

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	
KR -1988						
	1		Thomas Robson	Hordaland	04:21.56	587
	2		Karsten Johannessen	Rogaland	04:24.74	567
	3		Jørgen Møllerop	Rogaland	04:25.69	560
	4		Håvard Melle	Hordaland	04:25.83	560
	5		Olav M. Furali	Rogaland	04:26.14	558
	6		Benjamin Marum	Hordaland	04:43.75	460
KR -1989						
	1		Ruben Furali	Rogaland	04:28.06	546
	2		Per E. Jacobsen	Rogaland	10:00.01	48
	3		Alexander Haugs	Hordaland	10:00.02	48
	4		Mads V. Steffensen	Hordaland	10:00.03	48
	5		Ivar I. Flaten	Rogaland	10:00.04	48
	6		Johannes Framnes	Hordaland	10:00.05	48
Øvelse 2		400	FRI	KVINNER		
1986						
	1	p	Silje Teigland	Åstveit	04:55.05	550

Øvelse 2	400	FRI	KVINNER		
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
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	
KR -1988					
1		Iselin Fardal	Rogaland	04:58.40	532
2		Elizabeth Førland	Rogaland	04:59.90	524
3		Christine Ørland	Rogaland	05:09.05	479
4		Mia Iden Hellesen	Hordaland	05:15.13	451
5		Ursula Jorunn Heggøy	Hordaland	05:19.52	433
6		Anette Hansen	Hordaland	05:19.91	431
KR -1989					
1		Alvilde Morken	Rogaland	04:41.13	636
2		Kathrine Ø. Fosse	Rogaland	04:48.83	586
3		Tonje E. Langvik	Rogaland	04:49.86	580
4		Ragnhild Smith-Sivertsen	Hordaland	04:57.02	539
5		Marina Rasmussen	Hordaland	05:02.27	512
6		June Ramsvik	Hordaland	05:08.22	482
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

Øvelse 3	50	FRI	MENN		
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	
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

Øvelse 3	50	FRI	MENN		
1993					
	12	Alexander Grimen	Delfana	00:45.46	102
	13	Robin Åsen	TRIO	00:47.12	92
1994					
		Martin Johannesen	Delfana	00:43.28	
KR -1988					
	1	Lars A. Tolaas	Rogaland	00:26.13	540
	2	Jørgen Møllerop	Rogaland	00:26.14	540
	3	Karsten Johannessen	Rogaland	00:26.35	527
	4	Thomas Robson	Hordaland	00:26.50	518
	5	Anders Seljeflot	Hordaland	00:27.47	465
	6	Benjamin Marum	Hordaland	00:27.66	456
KR -1989					
	1	Martin Steffensen	Hordaland	00:27.07	486
	2	Eirik Netland	Rogaland	00:27.93	442
	3	Thomas Andre Aaslette	Hordaland	00:28.55	414
	4	Ivar I. Flaten	Rogaland	00:28.73	406
	5	Tørres H. Nordnes	Hordaland	00:28.93	398
	6	Per Steinar Nilsen	Rogaland	00:29.58	372
KR -1990					
	1	Joar S. Grannes	Rogaland	00:26.25	533
	2	Øyvind Kalvø	Hordaland	00:27.11	484
	3	Even Vike Holm	Hordaland	00:28.74	406
	4	Thor H. Billington	Rogaland	00:29.11	391
	5	Eirik Runningen	Hordaland	00:30.06	355
	6	Mats Nesvik	Rogaland	00:32.76	274
KR -1991					
	1	Haakon Rogne Lønning	Hordaland	00:29.08	392
	2	Bjarte Ravndal	Rogaland	00:29.61	371
	3	Eirik Ramstad	Rogaland	00:29.63	370
	4	Haakon Undheim	Rogaland	00:29.97	358
	5	Simen Dale	Hordaland	00:31.05	322
	6	Joachim Jakobsen	Hordaland	00:32.71	275
KR -1992					
	1	Ole M. Grytten Ree	Rogaland	00:28.70	408
	2	Lavrans Solli	Hordaland	00:30.96	325
	3	Espen Halhjem	Hordaland	00:31.34	313
	4	Sindre Lilledahl	Rogaland	00:32.34	285
	5	Truls Vikane	Hordaland	00:32.41	283
	6	Vegard T. Rusnes	Rogaland	00:33.82	249

