

## 25m bana / Short Course

## DAMER/WOMEN

## 50m frisim/free

25-29	Mathilda Johansson	25.82	2017-03-25	SWE
30-34	Mette Jacobsen	25.64	2006-03-25	DEN
35-39	Johanna Sjöberg	25.93	2016-05-07	SWE
40-44	Marika Johansson	26.40	2008-03-08	SWE
45-49	Marika Johansson	26.96	2011-03-19	SWE
50-54	Anette Philipsson	26.87	2015-03-21	SWE
55-59	Maria Norberg	28.84	2018-10-13	SWE
60-64	Elin Knag	29.83	2019-03-10	NOR
65-69	Bitte Axling	32.62	2013-03-16	SWE
70-74	Bitte Axling	33.40	2017-03-04	SWE
75-79	Elisabeth Ketelsen	36.67	2018-11-03	DEN
80-84	Heli Paalosalo	42.85	2018-03-25	FIN
85-89	Ulla-Britt Öberg	49.05	2019-01-19	SWE
90-94	Kerstin Gjöres	1:04.20	2017-03-25	SWE

## 100m frisim/free

25-29	Berit Puggaard	57.47	1998-10-31	DEN
30-34	Mette Jacobsen	56.41	2006-03-25	DEN
35-39	Helena Åberg	59.03	2006-10-07	SWE
40-44	Raakel Luoto	58.18	2017-03-18	FIN
45-49	Anna Hammar	59.30	2013-03-16	SWE
50-54	Anette Philipsson	1:00.80	2015-03-21	SWE
55-59	Maria Norberg	1:05.49	2019-03-23	SWE
60-64	Gunilla Rasmuson	1:08.83	2018-03-25	SWE
65-69	Margareta Rainer	1:14.83	2015-02-21	SWE
70-74	Margareta Rainer	1:17.37	2020-01-11	SWE
75-79	Elisabeth Ketelsen	1:22.09	2018-11-03	DEN
80-84	Britt Grilli	1:36.42	2008-03-09	SWE
85-89	Eva-Britt Widahl	2:04.98	2011-03-20	SWE
90-94	Lis Knutzen	2:35.64	2010-01-16	DEN

## 200m frisim/free

25-29	Anne Dalgaard	2:08.55	2007-03-25	DEN
30-34	Maria Vitazka	2:09.44	2010-03-20	SWE
35-39	Åsa Neij	2:09.12	2010-03-20	SWE
40-44	Merete Løvberg	2:11.66	2012-04-11	NOR
45-49	Merete Løvberg	2:10.78	2015-03-14	NOR
50-54	Merete Løvberg	2:12.16	2017-03-25	NOR
55-59	Gunilla Rasmuson	2:26.05	2012-03-17	SWE
60-64	Margareta Rainer	2:35.20	2009-11-01	SWE
65-69	Margareta Rainer	2:48.31	2018-03-24	SWE
70-74	Margareta Rainer	2:51.11	2019-03-09	SWE
75-79	Elisabeth Ketelsen	3:07.97	2018-03-10	DEN
80-84	Britt Grilli	3:43.24	2010-03-20	SWE
85-89	Eva-Britt Widahl	4:34.19	2011-03-20	SWE

**NORDISKA MASTERSREKORD**

2020-03-24

**25m bana / Short Course**

**400m frisim/free**

25-29	Laura Lajunen	4:28.87	2017-03-18	FIN
30-34	Åsa Neij	4:30.16	2006-03-25	SWE
35-39	Åsa Neij	4:29.71	2008-03-08	SWE
40-44	Merete Løvberg	4:39.25	2012-03-10	NOR
45-49	Merete Løvberg	4:37.49	2016-04-09	NOR
50-54	Merete Løvberg	4:41.32	2018-03-03	NOR
55-59	Anne-Mari Käräjämies	5:11.21	2019-03-30	FIN
60-64	Margareta Rainer	5:39.11	2009-03-21	SWE
65-69	Margareta Rainer	5:51.18	2014-10-03	SWE
70-74	Margareta Rainer	6:04.18	2019-03-24	SWE
75-79	Elisabeth Ketelsen	6:42.76	2018-10-13	DEN
80-84	Britt Grilli	7:53.24	2009-03-21	SWE
85-89	Eva-Britt Widahl	9:37.67	2011-03-20	SWE
90-94				

