

## Torsdag 12. juli kl 09.00

## Øvelse 1. 400m individuell medley, damer - Direkte finale – Foreløpig før siste heat

Sponsor: O.C. Dahl

## Junior

1	Victoria T. Solberg	89	Horten/NTG	5.20,42	638
	33,79(33,79)	1.14,39(40,60)	1.55,67(41,28)	2.36,04(40,37)	
	3.21,82(45,78)	4.07,86(46,04)	4.44,40(36,54)	5.20,42(36,02)	
2	Helene Lybak	90	BS/Delfana	5.20,99	635
	32,26(32,26)	1.09,31(37,05)	1.53,53(44,22)	2.35,74(42,21)	
	3.22,02(46,28)	4.10,46(48,44)	4.47,16(36,70)	5.20,99(33,83)	
3	Bitte Fagermo	93	Narvik SK	5.23,21	622
	34,32(34,32)	1.14,95(40,63)	1.58,22(43,27)	2.39,52(41,30)	
	3.23,22(43,70)	4.08,10(44,88)	4.47,09(38,99)	5.23,21(36,12)	
4	Terese Langlo	89	Skjetten Svømming	5.28,34	593
	35,61(35,61)	1.14,84(39,23)	1.57,16(42,32)	2.39,03(41,87)	
	3.25,06(46,03)	4.12,60(47,54)	4.50,68(38,08)	5.28,34(37,66)	
5	Pia Cornelia Braarud	93	Lambertseter SK	5.30,85	580
	35,81(35,81)	1.17,10(41,29)	2.02,23(45,13)	2.45,90(43,67)	
	3.30,31(44,41)	4.16,60(46,29)	4.55,21(38,61)	5.30,85(35,64)	
6	Oda Martine Reiertsen	89	Hamar IL	5.31,51	576
	33,88(33,88)	1.13,87(39,99)	2.00,85(46,98)	2.46,99(46,14)	
	3.32,46(45,47)	4.19,47(47,01)	4.56,53(37,06)	5.31,51(34,98)	
7	Oona Ovesen	92	Elverum Svømming	5.33,01	569
	35,70(35,70)	1.16,31(40,61)	1.58,05(41,74)	2.39,95(41,90)	
	3.28,86(48,91)	4.18,54(49,68)	4.56,42(37,88)	5.33,01(36,59)	
8	Emilie Hellerud	92	Lambertseter SK	5.33,16	568
	35,02(35,02)	1.15,83(40,81)	2.00,36(44,53)	2.43,48(43,12)	
	3.30,87(47,39)	4.19,98(49,11)	4.57,45(37,47)	5.33,16(35,71)	
9	Camilla Borchgrevink	90	Ski SK	5.34,59	561
	34,24(34,24)	1.13,81(39,57)	1.57,97(44,16)	2.40,49(42,52)	
	3.29,74(49,25)	4.18,58(48,84)	4.57,20(38,62)	5.34,59(37,39)	
10	Stine Vindenes	93	Vestkantsvømmerne	5.35,84	554
	33,10(33,10)	1.11,76(38,66)	1.56,43(44,67)	2.39,95(43,52)	
	3.28,29(48,34)	4.17,93(49,64)	4.56,97(39,04)	5.35,84(38,87)	
11	Charlotte Kausland	89	Vestkantsvømmerne	5.37,78	545
	35,54(35,54)	1.17,04(41,50)	2.02,56(45,52)	2.47,25(44,69)	
	3.32,59(45,34)	4.18,82(46,23)	4.58,20(39,38)	5.37,78(39,58)	
12	Ingse Bergh Monsen	92	Bergens SC	5.38,07	544
	34,17(34,17)	1.14,10(39,93)	1.57,39(43,29)	2.39,91(42,52)	
	3.28,96(49,05)	4.19,24(50,28)	4.59,17(39,93)	5.38,07(38,90)	
13	Jacqueline Knutsson	93	Kongstensvømmerne	5.38,81	540
	35,16(35,16)	1.16,78(41,62)	2.00,44(43,66)	2.42,59(42,15)	
	3.30,11(47,52)	4.19,33(49,22)	4.59,93(40,60)	5.38,81(38,88)	
14	Sara Pettersen	91	Fauske SK	5.40,23	533
	33,65(33,65)	1.12,56(38,91)	1.55,89(43,33)	2.40,02(44,13)	
	3.29,01(48,99)	4.20,06(51,05)	5.00,66(40,60)	5.40,23(39,57)	
15	Stina Kajsa Colleou	93	Lambertseter SK	5.43,54	518
	36,98(36,98)	1.21,53(44,55)	2.07,23(45,70)	2.52,55(45,32)	
	3.36,53(43,98)	4.22,11(45,58)	5.03,53(41,42)	5.43,54(40,01)	

## Senior

1	Victoria T. Solberg	89	Horten/NTG	5.20,42	638
	33,79(33,79)	1.14,39(40,60)	1.55,67(41,28)	2.36,04(40,37)	
	3.21,82(45,78)	4.07,86(46,04)	4.44,40(36,54)	5.20,42(36,02)	
2	Helene Lybak	90	BS/Delfana	5.20,99	635
	32,26(32,26)	1.09,31(37,05)	1.53,53(44,22)	2.35,74(42,21)	
	3.22,02(46,28)	4.10,46(48,44)	4.47,16(36,70)	5.20,99(33,83)	
3	Bitte Fagermo	93	Narvik SK	5.23,21	622
	34,32(34,32)	1.14,95(40,63)	1.58,22(43,27)	2.39,52(41,30)	
	3.23,22(43,70)	4.08,10(44,88)	4.47,09(38,99)	5.23,21(36,12)	
4	Terese Langlo	89	Skjetten Svømming	5.28,34	593
	35,61(35,61)	1.14,84(39,23)	1.57,16(42,32)	2.39,03(41,87)	
	3.25,06(46,03)	4.12,60(47,54)	4.50,68(38,08)	5.28,34(37,66)	

5	Pia Cornelia Braarud	93	Lambertseter SK	5.30,85	580
	35,81(35,81)	1.17,10(41,29)	2.02,23(45,13)	2.45,90(43,67)	
	3.30,31(44,41)	4.16,60(46,29)	4.55,21(38,61)	5.30,85(35,64)	
6	Oda Martine Reiertsen	89	Hamar IL	5.31,51	576
	33,88(33,88)	1.13,87(39,99)	2.00,85(46,98)	2.46,99(46,14)	
	3.32,46(45,47)	4.19,47(47,01)	4.56,53(37,06)	5.31,51(34,98)	
7	Oona Ovesen	92	Elverum Svømming	5.33,01	569
	35,70(35,70)	1.16,31(40,61)	1.58,05(41,74)	2.39,95(41,90)	
	3.28,86(48,91)	4.18,54(49,68)	4.56,42(37,88)	5.33,01(36,59)	
8	Emilie Hellerud	92	Lambertseter SK	5.33,16	568
	35,02(35,02)	1.15,83(40,81)	2.00,36(44,53)	2.43,48(43,12)	
	3.30,87(47,39)	4.19,98(49,11)	4.57,45(37,47)	5.33,16(35,71)	
9	Camilla Borchgrevink	90	Ski SK	5.34,59	561
	34,24(34,24)	1.13,81(39,57)	1.57,97(44,16)	2.40,49(42,52)	
	3.29,74(49,25)	4.18,58(48,84)	4.57,20(38,62)	5.34,59(37,39)	
10	Stine Vindenes	93	Vestkantsvømmerne	5.35,84	554
	33,10(33,10)	1.11,76(38,66)	1.56,43(44,67)	2.39,95(43,52)	
	3.28,29(48,34)	4.17,93(49,64)	4.56,97(39,04)	5.35,84(38,87)	
11	Charlotte Kausland	89	Vestkantsvømmerne	5.37,78	545
	35,54(35,54)	1.17,04(41,50)	2.02,56(45,52)	2.47,25(44,69)	
	3.32,59(45,34)	4.18,82(46,23)	4.58,20(39,38)	5.37,78(39,58)	
12	Ingse Bergh Monsen	92	Bergens SC	5.38,07	544
	34,17(34,17)	1.14,10(39,93)	1.57,39(43,29)	2.39,91(42,52)	
	3.28,96(49,05)	4.19,24(50,28)	4.59,17(39,93)	5.38,07(38,90)	
13	Jacqueline Knutsson	93	Kongstensvømmerne	5.38,81	540
	35,16(35,16)	1.16,78(41,62)	2.00,44(43,66)	2.42,59(42,15)	
	3.30,11(47,52)	4.19,33(49,22)	4.59,93(40,60)	5.38,81(38,88)	
14	Sara Pettersen	91	Fauske SK	5.40,23	533
	33,65(33,65)	1.12,56(38,91)	1.55,89(43,33)	2.40,02(44,13)	
	3.29,01(48,99)	4.20,06(51,05)	5.00,66(40,60)	5.40,23(39,57)	
15	Stina Kajsa Colleou	93	Lambertseter SK	5.43,54	518
	36,98(36,98)	1.21,53(44,55)	2.07,23(45,70)	2.52,55(45,32)	
	3.36,53(43,98)	4.22,11(45,58)	5.03,53(41,42)	5.43,54(40,01)	

## Øvelse 2. 400m fri, herrer - Forsøk

Sponsor: Bunnpris

## Senior

1	Robert Aronsen	86	Bærumsvømmerne	4.12,52	699
	30,31(30,31)	1.02,13(31,82)	1.33,94(31,81)	2.05,98(32,04)	
	2.38,13(32,15)	3.10,47(32,34)	3.42,44(31,97)	4.12,52(30,08)	
2	Mikkel Brudvik Sanderud	87	Hamar IL	4.16,15	670
	30,70(30,70)	1.02,89(32,19)	1.34,91(32,02)	2.06,84(31,93)	
	2.38,86(32,02)	3.11,56(32,70)	3.44,32(32,76)	4.16,15(31,83)	
3	Stian With Bjørnstad	87	Ski SK	4.22,28	624
	30,24(30,24)	1.03,02(32,78)	1.35,51(32,49)	2.08,92(33,41)	
	2.41,92(33,00)	3.15,21(33,29)	3.49,30(34,09)	4.22,28(32,98)	

## Junior

1	Petter Fagelund	88	Bærum/NTG	4.06,64	751
	29,02(29,02)	1.00,02(31,00)	1.30,75(30,73)	2.01,35(30,60)	
	2.32,70(31,35)	3.03,95(31,25)	3.35,46(31,51)	4.06,64(31,18)	
2	Øystein R. Hetland	89	Bærum/NTG	4.10,16	719
	27,71(27,71)	58,75(31,04)	1.30,25(31,50)	2.02,49(32,24)	
	2.34,11(31,62)	3.05,36(31,25)	3.37,66(32,30)	4.10,16(32,50)	
3	Eirik Ravnán	89	Hamar IL	4.11,77	706
	28,24(28,24)	59,33(31,09)	1.30,85(31,52)	2.02,67(31,82)	
	2.34,64(31,97)	3.06,66(32,02)	3.39,54(32,88)	4.11,77(32,23)	
4	Christian Aaserud	88	Asker SK	4.15,12	678
	29,81(29,81)	1.01,71(31,90)	1.33,97(32,26)	2.06,89(32,92)	
	2.39,37(32,48)	3.12,03(32,66)	3.43,75(31,72)	4.15,12(31,37)	
5	Elias Damman	89	Bærum/NTG	4.18,84	649
	30,50(30,50)	1.02,59(32,09)	1.35,22(32,63)	2.08,74(33,52)	
	2.42,02(33,28)	3.15,74(33,72)	3.47,95(32,21)	4.18,84(30,89)	

6	Lars Andre Tolås	88	Stavanger SC/NTG	4.19,15	647
	28,53(28,53)	59,71(31,18)	1,31,91(32,20)	2,04,32(32,41)	
	2,36,25(31,93)	3,09,84(33,59)	3,45,07(35,23)	4,19,15(34,08)	
7	Zoltan Csernai	93	Åstveit SK	4.19,85	642
	28,65(28,65)	1,00,52(31,87)	1,34,22(33,70)	2,08,11(33,89)	
	2,41,74(33,63)	3,15,44(33,70)	3,48,98(33,54)	4,19,85(30,87)	
8	Sindre Nilo	90	Sandefjord SK/NTG	4.19,93	641
	29,59(29,59)	1,01,58(31,99)	1,34,33(32,75)	2,07,22(32,89)	
	2,40,37(33,15)	3,13,88(33,51)	3,47,22(33,34)	4,19,93(32,71)	
9	Petter Braarud	89	Lambertseter SK	4.20,90	634
	29,65(29,65)	1,00,87(31,22)	1,33,70(32,83)	2,07,09(33,39)	
	2,40,58(33,49)	3,14,20(33,62)	3,48,06(33,86)	4,20,90(32,84)	
10	Daniel Berenett	91	IL Varg	4.22,89	620
	29,38(29,38)	1,01,54(32,16)	1,34,08(32,54)	2,07,61(33,53)	
	2,41,43(33,82)	3,15,51(34,08)	3,49,42(33,91)	4,22,89(33,47)	
11	Stian Werner Erichsen	90	Bærumsvømmerne	4.23,31	617
	30,89(30,89)	1,03,86(32,97)	1,37,31(33,45)	2,11,32(34,01)	
	2,43,89(32,57)	3,16,94(33,05)	3,50,33(33,39)	4,23,31(32,98)	
12	Christian Thorsen	91	Lambertseter SK	4.23,40	616
	30,34(30,34)	1,03,67(33,33)	1,37,30(33,63)	2,10,89(33,59)	
	2,44,30(33,41)	3,17,82(33,52)	3,51,23(33,41)	4,23,40(32,17)	
13	Jørn Nygård	92	Stavanger SC	4.23,52	615
	28,84(28,84)	1,01,14(32,30)	1,34,86(33,72)	2,08,15(33,29)	
	2,41,93(33,78)	3,16,22(34,29)	3,50,60(34,38)	4,23,52(32,92)	
14	Christer Koch Kvam	90	Bærum/NTG	4.24,13	611
	28,86(28,86)	1,00,01(31,15)	1,31,96(31,95)	2,05,11(33,15)	
	2,39,31(34,20)	3,14,21(34,90)	3,49,60(35,39)	4,24,13(34,53)	
15	Tor-Arne Hegvik	90	Trondheim SLK	4.28,08	584
	29,51(29,51)	1,01,95(32,44)	1,36,39(34,44)	2,10,83(34,44)	
	2,46,01(35,18)	3,20,31(34,30)	3,54,98(34,67)	4,28,08(33,10)	
16	Vegard Løvberg	91	Bærumsvømmerne	4.28,83	580
	30,31(30,31)	1,03,25(32,94)	1,37,84(34,59)	2,12,28(34,44)	
	2,47,02(34,74)	3,20,95(33,93)	3,55,51(34,56)	4,28,83(33,32)	
17	Sigvart Evjen	91	Vestbyen IL	4.29,26	577
	30,64(30,64)	1,03,61(32,97)	1,37,72(34,11)	2,11,99(34,27)	
	2,46,52(34,53)	3,21,37(34,85)	3,55,77(34,40)	4,29,26(33,49)	
18	Martin Hammer	93	Kongstensvømmerne	4.31,45	563
	30,51(30,51)	1,04,30(33,79)	1,38,69(34,39)	2,13,50(34,81)	
	2,47,78(34,28)	3,22,60(34,82)	3,57,65(35,05)	4,31,45(33,80)	
19	Øyvind Gevelt	91	Øvre Eiker SK	4.32,04	559
	32,23(32,23)	1,06,39(34,16)	1,40,86(34,47)	2,15,74(34,88)	
	2,50,13(34,39)	3,23,84(33,71)	3,58,03(34,19)	4,32,04(34,01)	
20	Ole Martin Ree	92	TS/Sola SK	4.35,53	538
	30,38(30,38)	1,03,56(33,18)	1,38,64(35,08)	2,13,80(35,16)	
	2,48,83(35,03)	3,23,70(34,87)	3,59,76(36,06)	4,35,53(35,77)	

## Funksjonshemmede

1	Stian I Helgeland	86	Team Stavanger	5.50,20	262	S6	119,5 %
	40,21(40,21)	1,22,86(42,65)	2,06,99(44,13)	2,51,70(44,71)			
	3,36,50(44,80)	4,21,18(44,68)	5,06,16(44,98)	5,50,20(44,04)			
2	Jørgen Tadvin	83	Kolbotn IL	5.59,18	243	S6	122,56 %
	38,84(38,84)	1,21,37(42,53)	2,06,11(44,74)	2,52,28(46,17)			
	3,38,58(46,30)	4,25,89(47,31)	5,13,21(47,32)	5,59,18(45,97)			

**Øvelse 3. 100m bryst, damer - Forsøk****Sponsor: Coop Namsos****Senior**

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	1.10,39	874
	33,44(33,44)	1.10,39(36,95)			
2	Henriette Martinsen	85	Trondheim SLK	1.12,01	816
	33,56(33,56)	1.12,01(38,45)			
3	Sara Nordenstam	83	Lambertseter SK	1.12,98	784
	34,64(34,64)	1.12,98(38,34)			
4	Ann-Helen Pridesis	87	BS/Bergen SLK	1.13,60	764
	34,79(34,79)	1.13,60(38,81)			
5	Mari Ask Rasmussen	86	TS/Stavanger VPK	1.14,79	728
	34,62(34,62)	1.14,79(40,17)			
6	Celinn Daviknes	86	BS/Delfana	1.16,44	682
	35,59(35,59)	1.16,44(40,85)			
7	Hanne Chr. Seyffarth	85	Mandal SK	1.18,42	632
	36,10(36,10)	1.18,42(42,32)			

**Junior**

1	Katharina Stiberg	88	Bjerkvik SK	1.11,75	825
	33,52(33,52)	1.11,75(38,23)			
2	Kristine Mella	90	Bærumsvømmerne	1.14,48	737
	34,68(34,68)	1.14,48(39,80)			
3	Iselin Meisler	90	Tverlandet IL	1.15,14	718
	35,83(35,83)	1.15,14(39,31)			
4	Karoline Bergene	89	Lambertseter SK	1.15,55	706
	35,19(35,19)	1.15,55(40,36)			
5	Monica Finnøy	88	BS/Bergen SLK	1.16,74	674
	36,00(36,00)	1.16,74(40,74)			
6	Sophia Broberg Skeltved	92	Tromsø SK	1.16,78	673
	36,43(36,43)	1.16,78(40,35)			
7	Mai Linn Hanslien	90	TS/Stavanger VPK	1.17,12	664
	35,66(35,66)	1.17,12(41,46)			
8	Karin Ekholt	89	Bærumsvømmerne	1.17,44	656
	36,13(36,13)	1.17,44(41,31)			
9	Mari Singstad	91	Vestbyen IL	1.17,53	654
	36,05(36,05)	1.17,53(41,48)			
10	Maria Farestvedt	90	BS/Åstveit	1.17,69	650
	36,64(36,64)	1.17,69(41,05)			
11	Ine Charlotte Hagen	89	Lørenskog/Rælingen	1.18,35	633
	37,32(37,32)	1.18,35(41,03)			
12	Bitte Fagermo	93	Narvik SK	1.18,65	626
	37,80(37,80)	1.18,65(40,85)			
13	Charlotte Thorsen	89	Lambertseter SK	1.19,02	617
	37,41(37,41)	1.19,02(41,61)			
14	Maren Kristine Jansen	90	TS/Randaberg	1.19,21	613
	36,88(36,88)	1.19,21(42,33)			
15	Benedicte Kausland	92	Vestkantsvømmerne	1.19,46	607
	37,48(37,48)	1.19,46(41,98)			
16	Hege Omdal	89	Kristiansand SA	1.19,56	605
	37,49(37,49)	1.19,56(42,07)			
17	Stina Kajsa Colleou	93	Lambertseter SK	1.19,62	603
	38,06(38,06)	1.19,62(41,56)			
18	Kine Vereide	91	Eid SK	1.20,70	579
	37,60(37,60)	1.20,70(43,10)			
19	Siren Bergslid	93	Stavanger SC	1.20,90	575
	38,49(38,49)	1.20,90(42,41)			
20	Maren Teige	90	Bergen SLK	1.20,94	574
	37,83(37,83)	1.20,94(43,11)			
21	Guro Bjørk Sørby	90	Øvre Eiker SK	1.21,00	573
	38,43(38,43)	1.21,00(42,57)			
22	Tina Larsen	92	Narvik SK	1.21,60	561
	39,27(39,27)	1.21,60(42,33)			
23	Kristiane L. Buholt	90	Hamar IL	1.21,73	558
	38,28(38,28)	1.21,73(43,45)			

## Funksjonshemmede

1	Hanne Farestvedt	93	Åstveit SK	1.39,37	310	SB14	121,84 %
	48,10(48,10)	1.39,37(51,27)					
2	Anne Ask Rasmussen	89	TS/Madla SK	1.41,24	293	SB9	131,6 %
	47,86(47,86)	1.41,24(53,38)					

### Øvelse 4. 100m butterfly, herrer - Forsøk

Sponsor: Trafikksenteret

## Senior

1	Alexander Broberg Skeltved	87	Tromsø SK	57,89	734
	27,45(27,45)	57,89(30,44)			
2	Bjørnar Gaasvik	79	IL Varg	58,45	713
	26,96(26,96)	58,45(31,49)			
2	Kim Henriksen	79	BS/Delfana	58,45	713
	27,49(27,49)	58,45(30,96)			
4	Alexander Hetland	82	Bærumsvømmerne	58,62	707
	26,71(26,71)	58,62(31,91)			
5	Øystein Gaasvik	82	Vestbyen IL	58,82	700
	27,60(27,60)	58,82(31,22)			
6	Pål Gunnar Normann	81	Vestkantsvømmerne	58,94	696
	27,60(27,60)	58,94(31,34)			
7	Petter Solberg	85	BS/Delfana	59,43	679
	27,21(27,21)	59,43(32,22)			
8	Lars Kristian Allum	87	Bergens SC	1.02,48	584
	28,61(28,61)	1.02,48(33,87)			
9	Dan Magnus Skibrek	87	Øvre Eiker SK	1.02,52	583
	27,12(27,12)	1.02,52(35,40)			
10	Thor Kristian Østenå Larsen	86	Bergens SC	1.03,01	569
	27,84(27,84)	1.03,01(35,17)			
11	Tor Joachim Bjørnstad	84	Hamar IL	1.04,04	542
	27,66(27,66)	1.04,04(36,38)			

## Junior

1	Jørgen Møllerop	88	TS/Madla SK	58,20	723
	26,77(26,77)	58,20(31,43)			
2	Øivind A. S. Reinertsen	88	Kristiansand SA	58,58	709
	27,83(27,83)	58,58(30,75)			
3	Sindri T. Jakobsson	91	Delfana	59,96	661
	28,06(28,06)	59,96(31,90)			
4	Øystein R. Hetland	89	Bærum/NTG	1.00,09	657
	27,54(27,54)	1.00,09(32,55)			
5	Robin Palm	88	Sarpsborg IL	1.00,46	645
	28,37(28,37)	1.00,46(32,09)			
5	Stian S. Langeland	89	Bergens SC	1.00,46	645
	28,28(28,28)	1.00,46(32,18)			
7	Tor Hafnor	91	Bærumsvømmerne	1.00,69	637
	28,51(28,51)	1.00,69(32,18)			
8	Christer Koch Kvam	90	Bærum/NTG	1.00,74	636
	28,48(28,48)	1.00,74(32,26)			
9	Alexander B. Havre	90	Mandal SK	1.00,93	630
	27,42(27,42)	1.00,93(33,51)			
10	Rune Johansen	89	Andøya SLK	1.01,20	621
	28,37(28,37)	1.01,20(32,83)			
11	Anders Espeland Seljeflot	88	BS/Bergen SLK	1.01,54	611
	28,47(28,47)	1.01,54(33,07)			
12	Jens Petter Loe	89	Øvre Eiker SK	1.01,64	608
	28,57(28,57)	1.01,64(33,07)			

13	Antonis Xepapadakis 28,78(28,78)	90	IL Varg	1.01,69	607
14	Stian Andreas Evja 27,96(27,96)	90	Lambertseter SK	1.01,96	599
15	Emil Brennløkken 29,54(29,54)	89	Vestbyen IL	1.02,73	577
16	Ole Andreas Kolaas 29,28(29,28)	89	BS/Delfana	1.02,98	570
17	Sebastian Stordal 29,21(29,21)	91	Delfana	1.03,00	570
18	Christian Juvik 28,81(28,81)	93	Stavanger SC	1.03,18	565
19	Ole Martin Ree 30,02(30,02)	92	TS/Sola SK	1.03,32	561
20	Jan Aleksander Bakke 29,66(29,66)	91	Asker SK	1.03,62	553
21	Bjørn Emil Evensen 29,40(29,40)	91	Gjøvik SK	1.03,70	551
22	Carl Andreas Wathne 29,54(29,54)	91	Asker SK	1.03,97	544
22	Marius Lund 28,85(28,85)	91	Tromsø SK	1.03,97	544
24	Geir T. Kristiansen 29,96(29,96)	90	Larvik SK	1.04,66	527
25	Pål Henriksen Spjelkavik 30,07(30,07)	88	Vestbyen IL	1.04,88	522
	Øyvind Gevelt	91	Øvre Eiker SK	DISK	

## Funksjonshemmede

1	Jørgen Tadvin 45,51(45,51)	83	Kolbotn IL	1.37,41	154 S6	128,1 %
				1.37,41(51,90)		

## Øvelse 5. 200m fri, damer - Forsøk

## Sponsor: Trophegen Zoo

## Senior

1	Siri Løvold Magnussen 31,19(31,19)	86	Hamar IL	2.12,65	692
			1.38,83(34,12)	2.12,65(33,82)	
2	Linn Mari Høgalmen 31,00(31,00)	87	TS/Madla SK	2.14,55	663
			1.39,36(34,88)	2.14,55(35,19)	
3	Karolina Orleanski 31,32(31,32)	86	Bærumsvømmerne	2.14,62	662
			1.40,14(34,93)	2.14,62(34,48)	
4	Ellen Magnussen 31,09(31,09)	84	Sarpsborg IL	2.14,69	661
			1.40,37(35,52)	2.14,69(34,32)	

## Junior

1	Victoria S. Løken 29,05(29,05)	91	Aalesund SLK	2.05,34	820
			1.32,63(32,55)	2.05,34(32,71)	
2	Cecilie Johannessen 29,79(29,79)	90	Karmøy SK	2.05,60	815
			1.34,03(32,63)	2.05,60(31,57)	
3	Henriette Brekke 29,23(29,23)	88	Vestkantsvømmerne	2.08,19	767
			1.34,59(33,06)	2.08,19(33,60)	
4	Elise Utne 30,63(30,63)	89	Narvik SK	2.08,58	760
			1.36,29(33,12)	2.08,58(32,29)	
5	Clarissa van Rheenen 30,27(30,27)	91	Skjetten Svømming	2.09,08	751
			1.36,30(33,42)	2.09,08(32,78)	
6	Ina Kr. Pedersen 30,37(30,37)	89	Moss SK	2.10,48	727
			1.36,47(33,43)	2.10,48(34,01)	

7	Elin Slaatmo	92	Hamar IL	2.10,87	721
	31,02(31,02)	1.03,78(32,76)	1.38,10(34,32)	2.10,87(32,77)	
8	Monica Johannessen	90	Karmøy SK	2.11,66	708
	30,16(30,16)	1.03,07(32,91)	1.37,11(34,04)	2.11,66(34,55)	
9	Monica Finnøy	88	BS/Bergen SLK	2.11,75	706
	31,48(31,48)	1.05,11(33,63)	1.38,98(33,87)	2.11,75(32,77)	
10	Ingrid N. Knutzen	91	Lambertseter SK	2.13,42	680
	31,18(31,18)	1.04,60(33,42)	1.39,09(34,49)	2.13,42(34,33)	
11	Victoria Rung	92	TS/Frisinn	2.14,13	669
	31,42(31,42)	1.05,73(34,31)	1.40,17(34,44)	2.14,13(33,96)	
12	Ingrid Marie Rytter	91	Vestbyen IL	2.14,45	665
	31,15(31,15)	1.04,80(33,65)	1.39,36(34,56)	2.14,45(35,09)	
13	Emma Isdahl	92	Lambertseter SK	2.14,73	660
	31,78(31,78)	1.05,55(33,77)	1.40,29(34,74)	2.14,73(34,44)	
14	Sofie Gjemmestad	89	Asker SK	2.14,85	659
	31,70(31,70)	1.05,22(33,52)	1.40,05(34,83)	2.14,85(34,80)	
15	Martine Bremer	90	Bergen SLK	2.14,88	658
	32,09(32,09)	1.06,21(34,12)	1.41,21(35,00)	2.14,88(33,67)	
16	Nora Kathrine Guthe	91	Asker SK	2.14,90	658
	31,98(31,98)	1.06,18(34,20)	1.40,90(34,72)	2.14,90(34,00)	
17	Rebecca Johnsen	88	BS/Åstveit	2.15,82	645
	31,18(31,18)	1.05,06(33,88)	1.40,71(35,65)	2.15,82(35,11)	
18	Hilde Sund	88	Asker SK	2.16,63	633
	31,83(31,83)	1.05,29(33,46)	1.40,58(35,29)	2.16,63(36,05)	
19	Emilie Hellerud	92	Lambertseter SK	2.17,50	621
	32,49(32,49)	1.07,13(34,64)	1.42,66(35,53)	2.17,50(34,84)	
20	Stine K. Jansen	90	Moss SK	2.17,52	621
	31,88(31,88)	1.06,50(34,62)	1.42,08(35,58)	2.17,52(35,44)	
21	Oda Martine Reiertsen	89	Hamar IL	2.17,53	621
	33,05(33,05)	1.08,15(35,10)	1.43,32(35,17)	2.17,53(34,21)	
22	Victoria T. Solberg	89	Horten/NTG	2.18,02	614
	32,62(32,62)	1.08,56(35,94)	1.43,33(34,77)	2.18,02(34,69)	
23	Emilie Vora	91	Bærumsvømmerne	2.18,40	609
	31,88(31,88)	1.07,25(35,37)	1.43,19(35,94)	2.18,40(35,21)	
24	Siri N. Andersen	92	Haldens SK	2.18,82	604
	32,31(32,31)	1.07,73(35,42)	1.43,67(35,94)	2.18,82(35,15)	
25	Christine Ørland	88	TS/Madla SK	2.18,89	603
	31,76(31,76)	1.06,85(35,09)	1.42,89(36,04)	2.18,89(36,00)	
26	Oona Ovesen	92	Elverum Svømming	2.19,18	599
	32,42(32,42)	1.07,80(35,38)	1.44,50(36,70)	2.19,18(34,68)	
27	Karin Ekholt	89	Bærumsvømmerne	2.20,64	581
	32,89(32,89)	1.08,26(35,37)	1.44,55(36,29)	2.20,64(36,09)	
28	Elisabet Arnesen	89	Hamar IL	2.21,25	573
	33,46(33,46)	1.08,88(35,42)	1.44,60(35,72)	2.21,25(36,65)	
	Line W. Lund	91	Askimsvømmerne	DISK	

### Øvelse 6. 200m individuell medley, herrer - Forsøk

Sponsor: Fotograf Hågensen

#### Senior

1	Gard Kvale	84	Bergens SC	2.12,13	742
	27,99(27,99)	1.01,15(33,16)	1.39,78(38,63)	2.12,13(32,35)	
2	Eirik Lund	78	Asker SK	2.16,73	670
	29,54(29,54)	1.06,14(36,60)	1.45,71(39,57)	2.16,73(31,02)	
3	Mats Andre Fredriksen	85	Lambertseter SK	2.22,08	597
	30,74(30,74)	1.06,61(35,87)	1.48,46(41,85)	2.22,08(33,62)	

#### Junior

1	Eirik Ravnan	89	Hamar IL	2.09,60	787
	28,51(28,51)	1.02,83(34,32)	1.39,61(36,78)	2.09,60(29,99)	
2	Ronnie Anstensen	88	Skjetten Svømming	2.12,52	736
	28,27(28,27)	1.01,70(33,43)	1.39,31(37,61)	2.12,52(33,21)	

3	Mikael Bergene	91	Lambertseter SK	2.18,77	641
	30,34(30,34)	1.05,56(35,22)	1.46,15(40,59)	2.18,77(32,62)	
4	Jonas Kirkeberg Jostad	92	Hamar IL	2.20,29	620
	30,86(30,86)	1.05,73(34,87)	1.47,24(41,51)	2.20,29(33,05)	
5	Kristoffer Meisler	90	Tverlandet IL	2.20,35	619
	30,07(30,07)	1.46,47(1.16,40)	2.20,35(33,88)		
6	Sindri T. Jakobsson	91	Delfana	2.20,47	618
	28,65(28,65)	1.06,48(37,83)	1.47,51(41,03)	2.20,47(32,96)	
7	Sverre Næss	92	Sarpsborg IL	2.20,72	614
	30,13(30,13)	1.07,49(37,36)	1.48,28(40,79)	2.20,72(32,44)	
8	Christoffer Sørstrand Æsøy	88	Asker SK	2.20,76	614
	30,08(30,08)	1.08,46(38,38)	1.47,74(39,28)	2.20,76(33,02)	
9	Sebastian Stordal	91	Delfana	2.21,82	600
	29,98(29,98)	1.07,73(37,75)	1.49,33(41,60)	2.21,82(32,49)	
10	Zoltan Csernai	93	Åstveit SK	2.21,87	600
	30,72(30,72)	1.08,46(37,74)	1.51,00(42,54)	2.21,87(30,87)	
11	Hans Østerdal	93	Stavanger SC	2.23,04	585
	31,08(31,08)	1.09,37(38,29)	1.49,83(40,46)	2.23,04(33,21)	
12	Martin Hals	91	Øvre Eiker SK	2.23,12	584
	30,34(30,34)	1.08,47(38,13)	1.49,68(41,21)	2.23,12(33,44)	
	Sebastian Wigstrøm	91	Bærumsvømmerne	DISK	

### Øvelse 7. 50m rygg, damer - Forsøk

Sponsor: Bunnpris

#### Senior

1	Karen Stødle	87	Team Stavanger	(0,61)	31,68	720
2	Maj Hillesund	80	Mandal SK	(0,68)	31,81	711
3	Henriette Martinsen	85	Trondheim SLK	(0,75)	33,16	628
4	Monica Martinsen	83	Stavanger SC	(0,82)	33,17	627

#### Junior

1	Ingvild Snildal	88	Asker SK	(0,84)	29,60	883	NR
2	Katharina Stiberg	88	Bjerkvik SK	(0,72)	30,61	798	
3	Cecilie Johannessen	90	Karmøy SK	(0,64)	31,80	712	
4	Margrete Nyhus Ulvestad	88	BS/Åstveit	(0,78)	32,54	664	
5	Seline Vike Holm	92	Arna SLK	(0,62)	32,73	653	
6	Heidi Vainio Gjøen	88	Lambertseter SK	(0,72)	32,82	647	
7	Elisabeth H. Svensson	91	Ski SK	(0,72)	32,95	640	
8	Vibeke Browne	89	Bærumsvømmerne	(0,63)	33,02	636	
9	Ida Nordbø	89	TS/Madla SK	(0,63)	33,31	619	
10	Vibeke Brigg	89	TS/Madla SK	(0,81)	33,37	616	
11	Trine Hovda	90	TS/Madla SK	(0,64)	33,74	596	
12	Katja Heinänen	90	BS/Bergen SLK	(0,67)	33,85	590	
13	Malin Frestad	91	Kristiansand SA	(0,60)	33,91	587	
14	Maren Allum	90	Bergens SC	(0,75)	34,02	581	
15	Ingrid Elise Woll	93	Narvik SK	(0,69)	34,42	561	
16	Cecilie Lorgen Lübbe	90	Aalesund SLK	(0,75)	34,45	560	
17	Nicole T. Næsheim	91	Stavanger SC	(0,75)	34,55	555	
18	Mariell A. Arnesen	90	Larvik SK	(0,71)	35,20	525	
19	Line W. Lund	91	Askimsvømmerne	(0,84)	35,43	515	
20	Emma Isdahl	92	Lambertseter SK	(0,75)	35,66	505	



**Øvelse 8. 50m bryst, herrer - Forsøk****Sponsor: Otto Moe****Senior**

1	Alexander Dale Oen	85	Vestkantsvømmerne	28,79	877
2	Alexander Hetland	82	Bærumsvømmerne	29,18	842
3	Morten Jarland	80	Vestkantsvømmerne	31,32	681
4	Alexander Mokkelbost	87	Vestbyen IL	31,56	665
5	Tommy Godø	85	BS/Delfana	32,14	630
6	Eirik Lund	78	Asker SK	32,57	605

**Junior**

1	Marcus Tesdal	90	BS/Åstveit	30,57	732
2	Martin Steffensen	89	BS/Arna	30,60	730
3	Ole-Wilhelm Norseng	88	Hamar IL	30,80	716
4	Martin Åsheim	90	Lørenskog/Rælingen	31,58	664
4	Johannes Framnes	89	BS/Arna	31,58	664
6	Haakon Walderhaug	88	Molde SLK	31,65	660
7	Bernt M. Seyffarth	89	Mandal SK	31,66	659
8	Sebastian Wigstrøm	91	Bærumsvømmerne	31,69	657
9	Mattis Saghaug	90	IL Varg/NTG	31,84	648
10	Sindre Søderlund	91	Vestbyen IL	32,00	638
11	Robin Palm	88	Sarpsborg IL	32,13	631
12	Torkil Berntsen Due	88	Namsos SK	32,44	613
13	Thomas W. Kristiansen	89	Ski SK	32,53	608
14	Bjørnar Salvesen	90	Mandal SK	32,59	604
14	Evgeny (John) Lekhmus	91	Tromsø SK	32,59	604
16	Sindre Vikane	88	Vestkantsvømmerne	32,60	604
17	Sten Marius Holmen	89	Ski SK/NTG	32,61	603
18	André Eide	89	Narvik SK	32,63	602
19	Erling Mjøs Brattelid	91	TS/Sola SK	32,64	601
20	Christoffer Sørstrand Æsøy	88	Asker SK	32,82	592
21	Sverre Næss	92	Sarpsborg IL	32,83	591
22	Benjamin Marum	88	Vestkantsvømmerne	32,96	584
23	Pål Henriksen Spjelkavik	88	Vestbyen IL	33,36	563
24	Christian Sunde	89	Elverum Svømming	33,42	560
25	Øivind A. S. Reinertsen	88	Kristiansand SA	33,48	557
26	Bjørn Emil Evensen	91	Gjøvik SK	33,89	537

**Øvelse 9. 4\*100m fri, damer - Junior****Sponsor: Namdalsavisa****Junior**

1	Asker SK J1 jr.	JR	Asker SK	3.59,63	765	NJR
	Siri Eva Kristiansen:	1.00,40(30,89)				
		1.29,29(28,89)				
	Sofie Gjemmestad:	2.00,78(31,49)				
		2.30,24(29,46)				
	Hilde Sund:	3.02,29(32,05)				
		3.29,46(27,17)				
	Ingvild Snildal:	3.59,63(30,17)				

2	Team Stavanger J1 jr.	JR	Team Stavanger	4.07,97	691
	Christine Ørland:	30,61(30,61)			
		1.03,11(32,50)			
	Trine Hovda:	1.31,84(28,73)			
		2.04,31(32,47)			
	Victoria Rung:	2.34,20(29,89)			
		3.06,72(32,52)			
	Vibeke Brigg:	3.35,49(28,77)			
		4.07,97(32,48)			
3	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	4.08,04	690
	Clarissa van Rheenen:	28,54(28,54)			
		59,39(30,85)			
	Terese Langlo:	1.30,42(31,03)			
		2.03,30(32,88)			
	Gina B. Andersen:	2.32,49(29,19)			
		3.03,69(31,20)			
	Helene Solberg:	3.34,16(30,47)			
		4.08,04(33,88)			
4	Bergensv. J1 jr.	JR	Bergensvømmerne	4.08,05	690
	Margrete Nyhus Ulvestad:	29,44(29,44)			
		1.01,88(32,44)			
	Rebecca Johnsen:	1.32,34(30,46)			
		2.04,72(32,38)			
	Helene Lybak:	2.34,48(29,76)			
		3.06,64(32,16)			
	Monica Finnøy:	3.36,12(29,48)			
		4.08,05(31,93)			
5	Lambertseter SK J1 jr.	JR	Lambertseter SK	4.11,00	666
	Emilie Hellerud:	31,30(31,30)			
		1.04,07(32,77)			
	Ingrid N. Knutzen:	1.34,25(30,18)			
		2.06,70(32,45)			
	Karoline Bergene:	2.36,24(29,54)			
		3.08,59(32,35)			
	Emma Isdahl:	3.38,78(30,19)			
		4.11,00(32,22)			
6	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	4.12,10	657
	Henriette Brekke:	28,12(28,12)			
		58,49(30,37)			
	Benedicte Kausland:	1.29,80(31,31)			
		2.03,28(33,48)			
	Stine Vindenes:	2.34,10(30,82)			
		3.07,03(32,93)			
	Marie Øverland:	3.37,20(30,17)			
		4.12,10(34,90)			
7	Bærumsv J1 jr.	JR	Bærumsvømmerne	4.14,25	641
	Vibeke Browne:	29,84(29,84)			
		1.03,06(33,22)			
	Karin Ekholt:	1.32,54(29,48)			
		2.05,58(33,04)			
	Maria Bølgen:	2.35,89(30,31)			
		3.08,67(32,78)			
	Kristine Mella:	3.39,80(31,13)			
		4.14,25(34,45)			
8	Moss SK J1 jr.	JR	Moss SK	4.15,01	635
	Stine K. Jansen:	31,46(31,46)			
		1.05,09(33,63)			
	Ina Kr. Pedersen:	1.33,39(28,30)			
		2.04,16(30,77)			
	Marte E. Brinchmann:	2.35,05(30,89)			
		3.09,56(34,51)			
	Thea Pedersen:	3.40,36(30,80)			
		4.15,01(34,65)			
9	Arna SLK J1 jr.	JR	Arna SLK	4.15,81	629
	Oda J. Midtun:	29,73(29,73)			
		1.04,44(34,71)			
	Ane J. Midtun:	1.33,80(29,36)			
		2.07,59(33,79)			
	Seline Vike Holm:	2.37,49(29,90)			
		3.11,28(33,79)			
	Katinka Kvant:	3.40,34(29,06)			
		4.15,81(35,47)			

10	Lambertseter SK J2 jr.	JR	Lambertseter SK	4.17,70	615
			31,44(31,44)		
	Line Løvberg:		1.04,60(33,16)		
			1.36,17(31,57)		
	Heidi Vainio Gjøen:		2.09,63(33,46)		
			2.40,73(31,10)		
	Pia Cornelia Braarud:		3.13,45(32,72)		
			3.44,73(31,28)		
	Charlotte Thorsen:		4.17,70(32,97)		
11	Team Stavanger J2 jr.	JR	Team Stavanger	4.19,17	605
			30,95(30,95)		
	Marthe Berg Sørensen:		1.04,52(33,57)		
			1.34,55(30,03)		
	Ida Nordbø:		2.09,08(34,53)		
			2.39,56(30,48)		
	Maren Kristine Jansen:		3.12,57(33,01)		
			3.43,46(30,89)		
	Mai Linn Hanslien:		4.19,17(35,71)		
12	Tromsø SK J1 jr.	JR	Tromsø SK	4.19,72	601
			31,21(31,21)		
	Sophia Broberg Skeltved:		1.04,54(33,33)		
			1.33,67(29,13)		
	Siv Fiske:		2.07,74(34,07)		
			2.38,74(31,00)		
	Hanne Lockertsen:		3.12,51(33,77)		
			3.43,62(31,11)		
	Marte Tollefsen:		4.19,72(36,10)		
13	Kristiansand SA J1 jr.	JR	Kristiansand SA	4.22,20	584
			31,72(31,72)		
	Hege Omdal:		1.06,69(34,97)		
			1.37,17(30,48)		
	Maria Aasen:		2.10,30(33,13)		
			2.42,04(31,74)		
	Thea Wingaard:		3.16,75(34,71)		
			3.48,09(31,34)		
	Linn Hege Laudal:		4.22,20(34,11)		
14	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	4.22,61	581
			32,13(32,13)		
	Guro Bjørk Sørby:		1.06,56(34,43)		
			1.38,16(31,60)		
	Guro Knutsen:		2.13,86(35,70)		
			2.44,79(30,93)		
	Stine Lise Stenseth:		3.18,99(34,20)		
			3.49,88(30,89)		
	Siri Anette Sønju:		4.22,61(32,73)		
15	Bergens SC J1 jr.	JR	Bergens SC	4.24,94	566
			32,24(32,24)		
	Kaya Haugland Færøvik:		1.06,63(34,39)		
			1.37,24(30,61)		
	Maren Allum:		2.10,78(33,54)		
			2.42,66(31,88)		
	Eirin Arnesen:		3.19,10(36,44)		
			3.50,82(31,72)		
	Ingse Bergh Monsen:		4.24,94(34,12)		
16	Ski SK J1 jr.	JR	Ski SK	4.28,41	544
			31,60(31,60)		
	Camilla W. Kristiansen:		1.05,55(33,95)		
			1.38,54(32,99)		
	Henriette With Bjørnstad:		2.15,68(37,14)		
			2.48,08(32,40)		
	Camilla Borchgrevink:		3.24,44(36,36)		
			3.55,01(30,57)		
	Elisabeth H. Svensson:		4.28,41(33,40)		
17	Elverum IL J1 jr.	JR	Elverum Svømming	4.28,99	541
			31,41(31,41)		
	Oona Ovesen:		1.04,66(33,25)		
			1.37,28(32,62)		
	Andrea V. Skirbekk:		2.15,04(37,76)		
			2.46,84(31,80)		
	Lene Ådlandsvik:		3.22,65(35,81)		
			3.54,17(31,52)		
	Siri Ovesen:		4.28,99(34,82)		

18	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	4.29,62	537
			31,60(31,60)		
	Juni Rugland:		1.07,03(35,43)		
			1.37,78(30,75)		
	Marie Reinertsen:		2.13,10(35,32)		
			2.45,20(32,10)		
	Charlotte Kausland:		3.20,94(35,74)		
			3.52,53(31,59)		
	Malin Dahle:		4.29,62(37,09)		
19	Fauske SK J1 jr.	JR	Fauske SK	4.35,49	503
			33,33(33,33)		
	Marie Værnes Navjord:		1.11,35(38,02)		
			1.44,79(33,44)		
	Mari Lønnås:		2.22,24(37,45)		
			2.55,24(33,00)		
	Ragnhild Kosmo Holm:		3.32,54(37,30)		
			4.02,99(30,45)		
	Sara Pettersen:		4.35,49(32,50)		

## Øvelse 10. 4\*200m fri, herrer - Junior

Sponsor: Veolia

### Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	7.56,84	739	NJR
			26,65(26,65)			
	Øystein R. Hetland:		1.26,96(30,82)			
			2.24,98(27,92)			
	Petter Fagelund:		3.26,17(30,52)			
			4.22,89(26,69)			
	Christer Koch Kvam:		5.24,03(31,07)			
			6.23,91(28,03)			
	Stian Werner Erichsen:		7.25,06(31,28)			
			7.56,84(31,78)			
2	Hamar IL G1 jr.	JR	Hamar IL	8.12,47	671	
			27,73(27,73)			
	Martin Skramstad:		1.29,47(30,85)			
			2.31,48(29,30)			
	Jonas Kirkeberg Jostad:		3.34,90(32,00)			
			4.35,60(28,02)			
	Ole-Wilhelm Norseng:		5.40,73(33,16)			
			6.42,35(26,92)			
	Eirik Ravnan:		7.41,70(30,20)			
			8.12,47(30,77)			
3	Bærumsv G2 jr.	JR	Bærumsvømmerne	8.15,10	660	
			30,00(30,00)			
	Elias Damman:		1.32,64(31,55)			
			2.32,24(29,21)			
	Sebastian Wigstrøm:		3.34,86(32,34)			
			4.34,35(28,20)			
	Tor Hafnor:		5.37,78(32,31)			
			6.38,13(28,49)			
	Vegard Løvberg:		7.42,25(32,72)			
			8.15,10(32,85)			
4	Bergensv. G1 jr.	JR	Bergensvømmerne	8.15,55	659	
			27,96(27,96)			
	Anders Espeland Seljeflot:		1.30,42(31,66)			
			2.29,81(26,98)			
	Marcus Tesdal:		3.31,96(32,08)			
			4.30,86(28,21)			
	Even Vike Holm:		5.35,36(31,85)			
			6.36,01(28,66)			
	Ole Andreas Kolaas:		7.42,75(33,66)			
			8.15,55(32,80)			
5	Team Stavanger G1 jr.	JR	Team Stavanger	8.19,11	645	
			26,87(26,87)			
	Jørgen Møllerop:		1.26,78(30,34)			
			2.24,68(27,78)			
	Ole Martin Ree:		3.29,74(33,49)			
			4.31,61(28,08)			
	Bjarte Ravndal:		5.35,81(32,01)			
			6.37,35(30,89)			
	Erling Mjøs Brattelid:		7.45,80(34,54)			
			8.19,11(33,31)			

6	Asker SK G1 jr.	JR	Asker SK	8.19,61	643
		28,20(28,20)	58,94(30,74)		
	Christian Aaserud:	1.29,40(30,46)	1.59,42(30,02)		
		2.27,48(28,06)	2.59,09(31,61)		
	Christoffer Sørstrand Æsøy:	3.33,43(34,34)	4.06,78(33,35)		
		4.36,39(29,61)	5.09,35(32,96)		
	Kristoffer Skribeland:	5.41,75(32,40)	6.11,87(30,12)		
		6.40,66(28,79)	7.12,86(32,20)		
	Carl Andreas Wathne:	7.46,55(33,69)	8.19,61(33,06)		
7	Stavanger SC G1 jr.	JR	Stavanger SC	8.25,70	620
		28,46(28,46)	59,91(31,45)		
	Jørn Nygård:	1.33,42(33,51)	2.05,96(32,54)		
		2.34,19(28,23)	3.05,89(31,70)		
	Hans Østerdal:	3.39,63(33,74)	4.13,05(33,42)		
		4.42,25(29,20)	5.16,25(34,00)		
	Christian Juvik:	5.50,72(34,47)	6.25,81(35,09)		
		6.52,07(26,26)	7.22,44(30,37)		
	Lars Andre Tolås:	7.53,81(31,37)	8.25,70(31,89)		
8	Lambertseter SK G1 jr.	JR	Lambertseter SK	8.27,10	615
		28,96(28,96)	1.00,53(31,57)		
	Mikael Bergene:	1.33,42(32,89)	2.06,24(32,82)		
		2.34,62(28,38)	3.06,61(31,99)		
	Christian Thorsen:	3.40,38(33,77)	4.13,71(33,33)		
		4.42,36(28,65)	5.14,94(32,58)		
	Sindre Eilertsen:	5.48,47(33,53)	6.22,53(34,06)		
		6.50,36(27,83)	7.21,16(30,80)		
	Petter Braarud:	7.54,52(33,36)	8.27,10(32,58)		
9	IL Varg G1 jr.	JR	IL Varg	8.29,87	605
		28,89(28,89)	1.00,04(31,15)		
	Mattis Saghaug:	1.31,50(31,46)	2.01,93(30,43)		
		2.31,21(29,28)	3.04,36(33,15)		
	Jari K. Mikkelsen:	3.38,64(34,28)	4.12,63(33,99)		
		4.40,84(28,21)	5.12,69(31,85)		
	Daniel Berenett:	5.45,74(33,05)	6.18,79(33,05)		
		6.47,71(28,92)	7.20,90(33,19)		
	Antonis Xepapadakis:	7.55,54(34,64)	8.29,87(34,33)		
10	Vestbyen IL G1 jr.	JR	Vestbyen IL	8.33,04	593
		29,38(29,38)	1.00,86(31,48)		
	Sigvart Evjen:	1.33,44(32,58)	2.05,99(32,55)		
		2.36,24(30,25)	3.10,92(34,68)		
	Sindre Søderlund:	3.46,36(35,44)	4.21,56(35,20)		
		4.51,16(29,60)	5.24,07(32,91)		
	Pål Henriksen Spjelkavik:	5.57,22(33,15)	6.30,04(32,82)		
		6.57,94(27,90)	7.28,91(30,97)		
	Emil Brennløkken:	8.01,37(32,46)	8.33,04(31,67)		
11	Elverum IL G1 jr.	JR	Elverum Svømming	8.47,03	547
		28,03(28,03)	59,55(31,52)		
	Christian Sunde:	1.32,54(32,99)	2.05,62(33,08)		
		2.36,01(30,39)	3.12,55(36,54)		
	Eirik B. Lund:	3.50,29(37,74)	4.28,41(38,12)		
		4.58,17(29,76)	5.31,25(33,08)		
	Ingvar V. Skirbekk:	6.05,54(34,29)	6.39,55(34,01)		
		7.08,27(28,72)	7.40,94(32,67)		
	Gunnar V. Skirbekk:	8.14,19(33,25)	8.47,03(32,84)		
12	Tromsø SK G1 jr.	JR	Tromsø SK	8.47,64	545
		30,08(30,08)	1.03,86(33,78)		
	Magnus Klæboe Nordgård:	1.38,14(34,28)	2.12,67(34,53)		
		2.40,82(28,15)	3.11,93(31,11)		
	Marius Lund:	3.43,87(31,94)	4.17,89(34,02)		
		4.47,39(29,50)	5.20,85(33,46)		
	Evgeny (John) Lekhmus:	5.57,57(36,72)	6.33,68(36,11)		
		7.03,62(29,94)	7.37,15(33,53)		
	Torbjørn Ringholm:	8.12,25(35,10)	8.47,64(35,39)		
13	Larvik SK G1 jr.	JR	Larvik SK	8.57,38	516
		29,71(29,71)	1.04,10(34,39)		
	Peder T. Haagensli:	1.39,85(35,75)	2.14,94(35,09)		
		2.44,71(29,77)	3.18,33(33,62)		
	Aksel B. Lindhjem:	3.52,08(33,75)	4.25,09(33,01)		
		4.56,61(31,52)	5.32,56(35,95)		
	Jørgen Wiik:	6.09,85(37,29)	6.47,68(37,83)		
		7.17,45(29,77)	7.50,41(32,96)		
	Geir T. Kristiansen:	8.23,98(33,57)	8.57,38(33,40)		

14	Bergens SC G1 jr.	JR	Bergens SC	9.05,89	493
		29,53(29,53)	1.03,17(33,64)		
	Lavrans Veierø Solli:	1.37,77(34,60)	2.12,20(34,43)		
		2.42,33(30,13)	3.15,53(33,20)		
	Sindre Mowatt Gruben:	3.50,36(34,83)	4.26,31(35,95)		
		4.58,90(32,59)	5.35,85(36,95)		
	Martin Lygre Eriksen:	6.13,68(37,83)	6.50,73(37,05)		
		7.19,87(29,14)	7.53,67(33,80)		
	Stian S. Langeland:	8.29,68(36,01)	9.05,89(36,21)		
15	Fauske SK G1 jr.	JR	Fauske SK	9.35,84	420
		29,60(29,60)	1.01,68(32,08)		
	Christer M. Hagen:	1.35,97(34,29)	2.10,95(34,98)		
		2.44,47(33,52)	3.21,72(37,25)		
	Anders Haugen:	4.00,53(38,81)	4.36,81(36,28)		
		5.08,60(31,79)	5.45,84(37,24)		
	Lasse Teigen:	6.27,56(41,72)	7.09,63(42,07)		
		7.42,47(32,84)	8.19,73(37,26)		
	Fredrik Sørensen:	8.58,28(38,55)	9.35,84(37,56)		
	Delfana G1 jr.	JR	Delfana	DISK	
	29,33(29,33)	1.01,44(32,11)	1.35,02(33,58)	2.07,73(32,71)	
	Sindri T. Jakobsson, Espen Halhjem, Øyvind L. Styrmo, Sebastian Stordal				
	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	DISK	
	30,75(30,75)	1.05,03(34,28)	1.41,67(36,64)	2.17,50(35,83)	
	2.46,30(28,80)	3.18,17(31,87)	3.53,92(35,75)	4.28,65(34,73)	
	Benjamin Marum, Sindre Vikane, Joachim Jakobsen, Anders S. Jordheim				

