

Øvelse 1	400	FRI	MENN		
1987	999	Espen Offerdal Davidsen	BSLK	Brutt	
1989	1 p	Runar Laupstad	Egersund	05:31.69	288
	2 p	Daniel M. Larsen	Delfana	05:43.46	259
	999	Aleksander Haugstvedt	Delfana	Brutt	
	999	Andreas Solem	Delfana	Brutt	
1990	999	Øystein Melle	BSLK	Brutt	
	999	Marcus Tesdal	Åstveit	Brutt	
1991	1 p	Andras Csernai	Åstveit	05:25.20	305
	2	Jakob Haugstvedt	Delfana	05:45.84	254
1992	1 p	Truls Vikane	BSLK	05:27.00	300
	2 p	Anders Runningen	Delfana	05:53.30	238
	3	Ole Iversen Kalvø	Delfana	05:56.22	232
	999	Sindre Mowatt Gruben	BSC	Uteble	
	999	Markus Heimdal	Delfana	Brutt	
1993	1 p	Øyvind L. Styrmoen	Delfana	06:02.20	221
	2	Sander Rødje	HSK	06:14.32	200
	999	Zoltan Csernai	Åstveit	Brutt	
Øvelse 2	400	FRI	KVINNER		
1986	1 p	Silje Teigland	Åstveit	04:55.05	550
1989	1 p	Marie Koksvik Thorsen	Arna SLK	05:56.71	311
1990	1 p	Andrina Heldal	Åstveit	04:58.51	531
	2 p	Christine Lilledahl	HSK	05:09.06	479
	3	Maren Teige	BSLK	05:20.10	431
	4	Iselin Raustein	Randaberg	05:25.68	409
1991	1 p	Karoline Mjanger	Delfana	05:28.49	398
	2	Tonje Ringen Nilsen	Randaberg	05:57.54	309
	3	Isabelle Drivenes	Delfana	05:57.64	309
1992	1 p	Hanne Søfteland	Delfana	05:39.40	361
	2	Tonje R. Skotheimsvik	Delfana	05:51.88	324
	3	Julie Horn Johnsen	BSLK	06:22.07	253

Øvelse 2 400 FRI KVINNER

1993						
	1	p	Kaja Bremer	BSLK	05:56.04	313
	2		Elna Louise Bønes	BSLK	06:18.66	260
1994			Karoline Pedersen	BSLK	06:01.04	

Øvelse 3 50 FRI MENN

1988						
	1	p	Audun Tofte	TRIO	00:27.79	449
	2	p	Kjetil Egeland	TRIO	00:28.50	416
	3		Per Steffensen Bremer	BSLK	00:29.36	381
	4		Gaute L. Losnegård	STORD	00:30.15	352
1989						
	1	p	Ole Andreas Kolaas	Delfana	00:28.08	435
	2	p	Runar Laupstad	Egersund	00:29.67	369
	3	p	Thomas Mathieson	Voss	00:30.37	344
	4		Kjetil Odland	BSLK	00:30.54	338
	5		Daniel M. Larsen	Delfana	00:30.55	338
	6		Thomas Antoniazzi	BSLK	00:31.72	302
	7		Thomas Høyseter	STORD	00:33.04	267
1990						
	1	p	Paal Christian Bønes	BSLK	00:29.62	371
	2	p	Øystein Melle	BSLK	00:32.08	292
	3		Lorentz Bergo	Voss	00:32.10	291
	4		Haavard Havro Bjørnstad	Voss	00:32.54	280
	5		Stian Stautland Stokka	STORD	00:36.49	198
1991						
	1	p	John Arne Wikholm	BSLK	00:33.73	251
	2	p	Erik Vassøy Olsen	Randaberg	00:34.09	243
	3		Krister Stokke	Karmøy	00:34.28	239
	4		Ørjan Nymark Melle	BSLK	00:34.30	239
	5		Andreas H. Johannesen	Delfana	00:35.98	207
1992						
	1	p	Halvdan Mjelde	Delfana	00:35.40	217
	2	p	Henrik Bergo	Voss	00:35.83	209
	3	p	Anders Færø	BSLK	00:36.99	190
	4	p	Torjus Havro Bjørnstad	Voss	00:37.46	183
	5		Markus Heimdal	Delfana	00:37.91	177
	6		Eivind Trengereid	BSLK	00:39.88	152
	7		Christoffer Robin Hatlem	BSLK	00:40.09	149
	8		John Martin Markhus	TRIO	00:44.89	106
	9		Toni Johannesen Amengual	BSLK	00:48.65	83
999			Thomas Grindebakken Moen	BSLK	Uteble	
999			Tor Andre Wikholm	BSLK	Uteble	

Øvelse 3	50	FRI	MENN		
1993					
1	p	Zoltan Csernei	Åstveit	00:29.48	376
2	p	Thorbjørn Birkeland	HSK	00:35.25	220
3	p	Kjell Håkon Hjelmaas	BSLK	00:36.37	200
4	p	Alexander Haugland	TRIO	00:36.85	192
5	p	Gaute P. Holm	TRIO	00:37.01	190
6		Torkil Sandgolt	BSLK	00:37.45	183
7		Nicolai B. Nilssen	Delfana	00:38.71	166
8		Håvard Hole	Delfana	00:39.75	153
9		Lasse Digranes	TRIO	00:40.08	149
10		Marius Thorsø	Delfana	00:40.67	143
11		Kim Adrian Bergesen	Delfana	00:42.15	128
12		Alexander Grimen	Delfana	00:45.46	102
13		Robin Åsen	TRIO	00:47.12	92
1994					
		Martin Johannesen	Delfana	00:43.28	
Øvelse 4	50	FRI	KVINNER		
1985					
1	p	Åse Linn Hansen	HSK	00:29.53	557
1986					
1	p	Karen Johanne Sætrevik	STORD	00:34.13	360
1987					
1	p	Åshild Skorpen	STORD	00:36.01	307
1988					
1	p	Iselin Fardal	Egersund	00:29.74	545
2	p	Anette Hansen	Åstveit	00:32.26	427
3		Mia Iden Hellesen	Åstveit	00:33.74	373
4		Iselin Heldal	Åstveit	00:33.78	372
1989					
1	p	Ranveig Skogland	HSK	00:31.89	442
2		Camilla Høyvik	Arna SLK	00:34.10	361
3		Marie Koksvik Thorsen	Arna SLK	00:37.53	271
1990					
1	p	Monica Johannessen	Karmøy	00:28.17	641
2	p	Trine Midtun	Arna SLK	00:28.74	604
3	p	Ingvild L. Losnegård	STORD	00:30.79	491
4	p	Maria Farestvedt	Åstveit	00:32.37	423
4	p	Oda L. Stenersen	Delfana	00:32.37	423
6		Vilde Skram	Delfana	00:33.73	373
7		Karen Vikanes Bjelland	STORD	00:33.86	369
8		Ingerid M. Hetland Hustvedt	Karmøy	00:34.05	363
9		Charlotte E. Johansen	BSLK	00:34.55	347
10		Linda Marie Vollan	Voss	00:34.69	343
11		Kristin Vollen	Delfana	00:35.17	329

