Results

Høstbølgen 2026

Place: Hommelvik svømmehall
Pool: 25m
Organizer: Trondhjems SLK og Malvik IL
Competition Date: nov. 7, 2026 to nov. 8, 2026

1, 400m Fri Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Guy Løfaldli	2016	Trondhjems SLK		141	**6:46.87**	-54.94
50m: 44.74		100m: 1:36.50 (51.76)	150m: 2:28.58 (52.08)		200m: 3:20.39 (51.81)	
250m: 4:12.88 (52.49)		300m: 5:05.83 (52.95)	350m: 5:58.82 (52.99)		400m: 6:46.87 (48.05)	

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1, 400m Fri Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Awin Viggen**	2015	Kattem SK		178	**6:17.22**		P
	50m: 41.20		100m: 1:27.35 (46.15)	150m: 2:14.92 (47.57)		200m: 3:04.28 (49.36)		
	250m: 3:53.62 (49.34)		300m: 4:41.80 (48.18)	350m: 5:31.15 (49.35)		400m: 6:17.22 (46.07)		
2	**Noah Kvam Haaheim**	2015	Trondhjems SLK		121	**7:08.57**	+51.35	
	50m: 46.93		100m: 1:41.82 (54.89)	150m: 2:37.06 (55.24)		200m: 3:33.89 (56.83)		
	250m: 4:28.85 (54.96)		300m: 5:24.24 (55.39)	350m: 6:18.29 (54.05)		400m: 7:08.57 (50.28)		
3	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL		98	**7:38.87**	+1:21.65	
	50m: 54.08		100m: 1:53.38 (59.30)	150m: 2:52.91 (59.53)		200m: 3:52.52 (59.61)		
	250m: 4:50.99 (58.47)		300m: 5:49.91 (58.92)	350m: 6:48.06 (58.15)		400m: 7:38.87 (50.81)		

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1, 400m Fri Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Martin Codreanu**	2014	Vestbyen Trondheim		249	**5:36.98**		P
	50m: 38.37		100m: 1:21.07 (42.70)	150m: 2:04.91 (43.84)		200m: 2:48.64 (43.73)		
	250m: 3:32.36 (43.72)		300m: 4:14.89 (42.53)	350m: 4:56.55 (41.66)		400m: 5:36.98 (40.43)		
2	**Johan Hallset**	2014	Levanger SLK		243	**5:39.82**	+2.84	P
	50m: 37.98		100m: 1:19.98 (42.00)	150m: 2:03.12 (43.14)		200m: 2:47.05 (43.93)		
	250m: 3:30.86 (43.81)		300m: 4:14.28 (43.42)	350m: 4:57.88 (43.60)		400m: 5:39.82 (41.94)		
3	**Konrad Vandsvik**	2014	Kattem SK		240	**5:41.07**	+4.09	
	50m: 35.53		100m: 1:16.62 (41.09)	150m: 1:58.93 (42.31)		200m: 2:43.31 (44.38)		
	250m: 3:28.63 (45.32)		300m: 4:13.50 (44.87)	350m: 4:58.05 (44.55)		400m: 5:41.07 (43.02)		
4	**Tobias Borchsenius**	2014	Vestbyen Trondheim		228	**5:47.30**	+10.32	
	50m: 36.68		100m: 1:19.38 (42.70)	150m: 2:04.17 (44.79)		200m: 2:49.11 (44.94)		
	250m: 3:34.72 (45.61)		300m: 4:20.59 (45.87)	350m: 5:04.84 (44.25)		400m: 5:47.30 (42.46)		
5	**Henrik Sæther Kapfer**	2014	Kattem SK		163	**6:28.18**	+51.20	
	50m: 41.39		100m: 1:29.71 (48.32)	150m: 2:20.62 (50.91)		200m: 3:10.45 (49.83)		
	250m: 4:01.13 (50.68)		300m: 4:52.99 (51.86)	350m: 5:43.70 (50.71)		400m: 6:28.18 (44.48)		
6	**Martin Dørum Steen**	2014	Malvik IL		149	**6:40.32**	+1:03.34	
	50m: 46.29		100m: 1:37.48 (51.19)	150m: 2:28.80 (51.32)		200m: 3:20.58 (51.78)		
	250m: 4:13.25 (52.67)		300m: 5:06.75 (53.50)	350m: 5:54.21 (47.46)		400m: 6:40.32 (46.11)		

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1, 400m Fri Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sigurd Kristoffersen Torvik**	2013	Trondhjems SLK		215	**5:54.02**		P
	50m: 39.42		100m: 1:24.66 (45.24)	150m: 2:10.95 (46.29)		200m: 2:57.09 (46.14)		
	250m: 3:42.98 (45.89)		300m: 4:28.53 (45.55)	350m: 5:12.16 (43.63)		400m: 5:54.02 (41.86)		
2	**David Larsen**	2013	Malvik IL		150	**6:38.90**	+44.88	
	50m: 44.60		100m: 1:36.11 (51.51)	150m: 2:28.67 (52.56)		200m: 3:20.77 (52.10)		
	250m: 4:14.04 (53.27)		300m: 5:04.73 (50.69)	350m: 5:54.65 (49.92)		400m: 6:38.90 (44.25)		
3	**Barnaby Lee_Wright**	2013	Trondhjems SLK		133	**6:55.33**	+1:01.31	
	50m: 45.07		100m: 1:35.91 (50.84)	150m: 2:28.19 (52.28)		200m: 3:21.97 (53.78)		
	250m: 4:16.01 (54.04)		300m: 5:12.28 (56.27)	350m: 6:05.57 (53.29)		400m: 6:55.33 (49.76)		

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Results

1, 400m Fri Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Edvard Hamnes Ulriksen**	2012	Trondhjems SLK		341	**5:03.74**		P
	50m: 31.83		100m: 1:08.91 (37.08)	150m: 1:48.44 (39.53)		200m: 2:27.84 (39.40)		
	250m: 3:07.24 (39.40)		300m: 3:47.19 (39.95)	350m: 4:27.11 (39.92)		400m: 5:03.74 (36.63)		
2	**Pedro Manquehual**	2012	Trondhjems SLK		336	**5:05.16**	+1.42	P
	50m: 33.40		100m: 1:11.36 (37.96)	150m: 1:50.33 (38.97)		200m: 2:30.28 (39.95)		
	250m: 3:10.42 (40.14)		300m: 3:49.99 (39.57)	350m: 4:28.40 (38.41)		400m: 5:05.16 (36.76)		
3	**Isak Mariussønn Valen**	2012	Malvik IL		315	**5:11.62**	+7.88	P
	50m: 31.57		100m: 1:09.36 (37.79)	150m: 1:48.47 (39.11)		200m: 2:28.71 (40.24)		
	250m: 3:09.18 (40.47)		300m: 3:50.83 (41.65)	350m: 4:31.97 (41.14)		400m: 5:11.62 (39.65)		
4	**Ivar Valstad**	2012	Stjørdals-Blink IL		296	**5:18.13**	+14.39	
	50m: 33.76		100m: 1:12.37 (38.61)	150m: 1:51.61 (39.24)		200m: 2:32.33 (40.72)		
	250m: 3:13.46 (41.13)		300m: 3:55.65 (42.19)	350m: 4:37.93 (42.28)		400m: 5:18.13 (40.20)		
5	**Emil Falkenbo-Skalmerås**	2012	Trondhjems SLK		259	**5:32.82**	+29.08	
	50m: 35.23		100m: 1:16.37 (41.14)	150m: 1:58.88 (42.51)		200m: 2:41.80 (42.92)		
	250m: 3:25.59 (43.79)		300m: 4:09.14 (43.55)	350m: 4:51.92 (42.78)		400m: 5:32.82 (40.90)		
6	**Jesper Julius Sundseth Skjærli**	2012	Trondhjems SLK		230	**5:46.22**	+42.48	
	50m: 39.07		100m: 1:22.78 (43.71)	150m: 2:06.89 (44.11)		200m: 2:51.12 (44.23)		
	250m: 3:36.15 (45.03)		300m: 4:20.97 (44.82)	350m: 5:05.19 (44.22)		400m: 5:46.22 (41.03)		
7	**Mateo Lucas Magno**	2012	Trondhjems SLK		191	**6:08.36**	+1:04.62	
	50m: 37.14		100m: 1:20.39 (43.25)	150m: 2:06.79 (46.40)		200m: 2:54.94 (48.15)		
	250m: 3:43.37 (48.43)		300m: 4:33.15 (49.78)	350m: 5:22.65 (49.50)		400m: 6:08.36 (45.71)		

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1, 400m Fri Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Petter Hisdal**	2011	Kattem SK		262	**5:31.64**		P
	50m: 36.48		100m: 1:16.70 (40.22)	150m: 1:58.64 (41.94)		200m: 2:42.25 (43.61)		
	250m: 3:25.19 (42.94)		300m: 4:08.54 (43.35)	350m: 4:52.44 (43.90)		400m: 5:31.64 (39.20)		
2	**William Kvalnes**	2011	Malvik IL		257	**5:33.71**	+2.07	
	50m: 36.26		100m: 1:16.82 (40.56)	150m: 1:59.56 (42.74)		200m: 2:42.97 (43.41)		
	250m: 3:27.60 (44.63)		300m: 4:11.32 (43.72)	350m: 4:54.01 (42.69)		400m: 5:33.71 (39.70)		
3	**Emeric Sognnes Pouech**	2011	Kattem SK		227	**5:47.60**	+15.96	
	50m: 38.52		100m: 1:22.79 (44.27)	150m: 2:08.90 (46.11)		200m: 2:53.76 (44.86)		
	250m: 3:38.42 (44.66)		300m: 4:24.02 (45.60)	350m: 5:08.14 (44.12)		400m: 5:47.60 (39.46)		

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1, 400m Fri Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emre Vold Kirkvold**	2010	Trondhjems SLK		427	**4:41.82**		P
	50m: 29.30		100m: 1:01.86 (32.56)	150m: 1:37.01 (35.15)		200m: 2:14.16 (37.15)		
	250m: 2:52.87 (38.71)		300m: 3:30.20 (37.33)	350m: 4:06.59 (36.39)		400m: 4:41.82 (35.23)		
2	**Fredrik Holberg**	2010	Trondhjems SLK		324	**5:08.78**	+26.96	
	50m: 33.63		100m: 1:11.24 (37.61)	150m: 1:50.51 (39.27)		200m: 2:30.77 (40.26)		
	250m: 3:10.68 (39.91)		300m: 3:51.34 (40.66)	350m: 4:30.33 (38.99)		400m: 5:08.78 (38.45)		
3	**Isak Berner-Jenssen**	2010	Kristiansund SK		281	**5:23.69**	+41.87	
	50m: 28.51		100m: 59.33 (30.82)	150m: 1:31.27 (31.94)		200m: 2:20.71 (49.44)		
	250m: 3:06.59 (45.88)		300m: 3:52.72 (46.13)	350m: 4:38.99 (46.27)		400m: 5:23.69 (44.70)		

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1, 400m Fri Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Eirik Hakvåg-Sandengen**	2007	Trondhjems SLK		439	**4:39.25**		P
	50m: 30.14		100m: 1:03.63 (33.49)	150m: 1:38.41 (34.78)		200m: 2:13.91 (35.50)		
	250m: 2:50.65 (36.74)		300m: 3:27.57 (36.92)	350m: 4:04.21 (36.64)		400m: 4:39.25 (35.04)		

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2, 400m Fri Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Eva Dreier Bjørnaas	2016	Trondhjems SLK		146	**7:16.61**	-9.46
50m: 47.70		100m: 1:44.08 (56.38)	150m: 2:41.83 (57.75)		200m: 3:40.33 (58.50)	
250m: 4:37.07 (56.74)		300m: 5:34.31 (57.24)	350m: 6:26.23 (51.92)		400m: 7:16.61 (50.38)	
Julia Shestova	2016	Trondhjems SLK		138	**7:24.62**	
50m: 44.71		100m: 1:41.22 (56.51)	150m: 2:39.53 (58.31)		200m: 3:37.42 (57.89)	
250m: 4:36.47 (59.05)		300m: 5:35.85 (59.38)	350m: 6:33.96 (58.11)		400m: 7:24.62 (50.66)	

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Results

2, 400m Fri Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ingeborg Strandenes**	2015	Trondhjems SLK		303	**5:42.72**		P
	50m: 38.56	100m: 1:21.11 (42.55)	150m: 2:04.84 (43.73)	200m: 2:49.61 (44.77)				
	250m: 3:34.89 (45.28)	300m: 4:19.29 (44.40)	350m: 5:02.91 (43.62)	400m: 5:42.72 (39.81)				
2	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		275	**5:54.01**	+11.29	P
	50m: 40.58	100m: 1:25.27 (44.69)	150m: 2:10.80 (45.53)	200m: 2:56.90 (46.10)				
	250m: 3:43.16 (46.26)	300m: 4:29.21 (46.05)	350m: 5:13.53 (44.32)	400m: 5:54.01 (40.48)				
3	**Gunhild Furuholt Valle**	2015	Trondhjems SLK		264	**5:58.78**	+16.06	P
	50m: 43.04	100m: 1:31.02 (47.98)	150m: 2:17.55 (46.53)	200m: 3:04.74 (47.19)				
	250m: 3:50.37 (45.63)	300m: 4:34.28 (43.91)	350m: 5:16.60 (42.32)	400m: 5:58.78 (42.18)				
4	**Lilly Fludal Osland**	2015	Trondhjems SLK		231	**6:15.17**	+32.45	P
	50m: 40.01	100m: 1:27.33 (47.32)	150m: 2:16.88 (49.55)	200m: 3:05.91 (49.03)				
	250m: 3:54.99 (49.08)	300m: 4:43.23 (48.24)	350m: 5:30.44 (47.21)	400m: 6:15.17 (44.73)				
5	**Live Hamnes Ulriksen**	2015	Trondhjems SLK		185	**6:43.70**	+1:00.98	
	50m: 40.66	100m: 1:31.52 (50.86)	150m: 2:25.19 (53.67)	200m: 3:19.00 (53.81)				
	250m: 4:11.34 (52.34)	300m: 5:04.33 (52.99)	350m: 5:54.92 (50.59)	400m: 6:43.70 (48.78)				
6	**Vilma Granhus Følstad**	2015	Trondhjems SLK		158	**7:05.29**	+1:22.57	
	50m: 45.95	100m: 1:38.84 (52.89)	150m: 2:33.37 (54.53)	200m: 3:29.01 (55.64)				
	250m: 4:25.11 (56.10)	300m: 5:20.85 (55.74)	350m: 6:15.71 (54.86)	400m: 7:05.29 (49.58)				
7	**Mira Thorgård**	2015	Trondhjems SLK		148	**7:14.39**	+1:31.67	
	50m: 46.36	100m: 1:41.76 (55.40)	150m: 2:39.85 (58.09)	200m: 3:38.79 (58.94)				
	250m: 4:36.24 (57.45)	300m: 5:33.10 (56.86)	350m: 6:25.90 (52.80)	400m: 7:14.39 (48.49)				
8	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		143	**7:19.95**	+1:37.23	
	50m: 47.20	100m: 1:43.55 (56.35)	150m: 2:40.69 (57.14)	200m: 3:37.27 (56.58)				
	250m: 4:36.06 (58.79)	300m: 5:34.08 (58.02)	350m: 6:30.96 (56.88)	400m: 7:19.95 (48.99)				
9	**Eline Rytter-Heggdal**	2015	Trondhjems SLK		131	**7:32.55**	+1:49.83	
	50m: 48.82	100m: 1:47.05 (58.23)	150m: 2:46.27 (59.22)	200m: 3:45.28 (59.01)				
	250m: 4:44.46 (59.18)	300m: 5:45.85 (1:01.39)	350m: 6:45.19 (59.34)	400m: 7:32.55 (47.36)				
10	**Kristina Kulagina**	2015	Trondhjems SLK		126	**7:38.91**	+1:56.19	
	50m: 48.33	100m: 1:46.46 (58.13)	150m: 2:46.54 (1:00.08)	200m: 3:46.67 (1:00.13)				
	250m: 4:48.56 (1:01.89)	300m: 5:50.49 (1:01.93)	350m: 6:48.71 (58.22)	400m: 7:38.91 (50.20)				
11	**Yngvild Fjermestad**	2015	Trondhjems SLK		115	**7:52.93**	+2:10.21	
	50m: 48.32	100m: 1:45.77 (57.45)	150m: 2:46.46 (1:00.69)	200m: 3:49.19 (1:02.73)				
	250m: 4:50.75 (1:01.56)	300m: 5:54.78 (1:04.03)	350m: 6:56.87 (1:02.09)	400m: 7:52.93 (56.06)				

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2, 400m Fri Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elina Arefjord Spangelo**	2014	Trondhjems SLK		384	**5:16.72**		P
	50m: 36.03	100m: 1:15.92 (39.89)	150m: 1:56.14 (40.22)	200m: 2:36.55 (40.41)				
	250m: 3:16.90 (40.35)	300m: 3:57.38 (40.48)	350m: 4:37.47 (40.09)	400m: 5:16.72 (39.25)				
2	**Nora Hansen Gaasvik**	2014	Kattem SK		364	**5:22.41**	+5.69	P
	50m: 34.96	100m: 1:15.81 (40.85)	150m: 1:58.06 (42.25)	200m: 2:39.67 (41.61)				
	250m: 3:21.10 (41.43)	300m: 4:02.98 (41.88)	350m: 4:43.80 (40.82)	400m: 5:22.41 (38.61)				
3	**Sissel Mellingsæter**	2014	Kattem SK		335	**5:31.27**	+14.55	P
	50m: 36.90	100m: 1:18.60 (41.70)	150m: 2:01.68 (43.08)	200m: 2:45.06 (43.38)				
	250m: 3:28.40 (43.34)	300m: 4:11.43 (43.03)	350m: 4:52.26 (40.83)	400m: 5:31.27 (39.01)				
4	**Nicoline Vinje**	2014	Trondhjems SLK		240	**6:10.31**	+53.59	P
	50m: 39.11	100m: 1:24.82 (45.71)	150m: 2:11.81 (46.99)	200m: 2:59.81 (48.00)				
	250m: 3:48.38 (48.57)	300m: 4:37.46 (49.08)	350m: 5:25.12 (47.66)	400m: 6:10.31 (45.19)				
5	**Hanna Robertsen Burton**	2014	Trondhjems SLK		226	**6:17.89**	+1:01.17	
	50m: 41.45	100m: 1:29.23 (47.78)	150m: 2:18.11 (48.88)	200m: 3:06.95 (48.84)				
	250m: 3:56.45 (49.50)	300m: 4:45.52 (49.07)	350m: 5:33.41 (47.89)	400m: 6:17.89 (44.48)				
6	**Hild Midboe Rognstad**	2014	Kattem SK		198	**6:34.49**	+1:17.77	
	50m: 40.88	100m: 1:30.84 (49.96)	150m: 2:22.02 (51.18)	200m: 3:13.07 (51.05)				
	250m: 4:04.71 (51.64)	300m: 4:57.46 (52.75)	350m: 5:48.58 (51.12)	400m: 6:34.49 (45.91)				
7	**Sofia Rø Tjøtta**	2014	Trondhjems SLK		179	**6:48.12**	+1:31.40	
	50m: 45.06	100m: 1:37.53 (52.47)	150m: 2:30.59 (53.06)	200m: 3:25.04 (54.45)				
	250m: 4:18.84 (53.80)	300m: 5:11.77 (52.93)	350m: 6:02.41 (50.64)	400m: 6:48.12 (45.71)				
8	**Solveig Massing**	2014	Kattem SK		179	**6:48.43**	+1:31.71	
	50m: 45.66	100m: 1:37.16 (51.50)	150m: 2:31.43 (54.27)	200m: 3:25.57 (54.14)				
	250m: 4:19.31 (53.74)	300m: 5:11.93 (52.62)	350m: 6:04.27 (52.34)	400m: 6:48.43 (44.16)				
9	**Aurora Aarflot Johannessen**	2014	Trondhjems SLK		174	**6:52.26**	+1:35.54	
	50m: 43.82	100m: 1:34.10 (50.28)	150m: 2:28.08 (53.98)	200m: 3:20.63 (52.55)				
	250m: 4:16.18 (55.55)	300m: 5:10.60 (54.42)	350m: 6:03.86 (53.26)	400m: 6:52.26 (48.40)				
10	**Ragnhild Fjermestad**	2014	Trondhjems SLK		166	**6:58.52**	+1:41.80	
	50m: 43.85	100m: 1:35.13 (51.28)	150m: 2:29.10 (53.97)	200m: 3:22.58 (53.48)				
	250m: 4:17.89 (55.31)	300m: 5:12.42 (54.53)	350m: 6:07.48 (55.06)	400m: 6:58.52 (51.04)				

