

## Individuelle norgesrekorder i kortbane, kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
Yngre Junior	50 m manikin carry	00:42,70	Lene Braathen		NM 1990, Horten
	50 m manikin carry w/fins	00:29,86	Linnea Melander Kletvang	02.11.2014	Sandbekken 2014
	100 m manikin tow w/fins	01:12,60	Linnea Melander Kletvang	31.10.2015	Sandbekken 2015
	200 m obstacle swim	02:26,00	Marion Bårdli		NM 2010, Horten
	100 m superlife saver	01:28,80	Kristine Knutsen	01.11.2015	Sandbekken 2015
	200 m superlife saver	03:47,49	Martina Vågsnes	29.10.2022	NM 2022, Sandbekken
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
	100 m superlife saver	01:19,69	Ida Lillebo Sletten	06.04.2019	NM 2019, Mosjøen
	200 m superlife saver	03:47,49	Martina Vågsnes	29.10.2022	NM 2022, Sandbekken
Åpen	50 m manikin carry	00:37,05	Renate Knutsen	25.03.2017	NM 2017, Moss
	100 m manikin carry w/fins	01:03,23	Mia Louise Gjermundsen	25.03.2017	NM 2017, Moss
	100 m manikin tow w/fins	01:04,88	Mia Louise Gjermundsen	15.04.2016	NM 2016, Sarpsborg
	100 m rescue medley	01:19,90	Renate Knutsen	16.04.2016	NM 2016, Sarpsborg
	200 m obstacle swim	02:15,20	Silje B. Tronsmoen		NM 2012, Steinkjer
	100 m superlife saver	01:15,33	Mia Louise Gjermundsen	16.04.2016	NM 2016, Sarpsborg
	200 m superlife saver	03:25,68	Anna Martine Tosterud	29.10.2022	NM 2022, Sandbekken

## 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
	50 m manikin carry w/fins	00:25,80	Mats Kamnes	01.11.2015	Sandbekken 2015
	100 m manikin tow w/fins	01:05,10	Mats Kamnes	31.10.2015	Sandbekken 2015
	200 m obstacle swim	02:16,00	Mats Kamnes	17.04.2015	NM 2015, Bergen
	100 m superlife saver	01:19,70	Mats Kamnes	01.11.2015	Sandbekken 2015
	200 m superlife saver	03:21,03	Sindre Jensen	29.10.2022	NM 2022, Sandbekken
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
	100 m superlife saver	01:12,99	Mats Kamnes	27.04.2018	NM 2018, Horten
	200 m superlife saver	03:02,26	Herman Angell Eid	29.10.2022	NM 2022, Sandbekken
Åpen	50 m manikin carry	00:29,58	Gard Øvergaard	12.11.2017	Sandbekken 2017
	100 m manikin carry w/fins	00:51,62	Gard Øvergaard	06.04.2019	NM 2019, Mosjøen
	100 m manikin tow w/fins	00:55,74	Gard Øvergaard	27.04.2018	NM 2018, Vestfold
	100 m rescue medley	01:01,21	Gard Øvergaard	05.04.2019	NM 2019, Mosjøen
	200 m obstacle swim	01:59,68	Gard Øvergaard	05.04.2019	NM 2019, Mosjøen
	100 m superlife saver	01:03,35	Gard Øvergaard	06.04.2019	NM 2019, Mosjøen
	200 m superlife saver	02:32,46	Jonah Haug Vandenhove	29.10.2022	NM 2022, Sandbekken

Masters, Kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
<b>M30</b>	50 m manikin carry				
	100 m manikin carry w/fins				
	100 m manikin tow w/fins				
	100 m rescue medley				
	200 m obstacle swim				
	100 m superlife saver				
	200 m superlife saver				
<b>M35</b>	50 m manikin carry				
	100 m manikin carry w/fins	01:16,81	Mila Zaharinova	30.10.2016	Sandbekken 2016
	100 m manikin tow w/fins	01:25,67	Mila Zaharinova	30.10.2016	Sandbekken 2016
	100 m rescue medley	01:50,09	Linda Melander		NM 2012, Steinkjer
	200 m obstacle swim				
	100 m superlife saver	01:40,99	Mila Zaharinova	30.10.2016	Sandbekken 2016
	200 m superlife saver				
<b>M40</b>	50 m manikin carry	00:43,76	Mila Zaharinova	20.10.2019	Sandbekken 2019
	100 m manikin carry w/fins	01:13,85	Mila Zaharinova	20.10.2019	Sandbekken 2019
	100 m manikin tow w/fins	01:20,73	Mila Zaharinova		Sandbekken 2018
	100 m rescue medley	01:34,88	Mila Zaharinova	25.03.2017	NM 2017, Moss
	200 m obstacle swim	02:28,07	Mila Zaharinova	25.03.2017	NM 2017, Moss
	100 m superlife saver	01:38,82	Mila Zaharinova		Sandbekken 2017
		200 m superlife saver			
<b>M45</b>	50 m manikin carry				
	100 m manikin carry w/fins	01:39,20	Cathrine Myhre		NM 2013, Sandbekken
	100 m manikin tow w/fins	01:24,30	Cathrine Myhre		NM 2013, Sandbekken
	100 m rescue medley				
	200 m obstacle swim	03:01,70	Cathrine Myhre		NM 2013, Sandbekken
	100 m superlife saver				
	200 m superlife saver				

Masters, menn

Klasse	Øvelse	Tid	Navn	Dato	Konkurranse
<b>M30</b>	50 m manikin carry				
	100 m manikin carry w/fins	01:10,30	Bjørn Harald Olstad		NM 2007, Romerike
	100 m manikin tow w/fins				
	100 m rescue medley	01:18,00	Bjørn Harald Olstad		NM 2007, Romerike
	200 m obstacle swim	02:18,60	Bjørn Harald Olstad		NM 2007, Romerike
	100 m superlife saver				
	200 m superlife saver				
<b>M35</b>	50 m manikin carry				
	100 m manikin carry w/fins	01:04,20	Bjørn Harald Olstad		NM 2009, Lamberseter
	100 m manikin tow w/fins				
	100 m rescue medley	01:16,90	Bjørn Harald Olstad		NM 2012, Horten
	200 m obstacle swim	02:16,30	Bjørn Harald Olstad		NM 2012, Horten
	100 m superlife saver				
	200 m superlife saver				
<b>M40</b>	50 m manikin carry				
	100 m manikin carry w/fins				
	100 m manikin tow w/fins				
	100 m rescue medley				
	200 m obstacle swim	02:24,78	Tarjei Øvergaard	15.04.2016	NM 2016, Sarpsborg
	100 m superlife saver				
	200 m superlife saver				
<b>M45</b>	50 m manikin carry				
	100 m manikin carry w/fins				
	100 m manikin tow w/fins				
	100 m rescue medley				
	200 m obstacle swim	03:05,20	Yngvar Helle		NM 1993
	100 m superlife saver				
	200 m superlife saver				
<b>M50</b>	50 m manikin carry	00:47,30	Are Ugland	16.04.2016	NM 2016, Sarpsborg
	100 m manikin carry w/fins	01:20,07	Are Ugland	16.04.2016	NM 2016, Sarpsborg
	100 m manikin tow w/fins				
	100 m rescue medley				
	200 m obstacle swim	02:54,72	Are Ugland	15.04.2016	NM 2016, Sarpsborg
	100 m superlife saver				
	200 m superlife saver				