2.12,68(45,69)	(0,87) 2.56,49	338
19	Charlotte Mathisen Lie 42,54(42,54)	95	Vestkantsvømmerne 2.13,45(46,43)	(0,86) 2.57,05	334
20	Silje Tveitnes Halvorsen 41,07(41,07)	95	Delfana 2.11,13(45,93)	(0,93) 2.57,25	333
21	Vanja Strand 42,05(42,05)	95	Vestkantsvømmerne 2.15,20(1.33,15)	(0,77) 3.01,82	309
22	Henriette Dahl 41,20(41,20)	95	Bergens SC 2.15,99(47,91)	(0,86) 3.02,93	303
23	May Synnøve Bartlett 43,80(43,80)	95	Madla SK 2.18,91(48,01)	(0,88) 3.04,95	293

Øvelse 20. 200m rygg, gutter - født 1995

1p	Markus Lie 32,54(32,54)	95	Åstveit SK 1.42,53(35,03)	(0,70) 2.16,72	514
2p	Daniel Sandhåland 32,31(32,31)	95	Karmøy SK 1.42,98(35,61)	(0,95) 2.17,54	505
3p	Henrik Søfteland 33,49(33,49)	95	Delfana 1.45,25(36,18)	(0,67) 2.20,38	475
4	Johan Markus Mowinckel 34,06(34,06)	95	Bergens SC 1.48,57(37,99)	(0,68) 2.26,57	417
5	Alexander Mork 34,53(34,53)	95	Stavanger SC 1.50,09(38,12)	(0,74) 2.26,82	415
6	Ivan Aleksander Larsen 34,19(34,19)	95	Karmøy SK 1.50,73(38,68)	(0,67) 2.26,93	414
7	Jonas Ødegård Aanby 35,28(35,28)	95	Delfana 1.51,04(38,12)	(0,83) 2.27,46	410
8	Marius Bjørke 35,62(35,62)	95	Eid SK 1.52,58(38,80)	(0,78) 2.30,09	388
9	Anders Lindanger 36,36(36,36)	95	Stavanger SC 1.55,60(40,35)	(0,77) 2.35,85	347
10	Vebjørn Arne J. Aasheim 36,19(36,19)	95	Vestkantsvømmerne 1.55,29(40,73)	(0,70) 2.35,95	346
11	Marcus Sandnes 37,47(37,47)	95	Delfana 1.59,66(41,80)	(0,83) 2.39,55	323
12	Ole Martin Turøy 38,55(38,55)	95	Stavanger SC 2.01,10(41,39)	(0,76) 2.40,96	315
13	Even Dvergsdal 38,82(38,82)	95	Førde IL 2.01,11(41,29)	(0,85) 2.41,45	312
14	Andreas Johan Reinertsen 38,78(38,78)	95	Vestkantsvømmerne 2.03,67(43,05)	(0,70) 2.44,14	297
15	Anders Madsen 38,50(38,50)	95	Delfana 2.03,14(42,71)	(0,94) 2.45,52	290

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



16	Ole Andreas Walde 40,80(40,80)	95	1.23,57(42,77)	Åstveit SK 2.05,71(42,14)	(0,79) 2.47,56 2.47,56(41,85)	279
17	Marius Rognsøy Sylta 39,98(39,98)	95	1.24,89(44,91)	Vestkantsvømmerne 2.09,08(44,19)	(0,73) 2.50,95 2.50,95(41,87)	263
18	Olav Ravndal Skjølingstad 38,38(38,38)	95	1.22,04(43,66)	Stavanger SC 2.07,89(45,85)	(0,74) 2.52,01 2.52,01(44,12)	258
19	Arvid Sundstrøm 40,90(40,90)	95	1.25,73(44,83)	Delfana 2.10,58(44,85)	(0,91) 2.54,04 2.54,04(43,46)	249
20	Michael Gutierrez 40,52(40,52)	95	1.25,55(45,03)	Bergens SC 2.11,53(45,98)	(0,84) 2.56,09 2.56,09(44,56)	241
21	Thomas Sell Dyngeland 45,34(45,34)	95	1.32,02(46,68)	Åstveit SK 2.19,63(47,61)	(0,84) 3.06,17 3.06,17(46,54)	204

Øvelse 21. 100m bryst, jenter - født 1999

1p	Karianne Møkster 45,62(45,62)	99	1.35,78(50,16)	Frisinn SK	1.35,78	308
2p	Johanne Heines Pettersen 46,23(46,23)	99	1.35,82(49,59)	Sandnes SLK	1.35,82	308
3p	Alina H Bjelancic 47,92(47,92)	99	1.40,36(52,44)	Randaberg IL	1.40,36	268
4	Benedikte Øverland 48,22(48,22)	99	1.40,77(52,55)	Vestkantsvømmerne	1.40,77	265
5	Katrine Sauesund 49,72(49,72)	99	1.45,27(55,55)	Delfana	1.45,27	232
6	Vilde Kristine Uthus Halse 50,24(50,24)	99	1.47,18(56,94)	Bergens SC	1.47,18	220
7	Christina Vestre 51,87(51,87)	99	1.48,54(56,67)	Haugesund SK	1.48,54	212
8	Nora T. Hinna 53,14(53,14)	99	1.50,72(57,58)	Delfana	1.50,72	200
9	Maria Bjerk Aarbu 54,16(54,16)	99	1.51,28(57,12)	Åstveit SK	1.51,28	197
10	Vilde Lohmann 54,96(54,96)	99	1.55,43(1.00,47)	Delfana	1.55,43	176
11	Andrea G. Skaaland 55,19(55,19)	99	1.56,91(1.01,72)	Delfana	1.56,91	170
12	Mie Kreybu 55,46(55,46)	99	1.57,43(1.01,97)	Arna SLK	1.57,43	167
13	Nora Sandvoll 54,09(54,09)	99	1.59,88(1.05,79)	Frisinn SK	1.59,88	157
14	Stine Bertelsen 58,00(58,00)	99	2.01,08(1.03,08)	Bryne SK	2.01,08	153
15	Helene Emmerhoff 58,25(58,25)	99	2.02,01(1.03,76)	Randaberg IL	2.02,01	149
16	Amalie A Larsen 59,92(59,92)	99	2.03,13(1.03,21)	Delfana	2.03,13	145
17	Aurora T Truyen 59,93(59,93)	99	2.03,98(1.04,05)	Delfana	2.03,98	142
18	Marie Jenssen 59,24(59,24)	99	2.04,12(1.04,88)	Delfana	2.04,12	142

Øvelse 22. 100m bryst, gutter - født 1999

1p	Sindre Salte Dunseth 49,55(49,55)	99	1.43,32(53,77)	Madla SK	1.43,32	173
2p	Truls Wigdel	99		Madla SK	1.44,70	166

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater

	50,01(50,01)	1.44,70(54,69)			
3p	Heine Nilsen	99	Vestkantsvømmerne	1.44,93	165
	50,83(50,83)	1.44,93(54,10)			
4	Sondre Saltnes Urdal	99	Delfana	1.47,43	154
	51,30(51,30)	1.47,43(56,13)			
5	Petter S Kolaas	99	Delfana	1.59,12	113
	56,72(56,72)	1.59,12(1.02,40)			
6	Jakob Tharaldsen Skaftun	99	Madla SK	2.03,83	100
	57,54(57,54)	2.03,83(1.06,29)			
7	Hector Alexander Moland	99	Madla SK	2.07,50	92
	59,33(59,33)	2.07,50(1.08,17)			
8	Kristian Nygård Solvik	99	Bryne SK	2.09,97	87
	59,84(59,84)	2.09,97(1.10,13)			

Øvelse 23. 200m bryst, jenter - født 1998

1p	Ulrikke Rein	98	Madla SK	3.03,55	433
	42,19(42,19)	1.28,37(46,18)	2.15,95(47,58)	3.03,55(47,60)	
2p	Nina-Therese Storstein	98	Karmøy SK	3.05,73	418
	42,11(42,11)	1.28,77(46,66)	2.17,57(48,80)	3.05,73(48,16)	
3p	Maria Voldsund	98	Delfana	3.14,47	364
	43,96(43,96)	1.33,56(49,60)	2.24,18(50,62)	3.14,47(50,29)	
4	Ingvild Gullaksen Vatshelle	98	Vestkantsvømmerne	3.15,23	360
	44,55(44,55)	1.34,15(49,60)	2.25,36(51,21)	3.15,23(49,87)	
5	Stine Dale	98	Vestkantsvømmerne	3.17,48	348
	44,43(44,43)	1.35,03(50,60)	2.26,80(51,77)	3.17,48(50,68)	
6	Solveig Aarland	98	Delfana	3.23,18	319
	46,32(46,32)	1.37,68(51,36)	2.30,29(52,61)	3.23,18(52,89)	
7	Emilie Lie Mathisen	98	Vestkantsvømmerne	3.29,24	292
	48,10(48,10)	1.41,23(53,13)	2.35,56(54,33)	3.29,24(53,68)	
8	Ingrid Elise Berge Jenssen	98	Madla SK	3.29,25	292
	46,91(46,91)	1.39,34(52,43)	2.34,31(54,97)	3.29,25(54,94)	
9	Mari Haugland Ingebregtsen	98	Delfana	3.32,00	281
	49,68(49,68)	1.45,00(55,32)	2.39,37(54,37)	3.32,00(52,63)	
10	Kristin Serck-Hanssen	98	Madla SK	3.33,66	275
	50,13(50,13)	1.44,31(54,18)	2.39,26(54,95)	3.33,66(54,40)	
11	Gina Alvestad	98	Karmøy SK	3.35,92	266
	50,79(50,79)	1.46,12(55,33)	2.41,32(55,20)	3.35,92(54,60)	
12	Helene Ottesen	98	Delfana	3.36,27	265
	50,75(50,75)	1.46,35(55,60)	2.41,79(55,44)	3.36,27(54,48)	
13	Christine Sekkesæter	98	Madla SK	3.38,50	257
	50,17(50,17)	1.46,15(55,98)	2.43,24(57,09)	3.38,50(55,26)	
14	Emilie Nilo Nilssen	98	Madla SK	3.38,67	256
	49,51(49,51)	1.46,31(56,80)	2.43,65(57,34)	3.38,67(55,02)	
15	Mari Dahl	98	Delfana	3.41,97	245
	52,17(52,17)	1.47,18(55,01)	2.44,23(57,05)	3.41,97(57,74)	
16	Hanne Erstad Larsen	98	Delfana	3.42,47	243
	53,05(53,05)	1.50,13(57,08)	2.47,40(57,27)	3.42,47(55,07)	
17	Mari Ellingsen Bråten	98	Madla SK	3.46,09	232
	52,56(52,56)	1.50,34(57,78)	2.50,00(59,66)	3.46,09(56,09)	
18	Henriette Kronstad Helland	98	Vestkantsvømmerne	3.47,91	226
	52,77(52,77)	1.52,39(59,62)	2.51,32(58,93)	3.47,91(56,59)	
19	Elisabeth K. Vindfjell	98	Eid SK	3.54,86	207
	52,53(52,53)	1.54,25(1.01,72)	2.55,13(1.00,88)	3.54,86(59,73)	
20	Iris Aikio	98	Madla SK	3.56,27	203
	55,36(55,36)	1.56,25(1.00,89)	2.57,93(1.01,68)	3.56,27(58,34)	
21	Sunniva Svanes	98	Madla SK	4.03,27	186
	57,81(57,81)	1.59,46(1.01,65)	3.02,19(1.02,73)	4.03,27(1.01,08)	
22	Ingjerd Davøen	98	Delfana	4.06,84	178
	58,73(58,73)	2.02,92(1.04,19)	3.07,38(1.04,46)	4.06,84(59,46)	
23	Ines Nystrand	98	Madla SK	4.07,75	176
	55,28(55,28)	1.58,12(1.02,84)	3.03,60(1.05,48)	4.07,75(1.04,15)	

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



24	Rebecca Johnsgaard	98	Delfana	4.20,09	152
	1.00,65(1.00,65)	2.08,19(1.07,54)	3.15,05(1.06,86)	4.20,09(1.05,04)	
	Vilde E. Stokkenes	98	Haugesund SK	BRUTT	