Event official at: 07.11.2026 13:44:28

Results

2, 400m Fri Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Michaela Josefin Abeleva Barrera**	2013	Trondhjems SLK		424	**5:06.32**		P
	50m: 33.41	100m: 1:09.47	(36.06)	150m: 1:47.14	(37.67)	200m: 2:26.38	(39.24)	
	250m: 3:06.60 (40.22)	300m: 3:47.53	(40.93)	350m: 4:27.70	(40.17)	400m: 5:06.32	(38.62)	
2	**Marie Wærnes Blom**	2013	Trondhjems SLK		354	**5:25.27**	+18.95	P
	50m: 37.16	100m: 1:18.01	(40.85)	150m: 1:59.55	(41.54)	200m: 2:40.91	(41.36)	
	250m: 3:22.98 (42.07)	300m: 4:04.35	(41.37)	350m: 4:46.05	(41.70)	400m: 5:25.27	(39.22)	
3	**Vega Aune Grimstad**	2013	Malvik IL		323	**5:35.39**	+29.07	P
	50m: 35.49	100m: 1:17.14	(41.65)	150m: 2:00.42	(43.28)	200m: 2:44.23	(43.81)	
	250m: 3:28.54 (44.31)	300m: 4:11.94	(43.40)	350m: 4:55.52	(43.58)	400m: 5:35.39	(39.87)	
4	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		309	**5:40.25**	+33.93	
	50m: 37.31	100m: 1:19.99	(42.68)	150m: 2:03.90	(43.91)	200m: 2:48.36	(44.46)	
	250m: 3:32.91 (44.55)	300m: 4:17.71	(44.80)	350m: 5:01.21	(43.50)	400m: 5:40.25	(39.04)	
5	**Amalie Bjørnstad Eriksen**	2013	Stjørdals-Blink IL		290	**5:47.57**	+41.25	
	50m: 38.02	100m: 1:21.61	(43.59)	150m: 2:06.44	(44.83)	200m: 2:52.05	(45.61)	
	250m: 3:37.29 (45.24)	300m: 4:23.29	(46.00)	350m: 5:07.55	(44.26)	400m: 5:47.57	(40.02)	
6	**Ruolai Liu**	2013	Trondhjems SLK		252	**6:04.40**	+58.08	
	50m: 38.19	100m: 1:22.46	(44.27)	150m: 2:09.04	(46.58)	200m: 2:56.49	(47.45)	
	250m: 3:43.11 (46.62)	300m: 4:31.42	(48.31)	350m: 5:19.13	(47.71)	400m: 6:04.40	(45.27)	
7	**Helene Bach**	2013	Vestbyen Trondheim		207	**6:28.88**	+1:22.56	
	50m: 42.06	100m: 1:29.76	(47.70)	150m: 2:18.95	(49.19)	200m: 3:08.98	(50.03)	
	250m: 4:00.11 (51.13)	300m: 4:51.23	(51.12)	350m: 5:41.64	(50.41)	400m: 6:28.88	(47.24)	
8	**Mali Kåsin Einang**	2013	Stjørdals-Blink IL		143	**7:19.81**	+2:13.49	
	50m: 45.27	100m: 1:39.12	(53.85)	150m: 2:37.27	(58.15)	200m: 3:32.95	(55.68)	
	250m: 4:31.45 (58.50)	300m: 5:29.11	(57.66)	350m: 6:27.88	(58.77)	400m: 7:19.81	(51.93)	

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2, 400m Fri Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lin Carola Magdalene Nygren**	2012	Trondhjems SLK		388	**5:15.48**		P
	50m: 36.81	100m: 1:15.52	(38.71)	150m: 1:55.72	(40.20)	200m: 2:36.98	(41.26)	
	250m: 3:17.65 (40.67)	300m: 3:57.36	(39.71)	350m: 4:37.24	(39.88)	400m: 5:15.48	(38.24)	
2	**Sofia Glørstad**	2012	Kattem SK		376	**5:18.95**	+3.47	P
	50m: 35.56	100m: 1:15.33	(39.77)	150m: 1:56.66	(41.33)	200m: 2:37.72	(41.06)	
	250m: 3:19.61 (41.89)	300m: 4:01.17	(41.56)	350m: 4:42.49	(41.32)	400m: 5:18.95	(36.46)	
3	**Kristina Aleman Sandsund**	2012	Trondhjems SLK		323	**5:35.43**	+19.95	
	50m: 35.66	100m: 1:16.94	(41.28)	150m: 1:59.38	(42.44)	200m: 2:42.38	(43.00)	
	250m: 3:26.11 (43.73)	300m: 4:09.85	(43.74)	350m: 4:53.50	(43.65)	400m: 5:35.43	(41.93)	
4	**Emma Setsaas-Jackson**	2012	Vestbyen Trondheim		184	**6:44.66**	+1:29.18	
	50m: 42.74	100m: 1:33.14	(50.40)	150m: 2:26.46	(53.32)	200m: 3:20.09	(53.63)	
	250m: 4:13.29 (53.20)	300m: 5:06.19	(52.90)	350m: 5:57.76	(51.57)	400m: 6:44.66	(46.90)	

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2, 400m Fri Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Arina Amundsen**	2011	Stjørdals-Blink IL		489	**4:52.24**		P
	50m: 32.13	100m: 1:07.58	(35.45)	150m: 1:44.57	(36.99)	200m: 2:22.50	(37.93)	
	250m: 3:00.27 (37.77)	300m: 3:37.82	(37.55)	350m: 4:15.22	(37.40)	400m: 4:52.24	(37.02)	
2	**Sofie Hoff**	2011	Trondhjems SLK		374	**5:19.57**	+27.33	P
	50m: 35.51	100m: 1:16.21	(40.70)	150m: 1:57.25	(41.04)	200m: 2:38.30	(41.05)	
	250m: 3:19.55 (41.25)	300m: 4:01.05	(41.50)	350m: 4:42.13	(41.08)	400m: 5:19.57	(37.44)	
3	**Erle Kullerud Ytrehus**	2011	Trondhjems SLK		342	**5:29.00**	+36.76	P
	50m: 36.39	100m: 1:17.46	(41.07)	150m: 2:00.52	(43.06)	200m: 2:44.30	(43.78)	
	250m: 3:27.96 (43.66)	300m: 4:09.94	(41.98)	350m: 4:50.04	(40.10)	400m: 5:29.00	(38.96)	
4	**Helle Johnsen Selsås**	2011	Trondhjems SLK		332	**5:32.44**	+40.20	
	50m: 37.38	100m: 1:18.95	(41.57)	150m: 2:00.94	(41.99)	200m: 2:43.17	(42.23)	
	250m: 3:24.50 (41.33)	300m: 4:06.65	(42.15)	350m: 4:50.76	(44.11)	400m: 5:32.44	(41.68)	
5	**Liv Løfaldli**	2011	Trondhjems SLK		300	**5:43.62**	+51.38	
	50m: 35.73	100m: 1:17.10	(41.37)	150m: 2:00.28	(43.18)	200m: 2:44.58	(44.30)	
	250m: 3:29.22 (44.64)	300m: 4:14.60	(45.38)	350m: 4:59.67	(45.07)	400m: 5:43.62	(43.95)	
6	**Marie Phan Hammerfjell**	2011	Malvik IL		246	**6:07.33**	+1:15.09	
	50m: 36.64	100m: 1:20.83	(44.19)	150m: 2:06.79	(45.96)	200m: 2:54.56	(47.77)	
	250m: 3:42.58 (48.02)	300m: 4:30.74	(48.16)	350m: 5:19.10	(48.36)	400m: 6:07.33	(48.23)	
-	**Elsa Dragsten Wake**	2011	Trondhjems SLK			**DSQ**		

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Results

2, 400m Fri Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Vilde Fremstad Solseth**	2010	Trondhjems SLK		427	**5:05.65**		P
	50m: 34.32		100m: 1:12.17 (37.85)	150m: 1:50.64 (38.47)		200m: 2:29.01 (38.37)		
	250m: 3:08.69 (39.68)		300m: 3:48.67 (39.98)	350m: 4:28.55 (39.88)		400m: 5:05.65 (37.10)		
2	**Vilde Mathea Indergård**	2010	Vestbyen Trondheim		393	**5:14.25**	+8.60	
	50m: 35.44		100m: 1:14.35 (38.91)	150m: 1:53.87 (39.52)		200m: 2:33.95 (40.08)		
	250m: 3:13.71 (39.76)		300m: 3:54.18 (40.47)	350m: 4:34.73 (40.55)		400m: 5:14.25 (39.52)		
3	**Ellen Kristine Eidsmo Hova**	2010	Trondhjems SLK		346	**5:27.72**	+22.07	
	50m: 38.88		100m: 1:20.11 (41.23)	150m: 2:01.44 (41.33)		200m: 2:43.17 (41.73)		
	250m: 3:24.63 (41.46)		300m: 4:06.63 (42.00)	350m: 4:48.87 (42.24)		400m: 5:27.72 (38.85)		

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2, 400m Fri Damer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jenny Engelsås Eilertsen**	2009	Malvik IL		250	**6:05.16**		P
	50m: 38.31		100m: 1:21.71 (43.40)	150m: 2:08.41 (46.70)		200m: 2:56.78 (48.37)		
	250m: 3:46.03 (49.25)		300m: 4:34.21 (48.18)	350m: 5:20.65 (46.44)		400m: 6:05.16 (44.51)		

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2, 400m Fri Damer, Final, 18 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ina Birgitte Eidsmo Hova**	2008	Trondhjems SLK		287	**5:48.80**		P
	50m: 39.42		100m: 1:23.68 (44.26)	150m: 2:08.55 (44.87)		200m: 2:52.77 (44.22)		
	250m: 3:36.71 (43.94)		300m: 4:21.37 (44.66)	350m: 5:05.62 (44.25)		400m: 5:48.80 (43.18)		

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2, 400m Fri Damer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Annika Lekon**	2003	SG Schwimmen Münster		681	**5:15.87**		S9 P
	50m: 37.20		100m: 1:17.33 (40.13)	150m: 1:57.49 (40.16)		200m: 2:37.66 (40.17)		
	250m: 3:17.63 (39.97)		300m: 3:57.67 (40.04)	350m: 4:37.60 (39.93)		400m: 5:15.87 (38.27)		
2	**Isabella Johanne Debik**	2007	Trondhjems SLK		302	**5:42.81**	+26.94	P
	50m: 36.97		100m: 1:18.28 (41.31)	150m: 2:01.21 (42.93)		200m: 2:44.55 (43.34)		
	250m: 3:28.25 (43.70)		300m: 4:13.29 (45.04)	350m: 4:58.11 (44.82)		400m: 5:42.81 (44.70)		

Event official at: 07.11.2026 13:44:28

2, 400m Fri Damer, Final, Para

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Annika Lekon**	2003	SG Schwimmen Münster		681	**5:15.87**		S9 P
	50m: 37.20		100m: 1:17.33 (40.13)	150m: 1:57.49 (40.16)		200m: 2:37.66 (40.17)		
	250m: 3:17.63 (39.97)		300m: 3:57.67 (40.04)	350m: 4:37.60 (39.93)		400m: 5:15.87 (38.27)		

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3, 50m Bryst Herrer, Final, 9 years

Time	Born	Team	R.T.	Pts	Time	Diff
Dahab Hamad	2017	Trondhjems SLK			**DSQ**	
Alexander Viggen	2017	Kattem SK		59	**1:03.96**	+1.53

Event official at: 07.11.2026 14:02:10

3, 50m Bryst Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Natan Krzystek	2016	Stjørdals-Blink IL		86	**56.40**	-0.27
Daniel Skomsvold	2016	Kattem SK		95	**54.60**	

Event official at: 07.11.2026 14:02:10

3, 50m Bryst Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Awin Viggen**	2015	Kattem SK		114	**51.31**		P
-	**Edvard Langsetmo**	2015	Stjørdals-Blink IL			**DSQ**		
-	**Viljar Stagl-Neergaard**	2015	Kattem SK			**DSQ**		

Event official at: 07.11.2026 14:02:10

Results

3, 50m Bryst Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Isak Riiber Marthinussen**	2014	Malvik IL		173	**44.77**		P
2	**Jonas Boneng Stenumgård**	2014	Verdal SK		160	**45.93**	+1.16	P
3	**Emrik Hammerfjell**	2014	Malvik IL		135	**48.58**	+3.81	
4	**Johan Mattson Leistad**	2014	Malvik IL		102	**53.33**	+8.56	
5	**Emil Iversen Myhre**	2014	Malvik IL		98	**53.95**	+9.18	
-	**Mats Rundhaug-Oranje**	2014	Stjørdals-Blink IL			**DSQ**		

Event official at: 07.11.2026 14:02:10

3, 50m Bryst Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Olav Høyland Hofstad**	2013	Trondhjems SLK		310	**36.85**		P
2	**Cornelius Wik**	2013	Trondhjems SLK		233	**40.50**	+3.65	
3	**Tymofii Dzisiak**	2013	Trondhjems SLK		211	**41.86**	+5.01	

Event official at: 07.11.2026 14:02:10

3, 50m Bryst Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jason Lama**	2012	Kattem SK		203	**42.41**		P
2	**Emil Falkenbo-Skalmerås**	2012	Trondhjems SLK		166	**45.38**	+2.97	
3	**Jesper Julius Sundseth Skjærli**	2012	Trondhjems SLK		147	**47.18**	+4.77	

Event official at: 07.11.2026 14:02:10

3, 50m Bryst Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lucas Nachappa Muthanna**	2011	Trondhjems SLK		418	**33.36**		P
2	**Ludvig Svendsen**	2011	Trondhjems SLK		391	**34.10**	+0.74	P
3	**Lev Shestov**	2011	Trondhjems SLK		328	**36.15**	+2.79	
4	**Sebastian Kvalnes**	2011	Malvik IL		257	**39.21**	+5.85	

Event official at: 07.11.2026 14:02:10

3, 50m Bryst Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emre Stav**	2010	Vestbyen Trondheim		386	**34.26**		P
2	**Emre Vold Kirkvold**	2010	Trondhjems SLK		349	**35.41**	+1.15	P
3	**Vishnu Sattanathan**	2010	Trondhjems SLK		329	**36.12**	+1.86	
4	**Bjørn Eimar Endal Sorteberg**	2010	Trondhjems SLK		318	**36.55**	+2.29	
5	**Benjamin Tyholt Gulaker**	2010	Stjørdals-Blink IL		161	**45.79**	+11.53	

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3, 50m Bryst Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marius Jacobsen Kleveland**	2007	Vestbyen Trondheim		518	**31.06**		P

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3, 50m Bryst Herrer, Final, Masters A

Rank	Name	Born	Team	R.T.	Pts	Time	Diff

Event official at: 07.11.2026 14:02:10

4, 50m Bryst Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Eva Dreier Bjørnaas	2016	Trondhjems SLK		126	**56.46**	+0.87
Guro Johanne Eidsmo Hova	2016	Trondhjems SLK		93	**1:02.48**	-5.78
Anna Sofie Fossli	2016	Stjørdals-Blink IL		162	**51.99**	-3.19
Oline Værness Nygård	2016	Trondhjems SLK		135	**55.20**	-1.47
Zhemin Pan	2016	Kattem SK		168	**51.38**	+0.91

Event official at: 07.11.2026 14:09:47

Results

4, 50m Bryst Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Mira Thorgård**	2015	Trondhjems SLK		219	**47.00**		P
2	**Live Hamnes Ulriksen**	2015	Trondhjems SLK		195	**48.91**	+1.91	P
3	**Claudia Ciobu**	2015	Malvik IL		178	**50.42**	+3.42	
4	**Liv Langdal**	2015	Trondhjems SLK		157	**52.57**	+5.57	
5	**Ingeborg K. Torvik**	2015	Trondhjems SLK		99	**1:01.18**	+14.18	

Event official at: 07.11.2026 14:09:47

4, 50m Bryst Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Leonora Stagl-Neergaard**	2014	Kattem SK		235	**45.91**		P
2	**Aurora Ytrehus Kullerud**	2014	Trondhjems SLK		189	**49.39**	+3.48	P
3	**Lena Stevanovic**	2014	Vestbyen Trondheim		171	**51.11**	+5.20	
-	**Agnes Grindeland**	2014	Trondhjems SLK			**DSQ**		
-	**Anna Bjørgen Winther**	2014	Kattem SK			**DSQ**		

Event official at: 07.11.2026 14:09:47

4, 50m Bryst Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sigrid Eidsmo**	2013	Kattem SK		348	**40.30**		P
2	**Tia Kristine Karlsen**	2013	Stjørdals-Blink IL		279	**43.41**	+3.11	P
3	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		270	**43.84**	+3.54	
4	**Ragnhild Oline Husbyn Høiseth**	2013	Stjørdals-Blink IL		223	**46.78**	+6.48	
5	**Ragnhild Bjørkli Nilsen**	2013	Malvik IL		219	**47.04**	+6.74	
6	**Louise Bakk Kvernø**	2013	Malvik IL		127	**56.39**	+16.09	

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4, 50m Bryst Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ada Fludal Osland**	2012	Trondhjems SLK		604	**33.56**		P
2	**Johanne Hustad**	2012	Vestbyen Trondheim		359	**39.89**	+6.33	P
3	**Luna Sofie Barli Almestad**	2012	Levanger SLK		226	**46.53**	+12.97	
4	**Kine Dahlen Berge**	2012	Vestbyen Trondheim		174	**50.76**	+17.20	
5	**Lela Rød Solli**	2012	Malvik IL		166	**51.55**	+17.99	
6	**Karen Wang Nerland**	2012	Stjørdals-Blink IL		77	**1:06.46**	+32.90	

Event official at: 07.11.2026 14:09:47

4, 50m Bryst Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Mie Høvik-Tøndel**	2011	Vestbyen Trondheim		571	**34.18**		P
2	**Lucy Elvevold Skotte**	2011	Malvik IL		274	**43.63**	+9.45	P
3	**Helle Lundgren**	2011	Trondhjems SLK		221	**46.89**	+12.71	
4	**Miriam Bianchi dos Santos**	2011	Trondhjems SLK		167	**51.46**	+17.28	

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4, 50m Bryst Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Alisa Kulagina**	2010	Trondhjems SLK		458	**36.79**		P
2	**Marita Berg**	2010	Levanger SLK		368	**39.56**	+2.77	
3	**Therese Antonie Hamland Sevaldse**	2010	Malvik IL		190	**49.32**	+12.53	

Event official at: 07.11.2026 14:09:47

5, 100m Rygg Herrer, Final, 9 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Dahab Hamad	2017	Trondhjems SLK			**DSQ**		

Event official at: 07.11.2026 14:18:54

Results

5, 100m Rygg Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Natan Krzystek	2016	Stjørdals-Blink IL		51	**2:09.39**	-7.03	
50m: 1:03.11	100m: 2:09.39 (1:06.28)						
Guy Løfaldli	2016	Trondhjems SLK		101	**1:43.37**	-1.12	
50m: 51.12	100m: 1:43.37 (52.25)						

Event official at: 07.11.2026 14:18:54

5, 100m Rygg Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Noah Kvam Haaheim**	2015	Trondhjems SLK		100	**1:43.55**		P
	50m: 51.57	100m: 1:43.55 (51.98)						
2	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL		90	**1:47.46**	+3.91	
	50m: 53.46	100m: 1:47.46 (54.00)						
3	**Edvard Langsetmo**	2015	Stjørdals-Blink IL		76	**1:53.38**	+9.83	
	50m: 54.66	100m: 1:53.38 (58.72)						