**800m frisim/free**

25-29	Laura Lajunen	9:10.85	2017-03-17	FIN
30-34	Åsa Neij	9:14.03	2004-03-26	SWE
35-39	Åsa Neij	9:13.05	2008-03-07	SWE
40-44	Marianne Fuglestveit	9:43.59	2016-04-08	NOR
45-49	Susanna Rosén	9:25.12	2010-01-16	SWE
50-54	Anne B Hegvold	10:02.91	2016-04-08	NOR
55-59	Anne-Mari Käräjämies	10:44.63	2019-03-29	FIN
60-64	Margareta Rainer	11:30.45	2009-03-20	SWE
65-69	Margareta Rainer	11:59.86	2014-03-28	SWE
70-74	Margareta Rainer	12:30.04	2019-03-22	SWE
75-79	Elisabeth Ketelsen	13:41.49	2018-10-12	DEN
80-84	Heli Paalosalo	15:55.52	2018-03-23	FIN
85-89	Lis Knutzen	21:40.60	2005-03-12	DEN

**1500m frisim/free**

25-29	Laura Lajunen	17:16.61	2017-03-17	FIN
30-34	Grith Sigsgaard	18:06.33	2006-01-22	DEN
35-39	Åsa Neij	17:42.37	2010-03-19	SWE
40-44	Marianne Fuglestveit	18:45.75	2016-04-15	NOR
45-49	Susanna Rosén	18:34.95	2009-01-17	SWE
50-54	Anne B Hegvold	19:34.62	2017-03-24	NOR
55-59	Anne-Mari Käräjämies	20:15.56	2019-03-29	FIN
60-64	Margareta Rainer	22:28.03	2010-03-19	SWE
65-69	Margareta Rainer	23:14.85	2014-03-14	SWE
70-74	Margareta Rainer	24:11.38	2019-03-29	SWE
75-79	Elisabeth Ketelsen	26:16.54	2018-03-10	DEN

NORDISKA MASTERSREKORD

2020-03-24

25m bana / Short Course

50m rygg/back

25-29	Anu Koivisto	28.80	2012-04-08	NOR
30-34	Mette Jacobsen	28.99	2006-03-25	DEN
35-39	Claire Vilshed	30.31	2018-03-24	SWE
40-44	Raakel Luoto	28.86	2017-01-14	FIN
45-49	<b>Raakel Luoto</b>	<b>29.52</b>	<b>2020-01-11</b>	<b>FIN</b>
50-54	Lise Lothe	31.70	2019-03-10	NOR
55-59	Maria Norberg	34.37	2018-10-13	SWE
60-64	Margit Ohlsson	36.42	2005-10-02	SWE
65-69	Margit Ohlsson	36.58	2010-03-21	SWE
70-74	Margit Ohlsson	37.50	2015-03-21	SWE
75-79	Elisabeth Ketelsen	40.74	2018-02-17	DEN
80-84	Kerstin Gjöres	48.82	2007-03-24	SWE
85-89	Kerstin Gjöres	56.46	2012-03-17	SWE
90-94	Kerstin Gjöres	1:04.17	2017-03-26	SWE

100m rygg/back

25-29	Therese Svendsen	1:02.80	2016-05-08	SWE
30-34	Mette Jacobsen	1:02.88	2006-03-25	DEN
35-39	Camilla J-Sponseller	1:05.03	2011-04-17	SWE
40-44	Raakel Luoto	1:03.22	2018-03-24	FIN
45-49	Camilla Johansson-Sponseller	1:06.05	2019-03-24	SWE
50-54	Lise Lothe	1:09.27	2019-03-09	NOR
55-59	Anne Mannela	1:14.75	2018-03-25	SWE
60-64	Margit Ohlsson	1:20.02	2006-03-26	SWE
65-69	Margit Ohlsson	1:18.81	2011-09-30	SWE
70-74	Margit Ohlsson	1:22.15	2015-03-22	SWE
75-79	<b>Margit Ohlsson</b>	<b>1:29.03</b>	<b>2020-01-11</b>	<b>SWE</b>
80-84	Kerstin Gjöres	1:52.72	2007-03-25	SWE
85-89	Kerstin Gjöres	2:05.95	2012-03-18	SWE