Øvelse 24. 200m bryst, gutter - født 1998

1p	Urs Bludau	98	Arna SLK	2.59,88	329
	41,96(41,96)	1.27,83(45,87)	2.14,18(46,35)	2.59,88(45,70)	
2p	Teis Malterud	98	Førde IL	3.08,10	288
	41,98(41,98)	1.29,50(47,52)	2.18,18(48,68)	3.08,10(49,92)	
3p	Sigurd Heldal Årethun	98	Arna SLK	3.20,81	237
	43,96(43,96)	1.34,52(50,56)	2.27,26(52,74)	3.20,81(53,55)	
4	Eivind Bjelland	98	Haugesund SK	3.21,73	233
	45,04(45,04)	1.36,05(51,01)	2.28,94(52,89)	3.21,73(52,79)	
5	Simen Kreybu	98	Arna SLK	3.22,51	231
	46,76(46,76)	1.38,32(51,56)	2.31,31(52,99)	3.22,51(51,20)	
6	Halvor Alvestad Larsen	98	Karmøy SK	3.23,92	226
	46,74(46,74)	1.39,19(52,45)	2.32,48(53,29)	3.23,92(51,44)	
7	Aleksander Petter Olsen	98	Sandnes SLK	3.26,37	218
	47,03(47,03)	1.39,47(52,44)	2.34,23(54,76)	3.26,37(52,14)	
8	Barnaby Baines	98	Madla SK	3.38,18	184
	49,17(49,17)	1.44,58(55,41)	2.41,30(56,72)	3.38,18(56,88)	
9	Leif Petter Sørbo	98	Stavanger SC	3.39,74	181
	51,31(51,31)	1.48,51(57,20)	2.46,82(58,31)	3.39,74(52,92)	
10	Erling Belaska	98	Madla SK	3.39,81	180
	49,82(49,82)	1.46,71(56,89)	2.43,89(57,18)	3.39,81(55,92)	
11	Alec Karlsen	98	Madla SK	3.40,77	178
	51,78(51,78)	1.48,46(56,68)	2.44,78(56,32)	3.40,77(55,99)	
12	Jonas Østenstad	98	Haugesund SK	3.44,13	170
	51,81(51,81)	1.49,31(57,50)	2.46,60(57,29)	3.44,13(57,53)	
13	Per Tinius Mowinckel	98	Bergens SC	3.52,43	153
	53,93(53,93)	1.53,92(59,99)	2.53,79(59,87)	3.52,43(58,64)	
14	Sean Elias Buckland	98	Haugesund SK	3.55,70	146
	54,44(54,44)	1.54,40(59,96)	2.55,39(1.00,99)	3.55,70(1.00,31)	
15	Kim Andre Grønstøl	98	Åstveit SK	4.08,19	125
	57,01(57,01)	2.00,92(1.03,91)	3.05,07(1.04,15)	4.08,19(1.03,12)	
16	Sindre Vatnamot Amble	98	Madla SK	4.14,58	116
	59,96(59,96)	2.04,53(1.04,57)	3.10,60(1.06,07)	4.14,58(1.03,98)	

Øvelse 25. 200m bryst, jenter - født 1997

1p	Karianne Reinertsen	97	Vestkantsvømmerne	2.57,00	483
	40,01(40,01)	1.25,96(45,95)	2.12,64(46,68)	2.57,00(44,36)	
2p	Stina Karlsen Heimnes	97	Åstveit SK	2.57,74	477
	41,56(41,56)	1.26,86(45,30)	2.12,21(45,35)	2.57,74(45,53)	
3p	Ida Tomine Glomsaker	97	Madla SK	2.59,68	462
	40,33(40,33)	1.26,11(45,78)	2.12,85(46,74)	2.59,68(46,83)	
4	Mathilde Konstanse Rasmussen	97	Arna SLK	3.01,52	448
	41,31(41,31)	1.26,85(45,54)	2.13,77(46,92)	3.01,52(47,75)	
5	Ingrid Bergslid	97	Madla SK	3.03,99	430
	42,14(42,14)	1.28,93(46,79)	2.16,50(47,57)	3.03,99(47,49)	
6	Siri Kathrine Tangedal	97	Bergens SLK	3.05,32	421
	40,69(40,69)	1.27,47(46,78)	2.16,00(48,53)	3.05,32(49,32)	
7	Cecilia Eide Songstad	97	Bergens SC	3.05,43	420
	42,01(42,01)	1.29,72(47,71)	2.17,95(48,23)	3.05,43(47,48)	
8	Marte Dale	97	Vestkantsvømmerne	3.05,60	419

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



	43,01(43,01)	1.30,72(47,71)	2.19,34(48,62)	3.05,60(46,26)	
9	Vanja Syversen 43,20(43,20)	97 1.30,76(47,56)	Delfana 2.18,83(48,07)	3.06,66(47,83)	412
10	Nina Staveland 43,81(43,81)	97 1.31,12(47,31)	Madla SK 2.19,36(48,24)	3.07,78(48,42)	405
11	Julie Sundstrøm 44,14(44,14)	97 1.32,69(48,55)	Delfana 2.21,01(48,32)	3.08,56(47,55)	400
12	Ida Jenssen Lirhus 44,36(44,36)	97 1.32,65(48,29)	Madla SK 2.21,56(48,91)	3.10,34(48,78)	388
13	Ingeborg Liseth Pedersen 43,28(43,28)	97 1.31,25(47,97)	Åstveit SK 2.21,26(50,01)	3.12,05(50,79)	378
14	Toni G. Coudray 44,70(44,70)	97 1.33,60(48,90)	Bergens SC 2.22,85(49,25)	3.12,39(49,54)	376
15	Susann Pleym Olsen 45,86(45,86)	97 1.35,52(49,66)	Delfana 2.26,09(50,57)	3.16,04(49,95)	356
16	Sandra Sola 45,50(45,50)	97 1.35,96(50,46)	Randaberg IL 2.27,93(51,97)	3.19,93(52,00)	335
17	Ingrid Dvergsdal 47,25(47,25)	97 1.40,58(53,33)	Førde IL 2.33,31(52,73)	3.26,27(52,96)	305
18	Maren Chungøe 47,06(47,06)	97 1.39,61(52,55)	Stavanger SC 2.35,78(56,17)	3.28,34(52,56)	296
19	Brita Stang Aune 47,04(47,04)	97 1.41,86(54,82)	Stavanger SC 2.36,69(54,83)	3.30,69(54,00)	286
20	Amalie Tørle 47,64(47,64)	97 1.42,68(55,04)	Stavanger SC 2.37,85(55,17)	3.31,04(53,19)	285
21	Thea Anderssen Sjøeng 47,74(47,74)	97 1.42,01(54,27)	Vestkant svømmene 2.36,25(54,24)	3.31,14(54,89)	285
22	Hanne Hana Voss 49,92(49,92)	97 1.44,34(54,42)	Randaberg IL 2.39,31(54,97)	3.33,88(54,57)	274
23	Lisa Marie Berntzen Laukli 47,66(47,66)	97 1.43,26(55,60)	Åstveit SK 2.41,93(58,67)	3.40,26(58,33)	251
24	Rebekka Frimannslund Blix 51,58(51,58)	97 1.52,01(1.00,43)	Svelgen TIF 2.52,74(1.00,73)	3.51,95(59,21)	215

Øvelse 26. 200m bryst, gutter - født 1997

1p	Erik Årslund Gidskehaug 41,83(41,83)	97 1.27,93(46,10)	Bryne SK 2.15,09(47,16)	3.02,09(47,00)	317
2p	Matias Gulestøl 42,45(42,45)	97 1.29,03(46,58)	Svelgen TIF 2.16,36(47,33)	3.04,20(47,84)	306
3p	Adrian Etterlid Jensen 42,28(42,28)	97 1.29,94(47,66)	Stord IL 2.18,00(48,06)	3.05,63(47,63)	299
4	Maurice Sudkamp 43,81(43,81)	97 1.32,90(49,09)	Randaberg IL 2.22,37(49,47)	3.11,82(49,45)	271
5	Dennis Asbjørnsen 44,87(44,87)	97 1.33,94(49,07)	Madla SK 2.23,71(49,77)	3.12,55(48,84)	268
6	Marius Haukland 42,67(42,67)	97 1.32,42(49,75)	IL Trio 2.24,13(51,71)	3.13,53(49,40)	264
7	Halvor Arne Borgstrøm 44,99(44,99)	97 1.35,08(50,09)	Stavanger SC 2.25,77(50,69)	3.14,22(48,45)	261
8	Gord Behzadi 44,66(44,66)	97 1.35,22(50,56)	Madla SK 2.26,39(51,17)	3.17,25(50,86)	250
9	Harald Goa Fagerheim 43,09(43,09)	97 1.33,82(50,73)	Karmøy SK 2.27,59(53,77)	3.18,34(50,75)	245
10	Hans Fredrik Laache 43,06(43,06)	97 1.34,03(50,97)	Førde IL 2.26,87(52,84)	3.19,45(52,58)	241
11	Tim Samuelsen 49,64(49,64)	97 1.42,95(53,31)	Madla SK 2.35,73(52,78)	3.28,26(52,53)	212
12	Christoffer Gurvin Skaaland 48,92(48,92)	97 1.44,89(55,97)	Delfana 2.41,03(56,14)	3.34,53(53,50)	194
13	Magnus Dale Johnsen 51,37(51,37)	97 1.47,24(55,87)	Delfana 2.41,85(54,61)	3.35,01(53,16)	193

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



14	Lars-Kristian Gotaas Bjørkbom	97	Bergen SLK	3.36,47	189
	49,81(49,81)	1.45,00(55,19)	2.41,74(56,74)	3.36,47(54,73)	
15	Vegard Strandos	97	Svelgen TIF	3.41,42	176
	51,27(51,27)	1.49,73(58,46)	2.45,48(55,75)	3.41,42(55,94)	
16	Vladimir Koynarev	97	Bergen SLK	3.44,35	170
	50,70(50,70)	1.47,77(57,07)	2.46,28(58,51)	3.44,35(58,07)	
17	Sebastian H. Mikkelsen	97	Bergen SLK	3.47,63	162
	49,35(49,35)	1.48,06(58,71)	2.48,75(1.00,69)	3.47,63(58,88)	
18	Torbjørn Visnes	97	Stord IL	3.47,81	162
	52,48(52,48)	1.51,60(59,12)	2.50,56(58,96)	3.47,81(57,25)	
19	Erik Hystad	97	Stord IL	3.54,59	148
	50,99(50,99)	1.50,98(59,99)	2.51,90(1.00,92)	3.54,59(1.02,69)	
20	Erlend Tveitnes Halvorsen	97	Delfana	3.57,48	143
	33,90(33,90)	1.54,46(1.20,56)	2.56,79(1.02,33)	3.57,48(1.00,69)	
21	Marcus Wangsholm	97	Delfana	3.58,09	142
	55,35(55,35)	1.56,70(1.01,35)	2.57,98(1.01,28)	3.58,09(1.00,11)	
	Anders Johan Pedersen	97	Delfana	DISK	

