

# NORDISKA MASTERSREKORD

## Lag/Relay 25m Short Course

2019-04-04

### HERRAR/MEN

#### 4x50m frisim/free

100-119	U.S.G.	1:31.30	2009-11-07	DEN
120-159	Upsala SS	1:33.51	1999-03-20	SWE
160-199	Lahden Kaleva	1:33.91	2009-03-28	FIN
200-239	IL Varg	1:39.59	2016-04-09	NOR
240-279	Göteborg Sim	1:49.67	2017-03-25	SWE
280-319	SolK Hellas	2:02.89	2008-03-09	SWE
320-359	Hellas SK	2:30.87	2017-03-25	SWE

#### 4x100m frisim/free

100-119	Farum SK	3:27.00	2016-05-22	DEN
120-159	U.S.G.	3:33.82	2010-01-16	DEN
160-199	Sigma Swim	3:33.54	2015-03-07	DEN
200-239	Sigma Swim	3:53.58	2018-03-10	DEN
240-279	SWIM	4:55.87	2015-03-29	FIN
280-319	SWIM	5:57.97	2015-03-29	FIN
320-359				

#### 4x200m frisim/free

100-119	Farum SK	7:40.90	2016-05-22	DEN
120-159	U.S.G.	8:36.22	2013-03-09	DEN
160-199	Sigma	7:52.58	2016-03-12	DEN
200-239	Sigma Swim	8:49.36	2019-03-16	DEN
240-279	Hovedstaden	11:27.33	2013-09-03	DEN
280-319	Hellas SK	12:11.03	2014-02-22	SWE
320-359				

#### 4x50m medley

100-119	SK Neptun	1:40.82	2013-03-17	SWE
120-159	SK Neptun	1:39.28	2015-03-22	SWE
160-199	Lahden Kaleva	1:45.70	2009-03-29	FIN
200-239	IL Varg	1:50.71	2016-04-08	NOR
240-279	Göteborg Sim	2:01.71	2016-05-08	SWE
280-319	SolK Hellas	2:21.36	2008-03-09	SWE
320-359	Hellas SK	2:59.67	2015-03-22	SWE

#### 4x100m medley

100-119	Swimming Jyväskylä	3:53.16	2016-03-13	FIN
120-159	Sigma Swim	4:04.50	2017-03-11	DEN
160-199	Esbjerg Svømmeklub	4:08.99	2016-11-19	DEN
200-239	Sigma Swim	4:30.22	2017-03-11	DEN
240-279	S.C.P.	5:50.27	2012-04-01	FIN
280-319	Cetus	7:12.24	2012-04-01	FIN
320-359				

# NORDISKA MASTERSREKORD

## Lag/Relay 25m Short Course

2019-04-04

### DAMER/WOMEN

#### 4x50m frisim/free

100-119	Kvik Kastруп	1:47.37	2003-11-01	DEN
120-159	Kvik Kastруп	1:50.69	2012-11-03	DEN
160-199	Helsingborgs SS	1:49.10	2016-05-07	SWE
<b>200-239</b>	<b>Masør</b>	<b>1:56.98</b>	<b>2019-03-09</b>	<b>NOR</b>
240-279	Danderyds Sim	2:08.58	2018-03-24	SWE
280-319	SolK Hellas	2:42.44	2001-03-15	SWE
320-359	SolK Hellas	3:05.64	2007-03-24	SWE

#### 4x100m frisim/free

100-119	U.S.G.	4:05.93	2016-03-13	DEN
120-159	Køge Svømmklub	4:09.71	2017-03-11	DEN
160-199	Masør	4:19.37	2014-03-23	NOR
200-239	Næstved IF	4:41.05	2014-03-08	DEN
240-279	Hovedstaden	7:04.42	2016-03-13	DEN
280-319				
320-359				