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
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

Øvelse 4 50 FRI KVINNER

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

1994

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

KR -1988

1		Christine Ørland	Rogaland	00:30.21	520
2		Irene Hove	Rogaland	00:30.59	501
3		Rebecca Johnsen	Hordaland	00:31.44	461
4		Ursula Jorunn Heggøy	Hordaland	00:31.95	439
5		Kassandra Olsvik	Hordaland	00:32.92	402

KR -1989

1		Malene H. Vinsnesbakk	Hordaland	00:28.49	620
2		Ida Nordbø	Rogaland	00:29.37	566
3		Anne Haugvaldstad	Rogaland	00:29.55	556
4		Kathrine Ø. Fosse	Rogaland	00:30.03	529
5		June Ramsvik	Hordaland	00:30.68	496

Øvelse 4	50	FRI	KVINNER		
KR -1989					
	6	Trine-Lise Solberg	Hordaland	00:30.69	496
KR -1990					
	1	Cecilie Johannessen	Rogaland	00:27.53	687
	2	Maren K. Jansen	Rogaland	00:30.57	502
	3	Martine Bremer	Hordaland	00:30.70	495
	4	Katja Heinænen	Hordaland	00:30.83	489
	5	Mai L. Hanslien	Rogaland	00:30.92	485
	6	Maren Teige	Hordaland	00:31.76	447
KR -1991					
	1	Michelle Bjerga	Rogaland	00:28.93	592
	2	Merete Falck	Rogaland	00:29.95	534
	3	Nicole T. Næsheim	Rogaland	00:30.05	528
	4	Oda J. Midtun	Hordaland	00:31.07	478
	5	Ane J. Midtun	Hordaland	00:31.24	470
	6	Henriette Iden Hellesen	Hordaland	00:32.43	420
KR -1992					
	1	Irene Ø. Fosse	Rogaland	00:30.11	525
	2	Tonje Holm	Rogaland	00:30.80	491
	3	Ingse Berg Monsen	Hordaland	00:32.20	429
	4	Benedicte Kausland	Hordaland	00:33.13	394
	5	Maria W. Hollund	Rogaland	00:33.25	390
	6	Hanne Søfteland	Hordaland	00:33.34	387
Øvelse 5	200	FRI	MENN		
1987					
	1 p	Erlend Skogland	HSK	02:20.27	399
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

Øvelse 5	200	FRI	MENN		
1993					
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	
KR -1990					
1		Øyvind Kalvø	Hordaland	02:05.05	564
2		Marcus Tesdal	Hordaland	02:11.41	486
3		Eirik Runningen	Hordaland	02:20.66	396
4		Petter Ledsaak	Rogaland	02:31.57	317
5		Thomas M. Endresen	Rogaland	02:35.20	295
6		Mats Nesvik	Rogaland	02:43.05	254
KR -1991					
1		Haakon Rogne Lønning	Hordaland	02:19.91	403
2		Bjarte Ravndal	Rogaland	02:20.71	396
3		Erlend Tveteraas	Rogaland	02:21.95	385
4		Sebastian Stordal	Hordaland	02:27.34	345
5		Haakon Undheim	Rogaland	02:27.86	341
6		Andras Csernai	Hordaland	02:38.63	276
Øvelse 6	200	FRI	KVINNER		
1986					
1	p	Silje Teigland	Åstveit	02:23.49	517
1988					
1	p	Iselin Fardal	Egersund	02:22.07	533
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
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

Øvelse 6	200	FRI	KVINNER		
1991					
	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	
KR -1990					
	1	Cecilie Johannessen	Rogaland	02:09.55	703
	2	Ina M. Holm	Rogaland	02:11.06	679
	3	Monica Johannessen	Rogaland	02:18.29	578
	4	Kristine Selle	Hordaland	02:20.20	554
	5	Andrina Heldal	Hordaland	02:21.84	535
	6	Katja Heinænen	Hordaland	02:23.91	512
KR -1991					
	1	Line Heiberg	Rogaland	02:21.78	536
	2	Henriette Iden Hellesen	Hordaland	02:26.30	488
	3	Merete Falck	Rogaland	02:30.76	446
	4	Linn Heiberg	Rogaland	02:32.27	433
	5	Ane J. Midtun	Hordaland	02:32.56	430
	6	Ine Stenfelt Nilsen	Hordaland	02:43.59	349
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