Øvelse 27. 200m bryst, jenter - født 1996

1p	Maria Thompson Clausen	96	Madla SK	2.49,85	547
	38,66(38,66)	1.21,21(42,55)	2.05,34(44,13)	2.49,85(44,51)	
2p	Vilde Tengesdal	96	Bryne SK	2.54,17	507
	38,82(38,82)	1.22,96(44,14)	2.08,07(45,11)	2.54,17(46,10)	
3p	Elin Haugland	96	Delfana	2.55,49	496
	41,36(41,36)	1.26,28(44,92)	2.11,20(44,92)	2.55,49(44,29)	
4	Tina Schutz	96	Vestkantsvømmerne	2.55,53	495
	40,15(40,15)	1.25,03(44,88)	2.10,63(45,60)	2.55,53(44,90)	
5	Tone-Lill Evanger	96	Delfana	2.55,60	495
	40,26(40,26)	1.25,70(45,44)	2.10,88(45,18)	2.55,60(44,72)	
6	Elida Marie Folkedal Hole	96	Vestkantsvømmerne	2.56,09	491
	40,29(40,29)	1.25,32(45,03)	2.11,15(45,83)	2.56,09(44,94)	
7	Lotte Miller	96	Madla SK	2.59,32	465
	40,33(40,33)	1.26,37(46,04)	2.13,02(46,65)	2.59,32(46,30)	
8	Lisa Skogeng	96	Delfana	3.01,22	450
	41,57(41,57)	1.27,22(45,65)	2.14,18(46,96)	3.01,22(47,04)	
9	Emilie Knutsen Hegdal	96	Stavanger SC	3.02,16	443
	42,32(42,32)	1.29,08(46,76)	2.15,27(46,19)	3.02,16(46,89)	
10	Christine Akselberg	96	Arna SLK	3.02,37	442
	41,23(41,23)	1.27,48(46,25)	2.14,99(47,51)	3.02,37(47,38)	
11	Regine Sørdal Lindanger	96	Frisinn SK	3.09,58	393
	42,01(42,01)	1.30,86(48,85)	2.20,40(49,54)	3.09,58(49,18)	
12	Lisa Aaslestad	96	Sandnes SLK	3.11,29	383
	43,92(43,92)	1.32,48(48,56)	2.22,22(49,74)	3.11,29(49,07)	
13	Elin Alette Fossheim	96	Vestkantsvømmerne	3.15,57	358
	44,81(44,81)	1.34,67(49,86)	2.25,30(50,63)	3.15,57(50,27)	
14	Thea Støle	96	Frisinn SK	3.21,41	328
	45,96(45,96)	1.37,27(51,31)	2.30,62(53,35)	3.21,41(50,79)	
15	Lotte Aune	96	Stavanger SC	3.21,76	326
	45,29(45,29)	1.37,87(52,58)	2.31,90(54,03)	3.21,76(49,86)	
16	Frida Hinna	96	Delfana	3.22,27	324
	46,41(46,41)	1.38,42(52,01)	2.30,91(52,49)	3.22,27(51,36)	
16	Susan Ultee	96	Frisinn SK	3.22,27	324
	46,87(46,87)	1.38,88(52,01)	2.30,77(51,89)	3.22,27(51,50)	
18	Stina Dahl	96	Delfana	3.23,68	317
	47,71(47,71)	1.39,57(51,86)	2.32,44(52,87)	3.23,68(51,24)	
19	Maria Teige	96	Vestkantsvømmerne	3.24,46	313
	47,33(47,33)	1.39,40(52,07)	2.31,85(52,45)	3.24,46(52,61)	
20	Camilla Birkeland	96	Haugesund SK	3.24,89	311
	47,44(47,44)	1.39,65(52,21)	2.32,64(52,99)	3.24,89(52,25)	
21	Karine Johannessen	96	Bergen SLK	3.30,08	289

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



22	Nora Caroline Teigene	47,52(47,52) 47,69(47,69)	96	1.41,63(54,11) 1.40,70(53,01)	Svelgen TIF	2.36,38(54,75) 2.36,27(55,57)	3.30,08(53,70) 3.31,08	285
23	Elise Sandvoll	48,06(48,06)	96	1.43,85(55,79)	Frisinn SK	2.40,31(56,46)	3.35,64	267
24	Victoria Larsen	52,67(52,67)	96	1.50,69(58,02)	Delfana	2.50,09(59,40)	3.49,26	222
							3.49,26(59,17)	

Øvelse 28. 200m bryst, gutter - født 1996

1p	Sindre Aasland Ranaweera	36,08(36,08)	96	1.15,85(39,77)	Madla SK	1.56,72(40,87)	2.39,05	476
2p	Morten Wee Hollund	37,81(37,81)	96	1.19,22(41,41)	Karmøy SK	2.01,60(42,38)	2.42,54	446
3p	Sander Nilsen Sivertsen	38,44(38,44)	96	1.21,94(43,50)	Vestkantsvømmerne	2.05,27(43,33)	2.47,94	404
4	Håkon P. Ludvigsen	38,24(38,24)	96	1.21,87(43,63)	Randaberg IL	2.05,72(43,85)	2.48,74	399
5	Alexander Johnsgaard	39,13(39,13)	96	1.22,38(43,25)	Delfana	2.06,66(44,28)	2.50,41	387
6	Martin Langeland-Knutsen	40,86(40,86)	96	1.26,25(45,39)	Sola SK	2.13,69(47,44)	2.58,56	336
7	Espen B. Sakariassen	41,04(41,04)	96	1.27,43(46,39)	Åstveit SK	2.13,97(46,54)	3.00,56	325
8	Håkon Wulf Haugen	40,47(40,47)	96	1.27,26(46,79)	Bergens SC	2.15,54(48,28)	3.03,74	309
9	Vegard Hauge Svartveit	41,62(41,62)	96	1.28,98(47,36)	Arna SLK	2.17,75(48,77)	3.05,17	302
10	Malik Knapp	41,92(41,92)	96	1.30,07(48,15)	Sola SK	2.19,18(49,11)	3.08,73	285
11	Eirik Johnsen	42,34(42,34)	96	1.31,29(48,95)	Bergens SC	2.20,51(49,22)	3.09,28	282
12	Lars Ole Taule Fjørtoft	43,70(43,70)	96	1.32,98(49,28)	Arna SLK	2.22,59(49,61)	3.11,60	272
13	Johannes Hauge	43,48(43,48)	96	1.33,31(49,83)	Førde IL	2.24,48(51,17)	3.13,57	264
14	Bendik Aarbu	44,72(44,72)	96	1.35,67(50,95)	Åstveit SK	2.27,17(51,50)	3.16,73	252
15	Erik Andre Klepp Vik	45,27(45,27)	96	1.35,35(50,08)	Sandnes SLK	2.26,95(51,60)	3.17,08	250
16	Kacper Domanski	44,01(44,01)	96	1.36,20(52,19)	Frisinn SK	2.28,30(52,10)	3.19,99	239
17	Kristoffer Reidar Jørgensen	44,60(44,60)	96	1.35,92(51,32)	Vestkantsvømmerne	2.29,19(53,27)	3.20,99	236
18	Lars Berg	45,01(45,01)	96	1.37,83(52,82)	Bergen SLK	2.30,78(52,95)	3.23,25	228
19	Marius Berg	47,81(47,81)	96	1.41,07(53,26)	Delfana	2.33,88(52,81)	3.26,07	219
20	Aksel Johannesen	47,66(47,66)	96	1.42,37(54,71)	Bergens SC	2.39,05(56,68)	3.34,97	193
21	Are Mowatt Gruben	50,08(50,08)	96	1.47,14(57,06)	Bergens SC	2.44,14(57,00)	3.41,42	176
22	Steffen Kvamme	50,64(50,64)	96	1.48,16(57,52)	Arna SLK	2.46,15(57,99)	3.41,44	176
23	Benjamin Ulsmåg	55,13(55,13)	96	1.55,38(1.00,25)	Delfana	2.56,66(1.01,28)	3.57,28	143
							3.57,28(1.00,62)	

Øvelse 29. 200m bryst, jenter - født 1995

Rogaland Svømmekrets LÅMØ Vest 2010 Resultater



1p	Ingalill Urrang Naustvik	95	Karmøy SK	2.37,29	688
	34,62(34,62)	1.14,47(39,85)	1.55,62(41,15)	2.37,29(41,67)	
2p	Lise Sand Syversen	95	Bergensvømmerne	2.46,71	578
	38,03(38,03)	1.20,46(42,43)	2.03,54(43,08)	2.46,71(43,17)	
3p	Pernille Berntsen	95	Førde IL	2.50,89	537
	38,81(38,81)	1.22,33(43,52)	2.06,62(44,29)	2.50,89(44,27)	
4	Mari Mjølhus Kristoffersen	95	Madla SK	2.54,26	506
	39,94(39,94)	1.24,02(44,08)	2.08,88(44,86)	2.54,26(45,38)	
5	Amalie Kristiansen	95	Haugesund SK	2.55,96	492
	39,93(39,93)	1.25,03(45,10)	2.10,76(45,73)	2.55,96(45,20)	
6	Vilde Stordal	95	Delfana	2.56,01	491
	40,66(40,66)	1.25,33(44,67)	2.10,66(45,33)	2.56,01(45,35)	
7	Oda Gjerde	95	Bryne SK	2.56,02	491
	39,42(39,42)	1.24,81(45,39)	2.10,65(45,84)	2.56,02(45,37)	
8	May Synnøve Bartlett	95	Madla SK	3.02,63	440
	42,14(42,14)	1.28,80(46,66)	2.15,93(47,13)	3.02,63(46,70)	
9	Hanna Huglen Vinsnesbakk	95	Stord IL	3.06,10	416
	42,73(42,73)	1.30,97(48,24)	2.19,31(48,34)	3.06,10(46,79)	
10	Alida Etterlid Jensen	95	Stord IL	3.06,17	415
	42,43(42,43)	1.28,38(45,95)	2.16,82(48,44)	3.06,17(49,35)	
11	Stine Anderssen	95	Sandnes SLK	3.06,28	414
	42,16(42,16)	1.30,02(47,86)	2.19,16(49,14)	3.06,28(47,12)	
12	Ane Nygård	95	Stavanger SC	3.06,42	413
	41,43(41,43)	1.28,75(47,32)	2.17,34(48,59)	3.06,42(49,08)	
13	Rachel Eden	95	Madla SK	3.13,31	371
	42,72(42,72)	1.32,89(50,17)	2.23,27(50,38)	3.13,31(50,04)	
14	Kaja Konow Grønseth	95	Frisinn SK	3.15,01	361
	43,62(43,62)	1.34,03(50,41)	2.26,05(52,02)	3.15,01(48,96)	
15	Susanne Sekkesæter	95	Madla SK	3.15,68	358
	43,12(43,12)	1.31,79(48,67)	2.23,41(51,62)	3.15,68(52,27)	
16	Martine Heimdal	95	Delfana	3.17,87	346
	44,64(44,64)	1.35,64(51,00)	2.27,36(51,72)	3.17,87(50,51)	
17	Silje Tveitnes Halvorsen	95	Delfana	3.18,90	340
	45,31(45,31)	1.35,60(50,29)	2.26,91(51,31)	3.18,90(51,99)	
18	Henriette Dahl	95	Bergens SC	3.19,07	340
	45,67(45,67)	1.35,56(49,89)	2.27,16(51,60)	3.19,07(51,91)	
19	Helene Dale Johnsen	95	Delfana	3.19,47	338
	45,35(45,35)	1.36,31(50,96)	2.27,59(51,28)	3.19,47(51,88)	
20	Charlotte Mathisen Lie	95	Vestkantsvømmerne	3.20,51	332
	45,41(45,41)	1.36,38(50,97)	2.28,70(52,32)	3.20,51(51,81)	
21	Maren Sofie Duus	95	Delfana	3.21,07	330
	45,75(45,75)	1.37,45(51,70)	2.29,06(51,61)	3.21,07(52,01)	
22	Vanja Strand	95	Vestkantsvømmerne	3.26,88	303
	46,97(46,97)	1.39,24(52,27)	2.33,04(53,80)	3.26,88(53,84)	
	Sandra Bernhoft	95	Delfana	DISK	

Øvelse 30. 200m bryst, gutter - født 1995

1p	Ivan Aleksander Larsen	95	Karmøy SK	2.34,85	516
	35,26(35,26)	1.15,08(39,82)	1.55,03(39,95)	2.34,85(39,82)	
2p	Markus Lie	95	Åstveit SK	2.39,79	469
	36,05(36,05)	1.16,78(40,73)	1.58,21(41,43)	2.39,79(41,58)	
3p	Jonas Ødegård Aanby	95	Delfana	2.40,88	460
	37,64(37,64)	1.19,41(41,77)	2.00,55(41,14)	2.40,88(40,33)	
4	Daniel Sandhåland	95	Karmøy SK	2.42,34	448
	36,60(36,60)	1.19,12(42,52)	2.00,43(41,31)	2.42,34(41,91)	
5	Andreas Johan Reinertsen	95	Vestkantsvømmerne	2.43,15	441
	35,87(35,87)	1.17,29(41,42)	2.00,27(42,98)	2.43,15(42,88)	
6	Marius Bjørke	95	Eid SK	2.46,68	414