200m rygg/back

25-29	Therese Svendsen	2:16.59	2016-05-07	SWE
30-34	Linda Lund Tietze	2:26.01	2017-03-11	DEN
35-39	Camilla Johansson-Sponseller	2:17.61	2012-03-17	SWE
40-44	Camilla Johansson-Sponseller	2:23.57	2018-03-24	SWE
45-49	Camilla Johansson-Sponseller	2:23.95	2019-02-24	SWE
50-54	Lise Lothe	2:30.79	2019-03-09	NOR
55-59	Anne Mannela	2:50.68	2018-03-24	SWE
60-64	Margit Ohlsson	2:58.33	2007-10-06	SWE
65-69	Margit Ohlsson	2:55.02	2011-10-01	SWE
70-74	Margit Ohlsson	2:58.64	2015-03-15	SWE
75-79	Elisabeth Ketelsen	3:20.26	2018-03-11	DEN
80-84	Kerstin Gjöres	4:13.99	2010-03-20	SWE
85-89	Kerstin Gjöres	4:31.92	2012-03-17	SWE

## 25m bana / Short Course

## 50m bröstsim/breast

25-29	Suvi Pulkkinen	31.92	2015-03-28	FIN
30-34	Suvi Pulkkinen	32.24	2018-01-13	FIN
35-39	Anna-Karin Lundin	32.89	2011-03-20	SWE
40-44	Anna Hammar	33.81	2012-03-18	SWE
45-49	Anna Hammar	33.81	2013-03-17	SWE
50-54	Anna Hammar	34.17	2018-03-25	SWE
55-59	Pia Thulstrup	35.87	2017-11-04	DEN
60-64	Elin Knag	38.73	2019-03-08	NOR
65-69	Eva Cathinka Bruusgaard	42.50	2019-03-08	NOR
70-74	Bitte Axling	44.20	2018-03-25	SWE
75-79	Heli Paalosalo	50.75	2014-10-04	FIN
80-84	Heli Paalosalo	53.54	2018-03-24	FIN
85-89	Lis Knutzen	1:05.63	2005-11-05	DEN
90-94	Lis Knutzen	1:22.47	2010-01-16	DEN

## 100m bröstsim/breast

25-29	Linda Lund	1:09.80	2009-11-07	DEN
30-34	Annelin Breivoll Sternesen	1:12.48	2014-03-28	NOR
35-39	Anna-Karin Lundin	1:12.13	2012-03-18	SWE
40-44	Anna Hammar	1:13.60	2012-03-18	SWE
45-49	Anna Hammar	1:12.64	2013-03-16	SWE
50-54	Anna Hammar	1:15.76	2018-03-24	SWE
55-59	Pia Thulstrup	1:19.90	2017-03-12	DEN
60-64	Elin Knag	1:27.30	2019-03-09	NOR
65-69	Eva Cathinka Bruusgaard	1:32.61	2019-03-09	NOR
70-74	Margareta Rainer	1:41.86	2019-03-23	SWE
75-79	Heli Paalosalo	1:52.20	2014-10-03	FIN
80-84	Heli Paalosalo	2:03.58	2019-03-31	FIN
85-89	Lis Knutzen	2:28.12	2006-01-21	DEN