## Torsdag 12. juli

## Øvelse 1. 400m individuell medley, damer - Direkte finale

Sponsor: O.C. Dahl

## Junior

1	Karoline Brudvik Sanderud	89	Hamar IL	4.55,97	810
	30,57(30,57)	1.04,86(34,29)	1.43,88(39,02)	2.21,67(37,79)	
	3.03,46(41,79)	3.46,52(43,06)	4.21,56(35,04)	4.55,97(34,41)	
2	Trine A. Olsen	90	Fauske SK	5.10,34	703
	33,74(33,74)	1.12,01(38,27)	1.51,32(39,31)	2.30,35(39,03)	
	3.13,71(43,36)	3.57,42(43,71)	4.34,67(37,25)	5.10,34(35,67)	
3	Line Løvberg	91	Lambertseter SK	5.14,39	676
	31,99(31,99)	1.08,78(36,79)	1.50,12(41,34)	2.30,44(40,32)	
	3.16,41(45,97)	4.03,51(47,10)	4.39,49(35,98)	5.14,39(34,90)	
4	Victoria T. Solberg	89	Horten/NTG	5.20,42	638
	33,79(33,79)	1.14,39(40,60)	1.55,67(41,28)	2.36,04(40,37)	
	3.21,82(45,78)	4.07,86(46,04)	4.44,40(36,54)	5.20,42(36,02)	
5	Helene Lybak	90	BS/Delfana	5.20,99	635
	32,26(32,26)	1.09,31(37,05)	1.53,53(44,22)	2.35,74(42,21)	
	3.22,02(46,28)	4.10,46(48,44)	4.47,16(36,70)	5.20,99(33,83)	
6	Ine Charlotte Hagen	89	Lørenskog/Rælingen	5.21,51	632
	34,45(34,45)	1.13,50(39,05)	1.56,74(43,24)	2.38,94(42,20)	
	3.20,87(41,93)	4.04,04(43,17)	4.43,35(39,31)	5.21,51(38,16)	
7	Bitte Fagermo	93	Narvik SK	5.23,21	622
	34,32(34,32)	1.14,95(40,63)	1.58,22(43,27)	2.39,52(41,30)	
	3.23,22(43,70)	4.08,10(44,88)	4.47,09(38,99)	5.23,21(36,12)	
8	Terese Langlo	89	Skjetten Svømming	5.28,34	593
	35,61(35,61)	1.14,84(39,23)	1.57,16(42,32)	2.39,03(41,87)	
	3.25,06(46,03)	4.12,60(47,54)	4.50,68(38,08)	5.28,34(37,66)	
9	Pia Cornelia Braarud	93	Lambertseter SK	5.30,85	580
	35,81(35,81)	1.17,10(41,29)	2.02,23(45,13)	2.45,90(43,67)	
	3.30,31(44,41)	4.16,60(46,29)	4.55,21(38,61)	5.30,85(35,64)	
10	Elisabeth H. Svensson	91	Ski SK	5.31,13	578
	32,04(32,04)	1.11,24(39,20)	1.55,03(43,79)	2.38,02(42,99)	
	3.25,13(47,11)	4.14,89(49,76)	4.54,17(39,28)	5.31,13(36,96)	
11	Oda Martine Reiertsen	89	Hamar IL	5.31,51	576
	33,88(33,88)	1.13,87(39,99)	2.00,85(46,98)	2.46,99(46,14)	
	3.32,46(45,47)	4.19,47(47,01)	4.56,53(37,06)	5.31,51(34,98)	
12	Oona Ovesen	92	Elverum Svømming	5.33,01	569
	35,70(35,70)	1.16,31(40,61)	1.58,05(41,74)	2.39,95(41,90)	
	3.28,86(48,91)	4.18,54(49,68)	4.56,42(37,88)	5.33,01(36,59)	
13	Emilie Hellerud	92	Lambertseter SK	5.33,16	568
	35,02(35,02)	1.15,83(40,81)	2.00,36(44,53)	2.43,48(43,12)	
	3.30,87(47,39)	4.19,98(49,11)	4.57,45(37,47)	5.33,16(35,71)	
14	Camilla Borchgrevink	90	Ski SK	5.34,59	561
	34,24(34,24)	1.13,81(39,57)	1.57,97(44,16)	2.40,49(42,52)	
	3.29,74(49,25)	4.18,58(48,84)	4.57,20(38,62)	5.34,59(37,39)	
15	Stine Vindenes	93	Vestkant svømmerne	5.35,84	554
	33,10(33,10)	1.11,76(38,66)	1.56,43(44,67)	2.39,95(43,52)	
	3.28,29(48,34)	4.17,93(49,64)	4.56,97(39,04)	5.35,84(38,87)	
16	Charlotte Kausland	89	Vestkant svømmerne	5.37,78	545
	35,54(35,54)	1.17,04(41,50)	2.02,56(45,52)	2.47,25(44,69)	
	3.32,59(45,34)	4.18,82(46,23)	4.58,20(39,38)	5.37,78(39,58)	
17	Ingse Bergh Monsen	92	Bergens SC	5.38,07	544
	34,17(34,17)	1.14,10(39,93)	1.57,39(43,29)	2.39,91(42,52)	
	3.28,96(49,05)	4.19,24(50,28)	4.59,17(39,93)	5.38,07(38,90)	
18	Jacqueline Knutsson	93	Kongstensvømmerne	5.38,81	540
	35,16(35,16)	1.16,78(41,62)	2.00,44(43,66)	2.42,59(42,15)	
	3.30,11(47,52)	4.19,33(49,22)	4.59,93(40,60)	5.38,81(38,88)	
19	Sara Pettersen	91	Fauske SK	5.40,23	533
	33,65(33,65)	1.12,56(38,91)	1.55,89(43,33)	2.40,02(44,13)	
	3.29,01(48,99)	4.20,06(51,05)	5.00,66(40,60)	5.40,23(39,57)	
20	Stina Kajsa Colleou	93	Lambertseter SK	5.43,54	518
	36,98(36,98)	1.21,53(44,55)	2.07,23(45,70)	2.52,55(45,32)	
	3.36,53(43,98)	4.22,11(45,58)	5.03,53(41,42)	5.43,54(40,01)	

## Senior

1	Sara Nordenstam	83	Lambertseter SK	4.49,43	866
	31,33(31,33)	1.05,78(34,45)	1.44,41(38,63)	2.22,05(37,64)	
	3.01,33(39,28)	3.41,35(40,02)	4.16,03(34,68)	4.49,43(33,40)	
2	Karoline Brudvik Sanderud	89	Hamar IL	4.55,97	810
	30,57(30,57)	1.04,86(34,29)	1.43,88(39,02)	2.21,67(37,79)	
	3.03,46(41,79)	3.46,52(43,06)	4.21,56(35,04)	4.55,97(34,41)	
3	Elisabeth Jarland	85	BS/Delfana	5.05,00	740
	32,32(32,32)	1.08,91(36,59)	1.48,00(39,09)	2.26,33(38,33)	
	3.09,76(43,43)	3.53,96(44,20)	4.29,60(35,64)	5.05,00(35,40)	
4	Trine A. Olsen	90	Fauske SK	5.10,34	703
	33,74(33,74)	1.12,01(38,27)	1.51,32(39,31)	2.30,35(39,03)	
	3.13,71(43,36)	3.57,42(43,71)	4.34,67(37,25)	5.10,34(35,67)	
5	Line Løvberg	91	Lambertseter SK	5.14,39	676
	31,99(31,99)	1.08,78(36,79)	1.50,12(41,34)	2.30,44(40,32)	
	3.16,41(45,97)	4.03,51(47,10)	4.39,49(35,98)	5.14,39(34,90)	
6	Karolina Orleanski	86	Bærumsvømmerne	5.14,68	674
	33,01(33,01)	1.10,48(37,47)	1.51,93(41,45)	2.32,69(40,76)	
	3.17,66(44,97)	4.02,90(45,24)	4.39,94(37,04)	5.14,68(34,74)	
7	Victoria T. Solberg	89	Horten/NTG	5.20,42	638
	33,79(33,79)	1.14,39(40,60)	1.55,67(41,28)	2.36,04(40,37)	
	3.21,82(45,78)	4.07,86(46,04)	4.44,40(36,54)	5.20,42(36,02)	
8	Helene Lybak	90	BS/Delfana	5.20,99	635
	32,26(32,26)	1.09,31(37,05)	1.53,53(44,22)	2.35,74(42,21)	
	3.22,02(46,28)	4.10,46(48,44)	4.47,16(36,70)	5.20,99(33,83)	
9	Ine Charlotte Hagen	89	Lørenskog/Rælingen	5.21,51	632
	34,45(34,45)	1.13,50(39,05)	1.56,74(43,24)	2.38,94(42,20)	
	3.20,87(41,93)	4.04,04(43,17)	4.43,35(39,31)	5.21,51(38,16)	
10	Bitte Fagermo	93	Narvik SK	5.23,21	622
	34,32(34,32)	1.14,95(40,63)	1.58,22(43,27)	2.39,52(41,30)	
	3.23,22(43,70)	4.08,10(44,88)	4.47,09(38,99)	5.23,21(36,12)	
11	Terese Langlo	89	Skjetten Svømming	5.28,34	593
	35,61(35,61)	1.14,84(39,23)	1.57,16(42,32)	2.39,03(41,87)	
	3.25,06(46,03)	4.12,60(47,54)	4.50,68(38,08)	5.28,34(37,66)	
12	Pia Cornelia Braarud	93	Lambertseter SK	5.30,85	580
	35,81(35,81)	1.17,10(41,29)	2.02,23(45,13)	2.45,90(43,67)	
	3.30,31(44,41)	4.16,60(46,29)	4.55,21(38,61)	5.30,85(35,64)	
13	Elisabeth H. Svensson	91	Ski SK	5.31,13	578
	32,04(32,04)	1.11,24(39,20)	1.55,03(43,79)	2.38,02(42,99)	
	3.25,13(47,11)	4.14,89(49,76)	4.54,17(39,28)	5.31,13(36,96)	
14	Oda Martine Reiertsen	89	Hamar IL	5.31,51	576
	33,88(33,88)	1.13,87(39,99)	2.00,85(46,98)	2.46,99(46,14)	
	3.32,46(45,47)	4.19,47(47,01)	4.56,53(37,06)	5.31,51(34,98)	
15	Oona Ovesen	92	Elverum Svømming	5.33,01	569
	35,70(35,70)	1.16,31(40,61)	1.58,05(41,74)	2.39,95(41,90)	
	3.28,86(48,91)	4.18,54(49,68)	4.56,42(37,88)	5.33,01(36,59)	
16	Emilie Hellerud	92	Lambertseter SK	5.33,16	568
	35,02(35,02)	1.15,83(40,81)	2.00,36(44,53)	2.43,48(43,12)	
	3.30,87(47,39)	4.19,98(49,11)	4.57,45(37,47)	5.33,16(35,71)	
17	Camilla Borchgrevink	90	Ski SK	5.34,59	561
	34,24(34,24)	1.13,81(39,57)	1.57,97(44,16)	2.40,49(42,52)	
	3.29,74(49,25)	4.18,58(48,84)	4.57,20(38,62)	5.34,59(37,39)	
18	Stine Vindenes	93	Vestkantsvømmerne	5.35,84	554
	33,10(33,10)	1.11,76(38,66)	1.56,43(44,67)	2.39,95(43,52)	
	3.28,29(48,34)	4.17,93(49,64)	4.56,97(39,04)	5.35,84(38,87)	
19	Charlotte Kausland	89	Vestkantsvømmerne	5.37,78	545
	35,54(35,54)	1.17,04(41,50)	2.02,56(45,52)	2.47,25(44,69)	
	3.32,59(45,34)	4.18,82(46,23)	4.58,20(39,38)	5.37,78(39,58)	
20	Ingse Bergh Monsen	92	Bergens SC	5.38,07	544
	34,17(34,17)	1.14,10(39,93)	1.57,39(43,29)	2.39,91(42,52)	
	3.28,96(49,05)	4.19,24(50,28)	4.59,17(39,93)	5.38,07(38,90)	
21	Jacqueline Knutsson	93	Kongstensvømmerne	5.38,81	540
	35,16(35,16)	1.16,78(41,62)	2.00,44(43,66)	2.42,59(42,15)	
	3.30,11(47,52)	4.19,33(49,22)	4.59,93(40,60)	5.38,81(38,88)	
22	Sara Pettersen	91	Fauske SK	5.40,23	533
	33,65(33,65)	1.12,56(38,91)	1.55,89(43,33)	2.40,02(44,13)	
	3.29,01(48,99)	4.20,06(51,05)	5.00,66(40,60)	5.40,23(39,57)	



23	Stina Kajsa Colleou	93	Lambertseter SK	5.43,54	518
	36,98(36,98)	1.21,53(44,55)	2.07,23(45,70)	2.52,55(45,32)	
	3.36,53(43,98)	4.22,11(45,58)	5.03,53(41,42)	5.43,54(40,01)	

**Øvelse 2. 400m fri, herrer - Finale****Sponsor: Bunnpris****Senior**

1	Petter Fagelund	88	Bærum/NTG	4.07,03	747
	28,94(28,94)	1.00,46(31,52)	1.31,62(31,16)	2.02,90(31,28)	
	2.34,76(31,86)	3.06,46(31,70)	3.37,37(30,91)	4.07,03(29,66)	
2	Mikkel Brudvik Sanderud	87	Hamar IL	4.07,41	744
	29,02(29,02)	59,37(30,35)	1.30,49(31,12)	2.02,07(31,58)	
	2.34,15(32,08)	3.06,31(32,16)	3.38,14(31,83)	4.07,41(29,27)	
3	Robert Aronsen	86	Bærumsvømmerne	4.11,76	706
	29,46(29,46)	1.00,41(30,95)	1.32,20(31,79)	2.04,64(32,44)	
	2.35,85(31,21)	3.08,69(32,84)	3.40,76(32,07)	4.11,76(31,00)	
4	Øystein R. Hetland	89	Bærum/NTG	4.12,84	697
	28,59(28,59)	1.00,39(31,80)	1.32,77(32,38)	2.05,33(32,56)	
	2.37,81(32,48)	3.10,46(32,65)	3.42,69(32,23)	4.12,84(30,15)	
5	Christian Aaserud	88	Asker SK	4.12,96	696
	29,53(29,53)	1.01,36(31,83)	1.33,95(32,59)	2.06,58(32,63)	
	2.38,78(32,20)	3.11,56(32,78)	3.43,22(31,66)	4.12,96(29,74)	
6	Sindre Nilo	90	Sandefjord SK/NTG	4.16,25	669
	29,29(29,29)	1.01,10(31,81)	1.33,56(32,46)	2.06,16(32,60)	
	2.38,83(32,67)	3.11,52(32,69)	3.44,35(32,83)	4.16,25(31,90)	
7	Elias Damman	89	Bærum/NTG	4.17,16	662
	30,58(30,58)	1.02,85(32,27)	1.35,50(32,65)	2.08,57(33,07)	
	2.41,60(33,03)	3.14,05(32,45)	3.46,68(32,63)	4.17,16(30,48)	
8	Zoltan Csernai	93	Åstveit SK	4.20,62	636
	29,37(29,37)	1.01,65(32,28)	1.34,40(32,75)	2.07,43(33,03)	
	2.41,08(33,65)	3.15,11(34,03)	3.48,85(33,74)	4.20,62(31,77)	

**Øvelse 3. 100m bryst, damer - Finale****Sponsor: Coop Namsos****Senior**

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	1.09,72	899
	33,38(33,38)	1.09,72(36,34)			
2	Henriette Martinsen	85	Trondheim SLK	1.11,26	842
	33,38(33,38)	1.11,26(37,88)			
3	Katharina Stiberg	88	Bjerkvik SK	1.12,73	792
	34,25(34,25)	1.12,73(38,48)			
4	Mari Ask Rasmussen	86	TS/Stavanger VPK	1.13,63	763
	34,41(34,41)	1.13,63(39,22)			
5	Ann-Helen Pridesis	87	BS/Bergen SLK	1.13,81	758
	34,58(34,58)	1.13,81(39,23)			
6	Kristine Mella	90	Bærumsvømmerne	1.14,51	736
	34,58(34,58)	1.14,51(39,93)			
7	Iselin Meisler	90	Tverlandet IL	1.15,54	707
	35,96(35,96)	1.15,54(39,58)			
8	Karoline Bergene	89	Lambertseter SK	1.15,64	704
	35,11(35,11)	1.15,64(40,53)			

**Øvelse 4. 100m butterfly, herrer - Finale****Sponsor: Trafikksenteret****Senior**

1	Alexander Hetland	82	Bærumsvømmerne	56,10	807
	25,67(25,67)	56,10(30,43)			
2	Kim Henriksen	79	BS/Delfana	58,07	728
	27,18(27,18)	58,07(30,89)			
3	Bjørnar Gaasvik	79	IL Varg	58,09	727
	26,84(26,84)	58,09(31,25)			
4	Alexander Broberg Skeltved	87	Tromsø SK	58,20	723
	27,05(27,05)	58,20(31,15)			
5	Jørgen Møllerop	88	TS/Madla SK	58,50	712
	26,99(26,99)	58,50(31,51)			
6	Øivind A. S. Reinertsen	88	Kristiansand SA	58,96	695
	27,98(27,98)	58,96(30,98)			
7	Pål Gunnar Normann	81	Vestkantvømmerne	59,25	685
	27,16(27,16)	59,25(32,09)			
8	Øystein Gaasvik	82	Vestbyen IL	59,54	675
	27,44(27,44)	59,54(32,10)			

**Øvelse 5. 200m fri, damer - Finale****Sponsor: Tropehagen Zoo****Senior**

1	Victoria S. Løken	91	Aalesund SLK	2.04,52	837
	29,13(29,13)	1.00,27(31,14)	1.32,31(32,04)	2.04,52(32,21)	
2	Cecilie Johannessen	90	Karmøy SK	2.07,07	787
	29,35(29,35)	1.00,77(31,42)	1.33,55(32,78)	2.07,07(33,52)	
3	Clarissa van Rheenen	91	Skjetten Svømming	2.07,21	785
	29,74(29,74)	1.01,35(31,61)	1.34,12(32,77)	2.07,21(33,09)	
4	Elise Utne	89	Narvik SK	2.08,52	761
	30,26(30,26)	1.02,59(32,33)	1.35,97(33,38)	2.08,52(32,55)	
5	Ina Kr. Pedersen	89	Moss SK	2.09,65	741
	29,94(29,94)	1.02,48(32,54)	1.35,95(33,47)	2.09,65(33,70)	
6	Monica Johannessen	90	Karmøy SK	2.10,68	724
	30,66(30,66)	1.04,24(33,58)	1.37,76(33,52)	2.10,68(32,92)	
7	Siri Løvold Magnussen	86	Hamar IL	2.11,32	713
	30,83(30,83)	1.03,83(33,00)	1.37,30(33,47)	2.11,32(34,02)	
8	Monica Finnøy	88	BS/Bergen SLK	2.11,82	705
	31,00(31,00)	1.03,56(32,56)	1.37,82(34,26)	2.11,82(34,00)	

**Øvelse 6. 200m individuell medley, herrer - Finale****Sponsor: Fotograf Hågensen****Senior**

1	Gard Kvale	84	Bergens SC	2.05,54	865
	27,08(27,08)	59,13(32,05)	1.35,62(36,49)	2.05,54(29,92)	
2	Eirik Ravnán	89	Hamar IL	2.10,15	777
	28,42(28,42)	1.02,43(34,01)	1.40,14(37,71)	2.10,15(30,01)	
3	Ronnie Anstensen	88	Skjetten Svømming	2.14,38	706
	29,16(29,16)	1.03,67(34,51)	1.43,12(39,45)	2.14,38(31,26)	
4	Eirik Lund	78	Asker SK	2.16,57	672
	29,21(29,21)	1.05,35(36,14)	1.45,15(39,80)	2.16,57(31,42)	
5	Sindri T. Jakobsson	91	Delfana	2.18,82	640
	28,66(28,66)	1.05,62(36,96)	1.46,28(40,66)	2.18,82(32,54)	
6	Kristoffer Meisler	90	Tverlandet IL	2.19,34	633
	30,03(30,03)	1.07,02(36,99)	1.45,85(38,83)	2.19,34(33,49)	
7	Jonas Kirkeberg Jostad	92	Hamar IL	2.20,95	611
	30,82(30,82)	1.06,71(35,89)	1.48,75(42,04)	2.20,95(32,20)	
8	Sverre Næss	92	Sarpsborg IL	2.21,98	598
	30,71(30,71)	1.07,91(37,20)	1.48,94(41,03)	2.21,98(33,04)	

### Øvelse 7. 50m rygg, damer - Finale

Sponsor: Bunnpris

#### Senior

1	Ingvild Snildal	88	Asker SK	(0,79)	29,36	905
2	Katharina Stiberg	88	Bjerkvik SK	(0,69)	30,87	778
3	Cecilie Johannessen	90	Karmøy SK	(0,63)	31,36	742
4	Maj Hillesund	80	Mandal SK	(0,62)	31,68	720
5	Karen Stødle	87	Team Stavanger	(0,60)	31,74	716
6	Heidi Vainio Gjøen	88	Lambertseter SK	(0,67)	31,99	699
7	Margrete Nyhus Ulvestad	88	BS/Åstveit	(0,72)	32,57	662
8	Seline Vike Holm	92	Arna SLK	(0,72)	32,90	643

#### Funksjonshemmede

1	Mariann Vestbøstad	84	Vestkantsvømmerne	(0,63)	37,21	444	S8	95,36 %VR
2	Ingvill S. Hilleren	90	Vestkantsvømmerne	(0,95)	49,64	187	S6	110,12 %
3	Linn Haugen	87	Vestkantsvømmerne	(1,02)	45,01	251	S9	132,62 %
4	Anne Ask Rasmussen	89	TS/Madla SK	(0,81)	45,78	238	S9	134,89 %
5	Ingrid Djupskås	89	Asker SK	(0,87)	49,62	187	S10	140,61 %
6	Hanne Farestvedt	93	Åstveit SK	(0,84)	46,03	234	S14	141,37 %

### Øvelse 8. 50m bryst, herrer - Finale

Sponsor: Otto Moe

#### Senior

1	Alexander Dale Oen	85	Vestkantsvømmerne		28,36	917
2	Alexander Hetland	82	Bærumsvømmerne		28,78	878
3	Martin Steffensen	89	BS/Arna		30,76	719
4	Marcus Tesdal	90	BS/Åstveit		31,04	699
5	Morten Jarland	80	Vestkantsvømmerne		31,64	660
6	Ole-Wilhelm Norseng	88	Hamar IL		31,69	657
7	Johannes Framnes	89	BS/Arna		31,75	654
8	Alexander Mokkelbost	87	Vestbyen IL		32,23	625

### Øvelse 9. 4\*100m fri, damer - Senior

Sponsor: Namdalsavisa

#### Senior

1	Asker SK J1 sr.	SR	Asker SK		3.59,01	771	NJR
		28,81(28,81)					
	Sofie Gjemmestad:	1.00,75(31,94)					
		1.29,56(28,81)					
	Siri Eva Kristiansen:	2.00,65(31,09)					
		2.29,57(28,92)					
	Nora Kathrine Guthe:	3.01,93(32,36)					
		3.29,52(27,59)					
	Ingvild Snildal:	3.59,01(29,49)					

2	Vestkantsv. J1 sr.	SR	Vestkantsvømmerne	4.00,32	759
			27,34(27,34)		
	Henriette Brekke:		57,05(29,71)		
			1.25,60(28,55)		
	Iwonka Vik:		1.57,53(31,93)		
			2.26,05(28,52)		
	Line Møllerop:		2.57,68(31,63)		
			3.27,62(29,94)		
	Stine Vindenes:		4.00,32(32,70)		
3	Bergensv. J1 sr.	SR	Bergensvømmerne	4.05,01	716
			29,96(29,96)		
	Monica Finnøy:		1.01,58(31,62)		
			1.30,58(29,00)		
	Margrete Nyhus Ulvestad:		2.02,79(32,21)		
			2.32,45(29,66)		
	Helene Lybak:		3.04,79(32,34)		
			3.34,32(29,53)		
	Elisabeth Jarland:		4.05,01(30,69)		
4	Team Stavanger J1 sr.	SR	Team Stavanger	4.05,24	714
			29,28(29,28)		
	Mari Ask Rasmussen:		1.01,78(32,50)		
			1.29,87(28,09)		
	Karen Stødle:		2.01,98(32,11)		
			2.30,94(28,96)		
	Trine Hovda:		3.03,54(32,60)		
			3.32,38(28,84)		
	Vibeke Brigg:		4.05,24(32,86)		
5	Bærumsv J1 sr.	SR	Bærumsvømmerne	4.06,90	700
			29,76(29,76)		
	Vibeke Browne:		1.02,82(33,06)		
			1.32,26(29,44)		
	Anne-Mari Gulbrandsen:		2.02,99(30,73)		
			2.32,15(29,16)		
	Karolina Orleanski:		3.03,85(31,70)		
			3.33,90(30,05)		
	Karin Ekholt:		4.06,90(33,00)		
6	Lambertseter SK J1 sr.	SR	Lambertseter SK	4.08,29	688
			30,54(30,54)		
	Karoline Bergene:		1.02,65(32,11)		
			1.32,51(29,86)		
	Merete Løvberg:		2.05,20(32,69)		
			2.34,70(29,50)		
	Ingrid N. Knutzen:		3.07,10(32,40)		
			3.36,25(29,15)		
	Emma Isdahl:		4.08,29(32,04)		
7	Vestbyen IL J1 sr.	SR	Vestbyen IL	4.19,44	603
			30,20(30,20)		
	Ingrid Marie Rytter:		1.03,35(33,15)		
			1.32,98(29,63)		
	Elise Strømsvik:		2.05,79(32,81)		
			2.37,09(31,30)		
	Mari Singstad:		3.12,61(35,52)		
			3.44,21(31,60)		
	Randi Gaasvik:		4.19,44(35,23)		
8	Vestkantsv. J2 sr.	SR	Vestkantsvømmerne	4.24,04	572
			31,37(31,37)		
	Benedicte Kausland:		1.05,22(33,85)		
			1.37,29(32,07)		
	Marie Øverland:		2.11,51(34,22)		
			2.42,67(31,16)		
	Marie Reinertsen:		3.17,65(34,98)		
			3.48,86(31,21)		
	Juni Rugland:		4.24,04(35,18)		
9	Øvre Eiker SK J1 sr.	SR	Øvre Eiker SK	4.24,10	571
			31,22(31,22)		
	Siri Anette Sønju:		1.04,48(33,26)		
			1.36,72(32,24)		
	Inger-Cathrine Wium:		2.11,72(35,00)		
			2.43,79(32,07)		
	Line Cecilie Stenseth:		3.18,68(34,89)		
			3.48,69(30,01)		
	Ida Johansen:		4.24,10(35,41)		

10	Bergens SC J1 sr.	SR	Bergens SC	4.27,55	550
			31,27(31,27)		
	Maren Allum:		1.04,96(33,69)		
			1.36,73(31,77)		
	Kaya Haugland Færøvik:		2.11,97(35,24)		
			2.43,75(31,78)		
	Ingse Bergh Monsen:		3.18,38(34,63)		
			3.50,52(32,14)		
	Ragnhild Søfteland:		4.27,55(37,03)		
11	Namsos SK J1 sr.	SR	Namsos SK	4.31,79	524
			31,52(31,52)		
	Anja Susanne Høgenhaug:		1.05,63(34,11)		
			1.37,66(32,03)		
	Yvonne Renate Høgenhaug:		2.12,74(35,08)		
			2.46,99(34,25)		
	Ingvild Thun:		3.25,04(38,05)		
			3.56,84(31,80)		
	Siv Flatås Hoddø:		4.31,79(34,95)		
12	Ski SK J1 sr.	SR	Ski SK	4.39,40	483
			33,21(33,21)		
	Veronica B. Lundsten:		1.09,87(36,66)		
			1.42,52(32,65)		
	Henriette With Bjørnstad:		2.18,95(36,43)		
			2.54,90(35,95)		
	Caroline W. Bjørnstad:		3.32,98(38,08)		
			4.04,57(31,59)		
	Camilla W. Kristiansen:		4.39,40(34,83)		

## Øvelse 10. 4\*200m fri, herrer - Senior

Sponsor: Veolia

### Senior

1	Bærumsv G1 sr.	SR	Bærumsvømmerne	7.51,54	764
			27,10(27,10)		
	Øystein R. Hetland:		1.27,60(30,41)		
			2.24,58(26,84)		
	Alexander Hetland:		3.25,64(30,78)		
			4.23,60(27,86)		
	Robert Aronsen:		5.24,80(31,29)		
			6.22,40(27,48)		
	Petter Fagelund:		7.22,22(29,72)		
2	Bergensv. G1 sr.	SR	Bergensvømmerne	7.52,62	759
			26,58(26,58)		
	Sander Smørdal:		1.25,20(29,97)		
			2.22,69(27,15)		
	Ørjan Cato Johnsen:		3.22,41(29,86)		
			4.21,03(27,92)		
	Anders Espeland Seljeflot:		5.23,28(31,49)		
			6.21,05(27,02)		
	Marcus Tesdal:		7.21,70(30,73)		
3	Bergens SC G1 sr.	SR	Bergens SC	8.05,80	699
			26,95(26,95)		
	Gard Kvale:		1.24,57(29,04)		
			2.21,54(28,18)		
	Stian S. Langeland:		3.26,12(33,01)		
			4.27,38(28,19)		
	Thor Kristian Østenå Larsen:		5.32,45(33,00)		
			6.32,07(28,06)		
	Lars Kristian Allum:		7.33,92(31,27)		
4	Bærumsv G2 sr.	SR	Bærumsvømmerne	8.07,79	691
			29,25(29,25)		
	Stian Werner Erichsen:		1.31,02(30,83)		
			2.29,39(27,26)		
	Christer Koch Kvam:		3.30,80(31,02)		
			4.30,57(29,24)		
	Elias Damman:		5.34,77(32,61)		
			6.34,04(28,43)		
	Sebastian Wigstrøm:		7.36,19(32,24)		

5	Stavanger SC G1 sr.	SR	Stavanger SC	8.08,81	686
		27,57(27,57)	57,63(30,06)		
	Lars Andre Tolås:	1.28,20(30,57)	1.59,09(30,89)		
		2.27,22(28,13)	2.58,94(31,72)		
	Jørn Nygård:	3.31,54(32,60)	4.03,63(32,09)		
		4.32,13(28,50)	5.04,85(32,72)		
	Hans Østerdal:	5.38,67(33,82)	6.11,52(32,85)		
		6.37,11(25,59)	7.06,92(29,81)		
	Thomas Ole Fadnes:	7.37,84(30,92)	8.08,81(30,97)		
6	Team Stavanger G1 sr.	SR	Team Stavanger	8.16,01	657
		29,47(29,47)	1.01,41(31,94)		
	Bjarte Ravndal:	1.34,26(32,85)	2.05,32(31,06)		
		2.31,66(26,34)	3.01,31(29,65)		
	Jørgen Møllerop:	3.31,59(30,28)	4.01,83(30,24)		
		4.30,00(28,17)	5.02,17(32,17)		
	Fredrik Nordbø:	5.35,16(32,99)	6.09,01(33,85)		
		6.37,15(28,14)	7.09,40(32,25)		
	Ole Martin Ree:	7.42,76(33,36)	8.16,01(33,25)		
7	Asker SK G1 sr.	SR	Asker SK	8.17,27	652
		29,41(29,41)	1.00,34(30,93)		
	Eirik Lund:	1.31,87(31,53)	2.02,14(30,27)		
		2.30,49(28,35)	3.02,00(31,51)		
	Christian Aaserud:	3.33,84(31,84)	4.06,00(32,16)		
		4.36,35(30,35)	5.08,57(32,22)		
	Kristoffer Skribeland:	5.41,27(32,70)	6.12,33(31,06)		
		6.41,24(28,91)	7.12,81(31,57)		
	Magnus Bru:	7.45,07(32,26)	8.17,27(32,20)		
8	Øvre Eiker SK G1 sr.	SR	Øvre Eiker SK	8.28,79	608
		28,68(28,68)	1.00,50(31,82)		
	Jens Petter Loe:	1.34,49(33,99)	2.07,85(33,36)		
		2.37,21(29,36)	3.09,33(32,12)		
	Øyvind Gevelt:	3.42,46(33,13)	4.16,03(33,57)		
		4.45,21(29,18)	5.17,75(32,54)		
	Martin Hals:	5.51,05(33,30)	6.24,29(33,24)		
		6.51,11(26,82)	7.22,24(31,13)		
	Dan Magnus Skibrek:	7.54,96(32,72)	8.28,79(33,83)		
9	Delfana G1 sr.	SR	Delfana	8.34,39	589
		29,13(29,13)	1.01,25(32,12)		
	Espen Halhjem:	1.35,12(33,87)	2.08,39(33,27)		
		2.37,08(28,69)	3.09,95(32,87)		
	Eirik Runningen:	3.44,18(34,23)	4.18,65(34,47)		
		4.47,93(29,28)	5.20,45(32,52)		
	Øyvind L. Styrmo:	5.54,27(33,82)	6.27,56(33,29)		
		6.56,65(29,09)	7.29,41(32,76)		
	Sindri T. Jakobsson:	8.02,72(33,31)	8.34,39(31,67)		
10	Fauske SK G1 sr.	SR	Fauske SK	9.29,60	433
		30,10(30,10)	1.02,31(32,21)		
	Kent Strøm:	1.36,25(33,94)	2.09,88(33,63)		
		2.42,70(32,82)	3.20,23(37,53)		
	Lasse Teigen:	4.00,77(40,54)	4.41,53(40,76)		
		5.15,98(34,45)	5.53,48(37,50)		
	Anders Haugen:	6.31,87(38,39)	7.07,96(36,09)		
		7.40,70(32,74)	8.16,87(36,17)		
	Fredrik Sørensen:	8.54,36(37,49)	9.29,60(35,24)		

## Fredag 13. juli

## Øvelse 11. 200m rygg, herrer - Forsøk

Sponsor: Trio Media

## Senior

1	Kim Torry Simmenes 30,06(30,06)	82	Vestkantsvømmerne 1.35,49(33,27)	(0,77)	2.09,13	749
2	Njål Falch 32,21(32,21)	87	Kolbotn IL 1.42,70(35,83)	(0,67)	2.18,02	613
					2.09,13(33,64)	
					2.18,02(35,32)	

## Junior

1	Lars Andre Tolås 30,47(30,47)	88	Stavanger SC/NTG 1.36,99(33,29)	(0,66)	2.10,16	731
2	Dominik Borkowski 30,44(30,44)	90	Skjetten Svømming 1.36,58(33,55)	(0,66)	2.10,94	718
3	Eirik Ravnann 31,31(31,31)	89	Hamar IL 1.38,65(33,95)	(0,62)	2.12,79	688
4	Mikael Bergene 32,14(32,14)	91	Lambertseter SK 1.41,35(35,19)	(0,60)	2.16,49	634
5	Sindre Nilo 32,85(32,85)	90	Sandefjord SK/NTG 1.42,88(35,96)	(0,75)	2.16,85	629
6	Lavrans Veierø Solli 32,74(32,74)	92	Bergens SC 1.44,08(35,50)	(0,75)	2.18,89	602
7	Even Vike Holm 33,07(33,07)	90	BS/Arna 1.43,58(35,99)	(0,76)	2.19,43	595
8	Vegard Løvberg 33,58(33,58)	91	Bærumsvømmerne 1.45,29(35,40)	(0,77)	2.20,74	578
9	Jan Aleksander Bakke 34,30(34,30)	91	Asker SK 1.46,37(35,91)	(0,99)	2.21,80	565
10	Mats Gøran Høgenhaug 34,41(34,41)	93	Namsos SK 1.48,37(37,26)	(0,69)	2.22,88	553
11	Eirik Runningen 33,89(33,89)	90	Delfana 1.47,99(37,49)	(0,65)	2.24,82	531
12	Øyvind Gevelt 34,36(34,36)	91	Øvre Eiker SK 1.47,77(36,93)	(0,73)	2.25,10	528
13	Sebastian Stordal 33,63(33,63)	91	Delfana 1.48,10(37,91)	(0,64)	2.25,17	527
14	Ole Andreas Kolaas 34,18(34,18)	89	BS/Delfana 1.48,41(37,47)	(0,70)	2.25,60	522
15	Tore Skauge Bysting 35,77(35,77)	92	Lørenskog/Rælingen 1.49,24(36,38)	(0,61)	2.25,77	520
16	Sindre Eilertsen 33,42(33,42)	90	Lambertseter SK 1.48,09(37,88)	(0,56)	2.25,97	518
17	Geir T. Kristiansen 34,81(34,81)	90	Larvik SK 1.49,80(37,95)	(0,76)	2.27,72	500
18	Hans Andre Pedersen 35,13(35,13)	92	Sandefjord SK 1.52,90(39,43)	(0,67)	2.29,36	484
	Tor Hafnor	91	Bærumsvømmerne	(0,68)	DISK	
					2.25,77(36,53)	
					2.25,97(37,88)	
					2.27,72(37,92)	
					2.29,36(36,46)	

**Øvelse 12. 50m fri, damer - Forsøk****Sponsor: Namsos Bandasje****Senior**

1	Siri Løvold Magnussen	86	Hamar IL	27,64	705
2	Iwonka Vik	81	Vestkantsvømmerne	27,72	698
3	Karen Stødle	87	Team Stavanger	28,12	669
4	Elise Strømsvik	87	Vestbyen IL	28,26	659
5	Line Møllerop	87	Vestkantsvømmerne	28,30	656
6	Mari Ask Rasmussen	86	TS/Stavanger VPK	28,62	635
7	Henriette Martinsen	85	Trondheim SLK	28,64	633
8	Merete Løvberg	67	Lambertseter SK	28,92	615

**Junior**

1	Henriette Brekke	88	Vestkantsvømmerne	26,41	808
2	Clarissa van Rheenen	91	Skjetten Svømming	26,87	767
3	Victoria S. Løken	91	Aalesund SLK	27,04	752
4	Cecilie Johannessen	90	Karmøy SK	27,42	722
5	Ina Kr. Pedersen	89	Moss SK	27,68	701
6	Sofie Gjermestad	89	Asker SK	28,21	663
7	Monica Johannessen	90	Karmøy SK	28,55	639
8	Martine Bremer	90	Bergen SLK	28,72	628
9	Line W. Lund	91	Askimsvømmerne	28,76	625
10	Ane J. Midtun	91	Arna SLK	28,83	621
11	Oda J. Midtun	91	Arna SLK	28,87	618
12	Monica Finnøy	88	BS/Bergen SLK	28,97	612
13	Vibeke Brigg	89	TS/Madla SK	28,98	611
14	Vibeke Browne	89	Bærumsvømmerne	29,01	609
15	Susann Bjørnsen	93	Setermoen SK	29,04	607
16	Ida Johansen	94	Øvre Eiker SK	29,07	605
17	Emma Isdahl	92	Lambertseter SK	29,09	604
18	Karin Ekholt	89	Bærumsvømmerne	29,14	601
19	Emilie Hellerud	92	Lambertseter SK	29,21	597
20	Nicole T. Næshheim	91	Stavanger SC	29,39	586
21	Hilde Sund	88	Asker SK	29,41	585
22	Ingrid Marie Rytter	91	Vestbyen IL	29,43	584
23	Siv Fiske	92	Tromsø SK	29,47	581
24	Hege Omdal	89	Kristiansand SA	29,88	558
25	Kristine Mella	90	Bærumsvømmerne	29,93	555
26	Trine Hovda	90	TS/Madla SK	30,02	550

**Øvelse 13. 100m fri, herrer - Forsøk****Sponsor: Elektroservice****Senior**

1	Sander Smørdal	85	BS/Arna	52,42	786
	25,39(25,39)	52,42(27,03)			
2	Gard Kvale	84	Bergens SC	52,93	763
	25,82(25,82)	52,93(27,11)			
3	Thomas Ole Fadnes	87	Stavanger SC	52,98	761
	25,73(25,73)	52,98(27,25)			
4	Ørjan Cato Johnsen	85	BS/Bergen SLK	54,50	699
	26,58(26,58)	54,50(27,92)			
5	Eirik Lund	78	Asker SK	55,95	646
	26,86(26,86)	55,95(29,09)			



## Junior

1	Øystein R. Hetland 25,53(25,53)	89	Bærum/NTG	52,45	784
2	Jørgen Møllerop 25,53(25,53)	88	TS/Madla SK	53,29	748
3	Christer Koch Kvam 26,55(26,55)	90	Bærum/NTG	54,78	688
4	Lars Andre Tolås 26,93(26,93)	88	Stavanger SC/NTG	54,86	685
5	Stian Werner Erichsen 27,19(27,19)	90	Bærumsvømmerne	55,32	668
6	Anders Espeland Seljeflot 26,89(26,89)	88	BS/Bergen SLK	55,99	645
7	Bjarte Ravndal 26,92(26,92)	91	TS/Sola SK	56,32	633
8	Mikkel Tørud Lang 27,21(27,21)	90	Ullensakersv	56,35	632
9	Bernt M. Seyffarth 26,63(26,63)	89	Mandal SK	56,56	625
10	Petter Braarud 27,27(27,27)	89	Lambertseter SK	56,68	621
11	Rune Johansen 27,39(27,39)	89	Andøya SLK	56,77	618
12	Martin Skramstad 26,66(26,66)	89	Hamar IL	57,02	610
13	Marius Lund 27,30(27,30)	91	Tromsø SK	57,04	610
14	Christian Sunde 26,57(26,57)	89	Elverum Svømming	57,07	609
15	Jonas Kirkeberg Jostad 27,43(27,43)	92	Hamar IL	57,10	608
16	Halvor Ekeland 28,05(28,05)	89	Drammen SK	57,13	607
17	Jens Petter Loe 28,19(28,19)	89	Øvre Eiker SK	57,14	606
18	Alexander B. Havre 26,67(26,67)	90	Mandal SK	57,20	605
18	Ole Martin Ree 27,96(27,96)	92	TS/Sola SK	57,20	605
20	Per Sondre Sodeland 27,15(27,15)	91	Mandal SK	57,30	601
20	Mathias Sørstrand Æsøy 27,26(27,26)	90	Florø SLK	57,30	601
22	Zoltan Csernai 27,72(27,72)	93	Åstveit SK	57,38	599
23	Elias Damman 28,65(28,65)	89	Bærum/NTG	57,79	586
24	Emil Brennløkken 27,69(27,69)	89	Vestbyen IL	57,97	581
25	Mikael Bergene 28,95(28,95)	91	Lambertseter SK	1.00,09	521

## Funksjonshemmede

1	Stian I Helgeland 37,54(37,54)	86	Team Stavanger	1.17,94	239	S6	117,95 %
2	Jørgen Tadvin 37,30(37,30)	83	Kolbotn IL	1.19,13	228	S6	119,75 %

### Øvelse 14. 200m butterfly, damer - Forsøk

Sponsor: Salong Wenche

#### Senior

1	Sara Nordenstam	83	Lambertseter SK	2.18,95	758
	31,65(31,65)	1.07,25(35,60)	1.42,67(35,42)	2.18,95(36,28)	
2	Monica Martinsen	83	Stavanger SC	2.27,93	628
	32,57(32,57)	1.09,66(37,09)	1.48,92(39,26)	2.27,93(39,01)	
3	Karolina Orleanski	86	Bærumsvømmerne	2.28,07	626
	32,88(32,88)	1.09,91(37,03)	1.48,35(38,44)	2.28,07(39,72)	
4	Ellen Magnussen	84	Sarpsborg IL	2.29,13	613
	32,63(32,63)	1.09,31(36,68)	1.48,65(39,34)	2.29,13(40,48)	

#### Junior

1	Karoline Brudvik Sanderud	89	Hamar IL	2.22,10	709
	31,79(31,79)	1.07,55(35,76)	1.44,52(36,97)	2.22,10(37,58)	
2	Line Løvberg	91	Lambertseter SK	2.24,69	671
	32,34(32,34)	1.08,40(36,06)	1.45,98(37,58)	2.24,69(38,71)	
3	Elisabeth H. Svensson	91	Ski SK	2.29,98	603
	32,33(32,33)	1.10,49(38,16)	1.51,09(40,60)	2.29,98(38,89)	
4	Helene Lybak	90	BS/Delfana	2.31,85	581
	33,51(33,51)	1.12,18(38,67)	1.52,47(40,29)	2.31,85(39,38)	
5	Stine Vindenes	93	Vestkantsvømmerne	2.32,36	575
	33,35(33,35)	1.12,18(38,83)	1.52,46(40,28)	2.32,36(39,90)	
6	Mina-Louise Bekk Berggren	92	Lambertseter SK	2.32,52	573
	34,06(34,06)	1.12,63(38,57)	1.52,67(40,04)	2.32,52(39,85)	
7	Sara Pettersen	91	Fauske SK	2.33,36	564
	33,22(33,22)	1.10,78(37,56)	1.51,23(40,45)	2.33,36(42,13)	
8	Monica Johannessen	90	Karmøy SK	2.33,49	562
	34,03(34,03)	1.13,01(38,98)	1.53,70(40,69)	2.33,49(39,79)	
9	Terese Langlo	89	Skjetten Svømming	2.34,99	546
	34,19(34,19)	1.11,76(37,57)	1.51,45(39,69)	2.34,99(43,54)	
10	Pernille Thorstensen	89	Vågsbygd SLK	2.36,30	532
	34,42(34,42)	1.13,83(39,41)	1.54,79(40,96)	2.36,30(41,51)	
11	Camilla Borchgrevink	90	Ski SK	2.37,04	525
	33,91(33,91)	1.13,32(39,41)	1.54,50(41,18)	2.37,04(42,54)	
12	Oona Ovesen	92	Elverum Svømming	2.37,15	524
	35,12(35,12)	1.15,48(40,36)	1.56,44(40,96)	2.37,15(40,71)	
13	Victoria Rung	92	TS/Frisinn	2.37,89	516
	34,47(34,47)	1.13,99(39,52)	1.54,85(40,86)	2.37,89(43,04)	
14	Nora Næss	93	Haldens SK	2.38,45	511
	34,01(34,01)	1.12,81(38,80)	1.55,27(42,46)	2.38,45(43,18)	
15	Maren Gramvik	90	Vågsbygd SLK	2.39,21	504
	33,93(33,93)	1.13,46(39,53)	1.54,49(41,03)	2.39,21(44,72)	
16	Katrine Ekstang	92	Setermoen SK	2.39,79	498
	34,88(34,88)	1.15,48(40,60)	1.56,96(41,48)	2.39,79(42,83)	
17	Oda Martine Reiertsen	89	Hamar IL	2.39,98	496
	33,72(33,72)	1.13,45(39,73)	1.56,95(43,50)	2.39,98(43,03)	
18	Jacqueline Knutsson	93	Kongstensvømmerne	2.41,08	486
	34,85(34,85)	1.16,60(41,75)	1.58,77(42,17)	2.41,08(42,31)	
19	Marina Rasmussen	89	Arna SLK	2.42,10	477
	34,13(34,13)	1.13,45(39,32)	1.56,18(42,73)	2.42,10(45,92)	
20	Thea Pedersen	91	Moss SK	2.43,03	469
	34,60(34,60)	1.14,98(40,38)	1.58,62(43,64)	2.43,03(44,41)	
21	Guro Knutsen	91	Øvre Eiker SK	2.45,09	452
	34,47(34,47)	1.14,80(40,33)	1.58,38(43,58)	2.45,09(46,71)	
22	Ingse Bergh Monsen	92	Bergens SC	2.45,65	447
	35,50(35,50)	1.17,05(41,55)	2.01,60(44,55)	2.45,65(44,05)	
23	Charlotte Dietrich	88	Lambertseter SK	2.51,35	404
	36,34(36,34)	1.18,19(41,85)	2.03,53(45,34)	2.51,35(47,82)	

## Øvelse 15. 200m bryst, herrer - Forsøk

Sponsor: Tip Top Hårsenter

## Senior

1	Alexander Dale Oen	85	Vestkantsvømmerne	2.24,55	742
	31,89(31,89)	1.08,16(36,27)	1.46,32(38,16)	2.24,55(38,23)	
2	Robert Aronsen	86	Bærumsvømmerne	2.27,46	699
	34,19(34,19)	1.10,96(36,77)	1.48,46(37,50)	2.27,46(39,00)	
3	Daniel Aronsen	86	Bærumsvømmerne	2.37,17	577
	34,31(34,31)	1.14,00(39,69)	1.55,74(41,74)	2.37,17(41,43)	
4	Alexander Mokkalbost	87	Vestbyen IL	2.41,22	535
	34,31(34,31)	1.14,50(40,19)	1.57,20(42,70)	2.41,22(44,02)	

## Junior

1	Ronnie Anstensen	88	Skjetten Svømming	2.27,74	695
	33,60(33,60)	1.10,85(37,25)	1.49,04(38,19)	2.27,74(38,70)	
2	Marcus Tesdal	90	BS/Åstveit	2.28,87	679
	33,88(33,88)	1.11,79(37,91)	1.50,53(38,74)	2.28,87(38,34)	
3	Eirik Ravnán	89	Hamar IL	2.29,69	668
	34,06(34,06)	1.11,60(37,54)	1.50,05(38,45)	2.29,69(39,64)	
4	Robin Palm	88	Sarpsborg IL	2.30,03	664
	34,09(34,09)	1.12,42(38,33)	1.50,76(38,34)	2.30,03(39,27)	
5	Sebastian Wigstrøm	91	Bærumsvømmerne	2.31,68	642
	35,06(35,06)	1.13,46(38,40)	1.52,54(39,08)	2.31,68(39,14)	
6	Sten Marius Holmen	89	Ski SK/NTG	2.33,74	617
	33,53(33,53)	1.11,43(37,90)	1.52,06(40,63)	2.33,74(41,68)	
7	Mattis Saghaug	90	IL Varg/NTG	2.34,29	610
	33,67(33,67)	1.12,35(38,68)	1.52,79(40,44)	2.34,29(41,50)	
8	Kristoffer Meisler	90	Tverlandet IL	2.34,42	609
	35,64(35,64)	1.14,61(38,97)	1.54,19(39,58)	2.34,42(40,23)	
9	Martin Steffensen	89	BS/Arna	2.34,68	606
	33,47(33,47)	1.12,44(38,97)	1.53,72(41,28)	2.34,68(40,96)	
10	Johannes Framnes	89	BS/Arna	2.34,74	605
	33,85(33,85)	1.14,20(40,35)	1.54,70(40,50)	2.34,74(40,04)	
11	André Eide	89	Narvik SK	2.35,18	600
	35,15(35,15)	1.14,75(39,60)	1.54,04(39,29)	2.35,18(41,14)	
12	Sindre Søderlund	91	Vestbyen IL	2.35,32	598
	34,19(34,19)	1.14,48(40,29)	1.55,12(40,64)	2.35,32(40,20)	
13	Sverre Næss	92	Sarpsborg IL	2.35,39	597
	34,85(34,85)	1.14,69(39,84)	1.55,89(41,20)	2.35,39(39,50)	
14	Evgeny (John) Lekhmus	91	Tromsø SK	2.35,75	593
	35,56(35,56)	1.14,70(39,14)	1.54,32(39,62)	2.35,75(41,43)	
15	Martin Åsheim	90	Lørenskog/Rælingen	2.39,00	558
	34,78(34,78)	1.14,42(39,64)	1.56,13(41,71)	2.39,00(42,87)	
16	Erling Mjøs Brattelid	91	TS/Sola SK	2.39,19	556
	35,11(35,11)	1.16,33(41,22)	1.58,61(42,28)	2.39,19(40,58)	
17	Hans Østerdal	93	Stavanger SC	2.39,30	554
	35,04(35,04)	1.15,77(40,73)	1.57,98(42,21)	2.39,30(41,32)	
18	Haakon Walderhaug	88	Molde SLK	2.39,63	551
	34,18(34,18)	1.14,53(40,35)	1.56,61(42,08)	2.39,63(43,02)	
19	Sindre Vikane	88	Vestkantsvømmerne	2.40,20	545
	34,86(34,86)	1.15,64(40,78)	1.57,32(41,68)	2.40,20(42,88)	
20	Martin Hals	91	Øvre Eiker SK	2.44,70	502
	37,34(37,34)	1.19,30(41,96)	2.01,92(42,62)	2.44,70(42,78)	
21	Benjamin Marum	88	Vestkantsvømmerne	2.45,30	496
	36,09(36,09)	1.18,10(42,01)	1.59,95(41,85)	2.45,30(45,35)	
22	Thomas W. Kristiansen	89	Ski SK	2.46,16	489
	35,62(35,62)	1.17,37(41,75)	2.01,99(44,62)	2.46,16(44,17)	

## Øvelse 16. 100m rygg, damer - Forsøk

Sponsor: Veolia

## Senior

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	(0,73)	1.08,59	682
	33,37(33,37)	1.08,59(35,22)				
2	Sara Nordenstam	83	Lambertseter SK	(0,79)	1.10,08	639
	33,91(33,91)	1.10,08(36,17)				
3	Monica Martinsen	83	Stavanger SC	(0,83)	1.10,95	616
	35,09(35,09)	1.10,95(35,86)				
4	Linn Mari Høgalmen	87	TS/Madla SK	(0,89)	1.13,20	561
	35,63(35,63)	1.13,20(37,57)				

## Junior

1	Ingvild Snildal	88	Asker SK	(0,81)	1.03,55	858	NR
	31,09(31,09)	1.03,55(32,46)					
2	Katharina Stiberg	88	Bjerkvik SK	(0,69)	1.05,93	768	
	31,83(31,83)	1.05,93(34,10)					
3	Cecilie Johannessen	90	Karmøy SK	(0,62)	1.07,48	716	
	33,09(33,09)	1.07,48(34,39)					
4	Gina B. Andersen	90	Skjetten Svømming/NTG	(0,81)	1.08,83	675	
	33,83(33,83)	1.08,83(35,00)					
5	Heidi Vainio Gjøn	88	Lambertseter SK	(0,72)	1.09,49	656	
	34,16(34,16)	1.09,49(35,33)					
6	Margrete Nyhus Ulvestad	88	BS/Åstveit	(0,73)	1.09,57	654	
	33,77(33,77)	1.09,57(35,80)					
7	Elise Utne	89	Narvik SK	(0,70)	1.09,77	648	
	33,77(33,77)	1.09,77(36,00)					
8	Victoria T. Solberg	89	Horten/NTG	(0,84)	1.10,89	618	
	34,60(34,60)	1.10,89(36,29)					
9	Malin Frestad	91	Kristiansand SA	(0,61)	1.10,98	615	
	34,62(34,62)	1.10,98(36,36)					
10	Maren Allum	90	Bergens SC	(0,74)	1.10,99	615	
	34,49(34,49)	1.10,99(36,50)					
11	Seline Vike Holm	92	Arna SLK	(0,68)	1.11,13	611	
	34,49(34,49)	1.11,13(36,64)					
12	Vibeke Browne	89	Bærumsvømmerne	(0,69)	1.12,01	589	
	34,89(34,89)	1.12,01(37,12)					
13	Katja Heinänen	90	BS/Bergen SLK	(0,66)	1.12,12	587	
	35,00(35,00)	1.12,12(37,12)					
14	Trine A. Olsen	90	Fauske SK	(0,87)	1.13,01	565	
	35,30(35,30)	1.13,01(37,71)					
15	Trine Hovda	90	TS/Madla SK	(0,66)	1.13,15	562	
	35,17(35,17)	1.13,15(37,98)					
16	Thea Pedersen	91	Moss SK	(0,73)	1.13,20	561	
	35,88(35,88)	1.13,20(37,32)					
17	Ingrid Elise Woll	93	Narvik SK	(0,67)	1.13,76	548	
	35,93(35,93)	1.13,76(37,83)					
18	Mariell A. Arnesen	90	Larvik SK	(0,67)	1.13,83	547	
	35,52(35,52)	1.13,83(38,31)					
19	Anine Dannemark	90	Ås IL	(0,74)	1.13,94	544	
	35,41(35,41)	1.13,94(38,53)					
20	Cecilie Lorgen Lübbe	90	Aalesund SLK	(0,71)	1.14,80	526	
	36,41(36,41)	1.14,80(38,39)					
21	Ida Nordbø	89	TS/Madla SK	(0,65)	1.14,96	522	
	34,99(34,99)	1.14,96(39,97)					
22	Iselin Mjøllner Dahlen	92	Skjetten Svømming	(0,72)	1.14,99	522	
	36,69(36,69)	1.14,99(38,30)					
23	Nora Kathrine Guthe	91	Asker SK	(0,74)	1.15,39	513	
	36,25(36,25)	1.15,39(39,14)					
24	Emma Isdahl	92	Lambertseter SK	(0,79)	1.16,01	501	
	37,06(37,06)	1.16,01(38,95)					

## Funksjonshemmede

1	Mariann Vestbøstad	84	Vestkantsvømmerne	(0,69)	1.19,96	430	S8	101,73 %
	39,54(39,54)	1.19,96(40,42)						
2	Ingvill S. Hilleren	90	Vestkantsvømmerne	(1,03)	1.46,16	184	S6	120,9 %
	51,53(51,53)	1.46,16(54,63)						
3	Ingrid Djupskås	89	Asker SK	(0,90)	1.46,16	184	S10	146,93 %
	52,56(52,56)	1.46,16(53,60)						
4	Linn Blummenfelt	88	Vestkantsvømmerne	(1,32)	2.11,26	97	S7	153,41 %
	1.05,50(1.05,50)	2.11,26(1.05,76)						

**Øvelse 17. 50m butterfly, herrer - Forsøk**  
**Sponsor: Lås og Sikring**

## Senior

1	Alexander Hetland	82	Bærumsvømmerne	25,07	833
2	Bjørnar Gaasvik	79	IL Varg	26,02	745
3	Petter Solberg	85	BS/Delfana	26,05	742
4	Dan Magnus Skibrek	87	Øvre Eiker SK	26,11	737
5	Ørjan Cato Johnsen	85	BS/Bergen SLK	26,34	718
6	Pål Gunnar Normann	81	Vestkantsvømmerne	26,37	715
7	Alexander Broberg Skeltved	87	Tromsø SK	26,46	708
8	Thomas Ole Fadnes	87	Stavanger SC	26,81	681
9	Kim Henriksen	79	BS/Delfana	26,96	669
10	Tor Joachim Bjørnstad	84	Hamar IL	27,06	662
11	Thor Kristian Østenå Larsen	86	Bergens SC	27,19	653
12	Øystein Gaasvik	82	Vestbyen IL	27,28	646
13	Sander Smørdal	85	BS/Arna	27,58	625
14	Rune Christensen	69	IL Varg	27,70	617

## Junior

1	Alexander B. Havre	90	Mandal SK	26,17	732	
2	Øystein R. Hetland	89	Bærum/NTG	26,32	719	
3	Jørgen Møllerop	88	TS/Madla SK	26,45	709	
4	Marcus Tesdal	90	BS/Åstveit	26,66	692	
5	Ole-Wilhelm Norseng	88	Hamar IL	27,17	654	
6	Tor Hafnor	91	Bærumsvømmerne	27,23	650	
7	Christer Koch Kvam	90	Bærum/NTG	27,32	643	DF
8	Stian S. Langeland	89	Bergens SC	27,32	643	DE
9	Christoffer Sørstrand Æsøy	88	Asker SK	27,47	633	
10	John Hage Gaarder	89	Lørenskog/Rælingen	27,53	629	
11	Øivind A. S. Reinertsen	88	Kristiansand SA	27,70	617	
12	Rune Johansen	89	Andøya SLK	27,78	612	
13	Anders Espeland Seljeflot	88	BS/Bergen SLK	27,92	603	
13	Stian Andreas Evja	90	Lambertseter SK	27,92	603	
15	Mathias Sørstrand Æsøy	90	Florø SLK	27,94	601	
16	Ole Andreas Kolaas	89	BS/Delfana	27,99	598	
17	Mats Gøran Høgenhaug	93	Namsos SK	28,00	598	
18	Jens Petter Loe	89	Øvre Eiker SK	28,06	594	
19	Antonis Xepapadakis	90	IL Varg	28,07	593	
20	Sindri T. Jakobsson	91	Delfana	28,13	589	
21	Halvor Ekeland	89	Drammen SK	28,16	587	
22	Sindre Vikane	88	Vestkantsvømmerne	28,39	573	

23	Thomas W. Kristiansen	89	Ski SK	28,46	569
24	Geir T. Kristiansen	90	Larvik SK	28,47	568
25	Marius Lund	91	Tromsø SK	28,50	567
26	Bjørn Emil Evensen	91	Gjøvik SK	28,51	566
26	Christian Juvik	93	Stavanger SC	28,51	566
28	Ole Martin Ree	92	TS/Sola SK	28,58	562
29	Pål Henriksen Spjelkavik	88	Vestbyen IL	28,74	552
30	Martin Steffensen	89	BS/Arna	29,02	537
31	Jonas Kirkeberg Jostad	92	Hamar IL	29,29	522
32	Sindre Mowatt Gruben	92	Bergens SC	29,68	502