Event official at: 07.11.2026 14:18:54

5, 100m Rygg Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Johan Hallset**	2014	Levanger SLK		213	**1:20.58**		P
	50m: 39.25	100m: 1:20.58 (41.33)						
2	**Henrik Sæther Kapfer**	2014	Kattem SK		116	**1:38.54**	+17.96	P
	50m: 48.32	100m: 1:38.54 (50.22)						
3	**Johan Mattson Leistad**	2014	Malvik IL		99	**1:43.97**	+23.39	
	50m: 51.15	100m: 1:43.97 (52.82)						
4	**Ulrik Mortvedt**	2014	Kattem SK		87	**1:48.33**	+27.75	
	50m: 53.69	100m: 1:48.33 (54.64)						

Event official at: 07.11.2026 14:18:54

5, 100m Rygg Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sigurd Kristoffersen Torvik**	2013	Trondhjems SLK		134	**1:33.93**		P
	50m: 45.36	100m: 1:33.93 (48.57)						
2	**Barnaby Lee_Wright**	2013	Trondhjems SLK		121	**1:37.15**	+3.22	
	50m: 48.67	100m: 1:37.15 (48.48)						

Event official at: 07.11.2026 14:18:54

5, 100m Rygg Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Anton Szyba**	2012	Stjørdals-Blink IL		267	**1:14.71**		P
	50m: 36.11	100m: 1:14.71 (38.60)						
2	**Håvard Bjerke**	2012	Vestbyen Trondheim		179	**1:25.38**	+10.67	
	50m: 40.57	100m: 1:25.38 (44.81)						

Event official at: 07.11.2026 14:18:54

5, 100m Rygg Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Philip Giske Nyman**	2011	Trondhjems SLK		323	**1:10.17**		P
	50m: 33.86	100m: 1:10.17 (36.31)						
2	**Isak Bakk Kværnø**	2011	Malvik IL		292	**1:12.56**	+2.39	P
	50m: 35.23	100m: 1:12.56 (37.33)						
3	**Eimund Vælitalo Skaret**	2011	Lier SK		265	**1:14.93**	+4.76	
	50m: 35.35	100m: 1:14.93 (39.58)						
4	**Sebastian Kvalnes**	2011	Malvik IL		222	**1:19.44**	+9.27	
	50m: 39.84	100m: 1:19.44 (39.60)						
5	**Emeric Sognnes Pouech**	2011	Kattem SK		140	**1:32.56**	+22.39	
	50m: 46.88	100m: 1:32.56 (45.68)						

Event official at: 07.11.2026 14:18:54

5, 100m Rygg Herrer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jon Lyftingsmo**	2009	Malvik IL		317	**1:10.57**		P
	50m: 33.91	100m: 1:10.57 (36.66)						

Event official at: 07.11.2026 14:18:54

Results

5, 100m Rygg Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Thomas Trøite**	2006	Trondhjems SLK		475	**1:01.70**		P
	50m: 29.40	100m: 1:01.70	(32.30)					

Event official at: 07.11.2026 14:18:54

6, 100m Rygg Damer, Final, 10 years

Time	Name	Born	Team	R.T.	Pts	Time	Diff	
	Anna Sofie Fossli	2016	Stjørdals-Blink IL		85	**2:02.53**	+8.26	
	50m: 58.55	100m: 2:02.53	(1:03.98)					

Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lilly Fludal Osland**	2015	Trondhjems SLK		183	**1:35.10**		P
	50m: 44.91	100m: 1:35.10	(50.19)					
2	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		173	**1:36.77**	+1.67	P
	50m: 46.26	100m: 1:36.77	(50.51)					
3	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		163	**1:38.87**	+3.77	
	50m: 48.23	100m: 1:38.87	(50.64)					
4	**Yngvild Fjermestad**	2015	Trondhjems SLK		100	**1:56.07**	+20.97	
	50m: 59.60	100m: 1:56.07	(56.47)					

Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elina Arefjord Spangelo**	2014	Trondhjems SLK		278	**1:22.70**		P
	50m: 40.03	100m: 1:22.70	(42.67)					
2	**Lena Stevanovic**	2014	Vestbyen Trondheim		197	**1:32.83**	+10.13	P
	50m: 43.84	100m: 1:32.83	(48.99)					
3	**Hanna Robertsen Burton**	2014	Trondhjems SLK		192	**1:33.48**	+10.78	
	50m: 45.17	100m: 1:33.48	(48.31)					
4	**Nicoline Vinje**	2014	Trondhjems SLK		175	**1:36.51**	+13.81	
	50m: 46.77	100m: 1:36.51	(49.74)					
5	**Ragnhild Fjermestad**	2014	Trondhjems SLK		123	**1:48.46**	+25.76	
	50m: 51.28	100m: 1:48.46	(57.18)					

Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marie Wærnes Blom**	2013	Trondhjems SLK		284	**1:22.10**		P
	50m: 40.81	100m: 1:22.10	(41.29)					
2	**Louise Thys**	2013	Trondhjems SLK		234	**1:27.55**	+5.45	P
	50m: 42.59	100m: 1:27.55	(44.96)					
3	**Tia Kristine Karlsen**	2013	Stjørdals-Blink IL		219	**1:29.51**	+7.41	
	50m: 42.94	100m: 1:29.51	(46.57)					
-	**Nora Berntsen**	2013	Stjørdals-Blink IL			**DSQ**		
-	**Mali Kåsin Einang**	2013	Stjørdals-Blink IL			**DSQ**		

Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofie Hepsø**	2012	Trondhjems SLK		305	**1:20.20**		P
	50m: 38.96	100m: 1:20.20	(41.24)					
2	**Martina Kleppe**	2012	Malvik IL		203	**1:31.91**	+11.71	
	50m: 45.17	100m: 1:31.91	(46.74)					

Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lillian Gran Fløan**	2011	Stjørdals-Blink IL		323	**1:18.73**		P
	50m: 37.93	100m: 1:18.73	(40.80)					

Event official at: 07.11.2026 14:31:30

Results

6, 100m Rygg Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Aurora Stene Jensen**	2010	Malvik IL		251	**1:25.60**		P

50m: 42.02 100m: 1:25.60 (43.58)
Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jenny Engelsås Eilertsen**	2009	Malvik IL		225	**1:28.72**		P

50m: 43.34 100m: 1:28.72 (45.38)
Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, 18 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ina Birgitte Eidsmo Hova**	2008	Trondhjems SLK		187	**1:34.46**		P

50m: 45.81 100m: 1:34.46 (48.65)
Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Annika Lekon**	2003	SG Schwimmen Münster		483	**1:25.85**		S9 P

50m: 42.51 100m: 1:25.85 (43.34)
Event official at: 07.11.2026 14:31:30

6, 100m Rygg Damer, Final, Para

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Annika Lekon**	2003	SG Schwimmen Münster		483	**1:25.85**		S9 P

50m: 42.51 100m: 1:25.85 (43.34)
Event official at: 07.11.2026 14:31:30

7, 50m Fri Herrer, Final, 9 years

Time	Born	Team	R.T.	Pts	Time	Diff
Dahab Hamad	2017	Trondhjems SLK		81	**45.90**	
Alexander Viggen	2017	Kattem SK		92	**43.93**	-0.83

Event official at: 07.11.2026 14:41:55

7, 50m Fri Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Natan Krzystek	2016	Stjørdals-Blink IL		68	**48.62**	+1.38
Guy Løfaldli	2016	Trondhjems SLK		118	**40.48**	-0.39
Daniel Skomsvold	2016	Kattem SK		113	**41.06**	

Event official at: 07.11.2026 14:41:55

7, 50m Fri Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL		94	**43.67**		P
2	**Viljar Stagl-Neergaard**	2015	Kattem SK		60	**50.73**	+7.06	

Event official at: 07.11.2026 14:41:55

7, 50m Fri Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Isak Riiber Marthinussen**	2014	Malvik IL		238	**32.10**		P
2	**Jonas Boneng Stenumgård**	2014	Verdal SK		227	**32.58**	+0.48	P
3	**Konrad Vandsvik**	2014	Kattem SK		227	**32.61**	+0.51	P
4	**Tobias Borchsenius**	2014	Vestbyen Trondheim		209	**33.53**	+1.43	P
5	**Johan Mattson Leistad**	2014	Malvik IL		136	**38.67**	+6.57	
6	**Martin Dørum Steen**	2014	Malvik IL		129	**39.34**	+7.24	
7	**Emil Iversen Myhre**	2014	Malvik IL		114	**40.99**	+8.89	
8	**Mats Rundhaug-Oranje**	2014	Stjørdals-Blink IL		90	**44.35**	+12.25	
9	**Ulrik Mortvedt**	2014	Kattem SK		80	**46.03**	+13.93	
10	**Emrik Hammerfjell**	2014	Malvik IL		73	**47.44**	+15.34	

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Results

7, 50m Fri Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Cornelius Wik**	2013	Trondhjems SLK		240	**32.02**		P
2	**Tymofii Dzisiak**	2013	Trondhjems SLK		176	**35.45**	+3.43	
3	**David Larsen**	2013	Malvik IL		146	**37.79**	+5.77	

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7, 50m Fri Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ivar Valstad**	2012	Stjørdals-Blink IL		315	**29.23**		P
2	**Mateo Lucas Magno**	2012	Trondhjems SLK		281	**30.38**	+1.15	P
3	**Anton Szyba**	2012	Stjørdals-Blink IL		262	**31.09**	+1.86	
4	**Håvard Bjerke**	2012	Vestbyen Trondheim		248	**31.65**	+2.42	

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7, 50m Fri Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lucas Nachappa Muthanna**	2011	Trondhjems SLK		444	**26.07**		P
2	**Ludvig Svendsen**	2011	Trondhjems SLK		388	**27.27**	+1.20	P
3	**Lev Shestov**	2011	Trondhjems SLK		352	**28.16**	+2.09	
4	**Petter Hisdal**	2011	Kattem SK		264	**31.00**	+4.93	

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7, 50m Fri Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Isak Berner-Jenssen**	2010	Kristiansund SK		438	**26.20**		P
2	**Emre Vold Kirkvold**	2010	Trondhjems SLK		385	**27.34**	+1.14	P
3	**Vishnu Sattanathan**	2010	Trondhjems SLK		364	**27.86**	+1.66	
4	**Fredrik Holberg**	2010	Trondhjems SLK		326	**28.91**	+2.71	
5	**Benjamin Tyholt Gulaker**	2010	Stjørdals-Blink IL		265	**30.97**	+4.77	

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7, 50m Fri Herrer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Kristoffer Skarsvåg Fossheim**	2009	Vestbyen Trondheim		498	**25.09**		P

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7, 50m Fri Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marius Jacobsen Kleveland**	2007	Vestbyen Trondheim		509	**24.91**		P
2	**Tobias Gunerius Aaen**	2003	Malvik IL		435	**26.26**	+1.35	

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7, 50m Fri Herrer, Final, Masters A

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Aleksander Mittet**	1999	Kristiansund SK		377	**27.53**		P

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8, 50m Fri Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Guro Johanne Eidsmo Hova	2016	Trondhjems SLK		105	**48.27**	-1.00
Anna Sofie Fossli	2016	Stjørdals-Blink IL		131	**44.93**	+0.36
Oline Værness Nygård	2016	Trondhjems SLK		149	**43.04**	-0.05
Julia Shestova	2016	Trondhjems SLK		194	**39.42**	-1.28

Event official at: 07.11.2026 14:55:28

Results

8, 50m Fri Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Gunhild Furuholt Valle**	2015	Trondhjems SLK		291	**34.44**		P
2	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		233	**37.10**	+2.66	P
3	**Claudia Ciobu**	2015	Malvik IL		227	**37.40**	+2.96	P
4	**Yngvild Fjermestad**	2015	Trondhjems SLK		192	**39.51**	+5.07	P
5	**Liv Langdal**	2015	Trondhjems SLK		191	**39.60**	+5.16	
6	**Eline Rytter-Heggdal**	2015	Trondhjems SLK		180	**40.43**	+5.99	
7	**Vilma Granhus Følstad**	2015	Trondhjems SLK		174	**40.88**	+6.44	
8	**Mira Thorgård**	2015	Trondhjems SLK		167	**41.44**	+7.00	
9	**Kristina Kulagina**	2015	Trondhjems SLK		161	**41.91**	+7.47	
10	**Ingeborg K. Torvik**	2015	Trondhjems SLK		109	**47.69**	+13.25	

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8, 50m Fri Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Leonora Stagl-Neergaard**	2014	Kattem SK		302	**34.02**		P
2	**Sofia Rø Tjøtta**	2014	Trondhjems SLK		272	**35.20**	+1.18	P
3	**Lena Stevanovic**	2014	Vestbyen Trondheim		236	**36.90**	+2.88	
4	**Anna Bjørgen Winther**	2014	Kattem SK		131	**44.91**	+10.89	
5	**Agnes Grindeland**	2014	Trondhjems SLK		123	**45.88**	+11.86	
6	**Aurora Ytrehus Kullerud**	2014	Trondhjems SLK		112	**47.24**	+13.22	

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8, 50m Fri Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Michaela Josefin Abeleva Barrera**	2013	Trondhjems SLK		442	**29.97**		P
2	**Amalie Bjørnstad Eriksen**	2013	Stjørdals-Blink IL		397	**31.04**	+1.07	P
3	**Elin Vælitalo Skaret**	2013	Lier SK		344	**32.56**	+2.59	P
4	**Ragnhild Oline Husbyn Høiseth**	2013	Stjørdals-Blink IL		297	**34.18**	+4.21	P
5	**Ruolai Liu**	2013	Trondhjems SLK		293	**34.35**	+4.38	
6	**Mari Antonie Wang Røkke**	2013	Stjørdals-Blink IL		262	**35.64**	+5.67	
7	**Ragnhild Bjørkli Nilsen**	2013	Malvik IL		247	**36.36**	+6.39	
8	**Mali Kåsin Einang**	2013	Stjørdals-Blink IL		165	**41.61**	+11.64	
9	**Louise Bakk Kvernø**	2013	Malvik IL		160	**41.99**	+12.02	
10	**Nora Berntsen**	2013	Stjørdals-Blink IL		154	**42.59**	+12.62	

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8, 50m Fri Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofia Glørstad**	2012	Kattem SK		395	**31.09**		P
2	**Kristina Aleman Sandsund**	2012	Trondhjems SLK		328	**33.10**	+2.01	P
3	**Luna Sofie Barli Almestad**	2012	Levanger SLK		260	**35.73**	+4.64	
4	**Kine Dahlen Berge**	2012	Vestbyen Trondheim		227	**37.40**	+6.31	
5	**Lela Rød Solli**	2012	Malvik IL		213	**38.21**	+7.12	

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8, 50m Fri Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lucy Elvevold Skotte**	2011	Malvik IL		349	**32.40**		P
2	**Elsa Dragsten Wake**	2011	Trondhjems SLK		334	**32.90**	+0.50	P
3	**Helle Lundgren**	2011	Trondhjems SLK		301	**34.04**	+1.64	
4	**Miriam Bianchi dos Santos**	2011	Trondhjems SLK		117	**46.67**	+14.27	

Event official at: 07.11.2026 14:55:28

Results

8, 50m Fri Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Alisa Kulagina**	2010	Trondhjems SLK		442	**29.96**		P
2	**Marita Berg**	2010	Levanger SLK		390	**31.24**	+1.28	P
3	**Ellen Kristine Eidsmo Hova**	2010	Trondhjems SLK		345	**32.52**	+2.56	
4	**Vilde Fremstad Solseth**	2010	Trondhjems SLK		307	**33.82**	+3.86	
5	**Therese Antonie Hamland Sevaldse**	2010	Malvik IL		213	**38.18**	+8.22	

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8, 50m Fri Damer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jenny Engelsås Eilertsen**	2009	Malvik IL		255	**35.96**		P

Event official at: 07.11.2026 14:55:28

8, 50m Fri Damer, Final, 18 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ina Birgitte Eidsmo Hova**	2008	Trondhjems SLK		275	**35.08**		P

Event official at: 07.11.2026 14:55:28

8, 50m Fri Damer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofia Handberg**	2007	Vestbyen Trondheim		467	**29.42**		P
2	**Annika Lekon**	2003	SG Schwimmen Münster		544	**34.53**	+5.11	S9 P

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8, 50m Fri Damer, Final, Para

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Annika Lekon**	2003	SG Schwimmen Münster		544	**34.53**		S9 P

Event official at: 07.11.2026 14:55:28

9, 100m Butterfly Herrer, Final, 9 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Alexander Viggen	2017	Kattem SK		46	**2:12.66**		
50m: 1:00.41	100m: 2:12.66 (1:12.25)						

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Guy Løfaldli	2016	Trondhjems SLK		61	**2:00.93**	-2.30	
50m: 55.31	100m: 2:00.93 (1:05.62)						

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Noah Kvam Haaheim**	2015	Trondhjems SLK		68	**1:56.77**		P
	50m: 54.38	100m: 1:56.77 (1:02.39)						
2	**Edvard Langsetmo**	2015	Stjørdals-Blink IL		49	**2:09.82**	+13.05	
	50m: 59.21	100m: 2:09.82 (1:10.61)						

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
-	**Henrik Sæther Kapfer**	2014	Kattem SK			**DSQ**		

Event official at: 07.11.2026 15:48:22

Results

9, 100m Butterfly Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Olav Høyland Hofstad**	2013	Trondhjems SLK		213	**1:19.78**		P
	50m: 35.14	100m: 1:19.78	(44.64)					
2	**Cornelius Wik**	2013	Trondhjems SLK		170	**1:26.01**	+6.23	P
	50m: 40.30	100m: 1:26.01	(45.71)					
3	**Sigurd Kristoffersen Torvik**	2013	Trondhjems SLK		91	**1:45.72**	+25.94	
	50m: 49.36	100m: 1:45.72	(56.36)					
4	**Barnaby Lee_Wright**	2013	Trondhjems SLK		76	**1:52.18**	+32.40	
	50m: 53.50	100m: 1:52.18	(58.68)					
5	**David Larsen**	2013	Malvik IL		70	**1:55.16**	+35.38	
	50m: 52.19	100m: 1:55.16	(1:02.97)					

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Pedro Manquehual**	2012	Trondhjems SLK		341	**1:08.20**		P
	50m: 31.14	100m: 1:08.20	(37.06)					
2	**Edvard Hamnes Ulriksen**	2012	Trondhjems SLK		268	**1:13.87**	+5.67	
	50m: 33.72	100m: 1:13.87	(40.15)					
3	**Jason Lama**	2012	Kattem SK		140	**1:31.78**	+23.58	
	50m: 41.64	100m: 1:31.78	(50.14)					

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Storm Olander Øvergård**	2011	Trondhjems SLK		339	**1:08.38**		P
	50m: 30.41	100m: 1:08.38	(37.97)					
2	**Lev Shestov**	2011	Trondhjems SLK		255	**1:15.11**	+6.73	P
	50m: 33.82	100m: 1:15.11	(41.29)					
3	**William Kvalnes**	2011	Malvik IL		188	**1:23.20**	+14.82	
	50m: 38.58	100m: 1:23.20	(44.62)					
4	**Emeric Sognnes Pouech**	2011	Kattem SK		101	**1:42.27**	+33.89	
	50m: 46.58	100m: 1:42.27	(55.69)					

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Bjørn Eimar Endal Sorteberg**	2010	Trondhjems SLK		453	**1:02.07**		P
	50m: 29.21	100m: 1:02.07	(32.86)					
2	**Isak Berner-Jenssen**	2010	Kristiansund SK		270	**1:13.73**	+11.66	
	50m: 32.95	100m: 1:13.73	(40.78)					

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jon Lyftingsmo**	2009	Malvik IL		278	**1:13.01**		P
	50m: 33.26	100m: 1:13.01	(39.75)					

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Eirik Hakvåg-Sandengen**	2007	Trondhjems SLK		371	**1:06.32**		P
	50m: 30.67	100m: 1:06.32	(35.65)					