Øvelse 4	50	FRI	KVINNER		
1990					
	12	Kari Helene Helgesen	Delfana	00:39.10	240
	13	Elisabeth H. Totland	TRIO	00:40.37	218
	999	Irmelin Heggertveit	Åstveit	Uteble	
1991					
	1	p Line Høiberg Eike	Karmøy	00:31.14	475
	2	p Linn Heiberg	Karmøy	00:31.63	453
	3	p Marie Kristensen	Delfana	00:32.79	407
	4	p Mari Løvik	Delfana	00:33.88	368
	5	Daniela Gjermundnes	BSC	00:34.04	363
	6	Carina Thunestvedt	Arna SLK	00:34.09	362
	7	Rebecca Unni Davidsen	Åstveit	00:34.18	359
	8	Line Albertsen	Randaberg	00:34.54	348
	9	Marie Rekve	Delfana	00:35.24	327
	10	Karianne Fonn Jårvik	Delfana	00:36.69	290
	11	Silja P. Holm	TRIO	00:37.01	283
	12	Lise Olsen	TRIO	00:37.51	271
1992					
	1	p Edda Lavik Stark	Voss	00:34.04	363
	2	p Ingrid Hystad	STORD	00:35.17	329
	3	p Marianne Aalvik	Voss	00:35.18	329
	4	p Inger Kristine Steinsland	STORD	00:36.77	288
	5	Katrine Jensen	Åstveit	00:37.07	281
	6	Elisabeth Kristiansen	HSK	00:37.22	278
	7	Anna Gjerde	Voss	00:37.84	264
	8	Lene H. Bjørndal	Delfana	00:40.98	208
	9	Maria G. Håkonsen	Delfana	00:42.27	189
	10	Katarina Bernhoft	Delfana	00:45.45	152
	11	Camilla Gjessing	Delfana	00:47.70	132
1993					
	1	p Lillian Hauge	TRIO	00:34.59	346
	2	p Linnea Brask	STORD	00:39.04	241
	3	p Maria Blom	TRIO	00:39.15	239
	4	p Julie Askeland	HSK	00:41.25	204
	5	p Camilla Dale Hjelle	Delfana	00:41.81	196
	6	Silje Føyen Nilsen	STORD	00:42.54	186
	7	Cathrine Wiese Hansen	BSLK	00:42.60	185
	8	Maja Blom	TRIO	00:43.18	178
	9	Julie Cuypers	Delfana	00:43.71	171
	10	Camilla Anfinsen	Delfana	00:44.11	167
	11	Athelie Nordberg	BSLK	00:45.94	147
	12	Mona B. Henriksen	Delfana	00:46.87	139
	13	Maryam Aarnes	Delfana	00:51.20	106
	14	Marthe Herskedal	TRIO	00:52.24	100
	15	Anja Sol fjell	TRIO	01:02.48	58

Øvelse 4 50 FRI KVINNER

1994

Ricke Knudsen	Delfana	00:59.42
Johanne G. Skaaland	Delfana	00:40.50
Marie Økland	Delfana	00:51.87

Øvelse 5 200 FRI MENN

1987

1 p	Erlend Skogland	HSK	02:20.27	399
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1988

1 p	Kjetil Lilleland	HSK	02:09.10	513
2	Lars Andre Tolås	Randaberg	02:12.57	473
3	Alexander Levitski	HSK	02:19.80	404

1989

1 p	Johannes Framnes	STORD	02:28.30	338
2 p	Adrian Brask	STORD	02:29.32	331
3	Per Steinar Nilssen	Karmøy	02:32.89	308
4	Thomas Antoniazzi	BSLK	02:33.71	303

1991

1 p	Jakob Haugstvedt	Delfana	02:42.68	256
2	Ørjan Nymark Melle	BSLK	02:48.56	230

1993

1 p	Alexander Haugland	TRIO	03:09.24	162
2 p	Gaute P. Holm	TRIO	03:09.83	161
3 p	Lasse Digranes	TRIO	03:23.43	131
4	Marius Thorsø	Delfana	03:26.91	124
5	Håvard Hole	Delfana	03:30.32	118
6	Timothy Jøraholmen	HSK	03:30.60	118
7	Nicolai B. Nilssen	Delfana	03:35.36	110
999	Mats Heiberg	Karmøy	Disk	
999	Torkil Sandgolt	BSLK	Uteble	

Øvelse 6 200 FRI KVINNER

1986

1 p	Silje Teigland	Åstveit	02:23.49	517
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1988

1 p	Iselin Fardal	Egersund	02:22.07	533
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1989

1 p	Malene H. Vinsnesbakk	STORD	02:17.81	584
2	Vibeke Brigg	TS Madla	02:22.66	526

1990

1 p	Helene Lybak	Delfana	02:22.05	533
2 p	Maria Farestvedt	Åstveit	02:29.22	460
3	Iselin Raustein	Randaberg	02:30.59	447
4	Ingvild L. Losnegård	STORD	02:36.45	399
5	Karen Vikanes Bjelland	STORD	02:40.76	367

Øvelse 6		200	FRI	KVINNER	
1990					
	6		Kristin Vollen	Delfana	03:01.26 256
1991					
	1	p	Torhild Anda	Randaberg	02:38.57 383
	2	p	Anne Østbø	Randaberg	02:40.42 370
	3	p	Mari Løvik	Delfana	02:45.50 337
	4		Isabelle Drivenes	Delfana	02:53.37 293
	5		Tonje Ringen Nilsen	Randaberg	02:54.45 287
	6		Karianne Fonn Jårvik	Delfana	03:16.06 202
	999		Kine Hermansen	Delfana	Uteble
	999		Lise Olsen	TRIO	Disk
1992					
	1	p	Edda Lavik Stark	Voss	02:55.93 280
	2		Elisabeth Kristiansen	HSK	03:21.67 186
1993					
	1	p	Michelle Angell	Delfana	03:20.55 189
	2	p	Julie Askeland	HSK	03:28.15 169
	3		Vanja Brundsvik	HSK	03:29.88 165
	4		Camilla Dale Hjelle	Delfana	03:34.82 154
	999		Mona B. Henriksen	Delfana	Disk
1994					
			Johanne G. Skaaland	Delfana	03:22.04
Øvelse 7		100	BUTTERFLY	MENN	
1987					
	1	p	Espen Offerdal Davidsen	BSLK	01:13.41 333
1989					
	1	p	Aleksander Haugstvedt	Delfana	01:19.17 265
	2		Runar Laupstad	Egersund	01:26.05 206
1991					
	1	p	Andras Csernai	Åstveit	01:38.28 138
1992					
	1	p	Anders Runningen	Delfana	01:36.55 146
	2	p	Anders Færø	BSLK	01:38.37 138
	999		Sindre Mowatt Gruben	BSC	Uteble
	999		Ole Iversen Kalvø	Delfana	Disk 73
1993					
	1	p	Zoltan Csernai	Åstveit	01:21.44 243
	2	p	Øyvind L. Styrmo	Delfana	01:32.82 164
	3		Sander Rødje	HSK	01:37.37 142
	4		Thorbjørn Birkeland	HSK	01:44.49 115
	5		Håvard Hole	Delfana	02:03.45 70

