

## Norgesrekorder kortbane, individuelt kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre junior	50 carry	00:42,70	Lene Braathen		NM 1990
	50 carry w/fins	00:29,86	Linnea M. Kletvang	02.11.2014	Sandbekken 2014
	100 tow	01:12,60	Linnea M. Kletvang	31.10.2015	Sandbekken 2015
	200 obstacle swim	02:26,00	Marion Bårdli		NM 2010, Horten
	200/100 SLS	01:28,80	Kristine Knutsen	01.11.2015	Sandbekken 2015

Junior	50 carry	00:38,68	Ine Kristin Aasum	06.04.2019	NM 2019, Mosjøen
	100 carry	01:05,80	Renate Knutsen	18.04.2015	NM 2015, Bergen
	100 tow	01:07,70	Ane Lillebo Sletten	31.10.2015	Sandbekken 2015
	100 rescue medley	01:22,30	Renate Knutsen	18.04.2015	NM 2015, Bergen
	200 obstacle swim	02:20,10	Line Løvberg		NM 2009
	200/100 SLS	01:19,69	Ida Lillebo Sletten	06.04.2019	NM 2019, Mosjøen

Åpen	50 carry	00:37,05	Renate Knutsen	25.03.2017	NM 2017, Moss
	100 carry	01:03,23	Mia Louise Gjermundsen	25.03.2017	NM 2017, Moss
	100 tow	01:04,88	Mia Louise Gjermundsen	15.04.2016	NM 2016, Sarpsborg
	100 rescue medley	01:19,90	Renate Knutsen	16.04.1026	NM 2016, Sarpsborg
	200 obstacle swim	02:15,20	Silje B. Tronsmoen		NM 2012, Steinkjer
	200/100 SLS	01:15,33	Mia Louise Gjermundsen	16.04.2016	NM 2016, Sarpsborg

Masters M30	50 carry				
	100 carry				
	100 tow				
	100 rescue medley				
	200 obstacle swim				
	200/100 SLS				

<b>Masters M35</b>	<b>50 carry</b>				
	<b>100 carry</b>	01:16,81	Mila Zaharinoa	30.10.2016	Sandbekken 2016
	<b>100 tow</b>	01:25,67	Mila Zaharinoa	30.10.2016	Sandbekken 2016
	<b>100 rescue medley</b>	01:50,09	Linda Melander		NM 2012, Steinkjer
	<b>200 obstacle swim</b>				
	<b>200/100 SLS</b>	01:40,99	Mila Zaharinoa	30.10.2016	Sandbekken 2016

<b>Masters M40</b>	<b>50 carry</b>				
	<b>100 carry</b>	01:16,88	Mila Zaharinoa	25.03.2017	NM 2017, Moss
	<b>100 tow</b>				
	<b>100 rescue medley</b>	01:34,88	Mila Zaharinoa	25.03.2017	NM 2017, Moss
	<b>200 obstacle swim</b>	02:28,07	Mila Zaharinoa	25.03.2017	NM 2017, Moss
	<b>200/100 SLS</b>				

<b>Masters M45</b>	<b>50 carry</b>				
	<b>100 carry</b>	01:39,20	Cathrine Myhre		NM Sandbekken 2013
	<b>100 tow</b>	01:24,30	Cathrine Myhre		NM Sandbekken 2013
	<b>100 rescue medley</b>				
	<b>200 obstacle swim</b>	03:01,70	Cathrine Myhre		NM Sandbekken 2013
	<b>200/100 SLS</b>				

<b>Masters M50</b>	<b>50 carry</b>				
	<b>100 carry</b>				
	<b>100 tow</b>				
	<b>100 rescue medley</b>				
	<b>200 obstacle swim</b>				
	<b>200/100 SLS</b>				

## Norgesrekorder kortbane, individuelt herrer

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre junior	50 carry	00:36,20	Gard Øvergaard		NM 2011, Moss
	50 carry w/fins	00:25,80	Mats Kamnes	01.11.2015	Sandbekken 2015
	100 tow	01:05,10	Mats Kamnes	31.10.2015	Sandbekken 2015
	200 obstacle swim	02:16,00	Mats Kamnes	17.04.2015	NM 2015, Bergen
	200/100 SLS	01:19,70	Mats Kamnes	01.11.2015	Sandbekken 2015