Event official at: 07.11.2026 15:48:22

9, 100m Butterfly Herrer, Final, Masters A

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Aleksander Mittet**	1999	Kristiansund SK		364	**1:06.73**		P
	50m: 30.41	100m: 1:06.73	(36.32)					

Event official at: 07.11.2026 15:48:22

Results

10, 100m Butterfly Damer, Final, 10 years

Time		Born	Team	R.T.	Pts	Time	Diff	
Anna Sofie Fossli		2016	Stjørdals-Blink IL		73	**2:05.72**	-5.40	
50m: 59.55	100m: 2:05.72 (1:06.17)							

Event official at: 07.11.2026 15:55:14

10, 100m Butterfly Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ingeborg Strandenes**	2015	Trondhjems SLK		257	**1:22.82**		P
50m: 37.30	100m: 1:22.82 (45.52)							
2	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		151	**1:38.78**	+15.96	
50m: 46.38	100m: 1:38.78 (52.40)							
3	**Gunhild Furuholt Valle**	2015	Trondhjems SLK		149	**1:39.30**	+16.48	
50m: 45.75	100m: 1:39.30 (53.55)							

Event official at: 07.11.2026 15:55:14

10, 100m Butterfly Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elina Arefjord Spangelo**	2014	Trondhjems SLK		310	**1:17.88**		P
50m: 37.29	100m: 1:17.88 (40.59)							
2	**Nora Hansen Gaasvik**	2014	Kattem SK		284	**1:20.12**	+2.24	P
50m: 36.74	100m: 1:20.12 (43.38)							
3	**Sofia Rø Tjøtta**	2014	Trondhjems SLK		118	**1:47.17**	+29.29	P
50m: 47.97	100m: 1:47.17 (59.20)							
4	**Hild Midboe Rognstad**	2014	Kattem SK		113	**1:49.02**	+31.14	
50m: 48.14	100m: 1:49.02 (1:00.88)							
5	**Ragnhild Fjermestad**	2014	Trondhjems SLK		98	**1:54.06**	+36.18	
50m: 51.23	100m: 1:54.06 (1:02.83)							
6	**Aurora Aarflot Johannessen**	2014	Trondhjems SLK		93	**1:55.95**	+38.07	
50m: 54.53	100m: 1:55.95 (1:01.42)							
7	**Solveig Massing**	2014	Kattem SK		91	**1:56.97**	+39.09	
50m: 52.33	100m: 1:56.97 (1:04.64)							

Event official at: 07.11.2026 15:55:14

10, 100m Butterfly Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		186	**1:32.32**		P
50m: 42.52	100m: 1:32.32 (49.80)							
2	**Tia Kristine Karlsen**	2013	Stjørdals-Blink IL		169	**1:35.29**	+2.97	P
50m: 41.51	100m: 1:35.29 (53.78)							
3	**Elin Vælitalo Skaret**	2013	Lier SK		164	**1:36.21**	+3.89	
50m: 43.98	100m: 1:36.21 (52.23)							
-	**Ruolai Liu**	2013	Trondhjems SLK			**DSQ**		

Event official at: 07.11.2026 15:55:14

10, 100m Butterfly Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ada Fludal Osland**	2012	Trondhjems SLK		505	**1:06.18**		P
50m: 30.55	100m: 1:06.18 (35.63)							
2	**Lin Carola Magdalene Nygren**	2012	Trondhjems SLK		308	**1:18.05**	+11.87	P
50m: 36.01	100m: 1:18.05 (42.04)							
3	**Johanne Hustad**	2012	Vestbyen Trondheim		229	**1:26.13**	+19.95	
50m: 38.68	100m: 1:26.13 (47.45)							
4	**Karen Wang Nerland**	2012	Stjørdals-Blink IL		103	**1:52.15**	+45.97	
50m: 49.38	100m: 1:52.15 (1:02.77)							

Event official at: 07.11.2026 15:55:14

Results

10, 100m Butterfly Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Erle Kullerud Ytrehus**	2011	Trondhjems SLK		293	**1:19.36**		P
	50m: 36.07	100m: 1:19.36 (43.29)						
2	**Helle Johnsen Selsås**	2011	Trondhjems SLK		246	**1:24.07**	+4.71	P
	50m: 36.70	100m: 1:24.07 (47.37)						
3	**Marie Phan Hammerfjell**	2011	Malvik IL		191	**1:31.50**	+12.14	
	50m: 39.42	100m: 1:31.50 (52.08)						
4	**Liv Løfaldli**	2011	Trondhjems SLK		181	**1:33.10**	+13.74	
	50m: 41.35	100m: 1:33.10 (51.75)						
-	**Sofie Hoff**	2011	Trondhjems SLK			**DSQ**		

Event official at: 07.11.2026 15:55:14

10, 100m Butterfly Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Alisa Kulagina**	2010	Trondhjems SLK		306	**1:18.17**		P
	50m: 34.98	100m: 1:18.17 (43.19)						
2	**Aurora Stene Jensen**	2010	Malvik IL		172	**1:34.64**	+16.47	
	50m: 43.30	100m: 1:34.64 (51.34)						

Event official at: 07.11.2026 15:55:14

10, 100m Butterfly Damer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Isabella Johanne Debik**	2007	Trondhjems SLK		173	**1:34.57**		P
	50m: 42.14	100m: 1:34.57 (52.43)						

Event official at: 07.11.2026 15:55:14

11, 200m Bryst Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Noah Kvam Haaheim**	2015	Trondhjems SLK		90	**4:26.00**		P
	50m: 1:02.60	100m: 2:10.69 (1:08.09)	150m: 3:19.49 (1:08.80)		200m: 4:26.00 (1:06.51)			
-	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL			**DSQ**		

Event official at: 07.11.2026 16:18:13

11, 200m Bryst Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Konrad Vandsvik**	2014	Kattem SK		215	**3:19.39**		P
	50m: 45.90	100m: 1:37.31 (51.41)	150m: 2:29.42 (52.11)		200m: 3:19.39 (49.97)			
2	**Tobias Borchsenius**	2014	Vestbyen Trondheim		211	**3:20.76**	+1.37	P
	50m: 46.36	100m: 1:37.89 (51.53)	150m: 2:29.10 (51.21)		200m: 3:20.76 (51.66)			
3	**Johan Hallset**	2014	Levanger SLK		200	**3:24.12**	+4.73	
	50m: 47.49	100m: 1:39.81 (52.32)	150m: 2:32.36 (52.55)		200m: 3:24.12 (51.76)			
4	**Martin Codreanu**	2014	Vestbyen Trondheim		187	**3:28.68**	+9.29	
	50m: 47.09	100m: 1:40.32 (53.23)	150m: 2:34.30 (53.98)		200m: 3:28.68 (54.38)			
5	**Emrik Hammerfjell**	2014	Malvik IL		129	**3:56.16**	+36.77	
	50m: 51.51	100m: 1:51.24 (59.73)	150m: 2:55.52 (1:04.28)		200m: 3:56.16 (1:00.64)			
6	**Martin Dørum Steen**	2014	Malvik IL		107	**4:11.66**	+52.27	
	50m: 56.69	100m: 2:01.20 (1:04.51)	150m: 3:05.33 (1:04.13)		200m: 4:11.66 (1:06.33)			

Event official at: 07.11.2026 16:18:13

11, 200m Bryst Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Tymofii Dzisiak**	2013	Trondhjems SLK		193	**3:26.53**		P
	50m: 47.58	100m: 1:41.08 (53.50)	150m: 2:34.43 (53.35)		200m: 3:26.53 (52.10)			
2	**David Larsen**	2013	Malvik IL		116	**4:04.43**	+37.90	
	50m: 58.51	100m: 2:01.93 (1:03.42)	150m: 3:03.88 (1:01.95)		200m: 4:04.43 (1:00.55)			

Event official at: 07.11.2026 16:18:13

Results

11, 200m Bryst Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ivar Valstad**	2012	Stjørdals-Blink IL		221	**3:17.42**		P
	50m: 44.32	100m: 1:34.34 (50.02)	150m: 2:25.19 (50.85)		200m: 3:17.42 (52.23)			
2	**Anton Szyba**	2012	Stjørdals-Blink IL		213	**3:19.83**	+2.41	P
	50m: 45.49	100m: 1:36.24 (50.75)	150m: 2:27.97 (51.73)		200m: 3:19.83 (51.86)			
3	**Håvard Bjerke**	2012	Vestbyen Trondheim		194	**3:26.44**	+9.02	
	50m: 47.29	100m: 1:39.96 (52.67)	150m: 2:33.84 (53.88)		200m: 3:26.44 (52.60)			
4	**Mateo Lucas Magno**	2012	Trondhjems SLK		187	**3:28.74**	+11.32	
	50m: 48.12	100m: 1:40.90 (52.78)	150m: 2:34.87 (53.97)		200m: 3:28.74 (53.87)			
5	**Emil Falkenbo-Skalmerås**	2012	Trondhjems SLK		163	**3:38.51**	+21.09	
	50m: 48.23	100m: 1:43.67 (55.44)	150m: 2:41.74 (58.07)		200m: 3:38.51 (56.77)			
6	**Jesper Julius Sundseth Skjærli**	2012	Trondhjems SLK		162	**3:39.03**	+21.61	
	50m: 49.82	100m: 1:45.90 (56.08)	150m: 2:43.34 (57.44)		200m: 3:39.03 (55.69)			

Event official at: 07.11.2026 16:18:13

11, 200m Bryst Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Philip Giske Nyman**	2011	Trondhjems SLK		430	**2:38.26**		P
	50m: 36.43	100m: 1:16.12 (39.69)	150m: 1:56.59 (40.47)		200m: 2:38.26 (41.67)			
2	**Lucas Nachappa Muthanna**	2011	Trondhjems SLK		403	**2:41.81**	+3.55	P
	50m: 36.65	100m: 1:18.26 (41.61)	150m: 2:00.25 (41.99)		200m: 2:41.81 (41.56)			
3	**Emeric Sognnes Pouech**	2011	Kattem SK		212	**3:20.38**	+42.12	
	50m: 44.94	100m: 1:35.47 (50.53)	150m: 2:28.93 (53.46)		200m: 3:20.38 (51.45)			
4	**Petter Hisdal**	2011	Kattem SK		192	**3:26.95**	+48.69	
	50m: 46.61	100m: 1:38.80 (52.19)	150m: 2:32.85 (54.05)		200m: 3:26.95 (54.10)			

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11, 200m Bryst Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emre Stav**	2010	Vestbyen Trondheim		372	**2:46.12**		P
	50m: 36.76	100m: 1:18.18 (41.42)	150m: 2:01.58 (43.40)		200m: 2:46.12 (44.54)			

Event official at: 07.11.2026 16:18:13

12, 200m Bryst Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Eva Dreier Bjørnaas	2016	Trondhjems SLK		164	**4:02.05**	-4.71
50m: 56.47	100m: 1:59.17 (1:02.70)	150m: 3:02.11 (1:02.94)		200m: 4:02.05 (59.94)		
Guro Johanne Eidsmo Hova	2016	Trondhjems SLK		86	**4:59.86**	
50m: 1:08.11	100m: 2:25.04 (1:16.93)	150m: 3:42.07 (1:17.03)		200m: 4:59.86 (1:17.79)		
Oline Værness Nygård	2016	Trondhjems SLK		131	**4:20.42**	
50m: 57.97	100m: 2:06.09 (1:08.12)	150m: 3:12.79 (1:06.70)		200m: 4:20.42 (1:07.63)		
Zhemin Pan	2016	Kattem SK		159	**4:04.24**	
50m: 56.18	100m: 1:59.64 (1:03.46)	150m: 3:03.40 (1:03.76)		200m: 4:04.24 (1:00.84)		
Julia Shestova	2016	Trondhjems SLK			**DSQ**	

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12, 200m Bryst Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Vilma Granhus Følstad**	2015	Trondhjems SLK		236	**3:34.31**		P
	50m: 48.12	100m: 1:42.33 (54.21)	150m: 2:38.52 (56.19)		200m: 3:34.31 (55.79)			
2	**Mira Thorgård**	2015	Trondhjems SLK		215	**3:40.92**	+6.61	P
	50m: 50.69	100m: 1:48.40 (57.71)	150m: 2:47.24 (58.84)		200m: 3:40.92 (53.68)			
3	**Kristina Kulagina**	2015	Trondhjems SLK		193	**3:49.01**	+14.70	P
	50m: 50.39	100m: 1:49.42 (59.03)	150m: 2:49.55 (1:00.13)		200m: 3:49.01 (59.46)			
4	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		164	**4:01.74**	+27.43	
	50m: 55.04	100m: 1:58.95 (1:03.91)	150m: 3:01.90 (1:02.95)		200m: 4:01.74 (59.84)			
5	**Liv Langdal**	2015	Trondhjems SLK		144	**4:12.59**	+38.28	
	50m: 57.84	100m: 2:03.01 (1:05.17)	150m: 3:09.70 (1:06.69)		200m: 4:12.59 (1:02.89)			
6	**Eline Rytter-Heggdal**	2015	Trondhjems SLK		135	**4:17.74**	+43.43	
	50m: 57.32	100m: 2:04.27 (1:06.95)	150m: 3:14.98 (1:10.71)		200m: 4:17.74 (1:02.76)			
7	**Ingeborg K. Torvik**	2015	Trondhjems SLK		100	**4:44.97**	+1:10.66	
	50m: 1:05.20	100m: 2:18.19 (1:12.99)	150m: 3:33.65 (1:15.46)		200m: 4:44.97 (1:11.32)			
-	**Lilly Fludal Osland**	2015	Trondhjems SLK			**DSQ**		

Event official at: 07.11.2026 16:47:18

Results

12, 200m Bryst Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sissel Mellingsæter**	2014	Kattem SK		371	**3:04.37**		P
	50m: 40.80	100m: 1:29.16 (48.36)	150m: 2:18.33 (49.17)		200m: 3:04.37 (46.04)			
2	**Hanna Robertsen Burton**	2014	Trondhjems SLK		238	**3:33.80**	+29.43	P
	50m: 48.62	100m: 1:43.36 (54.74)	150m: 2:39.32 (55.96)		200m: 3:33.80 (54.48)			
3	**Leonora Stagl-Neergaard**	2014	Kattem SK		207	**3:43.83**	+39.46	P
	50m: 49.72	100m: 1:46.98 (57.26)	150m: 2:45.41 (58.43)		200m: 3:43.83 (58.42)			
4	**Nicoline Vinje**	2014	Trondhjems SLK		205	**3:44.57**	+40.20	
	50m: 50.59	100m: 1:47.91 (57.32)	150m: 2:46.82 (58.91)		200m: 3:44.57 (57.75)			
5	**Aurora Aarflot Johannessen**	2014	Trondhjems SLK		143	**4:12.90**	+1:08.53	
	50m: 58.99	100m: 2:05.12 (1:06.13)	150m: 3:10.41 (1:05.29)		200m: 4:12.90 (1:02.49)			
6	**Agnes Grindeland**	2014	Trondhjems SLK		133	**4:19.54**	+1:15.17	
	50m: 58.11	100m: 2:04.48 (1:06.37)	150m: 3:13.82 (1:09.34)		200m: 4:19.54 (1:05.72)			
-	**Aurora Ytrehus Kullerud**	2014	Trondhjems SLK			**DSQ**		
-	**Sofia Rø Tjøtta**	2014	Trondhjems SLK			**DSQ**		

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12, 200m Bryst Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sigrid Eidsmo**	2013	Kattem SK		306	**3:16.50**		P
	50m: 44.58	100m: 1:35.83 (51.25)	150m: 2:27.47 (51.64)		200m: 3:16.50 (49.03)			
2	**Michaela Josefin Abeleva Barrera**	2013	Trondhjems SLK		304	**3:16.88**	+0.38	P
	50m: 43.41	100m: 1:33.92 (50.51)	150m: 2:26.01 (52.09)		200m: 3:16.88 (50.87)			
3	**Amalie Bjørnstad Eriksen**	2013	Stjørdals-Blink IL		265	**3:26.22**	+9.72	P
	50m: 48.22	100m: 1:41.43 (53.21)	150m: 2:35.04 (53.61)		200m: 3:26.22 (51.18)			
4	**Vega Aune Grimstad**	2013	Malvik IL		244	**3:31.97**	+15.47	
	50m: 45.93	100m: 1:39.75 (53.82)	150m: 2:35.80 (56.05)		200m: 3:31.97 (56.17)			
5	**Marie Wærnes Blom**	2013	Trondhjems SLK		210	**3:42.79**	+26.29	
	50m: 49.12	100m: 1:47.33 (58.21)	150m: 2:46.37 (59.04)		200m: 3:42.79 (56.42)			
6	**Ruolai Liu**	2013	Trondhjems SLK		198	**3:47.19**	+30.69	
	50m: 51.08	100m: 1:49.23 (58.15)	150m: 2:48.85 (59.62)		200m: 3:47.19 (58.34)			
7	**Mari Antonie Wang Røkke**	2013	Stjørdals-Blink IL		140	**4:14.91**	+58.41	
	50m: 53.78	100m: 1:57.98 (1:04.20)	150m: 3:06.03 (1:08.05)		200m: 4:14.91 (1:08.88)			

Event official at: 07.11.2026 16:47:18

12, 200m Bryst Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofia Glørstad**	2012	Kattem SK		298	**3:18.28**		P
	50m: 44.99	100m: 1:35.93 (50.94)	150m: 2:28.53 (52.60)		200m: 3:18.28 (49.75)			
2	**Sofie Hepsø**	2012	Trondhjems SLK		269	**3:25.19**	+6.91	P
	50m: 46.19	100m: 1:38.35 (52.16)	150m: 2:31.81 (53.46)		200m: 3:25.19 (53.38)			
3	**Martina Kleppe**	2012	Malvik IL		228	**3:36.66**	+18.38	
	50m: 49.05	100m: 1:45.20 (56.15)	150m: 2:42.95 (57.75)		200m: 3:36.66 (53.71)			
4	**Luna Sofie Barli Almestad**	2012	Levanger SLK		183	**3:53.29**	+35.01	
	50m: 49.50	100m: 1:48.64 (59.14)	150m: 2:50.62 (1:01.98)		200m: 3:53.29 (1:02.67)			

Event official at: 07.11.2026 16:47:18

12, 200m Bryst Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Helle Lundgren**	2011	Trondhjems SLK		204	**3:44.90**		P
	50m: 49.03	100m: 1:46.16 (57.13)	150m: 2:45.93 (59.77)		200m: 3:44.90 (58.97)			

Event official at: 07.11.2026 16:47:18

12, 200m Bryst Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Augusta Jordahl Knudseth**	2010	Kristiansund SK		309	**3:15.79**		P
	50m: 39.15	100m: 1:22.09 (42.94)	150m: 2:18.24 (56.15)		200m: 3:15.79 (57.55)			

Event official at: 07.11.2026 16:47:18

13, 400m Medley Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff
-	**David Larsen**	2013	Malvik IL			**DSQ**	

Event official at: 07.11.2026 16:57:34

Results

13, 400m Medley Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Edvard Hamnes Ulriksen**	2012	Trondhjems SLK		292	**5:53.78**		P
	50m: 37.47		100m: 1:23.18 (45.71)	150m: 2:09.91 (46.73)		200m: 2:55.26 (45.35)		
	250m: 3:44.51 (49.25)		300m: 4:35.30 (50.79)	350m: 5:15.35 (40.05)		400m: 5:53.78 (38.43)		
2	**Isak Mariussønn Valen**	2012	Malvik IL		269	**6:03.71**	+9.93	
	50m: 37.04		100m: 1:22.68 (45.64)	150m: 2:10.37 (47.69)		200m: 2:55.15 (44.78)		
	250m: 3:50.96 (55.81)		300m: 4:46.45 (55.49)	350m: 5:24.71 (38.26)		400m: 6:03.71 (39.00)		