## 200m bröstsim/breast

25-29	Linda Lund	2:36.93	2009-03-07	DEN
30-34	Elin Austevoll	2:35.88	2012-03-04	NOR
35-39	Kjerstin Helene Harnæs	2:37.09	2018-03-03	NOR
40-44	Kjerstin Helene Harnæs	2:41.84	2019-03-09	NOR
45-49	Lotte Kobbeldgaard	2:53.58	2009-03-07	DEN
50-54	Kate Sørensen	2:52.03	2011-03-05	DEN
55-59	Kate Sørensen	3:01.64	2016-03-13	DEN
60-64	Eva Bruusgaard	3:18.70	2014-03-29	NOR
65-69	Eva Cathinka Bruusgaard	3:21.69	2019-03-19	NOR
70-74	Margareta Rainer	3:44.23	2019-03-23	SWE
75-79	Heli Paalosalo	4:07.93	2013-03-24	FIN
80-84	Lis Knutzen	5:14.62	2003-01-25	DEN
85-89	Lis Knutzen	5:36.74	2005-03-12	DEN

## 25m bana / Short Course

## 50m fjärilsim/fly

25-29	Monica Waage Johannessen	27.35	2019-03-09	NOR
30-34	Mette Jacobsen	27.81	2006-03-25	DEN
35-39	Johanna Sjöberg	27.83	2016-05-08	SWE
40-44	Raakel Luoto	28.47	2018-01-13	FIN
45-49	<b>Raakel Luoto</b>	<b>28.97</b>	<b>2020-01-11</b>	<b>FIN</b>
50-54	Anna Hammar	29.34	2018-03-25	SWE
55-59	Maria Norberg	30.78	2018-10-12	SWE
60-64	Annicke Bergh Monsen	34.65	2018-03-03	NOR
65-69	Bitte Axling	37.54	2015-03-22	SWE
70-74	Bitte Axling	38.95	2018-03-25	SWE
75-79	Heli Paalosalo	52.58	2015-03-29	FIN
80-84	Heli Paalosalo	54.38	2019-01-12	FIN

## 100m fjärilsim/fly

25-29	Linda Lund	1:01.70	2009-11-07	DEN
30-34	Mette Jacobsen	1:00.11	2006-03-25	DEN
35-39	Sophia Skou	1:03.96	2011-11-05	DEN
40-44	Sophia Skou	1:03.76	2015-11-07	DEN
45-49	Merete Løvberg	1:07.76	2014-03-29	NOR
50-54	Janne Thorstensen	1:07.83	2016-04-09	NOR
55-59	Helen Smith	1:12.11	2019-03-23	SWE
60-64	Annicke Bergh Monsen	1:23.18	2019-03-09	NOR
65-69	Harriet Bure	1:37.04	2011-03-19	SWE
70-74	Harriet Bure	1:41.28	2016-01-30	SWE
75-79	Birthe Møller Jensen	2:21.33	2007-02-03	DEN

## 200m fjärilsim/fly

25-29	Katrine Holm Sørensen	2:22.37	2018-10-12	DEN
30-34	Ebba Rosenquist	2:21.70	2019-03-23	SWE
35-39	Anna Lohmann	2:33.05	2011-03-19	SWE
40-44	Sophia Skou	2:24.17	2018-10-12	DEN
45-49	Merete Løvberg	2:35.91	2014-03-28	NOR
50-54	Janne Thorstensen	2:36.61	2016-04-08	NOR
55-59	Ingrid Lindelöw-Berntsson	3:13.07	2019-03-23	SWE
55-59	Ann-Louise Arktoft	3:13.07	2019-03-23	SWE
60-64	Inga Siro	3:49.84	2005-03-19	FIN
65-69	Harriet Bure	3:40.31	2011-03-19	SWE
70-74	<b>Berit Marx Pedersen</b>	<b>4:28.00</b>	<b>2020-02-22</b>	<b>DEN</b>

**NORDISKA MASTERSREKORD**  
**25m bana / Short Course**

2020-03-24

**100m medley**

25-29	Katrine Holm Sørensen	1:04.11	2018-10-13	DEN
30-34	Linda Lund Tietze	1:05.02	2015-01-10	DEN
35-39	Linda Lund Tietze	1:05.91	2019-02-23	DEN
40-44	Raakel Luoto	1:04.32	2018-01-13	FIN
<b>45-49</b>	<b>Raakel Luoto</b>	<b>1:05.93</b>	<b>2020-01-11</b>	<b>FIN</b>
50-54	Anette Philipsson	1:07.85	2015-11-07	SWE
55-59	Maria Norbrg	1:14.65	2018-10-13	SWE
60-64	Torill Bergesen	1:19.06	2018-03-04	NOR
65-69	Margit Ohlsson	1:24.08	2011-03-19	SWE
70-74	Margit Ohlsson	1:25.13	2015-04-11	SWE
75-79	Heli Paalosalo	1:45.16	2014-10-04	FIN
80-84	Heli Paalosalo	1:53.11	2018-03-24	FIN
85-89	Lis Knutzen	2:38.86	2005-11-05	DEN

