

## Individuelle norgesrekorder i langbane, kvinner

Klasse	Øvelse	Tid	Navn	Dato	Konkurransen
Yngre Junior	50 m manikin carry	00:45,52	Helene Østmo	05.05.2018	Brita Memorial 2018
	50 m manikin carry w/fins	00:33,40	Linnea Kletvang	27.04.2014	NM 2014, Kristiansand
	100 m manikin tow w/fins	01:12,83	Ida Emilie Foss	02.12.2017	Orange Cup 2017
	200 m obstacle swim	02:36,45	Helene Østmo	11.09.2018	Jr. EM 2018, Irland
	200 m superlife saver	03:01,25	Helene Østmo	24.06.2018	Orange Cup 2018

Junior	50 m manikin carry	00:41,02	Renate Knutsen	08.05.2015	Brita Memorial 2015
	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	01:25,23	Ina Kristine Pedersen		EM 2007, Tenerife
	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	01:01,63	Ine Aasum	07.05.2022	Brita Memorial 2022
	100 m manikin tow w/fins	01:04,58	Mia Louise Gjermundsen		Jr. EM 2012, Jönköping
	100 m rescue medley	01:23,18	Renate Knutsen	06.09.2017	EM 2017, 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	Konkurransen
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 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