### Øvelse 18. 800m fri, damer - Direkte finale – Foreløpig før siste heat

Sponsor: Namsos Audiosenter

#### Junior

1	Siri Anette Sønju	92	Øvre Eiker SK	9.38,77	650
	32,81(32,81)	1.08,19(35,38)	1.44,81(36,62)	2.21,33(36,52)	
	2.58,24(36,91)	3.34,34(36,10)	4.10,72(36,38)	4.47,22(36,50)	
	5.23,79(36,57)	6.00,12(36,33)	6.36,77(36,65)	7.13,61(36,84)	
	7.50,20(36,59)	8.26,56(36,36)	9.02,90(36,34)	9.38,77(35,87)	
2	Rebecca Johnsen	88	BS/Åstveit	9.39,61	648
	32,67(32,67)	1.08,12(35,45)	1.44,59(36,47)	2.21,33(36,74)	
	2.57,68(36,35)	3.33,92(36,24)	4.10,48(36,56)	4.47,56(37,08)	
	5.24,21(36,65)	6.01,07(36,86)	6.37,79(36,72)	7.15,28(37,49)	
	7.51,80(36,52)	8.28,93(37,13)	9.04,98(36,05)	9.39,61(34,63)	
3	Katrine Ekstang	92	Setermoen SK	9.40,74	644
	33,32(33,32)	1.09,73(36,41)	1.46,29(36,56)	2.22,94(36,65)	
	2.59,70(36,76)	3.36,87(37,17)	4.13,60(36,73)	4.50,81(37,21)	
	5.27,76(36,95)	6.05,18(37,42)	6.41,67(36,49)	7.18,52(36,85)	
	7.54,01(35,49)	8.30,57(36,56)	9.06,10(35,53)	9.40,74(34,64)	
4	Ingrid Marie Rytter	91	Vestbyen IL	9.43,55	635
	33,45(33,45)	1.09,94(36,49)	1.46,77(36,83)	2.24,03(37,26)	
	3.00,45(36,42)	3.36,88(36,43)	4.13,15(36,27)	4.49,71(36,56)	
	5.26,61(36,90)	6.03,59(36,98)	6.40,66(37,07)	7.18,09(37,43)	
	7.54,82(36,73)	8.31,37(36,55)	9.07,77(36,40)	9.43,55(35,78)	
5	Terese Fosby	92	Kongstensvømmene	9.45,11	630
	33,25(33,25)	1.09,65(36,40)	1.46,32(36,67)	2.22,75(36,43)	
	2.59,71(36,96)	3.37,31(37,60)	4.14,36(37,05)	4.51,50(37,14)	
	5.28,54(37,04)	6.05,73(37,19)	6.42,94(37,21)	7.19,85(36,91)	
	7.56,88(37,03)	8.33,26(36,38)	9.09,89(36,63)	9.45,11(35,22)	
6	Eva Marie Østerhus	94	Sola SK	9.46,00	627
	33,34(33,34)	1.09,00(35,66)	1.45,36(36,36)	2.22,06(36,70)	
	2.58,99(36,93)	3.36,16(37,17)	4.13,20(37,04)	4.50,41(37,21)	
	5.27,49(37,08)	6.04,99(37,50)	6.42,38(37,39)	7.19,90(37,52)	
	7.57,27(37,37)	8.34,55(37,28)	9.10,70(36,15)	9.46,00(35,30)	
7	Stine K. Jansen	90	Moss SK	9.48,54	619
	32,84(32,84)	1.08,78(35,94)	1.45,29(36,51)	2.22,43(37,14)	
	2.59,35(36,92)	3.36,53(37,18)	4.13,36(36,83)	4.50,60(37,24)	
	5.27,75(37,15)	6.05,00(37,25)	6.42,39(37,39)	7.19,92(37,53)	
	7.57,30(37,38)	8.34,72(37,42)	9.12,00(37,28)	9.48,54(36,54)	
8	Emilie Hellerud	92	Lambertseter SK	9.49,97	614
	33,77(33,77)	1.10,38(36,61)	1.47,89(37,51)	2.25,21(37,32)	
	3.02,92(37,71)	3.40,62(37,70)	4.18,13(37,51)	4.55,96(37,83)	
	5.33,15(37,19)	6.10,73(37,58)	6.47,88(37,15)	7.24,88(37,00)	
	8.02,06(37,18)	8.39,21(37,15)	9.15,81(36,60)	9.49,97(34,16)	
9	Pia Cornelia Braarud	93	Lambertseter SK	9.50,22	613
	33,96(33,96)	1.11,09(37,13)	1.48,58(37,49)	2.26,63(38,05)	
	3.03,96(37,33)	3.41,74(37,78)	4.18,87(37,13)	4.56,19(37,32)	
	5.33,80(37,61)	6.10,86(37,06)	6.48,01(37,15)	7.25,10(37,09)	
	8.02,19(37,09)	8.39,19(37,00)	9.15,46(36,27)	9.50,22(34,76)	
10	Martine Bremer	90	Bergen SLK	9.58,40	589
	33,27(33,27)	1.09,34(36,07)	1.46,48(37,14)	2.24,14(37,66)	
	3.02,08(37,94)	3.40,17(38,09)	4.18,15(37,98)	4.56,34(38,19)	
	5.34,28(37,94)	6.12,39(38,11)	6.50,00(37,61)	7.28,37(38,37)	
	8.06,69(38,32)	8.44,77(38,08)	9.22,15(37,38)	9.58,40(36,25)	

11	Susann Bjørnsen	93	Setermoen SK	9.58,92	587
	33.03(33,03)	1.10,67(37,64)	1.48,62(37,95)	2.26,13(37,51)	
	3.04,00(37,87)	3.42,38(38,38)	4.20,35(37,97)	4.58,85(38,50)	
	5.36,34(37,49)	6.14,82(38,48)	6.52,74(37,92)	7.30,59(37,85)	
	8.08,04(37,45)	8.45,59(37,55)	9.23,21(37,62)	9.58,92(35,71)	
12	June J. Kristiansen	90	Delfana	10.06,90	564
	34,00(34,00)	1.10,61(36,61)	1.48,16(37,55)	2.25,83(37,67)	
	3.03,68(37,85)	3.41,78(38,10)	4.20,15(38,37)	4.57,89(37,74)	
	5.36,63(38,74)	6.15,01(38,38)	6.53,99(38,98)	7.32,50(38,51)	
	8.11,42(38,92)	8.50,05(38,63)	9.29,19(39,14)	10.06,90(37,71)	
13	Elisabet Arnesen	89	Hamar IL	10.08,67	559
	34,18(34,18)	1.10,67(36,49)	1.47,68(37,01)	2.24,80(37,12)	
	3.02,34(37,54)	3.39,95(37,61)	4.17,61(37,66)	4.55,57(37,96)	
	5.34,03(38,46)	6.12,78(38,75)	6.51,85(39,07)	7.31,21(39,36)	
	8.10,82(39,61)	8.50,25(39,43)	9.29,99(39,74)	10.08,67(38,68)	
14	Inger-Cathrine Wium	92	Øvre Eiker SK	10.22,33	523
	34,32(34,32)	1.12,06(37,74)	1.50,76(38,70)	2.30,19(39,43)	
	3.09,41(39,22)	3.48,85(39,44)	4.28,54(39,69)	5.07,94(39,40)	
	5.47,47(39,53)	6.26,93(39,46)	7.06,20(39,27)	7.46,19(39,99)	
	8.25,65(39,46)	9.05,17(39,52)	9.44,31(39,14)	10.22,33(38,02)	
15	Emilie Voraa	91	Bærumsvømmerne	10.25,26	516
	33,76(33,76)	1.11,04(37,28)	1.49,35(38,31)	2.27,49(38,14)	
	3.06,32(38,83)	3.45,92(39,60)	4.25,58(39,66)	5.04,80(39,22)	
	5.44,59(39,79)	6.24,90(40,31)	7.04,55(39,65)	7.44,74(40,19)	
	8.24,98(40,24)	9.05,30(40,32)	9.45,94(40,64)	10.25,26(39,32)	

## Senior

1	Siri Anette Sønju	92	Øvre Eiker SK	9.38,77	650
	32,81(32,81)	1.08,19(35,38)	1.44,81(36,62)	2.21,33(36,52)	
	2.58,24(36,91)	3.34,34(36,10)	4.10,72(36,38)	4.47,22(36,50)	
	5.23,79(36,57)	6.00,12(36,33)	6.36,77(36,65)	7.13,61(36,84)	
	7.50,20(36,59)	8.26,56(36,36)	9.02,90(36,34)	9.38,77(35,87)	
2	Rebecca Johnsen	88	BS/Åstveit	9.39,61	648
	32,67(32,67)	1.08,12(35,45)	1.44,59(36,47)	2.21,33(36,74)	
	2.57,68(36,35)	3.33,92(36,24)	4.10,48(36,56)	4.47,56(37,08)	
	5.24,21(36,65)	6.01,07(36,86)	6.37,79(36,72)	7.15,28(37,49)	
	7.51,80(36,52)	8.28,93(37,13)	9.04,98(36,05)	9.39,61(34,63)	
3	Katrine Ekstang	92	Setermoen SK	9.40,74	644
	33,32(33,32)	1.09,73(36,41)	1.46,29(36,56)	2.22,94(36,65)	
	2.59,70(36,76)	3.36,87(37,17)	4.13,60(36,73)	4.50,81(37,21)	
	5.27,76(36,95)	6.05,18(37,42)	6.41,67(36,49)	7.18,52(36,85)	
	7.54,01(35,49)	8.30,57(36,56)	9.06,10(35,53)	9.40,74(34,64)	
4	Ingrid Marie Rytter	91	Vestbyen IL	9.43,55	635
	33,45(33,45)	1.09,94(36,49)	1.46,77(36,83)	2.24,03(37,26)	
	3.00,45(36,42)	3.36,88(36,43)	4.13,15(36,27)	4.49,71(36,56)	
	5.26,61(36,90)	6.03,59(36,98)	6.40,66(37,07)	7.18,09(37,43)	
	7.54,82(36,73)	8.31,37(36,55)	9.07,77(36,40)	9.43,55(35,78)	
5	Terese Fosby	92	Kongstensvømmerne	9.45,11	630
	33,25(33,25)	1.09,65(36,40)	1.46,32(36,67)	2.22,75(36,43)	
	2.59,71(36,96)	3.37,31(37,60)	4.14,36(37,05)	4.51,50(37,14)	
	5.28,54(37,04)	6.05,73(37,19)	6.42,94(37,21)	7.19,85(36,91)	
	7.56,88(37,03)	8.33,26(36,38)	9.09,89(36,63)	9.45,11(35,22)	
6	Eva Marie Østerhus	94	Sola SK	9.46,00	627
	33,34(33,34)	1.09,00(35,66)	1.45,36(36,36)	2.22,06(36,70)	
	2.58,99(36,93)	3.36,16(37,17)	4.13,20(37,04)	4.50,41(37,21)	
	5.27,49(37,08)	6.04,99(37,50)	6.42,38(37,39)	7.19,90(37,52)	
	7.57,27(37,37)	8.34,55(37,28)	9.10,70(36,15)	9.46,00(35,30)	
7	Stine K. Jansen	90	Moss SK	9.48,54	619
	32,84(32,84)	1.08,78(35,94)	1.45,29(36,51)	2.22,43(37,14)	
	2.59,35(36,92)	3.36,53(37,18)	4.13,36(36,83)	4.50,60(37,24)	
	5.27,75(37,15)	6.05,00(37,25)	6.42,39(37,39)	7.19,92(37,53)	
	7.57,30(37,38)	8.34,72(37,42)	9.12,00(37,28)	9.48,54(36,54)	
8	Emilie Hellerud	92	Lambertseter SK	9.49,97	614
	33,77(33,77)	1.10,38(36,61)	1.47,89(37,51)	2.25,21(37,32)	
	3.02,92(37,71)	3.40,62(37,70)	4.18,13(37,51)	4.55,96(37,83)	
	5.33,15(37,19)	6.10,73(37,58)	6.47,88(37,15)	7.24,88(37,00)	
	8.02,06(37,18)	8.39,21(37,15)	9.15,81(36,60)	9.49,97(34,16)	

9	Pia Cornelia Braarud	93	Lambertseter SK	9.50,22	613
	33,96(33,96)	1.11,09(37,13)	1.48,58(37,49)	2.26,63(38,05)	
	3.03,96(37,33)	3.41,74(37,78)	4.18,87(37,13)	4.56,19(37,32)	
	5.33,80(37,61)	6.10,86(37,06)	6.48,01(37,15)	7.25,10(37,09)	
	8.02,19(37,09)	8.39,19(37,00)	9.15,46(36,27)	9.50,22(34,76)	
10	Martine Bremer	90	Bergen SLK	9.58,40	589
	33,27(33,27)	1.09,34(36,07)	1.46,48(37,14)	2.24,14(37,66)	
	3.02,08(37,94)	3.40,17(38,09)	4.18,15(37,98)	4.56,34(38,19)	
	5.34,28(37,94)	6.12,39(38,11)	6.50,00(37,61)	7.28,37(38,37)	
	8.06,69(38,32)	8.44,77(38,08)	9.22,15(37,38)	9.58,40(36,25)	
11	Susann Bjørnsen	93	Setermoen SK	9.58,92	587
	33,03(33,03)	1.10,67(37,64)	1.48,62(37,95)	2.26,13(37,51)	
	3.04,00(37,87)	3.42,38(38,38)	4.20,35(37,97)	4.58,85(38,50)	
	5.36,34(37,49)	6.14,82(38,48)	6.52,74(37,92)	7.30,59(37,85)	
	8.08,04(37,45)	8.45,59(37,55)	9.23,21(37,62)	9.58,92(35,71)	
12	June J. Kristiansen	90	Delfana	10.06,90	564
	34,00(34,00)	1.10,61(36,61)	1.48,16(37,55)	2.25,83(37,67)	
	3.03,68(37,85)	3.41,78(38,10)	4.20,15(38,37)	4.57,89(37,74)	
	5.36,63(38,74)	6.15,01(38,38)	6.53,99(38,98)	7.32,50(38,51)	
	8.11,42(38,92)	8.50,05(38,63)	9.29,19(39,14)	10.06,90(37,71)	
13	Elisabet Arnesen	89	Hamar IL	10.08,67	559
	34,18(34,18)	1.10,67(36,49)	1.47,68(37,01)	2.24,80(37,12)	
	3.02,34(37,54)	3.39,95(37,61)	4.17,61(37,66)	4.55,57(37,96)	
	5.34,03(38,46)	6.12,78(38,75)	6.51,85(39,07)	7.31,21(39,36)	
	8.10,82(39,61)	8.50,25(39,43)	9.29,99(39,74)	10.08,67(38,68)	
14	Inger-Cathrine Wium	92	Øvre Eiker SK	10.22,33	523
	34,32(34,32)	1.12,06(37,74)	1.50,76(38,70)	2.30,19(39,43)	
	3.09,41(39,22)	3.48,85(39,44)	4.28,54(39,69)	5.07,94(39,40)	
	5.47,47(39,53)	6.26,93(39,46)	7.06,20(39,27)	7.46,19(39,99)	
	8.25,65(39,46)	9.05,17(39,52)	9.44,31(39,14)	10.22,33(38,02)	
15	Emilie Voraa	91	Bærumsvømmerne	10.25,26	516
	33,76(33,76)	1.11,04(37,28)	1.49,35(38,31)	2.27,49(38,14)	
	3.06,32(38,83)	3.45,92(39,60)	4.25,58(39,66)	5.04,80(39,22)	
	5.44,59(39,79)	6.24,90(40,31)	7.04,55(39,65)	7.44,74(40,19)	
	8.24,98(40,24)	9.05,30(40,32)	9.45,94(40,64)	10.25,26(39,32)	

### Øvelse 19. 1500m fri, herrer - Direkte finale – Foreløpig før siste heat

Sponsor: Sparebank1

#### Junior

1	Sindre Nilo	90	Sandefjord SK/NTG	16.50,00	685
	30,23(30,23)	1.03,22(32,99)	1.36,57(33,35)	2.10,07(33,50)	
	2.43,70(33,63)	3.17,37(33,67)	3.50,93(33,56)	4.24,57(33,64)	
	4.58,33(33,76)	5.32,22(33,89)	6.05,83(33,61)	6.39,47(33,64)	
	7.13,16(33,69)	7.46,94(33,78)	8.20,85(33,91)	8.54,77(33,92)	
	9.28,66(33,89)	10.02,58(33,92)	10.36,62(34,04)	11.10,60(33,98)	
	11.44,69(34,09)	12.18,78(34,09)	12.52,97(34,19)	13.27,24(34,27)	
	14.01,76(34,52)	14.35,80(34,04)	15.10,04(34,24)	15.44,13(34,09)	
	16.18,35(34,22)	16.50,00(31,65)			
2	Elias Damman	89	Bærum/NTG	16.59,35	666
	30,87(30,87)	1.04,40(33,53)	1.38,27(33,87)	2.12,73(34,46)	
	2.46,76(34,03)	3.20,96(34,20)	3.54,83(33,87)	4.28,88(34,05)	
	5.03,12(34,24)	5.37,53(34,41)	6.11,46(33,93)	6.45,78(34,32)	
	7.19,81(34,03)	7.54,24(34,43)	8.28,42(34,18)	9.02,80(34,38)	
	9.36,87(34,07)	10.10,96(34,09)	10.44,82(33,86)	11.19,33(34,51)	
	11.53,47(34,14)	12.28,17(34,70)	13.02,52(34,35)	13.36,92(34,40)	
	14.11,05(34,13)	14.45,71(34,66)	15.19,85(34,14)	15.53,89(34,04)	
	16.27,18(33,29)	16.59,35(32,17)			
3	Zoltan Csernai	93	Åstveit SK	17.09,53	647
	30,82(30,82)	1.04,03(33,21)	1.38,11(34,08)	2.12,21(34,10)	
	2.46,73(34,52)	3.20,96(34,23)	3.55,68(34,72)	4.29,72(34,04)	
	5.04,21(34,49)	5.38,79(34,58)	6.13,45(34,66)	6.48,01(34,56)	
	7.22,65(34,64)	7.57,46(34,81)	8.31,65(34,19)	9.06,33(34,68)	
	9.41,14(34,81)	10.16,05(34,91)	10.50,64(34,59)	11.25,36(34,72)	
	11.59,71(34,35)	12.34,84(35,13)	13.08,96(34,12)	13.43,97(35,01)	
	14.18,11(34,14)	14.52,96(34,85)	15.27,79(34,83)	16.02,78(34,99)	
	16.36,38(33,60)	17.09,53(33,15)			



4	Jørn Nygård	92	Stavanger SC	17.26,12	616
	29,65(29,65)	1.02,88(33,23)	1.37,53(34,65)	2.12,09(34,56)	
	2.47,12(35,03)	3.22,11(34,99)	3.57,31(35,20)	4.32,84(35,53)	
	5.08,12(35,28)	5.43,49(35,37)	6.18,42(34,93)	6.53,65(35,23)	
	7.29,02(35,37)	8.04,59(35,57)	8.39,97(35,38)	9.15,07(35,10)	
	9.50,49(35,42)	10.25,97(35,48)	11.01,14(35,17)	11.36,69(35,55)	
	12.12,16(35,47)	12.47,52(35,36)	13.22,53(35,01)	13.57,42(34,89)	
	14.32,72(35,30)	15.07,82(35,10)	15.43,09(35,27)	16.17,99(34,90)	
	16.52,47(34,48)	17.26,12(33,65)			
5	Espen Halhjem	92	Delfana	17.32,13	606
	31,85(31,85)	1.06,23(34,38)	1.41,73(35,50)	2.16,48(34,75)	
	2.51,46(34,98)	3.27,09(35,63)	4.02,53(35,44)	4.37,40(34,87)	
	5.12,57(35,17)	5.47,61(35,04)	6.22,54(34,93)	6.57,83(35,29)	
	7.33,02(35,19)	8.08,10(35,08)	8.43,72(35,62)	9.18,86(35,14)	
	9.54,38(35,52)	10.29,76(35,38)	11.05,39(35,63)	11.40,75(35,36)	
	12.16,09(35,34)	12.51,40(35,31)	13.27,07(35,67)	14.02,50(35,43)	
	14.37,78(35,28)	15.13,19(35,41)	15.48,62(35,43)	16.24,09(35,47)	
	16.59,27(35,18)	17.32,13(32,86)			
6	Eivind Johannesen	92	Åstveit SK	17.51,06	574
	32,15(32,15)	1.06,86(34,71)	1.42,08(35,22)	2.17,49(35,41)	
	2.52,66(35,17)	3.28,11(35,45)	4.03,40(35,29)	4.39,35(35,95)	
	5.14,82(35,47)	5.50,94(36,12)	6.26,15(35,21)	7.02,23(36,08)	
	7.37,79(35,56)	8.13,98(36,19)	8.49,95(35,97)	9.26,17(36,22)	
	10.02,51(36,34)	10.38,61(36,10)	11.14,24(35,63)	11.50,52(36,28)	
	12.26,39(35,87)	13.02,22(35,83)	13.38,33(36,11)	14.14,73(36,40)	
	14.51,15(36,42)	15.27,83(36,68)	16.04,18(36,35)	16.40,62(36,44)	
	17.16,40(35,78)	17.51,06(34,66)			
7	Øyvind Gevelt	91	Øvre Eiker SK	17.51,23	574
	33,00(33,00)	1.08,09(35,09)	1.43,57(35,48)	2.18,92(35,35)	
	2.54,56(35,64)	3.30,35(35,79)	4.05,98(35,63)	4.41,58(35,60)	
	5.17,53(35,95)	5.53,49(35,96)	6.29,79(36,30)	7.05,86(36,07)	
	7.42,52(36,66)	8.18,66(36,14)	8.55,02(36,36)	9.31,28(36,26)	
	10.07,92(36,64)	10.43,97(36,05)	11.19,82(35,85)	11.56,03(36,21)	
	12.32,53(36,50)	13.08,85(36,32)	13.44,85(36,00)	14.20,76(35,91)	
	14.56,89(36,13)	15.32,70(35,81)	16.08,30(35,60)	16.43,80(35,50)	
	17.18,89(35,09)	17.51,23(32,34)			
8	Haakon Undheim	91	Karmøy SK	17.55,17	568
	31,40(31,40)	1.06,58(35,18)	1.41,95(35,37)	2.18,04(36,09)	
	2.53,76(35,72)	3.30,27(36,51)	4.05,97(35,70)	4.41,81(35,84)	
	5.18,15(36,34)	5.54,34(36,19)	6.30,65(36,31)	7.06,67(36,02)	
	7.43,33(36,66)	8.19,49(36,16)	8.55,63(36,14)	9.32,11(36,48)	
	10.07,97(35,86)	10.44,10(36,13)	11.20,35(36,25)	11.56,66(36,31)	
	12.32,64(35,98)	13.08,74(36,10)	13.44,87(36,13)	14.21,08(36,21)	
	14.57,95(36,87)	15.33,74(35,79)	16.09,95(36,21)	16.45,57(35,62)	
	17.21,03(35,46)	17.55,17(34,14)			
9	Tor-Arne Hegvik	90	Trondheim SLK	18.06,21	551
	32,10(32,10)	1.07,20(35,10)	1.43,44(36,24)	2.19,59(36,15)	
	2.56,02(36,43)	3.31,80(35,78)	4.08,60(36,80)	4.45,05(36,45)	
	5.21,92(36,87)	5.58,46(36,54)	6.35,11(36,65)	7.11,84(36,73)	
	7.48,93(37,09)	8.25,23(36,30)	9.02,35(37,12)	9.39,16(36,81)	
	10.15,56(36,40)	10.51,80(36,24)	11.28,59(36,79)	12.05,35(36,76)	
	12.41,80(36,45)	13.18,21(36,41)	13.54,92(36,71)	14.31,03(36,11)	
	15.07,63(36,60)	15.43,53(35,90)	16.20,07(36,54)	16.56,67(36,60)	
	17.32,60(35,93)	18.06,21(33,61)			
10	Espen Urdahl	89	Bærumsvømmerne	18.12,38	541
	30,92(30,92)	1.04,99(34,07)	1.40,44(35,45)	2.15,60(35,16)	
	2.51,09(35,49)	3.26,86(35,77)	4.03,09(36,23)	4.39,07(35,98)	
	5.15,69(36,62)	5.51,56(35,87)	6.28,12(36,56)	7.04,39(36,27)	
	7.40,97(36,58)	8.17,45(36,48)	8.54,29(36,84)	9.30,50(36,21)	
	10.07,42(36,92)	10.43,89(36,47)	11.20,69(36,80)	11.57,41(36,72)	
	12.34,78(37,37)	13.12,39(37,61)	13.49,68(37,29)	14.27,07(37,39)	
	15.04,58(37,51)	15.41,97(37,39)	16.19,63(37,66)	16.57,06(37,43)	
	17.34,67(37,61)	18.12,38(37,71)			
11	Christer M. Hagen	91	Fauske SK	18.21,85	528
	34,03(34,03)	1.09,91(35,88)	1.46,57(36,66)	2.22,83(36,26)	
	2.59,32(36,49)	3.35,99(36,67)	4.12,68(36,69)	4.49,13(36,45)	
	5.25,86(36,73)	6.02,73(36,87)	6.39,44(36,71)	7.16,36(36,92)	
	7.52,87(36,51)	8.29,86(36,99)	9.06,57(36,71)	9.43,35(36,78)	
	10.20,02(36,67)	10.57,32(37,30)	11.34,39(37,07)	12.11,81(37,42)	
	12.48,94(37,13)	13.26,48(37,54)	14.03,76(37,28)	14.41,22(37,46)	
	15.18,65(37,43)	15.56,59(37,94)	16.33,22(36,63)	17.09,62(36,40)	
	17.45,60(35,98)	18.21,85(36,25)			

12	Peder T. Haagensli	93	Larvik SK	18.23,31	525
	32,44(32,44)	1.08,71(36,27)	1.46,40(37,69)	2.23,28(36,88)	
	2.59,63(36,35)	3.35,89(36,26)	4.12,89(37,00)	4.49,17(36,28)	
	5.25,82(36,65)	6.02,58(36,76)	6.39,38(36,80)	7.16,00(36,62)	
	7.52,75(36,75)	8.29,78(37,03)	9.06,62(36,84)	9.43,69(37,07)	
	10.20,54(36,85)	10.57,57(37,03)	11.34,75(37,18)	12.11,90(37,15)	
	12.49,12(37,22)	13.26,25(37,13)	14.03,64(37,39)	14.40,70(37,06)	
	15.18,24(37,54)	15.55,85(37,61)	16.33,14(37,29)	17.09,95(36,81)	
	17.47,17(37,22)	18.23,31(36,14)			
13	Adrian A. Skogvold	91	Tverlandet IL	18.30,73	515
	32,16(32,16)	1.07,73(35,57)	1.44,26(36,53)	2.20,84(36,58)	
	2.58,05(37,21)	3.35,02(36,97)	4.12,00(36,98)	4.48,75(36,75)	
	5.25,83(37,08)	6.03,10(37,27)	6.39,91(36,81)	7.17,26(37,35)	
	7.54,43(37,17)	8.31,66(37,23)	9.08,97(37,31)	9.46,30(37,33)	
	10.23,43(37,13)	11.00,47(37,04)	11.37,73(37,26)	12.14,94(37,21)	
	12.52,43(37,49)	13.29,99(37,56)	14.07,46(37,47)	14.44,86(37,40)	
	15.22,72(37,86)	16.00,20(37,48)	16.38,25(38,05)	17.16,05(37,80)	
	17.53,80(37,75)	18.30,73(36,93)			
	Sigvart Evjen	91	Vestbyen IL	BRUTT	
<b>Senior</b>					
1	Sindre Nilo	90	Sandefjord SK/NTG	16.50,00	685
	30,23(30,23)	1.03,22(32,99)	1.36,57(33,35)	2.10,07(33,50)	
	2.43,70(33,63)	3.17,37(33,67)	3.50,93(33,56)	4.24,57(33,64)	
	4.58,33(33,76)	5.32,22(33,89)	6.05,83(33,61)	6.39,47(33,64)	
	7.13,16(33,69)	7.46,94(33,78)	8.20,85(33,91)	8.54,77(33,92)	
	9.28,66(33,89)	10.02,58(33,92)	10.36,62(34,04)	11.10,60(33,98)	
	11.44,69(34,09)	12.18,78(34,09)	12.52,97(34,19)	13.27,24(34,27)	
	14.01,76(34,52)	14.35,80(34,04)	15.10,04(34,24)	15.44,13(34,09)	
	16.18,35(34,22)	16.50,00(31,65)			
2	Elias Damman	89	Bærum/NTG	16.59,35	666
	30,87(30,87)	1.04,40(33,53)	1.38,27(33,87)	2.12,73(34,46)	
	2.46,76(34,03)	3.20,96(34,20)	3.54,83(33,87)	4.28,88(34,05)	
	5.03,12(34,24)	5.37,53(34,41)	6.11,46(33,93)	6.45,78(34,32)	
	7.19,81(34,03)	7.54,24(34,43)	8.28,42(34,18)	9.02,80(34,38)	
	9.36,87(34,07)	10.10,96(34,09)	10.44,82(33,86)	11.19,33(34,51)	
	11.53,47(34,14)	12.28,17(34,70)	13.02,52(34,35)	13.36,92(34,40)	
	14.11,05(34,13)	14.45,71(34,66)	15.19,85(34,14)	15.53,89(34,04)	
	16.27,18(33,29)	16.59,35(32,17)			
3	Zoltan Csernai	93	Åstveit SK	17.09,53	647
	30,82(30,82)	1.04,03(33,21)	1.38,11(34,08)	2.12,21(34,10)	
	2.46,73(34,52)	3.20,96(34,23)	3.55,68(34,72)	4.29,72(34,04)	
	5.04,21(34,49)	5.38,79(34,58)	6.13,45(34,66)	6.48,01(34,56)	
	7.22,65(34,64)	7.57,46(34,81)	8.31,65(34,19)	9.06,33(34,68)	
	9.41,14(34,81)	10.16,05(34,91)	10.50,64(34,59)	11.25,36(34,72)	
	11.59,71(34,35)	12.34,84(35,13)	13.08,96(34,12)	13.43,97(35,01)	
	14.18,11(34,14)	14.52,96(34,85)	15.27,79(34,83)	16.02,78(34,99)	
	16.36,38(33,60)	17.09,53(33,15)			
4	Jørn Nygård	92	Stavanger SC	17.26,12	616
	29,65(29,65)	1.02,88(33,23)	1.37,53(34,65)	2.12,09(34,56)	
	2.47,12(35,03)	3.22,11(34,99)	3.57,31(35,20)	4.32,84(35,53)	
	5.08,12(35,28)	5.43,49(35,37)	6.18,42(34,93)	6.53,65(35,23)	
	7.29,02(35,37)	8.04,59(35,57)	8.39,97(35,38)	9.15,07(35,10)	
	9.50,49(35,42)	10.25,97(35,48)	11.01,14(35,17)	11.36,69(35,55)	
	12.12,16(35,47)	12.47,52(35,36)	13.22,53(35,01)	13.57,42(34,89)	
	14.32,72(35,30)	15.07,82(35,10)	15.43,09(35,27)	16.17,99(34,90)	
	16.52,47(34,48)	17.26,12(33,65)			
5	Magnus Bru	87	Asker SK	17.28,70	612
	32,15(32,15)	1.06,58(34,43)	1.41,01(34,43)	2.15,43(34,42)	
	2.50,35(34,92)	3.25,18(34,83)	4.00,09(34,91)	4.34,93(34,84)	
	5.09,83(34,90)	5.44,75(34,92)	6.19,63(34,88)	6.54,75(35,12)	
	7.29,54(34,79)	8.04,89(35,35)	8.39,94(35,05)	9.15,18(35,24)	
	9.50,41(35,23)	10.25,60(35,19)	11.00,58(34,98)	11.35,78(35,20)	
	12.10,82(35,04)	12.46,23(35,41)	13.21,32(35,09)	13.57,12(35,80)	
	14.32,33(35,21)	15.07,81(35,48)	15.42,98(35,17)	16.18,48(35,50)	
	16.53,81(35,33)	17.28,70(34,89)			

6	Espen Halhjem	92	Delfana	17.32,13	606
	31,85(31,85)	1.06,23(34,38)	1.41,73(35,50)	2.16,48(34,75)	
	2.51,46(34,98)	3.27,09(35,63)	4.02,53(35,44)	4.37,40(34,87)	
	5.12,57(35,17)	5.47,61(35,04)	6.22,54(34,93)	6.57,83(35,29)	
	7.33,02(35,19)	8.08,10(35,08)	8.43,72(35,62)	9.18,86(35,14)	
	9.54,38(35,52)	10.29,76(35,38)	11.05,39(35,63)	11.40,75(35,36)	
	12.16,09(35,34)	12.51,40(35,31)	13.27,07(35,67)	14.02,50(35,43)	
	14.37,78(35,28)	15.13,19(35,41)	15.48,62(35,43)	16.24,09(35,47)	
	16.59,27(35,18)	17.32,13(32,86)			
7	Thor Kristian Østenå Larsen	86	Bergens SC	17.49,38	577
	31,17(31,17)	1.04,69(33,52)	1.38,97(34,28)	2.13,65(34,68)	
	2.48,63(34,98)	3.23,70(35,07)	3.59,28(35,58)	4.35,00(35,72)	
	5.10,56(35,56)	5.46,36(35,80)	6.22,23(35,87)	6.58,04(35,81)	
	7.33,71(35,67)	8.09,78(36,07)	8.45,92(36,14)	9.22,11(36,19)	
	9.58,04(35,93)	10.34,36(36,32)	11.10,64(36,28)	11.46,93(36,29)	
	12.22,76(35,83)	12.59,03(36,27)	13.35,06(36,03)	14.11,39(36,33)	
	14.47,93(36,54)	15.24,54(36,61)	16.01,06(36,52)	16.37,51(36,45)	
	17.14,00(36,49)	17.49,38(35,38)			
8	Eivind Johannesen	92	Åstveit SK	17.51,06	574
	32,15(32,15)	1.06,86(34,71)	1.42,08(35,22)	2.17,49(35,41)	
	2.52,66(35,17)	3.28,11(35,45)	4.03,40(35,29)	4.39,35(35,95)	
	5.14,82(35,47)	5.50,94(36,12)	6.26,15(35,21)	7.02,23(36,08)	
	7.37,79(35,56)	8.13,98(36,19)	8.49,95(35,97)	9.26,17(36,22)	
	10.02,51(36,34)	10.38,61(36,10)	11.14,24(35,63)	11.50,52(36,28)	
	12.26,39(35,87)	13.02,22(35,83)	13.38,33(36,11)	14.14,73(36,40)	
	14.51,15(36,42)	15.27,83(36,68)	16.04,18(36,35)	16.40,62(36,44)	
	17.16,40(35,78)	17.51,06(34,66)			
9	Øyvind Gevelt	91	Øvre Eiker SK	17.51,23	574
	33,00(33,00)	1.08,09(35,09)	1.43,57(35,48)	2.18,92(35,35)	
	2.54,56(35,64)	3.30,35(35,79)	4.05,98(35,63)	4.41,58(35,60)	
	5.17,53(35,95)	5.53,49(35,96)	6.29,79(36,30)	7.05,86(36,07)	
	7.42,52(36,66)	8.18,66(36,14)	8.55,02(36,36)	9.31,28(36,26)	
	10.07,92(36,64)	10.43,97(36,05)	11.19,82(35,85)	11.56,03(36,21)	
	12.32,53(36,50)	13.08,85(36,32)	13.44,85(36,00)	14.20,76(35,91)	
	14.56,89(36,13)	15.32,70(35,81)	16.08,30(35,60)	16.43,80(35,50)	
	17.18,89(35,09)	17.51,23(32,34)			
10	Haakon Undheim	91	Karmøy SK	17.55,17	568
	31,40(31,40)	1.06,58(35,18)	1.41,95(35,37)	2.18,04(36,09)	
	2.53,76(35,72)	3.30,27(36,51)	4.05,97(35,70)	4.41,81(35,84)	
	5.18,15(36,34)	5.54,34(36,19)	6.30,65(36,31)	7.06,67(36,02)	
	7.43,33(36,66)	8.19,49(36,16)	8.55,63(36,14)	9.32,11(36,48)	
	10.07,97(35,86)	10.44,10(36,13)	11.20,35(36,25)	11.56,66(36,31)	
	12.32,64(35,98)	13.08,74(36,10)	13.44,87(36,13)	14.21,08(36,21)	
	14.57,95(36,87)	15.33,74(35,79)	16.09,95(36,21)	16.45,57(35,62)	
	17.21,03(35,46)	17.55,17(34,14)			
11	Tor-Arne Hegvik	90	Trondheim SLK	18.06,21	551
	32,10(32,10)	1.07,20(35,10)	1.43,44(36,24)	2.19,59(36,15)	
	2.56,02(36,43)	3.31,80(35,78)	4.08,60(36,80)	4.45,05(36,45)	
	5.21,92(36,87)	5.58,46(36,54)	6.35,11(36,65)	7.11,84(36,73)	
	7.48,93(37,09)	8.25,23(36,30)	9.02,35(37,12)	9.39,16(36,81)	
	10.15,56(36,40)	10.51,80(36,24)	11.28,59(36,79)	12.05,35(36,76)	
	12.41,80(36,45)	13.18,21(36,41)	13.54,92(36,71)	14.31,03(36,11)	
	15.07,63(36,60)	15.43,53(35,90)	16.20,07(36,54)	16.56,67(36,60)	
	17.32,60(35,93)	18.06,21(33,61)			
12	Espen Urdahl	89	Bærumsvømmerne	18.12,38	541
	30,92(30,92)	1.04,99(34,07)	1.40,44(35,45)	2.15,60(35,16)	
	2.51,09(35,49)	3.26,86(35,77)	4.03,09(36,23)	4.39,07(35,98)	
	5.15,69(36,62)	5.51,56(35,87)	6.28,12(36,56)	7.04,39(36,27)	
	7.40,97(36,58)	8.17,45(36,48)	8.54,29(36,84)	9.30,50(36,21)	
	10.07,42(36,92)	10.43,89(36,47)	11.20,69(36,80)	11.57,41(36,72)	
	12.34,78(37,37)	13.12,39(37,61)	13.49,68(37,29)	14.27,07(37,39)	
	15.04,58(37,51)	15.41,97(37,39)	16.19,63(37,66)	16.57,06(37,43)	
	17.34,67(37,61)	18.12,38(37,71)			
13	Christer M. Hagen	91	Fauske SK	18.21,85	528
	34,03(34,03)	1.09,91(35,88)	1.46,57(36,66)	2.22,83(36,26)	
	2.59,32(36,49)	3.35,99(36,67)	4.12,68(36,69)	4.49,13(36,45)	
	5.25,86(36,73)	6.02,73(36,87)	6.39,44(36,71)	7.16,36(36,92)	
	7.52,87(36,51)	8.29,86(36,99)	9.06,57(36,71)	9.43,35(36,78)	
	10.20,02(36,67)	10.57,32(37,30)	11.34,39(37,07)	12.11,81(37,42)	
	12.48,94(37,13)	13.26,48(37,54)	14.03,76(37,28)	14.41,22(37,46)	
	15.18,65(37,43)	15.56,59(37,94)	16.33,22(36,63)	17.09,62(36,40)	
	17.45,60(35,98)	18.21,85(36,25)			

14	Peder T. Haagensli	93	Larvik SK	18.23,31	525
	32,44(32,44)	1.08,71(36,27)	1.46,40(37,69)	2.23,28(36,88)	
	2.59,63(36,35)	3.35,89(36,26)	4.12,89(37,00)	4.49,17(36,28)	
	5.25,82(36,65)	6.02,58(36,76)	6.39,38(36,80)	7.16,00(36,62)	
	7.52,75(36,75)	8.29,78(37,03)	9.06,62(36,84)	9.43,69(37,07)	
	10.20,54(36,85)	10.57,57(37,03)	11.34,75(37,18)	12.11,90(37,15)	
	12.49,12(37,22)	13.26,25(37,13)	14.03,64(37,39)	14.40,70(37,06)	
	15.18,24(37,54)	15.55,85(37,61)	16.33,14(37,29)	17.09,95(36,81)	
	17.47,17(37,22)	18.23,31(36,14)			
15	Adrian A. Skogvold	91	Tverlandet IL	18.30,73	515
	32,16(32,16)	1.07,73(35,57)	1.44,26(36,53)	2.20,84(36,58)	
	2.58,05(37,21)	3.35,02(36,97)	4.12,00(36,98)	4.48,75(36,75)	
	5.25,83(37,08)	6.03,10(37,27)	6.39,91(36,81)	7.17,26(37,35)	
	7.54,43(37,17)	8.31,66(37,23)	9.08,97(37,31)	9.46,30(37,33)	
	10.23,43(37,13)	11.00,47(37,04)	11.37,73(37,26)	12.14,94(37,21)	
	12.52,43(37,49)	13.29,99(37,56)	14.07,46(37,47)	14.44,86(37,40)	
	15.22,72(37,86)	16.00,20(37,48)	16.38,25(38,05)	17.16,05(37,80)	
	17.53,80(37,75)	18.30,73(36,93)			
	Sigvart Evjen	91	Vestbyen IL	BRUTT	

### Øvelse 20. 4\*100m lag medley, damer - Junior

Sponsor: Namdalsavisa

#### Junior

1	Asker SK J1 jr.	JR	Asker SK	(0,74)	4.30,58	713
	Nora Kathrine Guthe:	37,22(37,22)				
	Siri Eva Kristiansen:	1.15,70(38,48)				
	Ingvild Snildal:	1.50,69(34,99)				
	Sofie Gjemmestad:	2.30,16(39,47)				
		2.58,01(27,85)				
		3.30,70(32,69)				
		3.59,16(28,46)				
		4.30,58(31,42)				
2	Lambertseter SK J1 jr.	JR	Lambertseter SK	(0,71)	4.32,57	697
	Heidi Vainio Gjøen:	34,38(34,38)				
	Karoline Bergene:	1.09,49(35,11)				
	Line Løvberg:	1.43,81(34,32)				
	Emma Isdahl:	2.24,34(40,53)				
		2.55,11(30,77)				
		3.30,46(35,35)				
		3.59,74(29,28)				
		4.32,57(32,83)				
3	Team Stavanger J1 jr.	JR	Team Stavanger	(0,69)	4.34,63	682
	Trine Hovda:	34,56(34,56)				
	Mai Linn Hanslien:	1.11,89(37,33)				
	Christine Ørland:	1.45,93(34,04)				
	Vibeke Brigg:	2.26,82(40,89)				
		2.57,65(30,83)				
		3.33,10(35,45)				
		4.02,10(29,00)				
		4.34,63(32,53)				
4	Bergensv. J1 jr.	JR	Bergensvømmerne	(0,79)	4.38,44	654
	Margrete Nyhus Ulvestad:	34,21(34,21)				
	Maria Farestvedt:	1.10,98(36,77)				
	Helene Lybak:	1.46,96(35,98)				
	Monica Finnøy:	2.28,42(41,46)				
		2.59,44(31,02)				
		3.36,51(37,07)				
		4.05,86(29,35)				
		4.38,44(32,58)				
5	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	(0,83)	4.39,74	645
	Gina B. Andersen:	35,11(35,11)				
	Marte M. Nyberg:	1.10,88(35,77)				
	Terese Langlo:	1.48,22(37,34)				
	Clarissa van Rheenen:	2.31,45(43,23)				
		3.03,72(32,27)				
		3.41,70(37,98)				
		4.09,08(27,38)				
		4.39,74(30,66)				

6	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	(0,93)	4.40,34	641
		35,91(35,91)				
	Marie Øverland:	1.14,29(38,38)				
		1.51,28(36,99)				
	Benedicte Kausland:	2.33,16(41,88)				
		3.05,38(32,22)				
	Stine Vindenes:	3.42,44(37,06)				
		4.10,03(27,59)				
	Henriette Brekke:	4.40,34(30,31)				
7	Narvik SK J1 jr.	JR	Narvik SK	(0,76)	4.42,28	628
		33,80(33,80)				
	Elise Utne:	1.09,16(35,36)				
		1.45,88(36,72)				
	Tina Larsen:	2.27,24(41,36)				
		2.59,60(32,36)				
	Bitte Fagermo:	3.37,22(37,62)				
		4.08,35(31,13)				
	Ingrid Elise Woll:	4.42,28(33,93)				
8	Kristiansand SA J1 jr.	JR	Kristiansand SA	(0,60)	4.44,63	612
		35,21(35,21)				
	Malin Frestad:	1.11,52(36,31)				
		1.47,61(36,09)				
	Hege Omdal:	2.29,49(41,88)				
		3.02,09(32,60)				
	Maria Aasen:	3.41,35(39,26)				
		4.11,17(29,82)				
	Linn Hege Laudal:	4.44,63(33,46)				
9	Arna SLK J1 jr.	JR	Arna SLK	(0,65)	4.45,15	609
		34,64(34,64)				
	Seline Vike Holm:	1.11,37(36,73)				
		1.47,28(35,91)				
	Katinka Kvant:	2.31,23(43,95)				
		3.04,35(33,12)				
	Marina Rasmussen:	3.42,99(38,64)				
		4.12,45(29,46)				
	Ane J. Midtun:	4.45,15(32,70)				
10	Team Stavanger J2 jr.	JR	Team Stavanger	(0,59)	4.45,31	608
		35,18(35,18)				
	Ida Nordbø:	1.14,36(39,18)				
		1.50,46(36,10)				
	Maren Kristine Jansen:	2.33,33(42,87)				
		3.05,47(32,14)				
	Victoria Rung:	3.42,36(36,89)				
		4.12,59(30,23)				
	Marthe Berg Sørensen:	4.45,31(32,72)				
11	Moss SK J1 jr.	JR	Moss SK	(0,74)	4.49,80	580
		35,66(35,66)				
	Thea Pedersen:	1.13,05(37,39)				
		1.48,53(35,48)				
	Ina Kr. Pedersen:	2.31,09(42,56)				
		3.04,39(33,30)				
	Marte E. Brinchmann:	3.44,61(40,22)				
		4.15,90(31,29)				
	Stine K. Jansen:	4.49,80(33,90)				
12	Lambertseter SK J2 jr.	JR	Lambertseter SK	(1,09)	4.50,14	578
		37,37(37,37)				
	Ingrid N. Knutzen:	1.15,96(38,59)				
		1.52,80(36,84)				
	Charlotte Thorsen:	2.35,39(42,59)				
		3.08,49(33,10)				
	Mina-Louise Bekk Berggren:	3.47,38(38,89)				
		4.17,75(30,37)				
	Emilie Hellerud:	4.50,14(32,39)				
13	Fauske SK J1 jr.	JR	Fauske SK	(0,72)	4.51,55	570
		37,52(37,52)				
	Ragnhild Kosmo Holm:	1.16,44(38,92)				
		1.53,02(36,58)				
	Trine A. Olsen:	2.34,49(41,47)				
		3.06,06(31,57)				
	Sara Pettersen:	3.42,09(36,03)				
		4.14,74(32,65)				
	Mari Lønnås:	4.51,55(36,81)				

14	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	(0,76)	4.56,44	542
		35,48(35,48)				
	Siri Anette Sønju:	1.12,30(36,82)				
		1.50,25(37,95)				
	Guro Bjørk Sørby:	2.33,59(43,34)				
		3.07,81(34,22)				
	Guro Knutsen:	3.48,19(40,38)				
		4.19,91(31,72)				
	Ida Johansen:	4.56,44(36,53)				
15	Tromsø SK J1 jr.	JR	Tromsø SK	(0,63)	4.57,88	534
		38,77(38,77)				
	Hanne Lockertsen:	1.19,23(40,46)				
		1.54,83(35,60)				
	Sophia Broberg Skeltved:	2.35,47(40,64)				
		3.10,06(34,59)				
	Siv Fiske:	3.50,82(40,76)				
		4.22,43(31,61)				
	Marte Tollefsen:	4.57,88(35,45)				
16	Bergens SC J1 jr.	JR	Bergens SC	(0,77)	5.01,63	514
		35,45(35,45)				
	Maren Allum:	1.12,67(37,22)				
		1.54,87(42,20)				
	Ingse Bergh Monsen:	2.41,56(46,69)				
		3.14,45(32,89)				
	Eirin Arnesen:	3.54,97(40,52)				
		4.27,28(32,31)				
	Ragnhild Søfteland:	5.01,63(34,35)				
17	Ski SK J1 jr.	JR	Ski SK	(0,72)	5.02,47	510
		35,11(35,11)				
	Elisabeth H. Svensson:	1.12,93(37,82)				
		1.54,35(41,42)				
	Camilla W. Kristiansen:	2.41,34(46,99)				
		3.14,38(33,04)				
	Camilla Borchgrevink:	3.54,01(39,63)				
		4.26,38(32,37)				
	Henriette With Bjørnstad:	5.02,47(36,09)				
18	Elverum IL J1 jr.	JR	Elverum Svømming	(0,65)	5.04,53	500
		37,22(37,22)				
	Lene Ådlandsvik:	1.16,98(39,76)				
		1.58,05(41,07)				
	Hanne Strand:	2.45,27(47,22)				
		3.18,59(33,32)				
	Oona Ovesen:	3.57,23(38,64)				
		4.28,99(31,76)				
	Siri Ovesen:	5.04,53(35,54)				
19	Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	(0,62)	5.05,10	497
		37,44(37,44)				
	Marie Reinertsen:	1.17,23(39,79)				
		1.56,54(39,31)				
	Malin Dahle:	2.43,00(46,46)				
		3.16,49(33,49)				
	Charlotte Kausland:	3.58,05(41,56)				
		4.29,59(31,54)				
	Juni Rugland:	5.05,10(35,51)				
	Bærumsv J1 jr.	JR	Bærumsvømmerne	(0,70)	DISK	
		34,54(34,54)	1.10,76(36,22)	1.46,08(35,32)	2.27,79(41,71)	
		2.59,27(31,48)	3.37,78(38,51)			
	Vibeke Browne, Karin Ekholt, Kristine Mella, Maria Bølgen					

**Fredag 13. juli kl 17.00****Øvelse 11. 200m rygg, herrer - Finale****Sponsor: Trio Media****Senior**

1	Kim Torry Simmenes	82	Vestkantsvømmerne	(0,72)	2.08,93	752
	30,20(30,20)	1.03,09(32,89)	1.36,39(33,30)	2.08,93(32,54)		
2	Lars Andre Tolås	88	Stavanger SC/NTG	(0,65)	2.09,41	744
	30,41(30,41)	1.03,34(32,93)	1.36,33(32,99)	2.09,41(33,08)		
3	Dominik Borkowski	90	Skjetten Svømming	(0,69)	2.10,86	719
	30,70(30,70)	1.04,11(33,41)	1.38,17(34,06)	2.10,86(32,69)		
4	Sindre Nilo	90	Sandefjord SK/NTG	(0,73)	2.13,76	674
	31,23(31,23)	1.05,73(34,50)	1.40,17(34,44)	2.13,76(33,59)		
5	Njål Falch	87	Kolbotn IL	(0,69)	2.16,68	631
	32,20(32,20)	1.06,32(34,12)	1.41,89(35,57)	2.16,68(34,79)		
6	Mikael Bergene	91	Lambertseter SK	(0,60)	2.17,07	626
	32,66(32,66)	1.07,75(35,09)	1.43,47(35,72)	2.17,07(33,60)		
7	Lavrans Veierø Solli	92	Bergens SC	(0,81)	2.18,45	607
	32,16(32,16)	1.07,38(35,22)	1.43,03(35,65)	2.18,45(35,42)		
8	Even Vike Holm	90	BS/Arna	(0,82)	2.20,70	579
	33,29(33,29)	1.08,80(35,51)	1.45,05(36,25)	2.20,70(35,65)		

**Øvelse 12. 50m fri, damer - Finale****Sponsor: Namsos Bandasje****Senior**

1	Henriette Brekke	88	Vestkantsvømmerne	25,94	852	NR
2	Victoria S. Løken	91	Aalesund SLK	26,86	768	
3	Clarissa van Rheenen	91	Skjetten Svømming	26,93	762	
4	Iwonka Vik	81	Vestkantsvømmerne	27,36	726	
5	Ina Kr. Pedersen	89	Moss SK	27,62	706	
6	Siri Løvold Magnussen	86	Hamar IL	27,72	698	
7	Karen Stødle	87	Team Stavanger	28,07	673	
8	Sofie Gjermestad	89	Asker SK	28,36	652	

**Funksjonshemmede**

1	Mariann Vestbøstad	84	Vestkantsvømmerne	33,77	386	S8	107,17 %
2	Linn Haugen	87	Vestkantsvømmerne	36,34	310	S9	125,14 %
3	Hanne Farestvedt	93	Åstveit SK	36,81	298	S14	127,15 %
4	Anne Ask Rasmussen	89	TS/Madla SK	39,08	249	S9	134,57 %
5	Ingvill S. Hilleren	90	Vestkantsvømmerne	48,94	127	S6	135,87 %
6	Ingrid Djupskås	89	Asker SK	43,49	180	S10	152,92 %
7	Linn Blummenfelt	88	Vestkantsvømmerne	52,04	105	S7	155,2 %

**Øvelse 13. 100m fri, herrer - Finale****Sponsor: Elektroservice****Senior**

1	Gard Kvale	84	Bergens SC	52,03	803
	25,46(25,46)	52,03(26,57)			
2	Sander Smørdal	85	BS/Arna	52,31	791
	24,94(24,94)	52,31(27,37)			
3	Thomas Ole Fadnes	87	Stavanger SC	52,80	769
	25,19(25,19)	52,80(27,61)			
4	Øystein R. Hetland	89	Bærum/NTG	52,95	762
	25,65(25,65)	52,95(27,30)			
5	Jørgen Møllerop	88	TS/Madla SK	53,86	724
	25,96(25,96)	53,86(27,90)			
6	Ørjan Cato Johnsen	85	BS/Bergen SLK	54,95	682
	27,09(27,09)	54,95(27,86)			
6	Christer Koch Kvam	90	Bærum/NTG	54,95	682
	26,36(26,36)	54,95(28,59)			
8	Lars Andre Tolås	88	Stavanger SC/NTG	56,11	641
	27,28(27,28)	56,11(28,83)			

**Øvelse 14. 200m butterfly, damer - Finale****Sponsor: Salong Wenche****Senior**

1	Karoline Brudvik Sanderud	89	Hamar IL	2.16,38	802	NJR
	31,08(31,08)	1.05,19(34,11)	1.40,84(35,65)	2.16,38(35,54)		
2	Sara Nordenstam	83	Lambertseter SK	2.17,35	785	
	30,63(30,63)	1.04,78(34,15)	1.40,16(35,38)	2.17,35(37,19)		
3	Line Løvberg	91	Lambertseter SK	2.22,93	696	
	32,48(32,48)	1.08,44(35,96)	1.45,85(37,41)	2.22,93(37,08)		
4	Karolina Orleanski	86	Bærumsvømmerne	2.26,09	652	
	33,19(33,19)	1.09,63(36,44)	1.47,73(38,10)	2.26,09(38,36)		
5	Monica Martinsen	83	Stavanger SC	2.26,57	646	
	32,28(32,28)	1.09,54(37,26)	1.48,78(39,24)	2.26,57(37,79)		
6	Ellen Magnussen	84	Sarpsborg IL	2.28,56	620	
	32,48(32,48)	1.09,70(37,22)	1.48,31(38,61)	2.28,56(40,25)		
7	Stine Vindenes	93	Vestkantsvømmerne	2.30,62	595	
	32,92(32,92)	1.11,40(38,48)	1.50,73(39,33)	2.30,62(39,89)		
8	Elisabeth H. Svensson	91	Ski SK	2.42,38	475	
	33,83(33,83)	1.15,01(41,18)	1.59,19(44,18)	2.42,38(43,19)		

**Øvelse 15. 200m bryst, herrer - Finale****Sponsor: Tip Top Hårsenter****Senior**

1	Alexander Dale Oen	85	Vestkantsvømmerne	2.11,98	975	NR
	30,11(30,11)	1.03,53(33,42)	1.37,37(33,84)	2.11,98(34,61)		
2	Robert Aronsen	86	Bærumsvømmerne	2.26,64	711	
	34,48(34,48)	1.11,64(37,16)	1.49,09(37,45)	2.26,64(37,55)		
3	Sebastian Wigstrøm	91	Bærumsvømmerne	2.27,75	695	
	33,60(33,60)	1.10,72(37,12)	1.48,81(38,09)	2.27,75(38,94)		
4	Robin Palm	88	Sarpsborg IL	2.28,29	687	
	33,39(33,39)	1.10,88(37,49)	1.49,20(38,32)	2.28,29(39,09)		
5	Marcus Tesdal	90	BS/Åstveit	2.29,75	668	
	33,44(33,44)	1.11,46(38,02)	1.50,44(38,98)	2.29,75(39,31)		
6	Ronnie Anstensen	88	Skjetten Svømming	2.31,69	642	
	33,69(33,69)	1.11,74(38,05)	1.51,25(39,51)	2.31,69(40,44)		
7	Mattis Saghaug	90	IL Varg/NTG	2.33,39	621	
	34,45(34,45)	1.13,27(38,82)	1.53,48(40,21)	2.33,39(39,91)		
8	Sten Marius Holmen	89	Ski SK/NTG	2.37,93	569	
	34,38(34,38)	1.13,92(39,54)	1.55,69(41,77)	2.37,93(42,24)		



**Øvelse 16. 100m rygg, damer - Finale****Sponsor: Veolia****Senior**

1	Ingvild Snildal	88	Asker SK	(0,85)	1.03,43	863	NR
	30,98(30,98)	1.03,43(32,45)					
2	Katharina Stiberg	88	Bjerkvik SK	(0,69)	1.05,15	796	
	31,29(31,29)	1.05,15(33,86)					
3	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	(0,76)	1.07,53	715	
	33,20(33,20)	1.07,53(34,33)					
4	Cecilie Johannessen	90	Karmøy SK	(0,63)	1.07,61	712	
	33,32(33,32)	1.07,61(34,29)					
5	Elise Utne	89	Narvik SK	(0,77)	1.09,10	667	
	33,64(33,64)	1.09,10(35,46)					
6	Margrete Nyhus Ulvestad	88	BS/Åstveit	(0,83)	1.09,43	658	
	33,84(33,84)	1.09,43(35,59)					
7	Victoria T. Solberg	89	Horten/NTG	(0,83)	1.11,72	596	
	34,55(34,55)	1.11,72(37,17)					
8	Monica Martinsen	83	Stavanger SC	(0,86)	1.12,43	579	
	35,25(35,25)	1.12,43(37,18)					

**Øvelse 17. 50m butterfly, herrer - Finale****Sponsor: Lås og Sikring****Senior**

1	Alexander Hetland	82	Bærumsvømmerne	24,90	850
2	Bjørnar Gaasvik	79	IL Varg	25,44	797
3	Ørjan Cato Johnsen	85	BS/Bergen SLK	26,02	745
4	Petter Solberg	85	BS/Delfana	26,07	740
5	Dan Magnus Skibrek	87	Øvre Eiker SK	26,26	724
6	Pål Gunnar Normann	81	Vestkantsvømmerne	26,41	712
7	Alexander B. Havre	90	Mandal SK	26,49	706
8	Øystein R. Hetland	89	Bærum/NTG	27,26	648

**Funksjonshemmede**

1	Jørgen Tadvin	83	Kolbotn IL	41,66	181	S6	128,3 %
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**Øvelse 18. 800m fri, damer - Direkte finale****Sponsor: Namsos Audiosenter****Junior**