Øvelse 8 100 BUTTERFLY KVINNER

1989						
	1	p	Ranveig Skogland	HSK	01:23.65	321
	2		Camilla Høyvik	Arna SLK	01:29.36	264
1990						
	1	p	Maren Teige	BSLK	01:16.93	413
	2	p	Kristine Selle	BSLK	01:17.65	402
	3	p	Maria Farestvedt	Åstveit	01:17.76	400
	4		Ann Kristin Skauge	Karmøy	01:25.27	303
	5		Ingerid M. Hetland Hustvedt	Karmøy	01:26.01	296
	6		Martine Bremer	BSLK	01:26.24	293
	999		Charlotte E. Johansen	BSLK	Brutt	
1991						
	1	p	Line Høiberg Eike	Karmøy	01:20.30	363
	2	p	Daniela Gjermundnes	BSC	01:20.64	359
	3		Mari Løvik	Delfana	01:34.10	226
	999		Kine Hermansen	Delfana	Uteble	
1992						
	1	p	Irene Ø. Fosse	Karmøy	01:16.11	427
	2	p	Tonje Holm	TS Madla	01:18.74	385
	3		Tonje R. Skotheimsvik	Delfana	01:28.98	267
	4		Maria Wee Hollund	Karmøy	01:31.91	242
1993						
	1	p	Kaja Bremer	BSLK	01:28.93	267
	999		Michelle Angell	Delfana	Disk	136
Øvelse 9 50 BUTTERFLY MENN						
1987						
	1	p	Erlend Skogland	HSK	00:29.63	459
1988						
	1	p	Lars Andre Tolås	Randaberg	00:30.07	439
	2	p	Sindre Vikane	BSLK	00:30.24	431
	3		Gaute L. Losnegård	STORD	00:37.51	226
	999		Anders Espeland Seljeflot	BSLK	Uteble	
1989						
	1	p	Ruben Furali	HSK	00:28.12	537
	2	p	Mads V. Steffensen	Arna SLK	00:32.34	353
	3	p	Per Erik Jakobsen	HSK	00:33.57	315
	4		Andreas Solem	Delfana	00:35.19	274
	5		Kjetil Odland	BSLK	00:36.85	238
	6		Thomas Antoniazzi	BSLK	00:38.45	210
	7		Daniel M. Larsen	Delfana	00:40.70	177
1990						
	1	p	Paal Christian Bønes	BSLK	00:33.79	309
	2		Lorentz Bergo	Voss	00:33.85	308

Øvelse 9 50 BUTTERFLY MENN

1991						
	1	p	Ørjan Nymark Melle	BSLK	00:41.04	172
	999		Jakob Haugstvedt	Delfana	Disk	
1992						
	1	p	Sindre Lilledahl	HSK	00:37.79	221
	2	p	Anders Færø	BSLK	00:41.03	172
	3	p	Anders Runningen	Delfana	00:41.17	171
	4		Halvdan Mjelde	Delfana	00:42.05	160
	5		Markus Heimdal	Delfana	00:44.65	134
	6		Jon Martin Markhus	TRIO	00:54.46	73
	7		Eivind Trengereid	BSLK	00:56.63	65
	8		Thomas Grindebakken Moen	BSLK	01:01.51	51
	999		Lavrans Solli	BSC	Uteble	
1993						
	1	p	Sander Rødje	HSK	00:43.71	143
	2	p	Mats Heiberg	Karmøy	00:47.43	111
	3	p	Marius Thorsø	Delfana	00:52.19	84
	4		Kjell Håkon Hjelmaas	BSLK	00:53.02	80
	5		Kim Adrian Bergesen	Delfana	00:58.48	59
	6		Alexander Grimen	Delfana	00:58.87	58
	999		Nicolai B. Nilssen	Delfana	Disk	
1994						
			Martin Johannesen	Delfana	00:58.73	
Øvelse 10 50 BUTTERFLY KVINNER						
1985						
	1	p	Åse Linn Hansen	HSK	00:31.05	561
1986						
	1	p	Karen Johanne Sætrevik	STORD	00:41.52	234
1988						
	1	p	Lene Haugsgjerd	Delfana	00:31.83	521
	2	p	Kassandra Olsvik	Delfana	00:34.02	427
	3		Anette Hansen	Åstveit	00:35.24	384
	4		Iselin Heldal	Åstveit	00:39.70	268
1989						
	1	p	Kathrine Ø. Fosse	Karmøy	00:34.09	424
	2	p	Marina Rasmussen	Arna SLK	00:34.83	397
	3		Ranveig Skogland	HSK	00:34.86	396
	4		Camilla Høyvik	Arna SLK	00:36.86	335
1990						
	1	p	Trine Midttun	Arna SLK	00:31.98	514
	2	p	Katja Heinænen	BSLK	00:34.54	408
	3	p	Christine Lilledahl	HSK	00:35.31	381
	4	p	Ingvild L. Losnegård	STORD	00:36.19	354
	5		Charlotte E. Johansen	BSLK	00:37.98	306

Øvelse 10	50	BUTTERFLY	KVINNER		
1990					
	6	Oda L. Stenersen	Delfana	00:39.89	264
	7	Karen Vikanes Bjelland	STORD	00:41.39	237
	8	Kristin Vollen	Delfana	00:41.52	234
	9	Vilde Skram	Delfana	00:41.61	233
	10	Linda Marie Vollan	Voss	00:44.10	196
	11	Kari Helene Helgesen	Delfana	00:47.75	154
1991					
	1 p	Oda Midttun	Arna SLK	00:34.93	394
	2 p	Henriette Iden Hellesen	Åstveit	00:37.01	331
	3	Linn Heiberg	Karmøy	00:38.04	305
	4	Karoline Mjanger	Delfana	00:41.01	243
	5	Kine Hermansen	Delfana	00:41.17	240
	6	Isabelle Drivenes	Delfana	00:43.58	203
1992					
	1 p	Irene Ø. Fosse	Karmøy	00:33.75	437
	2 p	Tonje Holm	TS Madla	00:35.14	387
	3 p	Ingse Bergh Monsen	BSC	00:35.86	364
	4 p	Ragnhild Søfteland	BSC	00:38.01	306
	5	Inger Kristine Steinsland	STORD	00:43.89	198
	6	Edda Lavik Stark	Voss	00:44.24	194
	7	Marianne Aalvik	Voss	00:45.32	180
	8	Anna Gjerde	Voss	00:46.99	162
	9	Lene H. Bjørndal	Delfana	00:49.98	134
	10	Katarina Bernhoft	Delfana	01:01.44	72
1993					
	1 p	Linnea Brask	STORD	00:49.82	135
	2 p	Julie Askeland	HSK	00:53.67	108
	3	Maryam Aarnes	Delfana	00:57.15	90
	4	Julie Cuypers	Delfana	01:00.20	77
	999	Mona B. Henriksen	Delfana	Uteble	
	999	Camilla Dale Hjelle	Delfana	Disk	
1994					
		Karoline Pedersen	BSLK	00:42.01	
		Johanne G. Skaaland	Delfana	00:52.96	
		Marie Økland	Delfana	01:02.84	
Øvelse 11	200	BRYST	MENN		
1988					
	1 p	Alexander Levitski	HSK	03:02.46	336
	2	Kjetil Egeland	TRIO	03:10.32	296
1989					
	1 p	Thomas Andre Aaslette	Arna SLK	02:46.63	441
	2 p	Adrian Brask	STORD	03:08.05	307
	3	Thomas Mathieson	Voss	03:10.36	296
	4	Kjetil Odland	BSLK	03:19.91	255