Event official at: 07.11.2026 16:57:34

13, 400m Medley Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Isak Bakk Kværnø**	2011	Malvik IL		324	**5:41.75**		P
	50m: 36.02		100m: 1:18.92 (42.90)	150m: 2:02.87 (43.95)		200m: 2:45.42 (42.55)		
	250m: 3:32.98 (47.56)		300m: 4:20.57 (47.59)	350m: 5:01.76 (41.19)		400m: 5:41.75 (39.99)		
2	**Eimund Vælitalo Skaret**	2011	Lier SK		282	**5:57.83**	+16.08	
	50m: 37.70		100m: 1:21.88 (44.18)	150m: 2:12.10 (50.22)		200m: 3:00.95 (48.85)		
	250m: 3:51.16 (50.21)		300m: 4:41.73 (50.57)	350m: 5:21.01 (39.28)		400m: 5:57.83 (36.82)		

Event official at: 07.11.2026 16:57:34

14, 400m Medley Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ingeborg Strandenes**	2015	Trondhjems SLK		288	**6:26.60**		P
	50m: 41.34		100m: 1:29.58 (48.24)	150m: 2:15.99 (46.41)		200m: 3:01.21 (45.22)		
	250m: 3:57.76 (56.55)		300m: 4:56.64 (58.88)	350m: 5:42.72 (46.08)		400m: 6:26.60 (43.88)		
2	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		222	**7:01.42**	+34.82	
	50m: 45.49		100m: 1:41.51 (56.02)	150m: 2:36.33 (54.82)		200m: 3:30.49 (54.16)		
	250m: 4:29.57 (59.08)		300m: 5:28.79 (59.22)	350m: 6:16.72 (47.93)		400m: 7:01.42 (44.70)		
3	**Live Hamnes Ulriksen**	2015	Trondhjems SLK		192	**7:22.35**	+55.75	
	50m: 48.10		100m: 1:50.42 (1:02.32)	150m: 2:44.49 (54.07)		200m: 3:38.95 (54.46)		
	250m: 4:37.47 (58.52)		300m: 5:38.85 (1:01.38)	350m: 6:30.22 (51.37)		400m: 7:22.35 (52.13)		

Event official at: 07.11.2026 17:18:31

14, 400m Medley Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sissel Mellingsæter**	2014	Kattem SK		314	**6:15.51**		P
	50m: 42.85		100m: 1:37.02 (54.17)	150m: 2:22.75 (45.73)		200m: 3:08.66 (45.91)		
	250m: 3:59.97 (51.31)		300m: 4:52.42 (52.45)	350m: 5:35.05 (42.63)		400m: 6:15.51 (40.46)		

Event official at: 07.11.2026 17:18:31

14, 400m Medley Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Louise Thys**	2013	Trondhjems SLK		305	**6:19.23**		P
	50m: 40.73		100m: 1:28.67 (47.94)	150m: 2:17.82 (49.15)		200m: 3:05.30 (47.48)		
	250m: 3:59.76 (54.46)		300m: 4:53.13 (53.37)	350m: 5:37.80 (44.67)		400m: 6:19.23 (41.43)		

Event official at: 07.11.2026 17:18:31

14, 400m Medley Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Arina Amundsen**	2011	Stjørdals-Blink IL		451	**5:32.97**		P
	50m: 35.36		100m: 1:16.70 (41.34)	150m: 1:58.33 (41.63)		200m: 2:39.04 (40.71)		
	250m: 3:27.19 (48.15)		300m: 4:16.70 (49.51)	350m: 4:55.31 (38.61)		400m: 5:32.97 (37.66)		
2	**Lillian Gran Fløan**	2011	Stjørdals-Blink IL		309	**6:17.49**	+44.52	
	50m: 40.97		100m: 1:31.93 (50.96)	150m: 2:22.06 (50.13)		200m: 3:11.02 (48.96)		
	250m: 4:05.03 (54.01)		300m: 4:57.83 (52.80)	350m: 5:40.63 (42.80)		400m: 6:17.49 (36.86)		

Event official at: 07.11.2026 17:18:31

14, 400m Medley Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ellen Kristine Eidsmo Hova**	2010	Trondhjems SLK		301	**6:21.13**		P
	50m: 42.05		100m: 1:32.08 (50.03)	150m: 2:22.39 (50.31)		200m: 3:11.75 (49.36)		
	250m: 4:04.38 (52.63)		300m: 4:58.66 (54.28)	350m: 5:42.26 (43.60)		400m: 6:21.13 (38.87)		
2	**Aurora Stene Jensen**	2010	Malvik IL		263	**6:38.42**	+17.29	
	50m: 46.21		100m: 1:41.49 (55.28)	150m: 2:32.26 (50.77)		200m: 3:22.60 (50.34)		
	250m: 4:14.70 (52.10)		300m: 5:08.41 (53.71)	350m: 5:54.88 (46.47)		400m: 6:38.42 (43.54)		

Event official at: 07.11.2026 17:18:31

Results

15, 4X50m Me H KOMPIS-stafett, Final, Alfabetisk

Sponsor: **KOMPIS fra Grilstad**



Rank	Name	Age	Team		Pts	Time	Diff
-	**Trondhjems SLK G6 ALFA**	14	Trondhjems SLK		117	**3:03.12**	
	Mateo Lucas Magno	2012		36.39		36.39	
	Guy Løfaldli	2016		54.14		1:30.53	
	Barnaby Lee_Wright	2013		50.44		2:20.97	
	Noah Kvam Haaheim	2015		42.15		3:03.12	

Event official at: 07.11.2026 17:30:17

Results

15, 4X50m Me H KOMPIS-stafett, Final, Senior

Sponsor: **KOMPIS fra Grilstad**



Rank	Name	Age	Team		Pts	Time	Diff
1	**Trondhjems SLK G1**	20	Trondhjems SLK		473	**1:55.11**	
	Lucas Nachappa Muthanna	2011		30.17		30.17	
	Emre Vold Kirkvold	2010		33.13		1:03.30	
	Bjørn Eimar Endal Sorteberg	2010		27.33		1:30.63	
	Thomas Trøite	2006		24.48		1:55.11	
2	**Trondhjems SLK G2**	19	Trondhjems SLK		395	**2:02.23**	+7.12
	Eirik Hakvåg-Sandengen	2007		30.60		30.60	
	Ludvig Svendsen	2011		34.22		1:04.82	
	Storm Olander Øvergård	2011		29.92		1:34.74	
	Vishnu Sattanathan	2010		27.49		2:02.23	
3	**Trondhjems SLK G3**	16	Trondhjems SLK		293	**2:15.04**	+19.93
	Fredrik Holberg	2010		35.69		35.69	
	Sigurd Kristoffersen Torvik	2013		42.97		1:18.66	
	Pedro Manquehual	2012		29.30		1:47.96	
	Lev Shestov	2011		27.08		2:15.04	
4	**Trondhjems SLK G4**	15	Trondhjems SLK		267	**2:19.22**	+24.11
	Jesper Julius Sundseth Skjærli	2012		45.44		45.44	
	Philip Giske Nyman	2011		33.91		1:19.35	
	Olav Høyland Hofstad	2013		31.70		1:51.05	
	Edvard Hamnes Ulriksen	2012		28.17		2:19.22	
5	**Malvik IL G1**	17	Malvik IL		237	**2:24.86**	+29.75
	Jon Lyftingsmo	2009		33.74		33.74	
	William Kvalnes	2011		38.28		1:12.02	
	Isak Mariussønn Valen	2012		33.22		1:45.24	
	David Larsen	2013		39.62		2:24.86	
6	**Vestbyen Trondheim G1**	16	Vestbyen Trondheim		228	**2:26.81**	+31.70
	Tobias Borchsenius	2014		41.26		41.26	
	Emre Stav	2010		34.34		1:15.60	
	Martin Codreanu	2014		39.68		1:55.28	
	Håvard Bjerke	2012		31.53		2:26.81	
7	**Malvik IL G2**	23	Malvik IL		212	**2:30.36**	+35.25
	Tobias Gunerius Aaen	2003		34.61		34.61	
	Isak Bakk Kværnø	2011		38.60		1:13.21	
	Sebastian Kvalnes	2011		34.77		1:47.98	
	Martin Dørum Steen	2014		42.38		2:30.36	
8	**Kattem SK G1**	15	Kattem SK		190	**2:35.80**	+40.69
	Henrik Sæther Kapfer	2014		45.10		45.10	
	Jason Lama	2012		42.18		1:27.28	
	Konrad Vandsvik	2014		37.47		2:04.75	
	Petter Hisdal	2011		31.05		2:35.80	
9	**Stjørdals-Blink IL G1**	16	Stjørdals-Blink IL		185	**2:37.26**	+42.15
	Anton Szyba	2012		35.45		35.45	
	Ivar Valstad	2012		40.86		1:16.31	
	Edvard Langsetmo	2015		50.39		2:06.70	
	Benjamin Tyholt Gulaker	2010		30.56		2:37.26	

Event official at: 07.11.2026 17:30:17

Results

16, 4X50m Me D KOMPIS-stafett, Final, Alfabetisk

Sponsor: **KOMPIS fra Grilstad**



Rank	Name	Age	Team		Pts	Time	Diff
-	**Trondhjems SLK J12 ALFA**	11	Trondhjems SLK		105	**3:36.34**	
	Eline Rytter-Heggdal	2015		50.69		50.69	
	Guro Johanne Eidsmo Hova	2016		1:04.68		1:55.37	
	Julia Shestova	2016		59.30		2:54.67	
	Eva Dreier Bjørnaas	2016		41.67		3:36.34	

Event official at: 07.11.2026 17:37:51

16, 4X50m Me D KOMPIS-stafett, Final, Senior

Sponsor: **KOMPIS fra Grilstad**



Rank	Name	Age	Team		Pts	Time	Diff
1	**Trondhjems SLK J1**	16	Trondhjems SLK		501	**2:08.83**	
	Ada Fludal Osland	2012		31.16		31.16	
	Alisa Kulagina	2010		36.45		1:07.61	
	Erle Kullerud Ytrehus	2011		32.10		1:39.71	
	Lin Carola Magdalene Nygren	2012		29.12		2:08.83	
2	**Trondhjems SLK J3**	15	Trondhjems SLK		352	**2:24.92**	+16.09
	Helle Johnsen Selsås	2011		38.85		38.85	
	Liv Løfaldli	2011		40.54		1:19.39	
	Sofie Hoff	2011		33.05		1:52.44	
	Elsa Dragsten Wake	2011		32.48		2:24.92	
3	**Kattem SK J1**	14	Kattem SK		337	**2:27.00**	+18.17
	Sigrid Eidsmo	2013		43.20		43.20	
	Sissel Mellingsæter	2014		38.39		1:21.59	
	Nora Hansen Gaasvik	2014		34.73		1:56.32	
	Sofia Glørstad	2012		30.68		2:27.00	
4	**Trondhjems SLK J2**	13	Trondhjems SLK		320	**2:29.61**	+20.78
	Marie Wærnes Blom	2013		37.89		37.89	
	Ingeborg Strandenes	2015		45.86		1:23.75	
	Elina Arefjord Spangelo	2014		33.23		1:56.98	
	Louise Thys	2013		32.63		2:29.61	
5	**Malvik IL J1**	17	Malvik IL		306	**2:31.78**	+22.95
	Jenny Engelsås Eilertsen	2009		40.65		40.65	
	Martina Kleppe	2012		42.53		1:23.18	
	Marie Phan Hammerfjell	2011		36.55		1:59.73	
	Lucy Elvevold Skotte	2011		32.05		2:31.78	
6	**Stjørdals-Blink IL J1**	15	Stjørdals-Blink IL		288	**2:34.98**	+26.15
	Karen Wang Nerland	2012		45.05		45.05	
	Amalie Bjørnstad Eriksen	2013		41.36		1:26.41	
	Lillian Gran Fløan	2011		33.99		2:00.40	
	Tia Kristine Karlsen	2013		34.58		2:34.98	
7	**Trondhjems SLK J4**	18	Trondhjems SLK		277	**2:36.99**	+28.16
	Michaela Josefin Abeleva Barrera	2013		36.98		36.98	
	Ina Birgitte Eidsmo Hova	2008		47.35		1:24.33	
	Ellen Kristine Eidsmo Hova	2010		39.01		2:03.34	
	Helle Lundgren	2011		33.65		2:36.99	

Results

8	**Trondhjems SLK J9**	12	Trondhjems SLK		213	**2:51.31**	+42.48
	Lilly Fludal Osland	2015		42.49		42.49	
	Live Hamnes Ulriksen	2015		47.12		1:29.61	
	Mira Thorgård	2015		47.00		2:16.61	
	Nicoline Vinje	2014		34.70		2:51.31	
9	**Malvik IL J2**	34	Malvik IL		212	**2:51.56**	+42.73
	Aurora Stene Jensen	2010		41.68		41.68	
	Louise Bakk Kvernø	2013		54.17		1:35.85	
	Vega Aune Grimstad	2013		36.20		2:12.05	
	Betine Tangenes Solli	1992		39.51		2:51.56	
10	**Trondhjems SLK J8**	13	Trondhjems SLK		190	**2:57.83**	+49.00
	Ragnhild Fjermestad	2014		46.16		46.16	
	Ruolai Liu	2013		48.23		1:34.39	
	Sara Olea Riseth Moe	2015		45.45		2:19.84	
	Sofia Rø Tjøtta	2014		37.99		2:57.83	
11	**Trondhjems SLK J10**	12	Trondhjems SLK		157	**3:09.45**	+1:00.6
	Aurora Aarflot Johannessen	2014		52.61		52.61	
	Hanna Robertsen Burton	2014		47.41		1:40.02	
	Ilaria Kari Cherubini	2015		44.41		2:24.43	
	Kristina Kulagina	2015		45.02		3:09.45	
12	**Trondhjems SLK J11**	12	Trondhjems SLK		111	**3:32.34**	+1:23.5
	Ingeborg K. Torvik	2015		1:01.57		1:01.57	
	Agnes Grindeland	2014		55.28		1:56.85	
	Yngvild Fjermestad	2015		49.30		2:46.15	
	Aurora Ytrehus Kullerud	2014		46.19		3:32.34	

Event official at: 07.11.2026 17:37:51

17, 100m Medley Herrer, Final, 9 years

Time		Born	Team	R.T.	Pts	Time	Diff	
Dahab Hamad		2017	Trondhjems SLK			**DSQ**		

Event official at: 08.11.2026 10:19:43

17, 100m Medley Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Noah Kvam Haaheim**	2015	Trondhjems SLK		102	**1:45.14**		P
	50m: 48.86	100m: 1:45.14	(56.28)					
2	**Edvard Langsetmo**	2015	Stjørdals-Blink IL		99	**1:46.28**	+1.14	
	50m: 49.07	100m: 1:46.28	(57.21)					

Event official at: 08.11.2026 10:19:43

17, 100m Medley Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jonas Boneng Stenumgård**	2014	Verdal SK		148	**1:33.09**		P
	50m: 43.21	100m: 1:33.09	(49.88)					

Event official at: 08.11.2026 10:19:43

17, 100m Medley Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Tymofii Dzisiak**	2013	Trondhjems SLK		168	**1:29.19**		P
	50m: 42.24	100m: 1:29.19	(46.95)					
2	**Sigurd Kristoffersen Torvik**	2013	Trondhjems SLK		153	**1:32.08**	+2.89	P
	50m: 44.64	100m: 1:32.08	(47.44)					
3	**David Larsen**	2013	Malvik IL		110	**1:42.74**	+13.55	
	50m: 49.80	100m: 1:42.74	(52.94)					
4	**Barnaby Lee_Wright**	2013	Trondhjems SLK		100	**1:45.84**	+16.65	
	50m: 49.97	100m: 1:45.84	(55.87)					

Event official at: 08.11.2026 10:19:43

Results

17, 100m Medley Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Mateo Lucas Magno**	2012	Trondhjems SLK		218	**1:21.81**		P
	50m: 37.14	100m: 1:21.81	(44.67)					
2	**Håvard Bjerke**	2012	Vestbyen Trondheim		200	**1:24.13**	+2.32	
	50m: 40.60	100m: 1:24.13	(43.53)					
3	**Jesper Julius Sundseth Skjærli**	2012	Trondhjems SLK		169	**1:29.03**	+7.22	
	50m: 42.05	100m: 1:29.03	(46.98)					

Event official at: 08.11.2026 10:19:43

17, 100m Medley Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Mattias Isaksen**	2011	Trondhjems SLK		446	**1:04.47**		P
	50m: 28.82	100m: 1:04.47	(35.65)					
2	**Sebastian Kvalnes**	2011	Malvik IL		248	**1:18.39**	+13.92	
	50m: 34.93	100m: 1:18.39	(43.46)					
3	**Petter Hisdal**	2011	Kattem SK		224	**1:21.13**	+16.66	
	50m: 37.53	100m: 1:21.13	(43.60)					

Event official at: 08.11.2026 10:19:43

17, 100m Medley Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marius Jacobsen Kleveland**	2007	Vestbyen Trondheim		497	**1:02.21**		P
	50m: 28.78	100m: 1:02.21	(33.43)					

Event official at: 08.11.2026 10:19:43

18, 100m Medley Damer, Final, 10 years

Time	Name	Born	Team	R.T.	Pts	Time	Diff
	Eva Dreier Bjørnaas	2016	Trondhjems SLK		144	**1:45.01**	-0.92
	50m: 48.55	100m: 1:45.01	(56.46)				
	Oline Værness Nygård	2016	Trondhjems SLK		140	**1:46.09**	-3.92
	50m: 51.02	100m: 1:46.09	(55.07)				
	Zhemin Pan	2016	Kattem SK		131	**1:48.49**	-1.44
	50m: 53.07	100m: 1:48.49	(55.42)				
	Julia Shestova	2016	Trondhjems SLK		122	**1:50.91**	+1.70
	50m: 50.36	100m: 1:50.91	(1:00.55)				

Event official at: 08.11.2026 10:22:04

18, 100m Medley Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ingeborg Strandenes**	2015	Trondhjems SLK		280	**1:24.14**		P
	50m: 38.26	100m: 1:24.14	(45.88)					
2	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		183	**1:37.06**	+12.92	P
	50m: 42.66	100m: 1:37.06	(54.40)					
3	**Liv Langdal**	2015	Trondhjems SLK		135	**1:47.21**	+23.07	
	50m: 49.19	100m: 1:47.21	(58.02)					
4	**Yngvild Fjermestad**	2015	Trondhjems SLK		119	**1:51.96**	+27.82	
	50m: 47.67	100m: 1:51.96	(1:04.29)					

Event official at: 08.11.2026 10:22:04

18, 100m Medley Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elina Arefjord Spangelo**	2014	Trondhjems SLK		335	**1:19.34**		P
	50m: 37.34	100m: 1:19.34	(42.00)					
2	**Nora Hansen Gaasvik**	2014	Kattem SK		323	**1:20.25**	+0.91	P
	50m: 37.05	100m: 1:20.25	(43.20)					
3	**Sigrid Gylseth Dahl**	2014	Trondhjems SLK		219	**1:31.41**	+12.07	
	50m: 41.47	100m: 1:31.41	(49.94)					
4	**Leonora Stagl-Neergaard**	2014	Kattem SK		213	**1:32.19**	+12.85	
	50m: 42.76	100m: 1:32.19	(49.43)					

Event official at: 08.11.2026 10:22:04

Results

18, 100m Medley Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Vega Aune Grimstad**	2013	Malvik IL		328	**1:19.85**		P
	50m: 35.69	100m: 1:19.85 (44.16)						
2	**Louise Thys**	2013	Trondhjems SLK		285	**1:23.70**	+3.85	P
	50m: 38.95	100m: 1:23.70 (44.75)						
3	**Ruolai Liu**	2013	Trondhjems SLK		233	**1:29.48**	+9.63	
	50m: 41.55	100m: 1:29.48 (47.93)						
-	**Linnea Vikan Øren**	2013	Stjørdals-Blink IL			**DSQ**		

Event official at: 08.11.2026 10:22:04

18, 100m Medley Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Johanne Hustad**	2012	Vestbyen Trondheim		315	**1:20.96**		P
	50m: 38.34	100m: 1:20.96 (42.62)						