Øvelse 7 100 BUTTERFLY MENN

1992					
	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
KR -1988					
	1		Vegard Høiberg	Rogaland	01:00.10 607
	2		Thomas Robson	Hordaland	01:03.30 519
	3		Olav M. Furali	Rogaland	01:03.35 518
	4		Jørgen Møllerop	Rogaland	01:03.97 503
	5		Håvard Melle	Hordaland	01:06.09 456
	6		Anders Seljeflot	Hordaland	01:09.48 392
KR -1989					
	1		Thomas Andre Aaslette	Hordaland	01:09.21 397
	2		Ole Andreas Kolaas	Hordaland	01:09.34 395
	3		Mads V. Steffensen	Hordaland	01:14.39 320
	4		Per E. Jacobsen	Rogaland	01:15.37 307
	5		Eirik Netland	Rogaland	01:16.42 295
	6		Ivar I. Flaten	Rogaland	01:22.23 237
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

Øvelse 8 100 BUTTERFLY KVINNER

1992						
	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
KR -1988						
	1		Lene Haugsgjerd	Hordaland	01:09.37	564
	2		Elizabeth Førland	Rogaland	01:10.87	529
	3		Kassandra Olsvik	Hordaland	01:13.70	470
	4		Anette Hansen	Hordaland	01:19.77	371
	5		Christine Ørland	Rogaland	01:20.37	362
	6		Andrea Vatsvaag	Rogaland	01:43.25	171
KR -1989						
	1		Alvilde Morken	Rogaland	01:08.72	580
	2		Tonje E. Langvik	Rogaland	01:12.44	495
	3		Trine-Lise Solberg	Hordaland	01:13.07	482
	4		Anne Haugvaldstad	Rogaland	01:13.08	482
	5		Marina Rasmussen	Hordaland	01:16.93	413
	6		Charlotte Kausland	Hordaland	01:17.32	407
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 Bønnes	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	
KR -1990					
1		Joar S. Grannes	Rogaland	00:30.38	426
2		Marcus Tesdal	Hordaland	00:30.65	414
3		Thor Helge Billington	Rogaland	00:31.50	382
4		Even Vike Holm	Hordaland	00:34.75	284
5		Eirik Runningen	Hordaland	00:34.80	283
6		Thomas M. Endresen	Rogaland	00:35.63	264
KR -1991					
1		Eirik Ramstad	Rogaland	00:33.02	331
2		Erling M. Brattelid	Rogaland	00:34.54	289
3		Sebastian Stordal	Hordaland	00:35.52	266
4		Erlend Tveteraas	Rogaland	00:35.93	257
5		Simen Dale	Hordaland	00:36.35	248
6		Joachim Jakobsen	Hordaland	00:41.05	172
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

Øvelse 10 50 BUTTERFLY KVINNER

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
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

Øvelse 10 50 BUTTERFLY KVINNER

1993					
	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	
KR -1990					
	1	Ina M. Holm	Rogaland	00:30.54	590
	2	Monica Johannessen	Rogaland	00:30.81	574
	3	Cecilie Johannessen	Rogaland	00:32.01	512
	4	Helene Lybak	Hordaland	00:34.56	407
	5	Maria Farestvedt	Hordaland	00:35.44	377
	999	Andrina Heldal	Hordaland	Uteble	
KR -1991					
	1	Line Heiberg	Rogaland	00:33.75	437
	2	Michelle Bjerga	Rogaland	00:34.41	412
	3	Ane J. Midtun	Hordaland	00:35.25	383
	4	Line H. Eike	Rogaland	00:35.37	380
	5	Daniella Gjermundnes	Hordaland	00:35.60	372
	6	Gøril Ailin Ekerhovd	Hordaland	00:39.47	273
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
	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

Øvelse 11	200	BRYST	MENN		
1991					
	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
KR -1988					
	1	Vegard Høiberg	Rogaland	02:34.71	551
	2	Olav M. Furali	Rogaland	02:38.17	516
	3	Sindre Vikane	Hordaland	02:39.32	505
	4	Kjetil Lilleland	Rogaland	02:45.00	454
	5	Benjamin Marum	Hordaland	02:45.17	453
	6	Per Bremer	Hordaland	02:59.43	353
KR -1989					
	1	Martin Steffensen	Hordaland	02:43.60	466
	2	Ole Andreas Kolaas	Hordaland	02:44.81	456
	3	Alexander Haugs	Hordaland	03:06.82	313
	4	Ivar I. Flaten	Rogaland	03:07.33	310
	5	Eirik Netland	Rogaland	03:08.69	304
	6	Per Steinar Nilsen	Rogaland	03:09.39	300
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