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7	Vebjørn Arne J. Aasheim	37,14(37,14)	1.19,02(41,88)	95	Vestkantsvømmerne	2.03,01(43,99)	2.46,68(43,67)	2.49,10	396
8	Alexander Mørk	37,94(37,94)	1.21,06(43,12)	95	Stavanger SC	2.05,08(44,02)	2.49,10(44,02)	2.49,60	393
9	Marcus Sandnes	37,86(37,86)	1.21,58(43,72)	95	Delfana	2.06,38(44,80)	2.49,60(43,22)	2.51,68	379
10	Henrik Søfteland	37,63(37,63)	1.21,35(43,72)	95	Delfana	2.07,05(45,70)	2.51,68(44,63)	2.51,77	378
11	Johan Markus Mowinckel	38,20(38,20)	1.22,04(43,84)	95	Bergens SC	2.07,35(45,31)	2.51,77(44,42)	2.56,38	349
12	Ole Martin Turøy	36,87(36,87)	1.20,51(43,64)	95	Stavanger SC	2.07,95(47,44)	2.56,38(48,43)	2.58,59	336
13	Even Dvergsdal	41,65(41,65)	1.28,14(46,49)	95	Førde IL	2.14,45(46,31)	2.58,59(44,14)	3.00,52	326
14	Ole Andreas Walde	42,05(42,05)	1.28,01(45,96)	95	Åstveit SK	2.13,97(45,96)	3.00,52(46,55)	3.00,62	325
15	Thomas Sell Dyngeland	42,25(42,25)	1.28,79(46,54)	95	Åstveit SK	2.15,22(46,43)	3.00,62(45,40)	3.03,78	309
16	Olav Ravndal Skjølingstad	43,07(43,07)	1.30,37(47,30)	95	Stavanger SC	2.17,39(47,02)	3.03,78(46,39)	3.04,01	307
17	Anders Lindanger	37,22(37,22)	1.22,95(45,73)	95	Stavanger SC	2.12,86(49,91)	3.04,01(51,15)	3.05,89	298
18	Michael Gutierrez	42,38(42,38)	1.29,58(47,20)	95	Bergens SC	2.18,34(48,76)	3.05,89(47,55)	3.13,75	263
19	Arvid Sundstrøm	43,17(43,17)	1.33,21(50,04)	95	Delfana	2.24,49(51,28)	3.13,75(49,26)	3.14,22	261
20	Marius Rognsøy Sylta	44,57(44,57)	1.34,08(49,51)	95	Vestkantsvømmerne	2.24,50(50,42)	3.14,22(49,72)	3.15,03	258
21	Anders Madsen	46,23(46,23)	1.36,75(50,52)	95	Delfana	2.26,61(49,86)	3.15,03(48,42)	3.18,76	244
		45,40(45,40)	1.35,88(50,48)			2.27,16(51,28)	3.18,76(51,60)		

Øvelse 31. 50m butterfly, jenter - født 1999

1p	Benedikte Øverland	99	Vestkantsvømmerne	38,47	286
2p	Mie Kreybu	99	Arna SLK	40,68	242
3p	Karianne Møkster	99	Frisinn SK	43,78	194
4	Nora T. Hinna	99	Delfana	44,68	183
5	Alina H Bjelancic	99	Randaberg IL	45,54	173
6	Vilde Kristine Uthus Halse	99	Bergens SC	47,23	155
7	Christina Vestre	99	Haugesund SK	48,91	139
8	Vilde Lohmann	99	Delfana	49,05	138
9	Johanne Heines Pettersen	99	Sandnes SLK	49,18	137
10	Nora Sandvoll	99	Frisinn SK	50,06	130
11	Katrine Sauesund	99	Delfana	50,38	128
12	Andrea G. Skaaland	99	Delfana	50,66	125
13	Maria Bjerk Aarbu	99	Åstveit SK	51,38	120
14	Marie Jenssen	99	Delfana	53,06	109
15	Amalie A Larsen	99	Delfana	54,14	103
16	Helene Emmerhoff	99	Randaberg IL	54,74	99
17	Aurora T Truyen	99	Delfana	55,20	97
18	Stine Bertelsen	99	Bryne SK	1.03,41	64

Øvelse 32. 50m butterfly, gutter - født 1999

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1p	Sondre Saltnes Urdal	99	Delfana	42,04	153
2p	Truls Wigdel	99	Madla SK	43,88	135
3p	Kristian Nygård Solvik	99	Bryne SK	45,20	123
4	Hector Alexander Moland	99	Madla SK	45,87	118
5	Heine Nilsen	99	Vestkantsvømmerne	46,79	111
6	Sindre Salte Dunseth	99	Madla SK	47,71	105
7	Jakob Tharaldsen Skaftun	99	Madla SK	50,54	88
8	Petter S Kolaas	99	Delfana	56,47	63

Øvelse 33. 100m butterfly, jenter - født 1998

1p	Maria Voldsund	98	Delfana	1.18,19	374
	36,09(36,09)	1.18,19(42,10)			
2p	Emilie Lie Mathisen	98	Vestkantsvømmerne	1.19,05	362
	36,02(36,02)	1.19,05(43,03)			
3p	Nina-Therese Storstein	98	Karmøy SK	1.25,36	287
	40,58(40,58)	1.25,36(44,78)			
4	Mari Haugland Ingebregtsen	98	Delfana	1.30,09	244
	43,01(43,01)	1.30,09(47,08)			
5	Ulrikke Rein	98	Madla SK	1.30,28	243
	40,22(40,22)	1.30,28(50,06)			
5	Ingrid Elise Berge Jenssen	98	Madla SK	1.30,28	243
	41,36(41,36)	1.30,28(48,92)			
7	Solveig Aarland	98	Delfana	1.31,37	234
	40,50(40,50)	1.31,37(50,87)			
8	Gina Alvestad	98	Karmøy SK	1.34,65	211
	43,64(43,64)	1.34,65(51,01)			
9	Hanne Erstad Larsen	98	Delfana	1.35,25	207
	43,87(43,87)	1.35,25(51,38)			
10	Ingvild Gullaksen Vatshelle	98	Vestkantsvømmerne	1.35,42	206
	46,23(46,23)	1.35,42(49,19)			
11	Stine Dale	98	Vestkantsvømmerne	1.36,36	200
	44,86(44,86)	1.36,36(51,50)			
12	Vilde E. Stokkenes	98	Haugesund SK	1.36,51	199
	44,06(44,06)	1.36,51(52,45)			
13	Christine Sekkesæter	98	Madla SK	1.37,97	190
	43,54(43,54)	1.37,97(54,43)			
14	Helene Ottesen	98	Delfana	1.40,33	177
	46,64(46,64)	1.40,33(53,69)			
15	Kristin Serck-Hanssen	98	Madla SK	1.41,22	172
	47,78(47,78)	1.41,22(53,44)			
16	Mari Dahl	98	Delfana	1.41,55	171
	45,95(45,95)	1.41,55(55,60)			
17	Emilie Nilo Nilssen	98	Madla SK	1.41,93	169
	49,82(49,82)	1.41,93(52,11)			
18	Ingjerd Davøen	98	Delfana	1.46,33	149
	50,35(50,35)	1.46,33(55,98)			
19	Henriette Kronstad Helland	98	Vestkantsvømmerne	1.49,10	138
	49,51(49,51)	1.49,10(59,59)			
20	Mari Ellingsen Bråten	98	Madla SK	1.54,26	120
	52,35(52,35)	1.54,26(1.01,91)			
21	Elisabeth K. Vindfjell	98	Eid SK	1.56,25	114
	52,69(52,69)	1.56,25(1.03,56)			
22	Rebecca Johnsgaard	98	Delfana	2.21,23	63
	1.04,65(1.04,65)	2.21,23(1.16,58)			
	Ines Nystrand	98	Madla SK	DISK	
	Iris Aikio	98	Madla SK	DISK	
	Sunniva Svanes	98	Madla SK	DISK	

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Øvelse 34. 100m butterfly, gutter - født 1998

1p	Urs Bludau	98	Arna SLK	1.17,18	269
	35,75(35,75)	1.17,18(41,43)			
2p	Eivind Bjelland	98	Haugesund SK	1.20,88	234
	36,79(36,79)	1.20,88(44,09)			
3p	Barnaby Baines	98	Madla SK	1.26,00	194
	39,91(39,91)	1.26,00(46,09)			
4	Halvor Alvestad Larsen	98	Karmøy SK	1.26,06	194
	40,01(40,01)	1.26,06(46,05)			
5	Teis Malterud	98	Førde IL	1.26,19	193
	39,49(39,49)	1.26,19(46,70)			
6	Alec Karlsen	98	Madla SK	1.26,68	190
	40,68(40,68)	1.26,68(46,00)			
7	Simen Kreybu	98	Arna SLK	1.28,49	178
	39,74(39,74)	1.28,49(48,75)			
8	Aleksander Petter Olsen	98	Sandnes SLK	1.31,80	160
	42,13(42,13)	1.31,80(49,67)			
9	Sigurd Heldal Årethun	98	Arna SLK	1.38,71	128
	42,56(42,56)	1.38,71(56,15)			
10	Kim Andre Grønstøl	98	Åstveit SK	1.42,91	113
	44,96(44,96)	1.42,91(57,95)			
11	Leif Petter Sørbo	98	Stavanger SC	1.43,48	112
	47,01(47,01)	1.43,48(56,47)			
12	Jonas Østenstad	98	Haugesund SK	1.47,26	100
	48,95(48,95)	1.47,26(58,31)			
13	Sean Elias Buckland	98	Haugesund SK	1.48,44	97
	50,89(50,89)	1.48,44(57,55)			
14	Erling Belaska	98	Madla SK	1.51,21	90
	50,89(50,89)	1.51,21(1.00,32)			
15	Sindre Vatnamot Amble	98	Madla SK	1.52,08	88
	52,10(52,10)	1.52,08(59,98)			
16	Per Tinius Mowinckel	98	Bergens SC	1.55,12	81
	51,45(51,45)	1.55,12(1.03,67)			

Øvelse 35. 100m butterfly, jenter - født 1997

1p	Karianne Reinertsen	97	Vestkantsvømmerne	1.14,88	425
	34,47(34,47)	1.14,88(40,41)			
2p	Vanja Syversen	97	Delfana	1.16,71	396
	35,53(35,53)	1.16,71(41,18)			
3p	Ida Jenssen Lirhus	97	Madla SK	1.17,02	391
	36,38(36,38)	1.17,02(40,64)			
4	Ingrid Bergslid	97	Madla SK	1.18,26	373
	36,48(36,48)	1.18,26(41,78)			
5	Nina Staveland	97	Madla SK	1.18,53	369
	37,06(37,06)	1.18,53(41,47)			
6	Mathilde Konstanse Rasmussen	97	Arna SLK	1.24,77	293
	38,97(38,97)	1.24,77(45,80)			
7	Sandra Sola	97	Randaberg IL	1.25,98	281
	39,13(39,13)	1.25,98(46,85)			
8	Toni G. Coudray	97	Bergens SC	1.26,26	278
	40,57(40,57)	1.26,26(45,69)			
9	Stina Karlsen Heimnes	97	Åstveit SK	1.27,69	265
	42,20(42,20)	1.27,69(45,49)			
10	Julie Sundstrøm	97	Delfana	1.27,83	264