Junior	50 carry	00:32,90	Mats Kamnes	28.04.2018	NM 2018, Horten
	100 carry	00:54,19	Mats Kamnes	28.04.2018	NM 2018, Horten
	100 tow	01:01,01	Mats Kamnes	10.11.2018	Sandbekken 2018
	100 rescue medley	01:10,50	Gard Øvergaard		NM 2014, Steinkjer
	200 obstacle swim	02:01,10	Mattis Saghaug		NM 2008
	200/100 SLS	01:12,99	Mats Kamnes	27.04.2018	NM 2018, Horten

Åpen	50 carry	00:29,58	Gard Øvergaard	12.11.2017	Sandbekken 2017
	100 carry	00:51,62	Gard Øvergaard	06.04.2019	NM 2019, Mosjøen
	100 tow	00:55,74	Gard Øvergaard	27.04.2018	NM 2018
	100 rescue medley	01:01,21	Gard Øvergaard	05.04.2019	NM 2019, Mosjøen
	200 obstacle swim	01:59,68	Gard Øvergaard	05.04.2019	NM 2019, Mosjøen
	200/100 SLS	01:03,35	Gard Øvergaard	06.04.2019	NM 2019, Mosjøen

Masters M30	50 carry				
	100 carry	01:10,30	Bjørn Harald Olstad		NM 2007, Romerike
	100 tow				
	100 rescue medley	01:18,00	Bjørn Harald Olstad		NM 2007, Romerike
	200 obstacle swim	02:18,60	Bjørn Harald Olstad		NM 2007, Romerike
	200/100 SLS				

<b>Masters M35</b>	<b>50 carry</b>				
	<b>100 carry</b>	01:04,20	Bjørn Harald Olstad		NM 2009, Lambertseter
	<b>100 tow</b>				
	<b>100 rescue medley</b>	01:16,90	Bjørn Harald Olstad		NM 2010, Horten
	<b>200 obstacle swim</b>	02:16,30	Bjørn Harald Olstad		NM 2010, Horten
	<b>200/100 SLS</b>				

<b>Masters M40</b>	<b>50 carry (grunna)</b>				
	<b>100 carry</b>				
	<b>100 tow</b>				
	<b>100 rescue medley</b>				
	<b>200 obstacle swim</b>	02:24,78	Tarjei Øvergaard	15.04.2016	NM 2016, Sarpsborg
	<b>200/100 SLS</b>				

<b>Masters M45</b>	<b>50 carry (grunna)</b>				
	<b>100 carry</b>				
	<b>100 tow</b>				
	<b>100 rescue medley</b>				
	<b>200 obstacle swim</b>	03:05,20	Yngvar Helle		NM 1993
	<b>200/100 SLS</b>				

<b>Masters M50</b>	<b>50 carry (grunna)</b>	00:47,30	Are Ugland	16.04.2016	NM 2016, Sarpsborg
	<b>100 carry</b>	01:20,07	Are Ugland	16.04.2016	NM 2016, Sarpsborg
	<b>100 tow</b>				
	<b>100 rescue medley</b>				
	<b>200 obstacle swim</b>	02:54,72	Are Ugland	15.04.2016	NM 2016, Sarpsborg
	<b>200/100 SLS</b>				

## Norgesrekorder kortbane, lag kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre junior	4x25 manikin relay	02:18,92	Nora B. Ingeberg, Helene Østmo, Ida Hovind Grøv, Elise Kippenes	25.03.2017	NM 2017, Moss
	4x25 medley relay	00:58,17	Nora B. Ingeberg, Helene Østmo, Ida Hovind Grøv, Elise Kippenes	11.11.2017	Sandbekken 2017
	4x50 obstacle relay	02:18,00	Elise Kippenes, Helene Østmo, Ida Hovind Grøv, Rina Øvergaard	28.04.2018	NM 2018, Horten
	Nordisk	01:55,56	Nora B. Ingeberg, Helene Østmo, Ida Hovind Grøv	26.03.2017	NM 2017, Moss
	Linethrow 12,5m	00:14,98	Ida Emilie Foss, Alma Bakken Thomassen	25.03.2017	NM 2017, Moss
Junior	4x25 manikin relay	01:48,73	Celina McGrory, Helene Østmo, Malin Østmo, Nora B. Ingebjerg	12.11.2017	Sandbekken 2017
	4x25 medley relay	00:53,28	Julie Elisabeth Moe, Linnea Melander Kletvang, Ida Emilie Foss, Ine Kristin Aasum	27.04.2018	NM 2018, Horten
	4x50 obstacle relay	02:09,76	Elise Kippenes, Helene Østmo, Ida Lillebo Sletten, Ida Hovind Grøv	05.04.2019	NM 2019, Mosjøen
	Nordisk	01:48,70	Maria C. Johnsen, Marion Bårdli, Carina Bårdli		NM 2012, Steinkjer
	Linethrow 12,5m	00:12,92	Linnea Melander Kletvang, Kristine Knutsen	10.09.2016	EM jr 2016, Eindhoven
Åpen	4x25 manikin relay	01:41,42	Ane L. Sletten, Mia L. Sletten, Celina McGrory, Mia Louise Gjermundsen	27.04.2018	NM 218, Horten
	4x25 medley relay	00:53,25	Thea Bjørnstad, Elise Solberg, Renate Knutsen, Kristine Knutsen	17.04.2016	NM 2016, Sarpsborg
	4x50 obstacle relay	02:10,12	Thea Bjørnstad, Kristine Knutsen, Renate Knutsen, Ragnhild Abusland	28.04.2018	NM2018, Horten
	Nordisk	01:41,90	?? Mix ??		WC 1992
	Linethrow 12,5m	00:12,92	Linnea Melander Kletvang, Kristine Knutsen	10.09.2016	VM jr 2016, Eindhoven