Øvelse 12	200	BRYST	KVINNER		
1990					
	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
	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	
KR -1988					
	1	Elizabeth Førland	Rogaland	02:51.71	555

Øvelse 12 200 BRYST KVINNER

KR -1988

2	Tove Monsen	Hordaland	02:53.22	541
3	Irene Hove	Rogaland	03:08.99	416
4	Mia Iden Hellesen	Hordaland	03:13.27	389
5	Andrea Vatsvaag	Rogaland	03:24.11	330
999	Anette Hansen	Hordaland	Uteble	

KR -1989

1	Alvilde Morken	Rogaland	02:45.90	616
2	Charlotte Kausland	Hordaland	02:48.89	584
3	Malene H. Vinsnesbakk	Hordaland	03:00.29	480
4	Ragnhild Smith-Sivertsen	Hordaland	03:00.90	475
5	Vibeke Brigg	Rogaland	03:05.89	438
6	Anne Haugvaldstad	Rogaland	03:07.93	424

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
999	Delfana 4	Delfana	Disk	

KR -1990

1	Hordaland	Hordaland	01:52.25	449
2	Rogaland	Rogaland	01:56.84	398

KR -1991

1	Rogaland	Rogaland	01:58.65	380
2	Hordaland	Hordaland	02:04.58	328

KR -1992

1	Hordaland	Hordaland	02:11.99	276
2	Rogaland	Rogaland	02:13.11	269

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

Øvelse 14 4x50 FRI KVINNER

JUNIOR

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	

KR -1990

1	Rogaland	Rogaland	01:55.94	632
2	Hordaland	Hordaland	02:00.68	560

KR -1991

1	Rogaland	Rogaland	02:00.86	557
2	Hordaland	Hordaland	02:07.74	472

KR -1992

1	Rogaland	Rogaland	02:08.67	462
2	Hordaland	Hordaland	02:13.19	416

Øvelse 15 4x100 FRI MENN

KR -1988

1	Rogaland	Rogaland	03:53.32	548
2	Hordaland	Hordaland	04:01.09	497

KR -1989

1	Rogaland	Rogaland	04:11.08	440
2	Hordaland	Hordaland	04:15.79	416

Øvelse 16 4x100 FRI KVINNER

KR -1988

1	Rogaland	Rogaland	04:28.46	520
2	Hordaland	Hordaland	04:28.80	518

KR -1989

1	Rogaland	Rogaland	04:18.50	583
2	Hordaland	Hordaland	04:20.31	571

Øvelse 17 100 BRYST KVINNER

1985

1	p	Åse Linn Hansen	HSK	01:16.46	640
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1986

1	p	Silje Teigland	Åstveit	01:28.50	413
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1988

1	p	Tove Monsen	Vestkantsvøm	01:20.17	555
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Øvelse 17	100	BRYST	KVINNER		
1988					
	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
	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

Øvelse 17	100	BRYST	KVINNER			
1993						
	10	Camilla Anfinssen	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		
KR -1990						
	1	Trine Midtun	Hordaland	01:15.55	663	
	2	Ina M. Holm	Rogaland	01:16.91	629	
	3	Mai L. Hanslien	Rogaland	01:20.86	541	
	4	Maren Teige	Hordaland	01:21.15	535	
	5	Monica Johannessen	Rogaland	01:23.39	493	
	6	Maria Farestvedt	Hordaland	01:26.09	448	
KR -1991						
	1	Michelle Bjerga	Rogaland	01:25.24	462	
	2	Line H. Eike	Rogaland	01:26.73	438	
	3	Gøril Ailin Ekerhovd	Hordaland	01:27.95	420	
	4	Carina Thunestvedt	Hordaland	01:33.51	350	
	5	Ine Stenfelt Nilsen	Hordaland	01:33.93	345	
	6	Merete Falck	Rogaland	01:41.07	277	
KR -1992						
	1	Benedicte Kausland	Hordaland	01:25.17	463	
	2	Irene Ø. Fosse	Rogaland	01:25.54	457	
	3	Tonje Holm	Rogaland	01:25.83	452	
	4	Lena M. Furali	Rogaland	01:27.70	424	
	5	Ragnhild Søfteland	Hordaland	01:31.33	375	
	6	Ingse Berg Monsen	Hordaland	01:31.64	372	
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	
KR -1990					
1		Marcus Tesdal	Hordaland	01:08.20	629
2		Øyvind Kalvø	Hordaland	01:19.71	394
3		Petter Ledsaak	Rogaland	01:20.80	378
4		Thomas Endresen	Rogaland	01:25.04	324