Event official at: 08.11.2026 10:22:04

18, 100m Medley Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lillian Gran Fløan**	2011	Stjørdals-Blink IL		348	**1:18.34**		P
	50m: 35.83	100m: 1:18.34 (42.51)						
2	**Erle Kullerud Ytrehus**	2011	Trondhjems SLK		340	**1:18.93**	+0.59	P
	50m: 36.68	100m: 1:18.93 (42.25)						
3	**Helle Johnsen Selsås**	2011	Trondhjems SLK		294	**1:22.79**	+4.45	
	50m: 37.79	100m: 1:22.79 (45.00)						
4	**Liv Løfaldli**	2011	Trondhjems SLK		276	**1:24.55**	+6.21	
	50m: 40.31	100m: 1:24.55 (44.24)						

Event official at: 08.11.2026 10:22:04

18, 100m Medley Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ellen Kristine Eidsmo Hova**	2010	Trondhjems SLK		297	**1:22.53**		P
	50m: 38.10	100m: 1:22.53 (44.43)						

Event official at: 08.11.2026 10:22:04

19, 100m Bryst Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Natan Krzystek	2016	Stjørdals-Blink IL		89	**2:03.55**	-2.73
50m: 58.06	100m: 2:03.55 (1:05.49)					
Guy Løfaldli	2016	Trondhjems SLK		100	**1:58.93**	+1.33
50m: 56.16	100m: 1:58.93 (1:02.77)					

Event official at: 08.11.2026 10:31:37

19, 100m Bryst Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Edvard Langsetmo**	2015	Stjørdals-Blink IL		104	**1:57.54**		P
	50m: 56.30	100m: 1:57.54 (1:01.24)						

Event official at: 08.11.2026 10:31:37

19, 100m Bryst Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ulrik Mortvedt**	2014	Kattem SK		100	**1:58.90**		P
	50m: 54.41	100m: 1:58.90 (1:04.49)						
2	**Emil Iversen Myhre**	2014	Malvik IL		95	**2:01.08**	+2.18	
	50m: 56.58	100m: 2:01.08 (1:04.50)						
-	**Emrik Hammerfjell**	2014	Malvik IL			**DSQ**		

Event official at: 08.11.2026 10:31:37

19, 100m Bryst Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Olav Høyland Hofstad**	2013	Trondhjems SLK		299	**1:22.62**		P
	50m: 38.50	100m: 1:22.62 (44.12)						
2	**Cornelius Wik**	2013	Trondhjems SLK		237	**1:29.29**	+6.67	
	50m: 42.27	100m: 1:29.29 (47.02)						

Event official at: 08.11.2026 10:31:37

Results

19, 100m Bryst Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Casper Digre Haldorsen**	2012	Verdal SK		346	**1:18.73**		P
	50m: 37.62	100m: 1:18.73	(41.11)					
2	**Jason Lama**	2012	Kattem SK		230	**1:30.19**	+11.46	P
	50m: 43.01	100m: 1:30.19	(47.18)					
3	**Håvard Bjerke**	2012	Vestbyen Trondheim		202	**1:34.09**	+15.36	
	50m: 44.03	100m: 1:34.09	(50.06)					
4	**Amund Mikal Hegerberg**	2012	Vestbyen Trondheim		144	**1:45.24**	+26.51	
	50m: 49.54	100m: 1:45.24	(55.70)					

Event official at: 08.11.2026 10:31:37

19, 100m Bryst Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Philip Giske Nyman**	2011	Trondhjems SLK		386	**1:15.90**		P
	50m: 35.13	100m: 1:15.90	(40.77)					
2	**Ludvig Svendsen**	2011	Trondhjems SLK		376	**1:16.53**	+0.63	P
	50m: 35.39	100m: 1:16.53	(41.14)					
3	**Lev Shestov**	2011	Trondhjems SLK		305	**1:22.12**	+6.22	
	50m: 38.22	100m: 1:22.12	(43.90)					
4	**William Kvalnes**	2011	Malvik IL		256	**1:27.02**	+11.12	
	50m: 41.33	100m: 1:27.02	(45.69)					
5	**Sebastian Kvalnes**	2011	Malvik IL		244	**1:28.35**	+12.45	
	50m: 41.70	100m: 1:28.35	(46.65)					

Event official at: 08.11.2026 10:31:37

19, 100m Bryst Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emre Stav**	2010	Vestbyen Trondheim		390	**1:15.64**		P
	50m: 36.10	100m: 1:15.64	(39.54)					
2	**Mikkel Ødegaard**	2010	Vestbyen Trondheim		248	**1:27.94**	+12.30	
	50m: 39.56	100m: 1:27.94	(48.38)					
3	**Fredrik Holberg**	2010	Trondhjems SLK		236	**1:29.39**	+13.75	
	50m: 42.09	100m: 1:29.39	(47.30)					

Event official at: 08.11.2026 10:31:37

19, 100m Bryst Herrer, Final, Senior

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Markus Øyangen**	2003	Malvik IL		335	**1:19.56**		P
	50m: 35.93	100m: 1:19.56	(43.63)					

Event official at: 08.11.2026 10:31:37

20, 100m Bryst Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Eva Dreier Bjørnaas	2016	Trondhjems SLK		151	**1:57.07**	-2.51
50m: 55.17	100m: 1:57.07	(1:01.90)				
Oline Værness Nygård	2016	Trondhjems SLK		128	**2:03.69**	-7.62
50m: 58.97	100m: 2:03.69	(1:04.72)				
Zhemin Pan	2016	Kattem SK		152	**1:56.84**	+3.66
50m: 56.35	100m: 1:56.84	(1:00.49)				
Kinga Zapora	2016	Kattem SK		135	**2:01.36**	
50m: 56.55	100m: 2:01.36	(1:04.81)				

Event official at: 08.11.2026 10:46:56

Results

20, 100m Bryst Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Vilma Granhus Følstad**	2015	Trondhjems SLK		251	**1:38.77**		P
	50m: 47.33	100m: 1:38.77	(51.44)					
2	**Live Hamnes Ulriksen**	2015	Trondhjems SLK		229	**1:41.88**	+3.11	P
	50m: 47.80	100m: 1:41.88	(54.08)					
3	**Mira Thorgård**	2015	Trondhjems SLK		218	**1:43.46**	+4.69	P
	50m: 48.86	100m: 1:43.46	(54.60)					
4	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		204	**1:45.86**	+7.09	
	50m: 50.03	100m: 1:45.86	(55.83)					
5	**Eline Rytter-Heggdal**	2015	Trondhjems SLK		172	**1:52.13**	+13.36	
	50m: 53.81	100m: 1:52.13	(58.32)					
6	**Leonora Munkhaugen**	2015	Trondhjems SLK		153	**1:56.55**	+17.78	
	50m: 53.71	100m: 1:56.55	(1:02.84)					
7	**Ingeborg K. Torvik**	2015	Trondhjems SLK		96	**2:15.76**	+36.99	
	50m: 1:03.70	100m: 2:15.76	(1:12.06)					

Event official at: 08.11.2026 10:46:56

20, 100m Bryst Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofia Rø Tjøtta**	2014	Trondhjems SLK		259	**1:37.77**		P
	50m: 46.00	100m: 1:37.77	(51.77)					
2	**Solveig Massing**	2014	Kattem SK		250	**1:38.95**	+1.18	P
	50m: 47.25	100m: 1:38.95	(51.70)					
3	**Kaja Korsnes Nesset**	2014	Kattem SK		245	**1:39.57**	+1.80	P
	50m: 47.92	100m: 1:39.57	(51.65)					
4	**Nicoline Vinje**	2014	Trondhjems SLK		217	**1:43.63**	+5.86	
	50m: 49.63	100m: 1:43.63	(54.00)					
5	**Ragnhild Fjermestad**	2014	Trondhjems SLK		172	**1:52.08**	+14.31	
	50m: 53.86	100m: 1:52.08	(58.22)					
6	**Aurora Ytrehus Kullerud**	2014	Trondhjems SLK		161	**1:54.42**	+16.65	
	50m: 53.12	100m: 1:54.42	(1:01.30)					
7	**Agnes Grindeland**	2014	Trondhjems SLK		146	**1:58.32**	+20.55	
	50m: 56.47	100m: 1:58.32	(1:01.85)					
-	**Hild Midboe Rognstad**	2014	Kattem SK			**DSQ**		

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20, 100m Bryst Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Amalie Bjørnstad Eriksen**	2013	Stjørdals-Blink IL		283	**1:34.90**		P
	50m: 46.47	100m: 1:34.90	(48.43)					
2	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		281	**1:35.17**	+0.27	P
	50m: 44.92	100m: 1:35.17	(50.25)					
3	**Tia Kristine Karlsen**	2013	Stjørdals-Blink IL		256	**1:38.10**	+3.20	
	50m: 45.11	100m: 1:38.10	(52.99)					
4	**Ragnhild Bjørkli Nilsen**	2013	Malvik IL		192	**1:47.96**	+13.06	
	50m: 49.14	100m: 1:47.96	(58.82)					

Event official at: 08.11.2026 10:46:56

20, 100m Bryst Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Martina Kleppe**	2012	Malvik IL		279	**1:35.35**		P
	50m: 45.21	100m: 1:35.35	(50.14)					
2	**Lela Rød Solli**	2012	Malvik IL		148	**1:57.65**	+22.30	
	50m: 52.75	100m: 1:57.65	(1:04.90)					

Event official at: 08.11.2026 10:46:56

20, 100m Bryst Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofie Hoff**	2011	Trondhjems SLK		320	**1:31.14**		P
	50m: 42.58	100m: 1:31.14	(48.56)					
2	**Helle Lundgren**	2011	Trondhjems SLK		224	**1:42.63**	+11.49	
	50m: 47.72	100m: 1:42.63	(54.91)					

Event official at: 08.11.2026 10:46:56

Results

20, 100m Bryst Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marita Berg**	2010	Levanger SLK		365	**1:27.25**		P
	50m: 40.61	100m: 1:27.25	(46.64)					
2	**Anita Klungervik**	2010	Trondhjems SLK		359	**1:27.67**	+0.42	
	50m: 41.44	100m: 1:27.67	(46.23)					

Event official at: 08.11.2026 10:46:56

21, 200m Rygg Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Guy Løfaldli	2016	Trondhjems SLK		113	**3:36.92**	-23.86
50m: 53.17	100m: 1:48.98	(55.81)	150m: 2:45.52	(56.54)	200m: 3:36.92	(51.40)

Event official at: 08.11.2026 11:00:39

21, 200m Rygg Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Noah Kvam Haaheim**	2015	Trondhjems SLK		114	**3:36.74**		P
	50m: 52.27	100m: 1:48.31	(56.04)	150m: 2:44.32	(56.01)	200m: 3:36.74	(52.42)	
-	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL			**DSQ**		

Event official at: 08.11.2026 11:00:39

21, 200m Rygg Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Tobias Borchsenius**	2014	Vestbyen Trondheim		186	**3:04.15**		P
	50m: 42.94	100m: 1:30.76	(47.82)	150m: 2:18.61	(47.85)	200m: 3:04.15	(45.54)	
-	**Ulrik Mortvedt**	2014	Kattem SK			**DSQ**		

Event official at: 08.11.2026 11:00:39

21, 200m Rygg Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Tymofii Dzisiak**	2013	Trondhjems SLK		151	**3:17.06**		P
	50m: 46.84	100m: 1:36.56	(49.72)	150m: 2:27.32	(50.76)	200m: 3:17.06	(49.74)	
2	**Sigurd Kristoffersen Torvik**	2013	Trondhjems SLK		144	**3:20.19**	+3.13	
	50m: 48.08	100m: 1:39.74	(51.66)	150m: 2:32.31	(52.57)	200m: 3:20.19	(47.88)	
3	**David Larsen**	2013	Malvik IL		130	**3:27.12**	+10.06	
	50m: 50.23	100m: 1:45.01	(54.78)	150m: 2:38.74	(53.73)	200m: 3:27.12	(48.38)	

Event official at: 08.11.2026 11:00:39

21, 200m Rygg Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Edvard Hamnes Ulriksen**	2012	Trondhjems SLK		300	**2:36.87**		P
	50m: 36.63	100m: 1:17.55	(40.92)	150m: 1:58.32	(40.77)	200m: 2:36.87	(38.55)	
2	**Isak Mariussønn Valen**	2012	Malvik IL		242	**2:48.49**	+11.62	P
	50m: 39.22	100m: 1:22.42	(43.20)	150m: 2:06.28	(43.86)	200m: 2:48.49	(42.21)	
3	**Ivar Valstad**	2012	Stjørdals-Blink IL		214	**2:55.72**	+18.85	P
	50m: 41.17	100m: 1:25.46	(44.29)	150m: 2:11.27	(45.81)	200m: 2:55.72	(44.45)	
4	**Amund Mikal Hegerberg**	2012	Vestbyen Trondheim		156	**3:14.96**	+38.09	
	50m: 45.81	100m: 1:36.44	(50.63)	150m: 2:27.05	(50.61)	200m: 3:14.96	(47.91)	
5	**Jesper Julius Sundseth Skjærli**	2012	Trondhjems SLK		155	**3:15.49**	+38.62	
	50m: 46.68	100m: 1:37.89	(51.21)	150m: 2:29.05	(51.16)	200m: 3:15.49	(46.44)	
6	**Emil Falkenbo-Skalmerås**	2012	Trondhjems SLK		154	**3:16.08**	+39.21	
	50m: 45.50	100m: 1:35.57	(50.07)	150m: 2:28.47	(52.90)	200m: 3:16.08	(47.61)	
7	**Erik Langdal Kristiansen**	2012	Verdal SK		103	**3:43.63**	+1:06.76	
	50m: 48.92	100m: 1:47.03	(58.11)	150m: 2:46.95	(59.92)	200m: 3:43.63	(56.68)	

Event official at: 08.11.2026 11:00:39

21, 200m Rygg Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Storm Olander Øvergård**	2011	Trondhjems SLK		343	**2:30.03**		P
	50m: 35.41	100m: 1:13.60	(38.19)	150m: 1:51.92	(38.32)	200m: 2:30.03	(38.11)	
2	**Petter Hisdal**	2011	Kattem SK		205	**2:58.11**	+28.08	
	50m: 41.62	100m: 1:26.92	(45.30)	150m: 2:13.53	(46.61)	200m: 2:58.11	(44.58)	

Event official at: 08.11.2026 11:00:39

Results

22, 200m Rygg Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ingeborg Strandenes**	2015	Trondhjems SLK		314	**2:52.53**		P
	50m: 40.36	100m: 1:24.01 (43.65)	150m: 2:09.32 (45.31)		200m: 2:52.53 (43.21)			
2	**Gunhild Furuholt Valle**	2015	Trondhjems SLK		267	**3:02.06**	+9.53	P
	50m: 44.28	100m: 1:31.76 (47.48)	150m: 2:18.01 (46.25)		200m: 3:02.06 (44.05)			
3	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		158	**3:36.72**	+44.19	
	50m: 49.10	100m: 1:44.61 (55.51)	150m: 2:41.87 (57.26)		200m: 3:36.72 (54.85)			
4	**Vilma Granhus Følstad**	2015	Trondhjems SLK		140	**3:45.55**	+53.02	
	50m: 54.04	100m: 1:51.13 (57.09)	150m: 2:48.94 (57.81)		200m: 3:45.55 (56.61)			
5	**Kristina Kulagina**	2015	Trondhjems SLK		139	**3:46.25**	+53.72	
	50m: 53.52	100m: 1:51.54 (58.02)	150m: 2:50.76 (59.22)		200m: 3:46.25 (55.49)			

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22, 200m Rygg Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sissel Mellingsæter**	2014	Kattem SK		318	**2:51.77**		P
	50m: 39.75	100m: 1:24.09 (44.34)	150m: 2:08.78 (44.69)		200m: 2:51.77 (42.99)			
2	**Elina Arefjord Spangelo**	2014	Trondhjems SLK		279	**2:59.50**	+7.73	P
	50m: 41.76	100m: 1:28.47 (46.71)	150m: 2:15.23 (46.76)		200m: 2:59.50 (44.27)			
3	**Sigrid Gylseth Dahl**	2014	Trondhjems SLK		241	**3:08.51**	+16.74	
	50m: 44.68	100m: 1:33.12 (48.44)	150m: 2:21.25 (48.13)		200m: 3:08.51 (47.26)			
4	**Hanna Robertsen Burton**	2014	Trondhjems SLK		206	**3:18.58**	+26.81	
	50m: 47.70	100m: 1:39.11 (51.41)	150m: 2:30.83 (51.72)		200m: 3:18.58 (47.75)			
5	**Aurora Aarflot Johannessen**	2014	Trondhjems SLK		147	**3:42.00**	+50.23	
	50m: 52.30	100m: 1:51.08 (58.78)	150m: 2:50.51 (59.43)		200m: 3:42.00 (51.49)			
6	**Sofia Rø Tjøtta**	2014	Trondhjems SLK		129	**3:51.88**	+1:00.11	
	50m: 57.12	100m: 1:55.70 (58.58)	150m: 2:57.05 (1:01.35)		200m: 3:51.88 (54.83)			

Event official at: 08.11.2026 11:19:56

22, 200m Rygg Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Michaela Josefin Abeleva Barrera**	2013	Trondhjems SLK		348	**2:46.76**		P
	50m: 38.90	100m: 1:20.85 (41.95)	150m: 2:04.12 (43.27)		200m: 2:46.76 (42.64)			
2	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		302	**2:54.78**	+8.02	P
	50m: 40.83	100m: 1:25.04 (44.21)	150m: 2:10.91 (45.87)		200m: 2:54.78 (43.87)			
3	**Louise Thys**	2013	Trondhjems SLK		267	**3:02.18**	+15.42	
	50m: 44.45	100m: 1:31.22 (46.77)	150m: 2:17.71 (46.49)		200m: 3:02.18 (44.47)			
4	**Linnea Vikan Øren**	2013	Stjørdals-Blink IL		256	**3:04.78**	+18.02	
	50m: 43.57	100m: 1:31.05 (47.48)	150m: 2:17.89 (46.84)		200m: 3:04.78 (46.89)			
5	**Mari Antonie Wang Røkke**	2013	Stjørdals-Blink IL		185	**3:25.81**	+39.05	
	50m: 46.14	100m: 1:38.81 (52.67)	150m: 2:35.04 (56.23)		200m: 3:25.81 (50.77)			
6	**Nora Berntsen**	2013	Stjørdals-Blink IL		112	**4:03.04**	+1:16.28	
	50m: 55.33	100m: 1:56.19 (1:00.86)	150m: 3:00.16 (1:03.97)		200m: 4:03.04 (1:02.88)			

Event official at: 08.11.2026 11:19:56

22, 200m Rygg Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofie Hepsø**	2012	Trondhjems SLK		336	**2:48.76**		P
	50m: 40.03	100m: 1:22.82 (42.79)	150m: 2:07.00 (44.18)		200m: 2:48.76 (41.76)			
2	**Emma Setsaas-Jackson**	2012	Vestbyen Trondheim		201	**3:20.07**	+31.31	
	50m: 46.90	100m: 1:39.38 (52.48)	150m: 2:31.36 (51.98)		200m: 3:20.07 (48.71)			

Event official at: 08.11.2026 11:19:56

22, 200m Rygg Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Liv Løfaldli**	2011	Trondhjems SLK		205	**3:18.92**		P
	50m: 46.10	100m: 1:36.84 (50.74)	150m: 2:28.24 (51.40)		200m: 3:18.92 (50.68)			
-	**Marie Phan Hammerfjell**	2011	Malvik IL			**DSQ**		

Event official at: 08.11.2026 11:19:56

Results

22, 200m Rygg Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ellen Kristine Eidsmo Hova**	2010	Trondhjems SLK		265	**3:02.52**		P

50m: 43.76 100m: 1:31.17 (47.41) 150m: 2:18.05 (46.88) 200m: 3:02.52 (44.47)

Event official at: 08.11.2026 11:19:56

23, 50m Butterfly Herrer, Final, 9 years

Time	Born	Team	R.T.	Pts	Time	Diff
Dahab Hamad	2017	Trondhjems SLK			**DSQ**	

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Natan Krzystek	2016	Stjørdals-Blink IL		29	**1:09.32**	
Guy Løfaldli	2016	Trondhjems SLK		75	**50.45**	-3.75

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Noah Kvam Haaheim**	2015	Trondhjems SLK		65	**52.88**		P