Øvelse 11 200 BRYST MENN

1989						
	999	Aleksander Haugstvedt	Delfana		Disk	
1990						
	1	p	Marcus Tesdal	Åstveit	02:30.77	596
	2	p	Mats Nesvik	Randaberg	03:15.75	272
	3		Øystein Melle	BSLK	03:25.44	235
	999		Thomas M. Endresen	HSK	Disk	
1991						
	1	p	Krister Stokke	Karmøy	03:15.65	272
	2	p	Erik Vassøy Olsen	Randaberg	03:19.29	258
	3		John Arne Wikholm Wikholm	BSLK	03:22.74	245
	4		Andreas H. Johannesen	Delfana	03:24.02	240
	5		Andras Csernai	Åstveit	03:24.38	239
	999		Haakon Undheim	Karmøy	Uteble	
1992						
	1	p	Markus Heimdal	Delfana	03:52.97	161
	999		Toni Johannesen Amengual	BSLK	Disk	
	999		Sindre Mowatt Gruben	BSC	Uteble	
	999		Christoffer Robin Hatlem	BSLK	Disk	
	999		Tor Andre Wikholm	BSLK	Disk	
1993						
	1	p	Zoltan Csernai	Åstveit	03:12.28	287
	2	p	Timothy Jøraholmen	HSK	03:32.66	212
	3		Øyvind Styrmo	Delfana	03:38.59	195
	4		Thorbjørn Birkeland	HSK	03:42.59	185
	5		Kjell Håkon Hjelmaas	BSLK	03:58.25	151
	6		Håvard Hole	Delfana	04:21.73	113

Øvelse 12 200 BRYST KVINNER

1986						
	1	p	Silje Teigland	Åstveit	03:05.13	443
1987						
	1	p	Åshild Skorpen	STORD	03:34.05	286
1989						
	1	p	Marina Rasmussen	Arna SLK	03:05.52	440
1990						
	1	p	Moniva Johannesen	Karmøy	02:52.65	546
	2	p	Maren Kristine Jansen	Randaberg	03:01.25	472
	3		Martine Bremer	BSLK	03:13.65	387
	4		Ingerid M. Hetland Hustvedt	Karmøy	03:21.40	344
	5		Ann Kristin Skauge	Karmøy	03:26.54	319
	999		Maria Farestvedt	Åstveit	Uteble	
1991						
	1	p	Torhild Anda	Randaberg	03:12.38	395

Øvelse 12 200 BRYST KVINNER

1991					
	2	p	Henriette Iden Hellesen	Åstveit	03:14.64 381
	3	p	Anne Østbø	Randaberg	03:15.48 376
	4		Marie Kristensen	Delfana	03:17.11 367
	5		Rebecca Unni Davidsen	Åstveit	03:19.02 357
	6		Marie Rekve	Delfana	03:29.00 308
	7		Karianne Fonn Jårvik	Delfana	03:44.26 249
	999		Carina Thunestvedt	Arna SLK	Uteble

1992					
	1	p	Lena Maria Furali	HSK	03:08.51 420
	2	p	Maria Wee Hollund	Karmøy	03:21.82 342
	3	p	Katrine Jensen	Åstveit	03:23.87 332
	4	p	Tonje R. Skotheimsvik	Delfana	03:29.48 306
	5		Ingrid Hystad	STORD	03:29.83 304
	6		Elisabeth Kristiansen	HSK	03:40.99 260
	7		Lene H. Bjørndal	Delfana	03:41.41 259
	8		Julie Horn Johnsen	BSLK	03:42.36 256
	9		Inger Kristine Steinsland	STORD	03:51.69 226
	10		Marianne Aalvik	Voss	03:54.29 218
	999		Maria G. Håkonsen	Delfana	Uteble

1993					
	1	p	Kaja Bremer	BSLK	03:31.76 296
	2	p	Lillian Hauge	TRIO	03:36.37 277
	3	p	Michelle Angell	Delfana	03:45.90 244
	4	p	Maria Blom	TRIO	03:52.36 224
	5		Elna Louise Bønes	BSLK	03:53.74 220
	6		Maja Blom	TRIO	03:55.64 215
	7		Vanja Brundsvik	HSK	04:01.27 200
	8		Silje Føyen Nilsen	STORD	04:14.86 170
	9		Cathrine Wiese Hansen	BSLK	04:24.91 151
	10		Mona B. Henriksen	Delfana	04:26.88 148
	11		Linnea Brask	STORD	04:35.03 135
	12		Athelie Nordberg	BSLK	04:39.00 129

1994			Karoline Pedersen	BSLK	03:53.84
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Øvelse 13 4x50 FRI MENN

JUNIOR					
	1		Delfana 1	Delfana	01:56.66 400
	2		STORD 1	STORD	01:59.47 373
	3		BS-LK Lag 1	BSLK	02:04.10 332
	4		Voss	Voss	02:16.93 247
	5		Delfana 2	Delfana	02:18.53 239
	6		BS-LK Lag 2	BSLK	02:33.84 174
	7		Delfana 3	Delfana	02:35.02 170
	8		Trio	TRIO	02:40.76 153
	9		BS-LK Lag 3	BSLK	02:49.79 129

Øvelse 13 4x50 FRI MENN

JUNIOR

999 Delfana 4 Delfana **Disk**

Øvelse 14 4x50 FRI KVINNER

JUNIOR

1	Randaberg	Randaberg	02:04.97	504
2	Delfana 1	Delfana	02:06.00	492
3	Åstveit	Åstveit	02:13.01	418
4	BS-LK Lag 3	BSLK	02:16.97	383
5	STORD 1	STORD	02:17.60	378
6	Delfana 2	Delfana	02:21.26	349
7	Voss	Voss	02:27.64	306
8	Delfana 3	Delfana	02:30.03	291
9	Trio	TRIO	02:31.23	284
10	STORD 2	STORD	02:40.45	238
11	Delfana 4	Delfana	02:46.67	212
12	BS-LK Lag 2	BSLK	02:47.08	211
13	Delfana 5	Delfana	03:03.91	158
14	Delfana 6	Delfana	03:22.60	118
999	BS-LK Lag 1	BSLK	Uteble	