Øvelse 18 100 BRYST MENN

KR -1990					
5		Mats Nesvik	Rogaland	01:28.76	285
999		Håvard Havro Bjørnestad	Hordaland	Disk	
KR -1991					
1		Erling M. Brattelid	Rogaland	01:21.23	372
2		Haakon Rogne Lønning	Hordaland	01:21.61	367
3		Bjarte Ravndal	Rogaland	01:30.16	272
4		Haakon Undheim	Rogaland	01:31.39	261
5		Joachim Jakobsen	Hordaland	01:31.61	259
6		Andras Csernai	Hordaland	01:36.08	225
KR -1992					
1		Ole M. Grytten Ree	Rogaland	01:23.55	342
2		Lavrans Solli	Hordaland	01:30.47	269
3		Sindre Lilledahl	Rogaland	01:34.08	239
4		Sindre M. Gruben	Hordaland	01:40.84	194
5		Anders Runningen	Hordaland	01:41.62	190
6		Børre Bastiqkeit	Rogaland	02:01.89	110

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
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 Helleesen	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

Øvelse 19	100	RYGG	KVINNER		
1991					
	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	
KR -1988					
	1	Kassandra Olsvik	Hordaland	01:12.77	515
	2	Iselin Fardal	Rogaland	01:13.55	499
	3	Elizabeth Førland	Rogaland	01:15.46	462
	4	Lene Haugsgjerd	Hordaland	01:16.09	451
	5	Ursula Jorunn Heggøy	Hordaland	01:16.65	441
	6	Irene Hove	Rogaland	01:29.88	273
KR -1989					
	1	Ida Nordbø	Rogaland	01:11.82	536
	2	Kathrine Ø. Fosse	Rogaland	01:12.64	518
	3	Malene H. Vinsnesbakk	Hordaland	01:12.69	517
	4	Trine-Lise Solberg	Hordaland	01:17.30	430
	5	June Ramsvik	Hordaland	01:18.14	416
	999	Tonje E. Langvik	Rogaland	Disk	
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
KR -1988					
1		Lars A. Tolaas	Rogaland	01:04.12	513
2		Karsten Johannessen	Rogaland	01:06.56	458
3		Kjetil Lilleland	Rogaland	01:08.23	426
4		Anders Seljeflot	Hordaland	01:11.42	371
5		Sindre Vikane	Hordaland	01:12.44	355
6		Benjamin Marum	Hordaland	01:14.39	328
KR -1989					
1		Ruben Furali	Rogaland	01:07.29	444
2		Ole Andreas Kolaas	Hordaland	01:09.67	400
3		Tørres H. Nordnes	Hordaland	01:12.49	355
4		Runar Laupstad	Rogaland	01:16.29	304
5		Alexander Haugs	Hordaland	01:16.30	304
6		Per Steinar Nilsen	Rogaland	01:17.85	286
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	

Øvelse 21	50	RYGG	KVINNER		
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
6	p	Camilla Anfinen	Delfana	00:53.16	133
7		Athelie Nordberg	BSLK	00:54.27	125
8		Camilla Dale Hjelle	Delfana	00:54.77	122
9		Maryam Aarnes	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	
KR -1988					
1		Iselin Fardal	Rogaland	00:34.29	498
2		Kassandra Olsvik	Hordaland	00:34.41	493
3		Lene Haugsgjerd	Hordaland	00:34.59	485
4		Ursula Jorunn Heggøy	Hordaland	00:35.77	439
5		Christine Ørland	Rogaland	00:37.33	386
6		Andrea Vatsvaag	Rogaland	00:41.11	289
KR -1989					
1		Ida Nordbø	Rogaland	00:33.35	541
2		Vibeke Briqq	Rogaland	00:34.71	480