**200m medley**

25-29	Katrine Holm Sørensen	2:20.97	2019-02-23	DEN
30-34	Maria Vitazka	2:25.64	2010-03-19	SWE
35-39	Camilla J-Sponseller	2:24.67	2012-03-16	SWE
40-44	Anna Hammar	2:27.43	2012-03-16	SWE
45-49	Anna Hammar	2:27.02	2014-03-14	SWE
50-54	Anna Hammar	2:30.33	2018-03-23	SWE
55-59	Gunilla Rasmuson	2:50.72	2012-03-16	SWE
60-64	Annicke Bergh Monsen	3:02.27	2019-03-09	NOR
65-69	Margit Ohlsson	3:11.69	2010-03-19	SWE
70-74	Margit Ohlsson	3:15.46	2015-07-12	SWE
75-79	Grethe Bendtsen	4:01.38	2006-10-07	DEN

**400m medley**

25-29	Katrine Holm Sørensen	5:03.68	2018-10-13	DEN
30-34	Linda Castengren	5:14.50	2015-03-20	SWE
35-39	Satu Rahkonen	5:15.76	2013-03-22	FIN
40-44	Satu Rahkonen	5:14.50	2018-03-23	FIN
45-49	Camilla Johansson-Sponseller	5:25.28	2019-03-22	SWE
50-54	Anette Philipsson	5:29.40	2017-03-25	SWE
<b>55-59</b>	<b>Sanne Juel</b>	<b>6:05.83</b>	<b>2020-02-22</b>	<b>DEN</b>
60-64	Maria Rhodin	7:03.88	2015-03-20	SWE
65-69	Harriet Bure	7:21.05	2011-02-05	SWE
<b>70-74</b>	<b>Berit Marx Pedersen</b>	<b>8:25.04</b>	<b>2020-02-22</b>	<b>DEN</b>
75-79	Birthe Møller Jensen	9:36.82	2007-03-25	DEN

**NORDISKA MASTERSREKORD**  
**25m bana / Short Course**

2020-03-24

**HERRAR/MEN**

**50m frisim/free**

25-29	Ari-Pekka Liukkonen	21.95	2016-05-07	FIN
30-34	Petter Stymne	22.38	2015-03-21	SWE
35-39	Jan Karlsson	23.12	2003-03-22	SWE
40-44	Tommy Rundgren	23.57	2009-03-28	FIN
45-49	Joakim Holmquist	23.29	2016-05-07	SWE
50-54	Joakim Holmquist	23.80	2019-03-23	SWE
55-59	Janne Virtanen	25.17	2019-04-27	FIN
60-64	Leonard Bielicz	26.40	2011-10-01	SWE
65-69	Leonard Bielicz	26.67	2016-05-07	SWE
70-74	Peter Bergengren	28.28	2008-03-08	SWE
<b>75-79</b>	<b>Hans Eriksson</b>	<b>31.25</b>	<b>2020-02-29</b>	<b>SWE</b>
80-84	Lauri Malk	33.30	2018-03-25	FIN
85-89	Per Sturla Hofmo	40.69	2016-04-08	FIN
90-94	Nils Ferm	48.47	2007-03-24	SWE
95-99	Jan Høeg	1:02.99	2018-03-04	NOR

