

## Individuelle norgesrekorder i kortbane, kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre Junior	50 m manikin carry	00:39,57	Kine Emilie Kirsebom Måseide	20.04.2024	NM 2024, Nannestad
	100 m manikin carry w/fins	01:07,01	Kine Emilie Kirsebom Måseide	20.04.2024	NM 2024, Nannestad
	100 m manikin tow w/fins	01:12,02	Martina Vågsnes	20.04.2024	NM 2024, Nannestad
	200 m obstacle swim	02:21,14	Kine Emilie Kirsebom Måseide	20.04.2024	NM 2024, Nannestad
	200 m superlifesaver	02:57,22	Martina Vågsnes	21.04.2024	NM 2024, Nannestad
	100 m rescue medley	01:21,34	Kine Emilie Kirsebom Måseide	21.04.2024	NM 2024, Nannestad

Junior	50 m manikin carry	00:37,70	Rina Øvergaard	29.10.2022	NM 2022, Sandbekken
	100 m manikin carry w/fins	01:05,80	Renate Knutsen	18.04.2015	NM 2015, Bergen
	100 m manikin tow w/fins	01:07,70	Ane Lillebo Sletten	31.10.2015	Sandbekken 2015
	100 m rescue medley	01:22,30	Renate Knutsen	18.04.2015	NM 2015, Bergen
	200 m obstacle swim	02:20,10	Line Løvberg		NM 2009
	200 m superlifesaver	02:57,22	Martina Vågsnes	21.04.2024	NM 2024, Nannestad
	100 m rescue medley	01:21,34	Kine Emilie Kirsebom Måseide	21.04.2024	NM 2024, Nannestad

Åpen	50 m manikin carry	00:36,09	Renate Knutsen	29.04.2023	NM 2023, Horten
	100 m manikin carry w/fins	01:00,68	Ine Kristin Aasum	20.04.2024	NM 2024, Nannestad
	100 m manikin tow w/fins	01:04,88	Mia Louise Gjermundsen	15.04.2016	NM 2016, Sarpsborg
	100 m rescue medley	01:17,74	Renate Knutsen	30.04.2016	NM 2023, Horten
	200 m obstacle swim	02:15,20	Silje B. Tronsmoen		NM 2012, Steinkjer
	200 m superlifesaver	02:40,22	Renate Knutsen	21.04.2024	NM 2024, Nannestad

## Individuelle norgesrekorder i kortbane, menn

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre Junior	50 m manikin carry	00:36,20	Gard Øvergaard		NM 2011, Moss
	100 m manikin carry w/fins	01:13,45	Jørgen Andreas Holm Jøsang	20.04.2024	NM 2024, Nannestad
	100 m manikin tow w/fins	01:03,00	Oliver Constantine Werner	20.04.2024	NM 2024, Nannestad
	200 m obstacle swim	02:16,00	Mats Kamnes	17.04.2015	NM 2015, Bergen
	200 m superlifesaver	03:21,03	Sindre Jensen	29.10.2022	NM 2022, Sandbekken
	100 m rescue medley	01:38,74	Jørgen Andreas Holm Jøsang	21.04.2024	NM 2024, Nannestad

Junior	50 m manikin carry	00:32,90	Mats Kamnes	28.04.2018	NM 2018, Horten
	100 m manikin carry w/fins	00:54,19	Mats Kamnes	28.04.2018	NM 2018, Horten
	100 m manikin tow w/fins	01:01,01	Mats Kamnes	10.11.2018	Sandbekken 2018
	100 m rescue medley	01:10,50	Gard Øvergaard		NM 2018, Steinkjer
	200 m obstacle swim	02:01,10	Mattis Saghaug		NM 2008
	200 m superlifesaver	02:32,02	Peder Voksøy-Breivik	21.04.2024	NM 2024, Nannestad
	100 m rescue medley	01:10,11	Oliver Constantine Werner	21.04.2024	NM 2024, Nannestad

Åpen	50 m manikin carry	00:29,58	Gard Øvergaard	12.11.2017	Sandbekken 2017
	100 m manikin carry w/fins	00:51,41	Gard Øvergaard	30.04.2023	NM 2023, Horten
	100 m manikin tow w/fins	00:55,74	Gard Øvergaard	27.04.2018	NM 2018, Vestfold
	100 m rescue medley	00:59,98	Gard Øvergaard	30.04.2023	NM 2023, Horten
	200 m obstacle swim	01:58,87	Gard Øvergaard	29.04.2023	NM 2023, Horten
	200 m superlifesaver	02:14,52	Gard Øvergaard	30.04.2023	NM 2023, Horten