Øvelse 21 50 RYGG KVINNER

KR -1989					
	3	Anne Haugvaldstad	Rogaland	00:34.98	469
	4	Trine-Lise Solberg	Hordaland	00:35.00	468
	5	June Ramsvik	Hordaland	00:36.38	417
	6	Ragnhild Smith-Sivertsen	Hordaland	00:39.32	330
KR -1990					
	1	Cecilie Johannessen	Rogaland	00:32.43	589
	2	Katja Heinænen	Hordaland	00:34.15	504
	3	Maren K. Jansen	Rogaland	00:35.79	438
	4	Helene Lybak	Hordaland	00:36.32	419
	5	Mai L. Hanslien	Rogaland	00:38.52	351
	6	Maren Teige	Hordaland	00:38.91	341
KR -1991					
	1	Nicole T. Næsheim	Rogaland	00:33.84	518
	2	Oda J. Midtun	Hordaland	00:36.13	426
	3	Line Heiberg	Rogaland	00:36.19	424
	4	Linn Heiberg	Rogaland	00:36.26	421
	5	Henriette Iden Hellesen	Hordaland	00:36.75	405
	6	Gøril Ailin Ekerhovd	Hordaland	00:41.84	274
KR -1992					
	1	Lena M. Furali	Rogaland	00:37.50	381
	2	Tonje Holm	Rogaland	00:37.53	380
	3	Ragnhild Søfteland	Hordaland	00:37.57	379
	4	Hanne Søfteland	Hordaland	00:39.64	322
	5	Benedicte Kausland	Hordaland	00:39.65	322
	6	Maria W. Hollund	Rogaland	00:41.59	279
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

Øvelse 22	50	RYGG	MENN		
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
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	
KR -1988					
1		Lars A. Tolaas	Rogaland	00:29.83	498
2		Karsten Johannesen	Rogaland	00:31.55	421
3		Kjetil Lilleland	Rogaland	00:31.74	413
4		Anders Seljeflot	Hordaland	00:33.19	361
5		Sindre Vikane	Hordaland	00:34.65	317
6		Benjamin Marum	Hordaland	00:35.13	305
KR -1989					
1		Ruben Furali	Rogaland	00:30.49	466
2		Tørres H. Nordnes	Hordaland	00:33.52	351
3		Runar Laupstad	Rogaland	00:35.47	296
4		Alexander Haugs	Hordaland	00:35.96	284
5		Per Steinar Nilsen	Rogaland	00:37.26	255

Øvelse 22	50	RYGG	MENN		
KR -1989					
	6	Johannes Framnes	Hordaland	00:37.27	255
KR -1990					
	1	Joar S. Grannes	Rogaland	00:30.74	455
	2	Even Vike Holm	Hordaland	00:32.80	374
	3	Eirik Runningen	Hordaland	00:34.62	318
	4	Thor H. Billington	Rogaland	00:36.12	280
	5	Lorenz Bergo	Hordaland	00:36.59	270
	6	Petter Ledsaak	Rogaland	00:39.01	222
KR -1991					
	1	Eirik Ramstad	Rogaland	00:34.80	313
	2	Erlend Tveteraas	Rogaland	00:35.55	294
	3	Sebastian Stordal	Hordaland	00:35.66	291
	4	Simen Dale	Hordaland	00:35.77	289
	5	Bjarte Ravndal	Rogaland	00:36.67	268
	6	Joachim Jakobsen	Hordaland	00:40.88	193
KR -1992					
	1	Espen Halhjem	Hordaland	00:37.66	247
	2	Ole M. Grytten Ree	Rogaland	00:38.32	235
	3	Sindre Lilledahl	Rogaland	00:40.43	200
	4	Truls Vikane	Hordaland	00:40.68	196
	5	Anders Runningen	Hordaland	00:41.52	184
	6	Vegard T. Rusnes	Rogaland	00:41.85	180
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