Øvelse 17 100 BRYST KVINNER

1985

1 p Åse Linn Hansen HSK 01:16.46 640

1986

1 p Silje Teigland Åstveit 01:28.50 413

1988

1	p	Tove Monsen	Vestkantsvøm	01:20.17	555
2		Irene Hove	Egersund	01:27.06	433
3		Mia Iden Hellesen	Åstveit	01:30.66	384

1989

1	p	Vibeke Brigg	TS Madla	01:26.67	439
2		Marina Rasmussen	Arna SLK	01:27.89	421
999		Malene H. Vinsnesbakk	STORD	Uteble	

1990

1	p	Maren Kristine Jansen	Randaberg	01:23.21	496
2	p	Katja Heinænen	BSLK	01:24.46	475
3		Ann Kristin Skauge	Karmøy	01:36.31	320
4		Charlotte E. Johansen	BSLK	01:36.77	315
5		Elisabeth H. Totland	TRIO	01:55.92	183

1991

1	p	Marie Kristensen	Delfana	01:23.45	492
2	p	Torhild Anda	Randaberg	01:29.46	399
3	p	Anne Østbø	Randaberg	01:30.68	383
4		Rebecca Unni Davidsen	Åstveit	01:32.92	356
5		Kine Hermansen	Delfana	01:34.90	335

Øvelse 17 100 BRYST KVINNER

1991					
	6	Marie Rekve	Delfana	01:38.51	299
	7	Karianne Fonn Jårvik	Delfana	01:46.09	239
	8	Silja P. Holm	TRIO	01:46.80	235
	9	Lise Olsen	TRIO	02:00.83	162

1992						
	1	p	Tonje R. Skotheimsvik	Delfana	01:37.23	311
	2	p	Ingrid Hystad	STORD	01:39.88	287
	3	p	Elisabeth Kristiansen	HSK	01:40.18	284
	4		Marianne Aalvik	Voss	01:43.20	260
	5		Inger Kristine Steinsland	STORD	01:46.10	239
	6		Maria G. Håkonsen	Delfana	01:47.81	228
	7		Lene H. Bjørndal	Delfana	01:47.91	227
	8		Katarina Bernhoft	Delfana	02:08.64	134
	999		Camilla Gjessing	Delfana	Disk	

1993						
	1	p	Kaja Bremer	BSLK	01:39.29	292
	2	p	Lillian Hauge	TRIO	01:44.43	251
	3	p	Michelle Angell	Delfana	01:47.27	231
	4	p	Elna Louise Bønes	BSLK	01:49.43	218
	5	p	Maria Blom	TRIO	01:49.82	216
	6		Maja Blom	TRIO	01:54.56	190
	7		Camilla Dale Hjelle	Delfana	01:56.54	180
	8		Julie Cuypers	Delfana	02:00.63	163
	9		Silje Føyen Nilsen	STORD	02:03.99	150
	10		Camilla Anfinsen	Delfana	02:06.77	140
	11		Linnea Brask	STORD	02:08.47	135
	12		Mona B. Henriksen	Delfana	02:11.56	125
	13		Maryam Aarnes	Delfana	02:13.09	121

1994						
			Ricke Knudsen	Delfana	02:09.95	
			Silje Lilledahl	HSK	01:51.59	
			Karoline Pedersen	BSLK	01:52.75	
			Johanne G. Skaaland	Delfana	02:04.42	
			Marie Økland	Delfana	02:23.10	

Øvelse 18 100 BRYST MENN

1987						
	1	p	Erlend Skogland	HSK	01:19.39	399

1988						
	1	p	Olav-Mikal Furali	HSK	01:13.97	493
	2	p	Per Steffensen Bremer	BSLK	01:23.30	345
	3		Audun Tofte	TRIO	01:23.62	341
	4		Alexander Levitski	HSK	01:24.22	334

1989						
	1	p	Martin Steffensen	Arna SLK	01:14.66	480

Øvelse 18	100	BRYST	MENN		
1989					
2	p	Johannes Framnes	STORD	01:14.86	476
3	p	Aleksander Haugstvedt	Delfana	01:23.20	346
4		Thomas Mathieson	Voss	01:25.02	325
5		Adrian Brask	STORD	01:25.81	316
6		Daniel M. Larsen	Delfana	01:27.26	300
7		Kjetil Odland	BSLK	01:31.08	264
1990					
1	p	Øystein Melle	BSLK	01:35.75	227
2		Stian Stautland Stokka	STORD	01:48.68	155
1991					
1	p	Krister Stokke	Karmøy	01:29.32	280
2	p	Erik Vassøy Olsen	Randaberg	01:31.59	260
3		Andreas H. Johannesen	Delfana	01:34.24	238
4		Jakob Haugstvedt	Delfana	01:36.34	223
5		John Arne Wikholm Wikholm	BSLK	01:37.68	214
1992					
1	p	Torjus Havro Bjørnstad	Voss	01:41.35	191
2	p	Markus Heimdal	Delfana	01:48.91	154
3		Christoffer Robin Hatlem	BSLK	01:51.66	143
4		John Martin Markhus	TRIO	02:04.56	103
1993					
1	p	Timothy Jøraholmen	HSK	01:40.92	194
2	p	Øyvind Styrmo	Delfana	01:41.48	191
3	p	Thorbjørn Birkeland	HSK	01:44.29	176
4	p	Kjell Håkon Hjelmaas	BSLK	01:48.95	154
5	p	Nicolai B. Nilssen	Delfana	01:58.44	120
6		Håvard Hole	Delfana	01:59.89	115
7		Alexander Haugland	TRIO	02:00.03	115
8		Gaute P. Holm	TRIO	02:04.98	102
9		Lasse Digranes	TRIO	02:10.17	90
10		Robin Åsen	TRIO	02:10.24	90
11		Kim Adrian Bergesen	Delfana	02:10.99	88
12		Alexander Grimen	Delfana	02:21.86	69
999		Mats Heiberg	Karmøy	Disk	
999		Marius Thorsø	Delfana	Disk	
1994					
		Martin Johannesen	Delfana	02:02.63	
Øvelse 19					
100 RYGG KVINNER					
1986					
1	p	Karen Johanne Sætrevik	STORD	01:35.63	227
1987					
1	p	Åshild Skorpen	STORD	01:39.59	201