1	Elin Slaatmo	92	Hamar IL	8.59,80	802
	30,78(30,78)	1.03,81(33,03)	1.37,56(33,75)	2.11,53(33,97)	
	2.45,51(33,98)	3.19,31(33,80)	3.53,39(34,08)	4.27,42(34,03)	
	5.01,75(34,33)	5.36,19(34,44)	6.10,54(34,35)	6.44,81(34,27)	
	7.19,31(34,50)	7.53,66(34,35)	8.27,82(34,16)	8.59,80(31,98)	
2	Cecilie Johannessen	90	Karmøy SK	9.19,29	721
	31,35(31,35)	1.04,94(33,59)	1.39,86(34,92)	2.15,92(36,06)	
	2.52,23(36,31)	3.26,98(34,75)	4.03,21(36,23)	4.39,40(36,19)	
	5.14,66(35,26)	5.50,08(35,42)	6.24,68(34,60)	6.59,69(35,01)	
	7.34,62(34,93)	8.10,19(35,57)	8.45,19(35,00)	9.19,29(34,10)	
3	Ingrid N. Knutzen	91	Lambertseter SK	9.20,35	717
	32,13(32,13)	1.06,06(33,93)	1.40,89(34,83)	2.16,00(35,11)	
	2.51,49(35,49)	3.26,77(35,28)	4.02,14(35,37)	4.37,79(35,65)	
	5.13,28(35,49)	5.48,75(35,47)	6.24,36(35,61)	7.00,18(35,82)	
	7.35,94(35,76)	8.11,66(35,72)	8.47,16(35,50)	9.20,35(33,19)	

4	Gina B. Andersen	90	Skjetten Svømming/NTG	9.27,17	691
	31,56(31,56)	1.06,03(34,47)	1.42,12(36,09)	2.17,95(35,83)	
	2.53,98(36,03)	3.29,85(35,87)	4.06,27(36,42)	4.42,20(35,93)	
	5.18,73(36,53)	5.54,56(35,83)	6.31,19(36,63)	7.06,83(35,64)	
	7.42,99(36,16)	8.18,72(35,73)	8.53,95(35,23)	9.27,17(33,22)	
5	Helene Lybak	90	BS/Delfana	9.31,18	677
	32,76(32,76)	1.08,35(35,59)	1.44,33(35,98)	2.20,32(35,99)	
	2.56,33(36,01)	3.32,10(35,77)	4.07,67(35,57)	4.43,36(35,69)	
	5.19,14(35,78)	5.55,01(35,87)	6.31,26(36,25)	7.07,66(36,40)	
	7.43,91(36,25)	8.20,37(36,46)	8.56,04(35,67)	9.31,18(35,14)	
6	Siri Anette Sønju	92	Øvre Eiker SK	9.38,77	650
	32,81(32,81)	1.08,19(35,38)	1.44,81(36,62)	2.21,33(36,52)	
	2.58,24(36,91)	3.34,34(36,10)	4.10,72(36,38)	4.47,22(36,50)	
	5.23,79(36,57)	6.00,12(36,33)	6.36,77(36,65)	7.13,61(36,84)	
	7.50,20(36,59)	8.26,56(36,36)	9.02,90(36,34)	9.38,77(35,87)	
7	Rebecca Johnsen	88	BS/Åstveit	9.39,61	648
	32,67(32,67)	1.08,12(35,45)	1.44,59(36,47)	2.21,33(36,74)	
	2.57,68(36,35)	3.33,92(36,24)	4.10,48(36,56)	4.47,56(37,08)	
	5.24,21(36,65)	6.01,07(36,86)	6.37,79(36,72)	7.15,28(37,49)	
	7.51,80(36,52)	8.28,93(37,13)	9.04,98(36,05)	9.39,61(34,63)	
8	Katrine Ekstang	92	Setermoen SK	9.40,74	644
	33,32(33,32)	1.09,73(36,41)	1.46,29(36,56)	2.22,94(36,65)	
	2.59,70(36,76)	3.36,87(37,17)	4.13,60(36,73)	4.50,81(37,21)	
	5.27,76(36,95)	6.05,18(37,42)	6.41,67(36,49)	7.18,52(36,85)	
	7.54,01(35,49)	8.30,57(36,56)	9.06,10(35,53)	9.40,74(34,64)	
9	Ingrid Marie Rytter	91	Vestbyen IL	9.43,55	635
	33,45(33,45)	1.09,94(36,49)	1.46,77(36,83)	2.24,03(37,26)	
	3.00,45(36,42)	3.36,88(36,43)	4.13,15(36,27)	4.49,71(36,56)	
	5.26,61(36,90)	6.03,59(36,98)	6.40,66(37,07)	7.18,09(37,43)	
	7.54,82(36,73)	8.31,37(36,55)	9.07,77(36,40)	9.43,55(35,78)	
10	Terese Fosby	92	Kongstensvømmerne	9.45,11	630
	33,25(33,25)	1.09,65(36,40)	1.46,32(36,67)	2.22,75(36,43)	
	2.59,71(36,96)	3.37,31(37,60)	4.14,36(37,05)	4.51,50(37,14)	
	5.28,54(37,04)	6.05,73(37,19)	6.42,94(37,21)	7.19,85(36,91)	
	7.56,88(37,03)	8.33,26(36,38)	9.09,89(36,63)	9.45,11(35,22)	
11	Siri N. Andersen	92	Haldens SK	9.45,51	628
	32,64(32,64)	1.08,05(35,41)	1.44,00(35,95)	2.20,09(36,09)	
	2.56,64(36,55)	3.33,35(36,71)	4.10,11(36,76)	4.47,10(36,99)	
	5.24,58(37,48)	6.01,80(37,22)	6.39,25(37,45)	7.16,51(37,26)	
	7.53,73(37,22)	8.31,69(37,96)	9.09,48(37,79)	9.45,51(36,03)	
12	Eva Marie Østerhus	94	Sola SK	9.46,00	627
	33,34(33,34)	1.09,00(35,66)	1.45,36(36,36)	2.22,06(36,70)	
	2.58,99(36,93)	3.36,16(37,17)	4.13,20(37,04)	4.50,41(37,21)	
	5.27,49(37,08)	6.04,99(37,50)	6.42,38(37,39)	7.19,90(37,52)	
	7.57,27(37,37)	8.34,55(37,28)	9.10,70(36,15)	9.46,00(35,30)	
13	Stine K. Jansen	90	Moss SK	9.48,54	619
	32,84(32,84)	1.08,78(35,94)	1.45,29(36,51)	2.22,43(37,14)	
	2.59,35(36,92)	3.36,53(37,18)	4.13,36(36,83)	4.50,60(37,24)	
	5.27,75(37,15)	6.05,00(37,25)	6.42,39(37,39)	7.19,92(37,53)	
	7.57,30(37,38)	8.34,72(37,42)	9.12,00(37,28)	9.48,54(36,54)	
14	Emilie Hellerud	92	Lambertseter SK	9.49,97	614
	33,77(33,77)	1.10,38(36,61)	1.47,89(37,51)	2.25,21(37,32)	
	3.02,92(37,71)	3.40,62(37,70)	4.18,13(37,51)	4.55,96(37,83)	
	5.33,15(37,19)	6.10,73(37,58)	6.47,88(37,15)	7.24,88(37,00)	
	8.02,06(37,18)	8.39,21(37,15)	9.15,81(36,60)	9.49,97(34,16)	
15	Pia Cornelia Braarud	93	Lambertseter SK	9.50,22	613
	33,96(33,96)	1.11,09(37,13)	1.48,58(37,49)	2.26,63(38,05)	
	3.03,96(37,33)	3.41,74(37,78)	4.18,87(37,13)	4.56,19(37,32)	
	5.33,80(37,61)	6.10,86(37,06)	6.48,01(37,15)	7.25,10(37,09)	
	8.02,19(37,09)	8.39,19(37,00)	9.15,46(36,27)	9.50,22(34,76)	
16	Oda Martine Reiertsen	89	Hamar IL	9.54,26	601
	32,81(32,81)	1.08,64(35,83)	1.45,95(37,31)	2.23,16(37,21)	
	3.00,41(37,25)	3.38,14(37,73)	4.16,11(37,97)	4.53,67(37,56)	
	5.30,95(37,28)	6.09,03(38,08)	6.47,20(38,17)	7.25,31(38,11)	
	8.03,48(38,17)	8.41,21(37,73)	9.18,61(37,40)	9.54,26(35,65)	
17	Martine Bremer	90	Bergen SLK	9.58,40	589
	33,27(33,27)	1.09,34(36,07)	1.46,48(37,14)	2.24,14(37,66)	
	3.02,08(37,94)	3.40,17(38,09)	4.18,15(37,98)	4.56,34(38,19)	
	5.34,28(37,94)	6.12,39(38,11)	6.50,00(37,61)	7.28,37(38,37)	
	8.06,69(38,32)	8.44,77(38,08)	9.22,15(37,38)	9.58,40(36,25)	

18	Susann Bjørnsen	93	Setermoen SK	9.58,92	587
	33.03(33,03)	1.10,67(37,64)	1.48,62(37,95)	2.26,13(37,51)	
	3.04,00(37,87)	3.42,38(38,38)	4.20,35(37,97)	4.58,85(38,50)	
	5.36,34(37,49)	6.14,82(38,48)	6.52,74(37,92)	7.30,59(37,85)	
	8.08,04(37,45)	8.45,59(37,55)	9.23,21(37,62)	9.58,92(35,71)	
19	June J. Kristiansen	90	Delfana	10.06,90	564
	34,00(34,00)	1.10,61(36,61)	1.48,16(37,55)	2.25,83(37,67)	
	3.03,68(37,85)	3.41,78(38,10)	4.20,15(38,37)	4.57,89(37,74)	
	5.36,63(38,74)	6.15,01(38,38)	6.53,99(38,98)	7.32,50(38,51)	
	8.11,42(38,92)	8.50,05(38,63)	9.29,19(39,14)	10.06,90(37,71)	
20	Elisabet Arnesen	89	Hamar IL	10.08,67	559
	34,18(34,18)	1.10,67(36,49)	1.47,68(37,01)	2.24,80(37,12)	
	3.02,34(37,54)	3.39,95(37,61)	4.17,61(37,66)	4.55,57(37,96)	
	5.34,03(38,46)	6.12,78(38,75)	6.51,85(39,07)	7.31,21(39,36)	
	8.10,82(39,61)	8.50,25(39,43)	9.29,99(39,74)	10.08,67(38,68)	
21	Inger-Cathrine Wium	92	Øvre Eiker SK	10.22,33	523
	34,32(34,32)	1.12,06(37,74)	1.50,76(38,70)	2.30,19(39,43)	
	3.09,41(39,22)	3.48,85(39,44)	4.28,54(39,69)	5.07,94(39,40)	
	5.47,47(39,53)	6.26,93(39,46)	7.06,20(39,27)	7.46,19(39,99)	
	8.25,65(39,46)	9.05,17(39,52)	9.44,31(39,14)	10.22,33(38,02)	
22	Emilie Voraa	91	Bærumsvømmerne	10.25,26	516
	33,76(33,76)	1.11,04(37,28)	1.49,35(38,31)	2.27,49(38,14)	
	3.06,32(38,83)	3.45,92(39,60)	4.25,58(39,66)	5.04,80(39,22)	
	5.44,59(39,79)	6.24,90(40,31)	7.04,55(39,65)	7.44,74(40,19)	
	8.24,98(40,24)	9.05,30(40,32)	9.45,94(40,64)	10.25,26(39,32)	

## Senior

1	Elin Slaatmo	92	Hamar IL	8.59,80	802
	30,78(30,78)	1.03,81(33,03)	1.37,56(33,75)	2.11,53(33,97)	
	2.45,51(33,98)	3.19,31(33,80)	3.53,39(34,08)	4.27,42(34,03)	
	5.01,75(34,33)	5.36,19(34,44)	6.10,54(34,35)	6.44,81(34,27)	
	7.19,31(34,50)	7.53,66(34,35)	8.27,82(34,16)	8.59,80(31,98)	
2	Elisabeth Jarland	85	BS/Delfana	9.14,13	741
	31,28(31,28)	1.04,95(33,67)	1.39,11(34,16)	2.13,37(34,26)	
	2.47,74(34,37)	3.22,13(34,39)	3.56,19(34,06)	4.30,64(34,45)	
	5.05,37(34,73)	5.40,41(35,04)	6.15,86(35,45)	6.51,38(35,52)	
	7.27,17(35,79)	8.02,78(35,61)	8.38,84(36,06)	9.14,13(35,29)	
3	Cecilie Johannessen	90	Karmøy SK	9.19,29	721
	31,35(31,35)	1.04,94(33,59)	1.39,86(34,92)	2.15,92(36,06)	
	2.52,23(36,31)	3.26,98(34,75)	4.03,21(36,23)	4.39,40(36,19)	
	5.14,66(35,26)	5.50,08(35,42)	6.24,68(34,60)	6.59,69(35,01)	
	7.34,62(34,93)	8.10,19(35,57)	8.45,19(35,00)	9.19,29(34,10)	
4	Ingrid N. Knutzen	91	Lambertseter SK	9.20,35	717
	32,13(32,13)	1.06,06(33,93)	1.40,89(34,83)	2.16,00(35,11)	
	2.51,49(35,49)	3.26,77(35,28)	4.02,14(35,37)	4.37,79(35,65)	
	5.13,28(35,49)	5.48,75(35,47)	6.24,36(35,61)	7.00,18(35,82)	
	7.35,94(35,76)	8.11,66(35,72)	8.47,16(35,50)	9.20,35(33,19)	
5	Gina B. Andersen	90	Skjetten Svømming/NTG	9.27,17	691
	31,56(31,56)	1.06,03(34,47)	1.42,12(36,09)	2.17,95(35,83)	
	2.53,98(36,03)	3.29,85(35,87)	4.06,27(36,42)	4.42,20(35,93)	
	5.18,73(36,53)	5.54,56(35,83)	6.31,19(36,63)	7.06,83(35,64)	
	7.42,99(36,16)	8.18,72(35,73)	8.53,95(35,23)	9.27,17(33,22)	
6	Helene Lybak	90	BS/Delfana	9.31,18	677
	32,76(32,76)	1.08,35(35,59)	1.44,33(35,98)	2.20,32(35,99)	
	2.56,33(36,01)	3.32,10(35,77)	4.07,67(35,57)	4.43,36(35,69)	
	5.19,14(35,78)	5.55,01(35,87)	6.31,26(36,25)	7.07,66(36,40)	
	7.43,91(36,25)	8.20,37(36,46)	8.56,04(35,67)	9.31,18(35,14)	
7	Siri Anette Sønju	92	Øvre Eiker SK	9.38,77	650
	32,81(32,81)	1.08,19(35,38)	1.44,81(36,62)	2.21,33(36,52)	
	2.58,24(36,91)	3.34,34(36,10)	4.10,72(36,38)	4.47,22(36,50)	
	5.23,79(36,57)	6.00,12(36,33)	6.36,77(36,65)	7.13,61(36,84)	
	7.50,20(36,59)	8.26,56(36,36)	9.02,90(36,34)	9.38,77(35,87)	
8	Rebecca Johnsen	88	BS/Åstveit	9.39,61	648
	32,67(32,67)	1.08,12(35,45)	1.44,59(36,47)	2.21,33(36,74)	
	2.57,68(36,35)	3.33,92(36,24)	4.10,48(36,56)	4.47,56(37,08)	
	5.24,21(36,65)	6.01,07(36,86)	6.37,79(36,72)	7.15,28(37,49)	
	7.51,80(36,52)	8.28,93(37,13)	9.04,98(36,05)	9.39,61(34,63)	

9	Katrine Ekstang	92	Setermoen SK	9.40,74	644
	33,32(33,32)	1.09,73(36,41)	1.46,29(36,56)	2.22,94(36,65)	
	2.59,70(36,76)	3.36,87(37,17)	4.13,60(36,73)	4.50,81(37,21)	
	5.27,76(36,95)	6.05,18(37,42)	6.41,67(36,49)	7.18,52(36,85)	
	7.54,01(35,49)	8.30,57(36,56)	9.06,10(35,53)	9.40,74(34,64)	
10	Ingrid Marie Rytter	91	Vestbyen IL	9.43,55	635
	33,45(33,45)	1.09,94(36,49)	1.46,77(36,83)	2.24,03(37,26)	
	3.00,45(36,42)	3.36,88(36,43)	4.13,15(36,27)	4.49,71(36,56)	
	5.26,61(36,90)	6.03,59(36,98)	6.40,66(37,07)	7.18,09(37,43)	
	7.54,82(36,73)	8.31,37(36,55)	9.07,77(36,40)	9.43,55(35,78)	
11	Terese Fosby	92	Kongstøensvømmere	9.45,11	630
	33,25(33,25)	1.09,65(36,40)	1.46,32(36,67)	2.22,75(36,43)	
	2.59,71(36,96)	3.37,31(37,60)	4.14,36(37,05)	4.51,50(37,14)	
	5.28,54(37,04)	6.05,73(37,19)	6.42,94(37,21)	7.19,85(36,91)	
	7.56,88(37,03)	8.33,26(36,38)	9.09,89(36,63)	9.45,11(35,22)	
12	Siri N. Andersen	92	Haldens SK	9.45,51	628
	32,64(32,64)	1.08,05(35,41)	1.44,00(35,95)	2.20,09(36,09)	
	2.56,64(36,55)	3.33,35(36,71)	4.10,11(36,76)	4.47,10(36,99)	
	5.24,58(37,48)	6.01,80(37,22)	6.39,25(37,45)	7.16,51(37,26)	
	7.53,73(37,22)	8.31,69(37,96)	9.09,48(37,79)	9.45,51(36,03)	
13	Eva Marie Østerhus	94	Sola SK	9.46,00	627
	33,34(33,34)	1.09,00(35,66)	1.45,36(36,36)	2.22,06(36,70)	
	2.58,99(36,93)	3.36,16(37,17)	4.13,20(37,04)	4.50,41(37,21)	
	5.27,49(37,08)	6.04,99(37,50)	6.42,38(37,39)	7.19,90(37,52)	
	7.57,27(37,37)	8.34,55(37,28)	9.10,70(36,15)	9.46,00(35,30)	
14	Stine K. Jansen	90	Moss SK	9.48,54	619
	32,84(32,84)	1.08,78(35,94)	1.45,29(36,51)	2.22,43(37,14)	
	2.59,35(36,92)	3.36,53(37,18)	4.13,36(36,83)	4.50,60(37,24)	
	5.27,75(37,15)	6.05,00(37,25)	6.42,39(37,39)	7.19,92(37,53)	
	7.57,30(37,38)	8.34,72(37,42)	9.12,00(37,28)	9.48,54(36,54)	
15	Emilie Hellerud	92	Lambertseter SK	9.49,97	614
	33,77(33,77)	1.10,38(36,61)	1.47,89(37,51)	2.25,21(37,32)	
	3.02,92(37,71)	3.40,62(37,70)	4.18,13(37,51)	4.55,96(37,83)	
	5.33,15(37,19)	6.10,73(37,58)	6.47,88(37,15)	7.24,88(37,00)	
	8.02,06(37,18)	8.39,21(37,15)	9.15,81(36,60)	9.49,97(34,16)	
16	Pia Cornelia Braarud	93	Lambertseter SK	9.50,22	613
	33,96(33,96)	1.11,09(37,13)	1.48,58(37,49)	2.26,63(38,05)	
	3.03,96(37,33)	3.41,74(37,78)	4.18,87(37,13)	4.56,19(37,32)	
	5.33,80(37,61)	6.10,86(37,06)	6.48,01(37,15)	7.25,10(37,09)	
	8.02,19(37,09)	8.39,19(37,00)	9.15,46(36,27)	9.50,22(34,76)	
17	Oda Martine Reiertsen	89	Hamar IL	9.54,26	601
	32,81(32,81)	1.08,64(35,83)	1.45,95(37,31)	2.23,16(37,21)	
	3.00,41(37,25)	3.38,14(37,73)	4.16,11(37,97)	4.53,67(37,56)	
	5.30,95(37,28)	6.09,03(38,08)	6.47,20(38,17)	7.25,31(38,11)	
	8.03,48(38,17)	8.41,21(37,73)	9.18,61(37,40)	9.54,26(35,65)	
18	Martine Bremer	90	Bergen SLK	9.58,40	589
	33,27(33,27)	1.09,34(36,07)	1.46,48(37,14)	2.24,14(37,66)	
	3.02,08(37,94)	3.40,17(38,09)	4.18,15(37,98)	4.56,34(38,19)	
	5.34,28(37,94)	6.12,39(38,11)	6.50,00(37,61)	7.28,37(38,37)	
	8.06,69(38,32)	8.44,77(38,08)	9.22,15(37,38)	9.58,40(36,25)	
19	Susann Bjørnsen	93	Setermoen SK	9.58,92	587
	33,03(33,03)	1.10,67(37,64)	1.48,62(37,95)	2.26,13(37,51)	
	3.04,00(37,87)	3.42,38(38,38)	4.20,35(37,97)	4.58,85(38,50)	
	5.36,34(37,49)	6.14,82(38,48)	6.52,74(37,92)	7.30,59(37,85)	
	8.08,04(37,45)	8.45,59(37,55)	9.23,21(37,62)	9.58,92(35,71)	
20	June J. Kristiansen	90	Delfana	10.06,90	564
	34,00(34,00)	1.10,61(36,61)	1.48,16(37,55)	2.25,83(37,67)	
	3.03,68(37,85)	3.41,78(38,10)	4.20,15(38,37)	4.57,89(37,74)	
	5.36,63(38,74)	6.15,01(38,38)	6.53,99(38,98)	7.32,50(38,51)	
	8.11,42(38,92)	8.50,05(38,63)	9.29,19(39,14)	10.06,90(37,71)	
21	Elisabet Arnesen	89	Hamar IL	10.08,67	559
	34,18(34,18)	1.10,67(36,49)	1.47,68(37,01)	2.24,80(37,12)	
	3.02,34(37,54)	3.39,95(37,61)	4.17,61(37,66)	4.55,57(37,96)	
	5.34,03(38,46)	6.12,78(38,75)	6.51,85(39,07)	7.31,21(39,36)	
	8.10,82(39,61)	8.50,25(39,43)	9.29,99(39,74)	10.08,67(38,68)	
22	Inger-Cathrine Wium	92	Øvre Eiker SK	10.22,33	523
	34,32(34,32)	1.12,06(37,74)	1.50,76(38,70)	2.30,19(39,43)	
	3.09,41(39,22)	3.48,85(39,44)	4.28,54(39,69)	5.07,94(39,40)	
	5.47,47(39,53)	6.26,93(39,46)	7.06,20(39,27)	7.46,19(39,99)	
	8.25,65(39,46)	9.05,17(39,52)	9.44,31(39,14)	10.22,33(38,02)	

23	Emilie Voraa	91	Bærumsvømmerne	10.25,26	516
	33,76(33,76)	1.11,04(37,28)	1.49,35(38,31)	2.27,49(38,14)	
	3.06,32(38,83)	3.45,92(39,60)	4.25,58(39,66)	5.04,80(39,22)	
	5.44,59(39,79)	6.24,90(40,31)	7.04,55(39,65)	7.44,74(40,19)	
	8.24,98(40,24)	9.05,30(40,32)	9.45,94(40,64)	10.25,26(39,32)	

### Øvelse 19. 1500m fri, herrer - Direkte finale

Sponsor: Sparebank1

#### Junior

1	Petter Fagelund	88	Bærum/NTG	16.30,46	726
	29,47(29,47)	1.01,87(32,40)	1.34,27(32,40)	2.07,44(33,17)	
	2.40,21(32,77)	3.13,47(33,26)	3.46,66(33,19)	4.19,80(33,14)	
	4.53,67(33,87)	5.27,21(33,54)	6.00,05(32,84)	6.33,14(33,09)	
	7.06,23(33,09)	7.39,34(33,11)	8.12,70(33,36)	8.45,66(32,96)	
	9.18,94(33,28)	9.52,21(33,27)	10.25,70(33,49)	10.59,09(33,39)	
	11.32,41(33,32)	12.05,91(33,50)	12.39,40(33,49)	13.12,53(33,13)	
	13.45,77(33,24)	14.18,83(33,06)	14.52,21(33,38)	15.25,42(33,21)	
	15.59,08(33,66)	16.30,46(31,38)			
2	Ronnie Anstensen	88	Skjetten Svømming	16.41,12	703
	30,58(30,58)	1.03,20(32,62)	1.36,58(33,38)	2.10,30(33,72)	
	2.44,20(33,90)	3.18,20(34,00)	3.52,60(34,40)	4.26,61(34,01)	
	5.00,58(33,97)	5.34,19(33,61)	6.07,65(33,46)	6.41,44(33,79)	
	7.14,87(33,43)	7.48,83(33,96)	8.22,88(34,05)	8.56,63(33,75)	
	9.30,02(33,39)	10.03,71(33,69)	10.37,01(33,30)	11.10,55(33,54)	
	11.43,39(32,84)	12.16,66(33,27)	12.50,09(33,43)	13.23,40(33,31)	
	13.56,67(33,27)	14.30,08(33,41)	15.03,45(33,37)	15.36,98(33,53)	
	16.10,03(33,05)	16.41,12(31,09)			
3	Christian Aaserud	88	Asker SK	16.48,34	688
	30,20(30,20)	1.02,73(32,53)	1.36,14(33,41)	2.09,45(33,31)	
	2.43,18(33,73)	3.17,01(33,83)	3.50,75(33,74)	4.24,98(34,23)	
	4.59,08(34,10)	5.33,21(34,13)	6.06,11(32,90)	6.40,28(34,17)	
	7.14,03(33,75)	7.48,14(34,11)	8.22,14(34,00)	8.56,33(34,19)	
	9.29,95(33,62)	10.04,09(34,14)	10.37,65(33,56)	11.11,97(34,32)	
	11.45,22(33,25)	12.19,76(34,54)	12.53,91(34,15)	13.27,96(34,05)	
	14.01,87(33,91)	14.36,19(34,32)	15.09,71(33,52)	15.43,45(33,74)	
	16.16,80(33,35)	16.48,34(31,54)			
4	Sindre Nilo	90	Sandefjord SK/NTG	16.50,00	685
	30,23(30,23)	1.03,22(32,99)	1.36,57(33,35)	2.10,07(33,50)	
	2.43,70(33,63)	3.17,37(33,67)	3.50,93(33,56)	4.24,57(33,64)	
	4.58,33(33,76)	5.32,22(33,89)	6.05,83(33,61)	6.39,47(33,64)	
	7.13,16(33,69)	7.46,94(33,78)	8.20,85(33,91)	8.54,77(33,92)	
	9.28,66(33,89)	10.02,58(33,92)	10.36,62(34,04)	11.10,60(33,98)	
	11.44,69(34,09)	12.18,78(34,09)	12.52,97(34,19)	13.27,24(34,27)	
	14.01,76(34,52)	14.35,80(34,04)	15.10,04(34,24)	15.44,13(34,09)	
	16.18,35(34,22)	16.50,00(31,65)			
5	Christian Thorsen	91	Lambertseter SK	16.52,08	681
	31,37(31,37)	1.04,54(33,17)	1.38,21(33,67)	2.11,79(33,58)	
	2.45,65(33,86)	3.19,44(33,79)	3.53,72(34,28)	4.27,72(34,00)	
	5.01,63(33,91)	5.35,74(34,11)	6.09,58(33,84)	6.43,61(34,03)	
	7.17,33(33,72)	7.51,74(34,41)	8.25,98(34,24)	9.00,06(34,08)	
	9.34,11(34,05)	10.08,14(34,03)	10.42,20(34,06)	11.16,34(34,14)	
	11.50,73(34,39)	12.25,00(34,27)	12.58,85(33,85)	13.32,82(33,97)	
	14.06,52(33,70)	14.40,22(33,70)	15.13,48(33,26)	15.47,41(33,93)	
	16.19,60(32,19)	16.52,08(32,48)			
6	Elias Damman	89	Bærum/NTG	16.59,35	666
	30,87(30,87)	1.04,40(33,53)	1.38,27(33,87)	2.12,73(34,46)	
	2.46,76(34,03)	3.20,96(34,20)	3.54,83(33,87)	4.28,88(34,05)	
	5.03,12(34,24)	5.37,53(34,41)	6.11,46(33,93)	6.45,78(34,32)	
	7.19,81(34,03)	7.54,24(34,43)	8.28,42(34,18)	9.02,80(34,38)	
	9.36,87(34,07)	10.10,96(34,09)	10.44,82(33,86)	11.19,33(34,51)	
	11.53,47(34,14)	12.28,17(34,70)	13.02,52(34,35)	13.36,92(34,40)	
	14.11,05(34,13)	14.45,71(34,66)	15.19,85(34,14)	15.53,89(34,04)	
	16.27,18(33,29)	16.59,35(32,17)			

7	Daniel Berenett	91	IL Varg	17.01,75	662
	30,00(30,00)	1.02,70(32,70)	1.35,26(32,56)	2.08,73(33,47)	
	2.42,54(33,81)	3.16,46(33,92)	3.51,12(34,66)	4.25,37(34,25)	
	4.59,22(33,85)	5.33,71(34,49)	6.07,80(34,09)	6.41,92(34,12)	
	7.15,99(34,07)	7.49,74(33,75)	8.24,01(34,27)	8.58,08(34,07)	
	9.32,00(33,92)	10.06,30(34,30)	10.40,59(34,29)	11.14,92(34,33)	
	11.49,50(34,58)	12.24,15(34,65)	12.58,83(34,68)	13.33,30(34,47)	
	14.08,32(35,02)	14.42,88(34,56)	15.18,09(35,21)	15.52,72(34,63)	
	16.27,79(35,07)	17.01,75(33,96)			
8	Zoltan Csernai	93	Åstveit SK	17.09,53	647
	30,82(30,82)	1.04,03(33,21)	1.38,11(34,08)	2.12,21(34,10)	
	2.46,73(34,52)	3.20,96(34,23)	3.55,68(34,72)	4.29,72(34,04)	
	5.04,21(34,49)	5.38,79(34,58)	6.13,45(34,66)	6.48,01(34,56)	
	7.22,65(34,64)	7.57,46(34,81)	8.31,65(34,19)	9.06,33(34,68)	
	9.41,14(34,81)	10.16,05(34,91)	10.50,64(34,59)	11.25,36(34,72)	
	11.59,71(34,35)	12.34,84(35,13)	13.08,96(34,12)	13.43,97(35,01)	
	14.18,11(34,14)	14.52,96(34,85)	15.27,79(34,83)	16.02,78(34,99)	
	16.36,38(33,60)	17.09,53(33,15)			
9	Jørn Nygård	92	Stavanger SC	17.26,12	616
	29,65(29,65)	1.02,88(33,23)	1.37,53(34,65)	2.12,09(34,56)	
	2.47,12(35,03)	3.22,11(34,99)	3.57,31(35,20)	4.32,84(35,53)	
	5.08,12(35,28)	5.43,49(35,37)	6.18,42(34,93)	6.53,65(35,23)	
	7.29,02(35,37)	8.04,59(35,57)	8.39,97(35,38)	9.15,07(35,10)	
	9.50,49(35,42)	10.25,97(35,48)	11.01,14(35,17)	11.36,69(35,55)	
	12.12,16(35,47)	12.47,52(35,36)	13.22,53(35,01)	13.57,42(34,89)	
	14.32,72(35,30)	15.07,82(35,10)	15.43,09(35,27)	16.17,99(34,90)	
	16.52,47(34,48)	17.26,12(33,65)			
10	Espen Halhjem	92	Delfana	17.32,13	606
	31,85(31,85)	1.06,23(34,38)	1.41,73(35,50)	2.16,48(34,75)	
	2.51,46(34,98)	3.27,09(35,63)	4.02,53(35,44)	4.37,40(34,87)	
	5.12,57(35,17)	5.47,61(35,04)	6.22,54(34,93)	6.57,83(35,29)	
	7.33,02(35,19)	8.08,10(35,08)	8.43,72(35,62)	9.18,86(35,14)	
	9.54,38(35,52)	10.29,76(35,38)	11.05,39(35,63)	11.40,75(35,36)	
	12.16,09(35,34)	12.51,40(35,31)	13.27,07(35,67)	14.02,50(35,43)	
	14.37,78(35,28)	15.13,19(35,41)	15.48,62(35,43)	16.24,09(35,47)	
	16.59,27(35,18)	17.32,13(32,86)			
11	Eivind Johannesen	92	Åstveit SK	17.51,06	574
	32,15(32,15)	1.06,86(34,71)	1.42,08(35,22)	2.17,49(35,41)	
	2.52,66(35,17)	3.28,11(35,45)	4.03,40(35,29)	4.39,35(35,95)	
	5.14,82(35,47)	5.50,94(36,12)	6.26,15(35,21)	7.02,23(36,08)	
	7.37,79(35,56)	8.13,98(36,19)	8.49,95(35,97)	9.26,17(36,22)	
	10.02,51(36,34)	10.38,61(36,10)	11.14,24(35,63)	11.50,52(36,28)	
	12.26,39(35,87)	13.02,22(35,83)	13.38,33(36,11)	14.14,73(36,40)	
	14.51,15(36,42)	15.27,83(36,68)	16.04,18(36,35)	16.40,62(36,44)	
	17.16,40(35,78)	17.51,06(34,66)			
12	Øyvind Gevelt	91	Øvre Eiker SK	17.51,23	574
	33,00(33,00)	1.08,09(35,09)	1.43,57(35,48)	2.18,92(35,35)	
	2.54,56(35,64)	3.30,35(35,79)	4.05,98(35,63)	4.41,58(35,60)	
	5.17,53(35,95)	5.53,49(35,96)	6.29,79(36,30)	7.05,86(36,07)	
	7.42,52(36,66)	8.18,66(36,14)	8.55,02(36,36)	9.31,28(36,26)	
	10.07,92(36,64)	10.43,97(36,05)	11.19,82(35,85)	11.56,03(36,21)	
	12.32,53(36,50)	13.08,85(36,32)	13.44,85(36,00)	14.20,76(35,91)	
	14.56,89(36,13)	15.32,70(35,81)	16.08,30(35,60)	16.43,80(35,50)	
	17.18,89(35,09)	17.51,23(32,34)			
13	Haakon Undheim	91	Karmøy SK	17.55,17	568
	31,40(31,40)	1.06,58(35,18)	1.41,95(35,37)	2.18,04(36,09)	
	2.53,76(35,72)	3.30,27(36,51)	4.05,97(35,70)	4.41,81(35,84)	
	5.18,15(36,34)	5.54,34(36,19)	6.30,65(36,31)	7.06,67(36,02)	
	7.43,33(36,66)	8.19,49(36,16)	8.55,63(36,14)	9.32,11(36,48)	
	10.07,97(35,86)	10.44,10(36,13)	11.20,35(36,25)	11.56,66(36,31)	
	12.32,64(35,98)	13.08,74(36,10)	13.44,87(36,13)	14.21,08(36,21)	
	14.57,95(36,87)	15.33,74(35,79)	16.09,95(36,21)	16.45,57(35,62)	
	17.21,03(35,46)	17.55,17(34,14)			
14	Tor-Arne Hegvik	90	Trondheim SLK	18.06,21	551
	32,10(32,10)	1.07,20(35,10)	1.43,44(36,24)	2.19,59(36,15)	
	2.56,02(36,43)	3.31,80(35,78)	4.08,60(36,80)	4.45,05(36,45)	
	5.21,92(36,87)	5.58,46(36,54)	6.35,11(36,65)	7.11,84(36,73)	
	7.48,93(37,09)	8.25,23(36,30)	9.02,35(37,12)	9.39,16(36,81)	
	10.15,56(36,40)	10.51,80(36,24)	11.28,59(36,79)	12.05,35(36,76)	
	12.41,80(36,45)	13.18,21(36,41)	13.54,92(36,71)	14.31,03(36,11)	
	15.07,63(36,60)	15.43,53(35,90)	16.20,07(36,54)	16.56,67(36,60)	
	17.32,60(35,93)	18.06,21(33,61)			

15	Espen Urdahl	89	Bærumsvømmerne	18.12,38	541
	30,92(30,92)	1.04,99(34,07)	1.40,44(35,45)	2.15,60(35,16)	
	2.51,09(35,49)	3.26,86(35,77)	4.03,09(36,23)	4.39,07(35,98)	
	5.15,69(36,62)	5.51,56(35,87)	6.28,12(36,56)	7.04,39(36,27)	
	7.40,97(36,58)	8.17,45(36,48)	8.54,29(36,84)	9.30,50(36,21)	
	10.07,42(36,92)	10.43,89(36,47)	11.20,69(36,80)	11.57,41(36,72)	
	12.34,78(37,37)	13.12,39(37,61)	13.49,68(37,29)	14.27,07(37,39)	
	15.04,58(37,51)	15.41,97(37,39)	16.19,63(37,66)	16.57,06(37,43)	
	17.34,67(37,61)	18.12,38(37,71)			
16	Christer M. Hagen	91	Fauske SK	18.21,85	528
	34,03(34,03)	1.09,91(35,88)	1.46,57(36,66)	2.22,83(36,26)	
	2.59,32(36,49)	3.35,99(36,67)	4.12,68(36,69)	4.49,13(36,45)	
	5.25,86(36,73)	6.02,73(36,87)	6.39,44(36,71)	7.16,36(36,92)	
	7.52,87(36,51)	8.29,86(36,99)	9.06,57(36,71)	9.43,35(36,78)	
	10.20,02(36,67)	10.57,32(37,30)	11.34,39(37,07)	12.11,81(37,42)	
	12.48,94(37,13)	13.26,48(37,54)	14.03,76(37,28)	14.41,22(37,46)	
	15.18,65(37,43)	15.56,59(37,94)	16.33,22(36,63)	17.09,62(36,40)	
	17.45,60(35,98)	18.21,85(36,25)			
17	Peder T. Haagensli	93	Larvik SK	18.23,31	525
	32,44(32,44)	1.08,71(36,27)	1.46,40(37,69)	2.23,28(36,88)	
	2.59,63(36,35)	3.35,89(36,26)	4.12,89(37,00)	4.49,17(36,28)	
	5.25,82(36,65)	6.02,58(36,76)	6.39,38(36,80)	7.16,00(36,62)	
	7.52,75(36,75)	8.29,78(37,03)	9.06,62(36,84)	9.43,69(37,07)	
	10.20,54(36,85)	10.57,57(37,03)	11.34,75(37,18)	12.11,90(37,15)	
	12.49,12(37,22)	13.26,25(37,13)	14.03,64(37,39)	14.40,70(37,06)	
	15.18,24(37,54)	15.55,85(37,61)	16.33,14(37,29)	17.09,95(36,81)	
	17.47,17(37,22)	18.23,31(36,14)			
18	Adrian A. Skogvold	91	Tverlandet IL	18.30,73	515
	32,16(32,16)	1.07,73(35,57)	1.44,26(36,53)	2.20,84(36,58)	
	2.58,05(37,21)	3.35,02(36,97)	4.12,00(36,98)	4.48,75(36,75)	
	5.25,83(37,08)	6.03,10(37,27)	6.39,91(36,81)	7.17,26(37,35)	
	7.54,43(37,17)	8.31,66(37,23)	9.08,97(37,31)	9.46,30(37,33)	
	10.23,43(37,13)	11.00,47(37,04)	11.37,73(37,26)	12.14,94(37,21)	
	12.52,43(37,49)	13.29,99(37,56)	14.07,46(37,47)	14.44,86(37,40)	
	15.22,72(37,86)	16.00,20(37,48)	16.38,25(38,05)	17.16,05(37,80)	
	17.53,80(37,75)	18.30,73(36,93)			
	Sigvart Evjen	91	Vestbyen IL	BRUTT	

## Senior

1	Gard Kvale	84	Bergens SC	15.59,46	799
	29,08(29,08)	59,93(30,85)	1.31,62(31,69)	2.03,07(31,45)	
	2.34,75(31,68)	3.06,57(31,82)	3.38,60(32,03)	4.10,72(32,12)	
	4.43,06(32,34)	5.15,12(32,06)	5.47,35(32,23)	6.19,54(32,19)	
	6.51,76(32,22)	7.24,12(32,36)	7.56,70(32,58)	8.28,93(32,23)	
	9.01,69(32,76)	9.33,65(31,96)	10.05,75(32,10)	10.37,99(32,24)	
	11.10,55(32,56)	11.42,79(32,24)	12.15,14(32,35)	12.47,46(32,32)	
	13.19,79(32,33)	13.52,22(32,43)	14.24,56(32,34)	14.56,45(31,89)	
	15.28,44(31,99)	15.59,46(31,02)			
2	Mikkel Brudvik Sanderud	87	Hamar IL	16.22,77	744
	29,65(29,65)	1.01,16(31,51)	1.33,53(32,37)	2.06,11(32,58)	
	2.39,09(32,98)	3.11,94(32,85)	3.44,78(32,84)	4.17,92(33,14)	
	4.51,32(33,40)	5.24,18(32,86)	5.57,08(32,90)	6.29,61(32,53)	
	7.02,67(33,06)	7.35,60(32,93)	8.08,38(32,78)	8.41,24(32,86)	
	9.14,62(33,38)	9.47,27(32,65)	10.20,42(33,15)	10.53,36(32,94)	
	11.26,38(33,02)	11.59,28(32,90)	12.32,46(33,18)	13.05,34(32,88)	
	13.38,50(33,16)	14.11,32(32,82)	14.44,63(33,31)	15.17,50(32,87)	
	15.50,80(33,30)	16.22,77(31,97)			
3	Petter Fagelund	88	Bærum/NTG	16.30,46	726
	29,47(29,47)	1.01,87(32,40)	1.34,27(32,40)	2.07,44(33,17)	
	2.40,21(32,77)	3.13,47(33,26)	3.46,66(33,19)	4.19,80(33,14)	
	4.53,67(33,87)	5.27,21(33,54)	6.00,05(32,84)	6.33,14(33,09)	
	7.06,23(33,09)	7.39,34(33,11)	8.12,70(33,36)	8.45,66(32,96)	
	9.18,94(33,28)	9.52,21(33,27)	10.25,70(33,49)	10.59,09(33,39)	
	11.32,41(33,32)	12.05,91(33,50)	12.39,40(33,49)	13.12,53(33,13)	
	13.45,77(33,24)	14.18,83(33,06)	14.52,21(33,38)	15.25,42(33,21)	
	15.59,08(33,66)	16.30,46(31,38)			

4	Robert Aronsen	86	Bærumsvømmerne	16.38,72	709
	30.68(30,68)	1.03,32(32,64)	1.36,71(33,39)	2.10,03(33,32)	
	2.43,52(33,49)	3.17,11(33,59)	3.50,60(33,49)	4.24,25(33,65)	
	4.58,39(34,14)	5.31,34(32,95)	6.04,26(32,92)	6.37,13(32,87)	
	7.10,39(33,26)	7.43,53(33,14)	8.17,23(33,70)	8.50,58(33,35)	
	9.24,34(33,76)	9.57,43(33,09)	10.31,09(33,66)	11.04,50(33,41)	
	11.38,26(33,76)	12.11,37(33,11)	12.45,17(33,80)	13.18,81(33,64)	
	13.52,61(33,80)	14.26,34(33,73)	15.00,38(34,04)	15.34,30(33,92)	
	16.07,99(33,69)	16.38,72(30,73)			
5	Ronnie Anstensen	88	Skjetten Svømming	16.41,12	703
	30.58(30,58)	1.03,20(32,62)	1.36,58(33,38)	2.10,30(33,72)	
	2.44,20(33,90)	3.18,20(34,00)	3.52,60(34,40)	4.26,61(34,01)	
	5.00,58(33,97)	5.34,19(33,61)	6.07,65(33,46)	6.41,44(33,79)	
	7.14,87(33,43)	7.48,83(33,96)	8.22,88(34,05)	8.56,63(33,75)	
	9.30,02(33,39)	10.03,71(33,69)	10.37,01(33,30)	11.10,55(33,54)	
	11.43,39(32,84)	12.16,66(33,27)	12.50,09(33,43)	13.23,40(33,31)	
	13.56,67(33,27)	14.30,08(33,41)	15.03,45(33,37)	15.36,98(33,53)	
	16.10,03(33,05)	16.41,12(31,09)			
6	Christian Aaserud	88	Asker SK	16.48,34	688
	30.20(30,20)	1.02,73(32,53)	1.36,14(33,41)	2.09,45(33,31)	
	2.43,18(33,73)	3.17,01(33,83)	3.50,75(33,74)	4.24,98(34,23)	
	4.59,08(34,10)	5.33,21(34,13)	6.06,11(32,90)	6.40,28(34,17)	
	7.14,03(33,75)	7.48,14(34,11)	8.22,14(34,00)	8.56,33(34,19)	
	9.29,95(33,62)	10.04,09(34,14)	10.37,65(33,56)	11.11,97(34,32)	
	11.45,22(33,25)	12.19,76(34,54)	12.53,91(34,15)	13.27,96(34,05)	
	14.01,87(33,91)	14.36,19(34,32)	15.09,71(33,52)	15.43,45(33,74)	
	16.16,80(33,35)	16.48,34(31,54)			
7	Sindre Nilo	90	Sandefjord SK/NTG	16.50,00	685
	30.23(30,23)	1.03,22(32,99)	1.36,57(33,35)	2.10,07(33,50)	
	2.43,70(33,63)	3.17,37(33,67)	3.50,93(33,56)	4.24,57(33,64)	
	4.58,33(33,76)	5.32,22(33,89)	6.05,83(33,61)	6.39,47(33,64)	
	7.13,16(33,69)	7.46,94(33,78)	8.20,85(33,91)	8.54,77(33,92)	
	9.28,66(33,89)	10.02,58(33,92)	10.36,62(34,04)	11.10,60(33,98)	
	11.44,69(34,09)	12.18,78(34,09)	12.52,97(34,19)	13.27,24(34,27)	
	14.01,76(34,52)	14.35,80(34,04)	15.10,04(34,24)	15.44,13(34,09)	
	16.18,35(34,22)	16.50,00(31,65)			
8	Christian Thorsen	91	Lambertseter SK	16.52,08	681
	31.37(31,37)	1.04,54(33,17)	1.38,21(33,67)	2.11,79(33,58)	
	2.45,65(33,86)	3.19,44(33,79)	3.53,72(34,28)	4.27,72(34,00)	
	5.01,63(33,91)	5.35,74(34,11)	6.09,58(33,84)	6.43,61(34,03)	
	7.17,33(33,72)	7.51,74(34,41)	8.25,98(34,24)	9.00,06(34,08)	
	9.34,11(34,05)	10.08,14(34,03)	10.42,20(34,06)	11.16,34(34,14)	
	11.50,73(34,39)	12.25,00(34,27)	12.58,85(33,85)	13.32,82(33,97)	
	14.06,52(33,70)	14.40,22(33,70)	15.13,48(33,26)	15.47,41(33,93)	
	16.19,60(32,19)	16.52,08(32,48)			
9	Elias Damman	89	Bærum/NTG	16.59,35	666
	30.87(30,87)	1.04,40(33,53)	1.38,27(33,87)	2.12,73(34,46)	
	2.46,76(34,03)	3.20,96(34,20)	3.54,83(33,87)	4.28,88(34,05)	
	5.03,12(34,24)	5.37,53(34,41)	6.11,46(33,93)	6.45,78(34,32)	
	7.19,81(34,03)	7.54,24(34,43)	8.28,42(34,18)	9.02,80(34,38)	
	9.36,87(34,07)	10.10,96(34,09)	10.44,82(33,86)	11.19,33(34,51)	
	11.53,47(34,14)	12.28,17(34,70)	13.02,52(34,35)	13.36,92(34,40)	
	14.11,05(34,13)	14.45,71(34,66)	15.19,85(34,14)	15.53,89(34,04)	
	16.27,18(33,29)	16.59,35(32,17)			
10	Daniel Berenett	91	IL Varg	17.01,75	662
	30.00(30,00)	1.02,70(32,70)	1.35,26(32,56)	2.08,73(33,47)	
	2.42,54(33,81)	3.16,46(33,92)	3.51,12(34,66)	4.25,37(34,25)	
	4.59,22(33,85)	5.33,71(34,49)	6.07,80(34,09)	6.41,92(34,12)	
	7.15,99(34,07)	7.49,74(33,75)	8.24,01(34,27)	8.58,08(34,07)	
	9.32,00(33,92)	10.06,30(34,30)	10.40,59(34,29)	11.14,92(34,33)	
	11.49,50(34,58)	12.24,15(34,65)	12.58,83(34,68)	13.33,30(34,47)	
	14.08,32(35,02)	14.42,88(34,56)	15.18,09(35,21)	15.52,72(34,63)	
	16.27,79(35,07)	17.01,75(33,96)			
11	Zoltan Csernai	93	Åstveit SK	17.09,53	647
	30.82(30,82)	1.04,03(33,21)	1.38,11(34,08)	2.12,21(34,10)	
	2.46,73(34,52)	3.20,96(34,23)	3.55,68(34,72)	4.29,72(34,04)	
	5.04,21(34,49)	5.38,79(34,58)	6.13,45(34,66)	6.48,01(34,56)	
	7.22,65(34,64)	7.57,46(34,81)	8.31,65(34,19)	9.06,33(34,68)	
	9.41,14(34,81)	10.16,05(34,91)	10.50,64(34,59)	11.25,36(34,72)	
	11.59,71(34,35)	12.34,84(35,13)	13.08,96(34,12)	13.43,97(35,01)	
	14.18,11(34,14)	14.52,96(34,85)	15.27,79(34,83)	16.02,78(34,99)	
	16.36,38(33,60)	17.09,53(33,15)			



12	Jørn Nygård	92	Stavanger SC	17.26,12	616
	29,65(29,65)	1.02,88(33,23)	1.37,53(34,65)	2.12,09(34,56)	
	2.47,12(35,03)	3.22,11(34,99)	3.57,31(35,20)	4.32,84(35,53)	
	5.08,12(35,28)	5.43,49(35,37)	6.18,42(34,93)	6.53,65(35,23)	
	7.29,02(35,37)	8.04,59(35,57)	8.39,97(35,38)	9.15,07(35,10)	
	9.50,49(35,42)	10.25,97(35,48)	11.01,14(35,17)	11.36,69(35,55)	
	12.12,16(35,47)	12.47,52(35,36)	13.22,53(35,01)	13.57,42(34,89)	
	14.32,72(35,30)	15.07,82(35,10)	15.43,09(35,27)	16.17,99(34,90)	
	16.52,47(34,48)	17.26,12(33,65)			
13	Magnus Bru	87	Asker SK	17.28,70	612
	32,15(32,15)	1.06,58(34,43)	1.41,01(34,43)	2.15,43(34,42)	
	2.50,35(34,92)	3.25,18(34,83)	4.00,09(34,91)	4.34,93(34,84)	
	5.09,83(34,90)	5.44,75(34,92)	6.19,63(34,88)	6.54,75(35,12)	
	7.29,54(34,79)	8.04,89(35,35)	8.39,94(35,05)	9.15,18(35,24)	
	9.50,41(35,23)	10.25,60(35,19)	11.00,58(34,98)	11.35,78(35,20)	
	12.10,82(35,04)	12.46,23(35,41)	13.21,32(35,09)	13.57,12(35,80)	
	14.32,33(35,21)	15.07,81(35,48)	15.42,98(35,17)	16.18,48(35,50)	
	16.53,81(35,33)	17.28,70(34,89)			
14	Espen Halhjem	92	Delfana	17.32,13	606
	31,85(31,85)	1.06,23(34,38)	1.41,73(35,50)	2.16,48(34,75)	
	2.51,46(34,98)	3.27,09(35,63)	4.02,53(35,44)	4.37,40(34,87)	
	5.12,57(35,17)	5.47,61(35,04)	6.22,54(34,93)	6.57,83(35,29)	
	7.33,02(35,19)	8.08,10(35,08)	8.43,72(35,62)	9.18,86(35,14)	
	9.54,38(35,52)	10.29,76(35,38)	11.05,39(35,63)	11.40,75(35,36)	
	12.16,09(35,34)	12.51,40(35,31)	13.27,07(35,67)	14.02,50(35,43)	
	14.37,78(35,28)	15.13,19(35,41)	15.48,62(35,43)	16.24,09(35,47)	
	16.59,27(35,18)	17.32,13(32,86)			
15	Thor Kristian Østenå Larsen	86	Bergens SC	17.49,38	577
	31,17(31,17)	1.04,69(33,52)	1.38,97(34,28)	2.13,65(34,68)	
	2.48,63(34,98)	3.23,70(35,07)	3.59,28(35,58)	4.35,00(35,72)	
	5.10,56(35,56)	5.46,36(35,80)	6.22,23(35,87)	6.58,04(35,81)	
	7.33,71(35,67)	8.09,78(36,07)	8.45,92(36,14)	9.22,11(36,19)	
	9.58,04(35,93)	10.34,36(36,32)	11.10,64(36,28)	11.46,93(36,29)	
	12.22,76(35,83)	12.59,03(36,27)	13.35,06(36,03)	14.11,39(36,33)	
	14.47,93(36,54)	15.24,54(36,61)	16.01,06(36,52)	16.37,51(36,45)	
	17.14,00(36,49)	17.49,38(35,38)			
16	Eivind Johannesen	92	Åstveit SK	17.51,06	574
	32,15(32,15)	1.06,86(34,71)	1.42,08(35,22)	2.17,49(35,41)	
	2.52,66(35,17)	3.28,11(35,45)	4.03,40(35,29)	4.39,35(35,95)	
	5.14,82(35,47)	5.50,94(36,12)	6.26,15(35,21)	7.02,23(36,08)	
	7.37,79(35,56)	8.13,98(36,19)	8.49,95(35,97)	9.26,17(36,22)	
	10.02,51(36,34)	10.38,61(36,10)	11.14,24(35,63)	11.50,52(36,28)	
	12.26,39(35,87)	13.02,22(35,83)	13.38,33(36,11)	14.14,73(36,40)	
	14.51,15(36,42)	15.27,83(36,68)	16.04,18(36,35)	16.40,62(36,44)	
	17.16,40(35,78)	17.51,06(34,66)			
17	Øyvind Gevelt	91	Øvre Eiker SK	17.51,23	574
	33,00(33,00)	1.08,09(35,09)	1.43,57(35,48)	2.18,92(35,35)	
	2.54,56(35,64)	3.30,35(35,79)	4.05,98(35,63)	4.41,58(35,60)	
	5.17,53(35,95)	5.53,49(35,96)	6.29,79(36,30)	7.05,86(36,07)	
	7.42,52(36,66)	8.18,66(36,14)	8.55,02(36,36)	9.31,28(36,26)	
	10.07,92(36,64)	10.43,97(36,05)	11.19,82(35,85)	11.56,03(36,21)	
	12.32,53(36,50)	13.08,85(36,32)	13.44,85(36,00)	14.20,76(35,91)	
	14.56,89(36,13)	15.32,70(35,81)	16.08,30(35,60)	16.43,80(35,50)	
	17.18,89(35,09)	17.51,23(32,34)			
18	Haakon Undheim	91	Karmøy SK	17.55,17	568
	31,40(31,40)	1.06,58(35,18)	1.41,95(35,37)	2.18,04(36,09)	
	2.53,76(35,72)	3.30,27(36,51)	4.05,97(35,70)	4.41,81(35,84)	
	5.18,15(36,34)	5.54,34(36,19)	6.30,65(36,31)	7.06,67(36,02)	
	7.43,33(36,66)	8.19,49(36,16)	8.55,63(36,14)	9.32,11(36,48)	
	10.07,97(35,86)	10.44,10(36,13)	11.20,35(36,25)	11.56,66(36,31)	
	12.32,64(35,98)	13.08,74(36,10)	13.44,87(36,13)	14.21,08(36,21)	
	14.57,95(36,87)	15.33,74(35,79)	16.09,95(36,21)	16.45,57(35,62)	
	17.21,03(35,46)	17.55,17(34,14)			
19	Tor-Arne Hegvik	90	Trondheim SLK	18.06,21	551
	32,10(32,10)	1.07,20(35,10)	1.43,44(36,24)	2.19,59(36,15)	
	2.56,02(36,43)	3.31,80(35,78)	4.08,60(36,80)	4.45,05(36,45)	
	5.21,92(36,87)	5.58,46(36,54)	6.35,11(36,65)	7.11,84(36,73)	
	7.48,93(37,09)	8.25,23(36,30)	9.02,35(37,12)	9.39,16(36,81)	
	10.15,56(36,40)	10.51,80(36,24)	11.28,59(36,79)	12.05,35(36,76)	
	12.41,80(36,45)	13.18,21(36,41)	13.54,92(36,71)	14.31,03(36,11)	
	15.07,63(36,60)	15.43,53(35,90)	16.20,07(36,54)	16.56,67(36,60)	
	17.32,60(35,93)	18.06,21(33,61)			

20	Espen Urdahl	89	Bærumsvømmerne	18.12,38	541
	30,92(30,92)	1.04,99(34,07)	1.40,44(35,45)	2.15,60(35,16)	
	2.51,09(35,49)	3.26,86(35,77)	4.03,09(36,23)	4.39,07(35,98)	
	5.15,69(36,62)	5.51,56(35,87)	6.28,12(36,56)	7.04,39(36,27)	
	7.40,97(36,58)	8.17,45(36,48)	8.54,29(36,84)	9.30,50(36,21)	
	10.07,42(36,92)	10.43,89(36,47)	11.20,69(36,80)	11.57,41(36,72)	
	12.34,78(37,37)	13.12,39(37,61)	13.49,68(37,29)	14.27,07(37,39)	
	15.04,58(37,51)	15.41,97(37,39)	16.19,63(37,66)	16.57,06(37,43)	
	17.34,67(37,61)	18.12,38(37,71)			
21	Christer M. Hagen	91	Fauske SK	18.21,85	528
	34,03(34,03)	1.09,91(35,88)	1.46,57(36,66)	2.22,83(36,26)	
	2.59,32(36,49)	3.35,99(36,67)	4.12,68(36,69)	4.49,13(36,45)	
	5.25,86(36,73)	6.02,73(36,87)	6.39,44(36,71)	7.16,36(36,92)	
	7.52,87(36,51)	8.29,86(36,99)	9.06,57(36,71)	9.43,35(36,78)	
	10.20,02(36,67)	10.57,32(37,30)	11.34,39(37,07)	12.11,81(37,42)	
	12.48,94(37,13)	13.26,48(37,54)	14.03,76(37,28)	14.41,22(37,46)	
	15.18,65(37,43)	15.56,59(37,94)	16.33,22(36,63)	17.09,62(36,40)	
	17.45,60(35,98)	18.21,85(36,25)			
22	Peder T. Haagensli	93	Larvik SK	18.23,31	525
	32,44(32,44)	1.08,71(36,27)	1.46,40(37,69)	2.23,28(36,88)	
	2.59,63(36,35)	3.35,89(36,26)	4.12,89(37,00)	4.49,17(36,28)	
	5.25,82(36,65)	6.02,58(36,76)	6.39,38(36,80)	7.16,00(36,62)	
	7.52,75(36,75)	8.29,78(37,03)	9.06,62(36,84)	9.43,69(37,07)	
	10.20,54(36,85)	10.57,57(37,03)	11.34,75(37,18)	12.11,90(37,15)	
	12.49,12(37,22)	13.26,25(37,13)	14.03,64(37,39)	14.40,70(37,06)	
	15.18,24(37,54)	15.55,85(37,61)	16.33,14(37,29)	17.09,95(36,81)	
	17.47,17(37,22)	18.23,31(36,14)			
23	Adrian A. Skogvold	91	Tverlandet IL	18.30,73	515
	32,16(32,16)	1.07,73(35,57)	1.44,26(36,53)	2.20,84(36,58)	
	2.58,05(37,21)	3.35,02(36,97)	4.12,00(36,98)	4.48,75(36,75)	
	5.25,83(37,08)	6.03,10(37,27)	6.39,91(36,81)	7.17,26(37,35)	
	7.54,43(37,17)	8.31,66(37,23)	9.08,97(37,31)	9.46,30(37,33)	
	10.23,43(37,13)	11.00,47(37,04)	11.37,73(37,26)	12.14,94(37,21)	
	12.52,43(37,49)	13.29,99(37,56)	14.07,46(37,47)	14.44,86(37,40)	
	15.22,72(37,86)	16.00,20(37,48)	16.38,25(38,05)	17.16,05(37,80)	
	17.53,80(37,75)	18.30,73(36,93)			
	Sigvart Evjen	91	Vestbyen IL	BRUTT	