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	39,85(39,85)	1.27,83(47,98)			
11	Ingeborg Liseth Pedersen 40,83(40,83)	97	Åstveit SK	1.28,84	255
12	Ida Tomine Glomsaker 40,94(40,94)	97	Madla SK	1.29,89	246
13	Marte Dale 39,23(39,23)	97	Vestkantsvømmerne	1.31,42	234
14	Siri Kathrine Tangedal 39,68(39,68)	97	Bergen SLK	1.32,10	229
15	Susann Pleyrn Olsen 42,36(42,36)	97	Delfana	1.32,53	225
16	Ingrid Dvergsdal 43,82(43,82)	97	Førde IL	1.35,76	203
17	Cecilia Eide Songstad 44,15(44,15)	97	Bergens SC	1.39,90	179
18	Hanne Hana Voss 47,79(47,79)	97	Randaberg IL	1.40,03	178
19	Amalie Tørlen 45,34(45,34)	97	Stavanger SC	1.41,82	169
20	Maren Chungøe 45,19(45,19)	97	Stavanger SC	1.42,42	166
21	Lisa Marie Berntzen Laukli 49,23(49,23)	97	Åstveit SK	1.47,47	144
22	Rebekka Frimannslund Blix 50,65(50,65)	97	Svelgen TIF	1.52,54	125
23	Thea Anderssen Sjøreng 50,12(50,12)	97	Vestkantsvømmerne	1.55,17	117
	Brita Stang Aune	97	Stavanger SC	DISK	

Øvelse 36. 100m butterfly, gutter - født 1997

1p	Maurice Sudkamp 33,96(33,96)	97	Randaberg IL	1.13,84	307
2p	Dennis Asbjørnsen 38,20(38,20)	97	Madla SK	1.20,07	241
3p	Vladimir Koynarev 37,05(37,05)	97	Bergen SLK	1.21,88	225
4	Erik Årsland Gidskehaug 36,99(36,99)	97	Bryne SK	1.21,90	225
5	Harald Goa Fagerheim 35,33(35,33)	97	Karmøy SK	1.22,63	219
6	Matias Gulestøl 38,21(38,21)	97	Svelgen TIF	1.25,47	198
7	Halvor Arne Borgstrøm 38,88(38,88)	97	Stavanger SC	1.25,63	197
8	Marius Haukland 38,39(38,39)	97	IL Trio	1.25,68	196
9	Adrian Etterlid Jensen 40,34(40,34)	97	Stord IL	1.25,73	196
10	Lars-Kristian Gotaas Bjørkbom 39,72(39,72)	97	Bergen SLK	1.26,62	190
11	Tim Samuelson 43,21(43,21)	97	Madla SK	1.32,04	158
12	Christoffer Gurvin Skaaland 42,72(42,72)	97	Delfana	1.34,09	148
13	Hans Fredrik Laache 41,13(41,13)	97	Førde IL	1.34,35	147
14	Magnus Dale Johnsen 43,79(43,79)	97	Delfana	1.35,10	144
15	Torbjørn Visnes 45,49(45,49)	97	Stord IL	1.38,23	130

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16	Gord Behzadi	97	Madla SK	1.39,79	124
	44,71(44,71)	1.39,79(55,08)			
17	Marcus Wangsholm	97	Delfana	1.44,17	109
	48,64(48,64)	1.44,17(55,53)			
18	Anders Johan Pedersen	97	Delfana	1.49,02	95
	48,57(48,57)	1.49,02(1.00,45)			
19	Vegard Strandos	97	Svelgen TIF	1.52,18	88
	52,73(52,73)	1.52,18(59,45)			
20	Sebastian H. Mikkelsen	97	Bergen SLK	1.53,28	85
	51,45(51,45)	1.53,28(1.01,83)			
21	Erik Hystad	97	Stord IL	1.54,19	83
	48,99(48,99)	1.54,19(1.05,20)			
	Erlend Tveitnes Halvorsen	97	Delfana	DISK	

Øvelse 37. 100m butterfly, jenter - født 1996

1p	Elin Haugland	96	Delfana	1.10,21	516
	33,24(33,24)	1.10,21(36,97)			
2p	Vilde Tengesdal	96	Bryne SK	1.10,92	501
	32,90(32,90)	1.10,92(38,02)			
3p	Maria Thompson Clausen	96	Madla SK	1.11,15	496
	33,02(33,02)	1.11,15(38,13)			
4	Lotte Miller	96	Madla SK	1.11,60	487
	32,86(32,86)	1.11,60(38,74)			
5	Elida Marie Folkedal Hole	96	Vestkantsvømmerne	1.12,37	471
	33,34(33,34)	1.12,37(39,03)			
6	Emilie Knutsen Hegdal	96	Stavanger SC	1.14,26	436
	34,19(34,19)	1.14,26(40,07)			
7	Lisa Skogeng	96	Delfana	1.15,34	418
	34,67(34,67)	1.15,34(40,67)			
8	Tina Schutz	96	Vestkantsvømmerne	1.15,89	409
	35,10(35,10)	1.15,89(40,79)			
9	Tone-Lill Evanger	96	Delfana	1.16,31	402
	35,16(35,16)	1.16,31(41,15)			
10	Christine Akselberg	96	Arna SLK	1.16,49	399
	35,12(35,12)	1.16,49(41,37)			
11	Frida Hinna	96	Delfana	1.20,69	340
	37,65(37,65)	1.20,69(43,04)			
12	Camilla Birkeland	96	Haugesund SK	1.21,47	330
	36,42(36,42)	1.21,47(45,05)			
13	Lotte Aune	96	Stavanger SC	1.22,19	322
	38,05(38,05)	1.22,19(44,14)			
14	Susan Ultee	96	Frisinn SK	1.25,31	288
	38,98(38,98)	1.25,31(46,33)			
15	Elise Sandvoll	96	Frisinn SK	1.26,59	275
	39,99(39,99)	1.26,59(46,60)			
16	Thea Støle	96	Frisinn SK	1.27,04	271
	39,26(39,26)	1.27,04(47,78)			
17	Stina Dahl	96	Delfana	1.27,29	269
	38,97(38,97)	1.27,29(48,32)			
18	Nora Caroline Teigene	96	Svelgen TIF	1.27,35	268
	40,23(40,23)	1.27,35(47,12)			
19	Maria Teige	96	Vestkantsvømmerne	1.28,75	256
	41,09(41,09)	1.28,75(47,66)			
20	Karine Johannessen	96	Bergen SLK	1.31,73	231
	41,53(41,53)	1.31,73(50,20)			
21	Lisa Aaslestad	96	Sandnes SLK	1.34,35	213
	41,55(41,55)	1.34,35(52,80)			
22	Elin Alette Fossheim	96	Vestkantsvømmerne	1.35,90	203
	43,00(43,00)	1.35,90(52,90)			
23	Victoria Larsen	96	Delfana	1.44,81	155

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48,31(48,31)

1.44,81(56,50)

Øvelse 38. 100m butterfly, gutter - født 1996

1p	Morten Wee Hollund 29,67(29,67)	96	Karmøy SK	1.01,85	522
2p	Håkon P. Ludvigsen 30,48(30,48)	96	Randaberg IL	1.04,08	470
3p	Sander Nilsen Sivertsen 31,19(31,19)	96	Vestkantsvømmerne	1.06,48	421
4	Kacper Domanski 31,06(31,06)	96	Frisinn SK	1.07,16	408
5	Sindre Aasland Ranaweera 31,30(31,30)	96	Madla SK	1.09,17	373
6	Martin Langeland-Knutsen 36,88(36,88)	96	Sola SK	1.16,20	279
7	Erik Andre Klepp Vik 36,19(36,19)	96	Sandnes SLK	1.16,47	276
8	Bendik Aarbu 35,52(35,52)	96	Åstveit SK	1.17,32	267
9	Eirik Johnsen 36,85(36,85)	96	Bergens SC	1.17,80	262
10	Alexander Johnsgaard 37,70(37,70)	96	Delfana	1.19,21	249
11	Lars Ole Taule Fjørtoft 37,68(37,68)	96	Arna SLK	1.21,01	232
12	Vegard Hauge Svartveit 36,50(36,50)	96	Arna SLK	1.21,11	232
13	Espen B. Sakariassen 37,90(37,90)	96	Åstveit SK	1.23,37	213
14	Lars Berg 38,06(38,06)	96	Bergens SLK	1.23,93	209
15	Are Mowatt Gruben 39,17(39,17)	96	Bergens SC	1.27,16	187
16	Marius Berg 43,70(43,70)	96	Delfana	1.31,01	164
17	Benjamin Ulsmåg 43,19(43,19)	96	Delfana	1.32,57	156
18	Håkon Wulf Haugen 39,72(39,72)	96	Bergens SC	1.32,60	156
19	Aksel Johannesen 43,86(43,86)	96	Bergens SC	1.34,00	149
20	Johannes Hauge 43,16(43,16)	96	Førde IL	1.35,15	143
20	Malik Knapp 41,93(41,93)	96	Sola SK	1.35,15	143
22	Steffen Kvamme 47,54(47,54)	96	Arna SLK	1.44,10	110
	Kristoffer Reidar Jørgensen	96	Vestkantsvømmerne		DISK

Øvelse 39. 100m butterfly, jenter - født 1995

1p	Lise Sand Syversen 31,09(31,09)	95	Bergensvømmerne	1.05,82	626
2p	Ingalill Urrang Naustvik 31,18(31,18)	95	Karmøy SK	1.07,10	591

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3p	Vilde Stordal	95	Delfana	1.09,29	537
	32,77(32,77)	1.09,29(36,52)			
4	Ane Nygård	95	Stavanger SC	1.11,45	490
	32,79(32,79)	1.11,45(38,66)			
5	Amalie Kristiansen	95	Haugesund SK	1.14,74	428
	33,81(33,81)	1.14,74(40,93)			
6	Sandra Bernhoft	95	Delfana	1.15,89	409
	35,05(35,05)	1.15,89(40,84)			
7	Oda Gjerde	95	Bryne SK	1.15,94	408
	35,17(35,17)	1.15,94(40,77)			
8	Pernille Berntsen	95	Førde IL	1.16,57	398
	34,62(34,62)	1.16,57(41,95)			
9	Stine Anderssen	95	Sandnes SLK	1.18,57	368
	35,66(35,66)	1.18,57(42,91)			
10	Henriette Dahl	95	Bergens SC	1.18,77	366
	35,54(35,54)	1.18,77(43,23)			
11	Hanna Huglen Vinsnesbakk	95	Stord IL	1.19,42	357
	36,83(36,83)	1.19,42(42,59)			
12	Susanne Sekkesæter	95	Madla SK	1.19,98	349
	36,87(36,87)	1.19,98(43,11)			
13	Rachel Eden	95	Madla SK	1.21,25	333
	35,56(35,56)	1.21,25(45,69)			
14	Alida Etterlid Jensen	95	Stord IL	1.21,52	330
	36,85(36,85)	1.21,52(44,67)			
15	Martine Heimdal	95	Delfana	1.22,92	313
	38,56(38,56)	1.22,92(44,36)			
16	Kaja Konow Grønseth	95	Frisinn SK	1.25,23	289
	38,44(38,44)	1.25,23(46,79)			
17	Helene Dale Johnsen	95	Delfana	1.26,11	280
	38,66(38,66)	1.26,11(47,45)			
18	Silje Tveitnes Halvorsen	95	Delfana	1.26,22	279
	39,59(39,59)	1.26,22(46,63)			
19	May Synnøve Bartlett	95	Madla SK	1.27,92	263
	40,65(40,65)	1.27,92(47,27)			
20	Maren Sofie Duus	95	Delfana	1.28,29	260
	41,14(41,14)	1.28,29(47,15)			
21	Vanja Strand	95	Vestkantsvømmerne	1.29,27	251
	40,64(40,64)	1.29,27(48,63)			
22	Charlotte Mathisen Lie	95	Vestkantsvømmerne	1.42,02	168
	46,38(46,38)	1.42,02(55,64)			
	Mari Mjøllhus Kristoffersen	95	Madla SK	DISK	

Øvelse 40. 100m butterfly, gutter - født 1995

1p	Ivan Aleksander Larsen	95	Karmøy SK	1.03,04	493
	29,30(29,30)	1.03,04(33,74)			
2p	Daniel Sandhåland	95	Karmøy SK	1.03,84	475
	29,89(29,89)	1.03,84(33,95)			
3p	Henrik Søfteland	95	Delfana	1.05,37	442
	30,77(30,77)	1.05,37(34,60)			
4	Markus Lie	95	Åstveit SK	1.06,84	414
	31,18(31,18)	1.06,84(35,66)			
5	Jonas Ødegård Aanby	95	Delfana	1.09,42	369
	33,17(33,17)	1.09,42(36,25)			
6	Marius Bjørke	95	Eid SK	1.10,10	359
	32,21(32,21)	1.10,10(37,89)			
7	Vebjørn Arne J. Aasheim	95	Vestkantsvømmerne	1.10,84	348
	32,22(32,22)	1.10,84(38,62)			
8	Alexander Mork	95	Stavanger SC	1.11,57	337
	32,54(32,54)	1.11,57(39,03)			
9	Olav Ravndal Skjølingstad	95	Stavanger SC	1.12,89	319