Øvelse 19	100	RYGG	KVINNER		
1988					
1	p	Anette Hansen	Åstveit	01:21.06	373
2		Iselin Heldal	Åstveit	01:22.71	351
1989					
1	p	Camilla Høyvik	Arna SLK	01:27.20	299
2		Marie Koksvik Thorsen	Arna SLK	01:44.44	174
1990					
1	p	Cecilie Johannessen	Karmøy	01:10.76	561
2	p	Andrina Heldal	Åstveit	01:16.73	439
3	p	Iselin Raustein	Randaberg	01:20.22	385
4		Martine Bremer	BSLK	01:20.46	381
5		Ingerid M. Hetland Hustvedt	Karmøy	01:25.50	318
6		Kristin Vollen	Delfana	01:26.24	309
999		Oda L. Stenersen	Delfana	Uteble	
1991					
1	p	Henriette Iden Hellesen	Åstveit	01:21.28	370
2	p	Mari Løvik	Delfana	01:25.22	321
3		Tonje Ringen Nilsen	Randaberg	01:29.24	279
4		Isabelle Drivenes	Delfana	01:29.85	274
5		Line Albertsen	Randaberg	01:31.56	258
6		Karianne Fonn Jårvik	Delfana	01:41.03	192
1992					
1	p	Katrine Jensen	Åstveit	01:29.92	273
999		Lene H. Bjørndal	Delfana	Uteble	
999		Julie Horn Johnsen	BSLK	Disk	
1993					
1	p	Julie Askeland	HSK	01:42.45	184
999		Julie Cuypers	Delfana	Disk	
999		Mona B. Henriksen	Delfana	Disk	
1994					
		Karoline Pedersen	BSLK	01:31.34	
Øvelse 20	100	RYGG	MENN		
1989					
1	p	Thomas Antoniazzi	BSLK	01:25.95	213
1990					
1	p	Even Vike Holm	Arna SLK	01:09.48	403
1991					
1	p	Eirik Ramstad	Madla	01:16.57	301
1992					
1	p	Sindre Mowatt Gruben	BSC	01:25.33	217
2	p	Ole Iversen Kalvø	Delfana	01:33.56	165
3		Anders Færø	BSLK	01:39.44	137
4		Markus Heimdal	Delfana	01:50.28	100

Øvelse 20	100	RYGG	MENN		
1993					
1	p	Øyvind L. Styrmo	Delfana	01:30.29	183
2	p	Sander Rødje	HSK	01:30.80	180
3		Torkil Sandgolt	BSLK	01:34.91	158
4		Kjell Håkon Hjelmaas	BSLK	01:41.40	129
5		Håvard Hole	Delfana	01:52.66	94
Øvelse 21	50	RYGG	KVINNER		
1988					
1	p	Anette Hansen	Åstveit	00:36.70	406
2		Iselin Heldal	Åstveit	00:39.30	331
1990					
1	p	Monica Johannessen	Karmøy	00:34.26	499
2	p	Christine Lilledahl	HSK	00:37.80	372
3	p	Maria Farestvedt	Åstveit	00:37.85	370
4		Iselin Raustein	Randaberg	00:38.47	353
5		Ingvild L. Losnegård	STORD	00:38.76	345
6		Kristin Vollen	Delfana	00:39.31	330
7		Linda Marie Vollan	Voss	00:42.70	258
999		Kari Helene Helgesen	Delfana	Uteble	
1991					
1	p	Anne Østbø	Randaberg	00:37.57	379
2	p	Karoline Mjanger	Delfana	00:38.75	345
3	p	Mari Løvik	Delfana	00:39.99	314
4		Line Albertsen	Randaberg	00:41.51	281
5		Marie Rekve	Delfana	00:45.30	216
6		Lise Olsen	TRIO	00:49.38	166
999		Kine Hermansen	Delfana	Uteble	
1992					
1	p	Edda Lavik Stark	Voss	00:43.18	249
2	p	Anna Gjerde	Voss	00:43.91	237
3	p	Inger Kristine Steinsland	STORD	00:44.95	221
4	p	Tonje R. Skotheimsvik	Delfana	00:46.18	204
5		Ingrid Hystad	STORD	00:46.21	203
6		Lene H. Bjørndal	Delfana	00:48.52	175
7		Marianne Aalvik	Voss	00:49.44	166
8		Maria G. Håkonsen	Delfana	00:53.64	130
9		Katarina Bernhoft	Delfana	01:03.62	78
999		Camilla Gjessing	Delfana	Disk	
999		Elisabeth Kristiansen	HSK	Disk	
1993					
1	p	Julie Askeland	HSK	00:46.08	205
2	p	Cathrine Wiese Hansen	BSLK	00:49.51	165
3	p	Maria Blom	TRIO	00:51.24	149
4	p	Linnea Brask	STORD	00:52.09	142
5	p	Vanja Brundsvik	HSK	00:52.59	138

Øvelse 21	50	RYGG	KVINNER		
1993					
6	p	Camilla Anfinsen	Delfana	00:53.16	133
7		Athelie Nordberg	BSLK	00:54.27	125
8		Camilla Dale Hjelle	Delfana	00:54.77	122
9		Maryam Arnes	Delfana	01:00.16	92
10		Mona B. Henriksen	Delfana	01:03.31	79
999		Maja Blom	TRIO	Disk	
999		Julie Cuypers	Delfana	Disk	
999		Lillian Hauge	TRIO	Disk	
999		Marthe Herskedal	TRIO	Disk	
999		Silje Føyen Nilsen	STORD	Disk	
999		Anita Solfjell	TRIO	Disk	
1994					
		Ricke Knudsen	Delfana	01:03.64	
		Silje Lilledahl	HSK	Disk	
		Johanne G. Skaaland	Delfana	00:52.83	
		Marie Økland	Delfana	Disk	
Øvelse 22	50	RYGG	MENN		
1987					
1	p	Erlend Skogland	HSK	00:33.77	343
2		Espen Offerdal Davidsen	BSLK	00:34.65	317
1988					
1	p	Gaute L. Losnegård	STORD	00:36.71	267
2		Kjetil Egeland	TRIO	00:41.11	190
999		Thomas Robson	BS/BS-LK	Uteble	
1989					
1	p	Andreas Solem	Delfana	00:35.76	289
2	p	Daniel M. Larsen	Delfana	00:37.69	247
3		Thomas Antoniazzi	BSLK	00:40.17	204
4		Thomas Høyseter	STORD	00:42.05	177
1990					
1	p	Paal Christian Bønes	BSLK	00:36.14	280
2		Thomas M. Endresen	HSK	00:39.42	215
1991					
1	p	Haakon Undheim	Karmøy	00:37.13	258
2	p	Jakob Haugstvedt	Delfana	00:40.20	203
3		Andreas H. Johannesen	Delfana	00:42.01	178
4		Ørjan Nymark Melle	BSLK	00:42.58	171
5		Krister Stokke	Karmøy	00:44.16	153
1992					
1	p	Henrik Bergo	Voss	00:43.68	158
2	p	John Martin Markhus	TRIO	00:49.17	111
3	p	Eivind Trengereid	BSLK	00:52.55	91
4		Tor Andre Wikholm	BSLK	01:01.22	57