## Øvelse 20. 4\*100m lag medley, damer - Senior

Sponsor: Namdalsavisa

## Senior

1	Bærumsv J1 sr.	SR	Bærumsvømmerne	(0,69)	4.26,07	749
			33,62(33,62)			
	Vibeke Browne:		1.09,60(35,98)			
			1.41,95(32,35)			
	Anne-Mari Gulbrandsen:		2.18,81(36,86)			
			2.49,08(30,27)			
	Karolina Orleanski:		3.24,29(35,21)			
			3.53,86(29,57)			
	Maria Bølgen:		4.26,07(32,21)			
2	Lambertseter SK J1 sr.	SR	Lambertseter SK	(0,72)	4.27,40	738
			34,31(34,31)			
	Heidi Vainio Gjøen:		1.09,40(35,09)			
			1.43,36(33,96)			
	Sara Nordenstam:		2.21,21(37,85)			
			2.52,02(30,81)			
	Line Løvberg:		3.26,47(34,45)			
			3.55,72(29,25)			
	Ingrid N. Knutzen:		4.27,40(31,68)			
3	Bergensv. J1 sr.	SR	Bergensvømmerne	(0,77)	4.30,87	710
			34,11(34,11)			
	Margrete Nyhus Ulvestad:		1.09,50(35,39)			
			1.43,22(33,72)			
	Ann-Helen Pridesis:		2.22,41(39,19)			
			2.54,00(31,59)			
	Helene Lybak:		3.31,16(37,16)			
			4.00,05(28,89)			
	Elisabeth Jarland:		4.30,87(30,82)			

4	Team Stavanger J1 sr.	SR	Team Stavanger	(0,61)	4.31,27	707
		33,68(33,68)				
	Karen Stødle:	1.09,22(35,54)				
	Mari Ask Rasmussen:	1.42,71(33,49)				
	Christine Ørland:	2.23,36(40,65)				
	Linn Mari Høgalmen:	2.53,65(30,29)				
		3.29,42(35,77)				
		3.58,30(28,88)				
		4.31,27(32,97)				
5	Asker SK J1 sr.	SR	Asker SK	(0,69)	4.35,08	678
		37,16(37,16)				
	Nora Kathrine Guthe:	1.16,02(38,86)				
	Siri Eva Kristiansen:	1.52,26(36,24)				
	Ingvild Snildal:	2.32,97(40,71)				
	Sofie Gjemmestad:	3.01,25(28,28)				
		3.33,63(32,38)				
		4.02,76(29,13)				
		4.35,08(32,32)				
6	Vestkantsv. J1 sr.	SR	Vestkantsvømmerne	(0,75)	4.39,66	645
		35,74(35,74)				
	Iwonka Vik:	1.12,36(36,62)				
	Henriette Brekke:	1.49,03(36,67)				
	Stine Vindenes:	2.30,79(41,76)				
	Line Møllerop:	3.02,72(31,93)				
		3.39,67(36,95)				
		4.08,09(28,42)				
		4.39,66(31,57)				
7	Vestbyen IL J1 sr.	SR	Vestbyen IL	(0,75)	4.50,03	579
		35,81(35,81)				
	Elise Strømsvik:	1.14,62(38,81)				
	Mari Singstad:	1.50,08(35,46)				
	Randi Gaasvik:	2.31,89(41,81)				
	Ingrid Marie Rytter:	3.05,30(33,41)				
		3.45,86(40,56)				
		4.15,64(29,78)				
		4.50,03(34,39)				
8	Vestkantsv. J2 sr.	SR	Vestkantsvømmerne	(0,81)	4.56,08	544
		35,87(35,87)				
	Marie Øverland:	1.15,35(39,48)				
	Benedicte Kausland:	1.52,34(36,99)				
	Charlotte Kausland:	2.34,64(42,30)				
	Marie Reinertsen:	3.08,52(33,88)				
		3.50,57(42,05)				
		4.21,64(31,07)				
		4.56,08(34,44)				
9	Bergens SC J1 sr.	SR	Bergens SC	(0,74)	5.00,11	522
		35,08(35,08)				
	Maren Allum:	1.11,88(36,80)				
	Ingse Bergh Monsen:	1.53,59(41,71)				
	Eirin Arnesen:	2.39,93(46,34)				
	Kaya Haugland Færøvik:	3.12,33(32,40)				
		3.53,87(41,54)				
		4.25,70(31,83)				
		5.00,11(34,41)				
10	Øvre Eiker SK J1 sr.	SR	Øvre Eiker SK	(0,76)	5.03,33	506
		36,16(36,16)				
	Siri Anette Sønju:	1.14,19(38,03)				
	Stine Lise Stenseth:	1.53,36(39,17)				
	Line Cecilie Stenseth:	2.39,37(46,01)				
	Inger-Cathrine Wium:	3.14,33(34,96)				
		3.57,18(42,85)				
		4.29,28(32,10)				
		5.03,33(34,05)				
11	Namsos SK J1 sr.	SR	Namsos SK	(0,65)	5.09,13	478
		37,20(37,20)				
	Anja Susanne Høgenhaug:	1.17,56(40,36)				
	Ingvild Thun:	1.57,88(40,32)				
	Yvonne Renate Høgenhaug:	2.43,87(45,99)				
	Siv Flatås Hoddø:	3.19,79(35,92)				
		4.01,95(42,16)				
		4.34,09(32,14)				
		5.09,13(35,04)				

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12	Ski SK J1 sr.	SR	Ski SK	(0,87)	5.18,54	437
		38,84(38,84)				
	Henriette With Bjørnstad:	1.21,25(42,41)				
		2.04,95(43,70)				
	Caroline W. Bjørnstad:	2.52,68(47,73)				
		3.28,16(35,48)				
	Camilla W. Kristiansen:	4.08,75(40,59)				
		4.41,81(33,06)				
	Veronica B. Lundsten:	5.18,54(36,73)				

**Lørdag 14. juli kl 09.00****Øvelse 21. 400m individuell medley, herrer - Direkte finale – Foreløpig før siste heat****Sponsor: Ole Ingebrigtsen****Junior**

1	Sindri T. Jakobsson	91	Delfana	4.52,71	649
	29,72(29,72)	1.04,47(34,75)	1.43,36(38,89)	2.22,54(39,18)	
	3.03,89(41,35)	3.45,74(41,85)	4.19,98(34,24)	4.52,71(32,73)	
2	Kristoffer Meisler	90	Tverlandet IL	4.58,32	613
	31,28(31,28)	1.08,91(37,63)	1.47,75(38,84)	2.25,75(38,00)	
	3.05,89(40,14)	3.47,28(41,39)	4.24,21(36,93)	4.58,32(34,11)	
3	Hans Østerdal	93	Stavanger SC	5.00,48	600
	31,07(31,07)	1.07,11(36,04)	1.46,90(39,79)	2.26,68(39,78)	
	3.07,39(40,71)	3.51,17(43,78)	4.26,93(35,76)	5.00,48(33,55)	
4	Sebastian Stordal	91	Delfana	5.02,58	587
	30,76(30,76)	1.05,98(35,22)	1.46,02(40,04)	2.23,56(37,54)	
	3.07,37(43,81)	3.51,61(44,24)	4.27,81(36,20)	5.02,58(34,77)	
5	Sverre Næss	92	Sarpsborg IL	5.03,42	582
	31,66(31,66)	1.09,54(37,88)	1.50,65(41,11)	2.29,47(38,82)	
	3.11,69(42,22)	3.53,52(41,83)	4.29,91(36,39)	5.03,42(33,51)	
6	Carl Andreas Wathne	91	Asker SK	5.04,19	578
	31,00(31,00)	1.07,50(36,50)	1.47,45(39,95)	2.27,29(39,84)	
	3.11,02(43,73)	3.56,08(45,06)	4.30,70(34,62)	5.04,19(33,49)	
7	Elias Damman	89	Bærum/NTG	5.04,46	577
	32,28(32,28)	1.09,76(37,48)	1.51,07(41,31)	2.30,16(39,09)	
	3.12,99(42,83)	3.56,32(43,33)	4.32,17(35,85)	5.04,46(32,29)	
8	Martin Hals	91	Øvre Eiker SK	5.05,43	571
	32,10(32,10)	1.09,79(37,69)	1.49,85(40,06)	2.29,37(39,52)	
	3.12,65(43,28)	3.56,29(43,64)	4.31,87(35,58)	5.05,43(33,56)	
9	Jonas Kirkeberg Jostad	92	Hamar IL	5.06,73	564
	31,74(31,74)	1.08,26(36,52)	1.46,70(38,44)	2.24,80(38,10)	
	3.08,63(43,83)	3.54,26(45,63)	4.29,80(35,54)	5.06,73(36,93)	
10	Espen Halhjem	92	Delfana	5.06,77	564
	31,76(31,76)	1.09,41(37,65)	1.51,83(42,42)	2.32,47(40,64)	
	3.14,69(42,22)	3.57,52(42,83)	4.33,48(35,96)	5.06,77(33,29)	
11	Vegard Løvberg	91	Bærumsvømmerne	5.14,12	525
	32,32(32,32)	1.09,87(37,55)	1.48,54(38,67)	2.26,47(37,93)	
	3.14,20(47,73)	4.03,62(49,42)	4.39,06(35,44)	5.14,12(35,06)	
12	Thomas W. Kristiansen	89	Ski SK	5.17,64	508
	30,64(30,64)	1.09,22(38,58)	1.51,35(42,13)	2.33,63(42,28)	
	3.16,05(42,42)	4.02,33(46,28)	4.40,75(38,42)	5.17,64(36,89)	

**Senior**

1	Sindri T. Jakobsson	91	Delfana	4.52,71	649
	29,72(29,72)	1.04,47(34,75)	1.43,36(38,89)	2.22,54(39,18)	
	3.03,89(41,35)	3.45,74(41,85)	4.19,98(34,24)	4.52,71(32,73)	
2	Kristoffer Meisler	90	Tverlandet IL	4.58,32	613
	31,28(31,28)	1.08,91(37,63)	1.47,75(38,84)	2.25,75(38,00)	
	3.05,89(40,14)	3.47,28(41,39)	4.24,21(36,93)	4.58,32(34,11)	
3	Hans Østerdal	93	Stavanger SC	5.00,48	600
	31,07(31,07)	1.07,11(36,04)	1.46,90(39,79)	2.26,68(39,78)	
	3.07,39(40,71)	3.51,17(43,78)	4.26,93(35,76)	5.00,48(33,55)	
4	Sebastian Stordal	91	Delfana	5.02,58	587
	30,76(30,76)	1.05,98(35,22)	1.46,02(40,04)	2.23,56(37,54)	
	3.07,37(43,81)	3.51,61(44,24)	4.27,81(36,20)	5.02,58(34,77)	
5	Sverre Næss	92	Sarpsborg IL	5.03,42	582
	31,66(31,66)	1.09,54(37,88)	1.50,65(41,11)	2.29,47(38,82)	
	3.11,69(42,22)	3.53,52(41,83)	4.29,91(36,39)	5.03,42(33,51)	
6	Carl Andreas Wathne	91	Asker SK	5.04,19	578
	31,00(31,00)	1.07,50(36,50)	1.47,45(39,95)	2.27,29(39,84)	
	3.11,02(43,73)	3.56,08(45,06)	4.30,70(34,62)	5.04,19(33,49)	

7	Elias Damman	89	Bærum/NTG	5.04,46	577
	32,28(32,28)	1.09,76(37,48)	1.51,07(41,31)	2.30,16(39,09)	
	3.12,99(42,83)	3.56,32(43,33)	4.32,17(35,85)	5.04,46(32,29)	
8	Martin Hals	91	Øvre Eiker SK	5.05,43	571
	32,10(32,10)	1.09,79(37,69)	1.49,85(40,06)	2.29,37(39,52)	
	3.12,65(43,28)	3.56,29(43,64)	4.31,87(35,58)	5.05,43(33,56)	
9	Thor Kristian Østenå Larsen	86	Bergens SC	5.06,19	567
	29,63(29,63)	1.05,26(35,63)	1.47,27(42,01)	2.27,83(40,56)	
	3.10,83(43,00)	3.55,47(44,64)	4.31,21(35,74)	5.06,19(34,98)	
10	Jonas Kirkeberg Jostad	92	Hamar IL	5.06,73	564
	31,74(31,74)	1.08,26(36,52)	1.46,70(38,44)	2.24,80(38,10)	
	3.08,63(43,83)	3.54,26(45,63)	4.29,80(35,54)	5.06,73(36,93)	
11	Espen Halhjem	92	Delfana	5.06,77	564
	31,76(31,76)	1.09,41(37,65)	1.51,83(42,42)	2.32,47(40,64)	
	3.14,69(42,22)	3.57,52(42,83)	4.33,48(35,96)	5.06,77(33,29)	
12	Vegard Løvberg	91	Bærumsvømmerne	5.14,12	525
	32,32(32,32)	1.09,87(37,55)	1.48,54(38,67)	2.26,47(37,93)	
	3.14,20(47,73)	4.03,62(49,42)	4.39,06(35,44)	5.14,12(35,06)	
13	Thomas W. Kristiansen	89	Ski SK	5.17,64	508
	30,64(30,64)	1.09,22(38,58)	1.51,35(42,13)	2.33,63(42,28)	
	3.16,05(42,42)	4.02,33(46,28)	4.40,75(38,42)	5.17,64(36,89)	

## Øvelse 22. 400m fri, damer - Forsøk

Sponsor: FK Butikken Namsos

## Senior

1	Elisabeth Jarland	85	BS/Delfana	4.29,23	761
	30,89(30,89)	1.04,28(33,39)	1.38,35(34,07)	2.12,50(34,15)	
	2.46,50(34,00)	3.20,79(34,29)	3.55,38(34,59)	4.29,23(33,85)	

## Junior

1	Cecilie Johannessen	90	Karmøy SK	4.27,98	771
	30,44(30,44)	1.03,19(32,75)	1.36,71(33,52)	2.11,69(34,98)	
	2.45,86(34,17)	3.20,81(34,95)	3.54,84(34,03)	4.27,98(33,14)	
2	Elin Slaatmo	92	Hamar IL	4.29,39	759
	30,89(30,89)	1.04,51(33,62)	1.38,62(34,11)	2.13,35(34,73)	
	2.48,09(34,74)	3.22,88(34,79)	3.57,48(34,60)	4.29,39(31,91)	
3	Ingrid N. Knutzen	91	Lambertseter SK	4.32,49	734
	31,60(31,60)	1.05,42(33,82)	1.40,02(34,60)	2.14,84(34,82)	
	2.49,77(34,93)	3.24,76(34,99)	3.59,67(34,91)	4.32,49(32,82)	
4	Helene Lybak	90	BS/Delfana	4.36,84	700
	31,93(31,93)	1.06,74(34,81)	1.42,29(35,55)	2.17,91(35,62)	
	2.53,29(35,38)	3.28,76(35,47)	4.04,04(35,28)	4.36,84(32,80)	
5	Clarissa van Rheenen	91	Skjetten Svømming	4.36,93	699
	31,91(31,91)	1.06,52(34,61)	1.42,01(35,49)	2.17,55(35,54)	
	2.52,72(35,17)	3.28,33(35,61)	4.03,08(34,75)	4.36,93(33,85)	
6	Monica Finnøy	88	BS/Bergen SLK	4.37,34	696
	31,92(31,92)	1.06,53(34,61)	1.41,58(35,05)	2.17,01(35,43)	
	2.52,24(35,23)	3.27,76(35,52)	4.03,33(35,57)	4.37,34(34,01)	
7	Gina B. Andersen	90	Skjetten Svømming/NTG	4.39,67	678
	31,60(31,60)	1.05,34(33,74)	1.40,03(34,69)	2.15,80(35,77)	
	2.51,90(36,10)	3.28,07(36,17)	4.04,28(36,21)	4.39,67(35,39)	
8	Rebecca Johnsen	88	BS/Åstveit	4.41,74	664
	32,31(32,31)	1.07,65(35,34)	1.43,33(35,68)	2.19,39(36,06)	
	2.54,91(35,52)	3.31,41(36,50)	4.07,83(36,42)	4.41,74(33,91)	
9	Eva Marie Østerhus	94	Sola SK	4.42,20	660
	32,33(32,33)	1.07,37(35,04)	1.42,79(35,42)	2.19,00(36,21)	
	2.55,64(36,64)	3.32,01(36,37)	4.08,17(36,16)	4.42,20(34,03)	
10	Ingrid Marie Rytter	91	Vestbyen IL	4.42,81	656
	32,57(32,57)	1.08,04(35,47)	1.43,94(35,90)	2.20,09(36,15)	
	2.55,83(35,74)	3.31,98(36,15)	4.07,87(35,89)	4.42,81(34,94)	

11	Victoria Rung	92	TS/Frisinn	4.44,91	642
	32,58(32,58)	1.07,66(35,08)	1.43,49(35,83)	2.20,24(36,75)	
	2.57,05(36,81)	3.33,59(36,54)	4.10,44(36,85)	4.44,91(34,47)	
12	Siri Anette Sønju	92	Øvre Eiker SK	4.45,02	641
	31,71(31,71)	1.06,53(34,82)	1.42,41(35,88)	2.18,85(36,44)	
	2.55,55(36,70)	3.32,22(36,67)	4.09,01(36,79)	4.45,02(36,01)	
13	Terese Fosby	92	Kongstensvømmerne	4.45,12	640
	32,32(32,32)	1.08,15(35,83)	1.44,56(36,41)	2.20,74(36,18)	
	2.57,01(36,27)	3.33,17(36,16)	4.09,88(36,71)	4.45,12(35,24)	
14	Line W. Lund	91	Askimsvømmerne	4.46,05	634
	32,24(32,24)	1.07,79(35,55)	1.43,74(35,95)	2.20,14(36,40)	
	2.56,75(36,61)	3.33,56(36,81)	4.10,49(36,93)	4.46,05(35,56)	
15	Oda Martine Reiertsen	89	Hamar IL	4.46,13	634
	32,46(32,46)	1.07,97(35,51)	1.43,98(36,01)	2.20,37(36,39)	
	2.56,78(36,41)	3.34,02(37,24)	4.10,81(36,79)	4.46,13(35,32)	
16	Pia Cornelia Braarud	93	Lambertseter SK	4.46,42	632
	32,81(32,81)	1.09,12(36,31)	1.45,54(36,42)	2.22,34(36,80)	
	2.58,92(36,58)	3.35,84(36,92)	4.11,50(35,66)	4.46,42(34,92)	
17	Emilie Hellerud	92	Lambertseter SK	4.47,20	626
	33,15(33,15)	1.09,37(36,22)	1.45,84(36,47)	2.22,35(36,51)	
	2.58,90(36,55)	3.35,94(37,04)	4.12,31(36,37)	4.47,20(34,89)	
18	Siri N. Andersen	92	Haldens SK	4.47,31	626
	32,89(32,89)	1.08,69(35,80)	1.45,25(36,56)	2.21,26(36,01)	
	2.58,01(36,75)	3.34,80(36,79)	4.11,64(36,84)	4.47,31(35,67)	
19	Martine Bremer	90	Bergen SLK	4.47,69	623
	32,69(32,69)	1.08,51(35,82)	1.44,91(36,40)	2.21,93(37,02)	
	2.58,56(36,63)	3.35,74(37,18)	4.12,43(36,69)	4.47,69(35,26)	
20	Seline Vike Holm	92	Arna SLK	4.49,40	612
	32,09(32,09)	1.08,13(36,04)	1.44,93(36,80)	2.21,61(36,68)	
	2.58,76(37,15)	3.35,95(37,19)	4.13,61(37,66)	4.49,40(35,79)	
21	Marte E. Brinchmann	91	Moss SK	4.49,82	610
	32,90(32,90)	1.09,06(36,16)	1.46,38(37,32)	2.23,66(37,28)	
	3.00,75(37,09)	3.37,69(36,94)	4.14,43(36,74)	4.49,82(35,39)	
22	Christiana Bjørkli	93	Trondheim SLK	4.51,52	599
	33,75(33,75)	1.10,31(36,56)	1.46,87(36,56)	2.23,99(37,12)	
	3.01,08(37,09)	3.38,10(37,02)	4.15,27(37,17)	4.51,52(36,25)	
23	Stine K. Jansen	90	Moss SK	4.52,32	594
	32,59(32,59)	1.07,95(35,36)	1.44,82(36,87)	2.21,89(37,07)	
	2.59,72(37,83)	3.37,56(37,84)	4.15,43(37,87)	4.52,32(36,89)	
24	Susann Bjørnsen	93	Setermoen SK	4.53,22	589
	31,93(31,93)	1.08,69(36,76)	1.46,41(37,72)	2.24,27(37,86)	
	3.02,50(38,23)	3.40,09(37,59)	4.17,71(37,62)	4.53,22(35,51)	
25	Elisabet Arnesen	89	Hamar IL	4.53,43	587
	34,41(34,41)	1.11,46(37,05)	1.48,58(37,12)	2.25,53(36,95)	
	3.02,73(37,20)	3.40,31(37,58)	4.17,66(37,35)	4.53,43(35,77)	
26	June J. Kristiansen	90	Delfana	4.55,34	576
	34,23(34,23)	1.10,51(36,28)	1.47,86(37,35)	2.25,48(37,62)	
	3.03,38(37,90)	3.41,36(37,98)	4.19,20(37,84)	4.55,34(36,14)	
27	Oona Ovesen	92	Elverum Svømming	4.57,27	565
	33,44(33,44)	1.10,33(36,89)	1.48,37(38,04)	2.26,31(37,94)	
	3.04,88(38,57)	3.43,46(38,58)	4.21,15(37,69)	4.57,27(36,12)	
28	Camilla Borchgrevink	90	Ski SK	4.59,40	553
	33,87(33,87)	1.10,46(36,59)	1.47,78(37,32)	2.25,26(37,48)	
	3.03,53(38,27)	3.42,02(38,49)	4.20,90(38,88)	4.59,40(38,50)	

## Funksjonshemmede

1	Linn Haugen	87	Vestkantsvømmerne	5.40,12	377	S9	128,85 %
	38,44(38,44)	1.19,91(41,47)	2.02,64(42,73)	2.46,33(43,69)			
	3.29,60(43,27)	4.13,38(43,78)	4.57,59(44,21)	5.40,12(42,53)			
2	Hanne Farestvedt	93	Åstveit SK	6.14,54	282	S14	131,3 %
	41,86(41,86)	1.28,45(46,59)	2.16,72(48,27)	3.05,00(48,28)			
	3.52,36(47,36)	4.40,96(48,60)	5.29,06(48,10)	6.14,54(45,48)			

**Øvelse 23. 100m bryst, herrer - Forsøk****Sponsor: Lindbak****Senior**

1	Alexander Hetland	82	Bærumsvømmerne	1.05,66	785
	30,36(30,36)	1.05,66(35,30)			
2	Alexander Dale Oen	85	Vestkantsvømmerne	1.06,85	743
	32,03(32,03)	1.06,85(34,82)			
3	Morten Jarland	80	Vestkantsvømmerne	1.10,84	625
	32,94(32,94)	1.10,84(37,90)			
4	Alexander Møkkelbost	87	Vestbyen IL	1.11,13	617
	33,49(33,49)	1.11,13(37,64)			
5	Daniel Aronsen	86	Bærumsvømmerne	1.11,55	606
	33,43(33,43)	1.11,55(38,12)			

**Junior**

1	Marcus Tesdal	90	BS/Åstveit	1.07,53	721
	30,97(30,97)	1.07,53(36,56)			
2	Martin Steffensen	89	BS/Arna	1.08,63	687
	31,70(31,70)	1.08,63(36,93)			
3	Johannes Framnes	89	BS/Arna	1.08,79	682
	32,23(32,23)	1.08,79(36,56)			
4	Robin Palm	88	Sarpsborg IL	1.08,91	679
	32,22(32,22)	1.08,91(36,69)			
5	Sindre Søderlund	91	Vestbyen IL	1.08,95	677
	33,09(33,09)	1.08,95(35,86)			
6	Ole-Wilhelm Norseng	88	Hamar IL	1.09,85	652
	32,40(32,40)	1.09,85(37,45)			
7	Sebastian Wigstrøm	91	Bærumsvømmerne	1.09,92	650
	32,64(32,64)	1.09,92(37,28)			
8	Mattis Saghaug	90	IL Varg/NTG	1.10,15	643
	32,62(32,62)	1.10,15(37,53)			
9	Martin Åsheim	90	Lørenskog/Rælingen	1.10,27	640
	32,65(32,65)	1.10,27(37,62)			
10	Christoffer Sørstrand Æsøy	88	Asker SK	1.11,06	619
	32,79(32,79)	1.11,06(38,27)			
11	Evgeny (John) Lekhmus	91	Tromsø SK	1.11,08	618
	33,25(33,25)	1.11,08(37,83)			
12	Haakon Walderhaug	88	Molde SLK	1.11,18	616
	32,89(32,89)	1.11,18(38,29)			
13	André Eide	89	Narvik SK	1.11,48	608
	33,43(33,43)	1.11,48(38,05)			
14	Erling Mjøs Brattelid	91	TS/Sola SK	1.11,72	602
	33,52(33,52)	1.11,72(38,20)			
15	Bernt M. Seyffarth	89	Mandal SK	1.11,81	600
	32,85(32,85)	1.11,81(38,96)			
16	Sverre Næss	92	Sarpsborg IL	1.12,11	592
	34,32(34,32)	1.12,11(37,79)			
17	Sten Marius Holmen	89	Ski SK/NTG	1.12,71	578
	33,84(33,84)	1.12,71(38,87)			
18	Benjamin Marum	88	Vestkantsvømmerne	1.12,80	575
	33,89(33,89)	1.12,80(38,91)			
19	Sindre Vikane	88	Vestkantsvømmerne	1.13,31	564
	33,39(33,39)	1.13,31(39,92)			
20	Thomas W. Kristiansen	89	Ski SK	1.13,52	559
	33,79(33,79)	1.13,52(39,73)			
21	Pål Henriksen Spjelkavik	88	Vestbyen IL	1.15,47	516
	34,36(34,36)	1.15,47(41,11)			
22	Bjørnar Salvesen	90	Mandal SK	1.15,68	512
	33,81(33,81)	1.15,68(41,87)			



### Øvelse 24. 100m butterfly, damer - Forsøk

Sponsor: Ole Bruun Olsen

#### Senior

1	Maj Hillesund	80	Mandal SK	1.04,60	718
	29,15(29,15)	1.04,60(35,45)			
2	Monica Martinsen	83	Stavanger SC	1.07,13	640
	31,22(31,22)	1.07,13(35,91)			
3	Ellen Magnussen	84	Sarpsborg IL	1.07,61	626
	32,00(32,00)	1.07,61(35,61)			
4	Karolina Orleanski	86	Bærumsvømmerne	1.07,63	626
	31,50(31,50)	1.07,63(36,13)			
5	Karen Stødle	87	Team Stavanger	1.08,43	604
	31,53(31,53)	1.08,43(36,90)			
6	Elise Strømsvik	87	Vestbyen IL	1.10,64	549
	31,13(31,13)	1.10,64(39,51)			

#### Junior

1	Ingvild Snildal	88	Asker SK	1.00,64	868	NR
	28,21(28,21)	1.00,64(32,43)				
2	Victoria S. Løken	91	Aalesund SLK	1.02,73	784	
	28,96(28,96)	1.02,73(33,77)				
3	Monica Johannessen	90	Karmøy SK	1.05,58	686	
	30,94(30,94)	1.05,58(34,64)				
4	Sara Pettersen	91	Fauske SK	1.06,69	653	
	31,23(31,23)	1.06,69(35,46)				
5	Christine Ørland	88	TS/Madla SK	1.08,04	614	
	31,65(31,65)	1.08,04(36,39)				
6	Maren Kristine Jansen	90	TS/Randaberg	1.08,30	607	
	30,93(30,93)	1.08,30(37,37)				
7	Line Løvberg	91	Lambertseter SK	1.08,46	603	
	32,30(32,30)	1.08,46(36,16)				
8	Stine Vindenes	93	Vestkantsvømmerne	1.09,41	579	
	32,33(32,33)	1.09,41(37,08)				
9	Victoria Rung	92	TS/Frisinn	1.09,75	570	
	32,90(32,90)	1.09,75(36,85)				
10	Elisabeth H. Svensson	91	Ski SK	1.10,55	551	
	32,03(32,03)	1.10,55(38,52)				
11	Nora Næss	93	Haldens SK	1.11,12	538	
	33,39(33,39)	1.11,12(37,73)				
12	Charlotte Svaland	92	Vågsbygd SLK	1.11,22	536	
	32,47(32,47)	1.11,22(38,75)				
13	Maren Gramvik	90	Vågsbygd SLK	1.11,71	525	
	33,23(33,23)	1.11,71(38,48)				
14	Terese Langlo	89	Skjetten Svømming	1.11,76	524	
	33,91(33,91)	1.11,76(37,85)				
15	Guro Knutsen	91	Øvre Eiker SK	1.12,03	518	
	33,07(33,07)	1.12,03(38,96)				
16	Katinka Kvant	89	Arna SLK	1.12,09	517	
	32,33(32,33)	1.12,09(39,76)				
17	Camilla Borchgrevink	90	Ski SK	1.12,15	515	
	33,42(33,42)	1.12,15(38,73)				
18	Pernille Thorstensen	89	Vågsbygd SLK	1.12,35	511	
	33,63(33,63)	1.12,35(38,72)				
19	Mina-Louise Bekk Berggren	92	Lambertseter SK	1.12,41	510	
	33,36(33,36)	1.12,41(39,05)				
20	Helene Solberg	91	Skjetten Svømming	1.12,77	502	
	33,52(33,52)	1.12,77(39,25)				
21	Trine Hovda	90	TS/Madla SK	1.13,19	494	
	33,30(33,30)	1.13,19(39,89)				

## Funksjonshemmede

1	Mariann Vestbøstad	84	Vestkantsvømmerne	1.28,48	279	S8	120,79 %
	40,27(40,27)	1.28,48(48,21)					
2	Anne Ask Rasmussen	89	TS/Madla SK	1.27,98	284	S9	130,79 %
	41,36(41,36)	1.27,98(46,62)					
3	Linn Blummenfelt	88	Vestkantsvømmerne	2.22,42	67	S7	164,14 %
	1.06,99(1.06,99)	2.22,42(1.15,43)					
	Hanne Farestedt	93	Åstveit SK	DISK		S14	

## Øvelse 25. 200m fri, herrer - Forsøk

## Sponsor: Nordialog Namsos

## Senior

1	Sander Smørdal	85	BS/Arna	1.56,32	759
	27,06(27,06)	56,81(29,75)	1.27,05(30,24)	1.56,32(29,27)	
2	Gard Kvale	84	Bergens SC	1.59,47	701
	27,63(27,63)	57,34(29,71)	1.28,13(30,79)	1.59,47(31,34)	
3	Eirik Lund	78	Asker SK	1.59,86	694
	28,66(28,66)	58,70(30,04)	1.29,25(30,55)	1.59,86(30,61)	
4	Stian With Bjørnstad	87	Ski SK	2.02,23	654
	28,35(28,35)	59,15(30,80)	1.30,38(31,23)	2.02,23(31,85)	

## Junior

1	Øystein R. Hetland	89	Bærum/NTG	1.56,20	762
	26,96(26,96)	56,70(29,74)	1.26,23(29,53)	1.56,20(29,97)	
2	Jørgen Møllerop	88	TS/Madla SK	1.56,31	760
	27,36(27,36)	56,99(29,63)	1.26,67(29,68)	1.56,31(29,64)	
3	Eirik Ravnar	89	Hamar IL	1.57,05	745
	27,55(27,55)	56,73(29,18)	1.26,42(29,69)	1.57,05(30,63)	
4	Lars Andre Tolås	88	Stavanger SC/NTG	1.58,14	725
	27,48(27,48)	57,18(29,70)	1.27,57(30,39)	1.58,14(30,57)	
5	Petter Fagelund	88	Bærum/NTG	1.58,58	717
	28,16(28,16)	57,75(29,59)	1.28,28(30,53)	1.58,58(30,30)	
6	Stian Werner Erichsen	90	Bærumsvømmerne	1.59,73	696
	28,16(28,16)	58,01(29,85)	1.28,53(30,52)	1.59,73(31,20)	
7	Christer Koch Kvam	90	Bærum/NTG	2.00,47	684
	27,77(27,77)	57,98(30,21)	1.29,20(31,22)	2.00,47(31,27)	
8	Mikkel Tørud Lang	90	Ullensakersv	2.01,24	671
	27,98(27,98)	58,13(30,15)	1.29,22(31,09)	2.01,24(32,02)	
9	Martin Skramstad	89	Hamar IL	2.01,72	663
	28,13(28,13)	58,51(30,38)	1.29,74(31,23)	2.01,72(31,98)	
10	Mats Gøran Høgenhaug	93	Namsos SK	2.02,21	655
	28,63(28,63)	59,31(30,68)	1.30,79(31,48)	2.02,21(31,42)	
11	Emil Brennløkken	89	Vestbyen IL	2.02,81	645
	28,82(28,82)	59,86(31,04)	1.32,06(32,20)	2.02,81(30,75)	
12	Zoltan Csernai	93	Åstveit SK	2.03,08	641
	28,38(28,38)	1.00,04(31,66)	1.33,11(33,07)	2.03,08(29,97)	
13	Tor Hafnor	91	Bærumsvømmerne	2.03,44	635
	28,90(28,90)	1.00,60(31,70)	1.32,13(31,53)	2.03,44(31,31)	
14	Daniel Berenett	91	IL Varg	2.03,53	634
	28,77(28,77)	1.00,47(31,70)	1.31,93(31,46)	2.03,53(31,60)	
15	Rune Johansen	89	Andøya SLK	2.04,57	618
	28,44(28,44)	58,77(30,33)	1.30,90(32,13)	2.04,57(33,67)	
16	Christian Sunde	89	Elverum Svømming	2.04,96	612
	28,36(28,36)	1.00,15(31,79)	1.32,82(32,67)	2.04,96(32,14)	
17	Ole Martin Ree	92	TS/Sola SK	2.06,02	597
	29,42(29,42)	1.01,15(31,73)	1.33,69(32,54)	2.06,02(32,33)	

18	Haakon Undheim	91	Karmøy SK	2.06,22	594
	29,30(29,30)	1.00,79(31,49)	1.34,00(33,21)	2.06,22(32,22)	
19	Marius Lund	91	Tromsø SK	2.06,25	594
	28,48(28,48)	59,65(31,17)	1.31,63(31,98)	2.06,25(34,62)	
20	Geir T. Kristiansen	90	Larvik SK	2.07,57	576
	29,64(29,64)	1.01,60(31,96)	1.34,43(32,83)	2.07,57(33,14)	
21	Martin Hammer	93	Kongstensvømmerne	2.09,94	545
	29,68(29,68)	1.02,56(32,88)	1.36,06(33,50)	2.09,94(33,88)	
	Sindre Nilo	90	Sandefjord SK/NTG	BRUTT	
	Robin Palm	88	Sarpsborg IL	DISK	

**Øvelse 26. 200m individuell medley, damer - Forsøk****Sponsor: Husby Fagsenter****Senior**

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	2.19,04	844
	30,72(30,72)	1.07,30(36,58)	1.45,36(38,06)	2.19,04(33,68)	
2	Sara Nordenstam	83	Lambertseter SK	2.24,20	756
	31,15(31,15)	1.08,31(37,16)	1.49,16(40,85)	2.24,20(35,04)	
3	Karolina Orleanski	86	Bærumsvømmerne	2.29,21	683
	32,47(32,47)	1.11,80(39,33)	1.55,82(44,02)	2.29,21(33,39)	
4	Ellen Magnussen	84	Sarpsborg IL	2.32,83	635
	32,81(32,81)	1.13,57(40,76)	1.58,53(44,96)	2.32,83(34,30)	

**Junior**

1	Karoline Brudvik Sanderud	89	Hamar IL	2.23,20	772
	30,67(30,67)	1.08,06(37,39)	1.48,79(40,73)	2.23,20(34,41)	
2	Elise Utne	89	Narvik SK	2.24,98	744
	31,85(31,85)	1.09,15(37,30)	1.50,44(41,29)	2.24,98(34,54)	
3	Ina Kr. Pedersen	89	Moss SK	2.26,79	717
	32,09(32,09)	1.09,94(37,85)	1.52,19(42,25)	2.26,79(34,60)	
4	Trine A. Olsen	90	Fauske SK	2.28,35	695
	32,29(32,29)	1.09,85(37,56)	1.52,80(42,95)	2.28,35(35,55)	
5	Bitte Fagermo	93	Narvik SK	2.30,52	665
	32,75(32,75)	1.12,58(39,83)	1.53,35(40,77)	2.30,52(37,17)	
6	Karin Ekholt	89	Bærumsvømmerne	2.32,42	641
	32,61(32,61)	1.14,94(42,33)	1.56,33(41,39)	2.32,42(36,09)	
7	Line Løvberg	91	Lambertseter SK	2.33,36	629
	32,74(32,74)	1.12,74(40,00)	1.58,78(46,04)	2.33,36(34,58)	
8	Victoria T. Solberg	89	Horten/NTG	2.33,48	627
	33,77(33,77)	1.10,99(37,22)	1.58,10(47,11)	2.33,48(35,38)	
9	Terese Langlo	89	Skjetten Svømming	2.33,66	625
	34,78(34,78)	1.14,88(40,10)	1.58,72(43,84)	2.33,66(34,94)	
10	Trine Hovda	90	TS/Madla SK	2.34,16	619
	33,66(33,66)	1.12,26(38,60)	1.58,17(45,91)	2.34,16(35,99)	
11	Iselin Meisler	90	Tverlandet IL	2.35,45	604
	34,23(34,23)	1.16,43(42,20)	1.57,59(41,16)	2.35,45(37,86)	
12	Christine Ørland	88	TS/Madla SK	2.35,72	601
	31,97(31,97)	1.15,70(43,73)	2.00,44(44,74)	2.35,72(35,28)	
13	Ine Charlotte Hagen	89	Lørenskog/Rælingen	2.36,11	596
	34,67(34,67)	1.16,69(42,02)	1.57,98(41,29)	2.36,11(38,13)	
14	Elisabeth H. Svensson	91	Ski SK	2.36,25	595
	33,78(33,78)	1.15,88(42,10)	2.01,96(46,08)	2.36,25(34,29)	
15	Benedicte Kausland	92	Vestkantsvømmerne	2.37,02	586
	35,02(35,02)	1.15,09(40,07)	1.59,64(44,55)	2.37,02(37,38)	
16	Siri Anette Sønju	92	Øvre Eiker SK	2.37,56	580
	34,12(34,12)	1.14,28(40,16)	2.01,12(46,84)	2.37,56(36,44)	
17	Oona Ovesen	92	Elverum Svømming	2.37,63	579
	33,90(33,90)	1.14,43(40,53)	2.02,28(47,85)	2.37,63(35,35)	
18	Susann Bjørnsen	93	Setermoen SK	2.41,15	542
	35,56(35,56)	1.18,94(43,38)	2.06,56(47,62)	2.41,15(34,59)	
19	Camilla Borchgrevink	90	Ski SK	2.41,97	534
	34,01(34,01)	1.15,18(41,17)	2.03,88(48,70)	2.41,97(38,09)	

### Øvelse 27. 50m rygg, herrer - Forsøk

Sponsor: POPIN

#### Senior

1	Kim Torry Simmenes	82	Vestkantsvømmerne	(0,72)	26,86	834
2	Per Osland	81	BS/Delfana	(0,55)	29,36	639
3	Njål Falch	87	Kolbotn IL	(0,68)	29,65	620
4	Rune Christensen	69	IL Varg	(0,68)	30,63	562

#### Junior

1	Lars Andre Tolås	88	Stavanger SC/NTG	(0,64)	28,63	689
2	Alexander B. Havre	90	Mandal SK	(0,62)	29,03	661
3	Mikael Bergene	91	Lambertseter SK	(0,55)	29,19	650
4	John Hage Gaarder	89	Lørenskog/Rælingen	(0,60)	29,34	640
5	Dominik Borkowski	90	Skjetten Svømming	(0,65)	29,50	630
6	Martin Skramstad	89	Hamar IL	(0,67)	30,08	594
7	Mathias Sørstrand Æsøy	90	Florø SLK	(0,62)	30,25	584
8	Halvor Ekeland	89	Drammen SK	(0,74)	30,34	579
9	Bjarte Ravndal	91	TS/Sola SK	(0,78)	30,42	574
10	Ole-Wilhelm Norseng	88	Hamar IL	(0,75)	30,51	569
11	Tor Hafnor	91	Bærumsvømmerne	(0,70)	30,52	568
12	Julian Åsheim Mikkelsen	93	Ås IL	(0,88)	30,62	563
13	Sindre Eilertsen	90	Lambertseter SK	(0,47)	30,68	560
14	Lavrans Veierø Solli	92	Bergens SC	(0,66)	30,86	550
15	Kristoffer Skribeland	91	Asker SK	(0,80)	30,87	549
15	Vegard Løvberg	91	Bærumsvømmerne	(0,73)	30,87	549
17	Even Vike Holm	90	BS/Arna	(0,81)	30,93	546
18	Marius Lund	91	Tromsø SK	(0,76)	31,15	535
19	Christian Juvik	93	Stavanger SC	(0,71)	31,16	534
20	Ole Andreas Kolaas	89	BS/Delfana	(0,63)	31,26	529
21	Åsmund Karlsen	92	Eid SK	(0,66)	31,44	520
22	Eirik Ramstad	91	Madla SK	(0,51)	31,76	504
23	Mikkel Tørud Lang	90	Ullensakersv	(0,76)	31,80	502

### Øvelse 28. 50m bryst, damer - Forsøk

Sponsor: Øivind Johansen

#### Senior

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne		32,52	870
2	Henriette Martinsen	85	Trondheim SLK		33,34	807
3	Ann-Helen Pridesis	87	BS/Bergen SLK		34,49	729
4	Hanne Chr. Seyffarth	85	Mandal SK		34,61	722
5	Mari Ask Rasmussen	86	TS/Stavanger VPK		34,66	718
6	Celinn Daviknes	86	BS/Delfana		34,92	703
7	Karen Stødle	87	Team Stavanger		36,86	597

## Junior

1	Katharina Stiberg	88	Bjerkvik SK	32,84	845	NJR
2	Karoline Bergene	89	Lambertseter SK	33,62	787	
3	Kristine Mella	90	Bærumsvømmerne	34,06	757	
4	Mai Linn Hanslien	90	TS/Stavanger VPK	34,46	731	
5	Siri Eva Kristiansen	93	Asker SK	34,85	707	
5	Iselin Meisler	90	Tverlandet IL	34,85	707	
7	Monica Finnøy	88	BS/Bergen SLK	35,30	680	
8	Karin Ekholt	89	Bærumsvømmerne	35,92	645	
9	Sophia Broberg Skeltved	92	Tromsø SK	35,94	644	
9	Maren Kristine Jansen	90	TS/Randaberg	35,94	644	
11	Mari Singstad	91	Vestbyen IL	36,02	640	
12	Hege Omdal	89	Kristiansand SA	36,21	630	
13	Bitte Fagermo	93	Narvik SK	36,51	615	
14	Trine Hovda	90	TS/Madla SK	36,68	606	
15	Tina Larsen	92	Narvik SK	36,70	605	
16	Maria Farestvedt	90	BS/Åstveit	36,87	597	
17	Katinka Kvant	89	Arna SLK	36,91	595	
18	Charlotte Thorsen	89	Lambertseter SK	37,11	585	
19	Kine Vereide	91	Eid SK	37,19	581	
20	Guro Bjørk Sørby	90	Øvre Eiker SK	37,28	577	
21	Stina Kajsa Colleou	93	Lambertseter SK	37,35	574	
22	Benedicte Kausland	92	Vestkantvømmerne	37,42	571	
23	Maren Teige	90	Bergen SLK	37,52	566	

## Øvelse 29. 4\*100m fri, herrer - Junior

Sponsor: NTE

## Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	3.35,22	747	NJR
		25,44(25,44)				
	Øystein R. Hetland:	52,90(27,46)				
		1.18,69(25,79)				
	Christer Koch Kvam:	1.46,67(27,98)				
		2.13,24(26,57)				
	Stian Werner Erichsen:	2.42,26(29,02)				
		3.07,19(24,93)				
	Petter Fagelund:	3.35,22(28,03)				
2	Hamar IL G1 jr.	JR	Hamar IL	3.41,48	685	
		26,73(26,73)				
	Martin Skramstad:	55,79(29,06)				
		1.22,70(26,91)				
	Jonas Kirkeberg Jostad:	1.52,18(29,48)				
		2.18,90(26,72)				
	Ole-Wilhelm Norseng:	2.47,57(28,67)				
		3.13,62(26,05)				
	Eirik Ravnan:	3.41,48(27,86)				
3	Bergensv. G1 jr.	JR	Bergensvømmerne	3.44,75	656	
		26,96(26,96)				
	Anders Espeland Seljeflot:	55,92(28,96)				
		1.22,90(26,98)				
	Even Vike Holm:	1.52,38(29,48)				
		2.19,88(27,50)				
	Ole Andreas Kolaas:	2.50,47(30,59)				
		3.16,14(25,67)				
	Marcus Tesdal:	3.44,75(28,61)				

4	Team Stavanger G1 jr.	JR	Team Stavanger	3.45,07	653
	Jørgen Møllerop:	25,62(25,62)			
	Bjarte Ravndal:	53,27(27,65)			
	Ole Martin Ree:	1.19,75(26,48)			
	Erling Mjøs Brattelid:	1.49,08(29,33)			
		2.16,03(26,95)			
		2.45,89(29,86)			
		3.14,25(28,36)			
		3.45,07(30,82)			
5	Mandal SK G1 jr.	JR	Mandal SK	3.47,18	635
	Per Sondre Sodeland:	27,45(27,45)			
	Alexander B. Havre:	57,49(30,04)			
	Bjørnar Salvesen:	1.23,17(25,68)			
	Bernt M. Seyffarth:	1.53,75(30,58)			
		2.20,32(26,57)			
		2.51,14(30,82)			
		3.17,26(26,12)			
		3.47,18(29,92)			
6	Asker SK G1 jr.	JR	Asker SK	3.48,34	625
	Christian Aaserud:	27,24(27,24)			
	Kristoffer Skribeland:	56,05(28,81)			
	Christoffer Sørstrand Æsøy:	1.23,11(27,06)			
	Jan Aleksander Bakke:	1.53,90(30,79)			
		2.21,42(27,52)			
		2.51,31(29,89)			
		3.18,26(26,95)			
		3.48,34(30,08)			
7	Lambertseter SK G1 jr.	JR	Lambertseter SK	3.48,58	623
	Petter Braarud:	26,76(26,76)			
	Mikael Bergene:	55,62(28,86)			
	Sindre Eilertsen:	1.22,67(27,05)			
	Stian Andreas Evja:	1.51,97(29,30)			
		2.19,28(27,31)			
		2.50,49(31,21)			
		3.17,45(26,96)			
		3.48,58(31,13)			
8	Stavanger SC G1 jr.	JR	Stavanger SC	3.49,52	615
	Lars Andre Tolås:	26,90(26,90)			
	Jørn Nygård:	55,33(28,43)			
	Hans Østerdal:	1.22,34(27,01)			
	Christian Juvik:	1.52,09(29,75)			
		2.19,25(27,16)			
		2.50,44(31,19)			
		3.18,13(27,69)			
		3.49,52(31,39)			
9	Bærumsv G2 jr.	JR	Bærumsvømmerne	3.50,58	607
	Tor Hafnor:	27,83(27,83)			
	Elias Damman:	57,26(29,43)			
	Sebastian Wigstrøm:	1.24,54(27,28)			
	Vegard Løvberg:	1.53,72(29,18)			
		2.21,48(27,76)			
		2.51,39(29,91)			
		3.19,44(28,05)			
		3.50,58(31,14)			
10	IL Varg G1 jr.	JR	IL Varg	3.52,02	596
	Mattis Saghaug:	27,19(27,19)			
	Jari K. Mikkelsen:	57,35(30,16)			
	Daniel Berenett:	1.24,13(26,78)			
	Jan-Tore Jessen Eikrem:	1.55,30(31,17)			
		2.22,89(27,59)			
		2.53,75(30,86)			
		3.21,28(27,53)			
		3.52,02(30,74)			
11	Namsos SK G1 jr.	JR	Namsos SK	3.52,13	595
	Torkil Berntsen Due:	27,36(27,36)			
	Mats Gøran Høgenhaug:	57,45(30,09)			
	Marius Skaanes:	1.24,03(26,58)			
	Sander Kuitert:	1.52,65(28,62)			
		2.20,66(28,01)			
		2.53,52(32,86)			
		3.21,25(27,73)			
		3.52,13(30,88)			

12	Vestbyen IL G1 jr.	JR	Vestbyen IL	3.55,30	571
	Erlend Alvestad:	28,54(28,54)			
		1.01,12(32,58)			
	Pål Henriksen Spjelkavik:	1.29,71(28,59)			
		1.59,86(30,15)			
	Sigvart Evjen:	2.27,82(27,96)			
		2.58,50(30,68)			
	Emil Brennløkken:	3.25,71(27,21)			
		3.55,30(29,59)			
13	Delfana G1 jr.	JR	Delfana	3.55,89	567
	Espen Halhjem:	28,51(28,51)			
		59,90(31,39)			
	Øyvind L. Styrmo:	1.28,27(28,37)			
		1.59,08(30,81)			
	Sindri T. Jakobsson:	2.26,32(27,24)			
		2.56,78(30,46)			
	Eirik Runningen:	3.24,79(28,01)			
		3.55,89(31,10)			
14	Elverum IL G1 jr.	JR	Elverum Svømming	3.56,93	559
	Christian Sunde:	27,33(27,33)			
		56,99(29,66)			
	Eirik B. Lund:	1.25,10(28,11)			
		1.58,12(33,02)			
	Ingvar V. Skirbekk:	2.27,46(29,34)			
		2.58,61(31,15)			
	Gunnar V. Skirbekk:	3.26,02(27,41)			
		3.56,93(30,91)			
15	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	3.59,12	544
	Sindre Vikane:	28,24(28,24)			
		58,73(30,49)			
	Benjamin Marum:	1.26,31(27,58)			
		1.57,17(30,86)			
	Joachim Jakobsen:	2.24,58(27,41)			
		2.55,99(31,41)			
	Anders S. Jordheim:	3.25,52(29,53)			
		3.59,12(33,60)			
16	Larvik SK G1 jr.	JR	Larvik SK	4.03,65	514
	Aksel B. Lindhjem:	28,29(28,29)			
		59,11(30,82)			
	Peder T. Haagensli:	1.28,21(29,10)			
		2.01,34(33,13)			
	Jørgen Wiik:	2.31,37(30,03)			
		3.04,32(32,95)			
	Geir T. Kristiansen:	3.32,68(28,36)			
		4.03,65(30,97)			
17	Bergens SC G1 jr.	JR	Bergens SC	4.07,15	493
	Sindre Mowatt Gruben:	29,63(29,63)			
		1.03,18(33,55)			
	Lavrans Veierø Solli:	1.31,77(28,59)			
		2.03,10(31,33)			
	Martin Lygre Eriksen:	2.33,88(30,78)			
		3.08,71(34,83)			
	Stian S. Langeland:	3.35,72(27,01)			
		4.07,15(31,43)			
18	Fauske SK G1 jr.	JR	Fauske SK	4.18,11	433
	Christer M. Hagen:	28,20(28,20)			
		59,79(31,59)			
	Lasse Teigen:	1.30,57(30,78)			
		2.05,57(35,00)			
	Anders Haugen:	2.38,92(33,35)			
		3.13,93(35,01)			
	Fredrik Sørensen:	3.44,84(30,91)			
		4.18,11(33,27)			
	Tromsø SK G1 jr.	JR	Tromsø SK	DISK	
		28,02(28,02)	59,14(31,12)	1.27,03(27,89)	1.58,64(31,61)
		2.25,17(26,53)	2.54,92(29,75)		
	Magnus Klæboe Nordgård, Torbjørn Ringholm, Marius Lund, Evgeny (John) Lekhmus				

## Øvelse 30. 4\*200m fri, damer - Junior

Sponsor: Hamstad Bakeri

## Junior

1	Asker SK J1 jr.	JR	Asker SK	8.45,85	750	NJR
		32,16(32,16)	1.06,65(34,49)			
	Siri Eva Kristiansen:	1.41,16(34,51)	2.14,08(32,92)			
		2.44,21(30,13)	3.17,49(33,28)			
	Sofie Gjemmestad:	3.52,61(35,12)	4.27,58(34,97)			
		4.58,56(30,98)	5.32,53(33,97)			
	Nora Kathrine Guthe:	6.07,07(34,54)	6.41,45(34,38)			
		7.10,32(28,87)	7.41,44(31,12)			
	Ingvild Snildal:	8.13,33(31,89)	8.45,85(32,52)			
2	Hamar IL J1 jr.	JR	Hamar IL	8.51,54	726	
		30,72(30,72)	1.03,73(33,01)			
	Elin Slaatmo:	1.37,90(34,17)	2.10,35(32,45)			
		2.41,25(30,90)	3.14,88(33,63)			
	Oda Martine Reiertsen:	3.49,25(34,37)	4.24,26(35,01)			
		4.55,28(31,02)	5.30,88(35,60)			
	Kristiane L. Buholt:	6.07,55(36,67)	6.43,92(36,37)			
		7.13,71(29,79)	7.45,91(32,20)			
	Karoline Brudvik Sanderud:	8.19,38(33,47)	8.51,54(32,16)			
3	Bergensv. J1 jr.	JR	Bergensvømmerne	8.52,30	723	
		31,30(31,30)	1.04,68(33,38)			
	Monica Finnøy:	1.39,72(35,04)	2.13,96(34,24)			
		2.44,26(30,30)	3.17,89(33,63)			
	Helene Lybak:	3.53,35(35,46)	4.27,15(33,80)			
		4.57,71(30,56)	5.31,77(34,06)			
	Rebecca Johnsen:	6.07,63(35,86)	6.41,79(34,16)			
		7.10,81(29,02)	7.43,04(32,23)			
	Margrete Nyhus Ulvestad:	8.17,74(34,70)	8.52,30(34,56)			
4	Lambertseter SK J1 jr.	JR	Lambertseter SK	9.03,21	680	
		31,57(31,57)	1.06,37(34,80)			
	Emilie Hellerud:	1.42,05(35,68)	2.17,13(35,08)			
		2.48,51(31,38)	3.22,86(34,35)			
	Karoline Bergene:	3.57,68(34,82)	4.32,35(34,67)			
		5.04,14(31,79)	5.38,81(34,67)			
	Emma Isdahl:	6.14,92(36,11)	6.49,79(34,87)			
		7.20,83(31,04)	7.54,47(33,64)			
	Ingrid N. Knutzen:	8.29,41(34,94)	9.03,21(33,80)			
5	Skjetten Svømming J1 jr.	JR	Skjetten Svømming	9.04,05	677	
		29,76(29,76)	1.02,25(32,49)			
	Clarissa van Rheenen:	1.36,06(33,81)	2.09,90(33,84)			
		2.43,44(33,54)	3.19,15(35,71)			
	Terese Langlo:	3.54,58(35,43)	4.30,08(35,50)			
		5.00,69(30,61)	5.34,44(33,75)			
	Gina B. Andersen:	6.09,62(35,18)	6.43,76(34,14)			
		7.15,69(31,93)	7.50,71(35,02)			
	Helene Solberg:	8.27,13(36,42)	9.04,05(36,92)			
6	Moss SK J1 jr.	JR	Moss SK	9.08,98	659	
		29,81(29,81)	1.02,26(32,45)			
	Ina Kr. Pedersen:	1.35,64(33,38)	2.09,03(33,39)			
		2.40,76(31,73)	3.15,83(35,07)			
	Stine K. Jansen:	3.52,33(36,50)	4.28,58(36,25)			
		5.00,15(31,57)	5.35,88(35,73)			
	Thea Pedersen:	6.12,78(36,90)	6.49,61(36,83)			
		7.20,98(31,37)	7.56,88(35,90)			
	Marte E. Brinchmann:	8.33,38(36,50)	9.08,98(35,60)			
7	Bærumsv J1 jr.	JR	Bærumsvømmerne	9.15,05	638	
		30,75(30,75)	1.05,28(34,53)			
	Vibeke Browne:	1.41,34(36,06)	2.17,59(36,25)			
		2.49,32(31,73)	3.24,47(35,15)			
	Karin Ekholt:	4.00,87(36,40)	4.37,79(36,92)			
		5.08,83(31,04)	5.43,73(34,90)			
	Emilie Voraa:	6.19,11(35,38)	6.54,35(35,24)			
		7.25,23(30,88)	8.00,74(35,51)			
	Maria Bølgen:	8.37,86(37,12)	9.15,05(37,19)			



