

## Individuelle norgesrekorder i langbane, kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre Junior	50 m manikin carry	00:41,08	Tiril K. Lorentzen Laberg	28.10.2024	Rascals Internatinal 2024
	50 m manikin carry w/fins	00:33,40	Linnea Kletvang	27.04.2014	NM 2014, Kristiansand
	100 m carry w/fins	01:09,42	Martina Vågsnes	28.10.2024	Rascals Internatinal 2024
	100 m manikin tow w/fins	01:12,83	Ida Emilie Foss	02.12.2017	Orange Cup 2017
	100 m rescue medley	01:22,26	Tiril K. Lorentzen Laberg	28.10.2024	Rascals Internatinal 2024
	200 m obstacle swim	02:26,75	Tiril K. Lorentzen Laberg	28.10.2024	Rascals Internatinal 2024
	200 m superlife saver	02:53,08	Tiril K. Lorentzen Laberg	06.04.2024	Brita Memorial 2024
Junior	50 m manikin carry	00:40,73	Rina Øvergaard	17.09.2023	EM 2023, Belgia
	100 m manikin carry w/fins	01:04,13	Ine Aasum	22.09.2019	Jr. EM 2019, Italia
	100 m manikin tow w/fins	01:04,58	Mia Louise Gjermundsen		Jr. EM 2012, Jönköping
	100 m rescue medley	01:21,91	Rina Øvergaard	18.09.2023	EM 2023, Belgia
	200 m obstacle swim	02:17,95	Ina Kristine Pedersen		EM 2007, Tenerife
	200 m superlife saver	02:50,44	Ina Kristine Pedersen		EM 2007, Tenerife
Åpen	50 m manikin carry	00:37,57	Renate Knutsen	06.09.2017	EM 2017, Belgia
	100 m manikin carry w/fins	00:59,05	Ine Aasum	30.08.2024	VM 2024 Australia
	100 m manikin tow w/fins	01:04,58	Mia Louise Gjermundsen		Jr. EM 2012, Jönköping
	100 m rescue medley	01:20,56	Renate Knutsen	18.09.2023	EM 2023, Belgia
	200 m obstacle swim	02:17,95	Ina Kristine Pedersen		EM 2007, Tenerife
	200 m superlife saver	02:48,44	Mia Louise Gjermundsen	02.04.2016	DM 2016

## Individuelle norgesrekorder i langbane, herrer

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre Junior	50 m manikin carry	00:36,99	Mats Kamnes	25.09.2015	Jr. EM 2015, Torrevieja
	50 m manikin carry w/fins	00:31,20	Celestin Alfonso	27.04.2014	NM 2014, Kristiansand
	100 m manikin carry w/fins				
	100 m manikin tow w/fins	01:04,78	Andreas C. Johnsen	07.09.2013	Jr. EM 2013, Italia
	200 m obstacle swim	02:19,63	Mats Kamnes	24.09.2015	Jr. EM 2015, Torrevieja
	200 m superlife saver	03:21,56	Sindre Jensen	27.11.2022	Orange Cup 2022
Junior	50 m manikin carry	00:32,65	Gard Øvergaard	17.05.2014	Brita Memorial 2014
	100 m manikin carry w/fins	00:51,21	Mats Kamnes	12.09.2018	Jr. EM 2018, Irland
	100 m manikin tow w/fins	00:58,70	Gard Øvergaard	26.04.2014	NM 2014, Kristiansand
	100 m rescue medley	01:08,76	Gard Øvergaard	17.05.2014	Brita Memorial 2014
	200 m obstacle swim	02:02,78	Mattis Saghaug		Jr. EM 2008
	200 m superlife saver	02:33,82	Gard Øvergaard	16.11.2014	BeNe Cup 2014, Eindhoven
Åpen	50 m manikin carry	00:29,85	Gard Øvergaard	22.09.2019	EM 2019, Italia
	100 m manikin carry w/fins	00:48,63	Gard Øvergaard	22.09.2019	EM 2019, Italia
	100 m manikin tow w/fins	00:55,71	Gard Øvergaard	22.11.2018	VM 2018, Australia
	100 m rescue medley	01:02,99	Gard Øvergaard	22.11.2018	VM 2018, Australia
	200 m obstacle swim	02:02,78	Mattis Saghaug		Jr. EM 2008
	200 m superlife saver	02:19,60	Gard Øvergaard	05.05.2018	Brita Memorial 2018