

**Svenska Simförbundet**  
**MASTERSREKORD i simning -50m / Long Course**

**Lagkapper/Relay**

**2018-09-06**

**DAMER/WOMEN**

**4x50m frisim/free**

|                |                      |                |                   |
|----------------|----------------------|----------------|-------------------|
| 100-119        | Göteborg Sim         | 1:57.82        | 2005-08-18        |
| 120-159        | Malmö KK             | 1:53.23        | 2010-08-01        |
| 160-199        | Göteborg Sim         | 1:57.32        | 2017-07-18        |
| 200-239        | Varberg Sim          | 2:00.23        | 2016-05-26        |
| <b>240-279</b> | <b>Danderyds Sim</b> | <b>2:11.09</b> | <b>2018-09-04</b> |
| 280-319        | SolK Hellas          | 2:36.77        | 2005-08-18        |
| 320-359        | SolK Hellas          | 3:10.24        | 2007-08-29        |

**4x100m frisim/free**

|                |                 |                |                   |
|----------------|-----------------|----------------|-------------------|
| 100-119        |                 |                |                   |
| 120-159        | Malmö KK        | 4:24.03        | 2014-11-29        |
| <b>160-199</b> | <b>Umeå SS</b>  | <b>4:33.41</b> | <b>2017-11-25</b> |
| <b>200-239</b> | <b>Täby Sim</b> | <b>4:59.83</b> | <b>2017-11-25</b> |
| 240-279        | SK Neptun       | 6:01.33        | 2015-11-28        |
| 280-319        |                 |                |                   |
| 320-359        |                 |                |                   |

**4x200m frisim/free**

|         |               |          |            |
|---------|---------------|----------|------------|
| 100-119 |               |          |            |
| 120-159 | Malmö KK      | 9:36.66  | 2010-05-08 |
| 160-199 | Kungsbacka SS | 10:59.37 | 2010-05-08 |
| 200-239 |               |          |            |
| 240-279 |               |          |            |
| 280-319 |               |          |            |
| 320-359 |               |          |            |

**4x50m medley**

|         |                       |         |            |
|---------|-----------------------|---------|------------|
| 100-119 | Göteborg Sim          | 2:11.90 | 2005-08-21 |
| 120-159 | Malmö KK              | 2:05.55 | 2010-08-04 |
| 160-199 | Göteborg Sim          | 2:13.85 | 2017-08-18 |
| 200-239 | Stockholmspolisens IF | 2:19.49 | 2005-08-21 |
| 240-279 | Polisens IF Sim       | 2:33.13 | 2010-08-04 |
| 280-319 | SolK Hellas           | 2:58.95 | 2009-09-19 |
| 320-359 | SK Nautilus           | 3:36.21 | 2012-06-14 |

**4x100m medley**

|                |                |                |                   |
|----------------|----------------|----------------|-------------------|
| 100-119        |                |                |                   |
| 120-159        | Malmö KK       | 4:47.34        | 2012-05-12        |
| <b>160-199</b> | <b>Umeå SS</b> | <b>5:11.69</b> | <b>2017-11-24</b> |
| 200-239        |                |                |                   |
| 240-279        |                |                |                   |
| 280-319        |                |                |                   |
| 320-359        |                |                |                   |

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**2018-09-06**

**HERRAR/MEN**

**4x50m frisim/free**

|                |                  |                |                   |
|----------------|------------------|----------------|-------------------|
| 100-119        | SKK              | 1:42.33        | 2005-08-18        |
| 120-159        | SKK              | 1:40.33        | 2005-08-18        |
| 160-199        | Täby Sim         | 1:41.45        | 2010-08-04        |
| 200-239        | Göteborg Sim     | 1:45.94        | 2010-08-04        |
| 240-279        | Göteborg Sim     | 1:49.34        | 2016-05-26        |
| 280-319        | Solk Hellas      | 2:03.16        | 2008-04-22        |
| <b>320-359</b> | <b>Hellas SK</b> | <b>2:26.67</b> | <b>2018-09-04</b> |
| 360-399        |                  |                |                   |

**4x100m frisim/free**

|                |                  |                |                   |
|----------------|------------------|----------------|-------------------|
| <b>100-119</b> | <b>IKSU</b>      | <b>3:48.91</b> | <b>2017-11-25</b> |
| <b>120-159</b> | <b>Umeå SS</b>   | <b>4:03.25</b> | <b>2017-11-25</b> |
| 160-199        | SK Neptun        | 3:58.48        | 2015-11-28        |
| <b>200-239</b> | <b>SK Neptun</b> | <b>4:05.87</b> | <b>2017-11-25</b> |
| 240-279        | Hellas SK        | 5:13.44        | 2016-11-19        |
| 280-319        | Hellas SK        | 5:15.16        | 2015-11-28        |
| 320-359        | Hellas SK        | 6:26.21        | 2014-11-29        |