8	Vestkantsv. J1 jr.	JR	Vestkantsvømmerne	9.17,79	628
			32,82(32,82)	1.09,78(36,96)	
	Marie Øverland:		1.46,97(37,19)	2.23,82(36,85)	
			2.51,91(28,09)	3.24,09(32,18)	
	Henriette Brekke:		3.57,85(33,76)	4.31,29(33,44)	
			5.03,44(32,15)	5.39,33(35,89)	
	Stine Vindenes:		6.15,65(36,32)	6.50,70(35,05)	
			7.24,41(33,71)	8.01,73(37,32)	
	Benedicte Kausland:		8.40,30(38,57)	9.17,79(37,49)	
9	Øvre Eiker SK J1 jr.	JR	Øvre Eiker SK	9.25,31	604
			32,76(32,76)	1.08,82(36,06)	
	Line Cecilie Stenseth:		1.46,02(37,20)	2.23,98(37,96)	
			2.55,90(31,92)	3.31,60(35,70)	
	Inger-Cathrine Wium:		4.08,62(37,02)	4.45,61(36,99)	
			5.18,62(33,01)	5.54,84(36,22)	
	Guro Knutsen:		6.32,08(37,24)	7.08,40(36,32)	
			7.39,13(30,73)	8.13,28(34,15)	
	Siri Anette Sønju:		8.49,21(35,93)	9.25,31(36,10)	
10	Arna SLK J1 jr.	JR	Arna SLK	9.30,50	587
			31,19(31,19)	1.07,25(36,06)	
	Seline Vike Holm:		1.44,17(36,92)	2.19,64(35,47)	
			2.50,57(30,93)	3.26,64(36,07)	
	Ane J. Midtun:		4.04,59(37,95)	4.41,81(37,22)	
			5.13,37(31,56)	5.49,73(36,36)	
	Oda J. Midtun:		6.28,50(38,77)	7.07,31(38,81)	
			7.39,19(31,88)	8.15,66(36,47)	
	Marina Rasmussen:		8.53,53(37,87)	9.30,50(36,97)	
11	Ski SK J1 jr.	JR	Ski SK	9.30,64	587
			33,18(33,18)	1.09,53(36,35)	
	Henriette With Bjørnstad:		1.47,86(38,33)	2.25,83(37,97)	
			2.59,31(33,48)	3.36,53(37,22)	
	Camilla Borchgrevink:		4.14,98(38,45)	4.52,41(37,43)	
			5.24,09(31,68)	5.59,59(35,50)	
	Elisabeth H. Svensson:		6.35,91(36,32)	7.10,97(35,06)	
			7.43,60(32,63)	8.19,40(35,80)	
	Camilla W. Kristiansen:		8.55,84(36,44)	9.30,64(34,80)	
12	Tromsø SK J1 jr.	JR	Tromsø SK	9.30,97	586
			31,77(31,77)	1.06,63(34,86)	
	Sophia Broberg Skeltved:		1.42,77(36,14)	2.19,63(36,86)	
			2.51,31(31,68)	3.27,33(36,02)	
	Siv Fiske:		4.04,50(37,17)	4.39,93(35,43)	
			5.12,28(32,35)	5.48,02(35,74)	
	Hanne Lockertsen:		6.24,33(36,31)	6.59,97(35,64)	
			7.32,82(32,85)	8.10,84(38,02)	
	Marte Tollefsen:		8.50,86(40,02)	9.30,97(40,11)	
13	Kristiansand SA J1 jr.	JR	Kristiansand SA	9.33,54	578
			31,31(31,31)	1.05,70(34,39)	
	Maria Aasen:		1.41,77(36,07)	2.17,74(35,97)	
			2.50,76(33,02)	3.27,17(36,41)	
	Thea Wingaard:		4.03,85(36,68)	4.39,74(35,89)	
			5.13,92(34,18)	5.52,45(38,53)	
	Hilde Kringlen:		6.32,67(40,22)	7.11,43(38,76)	
			7.43,67(32,24)	8.19,98(36,31)	
	Linn Hege Laudal:		8.57,95(37,97)	9.33,54(35,59)	
14	Elverum IL J1 jr.	JR	Elverum Svømming	9.43,22	550
			32,38(32,38)	1.08,37(35,99)	
	Oona Ovesen:		1.45,56(37,19)	2.21,25(35,69)	
			2.54,63(33,38)	3.31,91(37,28)	
	Andrea V. Skirbekk:		4.10,50(38,59)	4.50,17(39,67)	
			5.22,49(32,32)	5.59,46(36,97)	
	Lene Ådlandsvik:		6.37,95(38,49)	7.15,96(38,01)	
			7.48,31(32,35)	8.26,09(37,78)	
	Siri Ovesen:		9.05,15(39,06)	9.43,22(38,07)	
15	Fauske SK J1 jr.	JR	Fauske SK	10.03,03	497
			34,06(34,06)	1.14,23(40,17)	
	Marie Værnes Navjord:		1.56,32(42,09)	2.37,12(40,80)	
			3.11,16(34,04)	3.49,97(38,81)	
	Mari Lønnås:		4.30,91(40,94)	5.12,32(41,41)	
			5.47,21(34,89)	6.25,97(38,76)	
	Ragnhild Kosmo Holm:		7.05,43(39,46)	7.44,30(38,87)	
			8.16,12(31,82)	8.51,59(35,47)	
	Trine A. Olsen:		9.28,01(36,42)	10.03,03(35,02)	

Vestkantsv. J2 jr.	JR	Vestkantsvømmerne	DISK
32,51(32,51)	1.09,10(36,59)	1.47,14(38,04)	2.24,75(37,61)
Marie Reinertsen, Juni Rugland, Charlotte Kausland, Malin Dahle			

## Lørdag 14. juli kl 17.00

## Øvelse 21. 400m individuell medley, herrer - Direkte finale

Sponsor: Ole Ingebrigtsen

## Junior

1	Ronnie Anstensen	88	Skjetten Svømming	4.45,91	696
	30,69(30,69)	1.05,65(34,96)	1.43,77(38,12)	2.20,23(36,46)	
	3.00,02(39,79)	3.40,77(40,75)	4.14,32(33,55)	4.45,91(31,59)	
2	Sindri T. Jakobsson	91	Delfana	4.52,71	649
	29,72(29,72)	1.04,47(34,75)	1.43,36(38,89)	2.22,54(39,18)	
	3.03,89(41,35)	3.45,74(41,85)	4.19,98(34,24)	4.52,71(32,73)	
3	Sindre Nilo	90	Sandefjord SK/NTG	4.53,12	646
	31,07(31,07)	1.06,73(35,66)	1.44,44(37,71)	2.20,74(36,30)	
	3.03,87(43,13)	3.46,98(43,11)	4.20,62(33,64)	4.53,12(32,50)	
4	Kristoffer Meisler	90	Tverlandet IL	4.58,32	613
	31,28(31,28)	1.08,91(37,63)	1.47,75(38,84)	2.25,75(38,00)	
	3.05,89(40,14)	3.47,28(41,39)	4.24,21(36,93)	4.58,32(34,11)	
5	Hans Østerdal	93	Stavanger SC	5.00,48	600
	31,07(31,07)	1.07,11(36,04)	1.46,90(39,79)	2.26,68(39,78)	
	3.07,39(40,71)	3.51,17(43,78)	4.26,93(35,76)	5.00,48(33,55)	
6	Sebastian Stordal	91	Delfana	5.02,58	587
	30,76(30,76)	1.05,98(35,22)	1.46,02(40,04)	2.23,56(37,54)	
	3.07,37(43,81)	3.51,61(44,24)	4.27,81(36,20)	5.02,58(34,77)	
7	Sverre Næss	92	Sarpsborg IL	5.03,42	582
	31,66(31,66)	1.09,54(37,88)	1.50,65(41,11)	2.29,47(38,82)	
	3.11,69(42,22)	3.53,52(41,83)	4.29,91(36,39)	5.03,42(33,51)	
8	Carl Andreas Wathne	91	Asker SK	5.04,19	578
	31,00(31,00)	1.07,50(36,50)	1.47,45(39,95)	2.27,29(39,84)	
	3.11,02(43,73)	3.56,08(45,06)	4.30,70(34,62)	5.04,19(33,49)	
9	Elias Damman	89	Bærum/NTG	5.04,46	577
	32,28(32,28)	1.09,76(37,48)	1.51,07(41,31)	2.30,16(39,09)	
	3.12,99(42,83)	3.56,32(43,33)	4.32,17(35,85)	5.04,46(32,29)	
10	Martin Hals	91	Øvre Eiker SK	5.05,43	571
	32,10(32,10)	1.09,79(37,69)	1.49,85(40,06)	2.29,37(39,52)	
	3.12,65(43,28)	3.56,29(43,64)	4.31,87(35,58)	5.05,43(33,56)	
11	Jonas Kirkeberg Jostad	92	Hamar IL	5.06,73	564
	31,74(31,74)	1.08,26(36,52)	1.46,70(38,44)	2.24,80(38,10)	
	3.08,63(43,83)	3.54,26(45,63)	4.29,80(35,54)	5.06,73(36,93)	
12	Espen Halhjem	92	Delfana	5.06,77	564
	31,76(31,76)	1.09,41(37,65)	1.51,83(42,42)	2.32,47(40,64)	
	3.14,69(42,22)	3.57,52(42,83)	4.33,48(35,96)	5.06,77(33,29)	
13	Vegard Løvberg	91	Bærumsvømmerne	5.14,12	525
	32,32(32,32)	1.09,87(37,55)	1.48,54(38,67)	2.26,47(37,93)	
	3.14,20(47,73)	4.03,62(49,42)	4.39,06(35,44)	5.14,12(35,06)	
14	Thomas W. Kristiansen	89	Ski SK	5.17,64	508
	30,64(30,64)	1.09,22(38,58)	1.51,35(42,13)	2.33,63(42,28)	
	3.16,05(42,42)	4.02,33(46,28)	4.40,75(38,42)	5.17,64(36,89)	
	Eirik Ravnar	89	Hamar IL	DISK	
	Christian Thorsen	91	Lambertseter SK	DISK	

## Senior

1	Gard Kvale	84	Bergens SC	4.29,16	835
	28,12(28,12)	59,87(31,75)	1.34,90(35,03)	2.09,58(34,68)	
	2.47,70(38,12)	3.26,55(38,85)	3.58,47(31,92)	4.29,16(30,69)	
2	Robert Aronsen	86	Bærumsvømmerne	4.42,77	720
	29,71(29,71)	1.03,39(33,68)	1.41,73(38,34)	2.19,54(37,81)	
	2.57,87(38,33)	3.37,19(39,32)	4.11,81(34,62)	4.42,77(30,96)	
3	Alexander Broberg Skeltved	87	Tromsø SK	4.44,78	705
	29,12(29,12)	1.02,13(33,01)	1.40,53(38,40)	2.18,19(37,66)	
	2.58,00(39,81)	3.38,13(40,13)	4.12,08(33,95)	4.44,78(32,70)	

4	Mikkel Brudvik Sanderud	87	Hamar IL	4.45,78	697
	29,42(29,42)	1.03,37(33,95)	1.41,67(38,30)	2.19,04(37,37)	
	2.59,18(40,14)	3.40,45(41,27)	4.14,23(33,78)	4.45,78(31,55)	
5	Ronnie Anstensen	88	Skjetten Svømming	4.45,91	696
	30,69(30,69)	1.05,65(34,96)	1.43,77(38,12)	2.20,23(36,46)	
	3.00,02(39,79)	3.40,77(40,75)	4.14,32(33,55)	4.45,91(31,59)	
6	Sindri T. Jakobsson	91	Delfana	4.52,71	649
	29,72(29,72)	1.04,47(34,75)	1.43,36(38,89)	2.22,54(39,18)	
	3.03,89(41,35)	3.45,74(41,85)	4.19,98(34,24)	4.52,71(32,73)	
7	Sindre Nilo	90	Sandefjord SK/NTG	4.53,12	646
	31,07(31,07)	1.06,73(35,66)	1.44,44(37,71)	2.20,74(36,30)	
	3.03,87(43,13)	3.46,98(43,11)	4.20,62(33,64)	4.53,12(32,50)	
8	Kristoffer Meisler	90	Tverlandet IL	4.58,32	613
	31,28(31,28)	1.08,91(37,63)	1.47,75(38,84)	2.25,75(38,00)	
	3.05,89(40,14)	3.47,28(41,39)	4.24,21(36,93)	4.58,32(34,11)	
9	Hans Østerdal	93	Stavanger SC	5.00,48	600
	31,07(31,07)	1.07,11(36,04)	1.46,90(39,79)	2.26,68(39,78)	
	3.07,39(40,71)	3.51,17(43,78)	4.26,93(35,76)	5.00,48(33,55)	
10	Sebastian Stordal	91	Delfana	5.02,58	587
	30,76(30,76)	1.05,98(35,22)	1.46,02(40,04)	2.23,56(37,54)	
	3.07,37(43,81)	3.51,61(44,24)	4.27,81(36,20)	5.02,58(34,77)	
11	Sverre Næss	92	Sarpsborg IL	5.03,42	582
	31,66(31,66)	1.09,54(37,88)	1.50,65(41,11)	2.29,47(38,82)	
	3.11,69(42,22)	3.53,52(41,83)	4.29,91(36,39)	5.03,42(33,51)	
12	Carl Andreas Wathne	91	Asker SK	5.04,19	578
	31,00(31,00)	1.07,50(36,50)	1.47,45(39,95)	2.27,29(39,84)	
	3.11,02(43,73)	3.56,08(45,06)	4.30,70(34,62)	5.04,19(33,49)	
13	Elias Damman	89	Bærum/NTG	5.04,46	577
	32,28(32,28)	1.09,76(37,48)	1.51,07(41,31)	2.30,16(39,09)	
	3.12,99(42,83)	3.56,32(43,33)	4.32,17(35,85)	5.04,46(32,29)	
14	Martin Hals	91	Øvre Eiker SK	5.05,43	571
	32,10(32,10)	1.09,79(37,69)	1.49,85(40,06)	2.29,37(39,52)	
	3.12,65(43,28)	3.56,29(43,64)	4.31,87(35,58)	5.05,43(33,56)	
15	Thor Kristian Østenå Larsen	86	Bergens SC	5.06,19	567
	29,63(29,63)	1.05,26(35,63)	1.47,27(42,01)	2.27,83(40,56)	
	3.10,83(43,00)	3.55,47(44,64)	4.31,21(35,74)	5.06,19(34,98)	
16	Jonas Kirkeberg Jostad	92	Hamar IL	5.06,73	564
	31,74(31,74)	1.08,26(36,52)	1.46,70(38,44)	2.24,80(38,10)	
	3.08,63(43,83)	3.54,26(45,63)	4.29,80(35,54)	5.06,73(36,93)	
17	Espen Halhjem	92	Delfana	5.06,77	564
	31,76(31,76)	1.09,41(37,65)	1.51,83(42,42)	2.32,47(40,64)	
	3.14,69(42,22)	3.57,52(42,83)	4.33,48(35,96)	5.06,77(33,29)	
18	Vegard Løvberg	91	Bærumsvømmerne	5.14,12	525
	32,32(32,32)	1.09,87(37,55)	1.48,54(38,67)	2.26,47(37,93)	
	3.14,20(47,73)	4.03,62(49,42)	4.39,06(35,44)	5.14,12(35,06)	
19	Thomas W. Kristiansen	89	Ski SK	5.17,64	508
	30,64(30,64)	1.09,22(38,58)	1.51,35(42,13)	2.33,63(42,28)	
	3.16,05(42,42)	4.02,33(46,28)	4.40,75(38,42)	5.17,64(36,89)	
	Eirik Ravnan	89	Hamar IL	DISK	
	Christian Thorsen	91	Lambertseter SK	DISK	

## Øvelse 22. 400m fri, damer - Finale

Sponsor: FK Butikken Namsos

## Senior

1	Cecilie Johannessen	90	Karmøy SK	4.28,32	768
	30,16(30,16)	1.03,14(32,98)	1.37,40(34,26)	2.12,68(35,28)	
	2.47,61(34,93)	3.22,84(35,23)	3.56,40(33,56)	4.28,32(31,92)	
2	Elisabeth Jarland	85	BS/Delfana	4.30,12	753
	30,75(30,75)	1.03,89(33,14)	1.38,10(34,21)	2.12,29(34,19)	
	2.46,45(34,16)	3.21,05(34,60)	3.55,74(34,69)	4.30,12(34,38)	
3	Ingrid N. Knutzen	91	Lambertseter SK	4.30,49	750
	31,77(31,77)	1.05,37(33,60)	1.39,70(34,33)	2.14,41(34,71)	
	2.49,46(35,05)	3.23,62(34,16)	3.57,84(34,22)	4.30,49(32,65)	

4	Clarissa van Rheenen	91	Skjetten Svømming	4.34,98	714
	32,17(32,17)	1.06,68(34,51)	1.41,73(35,05)	2.17,13(35,40)	
	2.52,64(35,51)	3.27,67(35,03)	4.02,27(34,60)	4.34,98(32,71)	
5	Monica Finnøy	88	BS/Bergen SLK	4.36,71	701
	32,21(32,21)	1.06,88(34,67)	1.41,64(34,76)	2.16,72(35,08)	
	2.51,79(35,07)	3.27,25(35,46)	4.03,06(35,81)	4.36,71(33,65)	
6	Helene Lybak	90	BS/Delfana	4.36,97	699
	32,03(32,03)	1.06,18(34,15)	1.41,59(35,41)	2.17,10(35,51)	
	2.53,08(35,98)	3.28,82(35,74)	4.04,66(35,84)	4.36,97(32,31)	
7	Eva Marie Østerhus	94	Sola SK	4.42,36	659
	32,70(32,70)	1.08,11(35,41)	1.43,23(35,12)	2.18,82(35,59)	
	2.54,76(35,94)	3.31,15(36,39)	4.07,47(36,32)	4.42,36(34,89)	
8	Rebecca Johnsen	88	BS/Åstveit	4.43,29	653
	32,38(32,38)	1.07,42(35,04)	1.43,67(36,25)	2.19,86(36,19)	
	2.55,89(36,03)	3.32,33(36,44)	4.08,43(36,10)	4.43,29(34,86)	

**Øvelse 23. 100m bryst, herrer - Finale****Sponsor: Lindbak****Senior**

1	Alexander Dale Oen	85	Vestkantsvømmerne	1.00,76	990
	28,56(28,56)	1.00,76(32,20)			
2	Alexander Hetland	82	Bærumsvømmerne	1.02,83	895
	29,15(29,15)	1.02,83(33,68)			
3	Marcus Tesdal	90	BS/Åstveit	1.07,75	714
	31,40(31,40)	1.07,75(36,35)			
4	Martin Steffensen	89	BS/Arna	1.08,74	684
	31,10(31,10)	1.08,74(37,64)			
5	Johannes Framnes	89	BS/Arna	1.08,94	678
	32,18(32,18)	1.08,94(36,76)			
6	Sindre Søderlund	91	Vestbyen IL	1.09,05	674
	33,46(33,46)	1.09,05(35,59)			
7	Robin Palm	88	Sarpsborg IL	1.09,21	670
	32,34(32,34)	1.09,21(36,87)			
8	Sebastian Wigstrøm	91	Bærumsvømmerne	1.09,33	666
	32,86(32,86)	1.09,33(36,47)			

**Øvelse 24. 100m butterfly, damer - Finale****Sponsor: Ole Bruun Olsen****Senior**

1	Ingvild Snildal	88	Asker SK	1.00,60	870	NR
	28,30(28,30)	1.00,60(32,30)				
2	Victoria S. Løken	91	Aalesund SLK	1.02,30	801	
	29,19(29,19)	1.02,30(33,11)				
3	Maj Hillesund	80	Mandal SK	1.04,37	726	
	28,93(28,93)	1.04,37(35,44)				
4	Monica Johannessen	90	Karmøy SK	1.06,23	666	
	31,20(31,20)	1.06,23(35,03)				
5	Sara Pettersen	91	Fauske SK	1.07,15	639	
	31,16(31,16)	1.07,15(35,99)				
6	Monica Martinsen	83	Stavanger SC	1.07,20	638	
	31,62(31,62)	1.07,20(35,58)				
7	Ellen Magnussen	84	Sarpsborg IL	1.07,55	628	
	31,44(31,44)	1.07,55(36,11)				
8	Christine Ørland	88	TS/Madla SK	1.07,79	621	
	31,56(31,56)	1.07,79(36,23)				

**Øvelse 25. 200m fri, herrer - Finale****Sponsor: Nordialog Namsos****Senior**

1	Gard Kvale	84	Bergens SC	1.53,15	825
	26,76(26,76)	54,94(28,18)	1.24,26(29,32)	1.53,15(28,89)	
2	Øystein R. Hetland	89	Bærum/NTG	1.55,78	770
	27,18(27,18)	56,40(29,22)	1.25,80(29,40)	1.55,78(29,98)	
3	Sander Smørdal	85	BS/Arna	1.56,66	753
	26,75(26,75)	55,68(28,93)	1.25,80(30,12)	1.56,66(30,86)	
4	Jørgen Møllerop	88	TS/Madla SK	1.56,71	752
	27,57(27,57)	57,48(29,91)	1.27,46(29,98)	1.56,71(29,25)	
5	Stian Werner Erichsen	90	Bærumsvømmerne	1.59,54	700
	28,24(28,24)	58,40(30,16)	1.29,54(31,14)	1.59,54(30,00)	
6	Petter Fagelund	88	Bærum/NTG	2.00,19	688
	27,60(27,60)	57,47(29,87)	1.28,81(31,34)	2.00,19(31,38)	
7	Mikkel Tørud Lang	90	Ullensakersv	2.00,82	678
	28,56(28,56)	58,85(30,29)	1.30,15(31,30)	2.00,82(30,67)	
8	Christer Koch Kvam	90	Bærum/NTG	2.02,53	650
	27,71(27,71)	58,43(30,72)	1.30,43(32,00)	2.02,53(32,10)	

**Øvelse 26. 200m individuell medley, damer - Finale****Sponsor: Husby Fagsenter****Senior**

1	Sara Nordenstam	83	Lambertseter SK	2.19,26	840
	30,81(30,81)	1.07,49(36,68)	1.45,98(38,49)	2.19,26(33,28)	
2	Karoline Brudvik Sanderud	89	Hamar IL	2.21,94	793
	30,55(30,55)	1.07,72(37,17)	1.48,35(40,63)	2.21,94(33,59)	
3	Elise Utne	89	Narvik SK	2.26,36	723
	32,37(32,37)	1.09,23(36,86)	1.52,10(42,87)	2.26,36(34,26)	
4	Ina Kr. Pedersen	89	Moss SK	2.26,57	720
	31,61(31,61)	1.10,11(38,50)	1.52,69(42,58)	2.26,57(33,88)	
5	Karolina Orleanski	86	Bærumsvømmerne	2.28,36	695
	31,65(31,65)	1.10,61(38,96)	1.53,85(43,24)	2.28,36(34,51)	
6	Trine A. Olsen	90	Fauske SK	2.28,56	692
	32,82(32,82)	1.10,91(38,09)	1.52,75(41,84)	2.28,56(35,81)	
7	Bitte Fagermo	93	Narvik SK	2.32,25	643
	32,88(32,88)	1.14,01(41,13)	1.55,01(41,00)	2.32,25(37,24)	
8	Karin Ekholt	89	Bærumsvømmerne	2.34,01	621
	33,33(33,33)	1.15,56(42,23)	1.57,81(42,25)	2.34,01(36,20)	

**Øvelse 27. 50m rygg, herrer - Finale****Sponsor: POPIN****Senior**

1	Kim Torry Simmenes	82	Vestkantsvømmerne	(0,71)	26,74	845
2	Lars Andre Tolås	88	Stavanger SC/NTG	(0,63)	28,07	731 NJR
3	Per Osland	81	BS/Delfana	(0,53)	28,72	682
4	Mikael Bergene	91	Lambertseter SK	(0,59)	29,00	663
5	John Hage Gaarder	89	Lørenskog/Rælingen	(0,62)	29,33	641
5	Dominik Borkowski	90	Skjetten Svømming	(0,69)	29,33	641
7	Njål Falch	87	Kolbotn IL	(0,66)	29,38	637
8	Alexander B. Havre	90	Mandal SK	(0,65)	29,63	621

## Funksjonshemmede

1	Jørgen Tadvin	83	Kolbotn IL	(0,73)	46,93	156	S6	128,29 %
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### Øvelse 28. 50m bryst, damer - Finale

Sponsor: Øivind Johansen

## Senior

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	32,15	900	NR
2	Katharina Stiberg	88	Bjerkvik SK	33,09	826	
3	Henriette Martinsen	85	Trondheim SLK	33,24	815	
4	Kristine Mella	90	Bærumsvømmerne	33,74	779	
5	Karoline Bergene	89	Lambertseter SK	33,88	769	
6	Ann-Helen Pridesis	87	BS/Bergen SLK	34,45	732	
7	Hanne Chr. Seyffarth	85	Mandal SK	34,52	727	
8	Mai Linn Hanslien	90	TS/Stavanger VPK	34,70	716	

## Funksjonshemmede

1	Anne Ask Rasmussen	89	TS/Madla SK	47,03	287	SB9	121,9 %
2	Hanne Farestvedt	93	Åstveit SK	46,84	291	SB14	127,25 %
3	Ingvill S. Hilleren	90	Vestkantsvømmerne	1.05,89	104	SB6	140,34 %

### Øvelse 29. 4\*100m fri, herrer - Senior

Sponsor: NTE

## Senior

1	Bærumsv G1 sr.	SR	Bærumsvømmerne	3.31,23	790
		25,62(25,62)			
	Øystein R. Hetland:	52,97(27,35)			
	Alexander Hetland:	1.17,00(24,03)			
		1.44,55(27,55)			
		2.10,26(25,71)			
	Christer Koch Kvam:	2.38,07(27,81)			
		3.03,13(25,06)			
	Petter Fagelund:	3.31,23(28,10)			
2	Vestkantsv. G1 sr.	SR	Vestkantsvømmerne	3.31,35	788
		25,88(25,88)			
	Kim Torry Simmenes:	53,71(27,83)			
		1.18,16(24,45)			
	Robin Dale Oen:	1.45,25(27,09)			
		2.11,00(25,75)			
	Pål Gunnar Normann:	2.39,51(28,51)			
		3.04,19(24,68)			
	Alexander Dale Oen:	3.31,35(27,16)			
3	Bergensv. G1 sr.	SR	Bergensvømmerne	3.34,45	755
		25,64(25,64)			
	Sander Smørdal:	52,58(26,94)			
		1.18,02(25,44)			
	Ørjan Cato Johnsen:	1.45,55(27,53)			
		2.11,06(25,51)			
	Petter Solberg:	2.39,70(28,64)			
		3.05,87(26,17)			
	Marcus Tesdal:	3.34,45(28,58)			

4	Bergens SC G1 sr.	SR	Bergens SC	3.39,41	705
	Lars Kristian Allum:	27,43(27,43)			
	Gard Kvale:	56,25(28,82)			
	Stian S. Langeland:	1.20,92(24,67)			
	Thor Kristian Østenå Larsen:	1.47,85(26,93)			
		2.13,88(26,03)			
		2.43,08(29,20)			
		3.09,92(26,84)			
		3.39,41(29,49)			
5	Hamar IL G1 sr.	SR	Hamar IL	3.41,58	684
	Martin Skramstad:	26,55(26,55)			
	Mikkel Brudvik Sanderud:	55,60(29,05)			
	Jonas Kirkeberg Jostad:	1.22,08(26,48)			
	Eirik Ravnan:	1.50,34(28,26)			
		2.17,34(27,00)			
		2.47,07(29,73)			
		3.13,45(26,38)			
		3.41,58(28,13)			
6	Team Stavanger G1 sr.	SR	Team Stavanger	3.42,81	673
	Fredrik Nordbø:	27,21(27,21)			
	Jørgen Møllerop:	57,10(29,89)			
	Bjarte Ravndal:	1.21,80(24,70)			
	Ole Martin Ree:	1.49,65(27,85)			
		2.16,40(26,75)			
		2.46,06(29,66)			
		3.13,04(26,98)			
		3.42,81(29,77)			
7	Namsos SK G1 sr.	SR	Namsos SK	3.46,02	645
	Kim Ruben Høgenhaug:	27,55(27,55)			
	Mats Gøran Høgenhaug:	56,00(28,45)			
	Torkil Berntsen Due:	1.22,20(26,20)			
	Sander Kuitert:	1.50,92(28,72)			
		2.17,26(26,34)			
		2.47,06(29,80)			
		3.15,48(28,42)			
		3.46,02(30,54)			
8	Asker SK G1 sr.	SR	Asker SK	3.47,06	636
	Eirik Lund:	27,30(27,30)			
	Christian Aaserud:	56,15(28,85)			
	Carl Andreas Wathne:	1.22,92(26,77)			
	Magnus Bru:	1.52,40(29,48)			
		2.19,34(26,94)			
		2.49,78(30,44)			
		3.17,17(27,39)			
		3.47,06(29,89)			
9	Tromsø SK G1 sr.	SR	Tromsø SK	3.48,50	624
	Marius Lund:	26,96(26,96)			
	Magnus Klæboe Nordgård:	56,36(29,40)			
	Torbjørn Ringholm:	1.24,17(27,81)			
	Alexander Broberg Skeltved:	1.55,67(31,50)			
		2.24,10(28,43)			
		2.54,80(30,70)			
		3.20,65(25,85)			
		3.48,50(27,85)			
10	Vestbyen IL G1 sr.	SR	Vestbyen IL	3.49,13	619
	Øystein Gaasvik:	27,91(27,91)			
	Emil Brennløkken:	58,31(30,40)			
	Pål Henriksen Spjelkavik:	1.25,34(27,03)			
	Alexander Mokkelbost:	1.54,95(29,61)			
		2.22,46(27,51)			
		2.52,95(30,49)			
		3.19,15(26,20)			
		3.49,13(29,98)			
11	Delfana G1 sr.	SR	Delfana	3.53,90	582
	Sindri T. Jakobsson:	27,32(27,32)			
	Sebastian Stordal:	57,72(30,40)			
	Øyvind L. Styrmo:	1.25,19(27,47)			
	Eirik Runningen:	1.56,15(30,96)			
		2.24,21(28,06)			
		2.55,08(30,87)			
		3.23,17(28,09)			
		3.53,90(30,73)			



12	Fauske SK G1 sr.	SR	Fauske SK	4.07,77	489
		28,95(28,95)			
	Kent Strøm:	59,37(30,42)			
		1.26,79(27,42)			
	Christer M. Hagen:	1.58,29(31,50)			
		2.28,98(30,69)			
	Lasse Teigen:	3.04,26(35,28)			
		3.34,79(30,53)			
	Fredrik Sørensen:	4.07,77(32,98)			
	Vestkantsv. G2 sr.	SR	Vestkantsvømmerne	DISK	
		28,16(28,16)	58,85(30,69)	1.26,25(27,40)	1.57,36(31,11)
		2.24,76(27,40)	2.55,19(30,43)		
	Joachim Jakobsen, Morten Jarland, Benjamin Marum, Sindre Vikane				

### Øvelse 30. 4\*200m fri, damer - Senior

Sponsor: Hamstad Bakeri

#### Senior

1	Asker SK J1 sr.	SR	Asker SK	8.42,52	765	NJR
		29,07(29,07)	1.01,04(31,97)			
	Ingvild Snildal:	1.33,71(32,67)	2.05,75(32,04)			
		2.35,05(29,30)	3.07,88(32,83)			
	Sofie Gjemmestad:	3.43,34(35,46)	4.19,38(36,04)			
		4.50,30(30,92)	5.24,06(33,76)			
	Nora Kathrine Guthe:	5.58,62(34,56)	6.33,46(34,84)			
		7.03,52(30,06)	7.36,13(32,61)			
	Siri Eva Kristiansen:	8.09,01(32,88)	8.42,52(33,51)			
2	Hamar IL J1 sr.	SR	Hamar IL	8.47,77	742	
		31,01(31,01)	1.04,41(33,40)			
	Elin Slaatmo:	1.38,28(33,87)	2.10,02(31,74)			
		2.40,11(30,09)	3.13,07(32,96)			
	Siri Løvold Magnussen:	3.47,01(33,94)	4.21,58(34,57)			
		4.52,13(30,55)	5.26,79(34,66)			
	Oda Martine Reiertsen:	6.02,39(35,60)	6.37,72(35,33)			
		7.07,61(29,89)	7.40,29(32,68)			
	Karoline Brudvik Sanderud:	8.13,54(33,25)	8.47,77(34,23)			
3	Bergensv. J1 sr.	SR	Bergensvømmerne	8.52,57	722	
		30,04(30,04)	1.03,36(33,32)			
	Margrete Nyhus Ulvestad:	1.37,51(34,15)	2.11,94(34,43)			
		2.42,82(30,88)	3.16,59(33,77)			
	Monica Finnøy:	3.51,67(35,08)	4.25,55(33,88)			
		4.56,11(30,56)	5.30,25(34,14)			
	Helene Lybak:	6.06,05(35,80)	6.41,60(35,55)			
		7.11,15(29,55)	7.44,28(33,13)			
	Elisabeth Jarland:	8.18,40(34,12)	8.52,57(34,17)			
4	Bærumsv J1 sr.	SR	Bærumsvømmerne	8.57,30	703	
		31,37(31,37)	1.06,19(34,82)			
	Vibeke Browne:	1.42,06(35,87)	2.17,92(35,86)			
		2.47,96(30,04)	3.20,68(32,72)			
	Anne-Mari Gulbrandsen:	3.54,16(33,48)	4.27,06(32,90)			
		4.57,18(30,12)	5.31,22(34,04)			
	Karolina Orleanski:	6.06,04(34,82)	6.40,35(34,31)			
		7.11,37(31,02)	7.46,10(34,73)			
	Emilie Voraa:	8.21,85(35,75)	8.57,30(35,45)			
5	Team Stavanger J1 sr.	SR	Team Stavanger	9.00,60	690	
		31,93(31,93)	1.07,12(35,19)			
	Marthe Berg Sørensen:	1.43,79(36,67)	2.19,53(35,74)			
		2.49,20(29,67)	3.22,92(33,72)			
	Karen Stødle:	3.58,21(35,29)	4.33,45(35,24)			
		5.04,38(30,93)	5.38,01(33,63)			
	Linn Mari Høgalmen:	6.12,89(34,88)	6.47,55(34,66)			
		7.18,25(30,70)	7.52,15(33,90)			
	Victoria Rung:	8.26,85(34,70)	9.00,60(33,75)			

6	Skjetten Svømming J1 sr.	SR	Skjetten Svømming	9.01,24	688
		30,80(30,80)	1.03,67(32,87)		
	Clarissa van Rheenen:	1.37,54(33,87)	2.10,57(33,03)		
		2.41,05(30,48)	3.14,83(33,78)		
	Gina B. Andersen:	3.49,71(34,88)	4.22,91(33,20)		
		4.53,36(30,45)	5.28,04(34,68)		
	Terese Langlo:	6.04,10(36,06)	6.40,52(36,42)		
		7.12,77(32,25)	7.48,13(35,36)		
	Helene Solberg:	8.24,92(36,79)	9.01,24(36,32)		
7	Lambertseter SK J1 sr.	SR	Lambertseter SK	9.06,57	668
		31,85(31,85)	1.06,57(34,72)		
	Emilie Hellerud:	1.42,62(36,05)	2.17,48(34,86)		
		2.48,57(31,09)	3.23,08(34,51)		
	Line Løvberg:	3.58,78(35,70)	4.33,59(34,81)		
		5.04,66(31,07)	5.38,42(33,76)		
	Ingrid N. Knutzen:	6.13,25(34,83)	6.47,48(34,23)		
		7.19,44(31,96)	7.53,93(34,49)		
	Merete Løvberg:	8.30,49(36,56)	9.06,57(36,08)		
8	Bergens SC J1 sr.	SR	Bergens SC	9.30,91	586
		31,62(31,62)	1.05,67(34,05)		
	Maren Allum:	1.41,55(35,88)	2.17,14(35,59)		
		2.49,10(31,96)	3.25,41(36,31)		
	Kaya Haugland Færøvik:	4.02,09(36,68)	4.38,63(36,54)		
		5.11,57(32,94)	5.47,62(36,05)		
	Ingse Bergh Monsen:	6.24,54(36,92)	7.00,20(35,66)		
		7.32,68(32,48)	8.10,35(37,67)		
	Ragnhild Søfteland:	8.50,44(40,09)	9.30,91(40,47)		
9	Ski SK J1 sr.	SR	Ski SK	9.36,24	570
		32,58(32,58)	1.08,00(35,42)		
	Camilla W. Kristiansen:	1.44,10(36,10)	2.19,39(35,29)		
		2.53,78(34,39)	3.31,80(38,02)		
	Veronica B. Lundsten:	4.09,64(37,84)	4.47,28(37,64)		
		5.22,25(34,97)	6.00,58(38,33)		
	Caroline W. Bjørnstad:	6.39,91(39,33)	7.18,43(38,52)		
		7.48,69(30,26)	8.25,16(36,47)		
	Henriette With Bjørnstad:	9.01,65(36,49)	9.36,24(34,59)		
10	Namsos SK J1 sr.	SR	Namsos SK	9.42,87	551
		32,46(32,46)	1.07,78(35,32)		
	Anja Susanne Høgenhaug:	1.44,77(36,99)	2.21,97(37,20)		
		2.55,81(33,84)	3.33,02(37,21)		
	Yvonne Renate Høgenhaug:	4.10,82(37,80)	4.47,77(36,95)		
		5.22,40(34,63)	6.00,60(38,20)		
	Ingvild Thun:	6.40,03(39,43)	7.18,46(38,43)		
		7.51,30(32,84)	8.27,47(36,17)		
	Siv Flatås Hoddø:	9.05,24(37,77)	9.42,87(37,63)		

**Søndag 15. juli kl 09.00****Øvelse 31. 200m rygg, damer - Forsøk****Sponsor: Gullsmed Ofstad****Senior**

1	Elisabeth Jarland	85	BS/Delfana	(0,82)	2.27,56	659
	34,79(34,79)	1.11,68(36,89)	1.49,67(37,99)		2.27,56(37,89)	
2	Monica Martinsen	83	Stavanger SC	(0,87)	2.35,49	563
	36,45(36,45)	1.16,10(39,65)	1.56,65(40,55)		2.35,49(38,84)	

**Junior**

1	Ingvild Snildal	88	Asker SK	(0,87)	2.20,59	762
	32,53(32,53)	1.07,98(35,45)	1.44,38(36,40)		2.20,59(36,21)	
2	Gina B. Andersen	90	Skjetten Svømming/NTG	(0,75)	2.26,20	678
	35,43(35,43)	1.12,30(36,87)	1.50,11(37,81)		2.26,20(36,09)	
3	Elise Utne	89	Narvik SK	(0,74)	2.29,30	636
	35,48(35,48)	1.13,12(37,64)	1.51,83(38,71)		2.29,30(37,47)	
4	Ina Kr. Pedersen	89	Moss SK	(0,72)	2.29,34	636
	35,10(35,10)	1.12,77(37,67)	1.51,41(38,64)		2.29,34(37,93)	
5	Victoria T. Solberg	89	Horten/NTG	(0,77)	2.30,30	624
	35,50(35,50)	1.13,75(38,25)	1.52,37(38,62)		2.30,30(37,93)	
6	Thea Pedersen	91	Moss SK	(0,74)	2.31,01	615
	35,85(35,85)	1.14,10(38,25)	1.53,12(39,02)		2.31,01(37,89)	
7	Seline Vike Holm	92	Arna SLK	(0,63)	2.31,42	610
	35,71(35,71)	1.14,31(38,60)	1.53,54(39,23)		2.31,42(37,88)	
8	Maren Allum	90	Bergens SC	(0,75)	2.31,59	608
	35,81(35,81)	1.13,58(37,77)	1.52,49(38,91)		2.31,59(39,10)	
9	Vibeke Browne	89	Bærumsvømmerne	(0,74)	2.31,81	605
	35,94(35,94)	1.13,58(37,64)	1.52,93(39,35)		2.31,81(38,88)	
10	Siri Anette Sønju	92	Øvre Eiker SK	(0,78)	2.32,49	597
	35,79(35,79)	1.13,74(37,95)	1.53,08(39,34)		2.32,49(39,41)	
11	Heidi Vainio Gjøen	88	Lambertseter SK	(0,76)	2.33,43	586
	35,36(35,36)	1.14,18(38,82)	1.54,27(40,09)		2.33,43(39,16)	
12	Jacqueline Knutsson	93	Kongstensvømmerne	(0,76)	2.33,48	586
	35,72(35,72)	1.14,70(38,98)	1.55,12(40,42)		2.33,48(38,36)	
13	Malin Frestad	91	Kristiansand SA	(0,52)	2.33,79	582
	36,07(36,07)	1.14,84(38,77)	1.54,94(40,10)		2.33,79(38,85)	
14	Katja Heinänen	90	BS/Bergen SLK	(0,68)	2.36,13	556
	35,80(35,80)	1.14,93(39,13)	1.54,67(39,74)		2.36,13(41,46)	
15	Oona Ovesen	92	Elverum Svømming	(0,64)	2.36,83	549
	36,97(36,97)	1.17,27(40,30)	1.57,61(40,34)		2.36,83(39,22)	
16	Benedicte Kausland	92	Vestkantsvømmerne	(0,69)	2.37,30	544
	37,05(37,05)	1.16,91(39,86)	1.57,63(40,72)		2.37,30(39,67)	
17	Charlotte Irgens	89	Bærumsvømmerne	(0,84)	2.37,62	541
	35,14(35,14)	1.14,51(39,37)	1.55,91(41,40)		2.37,62(41,71)	
18	Anine Dannemark	90	Ås IL	(0,72)	2.37,63	541
	36,43(36,43)	1.15,72(39,29)	1.56,73(41,01)		2.37,63(40,90)	
19	Stine K. Jansen	90	Moss SK	(0,76)	2.37,86	538
	37,28(37,28)	1.16,43(39,15)	1.57,33(40,90)		2.37,86(40,53)	
20	Ingrid Elise Woll	93	Narvik SK	(0,69)	2.38,09	536
	37,10(37,10)	1.17,19(40,09)	1.58,71(41,52)		2.38,09(39,38)	
21	Mariell A. Arnesen	90	Larvik SK	(0,63)	2.38,81	529
	36,46(36,46)	1.17,03(40,57)	1.58,21(41,18)		2.38,81(40,60)	
22	Iselin Mjøllner Dahlen	92	Skjetten Svømming	(0,73)	2.39,35	523
	36,95(36,95)	1.16,89(39,94)	1.58,35(41,46)		2.39,35(41,00)	
23	Ragnhild Søfteland	92	Bergens SC	(0,71)	2.39,38	523
	37,14(37,14)	1.17,48(40,34)	1.59,44(41,96)		2.39,38(39,94)	
24	Ingse Bergh Monsen	92	Bergens SC	(0,72)	2.39,87	518
	38,48(38,48)	1.19,85(41,37)	1.59,98(40,13)		2.39,87(39,89)	
25	Eva Marie Østerhus	94	Sola SK	(0,81)	2.41,45	503
	38,62(38,62)	1.19,37(40,75)	2.01,35(41,98)		2.41,45(40,10)	

### Øvelse 32. 50m fri, herrer - Forsøk

Sponsor: Nava Sport

#### Senior

1	Sander Smørdal	85	BS/Arna	24,03	753
2	Thomas Ole Fadnes	87	Stavanger SC	24,14	743
3	Alexander Hetland	82	Bærumsvømmerne	24,34	725
4	Ørjan Cato Johnsen	85	BS/Bergen SLK	24,81	684
5	Alexander Dale Oen	85	Vestkantsvømmerne	24,87	680
6	Dan Magnus Skibrek	87	Øvre Eiker SK	24,89	678
7	Petter Solberg	85	BS/Delfana	25,25	649
8	Pål Gunnar Normann	81	Vestkantsvømmerne	25,36	641
9	Bjørnar Gaasvik	79	IL Varg	25,61	622
9	Kim Ruben Høgenhaug	87	Namsos SK	25,61	622
11	Tommy Godø	85	BS/Delfana	25,85	605
12	Eirik Lund	78	Asker SK	25,86	604
13	Torfinn Kristensen	81	Drammen SK	26,26	577
	Fredrik Nordbø	87	TS/Madla SK	DISK	

#### Junior

1	Øystein R. Hetland	89	Bærum/NTG	24,52	709
2	Jørgen Møllerop	88	TS/Madla SK	25,00	669
3	Erlend Alvestad	88	Vestbyen IL	25,16	656
4	Per Sondre Sodeland	91	Mandal SK	25,38	639
5	Marcus Tesdal	90	BS/Åstveit	25,49	631
6	Ole-Wilhelm Norseng	88	Hamar IL	25,53	628
7	Halvor Ekeland	89	Drammen SK	25,55	627
8	Bernt M. Seyffarth	89	Mandal SK	25,65	619
9	Anders Espeland Seljeflot	88	BS/Bergen SLK	25,69	616
10	Alexander B. Havre	90	Mandal SK	25,72	614
11	Mathias Sørstrand Æsøy	90	Florø SLK	25,85	605
12	Mikkel Tørud Lang	90	Ullensakersv	25,92	600
13	Christian Sunde	89	Elverum Svømming	25,98	596
14	Mats Gøran Høgenhaug	93	Namsos SK	26,07	590
15	Martin Åsheim	90	Lørenskog/Rælingen	26,11	587
16	Martin Skramstad	89	Hamar IL	26,14	585
17	Marius Lund	91	Tromsø SK	26,20	581
18	Jonas Kirkeberg Jostad	92	Hamar IL	26,23	579
19	Jari K. Mikkelsen	88	IL Varg	26,29	575
20	Ole Martin Ree	92	TS/Sola SK	26,36	571

### Øvelse 33. 100m fri, damer - Forsøk

Sponsor: Bilsenteret

#### Senior

1	Siri Løvold Magnussen	86	Hamar IL	1.00,97	702
	29,80(29,80)			1.00,97(31,17)	
1	Line Møllerop	87	Vestkantsvømmerne	1.00,97	702
	29,38(29,38)			1.00,97(31,59)	
3	Elise Strømsvik	87	Vestbyen IL	1.01,25	692
	29,11(29,11)			1.01,25(32,14)	
4	Karolina Orleanski	86	Bærumsvømmerne	1.02,52	651
	30,08(30,08)			1.02,52(32,44)	

## Junior

1	Henriette Brekke 27,65(27,65)	88	Vestkantsvømmerne	57,68	829
2	Cecilie Johannessen 28,42(28,42)	90	Karmøy SK	58,76	784
3	Clarissa van Rheenen 28,44(28,44)	91	Skjetten Svømming	58,82	782
4	Ina Kr. Pedersen 28,92(28,92)	89	Moss SK	1.00,16	731
5	Sofie Gjemmestad 29,23(29,23)	89	Asker SK	1.00,58	716
6	Monica Johannessen 29,75(29,75)	90	Karmøy SK	1.01,11	697
7	Martine Bremer 29,74(29,74)	90	Bergen SLK	1.01,95	669
8	Line W. Lund 29,54(29,54)	91	Askimsvømmerne	1.01,96	669
9	Nora Kathrine Guthe 30,00(30,00)	91	Asker SK	1.02,34	657
10	Karoline Bergene 30,54(30,54)	89	Lambertseter SK	1.03,11	633
11	Christine Ørland 30,58(30,58)	88	TS/Madla SK	1.03,12	633
12	Nicole T. Næsheim 30,23(30,23)	91	Stavanger SC	1.03,16	631
13	Emma Isdahl 30,69(30,69)	92	Lambertseter SK	1.03,34	626
14	Ingrid Marie Rytter 30,36(30,36)	91	Vestbyen IL	1.03,37	625
15	Ane J. Midtun 30,41(30,41)	91	Arna SLK	1.03,42	624
16	Helene Lybak 30,50(30,50)	90	BS/Delfana	1.03,44	623
17	Elisabeth H. Svensson 30,81(30,81)	91	Ski SK	1.03,54	620
18	Hilde Sund 30,62(30,62)	88	Asker SK	1.03,61	618
19	Susann Bjørnsen 30,62(30,62)	93	Setermoen SK	1.03,67	616
20	Maria Bølgen 30,67(30,67)	93	Bærumsvømmerne	1.03,74	614
21	Maria Aasen 30,91(30,91)	92	Kristiansand SA	1.03,78	613
22	Emilie Hellerud 30,93(30,93)	92	Lambertseter SK	1.03,86	611
23	Linn Hege Laudal 30,93(30,93)	89	Kristiansand SA	1.04,06	605
24	Oona Ovesen 31,22(31,22)	92	Elverum Svømming	1.04,21	601
25	Rebecca Johnsen 30,89(30,89)	88	BS/Åstveit	1.04,33	598
26	Terese Langlo 30,88(30,88)	89	Skjetten Svømming	1.04,49	593
27	Vibeke Brigg 30,04(30,04)	89	TS/Madla SK	1.04,62	590
28	Oda S. Leiknes 30,82(30,82)	90	Delfana	1.04,65	589
29	Christiana Bjørkli 31,30(31,30)	93	Trondheim SLK	1.04,89	582
30	Oda Martine Reiertsen 31,62(31,62)	89	Hamar IL	1.06,14	550

## Funksjonshemmede

1	Mariann Vestbøstad 35,54(35,54)	84	Vestkantsvømmerne	1.13,63	398	S8	107,43 %
2	Linn Haugen 37,69(37,69)	87	Vestkantsvømmerne	1.17,88	337	S9	127,5 %
3	Ingvill S. Hilleren 50,58(50,58)	90	Vestkantsvømmerne	1.44,66	138	S6	135,17 %
4	Hanne Farestvedt 40,64(40,64)	93	Åstveit SK	1.25,85	251	S14	137,56 %
5	Linn Blummenfelt 54,12(54,12)	88	Vestkantsvømmerne	1.54,33	106	S7	159,66 %

### Øvelse 34. 200m butterfly, herrer - Forsøk

Sponsor: Namsos Blomsterhandel

## Senior

1	Gard Kvale 29,32(29,32)	84	Bergens SC	2.12,27	663
2	Alexander Broberg Skeltved 29,47(29,47)	87	Tromsø SK	2.12,86	655
3	Robert Aronsen 29,94(29,94)	86	Bærumsvømmerne	2.13,64	643
4	Øystein Gaasvik 28,76(28,76)	82	Vestbyen IL	2.14,58	630
5	Lars Kristian Allum 30,84(30,84)	87	Bergens SC	2.23,62	518
6	Thor Kristian Østenå Larsen 30,26(30,26)	86	Bergens SC	2.24,28	511
	Fredrik Nordbø	87	TS/Madla SK	DISK	

## Junior

1	Øivind A. S. Reinertsen 29,04(29,04)	88	Kristiansand SA	2.09,33	710
2	Sindri T. Jakobsson 29,28(29,28)	91	Delfana	2.11,06	682
3	Eirik Ravnan 29,62(29,62)	89	Hamar IL	2.11,12	681
4	Jørgen Møllerop 28,86(28,86)	88	TS/Madla SK	2.12,14	665
5	Robin Palm 29,17(29,17)	88	Sarpsborg IL	2.14,57	630
6	Sebastian Stordal 30,23(30,23)	91	Delfana	2.17,41	592
7	Antonis Xepapadakis 29,88(29,88)	90	IL Varg	2.19,04	571
8	Stian Andreas Evja 31,23(31,23)	90	Lambertseter SK	2.19,23	569
9	Øystein R. Hetland 28,93(28,93)	89	Bærum/NTG	2.19,87	561
10	Christian Juvik 29,93(29,93)	93	Stavanger SC	2.20,35	555
11	Tor Hafnor 31,39(31,39)	91	Bærumsvømmerne	2.22,22	534
12	Rune Johansen 29,51(29,51)	89	Andøya SLK	2.23,00	525
13	Stian S. Langeland 29,41(29,41)	89	Bergens SC	2.23,50	519
14	Carl Andreas Wathne 31,52(31,52)	91	Asker SK	2.25,26	501

15	Øyvind Gevelt	91	Øvre Eiker SK	2.25,57	498
	31,54(31,54)	1.07,42(35,88)	1.45,24(37,82)	2.25,57(40,33)	
16	Øyvind L. Styrmo	93	Delfana	2.25,82	495
	31,36(31,36)	1.07,44(36,08)	1.45,27(37,83)	2.25,82(40,55)	
17	Simen Andreassen	92	Florø SLK	2.26,34	490
	33,06(33,06)	1.11,01(37,95)	1.48,49(37,48)	2.26,34(37,85)	
18	Sindre Eilertsen	90	Lambertseter SK	2.28,15	472
	31,71(31,71)	1.08,83(37,12)	1.46,80(37,97)	2.28,15(41,35)	
19	Martin Hals	91	Øvre Eiker SK	2.31,21	444
	32,78(32,78)	1.09,92(37,14)	1.49,48(39,56)	2.31,21(41,73)	
20	Christoffer Sørstrand Æsøy	88	Asker SK	2.31,76	439
	30,64(30,64)	1.06,91(36,27)	1.48,58(41,67)	2.31,76(43,18)	
21	Jan-Tore Jessen Eikrem	91	IL Varg	2.32,83	430
	31,62(31,62)	1.09,51(37,89)	1.49,82(40,31)	2.32,83(43,01)	
22	Bjørn Emil Evensen	91	Gjøvik SK	2.38,78	383
	33,46(33,46)	1.13,38(39,92)	1.55,82(42,44)	2.38,78(42,96)	
23	Erling Mjøs Brattelid	91	TS/Sola SK	2.38,98	382
	33,87(33,87)	1.13,56(39,69)	1.57,74(44,18)	2.38,98(41,24)	

### Øvelse 35. 200m bryst, damer - Forsøk

Sponsor: El-Sikkerhet

#### Senior

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	2.31,55	862
	35,01(35,01)	1.13,09(38,08)	1.52,24(39,15)	2.31,55(39,31)	
2	Sara Nordenstam	83	Lambertseter SK	2.39,53	739
	36,73(36,73)	1.17,15(40,42)	1.58,34(41,19)	2.39,53(41,19)	
3	Celinn Daviknes	86	BS/Delfana	2.45,25	665
	36,55(36,55)	1.18,06(41,51)	2.01,67(43,61)	2.45,25(43,58)	

#### Junior

1	Ine Charlotte Hagen	89	Lørenskog/Rælingen	2.41,62	711
	37,47(37,47)	1.17,82(40,35)	1.59,21(41,39)	2.41,62(42,41)	
2	Iselin Meisler	90	Tverlandet IL	2.41,79	708
	36,39(36,39)	1.17,30(40,91)	2.00,30(43,00)	2.41,79(41,49)	
3	Trine A. Olsen	90	Fauske SK	2.43,07	692
	37,16(37,16)	1.18,36(41,20)	2.00,55(42,19)	2.43,07(42,52)	
4	Sophia Broberg Skeltved	92	Tromsø SK	2.46,08	655
	37,27(37,27)	1.18,47(41,20)	2.02,48(44,01)	2.46,08(43,60)	
5	Karoline Bergene	89	Lambertseter SK	2.46,59	649
	37,72(37,72)	1.20,30(42,58)	2.03,00(42,70)	2.46,59(43,59)	
6	Monica Finnøy	88	BS/Bergen SLK	2.46,60	649
	37,77(37,77)	1.19,60(41,83)	2.03,51(43,91)	2.46,60(43,09)	
7	Stina Kajsa Colleou	93	Lambertseter SK	2.47,28	641
	38,45(38,45)	1.20,62(42,17)	2.03,98(43,36)	2.47,28(43,30)	
8	Charlotte Thorsen	89	Lambertseter SK	2.48,05	632
	38,52(38,52)	1.20,91(42,39)	2.04,61(43,70)	2.48,05(43,44)	
9	Karin Ekholt	89	Bærumsvømmerne	2.48,43	628
	37,28(37,28)	1.19,15(41,87)	2.02,73(43,58)	2.48,43(45,70)	
10	Bitte Fagermo	93	Narvik SK	2.48,74	624
	38,48(38,48)	1.21,59(43,11)	2.05,96(44,37)	2.48,74(42,78)	
11	Lene Lykke Erichsen	92	Bærumsvømmerne	2.49,81	613
	38,82(38,82)	1.22,29(43,47)	2.06,12(43,83)	2.49,81(43,69)	
12	Mari Singstad	91	Vestbyen IL	2.50,01	610
	37,03(37,03)	1.19,35(42,32)	2.03,59(44,24)	2.50,01(46,42)	
13	Kristine Mella	90	Bærumsvømmerne	2.50,41	606
	36,19(36,19)	1.18,66(42,47)	2.04,62(45,96)	2.50,41(45,79)	
14	Hege Omdal	89	Kristiansand SA	2.51,16	598
	39,59(39,59)	1.23,34(43,75)	2.07,29(43,95)	2.51,16(43,87)	
15	Tina Larsen	92	Narvik SK	2.51,97	590
	40,06(40,06)	1.24,15(44,09)	2.08,54(44,39)	2.51,97(43,43)	

16	Marte M. Nyberg	91	Skjetten Svømming	2.52,92	580
	39,55(39,55)	1.23,90(44,35)	2.08,50(44,60)	2.52,92(44,42)	
17	Benedicte Kausland	92	Vestkantsvømmerne	2.53,38	576
	39,06(39,06)	1.22,49(43,43)	2.08,08(45,59)	2.53,38(45,30)	
18	Charlotte Kausland	89	Vestkantsvømmerne	2.53,65	573
	39,26(39,26)	1.23,32(44,06)	2.08,31(44,99)	2.53,65(45,34)	
19	Mai Linn Hanslien	90	TS/Stavanger VPK	2.55,22	558
	38,48(38,48)	1.23,80(45,32)	2.09,64(45,84)	2.55,22(45,58)	
20	Kristiane L. Buholt	90	Hamar IL	2.55,45	555
	39,50(39,50)	1.24,16(44,66)	2.09,95(45,79)	2.55,45(45,50)	
21	Maren Teige	90	Bergen SLK	2.55,50	555
	39,84(39,84)	1.24,08(44,24)	2.09,88(45,80)	2.55,50(45,62)	
22	Pia Cornelia Braarud	93	Lambertseter SK	2.56,27	548
	40,00(40,00)	1.25,59(45,59)	2.11,00(45,41)	2.56,27(45,27)	
23	Hilde Kringlen	91	Kristiansand SA	2.56,67	544
	40,65(40,65)	1.24,82(44,17)	2.10,38(45,56)	2.56,67(46,29)	
24	Oda Martine Reiertsen	89	Hamar IL	2.56,77	543
	41,00(41,00)	1.26,17(45,17)	2.11,66(45,49)	2.56,77(45,11)	
25	Siren Bergslid	93	Stavanger SC	2.57,33	538
	40,54(40,54)	1.24,96(44,42)	2.12,00(47,04)	2.57,33(45,33)	
26	Stine Tveit	93	Trondheim SLK	2.59,74	517
	39,37(39,37)	1.24,16(44,79)	2.11,85(47,69)	2.59,74(47,89)	

### Øvelse 36. 100m rygg, herrer - Forsøk

Sponsor: Hamstad Bakeri

#### Senior

1	Kim Torry Simmenes	82	Vestkantsvømmerne	(0,73)	1.02,56	651
	29,93(29,93)	1.02,56(32,63)				
2	Njål Falch	87	Kolbotn IL	(0,70)	1.04,09	605
	31,87(31,87)	1.04,09(32,22)				
3	Mats Andre Fredriksen	85	Lambertseter SK	(0,71)	1.04,74	587
	30,91(30,91)	1.04,74(33,83)				

#### Junior

1	Lars Andre Tolås	88	Stavanger SC/NTG	(0,62)	1.00,95	703
	29,48(29,48)	1.00,95(31,47)				
2	Dominik Borkowski	90	Skjetten Svømming	(0,62)	1.01,98	669
	29,88(29,88)	1.01,98(32,10)				
3	Mikael Bergene	91	Lambertseter SK	(0,60)	1.02,67	647
	30,61(30,61)	1.02,67(32,06)				
4	Lavrans Veierø Solli	92	Bergens SC	(0,58)	1.04,52	593
	31,51(31,51)	1.04,52(33,01)				
5	Alexander B. Havre	90	Mandal SK	(0,55)	1.04,79	586
	30,87(30,87)	1.04,79(33,92)				
6	Emil Brennløkken	89	Vestbyen IL	(0,72)	1.04,99	580
	31,32(31,32)	1.04,99(33,67)				
7	Vegard Løvberg	91	Bærumsvømmerne	(0,77)	1.05,20	575
	31,88(31,88)	1.05,20(33,32)				
8	Julian Åsheim Mikkelsen	93	Ås IL	(0,67)	1.05,34	571
	31,41(31,41)	1.05,34(33,93)				
9	Tor Hafnor	91	Bærumsvømmerne	(0,72)	1.05,52	566
	32,16(32,16)	1.05,52(33,36)				
10	Jan Aleksander Bakke	91	Asker SK	(0,80)	1.05,86	557
	32,12(32,12)	1.05,86(33,74)				
11	Even Vike Holm	90	BS/Arna	(0,73)	1.06,33	546
	31,94(31,94)	1.06,33(34,39)				
12	Marius Lund	91	Tromsø SK	(0,76)	1.06,66	538
	31,41(31,41)	1.06,66(35,25)				
13	Kristoffer Meisler	90	Tverlandet IL	(0,75)	1.07,74	512
	33,04(33,04)	1.07,74(34,70)				