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10	Johan Markus Mowinckel	32,20(32,20)	1.12,89(40,69)	95	Bergens SC	1.13,18	315
11	Andreas Johan Reinertsen	33,53(33,53)	1.13,18(39,65)	95	Vestkantsvømmerne	1.15,36	289
12	Anders Lindanger	34,48(34,48)	1.15,36(40,88)	95	Stavanger SC	1.15,37	289
13	Ole Martin Turøy	33,58(33,58)	1.15,37(41,79)	95	Stavanger SC	1.17,18	269
14	Anders Madsen	35,37(35,37)	1.17,18(41,81)	95	Delfana	1.20,16	240
15	Marcus Sandnes	36,50(36,50)	1.20,16(43,66)	95	Delfana	1.20,59	236
16	Arvid Sundstrøm	36,36(36,36)	1.20,59(44,23)	95	Delfana	1.20,94	233
17	Ole Andreas Walde	37,70(37,70)	1.20,94(43,24)	95	Åstveit SK	1.21,91	225
18	Even Dvergsdal	38,74(38,74)	1.21,91(43,17)	95	Førde IL	1.22,52	220
19	Thomas Sell Dyngeland	37,48(37,48)	1.22,52(45,04)	95	Åstveit SK	1.23,16	215
20	Michael Gutierrez	39,13(39,13)	1.23,16(44,03)	95	Bergens SC	1.23,90	209
21	Marius Rognsøy Sylta	37,47(37,47)	1.23,90(46,43)	95	Vestkantsvømmerne	1.24,69	203
		38,31(38,31)	1.24,69(46,38)				

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

1p	Alina H Bjelancic	43,46(43,46)	1.29,92(46,46)	99	Randaberg IL	3.04,24(39,26)	330
2p	Johanne Heines Pettersen	48,91(48,91)	1.34,43(45,52)	99	Sandnes SLK	3.05,54(40,36)	324
3p	Benedikte Øverland	41,46(41,46)	1.31,45(49,99)	99	Vestkantsvømmerne	3.11,77(45,12)	293
4	Vilde Kristine Uthus Halse	48,53(48,53)	1.38,19(49,66)	99	Bergens SC	3.17,01(43,11)	270
5	Karianne Møkster	46,71(46,71)	1.41,85(55,14)	99	Frisinn SK	3.21,52(43,25)	253
6	Nora T. Hinna	48,10(48,10)	1.42,08(53,98)	99	Delfana	3.26,15(45,92)	236
7	Mie Kreybu	43,45(43,45)	1.35,78(52,33)	99	Arna SLK	3.26,99(45,28)	233
8	Maria Bjerk Aarbu	54,93(54,93)	1.47,37(52,44)	99	Åstveit SK	3.32,29(45,93)	216
9	Katrine Sauesund	52,78(52,78)	1.50,30(57,52)	99	Delfana	3.36,62(47,81)	203
10	Helene Emmerhoff	54,09(54,09)	1.46,83(52,74)	99	Randaberg IL	3.37,90(47,60)	200
11	Andrea G. Skaaland	50,01(50,01)	1.46,04(56,03)	99	Delfana	3.38,34(51,58)	199
12	Stine Bertelsen	57,63(57,63)	1.47,24(49,61)	99	Bryne SK	3.38,35(46,43)	199
13	Vilde Lohmann	52,90(52,90)	1.51,91(59,01)	99	Delfana	3.39,69(45,10)	195
14	Marie Jenssen	54,04(54,04)	1.50,42(56,38)	99	Delfana	3.52,25(52,59)	165
15	Nora Sandvoll	51,28(51,28)	1.52,09(1.00,81)	99	Frisinn SK	3.54,51(52,87)	160
16	Aurora T Truyen		1.58,29(1.58,29)	99	Delfana	3.59,16(54,94)	151
	Amalie A Larsen			99	Delfana	DISK	

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Christina Vestre

99 Haugesund SK

DISK

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

1p	Truls Wigdel	99	Madla SK	3.19,54	182
	43,83(43,83)	1.34,94(51,11)	2.31,50(56,56)	3.19,54(48,04)	
2p	Sindre Salte Dunseth	99	Madla SK	3.22,16	175
	47,98(47,98)	1.39,83(51,85)	2.35,45(55,62)	3.22,16(46,71)	
3p	Sondre Saltnes Urdal	99	Delfana	3.25,11	168
	45,10(45,10)	1.37,71(52,61)	2.37,91(1.00,20)	3.25,11(47,20)	
4	Kristian Nygård Solvik	99	Bryne SK	3.34,64	146
	46,90(46,90)	1.36,98(50,08)	2.45,39(1.08,41)	3.34,64(49,25)	
5	Heine Nilsen	99	Vestkantsvømmerne	3.36,51	143
	49,67(49,67)	1.49,08(59,41)	2.48,55(59,47)	3.36,51(47,96)	
6	Petter S Kolaas	99	Delfana	3.44,02	129
	55,80(55,80)	1.54,40(58,60)	2.56,48(1.02,08)	3.44,02(47,54)	
7	Hector Alexander Moland	99	Madla SK	3.47,89	122
	52,29(52,29)	1.50,49(58,20)	2.56,91(1.06,42)	3.47,89(50,98)	
8	Jakob Tharaldsen Skaftun	99	Madla SK	3.59,23	106
	54,45(54,45)	1.55,26(1.00,81)	3.00,69(1.05,43)	3.59,23(58,54)	

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

1p	Maria Voldsund	98	Delfana	2.46,87	445
	37,05(37,05)	1.19,31(42,26)	2.09,41(50,10)	2.46,87(37,46)	
2p	Ulrikke Rein	98	Madla SK	2.49,30	426
	38,91(38,91)	1.22,69(43,78)	2.10,78(48,09)	2.49,30(38,52)	
3p	Nina-Therese Storstein	98	Karmøy SK	2.49,92	421
	40,18(40,18)	1.25,30(45,12)	2.12,75(47,45)	2.49,92(37,17)	
4	Emilie Lie Mathisen	98	Vestkantsvømmerne	2.55,75	381
	37,62(37,62)	1.24,49(46,87)	2.17,80(53,31)	2.55,75(37,95)	
5	Solveig Aarland	98	Delfana	3.01,45	346
	40,96(40,96)	1.25,87(44,91)	2.18,41(52,54)	3.01,45(43,04)	
6	Gina Alvestad	98	Karmøy SK	3.05,83	322
	43,27(43,27)	1.28,60(45,33)	2.25,19(56,59)	3.05,83(40,64)	
7	Vilde E. Stokkenes	98	Haugesund SK	3.05,99	321
	43,61(43,61)	1.32,05(48,44)	2.24,89(52,84)	3.05,99(41,10)	
8	Stine Dale	98	Vestkantsvømmerne	3.07,55	313
	45,16(45,16)	1.34,13(48,97)	2.25,04(50,91)	3.07,55(42,51)	
9	Mari Haugland Ingebregtsen	98	Delfana	3.08,20	310
	43,84(43,84)	1.34,36(50,52)	2.27,75(53,39)	3.08,20(40,45)	
10	Christine Sekkesæter	98	Madla SK	3.09,19	305
	44,75(44,75)	1.31,42(46,67)	2.27,79(56,37)	3.09,19(41,40)	
11	Ingrid Elise Berge Jenssen	98	Madla SK	3.11,66	294
	42,91(42,91)	1.30,95(48,04)	2.27,71(56,76)	3.11,66(43,95)	
12	Kristin Serck-Hanssen	98	Madla SK	3.11,81	293
	45,71(45,71)	1.31,00(45,29)	2.27,56(56,56)	3.11,81(44,25)	
13	Helene Ottesen	98	Delfana	3.11,83	293
	45,04(45,04)	1.34,58(49,54)	2.31,52(56,94)	3.11,83(40,31)	
14	Hanne Erstad Larsen	98	Delfana	3.14,87	279
	45,90(45,90)	1.36,01(50,11)	2.34,00(57,99)	3.14,87(40,87)	
15	Mari Dahl	98	Delfana	3.20,61	256
	47,03(47,03)	1.39,37(52,34)	2.35,74(56,37)	3.20,61(44,87)	
16	Emilie Nilo Nilssen	98	Madla SK	3.23,92	244
	46,66(46,66)	1.40,61(53,95)	2.37,93(57,32)	3.23,92(45,99)	
17	Henriette Kronstad Helland	98	Vestkantsvømmerne	3.26,51	235

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18	Mari Ellingsen Bråten	47,69(47,69) 50,40(50,40)	98	1.42,78(55,09) 1.41,55(51,15)	Madla SK	2.38,12(55,34) 2.39,15(57,60)	3.26,51(48,39) 3.28,31(49,16)	3.28,31	229
19	Ines Nystrand	49,29(49,29)	98	1.40,25(50,96)	Madla SK	2.44,14(1.03,89)	3.28,63(44,49)	3.28,63	228
20	Elisabeth K. Vindfjell	49,79(49,79)	98	1.45,32(55,53)	Eid SK	2.46,81(1.01,49)	3.33,53(46,72)	3.33,53	212
21	Ingjerd Davøen	50,68(50,68)	98	1.49,10(58,42)	Delfana	2.51,13(1.02,03)	3.35,25(44,12)	3.35,25	207
22	Iris Aikio	55,06(55,06)	98	1.53,25(58,19)	Madla SK	2.52,89(59,64)	3.45,50(52,61)	3.45,50	180
23	Rebecca Johnsgaard	1.04,88(1.04,88)	98	2.11,11(1.06,23)	Delfana	3.15,57(1.04,46)	4.07,63(52,06)	4.07,63	136
	Ingvild Gullaksen Vatshelle		98		Vestkantsvømmerne			DISK	
	Sunniva Svanes		98		Madla SK			DISK	

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

1p	Urs Bludau	37,34(37,34)	98	1.19,51(42,17)	Arna SLK	2.08,05(48,54)	2.45,56(37,51)	2.45,56	319
2p	Teis Malterud	39,17(39,17)	98	1.23,40(44,23)	Førde IL	2.12,23(48,83)	2.53,18(40,95)	2.53,18	279
3p	Simen Kreybu	39,55(39,55)	98	1.25,38(45,83)	Arna SLK	2.16,75(51,37)	2.55,71(38,96)	2.55,71	267
4	Aleksander Petter Olsen	42,56(42,56)	98	1.26,57(44,01)	Sandnes SLK	2.18,01(51,44)	2.57,61(39,60)	2.57,61	258
5	Halvor Alvestad Larsen	38,69(38,69)	98	1.24,72(46,03)	Karmøy SK	2.18,23(53,51)	2.58,56(40,33)	2.58,56	254
6	Barnaby Baines	40,69(40,69)	98	1.28,45(47,76)	Madla SK	2.22,84(54,39)	3.02,77(39,93)	3.02,77	237
7	Sigurd Heldal Årethun	42,25(42,25)	98	1.29,01(46,76)	Arna SLK	2.21,45(52,44)	3.03,40(41,95)	3.03,40	235
8	Alec Karlsen	41,69(41,69)	98	1.30,92(49,23)	Madla SK	2.28,61(57,69)	3.09,14(40,53)	3.09,14	214
9	Jonas Østenstad	47,19(47,19)	98	1.36,79(49,60)	Haugesund SK	2.32,06(55,27)	3.15,58(43,52)	3.15,58	194
10	Leif Petter Sørbø	47,29(47,29)	98	1.39,96(52,67)	Stavanger SC	2.37,62(57,66)	3.18,47(40,85)	3.18,47	185
11	Erling Belaska	51,74(51,74)	98	1.40,41(48,67)	Madla SK	2.38,72(58,31)	3.22,78(44,06)	3.22,78	174
12	Per Tinius Mowinckel	51,94(51,94)	98	1.41,70(49,76)	Bergens SC	2.40,55(58,85)	3.24,24(43,69)	3.24,24	170
13	Kim Andre Grønstøl	47,08(47,08)	98	1.43,16(56,08)	Åstveit SK	2.44,11(1.00,95)	3.27,42(43,31)	3.27,42	162
14	Sean Elias Buckland	54,01(54,01)	98	1.53,51(59,50)	Haugesund SK	2.51,45(57,94)	3.37,55(46,10)	3.37,55	141
15	Sindre Vatnamot Amble	52,46(52,46)	98	1.49,89(57,43)	Madla SK	2.54,15(1.04,26)	3.43,29(49,14)	3.43,29	130
	Eivind Bjelland		98		Haugesund SK			BRUTT	