**4x200m frisim/free**

|         |          |          |            |
|---------|----------|----------|------------|
| 100-119 |          |          |            |
| 120-159 | Malmö KK | 10:07.67 | 2013-05-04 |
| 160-199 |          |          |            |
| 200-239 |          |          |            |
| 240-279 |          |          |            |
| 280-319 |          |          |            |

**4x50m medley**

|                |                  |                |                   |
|----------------|------------------|----------------|-------------------|
| 100-119        | SKK              | 1:52.44        | 2005-08-21        |
| 120-159        | Turebergs SK     | 1:50.20        | 2010-08-04        |
| 160-199        | Göteborg Sim     | 2:00.24        | 2005-08-21        |
| 200-239        | Södertälje SS    | 2:00.96        | 2007-08-28        |
| 240-279        | Göteborg Sim     | 2:03.70        | 2017-08-18        |
| 280-319        | Soik Hellas      | 2:27.51        | 2009-09-19        |
| <b>320-359</b> | <b>Hellas SK</b> | <b>2:56.54</b> | <b>2018-09-02</b> |

**4x100m medley**

|                |                |                |                   |
|----------------|----------------|----------------|-------------------|
| <b>100-119</b> | <b>IKSU</b>    | <b>4:23.20</b> | <b>2017-11-24</b> |
| <b>120-159</b> | <b>Umeå SS</b> | <b>4:31.81</b> | <b>2017-11-24</b> |
| 160-199        | Upsala S       | 4:35.91        | 2015-11-27        |
| 200-239        | SK Neptun      | 4:38.82        | 2015-11-27        |
| 240-279        | Hellas SK      | 5:57.79        | 2011-10-23        |
| 280-319        | Hellas SK      | 6:02.18        | 2015-11-27        |
| 320-359        |                |                |                   |

**Svenska Simförbundet**  
**MASTERSREKORD i simning -50m / Long Course**

**Lagkapper/Relay**

2018-09-06

**MIXED**

**4x50m frisim/free**

|         |               |         |            |
|---------|---------------|---------|------------|
| 100-119 | Spårvägen Sim | 1:52.21 | 1994-04-01 |
| 120-159 | Malmö KK      | 1:46.65 | 2010-08-04 |
| 160-199 | Täby Sim      | 1:48.29 | 2010-08-04 |
| 200-239 | Täby Sim      | 1:50.57 | 2016-04-28 |
| 240-279 | Danderyds Sim | 2:04.41 | 2012-06-14 |
| 280-319 | SolK Hellas   | 2:20.16 | 2009-09-18 |
| 320-359 | SolK Hellas   | 2:52.02 | 2004-06-07 |

**4x100m frisim/free**

|         |                       |         |            |
|---------|-----------------------|---------|------------|
| 100-119 |                       |         |            |
| 120-159 | Malmö KK              | 4:13.64 | 2014-11-29 |
| 160-199 | SK Laxen              | 4:14.98 | 2014-11-29 |
| 200-239 | SK Neptun             | 4:31.43 | 2017-11-25 |
| 240-279 |                       |         |            |
| 280-319 | Stockholmspolisens IF | 5:46.29 | 2017-11-25 |
| 320-359 |                       |         |            |

**4x200m frisim/free**

|         |          |          |            |
|---------|----------|----------|------------|
| 100-119 |          |          |            |
| 120-159 | Malmö KK | 9:05.06  | 2010-05-08 |
| 160-199 | Malmö KK | 10:07.08 | 2013-05-04 |
| 200-239 |          |          |            |
| 240-279 |          |          |            |
| 280-319 |          |          |            |
| 320-359 |          |          |            |

**4x50m medley**

|         |                 |         |            |
|---------|-----------------|---------|------------|
| 100-119 | IFK Lidingös SK | 2:04.62 | 1994-04-01 |
| 120-159 | Malmö KK        | 1:56.91 | 2010-08-04 |
| 160-199 | Malmö KK        | 2:02.31 | 2010-08-04 |
| 200-239 | Täby Sim        | 2:04.08 | 2016-05-27 |
| 240-279 | SolK Hellas     | 2:20.28 | 2002-03-01 |
| 280-319 | SolK Hellas     | 2:40.18 | 2005-08-19 |
| 320-359 | SolK Hellas     | 3:32.67 | 2008-04-22 |

**4x100m medley**

|         |                       |         |            |
|---------|-----------------------|---------|------------|
| 100-119 | Linköpings ASS        | 4:52.85 | 2013-11-16 |
| 120-159 | Malmö KK              | 4:34.84 | 2013-11-16 |
| 160-199 | SK Laxen              | 4:44.88 | 2014-11-29 |
| 200-239 | SK Neptun             | 5:10.09 | 2014-11-29 |
| 240-279 | Stockholmspolisens IF | 5:40.57 | 2013-11-16 |
| 280-319 | Stockholmspolisens IF | 6:34.48 | 2017-11-25 |