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Tobias Borchsenius**	2014	Vestbyen Trondheim		141	**40.90**		P
2	**Jonas Boneng Stenumgård**	2014	Verdal SK		105	**45.11**	+4.21	
3	**Martin Dørum Steen**	2014	Malvik IL		96	**46.48**	+5.58	

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Cornelius Wik**	2013	Trondhjems SLK		191	**37.02**		P
2	**Barnaby Lee_Wright**	2013	Trondhjems SLK		78	**49.87**	+12.85	

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Pedro Manquehual**	2012	Trondhjems SLK		377	**29.49**		P
2	**Mateo Lucas Magno**	2012	Trondhjems SLK		220	**35.30**	+5.81	
3	**Håvard Bjerke**	2012	Vestbyen Trondheim		158	**39.36**	+9.87	

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Mattias Isaksen**	2011	Trondhjems SLK		439	**28.05**		P
2	**Ludvig Svendsen**	2011	Trondhjems SLK		351	**30.21**	+2.16	
3	**Isak Bakk Kværnø**	2011	Malvik IL		279	**32.61**	+4.56	

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emre Stav**	2010	Vestbyen Trondheim		277	**32.68**		P
2	**Mikkel Ødegaard**	2010	Vestbyen Trondheim		196	**36.69**	+4.01	

Event official at: 08.11.2026 11:36:54

23, 50m Butterfly Herrer, Final, Masters A

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Aleksander Mittet**	1999	Kristiansund SK		409	**28.71**		P
2	**Robin Rapp Simonsen Vennatrø**	2001	Malvik IL		339	**30.57**	+1.86	

Event official at: 08.11.2026 11:36:54

Results

24, 50m Butterfly Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Eva Dreier Bjørnaas	2016	Trondhjems SLK		102	**50.61**		
Julia Shestova	2016	Trondhjems SLK		80	**54.99**	-15.12	
Kinga Zapora	2016	Kattem SK		50	**1:04.10**		

Event official at: 08.11.2026 11:38:21

24, 50m Butterfly Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		212	**39.76**		P
2	**Live Hamnes Ulriksen**	2015	Trondhjems SLK		186	**41.48**	+1.72	P
3	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		149	**44.66**	+4.90	
4	**Mira Thorgård**	2015	Trondhjems SLK		124	**47.48**	+7.72	

Event official at: 08.11.2026 11:38:21

24, 50m Butterfly Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sissel Mellingsæter**	2014	Kattem SK		229	**38.72**		P
2	**Nicoline Vinje**	2014	Trondhjems SLK		194	**40.96**	+2.24	P
3	**Leonora Stagl-Neergaard**	2014	Kattem SK		175	**42.35**	+3.63	
4	**Ragnhild Fjermestad**	2014	Trondhjems SLK		141	**45.49**	+6.77	
5	**Sofia Rø Tjøtta**	2014	Trondhjems SLK		116	**48.50**	+9.78	

Event official at: 08.11.2026 11:38:21

24, 50m Butterfly Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Vega Aune Grimstad**	2013	Malvik IL		318	**34.74**		P
2	**Amalie Bjørnstad Eriksen**	2013	Stjørdals-Blink IL		259	**37.20**	+2.46	P
3	**Marie Wærnes Blom**	2013	Trondhjems SLK		223	**39.10**	+4.36	
4	**Louise Bakk Kvernø**	2013	Malvik IL		104	**50.31**	+15.57	
5	**Mali Kåsin Einang**	2013	Stjørdals-Blink IL		83	**54.21**	+19.47	
6	**Nora Berntsen**	2013	Stjørdals-Blink IL		75	**56.00**	+21.26	

Event official at: 08.11.2026 11:38:21

24, 50m Butterfly Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emmelin Munkhaugen**	2012	Trondhjems SLK		440	**31.18**		P
2	**Lin Carola Magdalene Nygren**	2012	Trondhjems SLK		401	**32.14**	+0.96	P
3	**Kristina Aleman Sandsund**	2012	Trondhjems SLK		329	**34.35**	+3.17	
4	**Johanne Hustad**	2012	Vestbyen Trondheim		266	**36.87**	+5.69	
5	**Yuliia Druzhko**	2012	Kattem SK		139	**45.79**	+14.61	
6	**Karen Wang Nerland**	2012	Stjørdals-Blink IL		125	**47.32**	+16.14	

Event official at: 08.11.2026 11:38:21

24, 50m Butterfly Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Arina Amundsen**	2011	Stjørdals-Blink IL		406	**32.01**		P
2	**Erle Kullerud Ytrehus**	2011	Trondhjems SLK		347	**33.75**	+1.74	P
3	**Lucy Elvevold Skotte**	2011	Malvik IL		290	**35.81**	+3.80	
4	**Elsa Dragsten Wake**	2011	Trondhjems SLK		221	**39.19**	+7.18	

Event official at: 08.11.2026 11:38:21

24, 50m Butterfly Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Idunn Bell**	2010	Vestbyen Trondheim		391	**32.43**		P

Event official at: 08.11.2026 11:38:21

Results

24, 50m Butterfly Damer, Final, Masters B

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Betine Tangenes Solli**	1992	Malvik IL		141	**45.57**		P

Event official at: 08.11.2026 11:38:21

25, 200m Medley Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff

Event official at: 08.11.2026 12:30:46

25, 200m Medley Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Tobias Borchsenius**	2014	Vestbyen Trondheim		209	**3:03.29**		P
	50m: 42.55	100m: 1:30.30 (47.75)	150m: 2:23.40 (53.10)		200m: 3:03.29 (39.89)			
2	**Martin Codreanu**	2014	Vestbyen Trondheim		201	**3:05.80**	+2.51	
	50m: 41.52	100m: 1:29.31 (47.79)	150m: 2:23.80 (54.49)		200m: 3:05.80 (42.00)			

Event official at: 08.11.2026 12:30:46

25, 200m Medley Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Olav Høyland Hofstad**	2013	Trondhjems SLK		291	**2:44.29**		P
	50m: 34.76	100m: 1:18.21 (43.45)	150m: 2:06.74 (48.53)		200m: 2:44.29 (37.55)			
2	**Sigurd Kristoffersen Torvik**	2013	Trondhjems SLK		170	**3:16.53**	+32.24	P
	50m: 49.29	100m: 1:42.68 (53.39)	150m: 2:34.17 (51.49)		200m: 3:16.53 (42.36)			
3	**Barnaby Lee_Wright**	2013	Trondhjems SLK		123	**3:38.89**	+54.60	
	50m: 51.51	100m: 1:47.61 (56.10)	150m: 2:50.65 (1:03.04)		200m: 3:38.89 (48.24)			
4	**David Larsen**	2013	Malvik IL		116	**3:42.83**	+58.54	
	50m: 56.44	100m: 1:52.13 (55.69)	150m: 2:55.01 (1:02.88)		200m: 3:42.83 (47.82)			

Event official at: 08.11.2026 12:30:46

25, 200m Medley Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emil Falkenbo-Skalmerås**	2012	Trondhjems SLK		211	**3:02.76**		P
	50m: 38.93	100m: 1:28.81 (49.88)	150m: 2:24.11 (55.30)		200m: 3:02.76 (38.65)			
2	**Jason Lama**	2012	Kattem SK		208	**3:03.66**	+0.90	P
	50m: 41.17	100m: 1:28.96 (47.79)	150m: 2:20.35 (51.39)		200m: 3:03.66 (43.31)			
3	**Mateo Lucas Magno**	2012	Trondhjems SLK		201	**3:05.63**	+2.87	
	50m: 39.88	100m: 1:29.29 (49.41)	150m: 2:22.51 (53.22)		200m: 3:05.63 (43.12)			
4	**Amund Mikal Hegerberg**	2012	Vestbyen Trondheim		169	**3:16.60**	+13.84	
	50m: 46.27	100m: 1:35.83 (49.56)	150m: 2:34.62 (58.79)		200m: 3:16.60 (41.98)			
5	**Erik Langdal Kristiansen**	2012	Verdal SK		109	**3:47.34**	+44.58	
	50m: 50.58	100m: 1:51.00 (1:00.42)	150m: 2:57.67 (1:06.67)		200m: 3:47.34 (49.67)			

Event official at: 08.11.2026 12:30:46

25, 200m Medley Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Philip Giske Nyman**	2011	Trondhjems SLK		362	**2:32.64**		P
	50m: 34.16	100m: 1:14.68 (40.52)	150m: 1:55.87 (41.19)		200m: 2:32.64 (36.77)			
2	**Lev Shestov**	2011	Trondhjems SLK		317	**2:39.54**	+6.90	P
	50m: 32.43	100m: 1:12.53 (40.10)	150m: 2:00.24 (47.71)		200m: 2:39.54 (39.30)			
3	**William Kvalnes**	2011	Malvik IL		241	**2:54.84**	+22.20	
	50m: 38.78	100m: 1:25.08 (46.30)	150m: 2:15.34 (50.26)		200m: 2:54.84 (39.50)			
4	**Petter Hisdal**	2011	Kattem SK		208	**3:03.49**	+30.85	
	50m: 42.87	100m: 1:31.08 (48.21)	150m: 2:23.20 (52.12)		200m: 3:03.49 (40.29)			

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Results

26, 200m Medley Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Gunhild Furuholt Valle**	2015	Trondhjems SLK		241	**3:15.42**		P
	50m: 47.27	100m: 1:37.29 (50.02)	150m: 2:32.71 (55.42)		200m: 3:15.42 (42.71)			
2	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		227	**3:19.31**	+3.89	P
	50m: 43.11	100m: 1:36.01 (52.90)	150m: 2:37.02 (1:01.01)		200m: 3:19.31 (42.29)			
3	**Mira Thorgård**	2015	Trondhjems SLK		175	**3:37.16**	+21.74	
	50m: 50.21	100m: 1:48.51 (58.30)	150m: 2:44.71 (56.20)		200m: 3:37.16 (52.45)			
4	**Leonora Munkhaugen**	2015	Trondhjems SLK		147	**3:50.22**	+34.80	
	50m: 50.82	100m: 1:52.00 (1:01.18)	150m: 2:57.97 (1:05.97)		200m: 3:50.22 (52.25)			
5	**Kristina Kulagina**	2015	Trondhjems SLK		133	**3:58.17**	+42.75	
	50m: 56.44	100m: 1:58.65 (1:02.21)	150m: 3:01.76 (1:03.11)		200m: 3:58.17 (56.41)			
-	**Ingeborg Strandenes**	2015	Trondhjems SLK			**DSQ**		

Event official at: 08.11.2026 12:52:30

26, 200m Medley Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Hanna Robertsen Burton**	2014	Trondhjems SLK		229	**3:18.66**		P
	50m: 43.01	100m: 1:34.47 (51.46)	150m: 2:32.41 (57.94)		200m: 3:18.66 (46.25)			
2	**Nicoline Vinje**	2014	Trondhjems SLK		228	**3:19.00**	+0.34	P
	50m: 46.54	100m: 1:40.29 (53.75)	150m: 2:37.04 (56.75)		200m: 3:19.00 (41.96)			
3	**Hild Midboe Rognstad**	2014	Kattem SK		219	**3:21.61**	+2.95	
	50m: 44.03	100m: 1:38.54 (54.51)	150m: 2:35.14 (56.60)		200m: 3:21.61 (46.47)			
4	**Kaja Korsnes Nesset**	2014	Kattem SK		216	**3:22.55**	+3.89	
	50m: 47.91	100m: 1:38.62 (50.71)	150m: 2:37.43 (58.81)		200m: 3:22.55 (45.12)			
5	**Aurora Aarflot Johannessen**	2014	Trondhjems SLK		154	**3:46.58**	+27.92	
	50m: 52.71	100m: 1:53.21 (1:00.50)	150m: 2:53.98 (1:00.77)		200m: 3:46.58 (52.60)			
-	**Sofia Rø Tjøtta**	2014	Trondhjems SLK			**DSQ**		

Event official at: 08.11.2026 12:52:30

26, 200m Medley Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		298	**3:02.00**		P
	50m: 41.11	100m: 1:26.49 (45.38)	150m: 2:20.77 (54.28)		200m: 3:02.00 (41.23)			
2	**Tia Kristine Karlsen**	2013	Stjørdals-Blink IL		279	**3:06.11**	+4.11	P
	50m: 40.43	100m: 1:27.95 (47.52)	150m: 2:21.97 (54.02)		200m: 3:06.11 (44.14)			
3	**Marie Wærnes Blom**	2013	Trondhjems SLK		263	**3:09.72**	+7.72	P
	50m: 43.37	100m: 1:31.34 (47.97)	150m: 2:29.40 (58.06)		200m: 3:09.72 (40.32)			
4	**Ruolai Liu**	2013	Trondhjems SLK		229	**3:18.63**	+16.63	
	50m: 42.96	100m: 1:38.52 (55.56)	150m: 2:38.45 (59.93)		200m: 3:18.63 (40.18)			
5	**Linnea Vikan Øren**	2013	Stjørdals-Blink IL		217	**3:22.34**	+20.34	
	50m: 46.28	100m: 1:36.09 (49.81)	150m: 2:36.74 (1:00.65)		200m: 3:22.34 (45.60)			
6	**Mari Antonie Wang Røkke**	2013	Stjørdals-Blink IL		201	**3:27.30**	+25.30	
	50m: 43.90	100m: 1:38.20 (54.30)	150m: 2:42.07 (1:03.87)		200m: 3:27.30 (45.23)			
7	**Helene Bach**	2013	Vestbyen Trondheim		201	**3:27.33**	+25.33	
	50m: 49.65	100m: 1:41.58 (51.93)	150m: 2:39.37 (57.79)		200m: 3:27.33 (47.96)			

Event official at: 08.11.2026 12:52:30

26, 200m Medley Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofia Glørstad**	2012	Kattem SK		360	**2:50.84**		P
	50m: 35.89	100m: 1:21.69 (45.80)	150m: 2:13.39 (51.70)		200m: 2:50.84 (37.45)			
2	**Sofie Hepsø**	2012	Trondhjems SLK		342	**2:53.76**	+2.92	P
	50m: 37.68	100m: 1:22.96 (45.28)	150m: 2:15.88 (52.92)		200m: 2:53.76 (37.88)			
3	**Kristina Aleman Sandsund**	2012	Trondhjems SLK		301	**3:01.41**	+10.57	
	50m: 35.76	100m: 1:22.94 (47.18)	150m: 2:19.73 (56.79)		200m: 3:01.41 (41.68)			
4	**Martina Kleppe**	2012	Malvik IL		232	**3:17.83**	+26.99	
	50m: 44.34	100m: 1:34.88 (50.54)	150m: 2:32.00 (57.12)		200m: 3:17.83 (45.83)			

Event official at: 08.11.2026 12:52:30

Results

26, 200m Medley Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofie Hoff**	2011	Trondhjems SLK		351	**2:52.39**		P
	50m: 35.30	100m: 1:20.58 (45.28)	150m: 2:12.42 (51.84)		200m: 2:52.39 (39.97)			
2	**Helle Johnsen Selsås**	2011	Trondhjems SLK		304	**3:00.82**	+8.43	
	50m: 36.76	100m: 1:25.49 (48.73)	150m: 2:21.46 (55.97)		200m: 3:00.82 (39.36)			
3	**Elsa Dragsten Wake**	2011	Trondhjems SLK		249	**3:13.26**	+20.87	
	50m: 41.05	100m: 1:29.45 (48.40)	150m: 2:29.54 (1:00.09)		200m: 3:13.26 (43.72)			

Event official at: 08.11.2026 12:52:30

26, 200m Medley Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marita Berg**	2010	Levanger SLK		328	**2:56.35**		P
	50m: 36.71	100m: 1:25.07 (48.36)	150m: 2:14.78 (49.71)		200m: 2:56.35 (41.57)			

Event official at: 08.11.2026 12:52:30

27, 100m Fri Herrer, Final, 9 years

Time	Born	Team	R.T.	Pts	Time	Diff
Dahab Hamad	2017	Trondhjems SLK		82	**1:43.16**	
50m: 47.20	100m: 1:43.16 (55.96)					

Event official at: 08.11.2026 13:00:24

27, 100m Fri Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Natan Krzystek	2016	Stjørdals-Blink IL		72	**1:47.40**	-14.13
50m: 49.43	100m: 1:47.40 (57.97)					

Event official at: 08.11.2026 13:00:24

27, 100m Fri Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL		107	**1:34.38**		P
	50m: 45.67	100m: 1:34.38 (48.71)						
2	**Edvard Langsetmo**	2015	Stjørdals-Blink IL		99	**1:36.88**	+2.50	
	50m: 46.04	100m: 1:36.88 (50.84)						
3	**Noah Kvam Haaheim**	2015	Trondhjems SLK		94	**1:38.47**	+4.09	
	50m: 46.86	100m: 1:38.47 (51.61)						

Event official at: 08.11.2026 13:00:24

27, 100m Fri Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jonas Boneng Stenumgård**	2014	Verdal SK		221	**1:14.07**		P
	50m: 36.11	100m: 1:14.07 (37.96)						
2	**Johan Mattson Leistad**	2014	Malvik IL		131	**1:28.19**	+14.12	P
	50m: 39.14	100m: 1:28.19 (49.05)						
3	**Martin Dørum Steen**	2014	Malvik IL		124	**1:29.91**	+15.84	P
	50m: 41.26	100m: 1:29.91 (48.65)						
4	**Emil Iversen Myhre**	2014	Malvik IL		106	**1:34.47**	+20.40	
	50m: 44.29	100m: 1:34.47 (50.18)						
5	**Mats Rundhaug-Oranje**	2014	Stjørdals-Blink IL		78	**1:44.57**	+30.50	
	50m: 45.09	100m: 1:44.57 (59.48)						
6	**Emrik Hammerfjell**	2014	Malvik IL		76	**1:45.68**	+31.61	
	50m: 48.22	100m: 1:45.68 (57.46)						
7	**Stein Håvard Alstad Forfot**	2014	Levanger SLK		75	**1:45.92**	+31.85	
	50m: 52.46	100m: 1:45.92 (53.46)						

Event official at: 08.11.2026 13:00:24

27, 100m Fri Herrer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Cornelius Wik**	2013	Trondhjems SLK		285	**1:08.09**		P
	50m: 32.90	100m: 1:08.09 (35.19)						
2	**Tymofii Dzisiak**	2013	Trondhjems SLK		162	**1:22.11**	+14.02	
	50m: 38.95	100m: 1:22.11 (43.16)						

Event official at: 08.11.2026 13:00:24

Results

27, 100m Fri Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Pedro Manquehual**	2012	Trondhjems SLK		422	**59.77**		P
	50m: 28.85	100m: 59.77	(30.92)					
2	**Edvard Hamnes Ulriksen**	2012	Trondhjems SLK		345	**1:03.92**	+4.15	P
	50m: 30.29	100m: 1:03.92	(33.63)					
3	**Ivar Valstad**	2012	Stjørdals-Blink IL		324	**1:05.22**	+5.45	
	50m: 30.73	100m: 1:05.22	(34.49)					
4	**Sander Løkken**	2012	Vestbyen Trondheim		301	**1:06.88**	+7.11	
	50m: 31.25	100m: 1:06.88	(35.63)					
5	**Emil Falkenbo-Skalmerås**	2012	Trondhjems SLK		258	**1:10.35**	+10.58	
	50m: 34.39	100m: 1:10.35	(35.96)					
6	**Jesper Julius Sundseth Skjærli**	2012	Trondhjems SLK		197	**1:16.95**	+17.18	
	50m: 37.08	100m: 1:16.95	(39.87)					

Event official at: 08.11.2026 13:00:24

27, 100m Fri Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Ludvig Svendsen**	2011	Trondhjems SLK		408	**1:00.43**		P
	50m: 28.86	100m: 1:00.43	(31.57)					

Event official at: 08.11.2026 13:00:24

27, 100m Fri Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff

Event official at: 08.11.2026 13:00:24

28, 100m Fri Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff
Julia Shestova	2016	Trondhjems SLK		154	**1:33.11**	+0.96
50m: 43.84	100m: 1:33.11	(49.27)				
Kinga Zapora	2016	Kattem SK		109	**1:44.50**	
50m: 48.23	100m: 1:44.50	(56.27)				