**100m frisim/free**

25-29	Jonathan Kling	50.84	2019-03-23	SWE
30-34	Peter Edvardsson	50.51	2011-03-19	SWE
35-39	Claus Lerche Iversen	51.71	2012-11-03	DEN
40-44	Lars Frölander	50.58	2015-03-21	SWE
45-49	Jarl Inge Melberg	52.61	2015-03-13	NOR
50-54	Hasse Nilsson	54.09	2019-03-23	SWE
55-59	Haakon Schram Stokke	55.61	2016-04-10	NOR
<b>60-64</b>	<b>Dan Ole Johansen</b>	<b>59.45</b>	<b>2020-03-07</b>	<b>DEN</b>
65-69	Leonard Bielicz	1:00.37	2016-05-08	SWE
70-74	Peter Bergengren	1:04.66	2008-03-09	SWE
<b>75-79</b>	<b>Hans Eriksson</b>	<b>1:12.37</b>	<b>2020-02-29</b>	<b>SWE</b>
80-84	Lauri Malk	1:16.99	2017-01-15	FIN
85-89	Anders Söderqvist	1:38.72	2019-03-23	SWE
90-94	Nils Ferm	2:00.31	2007-03-25	SWE

**200m frisim/free**

25-29	Jacob Lercke Skytte	1:52.91	2011-09-30	DEN
30-34	Jacob Carstensen	1:48.40	2008-01-19	DEN
35-39	Claus Lerche Iversen	1:53.69	2015-03-07	DEN
40-44	Claus Lerche Iversen	1:51.91	2017-03-12	DEN
45-49	Jarl Inge Melberg	1:56.26	2015-03-14	NOR
<b>50-54</b>	<b>Jarl Inge Melberg</b>	<b>1:59.46</b>	<b>2020-01-20</b>	<b>NOR</b>
55-59	Anders Haglund	2:05.44	2016-05-07	SWE
<b>60-64</b>	<b>Dan Ole Johansen</b>	<b>2:15.40</b>	<b>2020-03-07</b>	<b>DEN</b>
65-69	Glen Bengtsson	2:25.75	2015-03-14	SWE
70-74	Lauri Malk	2:34.58	2007-10-05	FIN
75-79	Lauri Malk	2:43.13	2012-04-07	FIN
80-84	Lauri Malk	2:59.51	2018-03-24	FIN
85-89	Nils Ferm	3:56.53	2002-02-09	SWE
90-94	Nils Ferm	4:27.02	2007-10-06	SWE

NORDISKA MASTERSREKORD

2020-03-24

25m bana / Short Course

**400m frisim/free**

25-29	Mikael Rosen	4:01.85	2001-03-17	SWE
30-34	Claus Lerche Iversen	4:02.13	2011-09-30	DEN
35-39	Jacob Carstensen	3:59.71	2013-03-09	DEN
40-44	Jacob Carstensen	4:02.00	2018-10-13	DEN
45-49	Jarl Inge Melberg	4:09.93	2016-04-09	NOR
50-54	Erlend Alstad	4:26.35	2017-01-20	NOR
55-59	Anders Haglund	4:38.17	2019-03-24	SWE
60-64	Conny Mindemark	5:00.77	2017-03-26	SWE
65-69	Ulf Gabriëlsson	5:17.83	2013-03-15	SWE
70-74	Lauri Malk	5:36.56	2009-03-28	FIN
75-79	Lauri Malk	5:55.58	2012-03-30	FIN
80-84	Lauri Malk	6:21.78	2018-02-04	FIN
85-89	Nils Ferm	7:58.36	2002-02-09	SWE
90-94	Nils Ferm	9:16.99	2007-03-24	SWE

**800m frisim/free**

25-29	Mikael Rosen	8:19.15	2001-03-16	SWE
30-34	Tony Lennartsson	8:35.17	1995-03-31	SWE
35-39	Mikael E Rosén	8:33.39	2009-03-20	SWE
40-44	Jacob Carstensen	8:27.25	2019-03-16	DEN
45-49	Jarl Inge Melberg	8:57.11	2016-10-14	NOR
50-54	Erlend Alstad	9:11.73	2017-01-22	NOR
55-59	Anders Haglund	9:39.20	2018-10-12	SWE
60-64	Conny Mindemark	10:21.60	2018-03-23	SWE
65-69	Fin Biering-Sørensen	11:20.42	2015-01-10	DEN
70-74	Lauri Malk	11:44.54	2009-03-20	FIN
75-79	Lauri Malk	12:17.59	2012-03-30	FIN
80-84	Lauri Malk	13:08.45	2018-02-04	FIN
85-89	Nils Ferm	16:38.41	2003-03-21	SWE
90-94	Nils Ferm	18:36.25	2008-03-07	SWE