Øvelse 23	200	MEDLEY	KVINNER		
1991					
	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	
	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	
KR -1988					
	1	Lene Haugsgjerd	Hordaland	02:39.21	536
	2	Iselin Fardal	Rogaland	02:43.02	499
	3	Tove Monsen	Hordaland	02:47.08	463
	4	Mia I. Hellesen	Hordaland	02:59.57	373
	5	Irene Hove	Rogaland	03:04.21	346
	6	Andrea Vatsvaag	Rogaland	03:05.05	341
KR -1989					
	1	Alvilde Morken	Rogaland	02:27.50	674
	2	Tonje E. Langvik	Rogaland	02:36.25	567
	2	Malene H. Vinsnesbakk	Hordaland	02:36.25	567
	4	Kathrine Ø. Fosse	Rogaland	02:39.81	530
	5	Charlotte Kausland	Hordaland	02:40.42	523
	6	Ragnhild Smith-Sivertsen	Hordaland	02:42.73	501
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

Øvelse 24	200	MEDLEY	MENN		
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	
KR -1988					
1		Vegard Høiberg	Rogaland	02:16.11	616
2		Jørgen Møllerop	Rogaland	02:19.23	575
3		Olav M. Furali	Rogaland	02:22.56	536
4		Thomas Robson	Hordaland	02:24.44	515
5		Håvard Melle	Hordaland	02:27.52	483
6		Sindre Vikane	Hordaland	02:37.03	401
KR -1989					
1		Ole Andreas Kolaas	Hordaland	02:29.75	462
2		Thomas Andre Aaslette	Hordaland	02:35.04	416
3		Mads V. Steffensen	Hordaland	02:35.38	414
4		Per E. Jacobsen	Rogaland	02:43.19	357
5		Eirik Netland	Rogaland	02:46.96	333
999		Ruben Furali	Rogaland	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	
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

Øvelse 25	100	MEDLEY	KVINNER		
1989					
	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
	2	p	Andrina Heldal	Åstveit	01:18.26
	3	p	Iselin Raustein	Randaberg	01:19.83
	4	p	Martine Bremer	BSLK	01:20.99
	5		Ingvild L. Losnegård	STORD	01:21.80
	6		Ann Kristin Skauge	Karmøy	01:25.54
	7		Charlotte E. Johansen	BSLK	01:26.97
	8		Karen Vikanes Bjelland	STORD	01:27.68
	9		Kristin Vollen	Delfana	01:30.68
	10		Kari Helene Helgesen	Delfana	01:38.34
	11		Linda Marie Vollan	Voss	01:39.94
	999		Oda L. Stenersen	Delfana	Uteble
1991					
	1	p	Torhild Anda	Randaberg	01:19.63
	2	p	Linn Heiberg	Karmøy	01:21.31
	3	p	Karoline Mjanger	Delfana	01:24.87
	4	p	Carina Thunestvedt	Arna SLK	01:25.49
	5		Mari Løvik	Delfana	01:28.21
	6		Isabelle Drivenes	Delfana	01:30.67
	7		Marie Rekve	Delfana	01:32.90
	8		Tonje Ringen Nilsen	Randaberg	01:33.26
	9		Karianne Fonn Jårvik	Delfana	01:37.12
	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
	2	p	Hanne Søfteland	Delfana	01:25.43
	3	p	Katrine Jensen	Åstveit	01:28.29
	4	p	Tonje R. Skotheimsvik	Delfana	01:31.42
	5		Ingrid Hystad	STORD	01:35.54
	6		Inger Kristine Steinsland	STORD	01:37.60
	7		Anna Gjerde	Voss	01:37.87
	8		Edda Lavik Stark	Voss	01:39.74
	999		Marianne Aalvik	Voss	Uteble
	999		Katarina Bernhoft	Delfana	Disk
	999		Lene H. Bjørndal	Delfana	Disk
	999		Maria G. Håkonsen	Delfana	Uteble
1993					
	1	p	Vania Brundsvik	HSK	01:44.28