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Live Hamnes Ulriksen**	2015	Trondhjems SLK		197	**1:25.70**		P
	50m: 39.36	100m: 1:25.70	(46.34)					
2	**Liv Langdal**	2015	Trondhjems SLK		154	**1:33.09**	+7.39	P
	50m: 43.83	100m: 1:33.09	(49.26)					
3	**Yngvild Fjermestad**	2015	Trondhjems SLK		152	**1:33.37**	+7.67	
	50m: 44.30	100m: 1:33.37	(49.07)					
4	**Eline Rytter-Heggdal**	2015	Trondhjems SLK		137	**1:36.85**	+11.15	
	50m: 46.65	100m: 1:36.85	(50.20)					
5	**Ingeborg K. Torvik**	2015	Trondhjems SLK		94	**1:49.75**	+24.05	
	50m: 52.90	100m: 1:49.75	(56.85)					

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Elina Arefjord Spangelo**	2014	Trondhjems SLK		373	**1:09.36**		P
	50m: 34.01	100m: 1:09.36	(35.35)					
2	**Sigrid Gylseth Dahl**	2014	Trondhjems SLK		242	**1:20.06**	+10.70	P
	50m: 38.41	100m: 1:20.06	(41.65)					
3	**Kaja Korsnes Nesset**	2014	Kattem SK		211	**1:23.76**	+14.40	
	50m: 39.27	100m: 1:23.76	(44.49)					
4	**Lena Stevanovic**	2014	Vestbyen Trondheim		198	**1:25.54**	+16.18	
	50m: 38.52	100m: 1:25.54	(47.02)					
5	**Agnes Grindeland**	2014	Trondhjems SLK		123	**1:40.39**	+31.03	
	50m: 47.83	100m: 1:40.39	(52.56)					
6	**Aurora Ytrehus Kullerud**	2014	Trondhjems SLK		101	**1:47.09**	+37.73	
	50m: 51.12	100m: 1:47.09	(55.97)					

Event official at: 08.11.2026 13:17:05

Results

28, 100m Fri Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Michaela Josefin Abeleva Barrera**	2013	Trondhjems SLK		438	**1:05.73**		P
	50m: 31.17	100m: 1:05.73	(34.56)					
2	**Amalie Bjørnstad Eriksen**	2013	Stjørdals-Blink IL		334	**1:11.95**	+6.22	P
	50m: 35.22	100m: 1:11.95	(36.73)					
3	**Ruolai Liu**	2013	Trondhjems SLK		283	**1:16.03**	+10.30	P
	50m: 36.07	100m: 1:16.03	(39.96)					
4	**Ragnhild Bjørkli Nilsen**	2013	Malvik IL		227	**1:21.76**	+16.03	
	50m: 39.37	100m: 1:21.76	(42.39)					
5	**Helene Bach**	2013	Vestbyen Trondheim		216	**1:23.15**	+17.42	
	50m: 39.23	100m: 1:23.15	(43.92)					
6	**Nora Berntsen**	2013	Stjørdals-Blink IL		144	**1:35.18**	+29.45	
	50m: 47.04	100m: 1:35.18	(48.14)					
7	**Louise Bakk Kvernø**	2013	Malvik IL		143	**1:35.38**	+29.65	
	50m: 46.16	100m: 1:35.38	(49.22)					
8	**Mali Kåsin Einang**	2013	Stjørdals-Blink IL		134	**1:37.44**	+31.71	
	50m: 46.64	100m: 1:37.44	(50.80)					

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Emmelin Munkhaugen**	2012	Trondhjems SLK		456	**1:04.83**		P
	50m: 31.43	100m: 1:04.83	(33.40)					
2	**Lin Carola Magdalene Nygren**	2012	Trondhjems SLK		413	**1:07.02**	+2.19	P
	50m: 31.86	100m: 1:07.02	(35.16)					
3	**Yuliia Druzhko**	2012	Kattem SK		234	**1:20.96**	+16.13	
	50m: 38.20	100m: 1:20.96	(42.76)					
4	**Emma Setsaas-Jackson**	2012	Vestbyen Trondheim		217	**1:22.98**	+18.15	
	50m: 39.23	100m: 1:22.98	(43.75)					
5	**Karen Wang Nerland**	2012	Stjørdals-Blink IL		214	**1:23.46**	+18.63	
	50m: 39.65	100m: 1:23.46	(43.81)					
6	**Lela Rød Solli**	2012	Malvik IL		193	**1:26.39**	+21.56	
	50m: 42.12	100m: 1:26.39	(44.27)					

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Lillian Gran Fløan**	2011	Stjørdals-Blink IL		404	**1:07.49**		P
	50m: 32.77	100m: 1:07.49	(34.72)					
2	**Erle Kullerud Ytrehus**	2011	Trondhjems SLK		360	**1:10.15**	+2.66	
	50m: 33.36	100m: 1:10.15	(36.79)					
3	**Marie Phan Hammerfjell**	2011	Malvik IL		266	**1:17.57**	+10.08	
	50m: 35.94	100m: 1:17.57	(41.63)					

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Idunn Bell**	2010	Vestbyen Trondheim		457	**1:04.78**		P
	50m: 30.78	100m: 1:04.78	(34.00)					

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, 17 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff

Event official at: 08.11.2026 13:17:05

28, 100m Fri Damer, Final, Masters B

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Betine Tangenes Solli**	1992	Malvik IL		185	**1:27.55**		P
	50m: 42.11	100m: 1:27.55	(45.44)					

Event official at: 08.11.2026 13:17:05

Results

29, 50m Rygg Herrer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Natan Krzystek	2016	Stjørdals-Blink IL		44	**1:02.26**	-5.39	

Event official at: 08.11.2026 13:23:19

29, 50m Rygg Herrer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Konrad Tingstad-Stav**	2015	Stjørdals-Blink IL		83	**50.62**		P
2	**Edvard Langsetmo**	2015	Stjørdals-Blink IL		70	**53.59**	+2.97	

Event official at: 08.11.2026 13:23:19

29, 50m Rygg Herrer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Jonas Boneng Stenumgård**	2014	Verdal SK		139	**42.66**		P
2	**Johan Mattson Leistad**	2014	Malvik IL		119	**44.84**	+2.18	P
3	**Mats Rundhaug-Oranje**	2014	Stjørdals-Blink IL		53	**58.63**	+15.97	
4	**Stein Håvard Alstad Forfot**	2014	Levanger SLK		33	**1:08.47**	+25.81	

Event official at: 08.11.2026 13:23:19

29, 50m Rygg Herrer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Casper Digre Haldorsen**	2012	Verdal SK		393	**30.17**		P
2	**Isak Mariussønn Valen**	2012	Malvik IL		223	**36.45**	+6.28	
3	**Håvard Bjerke**	2012	Vestbyen Trondheim		176	**39.43**	+9.26	

Event official at: 08.11.2026 13:23:19

29, 50m Rygg Herrer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Storm Olander Øvergård**	2011	Trondhjems SLK		343	**31.58**		P
2	**Isak Bakk Kværnø**	2011	Malvik IL		271	**34.16**	+2.58	
3	**Sebastian Kvalnes**	2011	Malvik IL		253	**34.92**	+3.34	

Event official at: 08.11.2026 13:23:19

29, 50m Rygg Herrer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Fredrik Holberg**	2010	Trondhjems SLK		220	**36.60**		P

Event official at: 08.11.2026 13:23:19

30, 50m Rygg Damer, Final, 10 years

Time	Born	Team	R.T.	Pts	Time	Diff	
Oline Værness Nygård	2016	Trondhjems SLK		162	**46.21**	-2.34	
Julia Shestova	2016	Trondhjems SLK		135	**49.09**	-4.01	
Kinga Zapora	2016	Kattem SK			**DSQ**		

Event official at: 08.11.2026 13:36:22

30, 50m Rygg Damer, Final, 11 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sara Olea Riseth Moe**	2015	Trondhjems SLK		163	**46.16**		P
2	**Ilaria Kari Cherubini**	2015	Trondhjems SLK		154	**47.06**	+0.90	P
3	**Kristina Kulagina**	2015	Trondhjems SLK		153	**47.11**	+0.95	P
4	**Leonora Munkhaugen**	2015	Trondhjems SLK		134	**49.21**	+3.05	
5	**Yngvild Fjermestad**	2015	Trondhjems SLK		134	**49.29**	+3.13	
6	**Liv Langdal**	2015	Trondhjems SLK		130	**49.75**	+3.59	
7	**Vilma Granhus Følstad**	2015	Trondhjems SLK		130	**49.80**	+3.64	
8	**Eline Rytter-Heggdal**	2015	Trondhjems SLK		107	**53.13**	+6.97	
9	**Ingeborg K. Torvik**	2015	Trondhjems SLK		72	**1:00.45**	+14.29	

Event official at: 08.11.2026 13:36:22

Results

30, 50m Rygg Damer, Final, 12 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Nora Hansen Gaasvik**	2014	Kattem SK		306	**37.41**		P
2	**Hanna Robertsen Burton**	2014	Trondhjems SLK		181	**44.55**	+7.14	P
3	**Ragnhild Fjermestad**	2014	Trondhjems SLK		158	**46.63**	+9.22	P
4	**Aurora Aarflot Johannessen**	2014	Trondhjems SLK		132	**49.47**	+12.06	
5	**Agnes Grindeland**	2014	Trondhjems SLK		104	**53.53**	+16.12	
6	**Aurora Ytrehus Kullerud**	2014	Trondhjems SLK		85	**57.36**	+19.95	
-	**Lena Stevanovic**	2014	Vestbyen Trondheim			**DSQ**		

Event official at: 08.11.2026 13:36:22

30, 50m Rygg Damer, Final, 13 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Marie Wærnes Blom**	2013	Trondhjems SLK		308	**37.35**		P
2	**Elisabeth Gorbatcheva**	2013	Stjørdals-Blink IL		290	**38.09**	+0.74	P
3	**Louise Thys**	2013	Trondhjems SLK		257	**39.66**	+2.31	P
4	**Tia Kristine Karlsen**	2013	Stjørdals-Blink IL		225	**41.47**	+4.12	
5	**Linnea Vikan Øren**	2013	Stjørdals-Blink IL		217	**41.98**	+4.63	
6	**Helene Bach**	2013	Vestbyen Trondheim		183	**44.38**	+7.03	
7	**Nora Berntsen**	2013	Stjørdals-Blink IL		132	**49.49**	+12.14	
8	**Mali Kåsin Einang**	2013	Stjørdals-Blink IL		115	**51.86**	+14.51	

Event official at: 08.11.2026 13:36:22

30, 50m Rygg Damer, Final, 14 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofia Glørstad**	2012	Kattem SK		353	**35.69**		P
2	**Yuliia Druzhko**	2012	Kattem SK		143	**48.17**	+12.48	

Event official at: 08.11.2026 13:36:22

30, 50m Rygg Damer, Final, 15 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Sofie Hoff**	2011	Trondhjems SLK		368	**35.18**		P
2	**Helle Lundgren**	2011	Trondhjems SLK		233	**40.97**	+5.79	
3	**Liv Løfaldli**	2011	Trondhjems SLK		213	**42.24**	+7.06	

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30, 50m Rygg Damer, Final, 16 years

Rank	Name	Born	Team	R.T.	Pts	Time	Diff	
1	**Anita Klungervik**	2010	Trondhjems SLK		419	**33.70**		P

Event official at: 08.11.2026 13:36:22

31, 4X50m Fri Herrer, Final, Alfabetisk

Rank	Name	Age	Team		Pts	Time	Diff
-	**Trondhjems SLK G6 ALFA**	16	Trondhjems SLK		182	**2:24.26**	
	Fredrik Holberg	2010		29.64		29.64	
	Guy Løfaldli	2016		41.36		1:11.00	
	Mateo Lucas Magno	2012		31.27		1:42.27	
	Noah Kvam Haaheim	2015		41.99		2:24.26	

Event official at: 08.11.2026 13:45:28

Results

31, 4X50m Fri Herrer, Final, Senior

Rank	Name	Age	Team		Pts	Time	Diff
1	**Trondhjems SLK G1**	15	Trondhjems SLK		443	**1:47.25**	
	Mattias Isaksen	2011		25.81		25.81	
	Ludvig Svendsen	2011		27.12		52.93	
	Storm Olander Øvergård	2011		26.92		1:19.85	
	Lev Shestov	2011		27.40		1:47.25	
2	**Trondhjems SLK G2**	15	Trondhjems SLK		397	**1:51.25**	+4.00
	Pedro Manquehual	2012		26.90		26.90	
	Philip Giske Nyman	2011		29.25		56.15	
	Edvard Hamnes Ulriksen	2012		27.63		1:23.78	
	Olav Høyland Hofstad	2013		27.47		1:51.25	
3	**Malvik IL G1**	15	Malvik IL		318	**1:59.78**	+12.53
	Isak Mariussønn Valen	2012		29.63		29.63	
	Sebastian Kvalnes	2011		30.37		1:00.00	
	Isak Bakk Kværnø	2011		29.84		1:29.84	
	William Kvalnes	2011		29.94		1:59.78	
4	**Verdal SK G1**	19	Verdal SK		285	**2:04.30**	+17.05
	Erik Langdal Kristiansen	2012		36.92		36.92	
	Casper Digre Haldorsen	2012		27.02		1:03.94	
	Jonas Boneng Stenumgård	2014		33.34		1:37.28	
	Aleksander Berg	2007		27.02		2:04.30	
5	**Malvik IL G2**	23	Malvik IL		228	**2:13.80**	+26.55
	Markus Øyangen	2003		26.36		26.36	
	Martin Dørum Steen	2014		40.23		1:06.59	
	David Larsen	2013		40.24		1:46.83	
	Tobias Gunerius Aaen	2003		26.97		2:13.80	
6	**Trondhjems SLK G4**	14	Trondhjems SLK		225	**2:14.47**	+27.22
	Jesper Julius Sundseth Skjærli	2012		34.64		34.64	
	Tymofii Dzisiak	2013		34.90		1:09.54	
	Sigurd Kristoffersen Torvik	2013		34.70		1:44.24	
	Emil Falkenbo-Skalmerås	2012		30.23		2:14.47	
7	**Stjørdals-Blink IL G1**	14	Stjørdals-Blink IL		134	**2:39.51**	+52.26
	Ivar Valstad	2012		29.83		29.83	
	Mats Rundhaug-Oranje	2014		42.83		1:12.66	
	Edvard Langsetmo	2015		44.01		1:56.67	
	Konrad Tingstad-Stav	2015		42.84		2:39.51	

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Rank	Name	Age	Team		Pts	Time	Diff
-	**Kattem SK J2 ALFA**	14	Kattem SK		225	**2:31.90**	
	Sofia Glørstad	2012		31.81		31.81	
	Yuliia Druzhko	2012		36.74		1:08.55	
	Kinga Zapora	2016		46.84		1:55.39	
	Kaja Korsnes Nesset	2014		36.51		2:31.90	
-	**Trondhjems SLK J12 ALFA**	11	Trondhjems SLK		173	**2:45.89**	
	Liv Langdal	2015		41.48		41.48	
	Julia Shestova	2016		39.77		1:21.25	
	Eline Rytter-Heggdal	2015		41.99		2:03.24	
	Oline Værness Nygård	2016		42.65		2:45.89	

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Results

Rank	Name	Age	Team		Pts	Time	Diff
1	**Trondhjems SLK J1**	16	Trondhjems SLK		485	**1:57.70**	
	Emmelin Munkhaugen	2012		29.32		29.32	
	Anita Klungervik	2010		28.93		58.25	
	Lin Carola Magdalene Nygren	2012		29.76		1:28.01	
	Michaela Josefin Abeleva Barrera	2013		29.69		1:57.70	
2	**Stjørdals-Blink IL J1**	15	Stjørdals-Blink IL		421	**2:03.35**	+5.65
	Arina Amundsen	2011		30.05		30.05	
	Lillian Gran Fløan	2011		30.16		1:00.21	
	Elisabeth Gorbatcheva	2013		32.25		1:32.46	
	Amalie Bjørnstad Eriksen	2013		30.89		2:03.35	
3	**Vestbyen Trondheim J1**	16	Vestbyen Trondheim		419	**2:03.53**	+5.83
	Mie Høvik-Tøndel	2011		29.05		29.05	
	Johanne Hustad	2012		31.52		1:00.57	
	Helene Bach	2013		33.97		1:34.54	
	Idunn Bell	2010		28.99		2:03.53	
4	**Trondhjems SLK J3**	15	Trondhjems SLK		400	**2:05.50**	+7.80
	Erle Kullerud Ytrehus	2011		31.76		31.76	
	Liv Løfaldli	2011		32.25		1:04.01	
	Kristina Aleman Sandsund	2012		32.32		1:36.33	
	Sofie Hoff	2011		29.17		2:05.50	
5	**Trondhjems SLK J2**	16	Trondhjems SLK		355	**2:10.61**	+12.91
	Helle Lundgren	2011		33.94		33.94	
	Helle Johnsen Selsås	2011		30.86		1:04.80	
	Ellen Kristine Eidsmo Hova	2010		32.35		1:37.15	
	Elsa Dragsten Wake	2011		33.46		2:10.61	
6	**Trondhjems SLK J4**	13	Trondhjems SLK		343	**2:12.04**	+14.34
	Marie Wærnes Blom	2013		33.85		33.85	
	Elina Arefjord Spangelo	2014		31.16		1:05.01	
	Ingeborg Strandenes	2015		33.95		1:38.96	
	Gunhild Furuholt Valle	2015		33.08		2:12.04	
7	**Kattem SK J1**	12	Kattem SK		328	**2:14.02**	+16.32
	Hild Midboe Rognstad	2014		35.02		35.02	
	Nora Hansen Gaasvik	2014		30.71		1:05.73	
	Solveig Massing	2014		36.79		1:42.52	
	Sissel Mellingsæter	2014		31.50		2:14.02	
8	**Stjørdals-Blink IL J2**	14	Stjørdals-Blink IL		241	**2:28.49**	+30.79
	Karen Wang Nerland	2012		40.06		40.06	
	Linnea Vikan Øren	2013		37.78		1:17.84	
	Tia Kristine Karlsen	2013		35.15		1:52.99	
	Mari Antonie Wang Røkke	2013		35.50		2:28.49	
9	**Trondhjems SLK J6**	12	Trondhjems SLK		234	**2:30.02**	+32.32
	Nicoline Vinje	2014		35.96		35.96	
	Mira Thorgård	2015		39.12		1:15.08	
	Live Hamnes Ulriksen	2015		37.82		1:52.90	
	Leonora Munkhaugen	2015		37.12		2:30.02	
10	**Trondhjems SLK J5**	13	Trondhjems SLK		219	**2:33.43**	+35.73
	Vilma Granhus Følstad	2015		42.53		42.53	
	Sofia Rø Tjøtta	2014		36.76		1:19.29	
	Sara Olea Riseth Moe	2015		40.00		1:59.29	
	Ruolai Liu	2013		34.14		2:33.43	

Results

11	**Trondhjems SLK J7**	12	Trondhjems SLK		190	**2:40.85**	+43.15
	Kristina Kulagina	2015		43.63		43.63	
	Ilaria Kari Cherubini	2015		36.52		1:20.15	
	Hanna Robertsen Burton	2014		37.57		1:57.72	
	Aurora Aarflot Johannessen	2014		43.13		2:40.85	
12	**Trondhjems SLK J9**	12	Trondhjems SLK		165	**2:48.57**	+50.87
	Sigrid Gylseth Dahl	2014		34.94		34.94	
	Ingeborg K. Torvik	2015		47.42		1:22.36	
	Aurora Ytrehus Kullerud	2014		45.83		2:08.19	
	Yngvild Fjermestad	2015		40.38		2:48.57	
-	**Malvik IL J1**	15	Malvik IL		0	**DSQ**	
	Martina Kleppe	2012				DSQ	
	Marie Phan Hammerfjell	2011					
	Louise Bakk Kvernø	2013					
	Lucy Elvevold Skotte	2011					

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