

Øvelse	Klasse	Alder	Navn	Klubb	Tid	Dato	
50 Fri		20-24					
	<b>A</b>	<b>25-29</b>	<b>Jarle Stærkeby Ødegård</b>	<b>Modum SK</b>	<b>27,59</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	<b>B</b>	<b>30-34</b>	<b>Håkon Skårud Karlsen</b>	<b>IL Varg</b>	<b>25,74</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	C	35-39	Fritz Warncke	BSLK	26,30	25-06-92	Indianapolis
	<b>D</b>	<b>40-44</b>	<b>Arild Bråten</b>	<b>ROMA</b>	<b>26,88</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	<b>E</b>	<b>45-49</b>	<b>Jørgen Berg</b>	<b>Halden SK</b>	<b>27,01</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	<b>F</b>	<b>50-54</b>	<b>Øyvind Thorsen</b>	<b>Lambertseter SK</b>	<b>27,23</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	G	55-59	Jan Erik Korsvold	Oslo IL	30,46	06-08-05	Stockholm
	H	60-64	Øyvind Gunnerud	Oslo IL	30,26	23-06-96	Sheffield
	I	65-69	Øyvind Gunnerud	Oslo IL	31,24	29-07-00	Munchen
	J	70-74	C.Christensen		41,63	23-06-96	Sheffield
	<b>K</b>	<b>75-79</b>	<b>Øyvind Gunnerud</b>	<b>Oslo IL</b>	<b>33,60</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	L	80-84	Sverre Bryne	Oslo IL	43,43	29-07-00	Munchen
	M	85-89	Sverre Bryne	Oslo IL	55,51	16-08-05	Stockholm
<b>N</b>	<b>90-94</b>	<b>Sverre Bryne</b>	<b>Oslo IL</b>	<b>1.01,45</b>	<b>03-08-10</b>	<b>Gøteborg</b>	
100 Fri		20-24					
	<b>A</b>	<b>25-29</b>	<b>Jarle Stærkeby Ødegård</b>	<b>Modum SK</b>	<b>1.00,39</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	<b>B</b>	<b>30-34</b>	<b>Håkon Skårud Karlsen</b>	<b>IL Varg</b>	<b>55,53</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	C	35-39	Fritz Warncke	BSLK	57,39	25-06-92	Indianapolis
	<b>D</b>	<b>40-44</b>	<b>Arild Bråten</b>	<b>ROMA</b>	<b>1.01,12</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	E	45-49	Frank Håbesland	Masør	1.02,76	18-04-08	Perth
	<b>F</b>	<b>50-54</b>	<b>Øyvind Thorsen</b>	<b>Lambertseter SK</b>	<b>1.00,00</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	G	55-59	Espen Engebretsen	Drammen SK	1.08,98	23-06-96	Sheffield
	H	60-64	Øyvind Gunnerud	Oslo IL	1.08,32	23-06-96	Sheffield
	I	65-69	Øyvind Gunnerud	Oslo IL	1.12,16	29-07-00	Munchen
	<b>J</b>	<b>70-74</b>	<b>Tellef Jørgen Halvorsen</b>	<b>Hamar IL</b>	<b>1.37,47</b>	<b>12-06-10</b>	<b>Hamar</b>
	K	75-79					
	L	80-84					
200 Fri		20-24					
	A	25-29	Rune Myhrvold	Nedre Eiker	2.14,85	23-06-96	Sheffield
	<b>B</b>	<b>30-34</b>	<b>Håkon Skårud Karlsen</b>	<b>IL Varg</b>	<b>2.04,35</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	C	35-39	Asle Jøssang	BOM	2.24,31	23-10-09	Helsinki
	<b>D</b>	<b>40-44</b>	<b>Erlend Alstad</b>	<b>Oslo IL</b>	<b>2.13,26</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	E	45-49	Magne Lerstad		2.25,55	23-06-96	Sheffield
	<b>F</b>	<b>50-54</b>	<b>Øyvind Thorsen</b>	<b>Lambertseter SK</b>	<b>2.15,97</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	G	55-59	Espen Engebretsen	Drammen SK	2.34,53	23-06-96	Sheffield
	H	60-64	Espen Engebretsen	Drammen SK	2.46,49	29-07-00	Munchen
	I	65-69	Dagfinn Johannessen	Masør	2.49,02	18-04-08	Perth
	J	70-74					
	K	75-79					
	L	80-84					
400 Fri		20-24					
	A	25-29					
	B	30-34					
	C	35-39	Asle Jøssang	BOM	5.14,94	23-10-09	Helsinki
	<b>D</b>	<b>40-44</b>	<b>Erlend Alstad</b>	<b>Oslo IL</b>	<b>4.37,06</b>	<b>06-08-10</b>	<b>Gøteborg</b>
	E	45-49	Magne Lerstad		5.49,51	29-07-00	Munchen
	F	50-54	Øystein Grytten	Masør	5.06,27	18-04-08	Perth
	G	55-59	Carsten Wangsmo	BOM	5.51,69	15-09-09	Cadiz
	H	60-64					
	I	65-69	Dagfinn Johannessen	Masør	6.06,99	18-04-08	Perth
	J	70-74					
	K	75-79					
L	80-84						
800 Fri		20-24					

