

**NORDISKA MASTERSREKORD**  
**LAG/RELAY 50M Long Course**

2019-05-15

**HERRAR/MEN**

**4x50m frisim/free**

100-119	USG	1:35.06	2010-08-04	DEN
120-159	Kaleva Lahti	1:36.34	2001-07-07	FIN
160-199	Sigma Swim Birkerød	1:37.59	2015-08-14	DEN
200-239	Speedo Masters	1:42.16	2018-09-06	FIN
240-279	Göteborg Sim	1:49.34	2016-05-26	SWE
280-319	SoIK Hellas	2:03.16	2008-04-22	SWE
320-359	Hellas SK	2:26.67	2018-09-05	SWE

**4x100 frisim/free**

100-119	Swimming Jyväskylä	3:42.17	2014-10-26	FIN
120-159	Sigma	3:49.99	2018-06-17	DEN
160-199	Sigma	3:43.67	2015-06-13	DEN
200-239	<b>IL Varg</b>	<b>3:58.32</b>	<b>2019-05-11</b>	<b>NOR</b>
240-279	Oslo IL	4:48.28	2015-10-10	NOR
280-319	Hellas SK	5:15.16	2015-11-28	SWE
320-359	Hellas SK	6:26.21	2014-11-29	SWE

**4x200m frisim/free**

100-119				
120-159	Silkeborg SK	9:05.18	2013-05-04	DEN
160-199	USG	9:50.65	2010-05-08	DEN
200-239	GI40 Hermes	10:29.26	2012-05-08	DEN
240-279				
280-319				
320-359				

**4x50m medley**

100-119	USG	1:48.59	2010-08-04	DEN
120-159	Kaleva Lahti	1:48.66	2001-07-04	FIN
160-199	Kaleva Lahti	1:50.20	2011-09-09	FIN
200-239	Speedo Masters	1:57.12	2016-05-29	FIN
240-279	Göteborg Sim	2:03.70	2017-08-18	SWE
280-319	SoIK Hellas	2:27.51	2009-09-19	SWE
320-359	Hellas SK	2:56.54	2018-09-02	SWE

**4x100m medley**

100-119	IKSU	4:23.20	2017-11-24	SWE
120-159	Sigma	4:19.00	2018-06-16	DEN
160-199	Sigma	4:15.30	2015-06-13	DEN
200-239	SK Neptun	4:38.82	2015-11-27	SWE
240-279	Oslo IL	5:23.29	2015-04-25	NOR
280-319	Hellas SK	6:02.18	2015-11-27	SWE
320-359				

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2019-05-15

**DAMER/WOMEN**

**4x50m frisim/free**

100-119	USG	1:55.65	2010-08-04	DEN
120-159	Malmö KK	1:53.23	2010-08-04	SWE
160-199	Masør	1:56.74	2010-08-04	NOR
200-239	Masør	1:59.72	2018-09-05	NOR
240-279	Danderyds Sim	2:11.09	2018-09-05	SWE
280-319	SoIK Hellas	2:36.77	2005-08-18	SWE
320-359	SoIK Hellas	3:10.24	2007-08-29	SWE

**4x100m frisim/free**

100-119				
120-159	Malmö KK	4:24.03	2014-11-29	SWE
160-199	SwimTeam Odense	4:32.74	2015-06-13	DEN
200-239	Næstved	4:49.26	2015-06-13	DEN
240-279	SK Neptun	6:01.33	2015-11-28	SWE
280-319				
320-359				

**4x200m frisim/free**

100-119				
120-159	USG	9:25.21	2010-05-08	DEN
160-199	Kungsbacka SS	10:59.37	2010-05-08	SWE
200-239	GI-40 Hermes	14:12.04	2010-05-08	DEN
240-279				
280-319				
320-359				

**4x50m medley**

100-119	USG	2:08.17	2010-08-04	DEN
120-159	Malmö KK	2:05.55	2010-08-04	SWE
160-199	Masør	2:06.60	2016-05-29	NOR
200-239	Masør	2:11.41	2017-08-18	NOR
240-279	Stockholmspolisens IF	2:33.13	2010-08-04	SWE
280-319	SoIK Hellas	2:58.95	2009-09-19	SWE
320-359	SK Nautilus	3:36.21	2012-06-14	SWE

**4x100m medley**

100-119	USG	4:58.84	2015-06-13	DEN
120-159	Malmö KK	4:47.34	2012-05-12	SWE
160-199	Umeå SS	5:11.69	2017-11-24	SWE
200-239	Næstved	5:29.04	2015-06-13	DEN
240-279	Swim Team Taastrup	6:34.84	2018-06-16	DEN
280-319				
320-359				

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2019-05-15

**Mixed**

**4x50m frisim/free**

100-119	USG	1:45.03	2010-08-04	DEN
120-159	Malmö KK	1:46.65	2010-08-04	SWE
160-199	Täby Sim	1:48.29	2010-08-04	SWE
200-239	Täby Sim	1:50.57	2016-05-28	SWE
240-279	Danderyds Sim	2:04.41	2012-06-14	SWE
280-319	SoIK Hellas	2:20.16	2009-09-18	SWE
320-359	SoIK Hellas	2:52.02	2004-06-07	SWE

**4x100m frisim/free**

100-119	Swimming Jyväskylä	3:58.75	2017-10-29	FIN
120-159	Helsingfors SS	4:09.37	2018-10-28	FIN
160-199	Sigma	4:10.49	2018-06-17	DEN
200-239	Sigma	4:29.44	2018-06-17	DEN
240-279	Helsingfors SS	5:51.07	2010-10-30	FIN
280-319	Stockholmspolisens SF	5:46.29	2017-11-25	SWE
320-359				

**4x200m frisim/free**

100-119				
120-159	Malmö KK	9:05.06	2010-05-08	SWE
160-199	USG	10:05.63	2011-05-07	DEN
200-239	USG	11:20.57	2010-05-08	DEN
240-279				
280-319				
320-359				

**4x50m medley**

100-119	USG	1:55.24	2010-08-04	DEN
120-159	Malmö KK	1:56.91	2010-08-04	SWE
160-199	Malmö KK	2:02.31	2010-08-04	SWE
200-239	Täby Sim	2:04.08	2016-05-27	SWE
240-279	Swim Team Taastrup	2:16.57	2016-05-27	DEN
280-319	SoIK Hellas	2:40.18	2005-08-19	SWE
320-359	SoIK Hellas	3:32.67	2008-04-22	SWE

**4x100m medley**

100-119	Linköpings ASS	4:52.85	2013-11-16	SWE
120-159	Malmö KK	4:34.84	2013-11-16	SWE
160-199	SK Laxen	4:44.88	2014-11-29	SWE
200-239	Sigma	5:04.67	2018-06-17	DEN
240-279	Stockholmspolisens IF	5:40.57	2013-11-16	SWE
280-319	Stockholmspolisens IF	6:34.48	2017-11-25	SWE
320-359				