Øvelse 22	50	RYGG	MENN		
1992					
	999	Toni Johannesen Amengual	BSLK	Disk	
	999	Halvdan Mjelde	Delfana	Disk	
	999	Thomas Grindebakken Moen	BSLK	Disk	
1993					
	1	p Sander Rødje	HSK	00:42.34	174
	2	p Torkil Sandgolt	BSLK	00:44.21	153
	3	p Mats Heiberg	Karmøy	00:44.55	149
	4	p Timothy Jøraholmen	HSK	00:48.26	117
	5	p Alexander Haugland	TRIO	00:48.52	115
	6	Thorbjørn Birkeland	HSK	00:49.62	108
	7	Nicolai B. Nilssen	Delfana	00:50.27	104
	8	Robin Åsen	TRIO	00:52.80	89
	9	Marius Thorsø	Delfana	00:53.01	88
	10	Alexander Grimen	Delfana	00:53.68	85
	11	Gaute P. Holm	TRIO	00:53.81	84
	999	Kim Adrian Bergesen	Delfana	Disk	
	999	Lasse Digranes	TRIO	Disk	
1994					
		Martin Johannesen	Delfana	00:59.82	
Øvelse 23	200	MEDLEY	KVINNER		
1989					
	1	p Anne Haugvaldstad	Randaberg	02:42.68	502
	2	Ranveig Skogland	HSK	02:52.13	424
1990					
	1	p Ina Marleen Holm	TS Madla	02:26.30	690
	2	p Maria Farestvedt	Åstveit	02:39.87	529
	3	p Kristine Selle	BSLK	02:41.79	510
	4	p Helene Lybak	Delfana	02:42.25	506
	5	Maren Teige	BSLK	02:47.22	462
	6	Martine Bremer	BSLK	02:52.12	424
	7	Ingerid M. Hetland Hustvedt	Karmøy	02:59.18	376
	8	Ann Kristin Skauge	Karmøy	03:04.41	344
	9	Charlotte E. Johansen	BSLK	03:04.77	342
	10	Karen Vikanes Bjelland	STORD	03:07.96	325
1991					
	1	p Line Høiberg Eike	Karmøy	02:48.50	452
	2	p Daniela Gjermundnes	BSC	02:58.35	381
	3	Rebecca Unni Davidsen	Åstveit	03:11.39	308
	4	Isabelle Drivenes	Delfana	03:12.26	304
1992					
	1	p Maria Wee Hollund	Karmøy	02:59.85	371
	2	p Katrine Jensen	Åstveit	03:10.03	315
	999	Julie Horn Johnsen	BSLK	Disk	
	999	Edda Lavik Stark	Voss	Disk	

Øvelse 23 200 MEDLEY KVINNER

1992					
	999	Hanne Søfteland	Delfana	Uteble	
1993					
	1	p	Kaja Bremer	BSLK	03:06.98 330
	2		Elna Louise Bønes	BSLK	03:30.44 232
	3		Michelle Angell	Delfana	03:34.60 218
1994					
			Karoline Pedersen	BSLK	03:22.05

Øvelse 24 200 MEDLEY MENN

1988					
	1	p	Per Steffensen Bremer	BSLK	02:41.50 368
1989					
	1	p	Johannes Framnes	STORD	02:42.09 364
	2	p	Aleksander Haugstvedt	Delfana	02:43.48 355
	3		Andreas Solem	Delfana	02:47.75 329
	4		Per Steinar Nilssen	Karmøy	02:51.25 309
	5		Thomas Antoniazzi	BSLK	03:03.08 253
	6		Kjetil Odland	BSLK	03:03.14 252
1990					
	1	p	Øystein Melle	BSLK	03:01.80 258
1991					
	1	p	Andras Csernai	Åstveit	03:05.32 244
	2		Ørjan Nymark Melle	BSLK	03:14.18 212
1992					
	1	p	Truls Vikane	BSLK	03:15.25 208
	2		Anders Færø	BSLK	03:21.96 188
1993					
	1	p	Zoltan Csernai	Åstveit	02:46.08 339
	2	p	Torkil Sandgolt	BSLK	03:28.08 172
	3		Kjell Håkon Hjelmaas	BSLK	03:31.82 163
	999		Øyvind Styrmo	Delfana	Disk

Øvelse 25 100 MEDLEY KVINNER

1986					
	1	p	Silje Teigland	Åstveit	01:22.82 -1
	999		Karen Johanne Sætrevik	STORD	Brutt
1987					
	1	p	Åshild Skorpen	STORD	01:32.15 -1
1988					
	1	p	Iselin Fardal	Egersund	01:16.25 -1
	2	p	Iselin Heldal	Åstveit	01:24.05 -1
	3		Mia Iden Hellesen	Åstveit	01:24.72 -1
	999		Kassandra Olsvik	Delfana	Uteble

Øvelse 25	100	MEDLEY	KVINNER		
1989					
1	p	Kathrine Ø. Fosse	Karmøy	01:14.02	-1
1	p	Anne Haugvaldstad	Randaberg	01:14.02	-1
3		Vibeke Brigg	TS Madla	01:16.92	-1
4		Ragnhild Smith-Sivertsen	Delfana	01:17.39	-1
5		Ranveig Skogland	HSK	01:21.24	-1
6		Marie Koksvik Thorsen	Arna SLK	01:36.93	-1
1990					
1	p	May Linn Hanslien	TS / SVK	01:15.76	-1
2	p	Andrina Heldal	Åstveit	01:18.26	-1
3	p	Iselin Raustein	Randaberg	01:19.83	-1
4	p	Martine Bremer	BSLK	01:20.99	-1
5		Ingvild L. Losnegård	STORD	01:21.80	-1
6		Ann Kristin Skauge	Karmøy	01:25.54	-1
7		Charlotte E. Johansen	BSLK	01:26.97	-1
8		Karen Vikanes Bjelland	STORD	01:27.68	-1
9		Kristin Vollen	Delfana	01:30.68	-1
10		Kari Helene Helgesen	Delfana	01:38.34	-1
11		Linda Marie Vollan	Voss	01:39.94	-1
999		Oda L. Stenersen	Delfana	Uteble	
1991					
1	p	Torhild Anda	Randaberg	01:19.63	-1
2	p	Linn Heiberg	Karmøy	01:21.31	-1
3	p	Karoline Mjanger	Delfana	01:24.87	-1
4	p	Carina Thunestvedt	Arna SLK	01:25.49	-1
5		Mari Løvik	Delfana	01:28.21	-1
6		Isabelle Drivenes	Delfana	01:30.67	-1
7		Marie Rekve	Delfana	01:32.90	-1
8		Tonje Ringen Nilsen	Randaberg	01:33.26	-1
9		Karianne Fonn Jårvik	Delfana	01:37.12	-1
999		Kine Hermansen	Delfana	Uteble	
999		Silja P. Holm	TRIO	Disk	
999		Marie Kristensen	Delfana	Disk	
1992					
1	p	Maria Wee Hollund	Karmøy	01:25.27	-1
2	p	Hanne Søfteland	Delfana	01:25.43	-1
3	p	Katrine Jensen	Åstveit	01:28.29	-1
4	p	Tonje R. Skotheimsvik	Delfana	01:31.42	-1
5		Ingrid Hystad	STORD	01:35.54	-1
6		Inger Kristine Steinsland	STORD	01:37.60	-1
7		Anna Gjerde	Voss	01:37.87	-1
8		Edda Lavik Stark	Voss	01:39.74	-1
999		Marianne Aalvik	Voss	Uteble	
999		Katarina Bernhoft	Delfana	Disk	
999		Lene H. Bjørndal	Delfana	Disk	
999		Maria G. Håkonsen	Delfana	Uteble	