	A	25-29					
	B	30-34					
	C	35-39	Asle Jøssang	BOM	10.44,06	23-10-09	Helsinki
	D	40-44	Erlend Alstad	Oslo IL	9.54,74	23-10-09	Helsinki
	E	45-49	Magne Lerstad		11.21,16	23-06-96	Sheffield
	F	50-54	Øystein Grytten	Masør	10.33,45	18-04-08	Perth
	G	55-59	Carsten Wangsmo	BOM	12.04,96	15-09-09	Cadiz
	H	60-64					
	I	65-69	Dagfinn Johannessen	Masør	12.57,20	18-04-08	Perth
	J	70-74					
	K	75-79					
	L	80-84					
1500 Fri		20-24					
	A	25-29					
	B	30-34					
	C	35-39					
	D	40-44					
	E	45-49					
	F	50-54					
	G	55-59					
	H	60-64					
	I	65-69					
	J	70-74					
	K	75-79					
	L	80-84					
50 Rygg		20-24					
	<b>A</b>	<b>25-29</b>	<b>Audun Nilsen</b>	<b>Modum SK</b>	<b>35,22</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	B	30-34					
	C	35-39	Richard Tasker		31,92	23-06-96	Sheffield
	<b>D</b>	<b>40-44</b>	<b>Arild Tveiten</b>	<b>Lambertseter SK</b>	<b>32,19</b>	<b>04-08-10</b>	<b>Gøteborg</b>
	<b>E</b>	<b>45-49</b>	<b>Jørgen Berg</b>	<b>Halden SK</b>	<b>32,51</b>	<b>06-08-10</b>	<b>Gøteborg</b>
	F	50-54					
	<b>G</b>	<b>55-59</b>	<b>Jan M. Haakonsen</b>	<b>Oslo IL</b>	<b>37,05</b>	<b>06-08-10</b>	<b>Gøteborg</b>
	H	60-64	Arthur Knudsen	Skedsmo SK	51,81	06-08-90	Rio De Janeiro
	I	65-69					
	J	70-74	Fridtjov Stene	Halden SK	57,26	23-06-96	Sheffield
	K	75-79	Sverre Bryne	Halden SK	52,15	23-06-96	Sheffield
	L	80-84	Sverre Bryne	Oslo IL	54,84	29-07-00	Munchen
	M	85-89	Sverre Bryne	Oslo IL	1.03,75	01-06-04	Riccione
100 Rygg		20-24					
	<b>A</b>	<b>25-29</b>	<b>Audun Nilsen</b>	<b>Modum SK</b>	<b>1.13,33</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	B	30-34					
	C	35-39	Richard Tasker		1.09,75	23-06-96	Sheffield
	D	40-44	Erlend Alstad	Oslo IL	1.18,87	23-10-09	Helsinki
	<b>E</b>	<b>45-49</b>	<b>Knut Måløy</b>	<b>Hamar IL</b>	<b>1.15,72</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	F	50-54	Eirik Vågshaug	Eidsvoll	1.15,97	18-04-08	Perth
	<b>G</b>	<b>55-59</b>	<b>Jan M. Haakonsen</b>	<b>Oslo IL</b>	<b>1.23,38</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	H	60-64					
	I	65-69					
	J	70-74					
	K	75-79	Sverre Bryne	Halden SK	1.52,52	23-06-96	Sheffield
	L	80-84	Sverre Bryne	Halden SK	2.07,08	25-08-99	Innsbruck
200 Rygg		20-24					
	A	25-29					
	B	30-34					
	C	35-39	Richard Tasker		2.32,70	23-06-96	Sheffield