14	Geir T. Kristiansen	90	Larvik SK	(0,75)	1.08,11	504
	32,64(32,64)	1.08,11(35,47)				
15	Ole Andreas Kolaas	89	BS/Delfana	(0,61)	1.08,31	500
	33,21(33,21)	1.08,31(35,10)				
16	Eirik Runningen	90	Delfana	(0,59)	1.08,57	494
	32,85(32,85)	1.08,57(35,72)				
	John Hage Gaarder	89	Lørenskog/Rælingen		DISK	

**Funksjonshemmede**

1	Jørgen Tadvin	83	Kolbotn IL	(0,76)	1.40,55	156	S6	135,9 %
	48,83(48,83)	1.40,55(51,72)						

**Øvelse 37. 50m butterfly, damer - Forsøk****Sponsor: Axa Frokostprodukter****Senior**

1	Maj Hillesund	80	Mandal SK	28,47	754
2	Iwonka Vik	81	Vestkantsvømmerne	29,35	688
3	Ann-Helen Pridesis	87	BS/Bergen SLK	30,02	643
4	Karen Stødle	87	Team Stavanger	30,27	627
5	Siri Løvold Magnussen	86	Hamar IL	30,29	626
6	Elise Strømsvik	87	Vestbyen IL	30,64	605
7	Karolina Orleanski	86	Bærumsvømmerne	30,88	591
8	Hanne Chr. Seyffarth	85	Mandal SK	31,52	556

**Junior**

1	Katharina Stiberg	88	Bjerkvik SK	27,51	836
2	Ingvild Snildal	88	Asker SK	27,53	834
3	Victoria S. Løken	91	Aalesund SLK	28,52	750
4	Maren Kristine Jansen	90	TS/Randaberg	29,89	652
5	Karoline Brudvik Sanderud	89	Hamar IL	29,95	648
6	Monica Johannessen	90	Karmøy SK	30,05	641
7	Henriette Brekke	88	Vestkantsvømmerne	30,18	633
8	Kristine Mella	90	Bærumsvømmerne	30,60	607
9	Christine Ørland	88	TS/Madla SK	30,72	600
10	Sara Pettersen	91	Fauske SK	30,74	599
11	Clarissa van Rheenen	91	Skjetten Svømming	30,81	595
12	Hanne Søfteland	92	Delfana	30,83	594
13	Helene Lybak	90	BS/Delfana	30,95	587
14	Charlotte Svaland	92	Vågsbygd SLK	31,05	581
15	Mai Linn Hanslien	90	TS/Stavanger VPK	31,06	581
16	Line Løvberg	91	Lambertseter SK	31,46	559
17	Katinka Kvant	89	Arna SLK	31,55	554
18	Guro Knutsen	91	Øvre Eiker SK	31,56	553
19	Elisabeth H. Svensson	91	Ski SK	31,60	551
20	Celine Kløvstad Farsund	91	IL Varg	31,77	543
21	Bitte Fagermo	93	Narvik SK	32,29	517
22	Hege Omdal	89	Kristiansand SA	32,54	505
22	Vibeke Brigg	89	TS/Madla SK	32,54	505

## Øvelse 38. 800m fri, herrer - Direkte finale – Foreløpig før siste heat

Sponsor: Hans Evensen Bil

## Junior

1	Petter Fagelund	88	Bærum/NTG	8.37,73	738
	29,46(29,46)	1.01,87(32,41)	1.34,45(32,58)	2.07,12(32,67)	
	2.39,42(32,30)	3.12,51(33,09)	3.45,56(33,05)	4.18,75(33,19)	
	4.50,92(32,17)	5.23,41(32,49)	5.55,75(32,34)	6.29,03(33,28)	
	7.01,64(32,61)	7.34,76(33,12)	8.07,06(32,30)	8.37,73(30,67)	
2	Sindre Nilo	90	Sandefjord SK/NTG	8.48,53	694
	29,73(29,73)	1.02,13(32,40)	1.35,07(32,94)	2.07,79(32,72)	
	2.40,42(32,63)	3.13,35(32,93)	3.46,44(33,09)	4.19,48(33,04)	
	4.52,31(32,83)	5.25,63(33,32)	5.59,22(33,59)	6.33,11(33,89)	
	7.07,16(34,05)	7.41,06(33,90)	8.15,46(34,40)	8.48,53(33,07)	
3	Elias Damman	89	Bærum/NTG	8.53,63	674
	30,69(30,69)	1.03,17(32,48)	1.36,27(33,10)	2.10,07(33,80)	
	2.43,44(33,37)	3.16,84(33,40)	3.50,75(33,91)	4.24,27(33,52)	
	4.58,57(34,30)	5.32,52(33,95)	6.06,53(34,01)	6.40,62(34,09)	
	7.14,29(33,67)	7.48,16(33,87)	8.21,97(33,81)	8.53,63(31,66)	
4	Daniel Berenett	91	IL Varg	8.55,84	666
	30,14(30,14)	1.02,58(32,44)	1.36,37(33,79)	2.09,02(32,65)	
	2.42,94(33,92)	3.16,56(33,62)	3.50,63(34,07)	4.24,49(33,86)	
	4.58,25(33,76)	5.32,02(33,77)	6.06,25(34,23)	6.40,53(34,28)	
	7.14,81(34,28)	7.48,30(33,49)	8.23,02(34,72)	8.55,84(32,82)	
5	Zoltan Csernai	93	Åstveit SK	9.01,65	644
	30,09(30,09)	1.03,82(33,73)	1.38,48(34,66)	2.12,34(33,86)	
	2.46,83(34,49)	3.21,31(34,48)	3.55,41(34,10)	4.29,78(34,37)	
	5.04,44(34,66)	5.38,74(34,30)	6.13,33(34,59)	6.47,91(34,58)	
	7.22,12(34,21)	7.56,41(34,29)	8.30,18(33,77)	9.01,65(31,47)	
6	Sebastian Wigstrøm	91	Bærumsvømmerne	9.01,76	644
	31,38(31,38)	1.04,55(33,17)	1.38,41(33,86)	2.12,16(33,75)	
	2.46,48(34,32)	3.20,44(33,96)	3.55,04(34,60)	4.29,74(34,70)	
	5.03,85(34,11)	5.38,05(34,20)	6.12,39(34,34)	6.46,92(34,53)	
	7.21,45(34,53)	7.55,94(34,49)	8.29,77(33,83)	9.01,76(31,99)	
7	Christer Koch Kvam	90	Bærum/NTG	9.02,39	642
	29,82(29,82)	1.02,77(32,95)	1.36,05(33,28)	2.10,43(34,38)	
	2.44,81(34,38)	3.19,40(34,59)	3.53,52(34,12)	4.27,77(34,25)	
	5.02,24(34,47)	5.37,15(34,91)	6.11,67(34,52)	6.46,87(35,20)	
	7.21,55(34,68)	7.56,22(34,67)	8.30,66(34,44)	9.02,39(31,73)	
8	Christian Thorsen	91	Lambertseter SK	9.05,75	630
	30,80(30,80)	1.04,30(33,50)	1.39,04(34,74)	2.13,53(34,49)	
	2.48,45(34,92)	3.23,02(34,57)	3.58,14(35,12)	4.32,64(34,50)	
	5.07,41(34,77)	5.41,93(34,52)	6.16,35(34,42)	6.50,72(34,37)	
	7.25,17(34,45)	7.58,98(33,81)	8.32,76(33,78)	9.05,75(32,99)	
9	Jørn Nygård	92	Stavanger SC	9.07,77	623
	30,31(30,31)	1.03,78(33,47)	1.37,79(34,01)	2.11,89(34,10)	
	2.46,05(34,16)	3.20,42(34,37)	3.55,20(34,78)	4.30,02(34,82)	
	5.04,95(34,93)	5.39,91(34,96)	6.14,74(34,83)	6.49,90(35,16)	
	7.24,79(34,89)	7.59,83(35,04)	8.34,26(34,43)	9.07,77(33,51)	
10	Espen Halhjem	92	Delfana	9.14,71	600
	31,36(31,36)	1.05,28(33,92)	1.39,85(34,57)	2.15,23(35,38)	
	2.50,09(34,86)	3.25,38(35,29)	4.00,20(34,82)	4.35,41(35,21)	
	5.10,78(35,37)	5.46,35(35,57)	6.21,61(35,26)	6.56,94(35,33)	
	7.32,07(35,13)	8.06,76(34,69)	8.41,77(35,01)	9.14,71(32,94)	
11	Stian Werner Erichsen	90	Bærumsvømmerne	9.18,15	589
	31,29(31,29)	1.04,74(33,45)	1.39,54(34,80)	2.14,55(35,01)	
	2.49,90(35,35)	3.24,99(35,09)	3.59,96(34,97)	4.35,41(35,45)	
	5.10,83(35,42)	5.46,29(35,46)	6.21,85(35,56)	6.57,29(35,44)	
	7.32,18(34,89)	8.07,71(35,53)	8.43,14(35,43)	9.18,15(35,01)	
12	Sigvart Evjen	91	Vestbyen IL	9.31,30	549
	30,91(30,91)	1.05,08(34,17)	1.39,36(34,28)	2.14,35(34,99)	
	2.49,73(35,38)	3.25,60(35,87)	4.01,13(35,53)	4.37,58(36,45)	
	5.14,08(36,50)	5.51,01(36,93)	6.28,16(37,15)	7.05,26(37,10)	
	7.42,46(37,20)	8.19,78(37,32)	8.55,91(36,13)	9.31,30(35,39)	
13	Espen Urdahl	89	Bærumsvømmerne	9.33,26	544
	31,25(31,25)	1.05,17(33,92)	1.39,84(34,67)	2.15,32(35,48)	
	2.50,89(35,57)	3.27,25(36,36)	4.03,75(36,50)	4.40,74(36,99)	
	5.17,62(36,88)	5.54,52(36,90)	6.32,04(37,52)	7.08,74(36,70)	
	7.45,44(36,70)	8.21,66(36,22)	8.58,12(36,46)	9.33,26(35,14)	

## Senior

1	Petter Fagelund	88	Bærum/NTG	8.37,73	738
	29,46(29,46)	1.01,87(32,41)	1.34,45(32,58)	2.07,12(32,67)	
	2.39,42(32,30)	3.12,51(33,09)	3.45,56(33,05)	4.18,75(33,19)	
	4.50,92(32,17)	5.23,41(32,49)	5.55,75(32,34)	6.29,03(33,28)	
	7.01,64(32,61)	7.34,76(33,12)	8.07,06(32,30)	8.37,73(30,67)	
2	Sindre Nilo	90	Sandefjord SK/NTG	8.48,53	694
	29,73(29,73)	1.02,13(32,40)	1.35,07(32,94)	2.07,79(32,72)	
	2.40,42(32,63)	3.13,35(32,93)	3.46,44(33,09)	4.19,48(33,04)	
	4.52,31(32,83)	5.25,63(33,32)	5.59,22(33,59)	6.33,11(33,89)	
	7.07,16(34,05)	7.41,06(33,90)	8.15,46(34,40)	8.48,53(33,07)	
3	Elias Damman	89	Bærum/NTG	8.53,63	674
	30,69(30,69)	1.03,17(32,48)	1.36,27(33,10)	2.10,07(33,80)	
	2.43,44(33,37)	3.16,84(33,40)	3.50,75(33,91)	4.24,27(33,52)	
	4.58,57(34,30)	5.32,52(33,95)	6.06,53(34,01)	6.40,62(34,09)	
	7.14,29(33,67)	7.48,16(33,87)	8.21,97(33,81)	8.53,63(31,66)	
4	Daniel Berenett	91	IL Varg	8.55,84	666
	30,14(30,14)	1.02,58(32,44)	1.36,37(33,79)	2.09,02(32,65)	
	2.42,94(33,92)	3.16,56(33,62)	3.50,63(34,07)	4.24,49(33,86)	
	4.58,25(33,76)	5.32,02(33,77)	6.06,25(34,23)	6.40,53(34,28)	
	7.14,81(34,28)	7.48,30(33,49)	8.23,02(34,72)	8.55,84(32,82)	
5	Zoltan Csernai	93	Åstveit SK	9.01,65	644
	30,09(30,09)	1.03,82(33,73)	1.38,48(34,66)	2.12,34(33,86)	
	2.46,83(34,49)	3.21,31(34,48)	3.55,41(34,10)	4.29,78(34,37)	
	5.04,44(34,66)	5.38,74(34,30)	6.13,33(34,59)	6.47,91(34,58)	
	7.22,12(34,21)	7.56,41(34,29)	8.30,18(33,77)	9.01,65(31,47)	
6	Sebastian Wigstrøm	91	Bærumsvømmerne	9.01,76	644
	31,38(31,38)	1.04,55(33,17)	1.38,41(33,86)	2.12,16(33,75)	
	2.46,48(34,32)	3.20,44(33,96)	3.55,04(34,60)	4.29,74(34,70)	
	5.03,85(34,11)	5.38,05(34,20)	6.12,39(34,34)	6.46,92(34,53)	
	7.21,45(34,53)	7.55,94(34,49)	8.29,77(33,83)	9.01,76(31,99)	
7	Christer Koch Kvam	90	Bærum/NTG	9.02,39	642
	29,82(29,82)	1.02,77(32,95)	1.36,05(33,28)	2.10,43(34,38)	
	2.44,81(34,38)	3.19,40(34,59)	3.53,52(34,12)	4.27,77(34,25)	
	5.02,24(34,47)	5.37,15(34,91)	6.11,67(34,52)	6.46,87(35,20)	
	7.21,55(34,68)	7.56,22(34,67)	8.30,66(34,44)	9.02,39(31,73)	
8	Christian Thorsen	91	Lambertseter SK	9.05,75	630
	30,80(30,80)	1.04,30(33,50)	1.39,04(34,74)	2.13,53(34,49)	
	2.48,45(34,92)	3.23,02(34,57)	3.58,14(35,12)	4.32,64(34,50)	
	5.07,41(34,77)	5.41,93(34,52)	6.16,35(34,42)	6.50,72(34,37)	
	7.25,17(34,45)	7.58,98(33,81)	8.32,76(33,78)	9.05,75(32,99)	
9	Magnus Bru	87	Asker SK	9.06,72	627
	30,48(30,48)	1.03,18(32,70)	1.36,81(33,63)	2.10,70(33,89)	
	2.45,11(34,41)	3.19,17(34,06)	3.54,05(34,88)	4.28,68(34,63)	
	5.03,94(35,26)	5.38,88(34,94)	6.14,14(35,26)	6.49,16(35,02)	
	7.24,39(35,23)	7.59,00(34,61)	8.33,56(34,56)	9.06,72(33,16)	
10	Jørn Nygård	92	Stavanger SC	9.07,77	623
	30,31(30,31)	1.03,78(33,47)	1.37,79(34,01)	2.11,89(34,10)	
	2.46,05(34,16)	3.20,42(34,37)	3.55,20(34,78)	4.30,02(34,82)	
	5.04,95(34,93)	5.39,91(34,96)	6.14,74(34,83)	6.49,90(35,16)	
	7.24,79(34,89)	7.59,83(35,04)	8.34,26(34,43)	9.07,77(33,51)	
11	Espen Halhjem	92	Delfana	9.14,71	600
	31,36(31,36)	1.05,28(33,92)	1.39,85(34,57)	2.15,23(35,38)	
	2.50,09(34,86)	3.25,38(35,29)	4.00,20(34,82)	4.35,41(35,21)	
	5.10,78(35,37)	5.46,35(35,57)	6.21,61(35,26)	6.56,94(35,33)	
	7.32,07(35,13)	8.06,76(34,69)	8.41,77(35,01)	9.14,71(32,94)	
12	Stian Werner Erichsen	90	Bærumsvømmerne	9.18,15	589
	31,29(31,29)	1.04,74(33,45)	1.39,54(34,80)	2.14,55(35,01)	
	2.49,90(35,35)	3.24,99(35,09)	3.59,96(34,97)	4.35,41(35,45)	
	5.10,83(35,42)	5.46,29(35,46)	6.21,85(35,56)	6.57,29(35,44)	
	7.32,18(34,89)	8.07,71(35,53)	8.43,14(35,43)	9.18,15(35,01)	
13	Sigvart Evjen	91	Vestbyen IL	9.31,30	549
	30,91(30,91)	1.05,08(34,17)	1.39,36(34,28)	2.14,35(34,99)	
	2.49,73(35,38)	3.25,60(35,87)	4.01,13(35,53)	4.37,58(36,45)	
	5.14,08(36,50)	5.51,01(36,93)	6.28,16(37,15)	7.05,26(37,10)	
	7.42,46(37,20)	8.19,78(37,32)	8.55,91(36,13)	9.31,30(35,39)	
14	Espen Urdahl	89	Bærumsvømmerne	9.33,26	544
	31,25(31,25)	1.05,17(33,92)	1.39,84(34,67)	2.15,32(35,48)	
	2.50,89(35,57)	3.27,25(36,36)	4.03,75(36,50)	4.40,74(36,99)	
	5.17,62(36,88)	5.54,52(36,90)	6.32,04(37,52)	7.08,74(36,70)	
	7.45,44(36,70)	8.21,66(36,22)	8.58,12(36,46)	9.33,26(35,14)	

## Øvelse 39. 1500m fri, damer - Direkte finale – Foreløpig før siste heat

Sponsor: Veolia

## Junior

1	Katrine Ekstang	92	Setermoen SK	18.27,97	651
	34,04(34,04)	1.11,44(37,40)	1.48,95(37,51)	2.25,36(36,41)	
	3.02,20(36,84)	3.39,77(37,57)	4.17,13(37,36)	4.53,56(36,43)	
	5.29,92(36,36)	6.07,52(37,60)	6.44,45(36,93)	7.21,93(37,48)	
	7.58,22(36,29)	8.35,25(37,03)	9.12,24(36,99)	9.48,95(36,71)	
	10.25,84(36,89)	11.02,95(37,11)	11.40,00(37,05)	12.17,41(37,41)	
	12.54,33(36,92)	13.32,22(37,89)	14.08,94(36,72)	14.46,61(37,67)	
	15.23,92(37,31)	16.01,27(37,35)	16.38,45(37,18)	17.15,42(36,97)	
	17.52,01(36,59)	18.27,97(35,96)			
2	Eva Marie Østerhus	94	Sola SK	18.31,89	644
	34,70(34,70)	1.11,80(37,10)	1.49,87(38,07)	2.26,87(37,00)	
	3.04,66(37,79)	3.41,22(36,56)	4.18,90(37,68)	4.55,53(36,63)	
	5.33,07(37,54)	6.10,09(37,02)	6.47,79(37,70)	7.24,58(36,79)	
	8.02,21(37,63)	8.38,90(36,69)	9.16,49(37,59)	9.53,78(37,29)	
	10.31,42(37,64)	11.08,10(36,68)	11.45,68(37,58)	12.22,66(36,98)	
	13.00,56(37,90)	13.37,30(36,74)	14.14,60(37,30)	14.51,73(37,13)	
	15.29,55(37,82)	16.06,58(37,03)	16.43,73(37,15)	17.20,06(36,33)	
	17.57,03(36,97)	18.31,89(34,86)			
3	Emilie Hellerud	92	Lambertseter SK	18.49,04	615
	34,88(34,88)	1.12,37(37,49)	1.49,99(37,62)	2.27,86(37,87)	
	3.06,03(38,17)	3.43,65(37,62)	4.21,22(37,57)	4.59,00(37,78)	
	5.36,93(37,93)	6.14,82(37,89)	6.52,79(37,97)	7.31,21(38,42)	
	8.09,46(38,25)	8.47,76(38,30)	9.25,73(37,97)	10.03,86(38,13)	
	10.42,05(38,19)	11.20,16(38,11)	11.58,07(37,91)	12.35,96(37,89)	
	13.14,04(38,08)	13.51,93(37,89)	14.29,32(37,39)	15.07,17(37,85)	
	15.44,81(37,64)	16.22,09(37,28)	16.59,36(37,27)	17.36,64(37,28)	
	18.13,65(37,01)	18.49,04(35,39)			
4	Terese Fosby	92	Kongstenvømmerne	19.10,60	581
	34,39(34,39)	1.12,05(37,66)	1.50,17(38,12)	2.28,72(38,55)	
	3.06,51(37,79)	3.45,27(38,76)	4.23,56(38,29)	5.02,29(38,73)	
	5.41,03(38,74)	6.19,42(38,39)	6.58,17(38,75)	7.37,36(39,19)	
	8.16,23(38,87)	8.54,96(38,73)	9.34,13(39,17)	10.13,49(39,36)	
	10.52,31(38,82)	11.31,25(38,94)	12.10,24(38,99)	12.49,62(39,38)	
	13.28,56(38,94)	14.07,75(39,19)	14.46,78(39,03)	15.25,74(38,96)	
	16.03,83(38,09)	16.42,27(38,44)	17.19,89(37,62)	17.57,15(37,26)	
	18.34,28(37,13)	19.10,60(36,32)			
5	Marthe Berg Sørensen	92	TS/Frisinn	19.11,35	580
	34,19(34,19)	1.12,60(38,41)	1.50,70(38,10)	2.29,47(38,77)	
	3.08,26(38,79)	3.46,86(38,60)	4.24,74(37,88)	5.03,17(38,43)	
	5.41,39(38,22)	6.19,49(38,10)	6.58,79(39,30)	7.37,44(38,65)	
	8.16,41(38,97)	8.54,80(38,39)	9.33,49(38,69)	10.11,95(38,46)	
	10.50,16(38,21)	11.29,52(39,36)	12.08,13(38,61)	12.46,74(38,61)	
	13.25,68(38,94)	14.04,51(38,83)	14.43,20(38,69)	15.21,80(38,60)	
	16.01,05(39,25)	16.40,10(39,05)	17.18,73(38,63)	17.57,20(38,47)	
	18.34,73(37,53)	19.11,35(36,62)			
6	June J. Kristiansen	90	Delfana	19.11,63	579
	34,78(34,78)	1.12,34(37,56)	1.50,80(38,46)	2.29,07(38,27)	
	3.07,34(38,27)	3.45,86(38,52)	4.24,27(38,41)	5.02,69(38,42)	
	5.41,42(38,73)	6.20,01(38,59)	6.58,55(38,54)	7.37,02(38,47)	
	8.15,56(38,54)	8.54,06(38,50)	9.32,81(38,75)	10.11,50(38,69)	
	10.50,01(38,51)	11.28,50(38,49)	12.07,02(38,52)	12.45,98(38,96)	
	13.24,66(38,68)	14.04,01(39,35)	14.43,10(39,09)	15.22,59(39,49)	
	16.01,95(39,36)	16.40,80(38,85)	17.19,65(38,85)	17.57,86(38,21)	
	18.35,84(37,98)	19.11,63(35,79)			
7	Pernille Thorstensen	89	Vågsbygd SLK	19.19,91	567
	35,96(35,96)	1.15,12(39,16)	1.53,95(38,83)	2.32,93(38,98)	
	3.11,74(38,81)	3.51,32(39,58)	4.30,24(38,92)	5.09,31(39,07)	
	5.48,17(38,86)	6.27,33(39,16)	7.06,12(38,79)	7.45,30(39,18)	
	8.24,17(38,87)	9.03,14(38,97)	9.42,01(38,87)	10.21,35(39,34)	
	11.00,02(38,67)	11.39,21(39,19)	12.17,70(38,49)	12.56,06(38,36)	
	13.34,31(38,25)	14.13,08(38,77)	14.51,71(38,63)	15.30,57(38,86)	
	16.09,60(39,03)	16.48,25(38,65)	17.26,92(38,67)	18.04,90(37,98)	
	18.42,76(37,86)	19.19,91(37,15)			

8	Stine Lise Stenseth	94	Øvre Eiker SK	19.25,99	558
	34,72(34,72)	1.12,67(37,95)	1.51,11(38,44)	2.29,28(38,17)	
	3.07,64(38,36)	3.46,40(38,76)	4.25,19(38,79)	5.03,93(38,74)	
	5.42,87(38,94)	6.22,39(39,52)	7.01,32(38,93)	7.40,53(39,21)	
	8.19,99(39,46)	8.58,91(38,92)	9.38,42(39,51)	10.17,74(39,32)	
	10.56,77(39,03)	11.36,19(39,42)	12.15,59(39,40)	12.54,98(39,39)	
	13.34,41(39,43)	14.13,56(39,15)	14.53,08(39,52)	15.32,26(39,18)	
	16.11,54(39,28)	16.50,81(39,27)	17.29,94(39,13)	18.09,29(39,35)	
	18.48,06(38,77)	19.25,99(37,93)			
9	Inger-Cathrine Wium	92	Øvre Eiker SK	19.31,16	551
	34,40(34,40)	1.12,36(37,96)	1.51,22(38,86)	2.30,31(39,09)	
	3.09,10(38,79)	3.48,80(39,70)	4.28,30(39,50)	5.07,78(39,48)	
	5.47,03(39,25)	6.26,92(39,89)	7.06,47(39,55)	7.46,25(39,78)	
	8.25,47(39,22)	9.05,37(39,90)	9.44,61(39,24)	10.23,94(39,33)	
	11.03,50(39,56)	11.43,36(39,86)	12.22,11(38,75)	13.01,27(39,16)	
	13.40,74(39,47)	14.20,27(39,53)	14.59,35(39,08)	15.39,02(39,67)	
	16.17,99(38,97)	16.57,08(39,09)	17.36,08(39,00)	18.15,13(39,05)	
	18.53,76(38,63)	19.31,16(37,40)			
10	Ingse Bergh Monsen	92	Bergens SC	19.39,27	540
	36,36(36,36)	1.15,86(39,50)	1.56,46(40,60)	2.37,14(40,68)	
	3.17,68(40,54)	3.57,67(39,99)	4.38,12(40,45)	5.17,96(39,84)	
	5.58,20(40,24)	6.37,88(39,68)	7.16,95(39,07)	7.55,67(38,72)	
	8.34,62(38,95)	9.13,91(39,29)	9.53,10(39,19)	10.32,06(38,96)	
	11.11,12(39,06)	11.50,19(39,07)	12.29,42(39,23)	13.08,09(38,67)	
	13.47,28(39,19)	14.26,43(39,15)	15.05,68(39,25)	15.44,83(39,15)	
	16.24,56(39,73)	17.03,76(39,20)	17.43,43(39,67)	18.22,67(39,24)	
	19.02,03(39,36)	19.39,27(37,24)			
11	Thea Wingaard	91	Kristiansand SA	19.44,52	532
	36,29(36,29)	1.15,74(39,45)	1.56,32(40,58)	2.36,11(39,79)	
	3.15,90(39,79)	3.55,09(39,19)	4.35,29(40,20)	5.15,14(39,85)	
	5.55,14(40,00)	6.34,80(39,66)	7.14,30(39,50)	7.53,77(39,47)	
	8.33,64(39,87)	9.13,67(40,03)	9.53,64(39,97)	10.33,31(39,67)	
	11.13,29(39,98)	11.53,03(39,74)	12.33,09(40,06)	13.12,34(39,25)	
	13.52,30(39,96)	14.32,02(39,72)	15.11,50(39,48)	15.50,44(38,94)	
	16.29,96(39,52)	17.09,17(39,21)	17.48,79(39,62)	18.27,95(39,16)	
	19.07,01(39,06)	19.44,52(37,51)			
12	Line Cecilie Stenseth	90	Øvre Eiker SK	19.54,00	520
	36,80(36,80)	1.16,62(39,82)	1.56,30(39,68)	2.35,91(39,61)	
	3.15,60(39,69)	3.55,61(40,01)	4.34,86(39,25)	5.14,08(39,22)	
	5.53,43(39,35)	6.33,29(39,86)	7.12,82(39,53)	7.53,11(40,29)	
	8.33,44(40,33)	9.13,84(40,40)	9.53,45(39,61)	10.33,65(40,20)	
	11.13,36(39,71)	11.53,26(39,90)	12.33,33(40,07)	13.13,71(40,38)	
	13.53,48(39,77)	14.33,16(39,68)	15.12,98(39,82)	15.53,88(40,90)	
	16.33,83(39,95)	17.13,94(40,11)	17.54,05(40,11)	18.34,05(40,00)	
	19.13,96(39,91)	19.54,00(40,04)			
	Mariell A. Arnesen	90	Larvik SK	BRUTT	

## Senior

1	Katrine Ekstang	92	Setermoen SK	18.27,97	651
	34,04(34,04)	1.11,44(37,40)	1.48,95(37,51)	2.25,36(36,41)	
	3.02,20(36,84)	3.39,77(37,57)	4.17,13(37,36)	4.53,56(36,43)	
	5.29,92(36,36)	6.07,52(37,60)	6.44,45(36,93)	7.21,93(37,48)	
	7.58,22(36,29)	8.35,25(37,03)	9.12,24(36,99)	9.48,95(36,71)	
	10.25,84(36,89)	11.02,95(37,11)	11.40,00(37,05)	12.17,41(37,41)	
	12.54,33(36,92)	13.32,22(37,89)	14.08,94(36,72)	14.46,61(37,67)	
	15.23,92(37,31)	16.01,27(37,35)	16.38,45(37,18)	17.15,42(36,97)	
	17.52,01(36,59)	18.27,97(35,96)			
2	Eva Marie Østerhus	94	Sola SK	18.31,89	644
	34,70(34,70)	1.11,80(37,10)	1.49,87(38,07)	2.26,87(37,00)	
	3.04,66(37,79)	3.41,22(36,56)	4.18,90(37,68)	4.55,53(36,63)	
	5.33,07(37,54)	6.10,09(37,02)	6.47,79(37,70)	7.24,58(36,79)	
	8.02,21(37,63)	8.38,90(36,69)	9.16,49(37,59)	9.53,78(37,29)	
	10.31,42(37,64)	11.08,10(36,68)	11.45,68(37,58)	12.22,66(36,98)	
	13.00,56(37,90)	13.37,30(36,74)	14.14,60(37,30)	14.51,73(37,13)	
	15.29,55(37,82)	16.06,58(37,03)	16.43,73(37,15)	17.20,06(36,33)	
	17.57,03(36,97)	18.31,89(34,86)			

3	Emilie Hellerud	92	Lambertseter SK	18.49,04	615
	34,88(34,88)	1.12,37(37,49)	1.49,99(37,62)	2.27,86(37,87)	
	3.06,03(38,17)	3.43,65(37,62)	4.21,22(37,57)	4.59,00(37,78)	
	5.36,93(37,93)	6.14,82(37,89)	6.52,79(37,97)	7.31,21(38,42)	
	8.09,46(38,25)	8.47,76(38,30)	9.25,73(37,97)	10.03,86(38,13)	
	10.42,05(38,19)	11.20,16(38,11)	11.58,07(37,91)	12.35,96(37,89)	
	13.14,04(38,08)	13.51,93(37,89)	14.29,32(37,39)	15.07,17(37,85)	
	15.44,81(37,64)	16.22,09(37,28)	16.59,36(37,27)	17.36,64(37,28)	
	18.13,65(37,01)	18.49,04(35,39)			
4	Terese Fosby	92	Kongstensvømmerne	19.10,60	581
	34,39(34,39)	1.12,05(37,66)	1.50,17(38,12)	2.28,72(38,55)	
	3.06,51(37,79)	3.45,27(38,76)	4.23,56(38,29)	5.02,29(38,73)	
	5.41,03(38,74)	6.19,42(38,39)	6.58,17(38,75)	7.37,36(39,19)	
	8.16,23(38,87)	8.54,96(38,73)	9.34,13(39,17)	10.13,49(39,36)	
	10.52,31(38,82)	11.31,25(38,94)	12.10,24(38,99)	12.49,62(39,38)	
	13.28,56(38,94)	14.07,75(39,19)	14.46,78(39,03)	15.25,74(38,96)	
	16.03,83(38,09)	16.42,27(38,44)	17.19,89(37,62)	17.57,15(37,26)	
	18.34,28(37,13)	19.10,60(36,32)			
5	Marthe Berg Sørensen	92	TS/Frisinn	19.11,35	580
	34,19(34,19)	1.12,60(38,41)	1.50,70(38,10)	2.29,47(38,77)	
	3.08,26(38,79)	3.46,86(38,60)	4.24,74(37,88)	5.03,17(38,43)	
	5.41,39(38,22)	6.19,49(38,10)	6.58,79(39,30)	7.37,44(38,65)	
	8.16,41(38,97)	8.54,80(38,39)	9.33,49(38,69)	10.11,95(38,46)	
	10.50,16(38,21)	11.29,52(39,36)	12.08,13(38,61)	12.46,74(38,61)	
	13.25,68(38,94)	14.04,51(38,83)	14.43,20(38,69)	15.21,80(38,60)	
	16.01,05(39,25)	16.40,10(39,05)	17.18,73(38,63)	17.57,20(38,47)	
	18.34,73(37,53)	19.11,35(36,62)			
6	June J. Kristiansen	90	Delfana	19.11,63	579
	34,78(34,78)	1.12,34(37,56)	1.50,80(38,46)	2.29,07(38,27)	
	3.07,34(38,27)	3.45,86(38,52)	4.24,27(38,41)	5.02,69(38,42)	
	5.41,42(38,73)	6.20,01(38,59)	6.58,55(38,54)	7.37,02(38,47)	
	8.15,56(38,54)	8.54,06(38,50)	9.32,81(38,75)	10.11,50(38,69)	
	10.50,01(38,51)	11.28,50(38,49)	12.07,02(38,52)	12.45,98(38,96)	
	13.24,66(38,68)	14.04,01(39,35)	14.43,10(39,09)	15.22,59(39,49)	
	16.01,95(39,36)	16.40,80(38,85)	17.19,65(38,85)	17.57,86(38,21)	
	18.35,84(37,98)	19.11,63(35,79)			
7	Pernille Thorstensen	89	Vågsbygd SLK	19.19,91	567
	35,96(35,96)	1.15,12(39,16)	1.53,95(38,83)	2.32,93(38,98)	
	3.11,74(38,81)	3.51,32(39,58)	4.30,24(38,92)	5.09,31(39,07)	
	5.48,17(38,86)	6.27,33(39,16)	7.06,12(38,79)	7.45,30(39,18)	
	8.24,17(38,87)	9.03,14(38,97)	9.42,01(38,87)	10.21,35(39,34)	
	11.00,02(38,67)	11.39,21(39,19)	12.17,70(38,49)	12.56,06(38,36)	
	13.34,31(38,25)	14.13,08(38,77)	14.51,71(38,63)	15.30,57(38,86)	
	16.09,60(39,03)	16.48,25(38,65)	17.26,92(38,67)	18.04,90(37,98)	
	18.42,76(37,86)	19.19,91(37,15)			
8	Stine Lise Stensteth	94	Øvre Eiker SK	19.25,99	558
	34,72(34,72)	1.12,67(37,95)	1.51,11(38,44)	2.29,28(38,17)	
	3.07,64(38,36)	3.46,40(38,76)	4.25,19(38,79)	5.03,93(38,74)	
	5.42,87(38,94)	6.22,39(39,52)	7.01,32(38,93)	7.40,53(39,21)	
	8.19,99(39,46)	8.58,91(38,92)	9.38,42(39,51)	10.17,74(39,32)	
	10.56,77(39,03)	11.36,19(39,42)	12.15,59(39,40)	12.54,98(39,39)	
	13.34,41(39,43)	14.13,56(39,15)	14.53,08(39,52)	15.32,26(39,18)	
	16.11,54(39,28)	16.50,81(39,27)	17.29,94(39,13)	18.09,29(39,35)	
	18.48,06(38,77)	19.25,99(37,93)			
9	Inger-Cathrine Wium	92	Øvre Eiker SK	19.31,16	551
	34,40(34,40)	1.12,36(37,96)	1.51,22(38,86)	2.30,31(39,09)	
	3.09,10(38,79)	3.48,80(39,70)	4.28,30(39,50)	5.07,78(39,48)	
	5.47,03(39,25)	6.26,92(39,89)	7.06,47(39,55)	7.46,25(39,78)	
	8.25,47(39,22)	9.05,37(39,90)	9.44,61(39,24)	10.23,94(39,33)	
	11.03,50(39,56)	11.43,36(39,86)	12.22,11(38,75)	13.01,27(39,16)	
	13.40,74(39,47)	14.20,27(39,53)	14.59,35(39,08)	15.39,02(39,67)	
	16.17,99(38,97)	16.57,08(39,09)	17.36,08(39,00)	18.15,13(39,05)	
	18.53,76(38,63)	19.31,16(37,40)			
10	Ingse Bergh Monsen	92	Bergens SC	19.39,27	540
	36,36(36,36)	1.15,86(39,50)	1.56,46(40,60)	2.37,14(40,68)	
	3.17,68(40,54)	3.57,67(39,99)	4.38,12(40,45)	5.17,96(39,84)	
	5.58,20(40,24)	6.37,88(39,68)	7.16,95(39,07)	7.55,67(38,72)	
	8.34,62(38,95)	9.13,91(39,29)	9.53,10(39,19)	10.32,06(38,96)	
	11.11,12(39,06)	11.50,19(39,07)	12.29,42(39,23)	13.08,09(38,67)	
	13.47,28(39,19)	14.26,43(39,15)	15.05,68(39,25)	15.44,83(39,15)	
	16.24,56(39,73)	17.03,76(39,20)	17.43,43(39,67)	18.22,67(39,24)	
	19.02,03(39,36)	19.39,27(37,24)			

11	Thea Wingaard	91	Kristiansand SA	19.44,52	532
	36.29(36,29)	1.15.74(39,45)	1.56.32(40,58)	2.36.11(39,79)	
	3.15.90(39,79)	3.55.09(39,19)	4.35.29(40,20)	5.15.14(39,85)	
	5.55.14(40,00)	6.34.80(39,66)	7.14.30(39,50)	7.53.77(39,47)	
	8.33.64(39,87)	9.13.67(40,03)	9.53.64(39,97)	10.33.31(39,67)	
	11.13.29(39,98)	11.53.03(39,74)	12.33.09(40,06)	13.12.34(39,25)	
	13.52.30(39,96)	14.32.02(39,72)	15.11.50(39,48)	15.50.44(38,94)	
	16.29.96(39,52)	17.09.17(39,21)	17.48.79(39,62)	18.27.95(39,16)	
	19.07.01(39,06)	19.44.52(37,51)			
12	Line Cecilie Stenseth	90	Øvre Eiker SK	19.54,00	520
	36.80(36,80)	1.16.62(39,82)	1.56.30(39,68)	2.35.91(39,61)	
	3.15.60(39,69)	3.55.61(40,01)	4.34.86(39,25)	5.14.08(39,22)	
	5.53.43(39,35)	6.33.29(39,86)	7.12.82(39,53)	7.53.11(40,29)	
	8.33.44(40,33)	9.13.84(40,40)	9.53.45(39,61)	10.33.65(40,20)	
	11.13.36(39,71)	11.53.26(39,90)	12.33.33(40,07)	13.13.71(40,38)	
	13.53.48(39,77)	14.33.16(39,68)	15.12.98(39,82)	15.53.88(40,90)	
	16.33.83(39,95)	17.13.94(40,11)	17.54.05(40,11)	18.34.05(40,00)	
	19.13.96(39,91)	19.54.00(40,04)			
	Mariell A. Arnesen	90	Larvik SK	BRUTT	

### Øvelse 40. 4\*100m lag medley, herrer - Junior

Sponsor: Førerkort Senteret

#### Junior

1	Bærumsv G1 jr.	JR	Bærumsvømmerne	(0,68)	4.05,45	680
	Tor Hafnor:	31.12(31,12)				
		1.04.54(33,42)				
		1.37.01(32,47)				
	Sebastian Wigstrøm:	2.13.26(36,25)				
		2.39.62(26,36)				
	Øystein R. Hetland:	3.11.43(31,81)				
		3.36.76(25,33)				
	Petter Fagelund:	4.05.45(28,69)				
2	Hamar IL G1 jr.	JR	Hamar IL	(0,59)	4.08,09	658
	Martin Skramstad:	31.36(31,36)				
		1.04.26(32,90)				
		1.35.21(30,95)				
	Ole-Wilhelm Norseng:	2.12.93(37,72)				
		2.39.97(27,04)				
	Eirik Ravnan:	3.11.53(31,56)				
		3.38.65(27,12)				
	Jonas Kirkeberg Jostad:	4.08.09(29,44)				
3	Stavanger SC G1 jr.	JR	Stavanger SC	(0,64)	4.08,26	657
	Lars Andre Tolås:	30.38(30,38)				
		1.01.31(30,93)				
		1.33.72(32,41)				
	Hans Østerdal:	2.11.11(37,39)				
		2.39.06(27,95)				
	Christian Juvik:	3.12.32(33,26)				
		3.39.14(26,82)				
	Jørn Nygård:	4.08.26(29,12)				
4	Bergensv. G1 jr.	JR	Bergensvømmerne	(0,75)	4.09,35	648
	Even Vike Holm:	31.89(31,89)				
		1.05.84(33,95)				
		1.36.88(31,04)				
	Martin Steffensen:	2.14.87(37,99)				
		2.41.83(26,96)				
	Marcus Tesdal:	3.14.21(32,38)				
		3.40.34(26,13)				
	Anders Espeland Seljeflot:	4.09.35(29,01)				
5	Team Stavanger G1 jr.	JR	Team Stavanger	(0,66)	4.09,66	646
	Jørgen Møllerop:	29.60(29,60)				
		1.02.15(32,55)				
		1.35.09(32,94)				
	Erling Mjøs Brattelid:	2.12.88(37,79)				
		2.41.33(28,45)				
	Ole Martin Ree:	3.14.43(33,10)				
		3.40.86(26,43)				
	Bjarte Ravndal:	4.09.66(28,80)				

6	Lambertseter SK G1 jr.	JR	Lambertseter SK	(0,58)	4.13,34	618
		30,71(30,71)				
	Mikael Bergene:	1.02,81(32,10)				
		1.38,21(35,40)				
	Christian Thorsen:	2.18,50(40,29)				
		2.45,94(27,44)				
	Stian Andreas Evja:	3.18,96(33,02)				
		3.45,39(26,43)				
	Petter Braarud:	4.13,34(27,95)				
7	Asker SK G1 jr.	JR	Asker SK	(0,75)	4.15,29	604
		32,04(32,04)				
	Jan Aleksander Bakke:	1.05,80(33,76)				
		1.38,73(32,93)				
	Christoffer Sørstrand Æsøy:	2.16,59(37,86)				
		2.45,67(29,08)				
	Carl Andreas Wathne:	3.20,06(34,39)				
		3.46,76(26,70)				
	Christian Aaserud:	4.15,29(28,53)				
8	Bærumsv G2 jr.	JR	Bærumsvømmerne	(0,71)	4.15,41	603
		31,59(31,59)				
	Vegard Løvberg:	1.05,68(34,09)				
		1.39,50(33,82)				
	Elias Damman:	2.18,28(38,78)				
		2.46,35(28,07)				
	Christer Koch Kvam:	3.18,87(32,52)				
		3.45,96(27,09)				
	Stian Werner Erichsen:	4.15,41(29,45)				
9	Vestbyen IL G1 jr.	JR	Vestbyen IL	(0,68)	4.15,62	602
		31,46(31,46)				
	Emil Brennløkken:	1.04,86(33,40)				
		1.37,41(32,55)				
	Sindre Søderlund:	2.14,09(36,68)				
		2.42,82(28,73)				
	Pål Henriksen Spjelkavik:	3.17,07(34,25)				
		3.44,78(27,71)				
	Sigvart Evjen:	4.15,62(30,84)				
10	Tromsø SK G1 jr.	JR	Tromsø SK	(0,75)	4.17,69	587
		31,36(31,36)				
	Marius Lund:	1.04,83(33,47)				
		1.37,57(32,74)				
	Evgeny (John) Lekhmus:	2.15,79(38,22)				
		2.44,96(29,17)				
	Torbjørn Ringholm:	3.19,32(34,36)				
		3.46,91(27,59)				
	Magnus Klæboe Nordgård:	4.17,69(30,78)				
11	IL Varg G1 jr.	JR	IL Varg	(0,60)	4.18,04	585
		32,78(32,78)				
	Jari K. Mikkelsen:	1.08,44(35,66)				
		1.40,04(31,60)				
	Mattis Saghaug:	2.17,70(37,66)				
		2.45,87(28,17)				
	Antonis Xepapadakis:	3.19,47(33,60)				
		3.46,92(27,45)				
	Daniel Berenett:	4.18,04(31,12)				
12	Bergens SC G1 jr.	JR	Bergens SC	(0,69)	4.21,89	559
		32,53(32,53)				
	Lavrans Veierø Solli:	1.06,57(34,04)				
		1.40,67(34,10)				
	Martin Lygre Eriksen:	2.21,37(40,70)				
		2.49,93(28,56)				
	Sindre Mowatt Gruben:	3.24,35(34,42)				
		3.51,08(26,73)				
	Stian S. Langeland:	4.21,89(30,81)				
13	Delfana G1 jr.	JR	Delfana	(0,67)	4.23,36	550
		32,83(32,83)				
	Øyvind L. Styrmo:	1.07,15(34,32)				
		1.42,59(35,44)				
	Espen Halhjem:	2.23,66(41,07)				
		2.51,87(28,21)				
	Sindri T. Jakobsson:	3.24,57(32,70)				
		3.52,30(27,73)				
	Sebastian Stordal:	4.23,36(31,06)				



14	Vestkantsv. G1 jr.	JR	Vestkantsvømmerne	(0,78)	4.31,32	503
			35,62(35,62)			
	Anders S. Jordheim:		1.13,81(38,19)			
			1.47,25(33,44)			
	Benjamin Marum:		2.27,71(40,46)			
			2.56,71(29,00)			
	Sindre Vikane:		3.31,57(34,86)			
			4.00,02(28,45)			
	Joachim Jakobsen:		4.31,32(31,30)			
15	Elverum IL G1 jr.	JR	Elverum Svømming	(0,86)	4.33,22	493
			34,89(34,89)			
	Martin B. Lund:		1.13,09(38,20)			
			1.45,77(32,68)			
	Christian Sunde:		2.25,50(39,73)			
			2.56,82(31,32)			
	Gunnar V. Skirbekk:		3.32,34(35,52)			
			4.01,11(28,77)			
	Ingvar V. Skirbekk:		4.33,22(32,11)			
16	Larvik SK G1 jr.	JR	Larvik SK	(0,71)	4.37,15	472
			35,80(35,80)			
	Jørgen Wiik:		1.13,97(38,17)			
			1.51,57(37,60)			
	Peder T. Haagensli:		2.34,48(42,91)			
			3.03,37(28,89)			
	Geir T. Kristiansen:		3.38,49(35,12)			
			4.06,63(28,14)			
	Aksel B. Lindhjem:		4.37,15(30,52)			
17	Namsos SK G1 jr.	JR	Namsos SK	(0,62)	4.38,97	463
			37,86(37,86)			
	Sander Kuitert:		1.19,63(41,77)			
			1.54,93(35,30)			
	Torkil Berntsen Due:		2.34,63(39,70)			
			3.03,73(29,10)			
	Mats Gøran Høgenhaug:		3.38,51(34,78)			
			4.06,66(28,15)			
	Marius Skaanes:		4.38,97(32,31)			
18	Fauske SK G1 jr.	JR	Fauske SK	(0,71)	4.56,78	384
			41,12(41,12)			
	Anders Haugen:		1.22,75(41,63)			
			2.01,51(38,76)			
	Lasse Teigen:		2.46,12(44,61)			
			3.15,83(29,71)			
	Christer M. Hagen:		3.52,52(36,69)			
			4.23,50(30,98)			
	Fredrik Sørensen:		4.56,78(33,28)			
	Mandal SK G1 jr.	JR	Mandal SK		DISK	
	Alexander B. Havre, Bernt M. Seyffarth, Bjørnar Salvesen, Per Sondre Sodeland					

**Søndag 15. juli kl 16.00****Øvelse 31. 200m rygg, damer - Finale****Sponsor: Gullmed Ofstad****Senior**

1	Ingvild Snildal	88	Asker SK	(0,82)	2.20,19	769
	32,97(32,97)	1.09,10(36,13)	1.45,12(36,02)	2.20,19(35,07)		
2	Gina B. Andersen	90	Skjetten Svømming/NTG	(0,81)	2.25,94	681
	35,15(35,15)	1.11,93(36,78)	1.49,66(37,73)	2.25,94(36,28)		
3	Elise Utne	89	Narvik SK	(0,73)	2.26,61	672
	35,39(35,39)	1.12,58(37,19)	1.50,21(37,63)	2.26,61(36,40)		
4	Elisabeth Jarland	85	BS/Delfana	(0,79)	2.27,13	665
	35,04(35,04)	1.12,00(36,96)	1.50,02(38,02)	2.27,13(37,11)		
5	Ina Kr. Pedersen	89	Moss SK	(0,73)	2.28,94	641
	34,46(34,46)	1.11,96(37,50)	1.50,43(38,47)	2.28,94(38,51)		
6	Seline Vike Holm	92	Arna SLK	(0,69)	2.31,12	614
	35,94(35,94)	1.14,35(38,41)	1.53,34(38,99)	2.31,12(37,78)		
7	Thea Pedersen	91	Moss SK	(0,71)	2.32,49	597
	35,36(35,36)	1.13,66(38,30)	1.53,01(39,35)	2.32,49(39,48)		
8	Victoria T. Solberg	89	Horten/NTG	(0,79)	2.32,66	595
	36,52(36,52)	1.15,21(38,69)	1.54,16(38,95)	2.32,66(38,50)		

**Øvelse 32. 50m fri, herrer - Finale****Sponsor: Nava Sport****Senior**

1	Alexander Hetland	82	Bærumsvømmerne	23,86	770
2	Sander Smørdal	85	BS/Arna	24,07	750
3	Thomas Ole Fadnes	87	Stavanger SC	24,23	735
4	Alexander Dale Oen	85	Vestkantsvømmerne	24,66	697
5	Ørjan Cato Johnsen	85	BS/Bergen SLK	24,78	687
6	Øystein R. Hetland	89	Bærum/NTG	24,81	684
7	Dan Magnus Skibrek	87	Øvre Eiker SK	25,05	665
8	Erlend Alvestad	88	Vestbyen IL	25,33	643

**Funksjonshemmede**

1	Jørgen Tadvin	83	Kolbotn IL	35,53	233	S6	116,88 %
2	Stian I Helgeland	86	Team Stavanger	35,80	227	S6	117,76 %

**Øvelse 33. 100m fri, damer - Finale****Sponsor: Bilsenteret****Senior**

1	Henriette Brekke	88	Vestkantsvømmerne	56,57	879	NJR
	27,46(27,46)	56,57(29,11)				
2	Clarissa van Rheenen	91	Skjetten Svømming	59,50	755	
	29,02(29,02)	59,50(30,48)				
3	Ina Kr. Pedersen	89	Moss SK	59,55	753	
	29,11(29,11)	59,55(30,44)				
4	Cecilie Johannessen	90	Karmøy SK	59,85	742	
	28,98(28,98)	59,85(30,87)				
5	Monica Johannessen	90	Karmøy SK	1.00,46	720	
	29,76(29,76)	1.00,46(30,70)				
6	Line Møllerop	87	Vestkantsvømmerne	1.01,04	700	
	29,61(29,61)	1.01,04(31,43)				
7	Sofie Gjemmestad	89	Asker SK	1.01,18	695	
	29,54(29,54)	1.01,18(31,64)				
8	Elise Strømsvik	87	Vestbyen IL	1.01,58	681	
	29,56(29,56)	1.01,58(32,02)				

**Øvelse 34. 200m butterfly, herrer - Finale****Sponsor: Namsos Blomsterhandel****Senior**

1	Gard Kvale	84	Bergens SC	2.06,54	758	
	28,12(28,12)	1.00,11(31,99)	1.32,88(32,77)	2.06,54(33,66)		
2	Øivind A. S. Reinertsen	88	Kristiansand SA	2.08,55	723	
	28,92(28,92)	1.01,23(32,31)	1.34,85(33,62)	2.08,55(33,70)		
3	Alexander Broberg Skeltved	87	Tromsø SK	2.10,70	688	
	29,29(29,29)	1.02,12(32,83)	1.35,84(33,72)	2.10,70(34,86)		
4	Sindri T. Jakobsson	91	Delfana	2.13,45	646	
	29,30(29,30)	1.03,38(34,08)	1.38,00(34,62)	2.13,45(35,45)		
5	Øystein Gaasvik	82	Vestbyen IL	2.13,58	644	
	28,36(28,36)	1.01,31(32,95)	1.35,73(34,42)	2.13,58(37,85)		
6	Jørgen Møllerop	88	TS/Madla SK	2.14,95	625	
	28,95(28,95)	1.01,98(33,03)	1.37,65(35,67)	2.14,95(37,30)		
7	Robin Palm	88	Sarpsborg IL	2.15,02	624	
	28,29(28,29)	1.01,03(32,74)	1.37,23(36,20)	2.15,02(37,79)		
8	Sebastian Stordal	91	Delfana	2.17,33	593	
	30,04(30,04)	1.04,26(34,22)	1.40,94(36,68)	2.17,33(36,39)		

**Øvelse 35. 200m bryst, damer - Finale****Sponsor: El-Sikkerhet****Senior**

1	Anne-Mari Gulbrandsen	84	Bærumsvømmerne	2.30,19	886
	34,25(34,25)	1.12,10(37,85)	1.51,09(38,99)	2.30,19(39,10)	
2	Sara Nordenstam	83	Lambertseter SK	2.33,17	835
	35,09(35,09)	1.14,20(39,11)	1.53,34(39,14)	2.33,17(39,83)	
3	Celinn Daviknes	86	BS/Delfana	2.41,51	712
	36,77(36,77)	1.18,19(41,42)	2.00,07(41,88)	2.41,51(41,44)	
4	Ine Charlotte Hagen	89	Lørenskog/Rælingen	2.43,22	690
	37,49(37,49)	1.18,39(40,90)	2.00,93(42,54)	2.43,22(42,29)	
5	Iselin Meisler	90	Tverlandet IL	2.43,34	688
	37,12(37,12)	1.18,98(41,86)	2.01,69(42,71)	2.43,34(41,65)	
6	Sophia Broberg Skeltved	92	Tromsø SK	2.45,28	664
	37,03(37,03)	1.18,41(41,38)	2.01,57(43,16)	2.45,28(43,71)	
7	Monica Finnøy	88	BS/Bergen SLK	2.47,75	635
	36,95(36,95)	1.19,18(42,23)	2.03,07(43,89)	2.47,75(44,68)	
	Karoline Bergene	89	Lambertseter SK	DISK	

**Øvelse 36. 100m rygg, herrer - Finale****Sponsor: Hamstad Bakeri****Senior**

1	Kim Torry Simmenes	82	Vestkantsvømmerne	(0,74)	1.00,30	726
	28,69(28,69)	1.00,30(31,61)				
2	Lars Andre Tolås	88	Stavanger SC/NTG	(0,64)	1.01,04	700
	29,65(29,65)	1.01,04(31,39)				
3	Dominik Borkowski	90	Skjetten Svømming	(0,66)	1.02,17	663
	30,37(30,37)	1.02,17(31,80)				
4	Njål Falch	87	Kolbotn IL	(0,62)	1.03,17	632
	30,80(30,80)	1.03,17(32,37)				
5	Mikael Bergene	91	Lambertseter SK	(0,60)	1.03,41	625
	30,98(30,98)	1.03,41(32,43)				
6	Emil Brennøkken	89	Vestbyen IL	(0,70)	1.04,94	582
	31,49(31,49)	1.04,94(33,45)				
7	Vegard Løvberg	91	Bærumsvømmerne	(0,69)	1.05,92	556
	31,79(31,79)	1.05,92(34,13)				
8	Mats Andre Fredriksen	85	Lambertseter SK	(0,70)	1.06,20	549
	30,97(30,97)	1.06,20(35,23)				

**Øvelse 37. 50m butterfly, damer - Finale****Sponsor: Axa Frokostprodukter****Senior**

1	Katharina Stiberg	88	Bjerkvik SK	27,13	872	NR
2	Ingvild Snildal	88	Asker SK	27,41	845	
3	Henriette Brekke	88	Vestkantsvømmerne	29,33	690	
4	Iwonka Vik	81	Vestkantsvømmerne	29,48	679	
5	Karoline Brudvik Sanderud	89	Hamar IL	29,49	679	
6	Monica Johannesssen	90	Karmøy SK	29,76	660	
7	Maren Kristine Jansen	90	TS/Randaberg	29,87	653	
8	Ann-Helen Pridesis	87	BS/Bergen SLK	29,90	651	

## Funksjonshemmede

1	Mariann Vestbøstad	84	Vestkantsvømmerne	35,42	391	S8	101,93 %
2	Anne Ask Rasmussen	89	TS/Madla SK	39,74	277	S9	118,06 %
3	Linn Haugen	87	Vestkantsvømmerne	43,83	206	S9	130,21 %
4	Hanne Farestvedt	93	Åstveit SK	41,83	237	S14	134,72 %