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

1p	Karianne Reinertsen	34,73(34,73)	97	1.14,75(40,02)	Vestkantsvømmerne	2.01,04(46,29)	2.37,60(36,56)	2.37,60	528
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2p	Vanja Syversen	97	Delfana	2.40,97	496
	35,94(35,94)	1.16,24(40,30)	2.04,02(47,78)	2.40,97(36,95)	
3p	Ingrid Bergslid	97	Madla SK	2.41,58	490
	36,56(36,56)	1.17,45(40,89)	2.04,50(47,05)	2.41,58(37,08)	
4	Marte Dale	97	Vestkant svømmere	2.42,26	484
	37,57(37,57)	1.18,25(40,68)	2.06,35(48,10)	2.42,26(35,91)	
5	Nina Staveland	97	Madla SK	2.43,40	474
	36,87(36,87)	1.18,21(41,34)	2.06,20(47,99)	2.43,40(37,20)	
6	Ida Jenssen Lirhus	97	Madla SK	2.46,20	450
	37,10(37,10)	1.20,24(43,14)	2.08,27(48,03)	2.46,20(37,93)	
7	Mathilde Konstanse Rasmussen	97	Arna SLK	2.48,11	435
	38,07(38,07)	1.22,07(44,00)	2.08,48(46,41)	2.48,11(39,63)	
8	Ida Tomine Glomsaker	97	Madla SK	2.48,32	433
	41,10(41,10)	1.22,63(41,53)	2.09,70(47,07)	2.48,32(38,62)	
9	Toni G. Coudray	97	Bergens SC	2.49,12	427
	40,08(40,08)	1.19,39(39,31)	2.10,87(51,48)	2.49,12(38,25)	
10	Stina Karlsen Heimnes	97	Åstveit SK	2.50,11	420
	42,19(42,19)	1.26,33(44,14)	2.12,51(46,18)	2.50,11(37,60)	
11	Sandra Sola	97	Randaberg IL	2.52,30	404
	38,93(38,93)	1.21,94(43,01)	2.13,67(51,73)	2.52,30(38,63)	
12	Ingeborg Liseth Pedersen	97	Åstveit SK	2.56,10	378
	42,40(42,40)	1.30,39(47,99)	2.18,98(48,59)	2.56,10(37,12)	
13	Siri Kathrine Tangedal	97	Bergen SLK	2.56,61	375
	39,93(39,93)	1.27,18(47,25)	2.16,17(48,99)	2.56,61(40,44)	
14	Julie Sundstrøm	97	Delfana	2.56,98	373
	39,99(39,99)	1.27,08(47,09)	2.17,02(49,94)	2.56,98(39,96)	
15	Susann Pleym Olsen	97	Delfana	2.59,89	355
	41,36(41,36)	1.27,92(46,56)	2.18,00(50,08)	2.59,89(41,89)	
16	Brita Stang Aune	97	Stavanger SC	3.00,31	353
	40,35(40,35)	1.26,08(45,73)	2.20,35(54,27)	3.00,31(39,96)	
17	Ingrid Dvergsdal	97	Førde IL	3.09,15	305
	44,48(44,48)	1.32,11(47,63)	2.26,97(54,86)	3.09,15(42,18)	
18	Hanne Hana Voss	97	Randaberg IL	3.09,53	304
	47,24(47,24)	1.36,09(48,85)	2.29,84(53,75)	3.09,53(39,69)	
19	Lisa Marie Berntzen Laukli	97	Åstveit SK	3.12,40	290
	49,43(49,43)	1.35,84(46,41)	2.30,32(54,48)	3.12,40(42,08)	
20	Amalie Tørlen	97	Stavanger SC	3.12,54	290
	44,71(44,71)	1.33,44(48,73)	2.28,32(54,88)	3.12,54(44,22)	
21	Thea Anderssen Sjøreng	97	Vestkant svømmere	3.17,48	268
	48,53(48,53)	1.37,22(48,69)	2.33,18(55,96)	3.17,48(44,30)	
	Maren Chungøe	97	Stavanger SC	DISK	
	Rebekka Frimannslund Blix	97	Svelgen TIF	DISK	
	Cecilia Eide Songstad	97	Bergens SC	DISK	

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

1p	Maurice Sudkamp	97	Randaberg IL	2.39,47	357
	35,22(35,22)	1.15,49(40,27)	2.05,04(49,55)	2.39,47(34,43)	
2p	Erik Årslund Gidskehaug	97	Bryne SK	2.40,84	348
	36,07(36,07)	1.17,54(41,47)	2.05,33(47,79)	2.40,84(35,51)	
3p	Matias Gulestøl	97	Svelgen TIF	2.44,82	323
	38,40(38,40)	1.22,00(43,60)	2.09,11(47,11)	2.44,82(35,71)	
4	Dennis Asbjørnsen	97	Madla SK	2.49,53	297
	38,02(38,02)	1.21,34(43,32)	2.10,58(49,24)	2.49,53(38,95)	
5	Harald Goa Fagerheim	97	Karmøy SK	2.52,17	284
	35,78(35,78)	1.18,60(42,82)	2.14,18(55,58)	2.52,17(37,99)	
6	Adrian Etterlid Jensen	97	Stord IL	2.52,60	282
	38,62(38,62)	1.22,62(44,00)	2.12,55(49,93)	2.52,60(40,05)	

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7	Marius Haukland	97	IL Trio	2.54,49	273
	38,69(38,69)	1.25,93(47,24)	2.14,76(48,83)	2.54,49(39,73)	
8	Halvor Arne Borgstrøm	97	Stavanger SC	2.54,59	272
	38,13(38,13)	1.22,44(44,31)	2.14,82(52,38)	2.54,59(39,77)	
9	Lars-Kristian Gotaas Bjørkbom	97	Bergen SLK	2.55,42	268
	39,22(39,22)	1.24,50(45,28)	2.17,40(52,90)	2.55,42(38,02)	
10	Tim Samuelson	97	Madla SK	2.56,45	264
	41,41(41,41)	1.25,84(44,43)	2.19,08(53,24)	2.56,45(37,37)	
11	Hans Fredrik Laache	97	Førde IL	2.58,98	253
	41,50(41,50)	1.27,37(45,87)	2.17,65(50,28)	2.58,98(41,33)	
12	Gord Behzadi	97	Madla SK	3.03,43	235
	44,03(44,03)	1.31,98(47,95)	2.21,88(49,90)	3.03,43(41,55)	
13	Magnus Dale Johnsen	97	Delfana	3.05,64	226
	42,85(42,85)	1.31,08(48,23)	2.25,48(54,40)	3.05,64(40,16)	
14	Vladimir Koynarev	97	Bergen SLK	3.05,97	225
	38,61(38,61)	1.25,72(47,11)	2.26,48(1.00,76)	3.05,97(39,49)	
15	Christoffer Gurvin Skaaland	97	Delfana	3.11,70	206
	43,36(43,36)	1.34,61(51,25)	2.28,50(53,89)	3.11,70(43,20)	
16	Torbjørn Visnes	97	Stord IL	3.13,04	201
	44,85(44,85)	1.33,70(48,85)	2.30,50(56,80)	3.13,04(42,54)	
17	Anders Johan Pedersen	97	Delfana	3.15,72	193
	49,01(49,01)	1.39,29(50,28)	2.35,01(55,72)	3.15,72(40,71)	
18	Sebastian H. Mikkelsen	97	Bergen SLK	3.15,75	193
	51,56(51,56)	1.39,00(47,44)	2.36,45(57,45)	3.15,75(39,30)	
19	Vegard Strandos	97	Svelgen TIF	3.25,70	166
	53,00(53,00)	1.48,33(55,33)	2.44,16(55,83)	3.25,70(41,54)	
20	Marcus Wangsholm	97	Delfana	3.27,05	163
	49,99(49,99)	1.41,07(51,08)	2.42,22(1.01,15)	3.27,05(44,83)	
21	Erlend Tveitnes Halvorsen	97	Delfana	3.27,19	163
	48,00(48,00)	1.36,61(48,61)	2.39,63(1.03,02)	3.27,19(47,56)	
22	Erik Hystad	97	Stord IL	3.34,71	146
	46,70(46,70)	1.40,15(53,45)	2.43,16(1.03,01)	3.34,71(51,55)	

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

1p	Maria Thompson Clausen	96	Madla SK	2.29,19	622
	31,65(31,65)	1.09,79(38,14)	1.53,82(44,03)	2.29,19(35,37)	
2p	Elin Haugland	96	Delfana	2.30,39	608
	33,39(33,39)	1.11,96(38,57)	1.56,73(44,77)	2.30,39(33,66)	
3p	Vilde Tengesdal	96	Bryne SK	2.31,15	599
	32,69(32,69)	1.11,24(38,55)	1.55,80(44,56)	2.31,15(35,35)	
4	Lotte Miller	96	Madla SK	2.32,80	579
	33,69(33,69)	1.12,25(38,56)	1.57,72(45,47)	2.32,80(35,08)	
5	Tina Schutz	96	Vestkantsvømmerne	2.35,98	545
	34,74(34,74)	1.14,29(39,55)	2.00,48(46,19)	2.35,98(35,50)	
6	Lisa Skogeng	96	Delfana	2.36,07	544
	34,91(34,91)	1.14,51(39,60)	2.00,02(45,51)	2.36,07(36,05)	
7	Elida Marie Folkedal Hole	96	Vestkantsvømmerne	2.36,44	540
	34,59(34,59)	1.15,45(40,86)	2.01,92(46,47)	2.36,44(34,52)	
8	Tone-Lill Evanger	96	Delfana	2.36,63	538
	35,57(35,57)	1.16,72(41,15)	2.01,35(44,63)	2.36,63(35,28)	
9	Emilie Knutsen Hegdal	96	Stavanger SC	2.39,44	510
	34,86(34,86)	1.14,01(39,15)	2.02,39(48,38)	2.39,44(37,05)	
10	Christine Akselberg	96	Arna SLK	2.40,77	497
	34,79(34,79)	1.15,75(40,96)	2.05,04(49,29)	2.40,77(35,73)	
11	Frida Hinna	96	Delfana	2.49,36	425
	37,43(37,43)	1.20,71(43,28)	2.13,06(52,35)	2.49,36(36,30)	
12	Stina Dahl	96	Delfana	2.50,18	419
	39,22(39,22)	1.20,63(41,41)	2.13,04(52,41)	2.50,18(37,14)	
13	Lotte Aune	96	Stavanger SC	2.53,13	398
	40,52(40,52)	1.24,00(43,48)	2.14,77(50,77)	2.53,13(38,36)	
14	Susan Ultee	96	Frisinn SK	2.54,14	391