	D	40-44	Erlend Alstad	Oslo IL	2.40,22	23-10-09	Helsinki
	<b>E</b>	<b>45-49</b>	<b>Knut Måløy</b>	<b>Hamar IL</b>	<b>2.45,79</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	F	50-54	Eirik Vågshaug	Eidsvoll	2.48,06	18-04-08	Perth
	G	55-59					
	H	60-64					
	I	65-69					
	J	70-74					
	K	75-79					
	L	80-84					
50 Bryst		20-24					
	A	25-29	Rune Myhrvold	Nedre Eiker	33,14	23-06-96	Sheffield
	<b>B</b>	<b>30-34</b>	<b>Morten Jarland</b>	<b>ROMA</b>	<b>31,99</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	C	35-39	Øyvind Nyhus	Molde SLK	30,78	01-06-04	Riccione
	<b>D</b>	<b>40-44</b>	<b>Øyvind Nyhus</b>	<b>Molde SLK</b>	<b>31,18</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	E	45-49	Torbjørn Berger	Moss SK	34,06	19-08-09	Gøteborg
	F	50-54	Steinar Robarth	Oslo IL	37,67	23-06-96	Sheffield
	G	55-59	Bjørn Ove Myrvang	Eidsvoll	37,79	18-04-08	Perth
	<b>H</b>	<b>60-64</b>	<b>Øyvind Arentz</b>	<b>Oslo IL</b>	<b>39,15</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	I	65-69	Jan Allers	BSC	41,43	16-08-05	Stockholm
	<b>J</b>	<b>70-74</b>	<b>Jan Allers</b>	<b>BSC</b>	<b>42,04</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	K	75-79	Sverre Bryne	Halden SK	48,99	23-06-96	Sheffield
	L	80-84	Sverre Bryne	Halden SK	51,22	25-08-99	Innsbruck
	M	85-89	Sverre Bryne	Oslo IL	1.03,56	01-06-04	Riccione
	<b>N</b>	<b>90-94</b>	<b>Sverre Bryne</b>	<b>Oslo IL</b>	<b>1.17,29</b>	<b>03-08-10</b>	<b>Gøteborg</b>
100 Bryst		20-24					
	A	25-29	Rune Myhrvold	Nedre Eiker	1.13,15	23-06-96	Sheffield
	<b>B</b>	<b>30-34</b>	<b>Morten Jarland</b>	<b>ROMA</b>	<b>1.11,64</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	C	35-39	Øyvind Nyhus	Molde SLK	1.10,76	00-08-07	Kranj
	<b>D</b>	<b>40-44</b>	<b>Øyvind Nyhus</b>	<b>Molde SLK</b>	<b>1.11,16</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	<b>E</b>	<b>45-49</b>	<b>Torbjørn Berger</b>	<b>Moss SK</b>	<b>1.19,26</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	F	50-54	Steinar Robarth	Oslo IL	1.24,53	23-06-96	Sheffield
	G	55-59	Bjørn Ove Myrvang	Eidsvoll	1.24,71	18-04-08	Perth
	<b>H</b>	<b>60-64</b>	<b>Øyvind Arentz</b>	<b>Oslo IL</b>	<b>1.29,41</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	I	65-69	Terje Benjaminsen	Masør	1.36,93	18-04-08	Perth
	<b>J</b>	<b>70-74</b>	<b>Jan Allers</b>	<b>BSC</b>	<b>1.41,59</b>	<b>01-08-10</b>	<b>Gøteborg</b>
	K	75-79	Fridtjov Stene	Halden SK	2.25,04	29-07-00	Munchen
	L	80-84	Sverre Bryne	Oslo IL	2.04,37	25-08-99	Innsbruck
200 Bryst		20-24					
	A	25-29	Rune Myhrvold	Nedre Eiker	2.40,30	23-06-96	Sheffield
	B	30-34					
	C	35-39	Øyvind Nyhus	Molde SLK	2.37,30	00-08-07	Kranj
	<b>D</b>	<b>40-44</b>	<b>Øyvind Nyhus</b>	<b>Molde SLK</b>	<b>2.39,80</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	E	45-49	Bjørn Ove Myrvang	Eidsvoll	3.02,41	29-07-00	Munchen
	F	50-54	Eirik Vågshaug	Eidsvoll	3.09,84	18-04-08	Perth
	G	55-59	Bjørn Ove Myrvang	Eidsvoll	3.07,25	18-04-08	Perth
	H	60-64	Ragnar Jensen	Hamar IL	3.29,53	18-04-08	Perth
	<b>I</b>	<b>65-69</b>	<b>William Nesse</b>	<b>Tønsberg SK</b>	<b>4.05,00</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	J	70-74					
	K	75-79					
	L	80-84					
50 Butterfly		20-24					
	A	25-29	Glenn Hansen	Lørenskog SK	27,95	23-06-96	Sheffield
	B	30-34					
	C	35-39	Gustav Heiberg	Lambertseter SK	29,30	04-07-94	Montreal
	<b>D</b>	<b>40-44</b>	<b>Øyvind Nyhus</b>	<b>Molde SLK</b>	<b>27,88</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	<b>E</b>	<b>45-49</b>	<b>Jørgen Berg</b>	<b>Halden SK</b>	<b>28,65</b>	<b>02-08-10</b>	<b>Gøteborg</b>