Øvelse 25 100 MEDLEY KVINNER

1993

1	p	Vanja Brundsvik	HSK	01:44.28	-1
2	p	Camilla Dale Hjelle	Delfana	01:50.78	-1
3		Linnea Brask	STORD	01:50.93	-1
4		Silje Føyen Nilsen	STORD	01:51.00	-1
5		Julie Cuypers	Delfana	01:54.08	-1
6		Mona B. Henriksen	Delfana	02:08.09	-1

1994

		Silje Lilledahl	HSK	01:50.00	
		Johanne G. Skaaland	Delfana	01:52.75	
		Marie Økland	Delfana	02:15.92	

Øvelse 26 100 MEDLEY MENN

1987

1	p	Erlend Skogland	HSK	01:11.69	-1
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1988

1	p	Vegard Høiberg	HSK	01:02.56	-1
2	p	Karsten Johannessen	Karmøy	01:06.81	-1
3	p	Kjetil Lilleland	HSK	01:07.74	-1
4		Lars Andre Tolås	Randaberg	01:08.19	-1
5		Anders Espeland Seljeflot	BSLK	01:09.74	-1
6		Alexander Levitski	HSK	01:15.75	-1
7		Per Steffensen Bremer	BSLK	01:18.70	-1
8		Gaute L. Losnegård	STORD	01:18.89	-1
9		Kjetil Egeland	TRIO	01:21.53	-1

1989

1	p	Martin Steffensen	Arna SLK	01:09.56	-1
2	p	Eirik Netland	Randaberg	01:13.23	-1
3	p	Johannes Framnes	STORD	01:14.38	-1
4	p	Andreas Solem	Delfana	01:16.40	-1
5		Aleksander Haugstvedt	Delfana	01:16.42	-1
6		Per Erik Jakobsen	HSK	01:18.06	-1
7		Adrian Brask	STORD	01:19.21	-1
8		Per Steinar Nilssen	Karmøy	01:20.19	-1
9		Daniel M. Larsen	Delfana	01:20.44	-1
10		Runar Laupstad	Egersund	01:20.60	-1
999		Tørres H. Nordnes	STORD	Uteble	

1990

1	p	Eirik Runningen	Delfana	01:16.66	-1
2	p	Paal Christian Bønes	BSLK	01:18.97	-1
3	p	Thomas M. Endresen	HSK	01:20.13	-1
4		Mats Nesvik	Randaberg	01:20.61	-1
5		Lorentz Bergo	Voss	01:20.83	-1
6		Øystein Melle	BSLK	01:28.76	-1
999		Toni Johannesen Amengual	BSLK	Disk	

Øvelse 26	100	MEDLEY	MENN		
1991					
1	p	Haakon Undheim	Karmøy	01:19.51	-1
2	p	Erik Vassøy Olsen	Randaberg	01:26.48	-1
3		Jakob Haugstvedt	Delfana	01:27.33	-1
4		Krister Stokke	Karmøy	01:28.32	-1
1992					
1	p	Sindre Mowatt Gruben	BSC	01:27.21	-1
2	p	Halvdan Mjelde	Delfana	01:30.45	-1
3	p	Anders Færø	BSLK	01:35.84	-1
4		Markus Heimdal	Delfana	01:38.09	-1
5		Ole Iversen Kalvø	Delfana	01:43.31	-1
999		Christoffer Robin Hatlem	BSLK	Disk	
999		Thomas Grindebakken Moen	BSLK	Disk	
999		Eivind Trengereid	BSLK	Disk	
999		Tor Andre Wikholm	BSLK	Disk	
1993					
1	p	Sander Rødje	HSK	01:33.63	-1
2	p	Mats Heiberg	Karmøy	01:35.43	-1
3	p	Timothy Jøraholmen	HSK	01:37.96	-1
4		Thorbjørn Birkeland	HSK	01:39.79	-1
5		Håvard Hole	Delfana	01:47.06	-1
6		Nicolai B. Nilssen	Delfana	01:51.46	-1
7		Alexander Grimen	Delfana	02:02.42	-1
999		Kim Adrian Bergesen	Delfana	Disk	
1994					
		Martin Johannesen	Delfana	01:58.33	
Øvelse 27	200	BUTTERFLY	KVINNER		
1988					
999		Anette Hansen	Åstveit	Brutt	
999		Lene Haugsgjerd	Delfana	Uteble	
1989					
1	p	Marina Rasmussen	Arna SLK	02:49.36	405
2		Camilla Høyvik	Arna SLK	03:08.49	294
1990					
1	p	Cecilie Johannesen	Karmøy	02:31.20	569
2		Kristine Selle	BSLK	02:53.32	378
3		Christine Lilledahl	HSK	02:53.53	377
1991					
1	p	Ane J. Midtun	Arna SLK	02:53.17	379
2		Daniela Gjermundnes	BSC	02:57.60	351
1992					
1	p	Irene Ø. Fosse	Karmøy	02:51.91	387

Øvelse 28 200 BUTTERFLY MENN

1987					
1	p	Espen Offerdal Davidsen	BSLK	03:38.84	136
1989					
1	p	Ole Andreas Kolaas	Delfana	02:40.13	347
2		Mads V. Steffensen	Arna SLK	02:41.34	339
1991					
1	p	Sebastian Stordal	Delfana	03:07.95	215
1992					
1	p	Truls Vikane	BSLK	03:20.42	177

Øvelse 31 4x50 MEDLEY KVINNER

JUNIOR					
1		Randaberg	Randaberg	02:21.69	461
2		Delfana 1	Delfana	02:25.11	429
3		BS-LK Lag 1	BSLK	02:38.55	329
4		STORD 1	STORD	02:40.48	317
5		Voss	Voss	02:50.03	267
6		Delfana 3	Delfana	02:54.07	248
7		Trio	TRIO	03:00.96	221
8		STORD 2	STORD	03:09.98	191
9		Delfana 4	Delfana	03:28.49	144
10		Delfana 5	Delfana	03:42.46	119
999		BS-LK Lag 3	BSLK	Disk	
999		Delfana 2	Delfana	Uteble	
999		Delfana 6	Delfana	Disk	
999		Åstveit	Åstveit	Disk	

Øvelse 32 4x50 MEDLEY MENN

1992					
1		Rogaland	Rogaland	02:38.15	216
JUNIOR					
1		STORD 1	STORD	02:15.04	348
2		BS-LK Lag 1	BSLK	02:29.42	257
3		Voss	Voss	02:29.65	255
4		Trio	TRIO	02:42.33	200
5		Delfana 2	Delfana	02:42.75	198
6		BS-LK Lag 2	BSLK	03:13.03	119
7		BS-LK Lag 3	BSLK	03:16.57	112
8		Delfana 5	Delfana	03:24.76	99
999		Delfana 3	Delfana	Uteble	
999		Delfana 4	Delfana	Disk	
SENIOR					
1		Delfana 1	Delfana	02:19.24	317