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15	Camilla Birkeland	39,32(39,32) 36,14(36,14)	1.21,46(42,14) 1.20,37(44,23)	96	Haugesund SK	2.14,46(53,00) 2.16,46(56,09)	2.54,14(39,68) 2.55,03(38,57)	2.55,03	385
16	Nora Caroline Teigene	40,63(40,63)	1.24,75(44,12)	96	Svelgen TIF	2.18,83(54,08)	2.58,31(39,48)	2.58,31	365
17	Lisa Aaslestad	40,63(40,63)	1.27,51(46,88)	96	Sandnes SLK	2.18,53(51,02)	2.59,00(40,47)	2.59,00	360
18	Elin Alette Fosshem	42,75(42,75)	1.28,28(45,53)	96	Vestkantsvømmerne	2.18,85(50,57)	2.59,11(40,26)	2.59,11	360
19	Karine Johannessen	41,45(41,45)	1.25,62(44,17)	96	Bergen SLK	2.19,16(53,54)	2.59,22(40,06)	2.59,22	359
20	Maria Teige	42,10(42,10)	1.24,77(42,67)	96	Vestkantsvømmerne	2.18,86(54,09)	2.59,33(40,47)	2.59,33	358
21	Elise Sandvoll	38,31(38,31)	1.23,88(45,57)	96	Frisinn SK	2.19,84(55,96)	3.01,79(41,95)	3.01,79	344
22	Thea Støle	40,95(40,95)	1.29,62(48,67)	96	Frisinn SK	2.23,36(53,74)	3.03,71(40,35)	3.03,71	333
23	Victoria Larsen	48,95(48,95)	1.41,17(52,22)	96	Delfana	2.39,80(58,63)	3.22,14(42,34)	3.22,14	250

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

1p	Morten Wee Hollund	30,00(30,00)	1.07,83(37,83)	96	Karmøy SK	1.51,49(43,66)	2.22,34(30,85)	2.22,34	502
2p	Håkon P. Ludvigsen	30,64(30,64)	1.07,19(36,55)	96	Randaberg IL	1.50,33(43,14)	2.23,18(32,85)	2.23,18	493
3p	Sindre Aasland Ranaweera	31,06(31,06)	1.08,80(37,74)	96	Madla SK	1.49,08(40,28)	2.24,22(35,14)	2.24,22	483
4	Sander Nilsen Sivertsen	31,19(31,19)	1.09,78(38,59)	96	Vestkantsvømmerne	1.52,71(42,93)	2.26,59(33,88)	2.26,59	460
5	Kacper Domanski	31,80(31,80)	1.12,54(40,74)	96	Frisinn SK	2.03,99(51,45)	2.39,00(35,01)	2.39,00	360
6	Martin Langeland-Knutsen	34,57(34,57)	1.13,66(39,09)	96	Sola SK	2.01,80(48,14)	2.39,38(37,58)	2.39,38	358
7	Eirik Johnsen	36,75(36,75)	1.17,31(40,56)	96	Bergens SC	2.05,82(48,51)	2.40,98(35,16)	2.40,98	347
8	Alexander Johnsgaard	37,46(37,46)	1.22,21(44,75)	96	Delfana	2.06,33(44,12)	2.43,58(37,25)	2.43,58	331
9	Vegard Hauge Svartveit	36,46(36,46)	1.19,24(42,78)	96	Arna SLK	2.06,84(47,60)	2.45,00(38,16)	2.45,00	322
10	Bendik Aarbu	36,56(36,56)	1.19,73(43,17)	96	Åstveit SK	2.08,43(48,70)	2.45,64(37,21)	2.45,64	319
11	Espen B. Sakariassen	36,64(36,64)	1.20,64(44,00)	96	Åstveit SK	2.06,04(45,40)	2.45,76(39,72)	2.45,76	318
12	Erik Andre Klepp Vik	35,50(35,50)	1.19,19(43,69)	96	Sandnes SLK	2.10,01(50,82)	2.47,81(37,80)	2.47,81	306
13	Lars Ole Taule Fjørtoft	38,39(38,39)	1.22,98(44,59)	96	Arna SLK	2.12,45(49,47)	2.51,07(38,62)	2.51,07	289
14	Håkon Wulf Haugen	39,89(39,89)	1.23,35(43,46)	96	Bergens SC	2.13,40(50,05)	2.51,75(38,35)	2.51,75	286
15	Are Mowatt Gruben	38,21(38,21)	1.23,35(45,14)	96	Bergens SC	2.19,53(56,18)	2.55,46(35,93)	2.55,46	268
16	Lars Berg	39,98(39,98)	1.25,56(45,58)	96	Bergen SLK	2.19,68(54,12)	2.56,09(36,41)	2.56,09	265
17	Malik Knapp	41,06(41,06)	1.27,37(46,31)	96	Sola SK	2.17,20(49,83)	3.00,21(43,01)	3.00,21	247
18	Aksel Johannessen	41,20(41,20)	1.27,50(46,30)	96	Bergens SC	2.21,30(53,80)	3.02,58(41,28)	3.02,58	238
19	Marius Berg	42,34(42,34)	1.30,34(48,00)	96	Delfana	2.24,09(53,75)	3.03,40(39,31)	3.03,40	235
20	Johannes Hauge	43,17(43,17)	1.36,34(53,17)	96	Førde IL	2.26,46(50,12)	3.09,62(43,16)	3.09,62	212

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21	Benjamin Ulsmåg 44,50(44,50)	96	1.33,93(49,43)	Delfana 2.35,48(1.01,55)	3.16,39 3.16,39(40,91)	191
22	Steffen Kvamme 47,56(47,56)	96	1.37,96(50,40)	Arna SLK 2.35,73(57,77)	3.19,44 3.19,44(43,71)	183
	Kristoffer Reidar Jørgensen	96		Vestkantsvømmerne	DISK	

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

1p	Lise Sand Syversen 31,25(31,25)	95	1.07,71(36,46)	Bergensvømmerne 1.49,82(42,11)	2.22,63 2.22,63(32,81)	712
2p	Ingalill Urrang Naustvik 31,65(31,65)	95	1.10,64(38,99)	Karmøy SK 1.51,20(40,56)	2.24,93 2.24,93(33,73)	679
3p	Vilde Stordal 32,91(32,91)	95	1.12,96(40,05)	Delfana 1.58,29(45,33)	2.31,64 2.31,64(33,35)	593
4	Oda Gjerde 33,75(33,75)	95	1.12,32(38,57)	Bryne SK 1.56,64(44,32)	2.31,74 2.31,74(35,10)	592
5	Amalie Kristiansen 33,93(33,93)	95	1.13,04(39,11)	Haugesund SK 1.57,81(44,77)	2.33,58 2.33,58(35,77)	571
6	Pernille Berntsen 33,80(33,80)	95	1.13,98(40,18)	Førde IL 1.59,37(45,39)	2.34,43 2.34,43(35,06)	561
7	Ane Nygård 32,65(32,65)	95	1.14,89(42,24)	Stavanger SC 2.01,48(46,59)	2.38,81 2.38,81(37,33)	516
8	Mari Mjølhus Kristoffersen 34,48(34,48)	95	1.17,18(42,70)	Madla SK 2.01,96(44,78)	2.38,96 2.38,96(37,00)	515
9	Sandra Bernhoft 35,00(35,00)	95	1.17,95(42,95)	Delfana 2.05,70(47,75)	2.42,28 2.42,28(36,58)	484
10	Stine Anderssen 35,52(35,52)	95	1.18,97(43,45)	Sandnes SLK 2.07,13(48,16)	2.45,41 2.45,41(38,28)	457
11	Susanne Sekkesæter 36,61(36,61)	95	1.19,68(43,07)	Madla SK 2.08,81(49,13)	2.47,36 2.47,36(38,55)	441
12	Alida Etterlid Jensen 36,60(36,60)	95	1.20,09(43,49)	Stord IL 2.08,31(48,22)	2.47,53 2.47,53(39,22)	440
13	Martine Heimdal 38,11(38,11)	95	1.21,17(43,06)	Delfana 2.12,71(51,54)	2.49,42 2.49,42(36,71)	425
14	Rachel Eden 37,07(37,07)	95	1.22,13(45,06)	Madla SK 2.13,98(51,85)	2.49,67 2.49,67(35,69)	423
15	Hanna Huglen Vinsnesbakk 37,59(37,59)	95	1.22,28(44,69)	Stord IL 2.11,37(49,09)	2.49,83 2.49,83(38,46)	422
16	Henriette Dahl 35,49(35,49)	95	1.21,31(45,82)	Bergens SC 2.13,71(52,40)	2.53,09 2.53,09(39,38)	399
17	Kaja Konow Grønseth 38,90(38,90)	95	1.23,96(45,06)	Frisinn SK 2.14,14(50,18)	2.53,39 2.53,39(39,25)	396
18	Silje Tveitnes Halvorsen 39,24(39,24)	95	1.24,21(44,97)	Delfana 2.15,02(50,81)	2.54,72 2.54,72(39,70)	388
19	Helene Dale Johnsen 38,87(38,87)	95	1.22,96(44,09)	Delfana 2.14,67(51,71)	2.54,85 2.54,85(40,18)	387
20	Maren Sofie Duus 39,08(39,08)	95	1.22,94(43,86)	Delfana 2.14,58(51,64)	2.55,21 2.55,21(40,63)	384
21	May Synnøve Bartlett 40,60(40,60)	95	1.29,38(48,78)	Madla SK 2.16,64(47,26)	2.56,14 2.56,14(39,50)	378
22	Vanja Strand 40,10(40,10)	95	1.26,28(46,18)	Vestkantsvømmerne 2.21,88(55,60)	3.02,16 3.02,16(40,28)	342
23	Charlotte Mathisen Lie 44,20(44,20)	95	1.30,10(45,90)	Vestkantsvømmerne 2.22,97(52,87)	3.02,89 3.02,89(39,92)	338

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

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1p	Ivan Aleksander Larsen 29,96(29,96)	95	Karmøy SK 1.47,59(39,30)	2.18,39 2.18,39(30,80)	546
2p	Daniel Sandhåland 30,51(30,51)	95	Karmøy SK 1.47,13(42,48)	2.20,42 2.20,42(33,29)	523
3p	Jonas Ødegård Aanby 32,74(32,74)	95	Delfana 1.50,21(40,77)	2.21,65 2.21,65(31,44)	510
4	Henrik Søfteland 31,14(31,14)	95	Delfana 1.50,24(42,81)	2.22,73 2.22,73(32,49)	498
5	Alexander Mork 32,41(32,41)	95	Stavanger SC 1.55,02(44,82)	2.27,36 2.27,36(32,34)	453
6	Andreas Johan Reinertsen 34,15(34,15)	95	Vestkant svømmere 1.56,20(41,07)	2.29,71 2.29,71(33,51)	432
7	Johan Markus Mowinckel 33,42(33,42)	95	Bergens SC 1.56,42(44,19)	2.31,56 2.31,56(35,14)	416
8	Marius Bjørke 31,54(31,54)	95	Eid SK 1.55,45(43,67)	2.32,09 2.32,09(36,64)	412
9	Ole Martin Turøy 35,16(35,16)	95	Stavanger SC 2.04,06(46,81)	2.35,80 2.35,80(31,74)	383
10	Vebjørn Arne J. Aasheim 32,94(32,94)	95	Vestkant svømmere 2.00,84(46,68)	2.36,42 2.36,42(35,58)	378
11	Marcus Sandnes 35,33(35,33)	95	Delfana 2.01,21(44,72)	2.37,14 2.37,14(35,93)	373
12	Anders Lindanger 34,94(34,94)	95	Stavanger SC 2.05,04(49,39)	2.38,63 2.38,63(33,59)	363
13	Olav Ravndal Skjølingstad 32,72(32,72)	95	Stavanger SC 2.02,65(46,73)	2.39,64 2.39,64(36,99)	356
14	Ole Andreas Walde 37,66(37,66)	95	Åstveit SK 2.04,17(44,90)	2.40,19 2.40,19(36,02)	352
15	Even Dvergsdal 38,09(38,09)	95	Førde IL 2.07,70(47,57)	2.46,62 2.46,62(38,92)	313
16	Anders Madsen 37,38(37,38)	95	Delfana 2.12,22(51,80)	2.49,61 2.49,61(37,39)	297
17	Thomas Sell Dyngeland 39,42(39,42)	95	Åstveit SK 2.13,34(46,31)	2.51,19 2.51,19(37,85)	289
18	Arvid Sundstrøm 37,30(37,30)	95	Delfana 2.14,63(51,56)	2.52,59 2.52,59(37,96)	282
19	Marius Rognsøy Sylta 38,34(38,34)	95	Vestkant svømmere 2.14,40(51,32)	2.52,61 2.52,61(38,21)	282
	Markus Lie	95	Åstveit SK	DISK	
	Michael Gutierrez	95	Bergens SC	DISK	