	<b>F</b>	<b>50-54</b>	<b>Øyvind Thorsen</b>	<b>Lambertseter SK</b>	<b>32,03</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	<b>G</b>	<b>55-59</b>	<b>Nils Peder Eriksen</b>	<b>Karasjok SK</b>	<b>33,85</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	H	60-64					
	I	65-69	Tellef Jørgen Halvorsen	Hamar IL	41,60	16-08-05	Stockholm
	<b>J</b>	<b>70-74</b>	<b>Tellef Jørgen Halvorsen</b>	<b>Hamar IL</b>	<b>49,31</b>	<b>12-06-10</b>	<b>Hamar</b>
	<b>K</b>	<b>75-79</b>	<b>Per Hofmo</b>	<b>Hamar IL</b>	<b>50,96</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	L	80-84					
100 Butterfly		20-24					
	A	25-29	Glenn Hansen	Lørenskog SK	1.01,39	23-06-96	Sheffield
	B	30-34					
	C	35-39	Øyvind Nyhus	Molde SLK	1.01,47	01-06-04	Riccione
	<b>D</b>	<b>40-44</b>	<b>Øyvind Nyhus</b>	<b>Molde SLK</b>	<b>1.01,82</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	<b>E</b>	<b>45-49</b>	<b>Knut Måløy</b>	<b>Hamar IL</b>	<b>1.09,63</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	F	50-54					
	<b>G</b>	<b>55-59</b>	<b>Nils Peder Eriksen</b>	<b>Karasjok SK</b>	<b>1.27,88</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	H	60-64					
	I	65-69					
	J	70-74					
	K	75-79					
	L	80-84					
200 Butterfly		20-24					
	A	25-29	Glenn Hansen	Lørenskog SK	2.25,00	23-06-96	Sheffield
	B	30-34					
	C	35-39	Øyvind Nyhus	Molde SLK	2.23,43	01-06-04	Riccione
	<b>D</b>	<b>40-44</b>	<b>Erlend Alstad</b>	<b>Oslo IL</b>	<b>2.34,53</b>	<b>05-08-10</b>	<b>Gøteborg</b>
	E	45-49					
	F	50-54	Morten Shanke	KSA	3.09,48	28-08-07	Kranj
	G	55-59					
	H	60-64					
	I	65-69					
	J	70-74					
	K	75-79					
	L	80-84					
200 Medley		20-24					
	A	25-29	Glenn Hansen	Lørenskog SK	2.24,59	23-06-96	Sheffield
	B	30-34					
	C	35-39	Øyvind Nyhus	Molde SLK	2.19,99	01-06-04	Riccione
	D	40-44	Øyvind Nyhus	Molde SLK	2.22,19	15-09-09	Cadiz
	E	45-49	Bjørn Myrvang	Eidsvoll	2.54,49	29-07-00	Munchen
	<b>F</b>	<b>50-54</b>	<b>Øyvind Thorsen</b>	<b>Lambertseter SK</b>	<b>2.37,66</b>	<b>03-08-10</b>	<b>Gøteborg</b>
	G	55-59	Espen Engebretsen	Drammen	3.08,36	23-06-96	Sheffield
	H	60-64					
	I	65-69					
	J	70-74					
	K	75-79					
	L	80-84					
400 Medley		20-24					
	A	25-29					
	B	30-34					
	C	35-39	Øyvind Nyhus	Molde SLK	5.08,65	01-06-04	Riccione
	<b>D</b>	<b>40-44</b>	<b>Erlend Alstad</b>	<b>Oslo IL</b>	<b>5.13,03</b>	<b>02-08-10</b>	<b>Gøteborg</b>
	E	45-49	Bjørn Myrvang	Eidsvoll	6.13,11	29-07-00	Munchen
	F	50-54	Eirik Vågshaug	Eidsvoll	5.56,40	18-04-08	Perth
	G	55-59					
	H	60-64					
	I	65-69					

J 70-74  
K 75-79  
L 80-84

4x50 Fri

A 100-119

**B 120-159 ROMA****ROMA****1.54,72****04-08-10****Gøteborg**

C 160-199

D 200-239

E 240-279

F 280-319

4x50 Medley

A 100-119

**B 120-159 Modum SK****Modum SK****2.23,80****04-08-10****Gøteborg****C 160-199 ROMA****ROMA****2.06,51****04-08-10****Gøteborg**

D 200-239

**E 240-279 Hamar****Hamar IL****2.38,42****12-06-10****Hamar**

F 280-319







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