#### 4x200m frisim/free

100-119				
<b>120-159</b>	<b>Sigma Swim</b>	<b>9:54.83</b>	<b>2019-03-16</b>	<b>DEN</b>
160-199	Masør	9:23.02	2014-03-23	NOR
200-239	Næstved	10:41.61	2016-01-16	DEN
240-279	Korsør	13:30.61	2016-03-12	DEN
280-319				
320-359				

#### 4x50m medley

100-119	Kvik Kastруп	1:59.75	2003-11-01	DEN
120-159	Lambertseter	1:59.09	2008-04-04	NOR
160-199	Helsingborgs SS	2:00.84	2016-05-08	SWE
<b>200-239</b>	<b>Masør</b>	<b>2:08.77</b>	<b>2019-03-08</b>	<b>NOR</b>
<b>240-279</b>	<b>Göteborg Sim</b>	<b>2:10.74</b>	<b>2019-03-23</b>	<b>SWE</b>
280-319	SolK Hellas	2:59.82	2008-03-09	SWE
320-359	SolK Hellas	3:52.52	2007-03-25	SWE

#### 4x100m medley

100-119	HSS	5:09.18	2014-03-30	FIN
120-159	Master Sørlandet	4:50.49	2012-05-13	NOR
160-199	Masters Sørlandet	4:37.41	2016-04-15	NOR
200-239	Næstved IF	5:14.01	2015-01-10	DEN
240-279	Swimming Jyväskylä	7:40.59	2016-03-13	FIN
280-319				
320-359				

# NORDISKA MASTERSREKORD

## Lag/Relay 25m Short Course

2019-04-04

### MIXED

#### 4x50m frisim/free

100-119	U.S.G.	1:40.49	2016-03-13	DEN
120-159	Linköpings ASS	1:42.93	2015-03-21	SWE
160-199	Täby Sim	1:44.28	2007-03-24	SWE
200-239	Göteborg Sim	1:47.58	2018-03-24	SWE
240-279	<b>BOM</b>	<b>1:58.79</b>	<b>2019-03-10</b>	<b>NOR</b>
280-319	Stockholmspolisens IF SF	2:21.74	2018-03-24	SWE
320-359	SolK Hellas	2:52.81	2007-03-24	SWE

#### 4x100m frisim/free

100-119	U.S.G.	3:51.49	2011-03-06	DEN
120-159	Malmö KK	4:13.45	2015-01-10	SWE
160-199	Køge Svømmklub	3:58.58	2017-03-12	DEN
200-239	Gentofte	4:20.37	2015-03-08	DEN
240-279	SWIM	5:47.20	2018-03-25	FIN
280-319	Hermes Masters	6:38.37	2017-03-12	DEN
320-359				

#### 4x200m frisim/free

100-119				
120-159	Malmö KK	8:59.82	2015-03-07	SWE
160-199	Sigma Swim	9:06.17	2015-03-07	DEN
200-239	Sigma Swim	9:45.78	2018-03-10	DEN
240-279	Vordingborg	12:46.47	2015-03-07	DEN
280-319				
320-359				

#### 4x50m medley

100-119	Swimming Jyväskylä	1:51.02	2017-03-17	FIN
120-159	Lidingö SK	1:54.87	2017-03-25	SWE
160-199	SK Neptun	1:56.03	2015-03-21	SWE
200-239	Täby Sim	2:01.00	2016-05-07	SWE
240-279	Swim Team Tåstrup	2:12.34	2016-01-16	DEN
280-319	Stockholmspolisens IF SF	2:37.09	2017-03-25	SWE
320-359	SolK Hellas	3:32.31	2007-03-24	SWE

#### 4x100m medley

100-119	U.S.G.	4:10.28	2016-03-12	DEN
120-159	Sigma Swim	4:33.19	2015-03-07	DEN
160-199	Sigma	4:30.89	2017-01-14	DEN
200-239	<b>Sigma Swim</b>	<b>4:51.38</b>	<b>2019-03-16</b>	<b>DEN</b>
240-279	Lyngby	6:11.21	2010-01-16	DEN
280-319	Swim Team Tåstrup	7:24.35	2012-04-14	DEN
320-359				