## Øvelse 38. 800m fri, herrer - Direkte finale

Sponsor: Hans Evensen Bil

## Junior

1	Petter Fagelund	88	Bærum/NTG	8.37,73	738
	29,46(29,46)	1.01,87(32,41)	1.34,45(32,58)	2.07,12(32,67)	
	2.39,42(32,30)	3.12,51(33,09)	3.45,56(33,05)	4.18,75(33,19)	
	4.50,92(32,17)	5.23,41(32,49)	5.55,75(32,34)	6.29,03(33,28)	
	7.01,64(32,61)	7.34,76(33,12)	8.07,06(32,30)	8.37,73(30,67)	
2	Christian Aaserud	88	Asker SK	8.43,64	713
	29,98(29,98)	1.02,37(32,39)	1.35,44(33,07)	2.08,66(33,22)	
	2.41,97(33,31)	3.15,32(33,35)	3.48,89(33,57)	4.22,29(33,40)	
	4.55,45(33,16)	5.29,03(33,58)	6.02,47(33,44)	6.35,89(33,42)	
	7.07,83(31,94)	7.40,63(32,80)	8.13,36(32,73)	8.43,64(30,28)	
3	Ronnie Anstensen	88	Skjetten Svømming	8.44,67	709
	30,38(30,38)	1.02,92(32,54)	1.36,06(33,14)	2.09,37(33,31)	
	2.42,86(33,49)	3.16,31(33,45)	3.49,86(33,55)	4.23,33(33,47)	
	4.55,69(32,36)	5.28,47(32,78)	6.01,63(33,16)	6.35,08(33,45)	
	7.08,28(33,20)	7.41,66(33,38)	8.14,32(32,66)	8.44,67(30,35)	
4	Eirik Ravnan	89	Hamar IL	8.45,80	705
	30,00(30,00)	1.03,31(33,31)	1.37,26(33,95)	2.11,60(34,34)	
	2.45,54(33,94)	3.19,41(33,87)	3.52,76(33,35)	4.26,53(33,77)	
	4.59,31(32,78)	5.31,92(32,61)	6.04,83(32,91)	6.37,98(33,15)	
	7.10,59(32,61)	7.43,08(32,49)	8.15,13(32,05)	8.45,80(30,67)	
5	Sindre Nilo	90	Sandefjord SK/NTG	8.48,53	694
	29,73(29,73)	1.02,13(32,40)	1.35,07(32,94)	2.07,79(32,72)	
	2.40,42(32,63)	3.13,35(32,93)	3.46,44(33,09)	4.19,48(33,04)	
	4.52,31(32,83)	5.25,63(33,32)	5.59,22(33,59)	6.33,11(33,89)	
	7.07,16(34,05)	7.41,06(33,90)	8.15,46(34,40)	8.48,53(33,07)	
6	Elias Damman	89	Bærum/NTG	8.53,63	674
	30,69(30,69)	1.03,17(32,48)	1.36,27(33,10)	2.10,07(33,80)	
	2.43,44(33,37)	3.16,84(33,40)	3.50,75(33,91)	4.24,27(33,52)	
	4.58,57(34,30)	5.32,52(33,95)	6.06,53(34,01)	6.40,62(34,09)	
	7.14,29(33,67)	7.48,16(33,87)	8.21,97(33,81)	8.53,63(31,66)	
7	Daniel Berenett	91	IL Varg	8.55,84	666
	30,14(30,14)	1.02,58(32,44)	1.36,37(33,79)	2.09,02(32,65)	
	2.42,94(33,92)	3.16,56(33,62)	3.50,63(34,07)	4.24,49(33,86)	
	4.58,25(33,76)	5.32,02(33,77)	6.06,25(34,23)	6.40,53(34,28)	
	7.14,81(34,28)	7.48,30(33,49)	8.23,02(34,72)	8.55,84(32,82)	
8	Øystein R. Hetland	89	Bærum/NTG	8.58,97	654
	29,94(29,94)	1.03,21(33,27)	1.37,61(34,40)	2.11,75(34,14)	
	2.45,69(33,94)	3.19,59(33,90)	3.53,42(33,83)	4.27,33(33,91)	
	5.00,58(33,25)	5.34,06(33,48)	6.07,81(33,75)	6.42,00(34,19)	
	7.16,13(34,13)	7.50,68(34,55)	8.24,87(34,19)	8.58,97(34,10)	
9	Zoltan Csernai	93	Åstveit SK	9.01,65	644
	30,09(30,09)	1.03,82(33,73)	1.38,48(34,66)	2.12,34(33,86)	
	2.46,83(34,49)	3.21,31(34,48)	3.55,41(34,10)	4.29,78(34,37)	
	5.04,44(34,66)	5.38,74(34,30)	6.13,33(34,59)	6.47,91(34,58)	
	7.22,12(34,21)	7.56,41(34,29)	8.30,18(33,77)	9.01,65(31,47)	
10	Sebastian Wigstrøm	91	Bærumsvømmerne	9.01,76	644
	31,38(31,38)	1.04,55(33,17)	1.38,41(33,86)	2.12,16(33,75)	
	2.46,48(34,32)	3.20,44(33,96)	3.55,04(34,60)	4.29,74(34,70)	
	5.03,85(34,11)	5.38,05(34,20)	6.12,39(34,34)	6.46,92(34,53)	
	7.21,45(34,53)	7.55,94(34,49)	8.29,77(33,83)	9.01,76(31,99)	
11	Christer Koch Kvam	90	Bærum/NTG	9.02,39	642
	29,82(29,82)	1.02,77(32,95)	1.36,05(33,28)	2.10,43(34,38)	
	2.44,81(34,38)	3.19,40(34,59)	3.53,52(34,12)	4.27,77(34,25)	
	5.02,24(34,47)	5.37,15(34,91)	6.11,67(34,52)	6.46,87(35,20)	
	7.21,55(34,68)	7.56,22(34,67)	8.30,66(34,44)	9.02,39(31,73)	

12	Christian Thorsen	91	Lambertseter SK	9.05,75	630
	30,80(30,80)	1.04,30(33,50)	1.39,04(34,74)	2.13,53(34,49)	
	2.48,45(34,92)	3.23,02(34,57)	3.58,14(35,12)	4.32,64(34,50)	
	5.07,41(34,77)	5.41,93(34,52)	6.16,35(34,42)	6.50,72(34,37)	
	7.25,17(34,45)	7.58,98(33,81)	8.32,76(33,78)	9.05,75(32,99)	
13	Jørn Nygård	92	Stavanger SC	9.07,77	623
	30,31(30,31)	1.03,78(33,47)	1.37,79(34,01)	2.11,89(34,10)	
	2.46,05(34,16)	3.20,42(34,37)	3.55,20(34,78)	4.30,02(34,82)	
	5.04,95(34,93)	5.39,91(34,96)	6.14,74(34,83)	6.49,90(35,16)	
	7.24,79(34,89)	7.59,83(35,04)	8.34,26(34,43)	9.07,77(33,51)	
14	Espen Hålhjem	92	Delfana	9.14,71	600
	31,36(31,36)	1.05,28(33,92)	1.39,85(34,57)	2.15,23(35,38)	
	2.50,09(34,86)	3.25,38(35,29)	4.00,20(34,82)	4.35,41(35,21)	
	5.10,78(35,37)	5.46,35(35,57)	6.21,61(35,26)	6.56,94(35,33)	
	7.32,07(35,13)	8.06,76(34,69)	8.41,77(35,01)	9.14,71(32,94)	
15	Stian Werner Erichsen	90	Bærumsvømmerne	9.18,15	589
	31,29(31,29)	1.04,74(33,45)	1.39,54(34,80)	2.14,55(35,01)	
	2.49,90(35,35)	3.24,99(35,09)	3.59,96(34,97)	4.35,41(35,45)	
	5.10,83(35,42)	5.46,29(35,46)	6.21,85(35,56)	6.57,29(35,44)	
	7.32,18(34,89)	8.07,71(35,53)	8.43,14(35,43)	9.18,15(35,01)	
16	Sigvart Evjen	91	Vestbyen IL	9.31,30	549
	30,91(30,91)	1.05,08(34,17)	1.39,36(34,28)	2.14,35(34,99)	
	2.49,73(35,38)	3.25,60(35,87)	4.01,13(35,53)	4.37,58(36,45)	
	5.14,08(36,50)	5.51,01(36,93)	6.28,16(37,15)	7.05,26(37,10)	
	7.42,46(37,20)	8.19,78(37,32)	8.55,91(36,13)	9.31,30(35,39)	
17	Espen Urdahl	89	Bærumsvømmerne	9.33,26	544
	31,25(31,25)	1.05,17(33,92)	1.39,84(34,67)	2.15,32(35,48)	
	2.50,89(35,57)	3.27,25(36,36)	4.03,75(36,50)	4.40,74(36,99)	
	5.17,62(36,88)	5.54,52(36,90)	6.32,04(37,52)	7.08,74(36,70)	
	7.45,44(36,70)	8.21,66(36,22)	8.58,12(36,46)	9.33,26(35,14)	

## Senior

1	Gard Kvale	84	Bergens SC	8.26,48	788
	29,00(29,00)	1.00,09(31,09)	1.31,58(31,49)	2.03,39(31,81)	
	2.34,99(31,60)	3.06,69(31,70)	3.38,41(31,72)	4.10,40(31,99)	
	4.42,35(31,95)	5.14,91(32,56)	5.47,02(32,11)	6.19,48(32,46)	
	6.51,77(32,29)	7.24,11(32,34)	7.55,83(31,72)	8.26,48(30,65)	
2	Petter Fagelund	88	Bærum/NTG	8.37,73	738
	29,46(29,46)	1.01,87(32,41)	1.34,45(32,58)	2.07,12(32,67)	
	2.39,42(32,30)	3.12,51(33,09)	3.45,56(33,05)	4.18,75(33,19)	
	4.50,92(32,17)	5.23,41(32,49)	5.55,75(32,34)	6.29,03(33,28)	
	7.01,64(32,61)	7.34,76(33,12)	8.07,06(32,30)	8.37,73(30,67)	
3	Mikkel Brudvik Sanderud	87	Hamar IL	8.39,49	731
	29,42(29,42)	1.00,70(31,28)	1.32,31(31,61)	2.04,34(32,03)	
	2.36,77(32,43)	3.10,00(33,23)	3.43,16(33,16)	4.16,34(33,18)	
	4.49,86(33,52)	5.22,83(32,97)	5.55,60(32,77)	6.28,80(33,20)	
	7.01,83(33,03)	7.35,04(33,21)	8.07,55(32,51)	8.39,49(31,94)	
4	Robert Aronsen	86	Bærumsvømmerne	8.42,09	720
	30,48(30,48)	1.03,14(32,66)	1.34,69(31,55)	2.07,25(32,56)	
	2.39,36(32,11)	3.12,24(32,88)	3.45,31(33,07)	4.18,49(33,18)	
	4.51,57(33,08)	5.24,68(33,11)	5.58,29(33,61)	6.31,40(33,11)	
	7.04,66(33,26)	7.37,92(33,26)	8.11,55(33,63)	8.42,09(30,54)	
5	Christian Aaserud	88	Asker SK	8.43,64	713
	29,98(29,98)	1.02,37(32,39)	1.35,44(33,07)	2.08,66(33,22)	
	2.41,97(33,31)	3.15,32(33,35)	3.48,89(33,57)	4.22,29(33,40)	
	4.55,45(33,16)	5.29,03(33,58)	6.02,47(33,44)	6.35,89(33,42)	
	7.07,83(31,94)	7.40,63(32,80)	8.13,36(32,73)	8.43,64(30,28)	
6	Ronnie Anstensen	88	Skjetten Svømming	8.44,67	709
	30,38(30,38)	1.02,92(32,54)	1.36,06(33,14)	2.09,37(33,31)	
	2.42,86(33,49)	3.16,31(33,45)	3.49,86(33,55)	4.23,33(33,47)	
	4.55,69(32,36)	5.28,47(32,78)	6.01,63(33,16)	6.35,08(33,45)	
	7.08,28(33,20)	7.41,66(33,38)	8.14,32(32,66)	8.44,67(30,35)	
7	Eirik Ravnan	89	Hamar IL	8.45,80	705
	30,00(30,00)	1.03,31(33,31)	1.37,26(33,95)	2.11,60(34,34)	
	2.45,54(33,94)	3.19,41(33,87)	3.52,76(33,35)	4.26,53(33,77)	
	4.59,31(32,78)	5.31,92(32,61)	6.04,83(32,91)	6.37,98(33,15)	
	7.10,59(32,61)	7.43,08(32,49)	8.15,13(32,05)	8.45,80(30,67)	

8	Sindre Nilo	90	Sandefjord SK/NTG	8.48,53	694
	29,73(29,73)	1.02,13(32,40)	1.35,07(32,94)	2.07,79(32,72)	
	2.40,42(32,63)	3.13,35(32,93)	3.46,44(33,09)	4.19,48(33,04)	
	4.52,31(32,83)	5.25,63(33,32)	5.59,22(33,59)	6.33,11(33,89)	
	7.07,16(34,05)	7.41,06(33,90)	8.15,46(34,40)	8.48,53(33,07)	
9	Elias Damman	89	Bærum/NTG	8.53,63	674
	30,69(30,69)	1.03,17(32,48)	1.36,27(33,10)	2.10,07(33,80)	
	2.43,44(33,37)	3.16,84(33,40)	3.50,75(33,91)	4.24,27(33,52)	
	4.58,57(34,30)	5.32,52(33,95)	6.06,53(34,01)	6.40,62(34,09)	
	7.14,29(33,67)	7.48,16(33,87)	8.21,97(33,81)	8.53,63(31,66)	
10	Stian With Bjørnstad	87	Ski SK	8.54,10	672
	29,98(29,98)	1.02,28(32,30)	1.35,13(32,85)	2.08,27(33,14)	
	2.41,81(33,54)	3.15,35(33,54)	3.48,82(33,47)	4.22,46(33,64)	
	4.55,86(33,40)	5.29,49(33,63)	6.03,79(34,30)	6.38,02(34,23)	
	7.12,17(34,15)	7.47,00(34,83)	8.20,97(33,97)	8.54,10(33,13)	
11	Daniel Berenett	91	IL Varg	8.55,84	666
	30,14(30,14)	1.02,58(32,44)	1.36,37(33,79)	2.09,02(32,65)	
	2.42,94(33,92)	3.16,56(33,62)	3.50,63(34,07)	4.24,49(33,86)	
	4.58,25(33,76)	5.32,02(33,77)	6.06,25(34,23)	6.40,53(34,28)	
	7.14,81(34,28)	7.48,30(33,49)	8.23,02(34,72)	8.55,84(32,82)	
12	Øystein R. Hetland	89	Bærum/NTG	8.58,97	654
	29,94(29,94)	1.03,21(33,27)	1.37,61(34,40)	2.11,75(34,14)	
	2.45,69(33,94)	3.19,59(33,90)	3.53,42(33,83)	4.27,33(33,91)	
	5.00,58(33,25)	5.34,06(33,48)	6.07,81(33,75)	6.42,00(34,19)	
	7.16,13(34,13)	7.50,68(34,55)	8.24,87(34,19)	8.58,97(34,10)	
13	Zoltan Csernai	93	Åstveit SK	9.01,65	644
	30,09(30,09)	1.03,82(33,73)	1.38,48(34,66)	2.12,34(33,86)	
	2.46,83(34,49)	3.21,31(34,48)	3.55,41(34,10)	4.29,78(34,37)	
	5.04,44(34,66)	5.38,74(34,30)	6.13,33(34,59)	6.47,91(34,58)	
	7.22,12(34,21)	7.56,41(34,29)	8.30,18(33,77)	9.01,65(31,47)	
14	Sebastian Wigstrøm	91	Bærumsvømmerne	9.01,76	644
	31,38(31,38)	1.04,55(33,17)	1.38,41(33,86)	2.12,16(33,75)	
	2.46,48(34,32)	3.20,44(33,96)	3.55,04(34,60)	4.29,74(34,70)	
	5.03,85(34,11)	5.38,05(34,20)	6.12,39(34,34)	6.46,92(34,53)	
	7.21,45(34,53)	7.55,94(34,49)	8.29,77(33,83)	9.01,76(31,99)	
15	Christer Koch Kvam	90	Bærum/NTG	9.02,39	642
	29,82(29,82)	1.02,77(32,95)	1.36,05(33,28)	2.10,43(34,38)	
	2.44,81(34,38)	3.19,40(34,59)	3.53,52(34,12)	4.27,77(34,25)	
	5.02,24(34,47)	5.37,15(34,91)	6.11,67(34,52)	6.46,87(35,20)	
	7.21,55(34,68)	7.56,22(34,67)	8.30,66(34,44)	9.02,39(31,73)	
16	Christian Thorsen	91	Lambertseter SK	9.05,75	630
	30,80(30,80)	1.04,30(33,50)	1.39,04(34,74)	2.13,53(34,49)	
	2.48,45(34,92)	3.23,02(34,57)	3.58,14(35,12)	4.32,64(34,50)	
	5.07,41(34,77)	5.41,93(34,52)	6.16,35(34,42)	6.50,72(34,37)	
	7.25,17(34,45)	7.58,98(33,81)	8.32,76(33,78)	9.05,75(32,99)	
17	Magnus Bru	87	Asker SK	9.06,72	627
	30,48(30,48)	1.03,18(32,70)	1.36,81(33,63)	2.10,70(33,89)	
	2.45,11(34,41)	3.19,17(34,06)	3.54,05(34,88)	4.28,68(34,63)	
	5.03,94(35,26)	5.38,88(34,94)	6.14,14(35,26)	6.49,16(35,02)	
	7.24,39(35,23)	7.59,00(34,61)	8.33,56(34,56)	9.06,72(33,16)	
18	Jørn Nygård	92	Stavanger SC	9.07,77	623
	30,31(30,31)	1.03,78(33,47)	1.37,79(34,01)	2.11,89(34,10)	
	2.46,05(34,16)	3.20,42(34,37)	3.55,20(34,78)	4.30,02(34,82)	
	5.04,95(34,93)	5.39,91(34,96)	6.14,74(34,83)	6.49,90(35,16)	
	7.24,79(34,89)	7.59,83(35,04)	8.34,26(34,43)	9.07,77(33,51)	
19	Espen Halhjem	92	Delfana	9.14,71	600
	31,36(31,36)	1.05,28(33,92)	1.39,85(34,57)	2.15,23(35,38)	
	2.50,09(34,86)	3.25,38(35,29)	4.00,20(34,82)	4.35,41(35,21)	
	5.10,78(35,37)	5.46,35(35,57)	6.21,61(35,26)	6.56,94(35,33)	
	7.32,07(35,13)	8.06,76(34,69)	8.41,77(35,01)	9.14,71(32,94)	
20	Stian Werner Erichsen	90	Bærumsvømmerne	9.18,15	589
	31,29(31,29)	1.04,74(33,45)	1.39,54(34,80)	2.14,55(35,01)	
	2.49,90(35,35)	3.24,99(35,09)	3.59,96(34,97)	4.35,41(35,45)	
	5.10,83(35,42)	5.46,29(35,46)	6.21,85(35,56)	6.57,29(35,44)	
	7.32,18(34,89)	8.07,71(35,53)	8.43,14(35,43)	9.18,15(35,01)	
21	Sigvart Evjen	91	Vestbyen IL	9.31,30	549
	30,91(30,91)	1.05,08(34,17)	1.39,36(34,28)	2.14,35(34,99)	
	2.49,73(35,38)	3.25,60(35,87)	4.01,13(35,53)	4.37,58(36,45)	
	5.14,08(36,50)	5.51,01(36,93)	6.28,16(37,15)	7.05,26(37,10)	
	7.42,46(37,20)	8.19,78(37,32)	8.55,91(36,13)	9.31,30(35,39)	

22	Espen Urdahl	89	Bærumsvømmerne	9.33,26	544
	31.25(31,25)	1.05.17(33,92)	1.39.84(34,67)	2.15.32(35,48)	
	2.50.89(35,57)	3.27.25(36,36)	4.03.75(36,50)	4.40.74(36,99)	
	5.17.62(36,88)	5.54.52(36,90)	6.32.04(37,52)	7.08.74(36,70)	
	7.45.44(36,70)	8.21.66(36,22)	8.58.12(36,46)	9.33.26(35,14)	

**Øvelse 39. 1500m fri, damer - Direkte finale****Sponsor: Veolia****Junior**

1	Elin Slaatmo	92	Hamar IL	17.08,61	813 NJR
	31.36(31,36)	1.05.10(33,74)	1.38.80(33,70)	2.12.92(34,12)	
	2.47.25(34,33)	3.21.51(34,26)	3.55.68(34,17)	4.29.99(34,31)	
	5.03.94(33,95)	5.38.26(34,32)	6.12.46(34,20)	6.46.73(34,27)	
	7.20.96(34,23)	7.55.48(34,52)	8.29.69(34,21)	9.04.44(34,75)	
	9.38.89(34,45)	10.13.12(34,23)	10.47.73(34,61)	11.22.35(34,62)	
	11.56.77(34,42)	12.31.66(34,89)	13.06.15(34,49)	13.40.84(34,69)	
	14.15.60(34,76)	14.50.60(35,00)	15.25.35(34,75)	16.00.28(34,93)	
	16.34.54(34,26)	17.08.61(34,07)			
2	Cecilie Johannessen	90	Karmøy SK	17.56,21	710
	31.76(31,76)	1.05.79(34,03)	1.40.59(34,80)	2.16.10(35,51)	
	2.50.50(34,40)	3.26.19(35,69)	4.01.37(35,18)	4.37.29(35,92)	
	5.11.85(34,56)	5.47.44(35,59)	6.22.79(35,35)	6.59.09(36,30)	
	7.34.22(35,13)	8.11.63(37,41)	8.46.19(34,56)	9.22.23(36,04)	
	9.58.00(35,77)	10.35.03(37,03)	11.12.41(37,38)	11.49.47(37,06)	
	12.26.19(36,72)	13.02.61(36,42)	13.39.47(36,86)	14.15.86(36,39)	
	14.53.03(37,17)	15.28.89(35,86)	16.05.66(36,77)	16.42.54(36,88)	
	17.20.15(37,61)	17.56.21(36,06)			
3	Ingrid N. Knutzen	91	Lambertseter SK	18.03,44	696
	33.36(33,36)	1.08.98(35,62)	1.45.24(36,26)	2.21.31(36,07)	
	2.57.42(36,11)	3.33.51(36,09)	4.09.79(36,28)	4.45.89(36,10)	
	5.22.34(36,45)	5.58.60(36,26)	6.34.97(36,37)	7.11.38(36,41)	
	7.47.71(36,33)	8.24.05(36,34)	9.00.89(36,84)	9.37.39(36,50)	
	10.13.59(36,20)	10.50.30(36,71)	11.27.08(36,78)	12.03.57(36,49)	
	12.39.64(36,07)	13.16.33(36,69)	13.52.88(36,55)	14.29.33(36,45)	
	15.05.55(36,22)	15.41.73(36,18)	16.17.86(36,13)	16.53.96(36,10)	
	17.29.83(35,87)	18.03.44(33,61)			
4	Helene Lybak	90	BS/Delfana	18.03,55	696
	33.50(33,50)	1.09.65(36,15)	1.46.56(36,91)	2.22.85(36,29)	
	2.59.23(36,38)	3.35.73(36,50)	4.12.74(37,01)	4.49.43(36,69)	
	5.25.66(36,23)	6.01.99(36,33)	6.38.77(36,78)	7.15.62(36,85)	
	7.52.02(36,40)	8.28.93(36,91)	9.05.44(36,51)	9.42.57(37,13)	
	10.19.05(36,48)	10.55.16(36,11)	11.31.66(36,50)	12.07.53(35,87)	
	12.43.72(36,19)	13.19.78(36,06)	13.55.63(35,85)	14.31.59(35,96)	
	15.07.59(36,00)	15.43.29(35,70)	16.19.59(36,30)	16.55.29(35,70)	
	17.31.00(35,71)	18.03.55(32,55)			
5	Siri Anette Sønju	92	Øvre Eiker SK	18.23,03	659
	33.47(33,47)	1.09.86(36,39)	1.46.98(37,12)	2.24.33(37,35)	
	3.01.79(37,46)	3.38.97(37,18)	4.16.04(37,07)	4.52.83(36,79)	
	5.29.64(36,81)	6.06.65(37,01)	6.43.43(36,78)	7.20.40(36,97)	
	7.57.43(37,03)	8.34.01(36,58)	9.10.55(36,54)	9.47.42(36,87)	
	10.24.38(36,96)	11.01.06(36,68)	11.38.19(37,13)	12.14.92(36,73)	
	12.52.06(37,14)	13.28.98(36,92)	14.06.33(37,35)	14.43.19(36,86)	
	15.20.47(37,28)	15.57.53(37,06)	16.34.44(36,91)	17.11.16(36,72)	
	17.46.95(35,79)	18.23.03(36,08)			
6	Katrine Ekstang	92	Setermoen SK	18.27,97	651
	34.04(34,04)	1.11.44(37,40)	1.48.95(37,51)	2.25.36(36,41)	
	3.02.20(36,84)	3.39.77(37,57)	4.17.13(37,36)	4.53.56(36,43)	
	5.29.92(36,36)	6.07.52(37,60)	6.44.45(36,93)	7.21.93(37,48)	
	7.58.22(36,29)	8.35.25(37,03)	9.12.24(36,99)	9.48.95(36,71)	
	10.25.84(36,89)	11.02.95(37,11)	11.40.00(37,05)	12.17.41(37,41)	
	12.54.33(36,92)	13.32.22(37,89)	14.08.94(36,72)	14.46.61(37,67)	
	15.23.92(37,31)	16.01.27(37,35)	16.38.45(37,18)	17.15.42(36,97)	
	17.52.01(36,59)	18.27.97(35,96)			



7	Eva Marie Østerhus	94	Sola SK	18.31,89	644
	34,70(34,70)	1.11,80(37,10)	1.49,87(38,07)	2.26,87(37,00)	
	3.04,66(37,79)	3.41,22(36,56)	4.18,90(37,68)	4.55,53(36,63)	
	5.33,07(37,54)	6.10,09(37,02)	6.47,79(37,70)	7.24,58(36,79)	
	8.02,21(37,63)	8.38,90(36,69)	9.16,49(37,59)	9.53,78(37,29)	
	10.31,42(37,64)	11.08,10(36,68)	11.45,68(37,58)	12.22,66(36,98)	
	13.00,56(37,90)	13.37,30(36,74)	14.14,60(37,30)	14.51,73(37,13)	
	15.29,55(37,82)	16.06,58(37,03)	16.43,73(37,15)	17.20,06(36,33)	
	17.57,03(36,97)	18.31,89(34,86)			
8	Pia Cornelia Braarud	93	Lambertseter SK	18.32,59	643
	33,51(33,51)	1.10,40(36,89)	1.47,48(37,08)	2.24,68(37,20)	
	3.02,21(37,53)	3.39,49(37,28)	4.16,84(37,35)	4.53,92(37,08)	
	5.31,12(37,20)	6.08,35(37,23)	6.45,78(37,43)	7.22,88(37,10)	
	7.59,81(36,93)	8.36,92(37,11)	9.14,30(37,38)	9.51,47(37,17)	
	10.28,68(37,21)	11.05,70(37,02)	11.42,77(37,07)	12.20,06(37,29)	
	12.57,73(37,67)	13.35,05(37,32)	14.12,45(37,40)	14.49,86(37,41)	
	15.27,28(37,42)	16.04,82(37,54)	16.42,42(37,60)	17.19,85(37,43)	
	17.57,06(37,21)	18.32,59(35,53)			
9	Gina B. Andersen	90	Skjetten Svømming/NTG	18.47,50	617
	33,67(33,67)	1.09,42(35,75)	1.46,41(36,99)	2.24,46(38,05)	
	3.01,29(36,83)	3.38,41(37,12)	4.15,85(37,44)	4.52,69(36,84)	
	5.30,09(37,40)	6.07,62(37,53)	6.45,72(38,10)	7.23,32(37,60)	
	8.01,39(38,07)	8.39,22(37,83)	9.17,04(37,82)	9.54,86(37,82)	
	10.33,11(38,25)	11.11,36(38,25)	11.49,79(38,43)	12.28,03(38,24)	
	13.06,48(38,45)	13.44,54(38,06)	14.23,01(38,47)	15.00,63(37,62)	
	15.39,18(38,55)	16.17,38(38,20)	16.55,93(38,55)	17.33,46(37,53)	
	18.11,35(37,89)	18.47,50(36,15)			
10	Emilie Hellerud	92	Lambertseter SK	18.49,04	615
	34,88(34,88)	1.12,37(37,49)	1.49,99(37,62)	2.27,86(37,87)	
	3.06,03(38,17)	3.43,65(37,62)	4.21,22(37,57)	4.59,00(37,78)	
	5.36,93(37,93)	6.14,82(37,89)	6.52,79(37,97)	7.31,21(38,42)	
	8.09,46(38,25)	8.47,76(38,30)	9.25,73(37,97)	10.03,86(38,13)	
	10.42,05(38,19)	11.20,16(38,11)	11.58,07(37,91)	12.35,96(37,89)	
	13.14,04(38,08)	13.51,93(37,89)	14.29,32(37,39)	15.07,17(37,85)	
	15.44,81(37,64)	16.22,09(37,28)	16.59,36(37,27)	17.36,64(37,28)	
	18.13,65(37,01)	18.49,04(35,39)			
11	Terese Fosby	92	Kongstenvømmerne	19.10,60	581
	34,39(34,39)	1.12,05(37,66)	1.50,17(38,12)	2.28,72(38,55)	
	3.06,51(37,79)	3.45,27(38,76)	4.23,56(38,29)	5.02,29(38,73)	
	5.41,03(38,74)	6.19,42(38,39)	6.58,17(38,75)	7.37,36(39,19)	
	8.16,23(38,87)	8.54,96(38,73)	9.34,13(39,17)	10.13,49(39,36)	
	10.52,31(38,82)	11.31,25(38,94)	12.10,24(38,99)	12.49,62(39,38)	
	13.28,56(38,94)	14.07,75(39,19)	14.46,78(39,03)	15.25,74(38,96)	
	16.03,83(38,09)	16.42,27(38,44)	17.19,89(37,62)	17.57,15(37,26)	
	18.34,28(37,13)	19.10,60(36,32)			
12	Marthe Berg Sørensen	92	TS/Frisinn	19.11,35	580
	34,19(34,19)	1.12,60(38,41)	1.50,70(38,10)	2.29,47(38,77)	
	3.08,26(38,79)	3.46,86(38,60)	4.24,74(37,88)	5.03,17(38,43)	
	5.41,39(38,22)	6.19,49(38,10)	6.58,79(39,30)	7.37,44(38,65)	
	8.16,41(38,97)	8.54,80(38,39)	9.33,49(38,69)	10.11,95(38,46)	
	10.50,16(38,21)	11.29,52(39,36)	12.08,13(38,61)	12.46,74(38,61)	
	13.25,68(38,94)	14.04,51(38,83)	14.43,20(38,69)	15.21,80(38,60)	
	16.01,05(39,25)	16.40,10(39,05)	17.18,73(38,63)	17.57,20(38,47)	
	18.34,73(37,53)	19.11,35(36,62)			
13	June J. Kristiansen	90	Delfana	19.11,63	579
	34,78(34,78)	1.12,34(37,56)	1.50,80(38,46)	2.29,07(38,27)	
	3.07,34(38,27)	3.45,86(38,52)	4.24,27(38,41)	5.02,69(38,42)	
	5.41,42(38,73)	6.20,01(38,59)	6.58,55(38,54)	7.37,02(38,47)	
	8.15,56(38,54)	8.54,06(38,50)	9.32,81(38,75)	10.11,50(38,69)	
	10.50,01(38,51)	11.28,50(38,49)	12.07,02(38,52)	12.45,98(38,96)	
	13.24,66(38,68)	14.04,01(39,35)	14.43,10(39,09)	15.22,59(39,49)	
	16.01,95(39,36)	16.40,80(38,85)	17.19,65(38,85)	17.57,86(38,21)	
	18.35,84(37,98)	19.11,63(35,79)			
14	Susann Bjørnsen	93	Setermoen SK	19.19,45	568
	33,00(33,00)	1.10,51(37,51)	1.47,95(37,44)	2.25,96(38,01)	
	3.04,45(38,49)	3.43,50(39,05)	4.22,19(38,69)	5.00,93(38,74)	
	5.39,97(39,04)	6.18,67(38,70)	6.57,71(39,04)	7.36,93(39,22)	
	8.16,25(39,32)	8.55,06(38,81)	9.34,48(39,42)	10.13,77(39,29)	
	10.53,33(39,56)	11.32,52(39,19)	12.12,48(39,96)	12.51,84(39,36)	
	13.30,66(38,82)	14.10,70(40,04)	14.49,90(39,20)	15.28,73(38,83)	
	16.08,62(39,89)	16.47,50(38,88)	17.26,65(39,15)	18.04,72(38,07)	
	18.42,82(38,10)	19.19,45(36,63)			

15	Pernille Thorstensen	89	Vågsbygd SLK	19.19,91	567
	35,96(35,96)	1.15,12(39,16)	1.53,95(38,83)	2.32,93(38,98)	
	3.11,74(38,81)	3.51,32(39,58)	4.30,24(38,92)	5.09,31(39,07)	
	5.48,17(38,86)	6.27,33(39,16)	7.06,12(38,79)	7.45,30(39,18)	
	8.24,17(38,87)	9.03,14(38,97)	9.42,01(38,87)	10.21,35(39,34)	
	11.00,02(38,67)	11.39,21(39,19)	12.17,70(38,49)	12.56,06(38,36)	
	13.34,31(38,25)	14.13,08(38,77)	14.51,71(38,63)	15.30,57(38,86)	
	16.09,60(39,03)	16.48,25(38,65)	17.26,92(38,67)	18.04,90(37,98)	
	18.42,76(37,86)	19.19,91(37,15)			
16	Stine Lise Stenseth	94	Øvre Eiker SK	19.25,99	558
	34,72(34,72)	1.12,67(37,95)	1.51,11(38,44)	2.29,28(38,17)	
	3.07,64(38,36)	3.46,40(38,76)	4.25,19(38,79)	5.03,93(38,74)	
	5.42,87(38,94)	6.22,39(39,52)	7.01,32(38,93)	7.40,53(39,21)	
	8.19,99(39,46)	8.58,91(38,92)	9.38,42(39,51)	10.17,74(39,32)	
	10.56,77(39,03)	11.36,19(39,42)	12.15,59(39,40)	12.54,98(39,39)	
	13.34,41(39,43)	14.13,56(39,15)	14.53,08(39,52)	15.32,26(39,18)	
	16.11,54(39,28)	16.50,81(39,27)	17.29,94(39,13)	18.09,29(39,35)	
	18.48,06(38,77)	19.25,99(37,93)			
17	Inger-Cathrine Wium	92	Øvre Eiker SK	19.31,16	551
	34,40(34,40)	1.12,36(37,96)	1.51,22(38,86)	2.30,31(39,09)	
	3.09,10(38,79)	3.48,80(39,70)	4.28,30(39,50)	5.07,78(39,48)	
	5.47,03(39,25)	6.26,92(39,89)	7.06,47(39,55)	7.46,25(39,78)	
	8.25,47(39,22)	9.05,37(39,90)	9.44,61(39,24)	10.23,94(39,33)	
	11.03,50(39,56)	11.43,36(39,86)	12.22,11(38,75)	13.01,27(39,16)	
	13.40,74(39,47)	14.20,27(39,53)	14.59,35(39,08)	15.39,02(39,67)	
	16.17,99(38,97)	16.57,08(39,09)	17.36,08(39,00)	18.15,13(39,05)	
	18.53,76(38,63)	19.31,16(37,40)			
18	Ingse Bergh Monsen	92	Bergens SC	19.39,27	540
	36,36(36,36)	1.15,86(39,50)	1.56,46(40,60)	2.37,14(40,68)	
	3.17,68(40,54)	3.57,67(39,99)	4.38,12(40,45)	5.17,96(39,84)	
	5.58,20(40,24)	6.37,88(39,68)	7.16,95(39,07)	7.55,67(38,72)	
	8.34,62(38,95)	9.13,91(39,29)	9.53,10(39,19)	10.32,06(38,96)	
	11.11,12(39,06)	11.50,19(39,07)	12.29,42(39,23)	13.08,09(38,67)	
	13.47,28(39,19)	14.26,43(39,15)	15.05,68(39,25)	15.44,83(39,15)	
	16.24,56(39,73)	17.03,76(39,20)	17.43,43(39,67)	18.22,67(39,24)	
	19.02,03(39,36)	19.39,27(37,24)			
19	Thea Wingaard	91	Kristiansand SA	19.44,52	532
	36,29(36,29)	1.15,74(39,45)	1.56,32(40,58)	2.36,11(39,79)	
	3.15,90(39,79)	3.55,09(39,19)	4.35,29(40,20)	5.15,14(39,85)	
	5.55,14(40,00)	6.34,80(39,66)	7.14,30(39,50)	7.53,77(39,47)	
	8.33,64(39,87)	9.13,67(40,03)	9.53,64(39,97)	10.33,31(39,67)	
	11.13,29(39,98)	11.53,03(39,74)	12.33,09(40,06)	13.12,34(39,25)	
	13.52,30(39,96)	14.32,02(39,72)	15.11,50(39,48)	15.50,44(38,94)	
	16.29,96(39,52)	17.09,17(39,21)	17.48,79(39,62)	18.27,95(39,16)	
	19.07,01(39,06)	19.44,52(37,51)			
20	Line Cecilie Stenseth	90	Øvre Eiker SK	19.54,00	520
	36,80(36,80)	1.16,62(39,82)	1.56,30(39,68)	2.35,91(39,61)	
	3.15,60(39,69)	3.55,61(40,01)	4.34,86(39,25)	5.14,08(39,22)	
	5.53,43(39,35)	6.33,29(39,86)	7.12,82(39,53)	7.53,11(40,29)	
	8.33,44(40,33)	9.13,84(40,40)	9.53,45(39,61)	10.33,65(40,20)	
	11.13,36(39,71)	11.53,26(39,90)	12.33,33(40,07)	13.13,71(40,38)	
	13.53,48(39,77)	14.33,16(39,68)	15.12,98(39,82)	15.53,88(40,90)	
	16.33,83(39,95)	17.13,94(40,11)	17.54,05(40,11)	18.34,05(40,00)	
	19.13,96(39,91)	19.54,00(40,04)			
	Mariell A. Arnesen	90	Larvik SK	BRUTT	

## Senior

1	<b>Elin Slaatmo</b>	92	<b>Hamar IL</b>	17.08,61	813	NJR
	31,36(31,36)	1.05,10(33,74)	1.38,80(33,70)	2.12,92(34,12)		
	2.47,25(34,33)	3.21,51(34,26)	3.55,68(34,17)	4.29,99(34,31)		
	5.03,94(33,95)	5.38,26(34,32)	6.12,46(34,20)	6.46,73(34,27)		
	7.20,96(34,23)	7.55,48(34,52)	8.29,69(34,21)	9.04,44(34,75)		
	9.38,89(34,45)	10.13,12(34,23)	10.47,73(34,61)	11.22,35(34,62)		
	11.56,77(34,42)	12.31,66(34,89)	13.06,15(34,49)	13.40,84(34,69)		
	14.15,60(34,76)	14.50,60(35,00)	15.25,35(34,75)	16.00,28(34,93)		
	16.34,54(34,26)	17.08,61(34,07)				
2	<b>Cecilie Johannessen</b>	90	<b>Karmøy SK</b>	17.56,21	710	
	31,76(31,76)	1.05,79(34,03)	1.40,59(34,80)	2.16,10(35,51)		
	2.50,50(34,40)	3.26,19(35,69)	4.01,37(35,18)	4.37,29(35,92)		
	5.11,85(34,56)	5.47,44(35,59)	6.22,79(35,35)	6.59,09(36,30)		
	7.34,22(35,13)	8.11,63(37,41)	8.46,19(34,56)	9.22,23(36,04)		
	9.58,00(35,77)	10.35,03(37,03)	11.12,41(37,38)	11.49,47(37,06)		
	12.26,19(36,72)	13.02,61(36,42)	13.39,47(36,86)	14.15,86(36,39)		
	14.53,03(37,17)	15.28,89(35,86)	16.05,66(36,77)	16.42,54(36,88)		
	17.20,15(37,61)	17.56,21(36,06)				
3	<b>Ingrid N. Knutzen</b>	91	<b>Lambertseter SK</b>	18.03,44	696	
	33,36(33,36)	1.08,98(35,62)	1.45,24(36,26)	2.21,31(36,07)		
	2.57,42(36,11)	3.33,51(36,09)	4.09,79(36,28)	4.45,89(36,10)		
	5.22,34(36,45)	5.58,60(36,26)	6.34,97(36,37)	7.11,38(36,41)		
	7.47,71(36,33)	8.24,05(36,34)	9.00,89(36,84)	9.37,39(36,50)		
	10.13,59(36,20)	10.50,30(36,71)	11.27,08(36,78)	12.03,57(36,49)		
	12.39,64(36,07)	13.16,33(36,69)	13.52,88(36,55)	14.29,33(36,45)		
	15.05,55(36,22)	15.41,73(36,18)	16.17,86(36,13)	16.53,96(36,10)		
	17.29,83(35,87)	18.03,44(33,61)				
4	<b>Helene Lybak</b>	90	<b>BS/Delfana</b>	18.03,55	696	
	33,50(33,50)	1.09,65(36,15)	1.46,56(36,91)	2.22,85(36,29)		
	2.59,23(36,38)	3.35,73(36,50)	4.12,74(37,01)	4.49,43(36,69)		
	5.25,66(36,23)	6.01,99(36,33)	6.38,77(36,78)	7.15,62(36,85)		
	7.52,02(36,40)	8.28,93(36,91)	9.05,44(36,51)	9.42,57(37,13)		
	10.19,05(36,48)	10.55,16(36,11)	11.31,66(36,50)	12.07,53(35,87)		
	12.43,72(36,19)	13.19,78(36,06)	13.55,63(35,85)	14.31,59(35,96)		
	15.07,59(36,00)	15.43,29(35,70)	16.19,59(36,30)	16.55,29(35,70)		
	17.31,00(35,71)	18.03,55(32,55)				
5	<b>Siri Anette Sønju</b>	92	<b>Øvre Eiker SK</b>	18.23,03	659	
	33,47(33,47)	1.09,86(36,39)	1.46,98(37,12)	2.24,33(37,35)		
	3.01,79(37,46)	3.38,97(37,18)	4.16,04(37,07)	4.52,83(36,79)		
	5.29,64(36,81)	6.06,65(37,01)	6.43,43(36,78)	7.20,40(36,97)		
	7.57,43(37,03)	8.34,01(36,58)	9.10,55(36,54)	9.47,42(36,87)		
	10.24,38(36,96)	11.01,06(36,68)	11.38,19(37,13)	12.14,92(36,73)		
	12.52,06(37,14)	13.28,98(36,92)	14.06,33(37,35)	14.43,19(36,86)		
	15.20,47(37,28)	15.57,53(37,06)	16.34,44(36,91)	17.11,16(36,72)		
	17.46,95(35,79)	18.23,03(36,08)				
6	<b>Katrine Ekstang</b>	92	<b>Setermoen SK</b>	18.27,97	651	
	34,04(34,04)	1.11,44(37,40)	1.48,95(37,51)	2.25,36(36,41)		
	3.02,20(36,84)	3.39,77(37,57)	4.17,13(37,36)	4.53,56(36,43)		
	5.29,92(36,36)	6.07,52(37,60)	6.44,45(36,93)	7.21,93(37,48)		
	7.58,22(36,29)	8.35,25(37,03)	9.12,24(36,99)	9.48,95(36,71)		
	10.25,84(36,89)	11.02,95(37,11)	11.40,00(37,05)	12.17,41(37,41)		
	12.54,33(36,92)	13.32,22(37,89)	14.08,94(36,72)	14.46,61(37,67)		
	15.23,92(37,31)	16.01,27(37,35)	16.38,45(37,18)	17.15,42(36,97)		
	17.52,01(36,59)	18.27,97(35,96)				
7	<b>Eva Marie Østerhus</b>	94	<b>Sola SK</b>	18.31,89	644	
	34,70(34,70)	1.11,80(37,10)	1.49,87(38,07)	2.26,87(37,00)		
	3.04,66(37,79)	3.41,22(36,56)	4.18,90(37,68)	4.55,53(36,63)		
	5.33,07(37,54)	6.10,09(37,02)	6.47,79(37,70)	7.24,58(36,79)		
	8.02,21(37,63)	8.38,90(36,69)	9.16,49(37,59)	9.53,78(37,29)		
	10.31,42(37,64)	11.08,10(36,68)	11.45,68(37,58)	12.22,66(36,98)		
	13.00,56(37,90)	13.37,30(36,74)	14.14,60(37,30)	14.51,73(37,13)		
	15.29,55(37,82)	16.06,58(37,03)	16.43,73(37,15)	17.20,06(36,33)		
	17.57,03(36,97)	18.31,89(34,86)				

8	Pia Cornelia Braarud	93	Lambertseter SK	18.32,59	643
	33,51(33,51)	1.10,40(36,89)	1.47,48(37,08)	2.24,68(37,20)	
	3.02,21(37,53)	3.39,49(37,28)	4.16,84(37,35)	4.53,92(37,08)	
	5.31,12(37,20)	6.08,35(37,23)	6.45,78(37,43)	7.22,88(37,10)	
	7.59,81(36,93)	8.36,92(37,11)	9.14,30(37,38)	9.51,47(37,17)	
	10.28,68(37,21)	11.05,70(37,02)	11.42,77(37,07)	12.20,06(37,29)	
	12.57,73(37,67)	13.35,05(37,32)	14.12,45(37,40)	14.49,86(37,41)	
	15.27,28(37,42)	16.04,82(37,54)	16.42,42(37,60)	17.19,85(37,43)	
	17.57,06(37,21)	18.32,59(35,53)			
9	Gina B. Andersen	90	Skjetten Svømming/NTG	18.47,50	617
	33,67(33,67)	1.09,42(35,75)	1.46,41(36,99)	2.24,46(38,05)	
	3.01,29(36,83)	3.38,41(37,12)	4.15,85(37,44)	4.52,69(36,84)	
	5.30,09(37,40)	6.07,62(37,53)	6.45,72(38,10)	7.23,32(37,60)	
	8.01,39(38,07)	8.39,22(37,83)	9.17,04(37,82)	9.54,86(37,82)	
	10.33,11(38,25)	11.11,36(38,25)	11.49,79(38,43)	12.28,03(38,24)	
	13.06,48(38,45)	13.44,54(38,06)	14.23,01(38,47)	15.00,63(37,62)	
	15.39,18(38,55)	16.17,38(38,20)	16.55,93(38,55)	17.33,46(37,53)	
	18.11,35(37,89)	18.47,50(36,15)			
10	Emilie Hellerud	92	Lambertseter SK	18.49,04	615
	34,88(34,88)	1.12,37(37,49)	1.49,99(37,62)	2.27,86(37,87)	
	3.06,03(38,17)	3.43,65(37,62)	4.21,22(37,57)	4.59,00(37,78)	
	5.36,93(37,93)	6.14,82(37,89)	6.52,79(37,97)	7.31,21(38,42)	
	8.09,46(38,25)	8.47,76(38,30)	9.25,73(37,97)	10.03,86(38,13)	
	10.42,05(38,19)	11.20,16(38,11)	11.58,07(37,91)	12.35,96(37,89)	
	13.14,04(38,08)	13.51,93(37,89)	14.29,32(37,39)	15.07,17(37,85)	
	15.44,81(37,64)	16.22,09(37,28)	16.59,36(37,27)	17.36,64(37,28)	
	18.13,65(37,01)	18.49,04(35,39)			
11	Terese Fosby	92	Kongstenvømmerne	19.10,60	581
	34,39(34,39)	1.12,05(37,66)	1.50,17(38,12)	2.28,72(38,55)	
	3.06,51(37,79)	3.45,27(38,76)	4.23,56(38,29)	5.02,29(38,73)	
	5.41,03(38,74)	6.19,42(38,39)	6.58,17(38,75)	7.37,36(39,19)	
	8.16,23(38,87)	8.54,96(38,73)	9.34,13(39,17)	10.13,49(39,36)	
	10.52,31(38,82)	11.31,25(38,94)	12.10,24(38,99)	12.49,62(39,38)	
	13.28,56(38,94)	14.07,75(39,19)	14.46,78(39,03)	15.25,74(38,96)	
	16.03,83(38,09)	16.42,27(38,44)	17.19,89(37,62)	17.57,15(37,26)	
	18.34,28(37,13)	19.10,60(36,32)			
12	Marthe Berg Sørensen	92	TS/Frisinn	19.11,35	580
	34,19(34,19)	1.12,60(38,41)	1.50,70(38,10)	2.29,47(38,77)	
	3.08,26(38,79)	3.46,86(38,60)	4.24,74(37,88)	5.03,17(38,43)	
	5.41,39(38,22)	6.19,49(38,10)	6.58,79(39,30)	7.37,44(38,65)	
	8.16,41(38,97)	8.54,80(38,39)	9.33,49(38,69)	10.11,95(38,46)	
	10.50,16(38,21)	11.29,52(39,36)	12.08,13(38,61)	12.46,74(38,61)	
	13.25,68(38,94)	14.04,51(38,83)	14.43,20(38,69)	15.21,80(38,60)	
	16.01,05(39,25)	16.40,10(39,05)	17.18,73(38,63)	17.57,20(38,47)	
	18.34,73(37,53)	19.11,35(36,62)			
13	June J. Kristiansen	90	Delfana	19.11,63	579
	34,78(34,78)	1.12,34(37,56)	1.50,80(38,46)	2.29,07(38,27)	
	3.07,34(38,27)	3.45,86(38,52)	4.24,27(38,41)	5.02,69(38,42)	
	5.41,42(38,73)	6.20,01(38,59)	6.58,55(38,54)	7.37,02(38,47)	
	8.15,56(38,54)	8.54,06(38,50)	9.32,81(38,75)	10.11,50(38,69)	
	10.50,01(38,51)	11.28,50(38,49)	12.07,02(38,52)	12.45,98(38,96)	
	13.24,66(38,68)	14.04,01(39,35)	14.43,10(39,09)	15.22,59(39,49)	
	16.01,95(39,36)	16.40,80(38,85)	17.19,65(38,85)	17.57,86(38,21)	
	18.35,84(37,98)	19.11,63(35,79)			
14	Susann Bjørnsen	93	Setermoen SK	19.19,45	568
	33,00(33,00)	1.10,51(37,51)	1.47,95(37,44)	2.25,96(38,01)	
	3.04,45(38,49)	3.43,50(39,05)	4.22,19(38,69)	5.00,93(38,74)	
	5.39,97(39,04)	6.18,67(38,70)	6.57,71(39,04)	7.36,93(39,22)	
	8.16,25(39,32)	8.55,06(38,81)	9.34,48(39,42)	10.13,77(39,29)	
	10.53,33(39,56)	11.32,52(39,19)	12.12,48(39,96)	12.51,84(39,36)	
	13.30,66(38,82)	14.10,70(40,04)	14.49,90(39,20)	15.28,73(38,83)	
	16.08,62(39,89)	16.47,50(38,88)	17.26,65(39,15)	18.04,72(38,07)	
	18.42,82(38,10)	19.19,45(36,63)			
15	Pernille Thorstensen	89	Vågsbygd SLK	19.19,91	567
	35,96(35,96)	1.15,12(39,16)	1.53,95(38,83)	2.32,93(38,98)	
	3.11,74(38,81)	3.51,32(39,58)	4.30,24(38,92)	5.09,31(39,07)	
	5.48,17(38,86)	6.27,33(39,16)	7.06,12(38,79)	7.45,30(39,18)	
	8.24,17(38,87)	9.03,14(38,97)	9.42,01(38,87)	10.21,35(39,34)	
	11.00,02(38,67)	11.39,21(39,19)	12.17,70(38,49)	12.56,06(38,36)	
	13.34,31(38,25)	14.13,08(38,77)	14.51,71(38,63)	15.30,57(38,86)	
	16.09,60(39,03)	16.48,25(38,65)	17.26,92(38,67)	18.04,90(37,98)	
	18.42,76(37,86)	19.19,91(37,15)			

16	Stine Lise Stenseth	94	Øvre Eiker SK	19.25,99	558
	34,72(34,72)	1.12,67(37,95)	1.51,11(38,44)	2.29,28(38,17)	
	3.07,64(38,36)	3.46,40(38,76)	4.25,19(38,79)	5.03,93(38,74)	
	5.42,87(38,94)	6.22,39(39,52)	7.01,32(38,93)	7.40,53(39,21)	
	8.19,99(39,46)	8.58,91(38,92)	9.38,42(39,51)	10.17,74(39,32)	
	10.56,77(39,03)	11.36,19(39,42)	12.15,59(39,40)	12.54,98(39,39)	
	13.34,41(39,43)	14.13,56(39,15)	14.53,08(39,52)	15.32,26(39,18)	
	16.11,54(39,28)	16.50,81(39,27)	17.29,94(39,13)	18.09,29(39,35)	
	18.48,06(38,77)	19.25,99(37,93)			
17	Inger-Cathrine Wium	92	Øvre Eiker SK	19.31,16	551
	34,40(34,40)	1.12,36(37,96)	1.51,22(38,86)	2.30,31(39,09)	
	3.09,10(38,79)	3.48,80(39,70)	4.28,30(39,50)	5.07,78(39,48)	
	5.47,03(39,25)	6.26,92(39,89)	7.06,47(39,55)	7.46,25(39,78)	
	8.25,47(39,22)	9.05,37(39,90)	9.44,61(39,24)	10.23,94(39,33)	
	11.03,50(39,56)	11.43,36(39,86)	12.22,11(38,75)	13.01,27(39,16)	
	13.40,74(39,47)	14.20,27(39,53)	14.59,35(39,08)	15.39,02(39,67)	
	16.17,99(38,97)	16.57,08(39,09)	17.36,08(39,00)	18.15,13(39,05)	
	18.53,76(38,63)	19.31,16(37,40)			
18	Ingse Bergh Monsen	92	Bergens SC	19.39,27	540
	36,36(36,36)	1.15,86(39,50)	1.56,46(40,60)	2.37,14(40,68)	
	3.17,68(40,54)	3.57,67(39,99)	4.38,12(40,45)	5.17,96(39,84)	
	5.58,20(40,24)	6.37,88(39,68)	7.16,95(39,07)	7.55,67(38,72)	
	8.34,62(38,95)	9.13,91(39,29)	9.53,10(39,19)	10.32,06(38,96)	
	11.11,12(39,06)	11.50,19(39,07)	12.29,42(39,23)	13.08,09(38,67)	
	13.47,28(39,19)	14.26,43(39,15)	15.05,68(39,25)	15.44,83(39,15)	
	16.24,56(39,73)	17.03,76(39,20)	17.43,43(39,67)	18.22,67(39,24)	
	19.02,03(39,36)	19.39,27(37,24)			
19	Thea Wingaard	91	Kristiansand SA	19.44,52	532
	36,29(36,29)	1.15,74(39,45)	1.56,32(40,58)	2.36,11(39,79)	
	3.15,90(39,79)	3.55,09(39,19)	4.35,29(40,20)	5.15,14(39,85)	
	5.55,14(40,00)	6.34,80(39,66)	7.14,30(39,50)	7.53,77(39,47)	
	8.33,64(39,87)	9.13,67(40,03)	9.53,64(39,97)	10.33,31(39,67)	
	11.13,29(39,98)	11.53,03(39,74)	12.33,09(40,06)	13.12,34(39,25)	
	13.52,30(39,96)	14.32,02(39,72)	15.11,50(39,48)	15.50,44(38,94)	
	16.29,96(39,52)	17.09,17(39,21)	17.48,79(39,62)	18.27,95(39,16)	
	19.07,01(39,06)	19.44,52(37,51)			
20	Line Cecilie Stenseth	90	Øvre Eiker SK	19.54,00	520
	36,80(36,80)	1.16,62(39,82)	1.56,30(39,68)	2.35,91(39,61)	
	3.15,60(39,69)	3.55,61(40,01)	4.34,86(39,25)	5.14,08(39,22)	
	5.53,43(39,35)	6.33,29(39,86)	7.12,82(39,53)	7.53,11(40,29)	
	8.33,44(40,33)	9.13,84(40,40)	9.53,45(39,61)	10.33,65(40,20)	
	11.13,36(39,71)	11.53,26(39,90)	12.33,33(40,07)	13.13,71(40,38)	
	13.53,48(39,77)	14.33,16(39,68)	15.12,98(39,82)	15.53,88(40,90)	
	16.33,83(39,95)	17.13,94(40,11)	17.54,05(40,11)	18.34,05(40,00)	
	19.13,96(39,91)	19.54,00(40,04)			
	Mariell A. Arnesen	90	Larvik SK	BRUTT	

### Øvelse 40. 4\*100m lag medley, herrer - Senior

Sponsor: Førerkort Senteret

#### Senior

1	Vestkantsv. G1 sr.	SR	Vestkantsvømmerne	(0,72)	3.47,84	850
			27,77(27,77)			
	Kim Torry Simmenes:		57,57(29,80)			
			1.25,35(27,78)			
	Alexander Dale Oen:		1.57,65(32,30)			
			2.23,85(26,20)			
	Pål Gunnar Normann:		2.56,07(32,22)			
			3.20,12(24,05)			
	Robin Dale Oen:		3.47,84(27,72)			
2	Bergensv. G1 sr.	SR	Bergensvømmerne	(0,55)	4.00,41	723
			30,08(30,08)			
	Per Osland:		1.03,62(33,54)			
			1.34,43(30,81)			
	Marcus Tesdal:		2.11,50(37,07)			
			2.37,93(26,43)			
	Kim Henriksen:		3.08,93(31,00)			
			3.33,00(24,07)			
	Sander Smørdal:		4.00,41(27,41)			

3	Bærumsv G1 sr.	SR	Bærumsvømmerne	(0,66)	4.01,53	713
	Tor Hafnor:					
	Alexander Hetland:					
	Øystein R. Hetland:					
	Petter Fagelund:					
4	Bergens SC G1 sr.	SR	Bergens SC	(0,73)	4.07,33	664
	Lavrans Veierø Solli:					
	Gard Kvale:					
	Stian S. Langeland:					
	Lars Kristian Allum:					
5	Stavanger SC G1 sr.	SR	Stavanger SC	(0,68)	4.07,81	660
	Lars Andre Tolås:					
	Hans Østerdal:					
	Christian Juvik:					
	Thomas Ole Fadnes:					
6	Vestbyen IL G1 sr.	SR	Vestbyen IL	(0,69)	4.10,37	640
	Emil Brennløkken:					
	Sindre Søderlund:					
	Øystein Gaasvik:					
	Alexander Mokkelbost:					
7	Tromsø SK G1 sr.	SR	Tromsø SK	(0,74)	4.14,61	609
	Marius Lund:					
	Evgeny (John) Lekhmus:					
	Alexander Broberg Skeltved:					
	Magnus Klæboe Nordgård:					
8	Asker SK G1 sr.	SR	Asker SK	(0,84)	4.14,75	608
	Kristoffer Skribeland:					
	Christoffer Sørstrand Æsøy:					
	Eirik Lund:					
	Christian Aaserud:					
9	Hamar IL G1 sr.	SR	Hamar IL	(0,59)	4.19,58	575
	Martin Skramstad:					
	Ole-Wilhelm Norseng:					
	Tor Joachim Bjørnstad:					
	Eirik Ravnan:					
10	Namsos SK G1 sr.	SR	Namsos SK		4.22,60	555
	Mats Gøran Høgenhaug:					
	Torkil Berntsen Due:					
	Kim Ruben Høgenhaug:					
	Sander Kuitert:					

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11	Vestkantsv. G2 sr.	SR	Vestkantsvømmerne	(0,74)	4.30,81	506
		35,60(35,60)				
	Anders S. Jordheim:	1.13,62(38,02)				
		1.47,94(34,32)				
	Joachim Jakobsen:	2.28,09(40,15)				
		2.56,59(28,50)				
	Sindre Vikane:	3.32,93(36,34)				
		4.00,14(27,21)				
	Benjamin Marum:	4.30,81(30,67)				
12	Fauske SK G1 sr.	SR	Fauske SK	(0,70)	4.50,10	411
		34,29(34,29)				
	Christer M. Hagen:	1.10,14(35,85)				
		1.48,39(38,25)				
	Lasse Teigen:	2.33,09(44,70)				
		3.05,59(32,50)				
	Kent Strøm:	3.43,56(37,97)				
		4.15,00(31,44)				
	Fredrik Sørensen:	4.50,10(35,10)				