Øvelse 25	100	MEDLEY	KVINNER		
1993					
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	
KR -1990					
1		Ina M. Holm	Rogaland	01:08.34	-1
2		Monica Johannessen	Rogaland	01:10.63	-1
3		Trine Midtun	Hordaland	01:11.70	-1
4		Katja Heinænen	Hordaland	01:12.48	-1
5		Maren K. Jansen	Rogaland	01:16.04	-1
6		Maria Farestvedt	Hordaland	01:17.07	-1
KR -1991					
1		Ane J. Midtun	Hordaland	01:16.62	-1
2		Line Heiberg	Rogaland	01:17.10	-1
3		Henriette Iden Hellesen	Hordaland	01:17.46	-1
4		Oda J. Midtun	Hordaland	01:18.01	-1
5		Line H. Eike	Rogaland	01:18.61	-1
6		Nicole T. Næsheim	Rogaland	01:18.76	-1
KR -1992					
1		Irene Ø. Fosse	Rogaland	01:15.60	-1
2		Tonje Holm	Rogaland	01:15.85	-1
3		Lena M. Furali	Rogaland	01:17.14	-1
4		Ingse Berg Monsen	Hordaland	01:18.08	-1
5		Benedicte Kausland	Hordaland	01:19.96	-1
6		Ragnhild Søfteland	Hordaland	01:21.93	-1
Øvelse 26	100	MEDLEY	MENN		
1987					
1	p	Erlend Skogland	HSK	01:11.69	-1
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

Øvelse 26	100	MEDLEY	MENN			
1988						
	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 Bønnes	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	
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

Øvelse 26	100	MEDLEY	MENN		
1993					
	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	
KR -1990					
	1	Marcus Tesdal	Hordaland	01:04.78	-1
	2	Joar S. Grannes	Rogaland	01:08.81	-1
	3	Øyvind Kalvø	Hordaland	01:09.81	-1
	4	Even Vike Holm	Hordaland	01:14.33	-1
	5	Petter Ledsaak	Rogaland	01:16.60	-1
	6	Thor H. Billington	Rogaland	01:17.21	-1
KR -1991					
	1	Haakon Rogne Lønning	Hordaland	01:15.33	-1
	2	Erlend Tveteraas	Rogaland	01:16.87	-1
	3	Eirik Ramstad	Rogaland	01:17.70	-1
	4	Simen Dale	Hordaland	01:18.18	-1
	5	Erling M. Brattelid	Rogaland	01:18.57	-1
	6	Sebastian Stordal	Hordaland	01:18.62	-1
KR -1992					
	1	Ole M. Grytten Ree	Rogaland	01:14.88	-1
	2	Espen Halhjem	Hordaland	01:19.13	-1
	3	Lavrans Solli	Hordaland	01:20.02	-1
	4	Sindre Lilledahl	Rogaland	01:22.95	-1
	5	Truls Vikane	Hordaland	01:25.66	-1
	999	Børre Bastiqkeit	Rogaland	Disk	
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

Øvelse 27 200 BUTTERFLY KVINNER

1991						
	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 29 4x100 MEDLEY KVINNER

KR -1988						
	1	Hordaland	Hordaland	04:54.59		528
	2	Rogaland	Rogaland	04:58.94		506
KR -1989						
	1	Rogaland	Rogaland	04:46.39		575
	2	Hordaland	Hordaland	04:57.08		515

Øvelse 30 4x100 MEDLEY MENN

KR -1988						
	1	Rogaland	Rogaland	04:22.74		510
	2	Hordaland	Hordaland	04:45.30		398
KR -1989						
	1	Hordaland	Hordaland	04:36.84		436
	2	Rogaland	Rogaland	04:52.38		370

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

Øvelse 31 4x50 MEDLEY KVINNER

JUNIOR

999	BS-LK Lag 3	BSLK	Disk
999	Delfana 2	Delfana	Uteble
999	Delfana 6	Delfana	Disk
999	Åstveit	Åstveit	Disk

KR -1990

1	Rogaland	Rogaland	02:08.32	621
2	Hordaland	Hordaland	02:15.64	526

KR -1991

1	Rogaland	Rogaland	02:18.03	499
2	Hordaland	Hordaland	02:27.22	411

KR -1992

1	Rogaland	Rogaland	02:27.22	411
2	Hordaland	Hordaland	02:31.56	377

Øvelse 32 4x50 MEDLEY MENN

1992

1	Rogaland	Rogaland	02:38.15	216
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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	

KR -1990

1	Hordaland	Hordaland	02:06.26	425
2	Rogaland	Rogaland	02:09.73	392

KR -1991

1	Rogaland	Rogaland	02:17.46	330
2	Hordaland	Hordaland	02:24.59	283

KR -1992

1	Hordaland	Hordaland	02:35.32	228
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SENIOR

1	Delfana 1	Delfana	02:19.24	317
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