## Norgesrekorder kortbane, lag herrer

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre junior	4x25 manikin relay	01:41,25	Matias Killdal, Ine-Kristin Aasum, Ida Emilie Foss, Adrian Alfonso	12.11.2017	Sandbekken 2017
	4x25 medley relay	00:53,10	Matias Killdal, Ine-Kristin Aasum, Ida Emilie Foss, Adrian Alfonso	11.11.2016	Sandbekken 2017
	4x50 obstacle relay	02:09,59	Adrian Alfonso, Pia Røstvang, Herman Angell Eid, Stina M. Kletvang	10.11.2018	Sandbekken 2018
	Nordisk	01:37,52	Pia Røstvang, Herman Anell Eid, Adrian Alfonso	11.11.2018	Sandbekken 2018
	Linethrow 12,5m	00:11,70	Jonnah Haug Vandenhove, Rina Øvergaard	10.11.2018	Sandbekken 2018
	Lifesaver relay	01:20,23	Pia Røstvang, Herman Anell Eid, Susanna Håkonsen, Tobias Sandnes Eiklid	06.04.2019	NM 2019, Mosjøen
Junior	4x25 manikin relay	01:25,38	Matias Kildal, Mats Kamnes, Tobias Rosenberg-Hansen, Jonas Molander	11.11.2018	Sandbekken 2018
	4x25 medley relay	00:47,39	Matias Kildal, Mats Kamnes, Tobias Rosenberg-Hansen, Jonas Molander	27.04.2018	NM 2018, Horten
	4x50 obstacle relay	01:53,23	Matias Kildal, Mats Kamnes, Tobias Rosenberg-Hansen, Jonas Molander	28.04.2018	NM 2018 Horten
	Nordisk	01:31,89	Matias Kildal, Mats Kamnes, Tobias Rosenberg-Hansen	29.04.2018	NM 2018, Horten
	Linethrow 12,5m	00:10,89	Tobas Rosenberg-Hansen, Matias Kildal	11.09.2018	JR.EM 2018, Irland
	Lifesaver relay	01:09,39	Jøregen Engeseth, Jonah Vandenhove, Helene Østmo, Elise Kippenes	06.04.2019	NM 2019, Mosjøen
Åpen	4x25 manikin relay	01:17,40	Stian Andre Elvenes, Aksel Krohn Engeseth, Andreas Boye Hansen, Gard Øvergaard	17.04.2016	NM 2016, Sarpsborg
	4x25 medley relay	00:45,67	Stian Andre Elvenes, Aksel Krohn Engeseth, Andreas Boye Hansen, Gard Øvergaard	17.04.2016	NM 2016, Sarpsborg
	4x50 obstacle relay	01:52,53	Gard Øvergaard, Andreas Boye Hansen, Michael McGrory, Aksel Krohn Engeseth	25.03.2017	NM 2017, Moss
	Nordisk	01:22,70	Robin Palm, Martin Robertsen, Remi Ingebrigtsen		NM 2011, Moss
	Linethrow 12,5m	00:10,28	Gard Øvergaard og August Henriksen	05.05.2018	Brita Memorial 2018
	Lifesaver relay	01:05,33	Gard Øvergaard, August Henriksen, Ane Lillebo Sletten, Ida Lillebo Sletten	06.04.2019	NM 2019, Mosjøen