**1500m frisim/free**

25-29	Thord Monsen	16:38.18	2012-03-04	NOR
30-34	Anders Kroon	17:02.31	2007-10-05	SWE
35-39	Mikael E Rosén	16:43.08	2011-03-18	SWE
40-44	Jacob Carstensen	16:38.08	2018-03-10	DEN
45-49	Erlend Alstad	17:31.38	2012-03-12	NOR
50-54	Erlend Alstad	17:42.17	2017-01-19	NOR
55-59	Petter Ulvestad	18:37.10	2016-04-08	NOR
60-64	Conny Mindemark	19:57.80	2019-03-22	SWE
65-69	Fin Biering-Sørensen	21:34.72	2004-01-11	DEN
70-74	Fin Biering-Sørensen	22:15.04	2018-03-02	DEN
75-79	Lauri Malk	23:38.40	2012-03-30	FIN
80-84	Lauri Malk	26:40.90	2018-03-23	FIN
85-89	Nils Ferm	32:43.03	2003-05-10	SWE
90-94	Nils Ferm	38:17.40	2007-10-05	SWE



## 25m bana / Short Course

**50m rygg/back**

25-29	Simon Sjödin	25.17	2013-03-17	SWE
30-34	Jiri Lepola	26.00	2005-03-19	FIN
35-39	Petter Sjødal	26.09	2014-03-28	NOR
40-44	Daniel Lönnberg	26.33	2015-03-21	SWE
45-49	Daniel Lönnberg	26.60	2017-03-26	SWE
50-54	Janne Virtanen	29.33	2014-03-29	FIN
55-59	Janne Virtanen	29.97	2019-04-28	FIN
60-64	Juha Iivonen	32.01	2019-04-13	FIN
65-69	Glen Bengtsson	33.97	2016-04-09	SWE
70-74	Glen Bengtsson	35.63	2019-03-23	SWE
75-79	Eric Forslund	39.70	2012-02-12	SWE
80-84	Eric Forslund	42.38	2017-03-04	SWE
85-89	Nils Ferm	49.86	2003-03-22	SWE
90-94	Nils Ferm	56.02	2007-03-24	SWE
95-99	Jan Høeg	1:24.61	2018-05-05	NOR

**100m rygg/back**

25-29	Tero Rätty	55.15	2004-03-28	FIN
30-34	Jacob Lercke Skytte	57.31	2015-03-07	DEN
35-39	Petter Sjødal	57.93	2014-03-29	NOR
40-44	Daniel Lönnberg	57.36	2015-03-22	SWE
45-49	Daniel Lönnberg	57.96	2017-03-26	SWE
50-54	Janne Virtanen	1:04.68	2014-03-30	FIN
55-59	Petter Ulvestad	1:08.20	2015-03-13	NOR
60-64	Ronny Oltner	1:10.76	2016-05-08	SWE
65-69	Glen Bengtsson	1:15.79	2016-04-10	SWE
70-74	Glen Bengtsson	1:21.05	2019-03-24	SWE
75-79	Ivar Wallmark	1:30.90	2018-03-25	SWE
80-84	Lauri Malk	1:35.77	2018-04-15	FIN
85-89	Nils Ferm	1:55.56	2004-03-28	SWE
90-94	Nils Ferm	2:05.76	2009-03-22	SWE

**200m rygg/back**

25-29	Sten-Olof Gustafsson	2:05.67	2010-03-20	SWE
30-34	Jacob Lercke Skytte	2:04.69	2015-03-08	DEN
35-39	Mark Vogel	2:07.80	2006-03-25	DEN
40-44	Mark Vogel	2:06.66	2010-03-06	DEN
45-49	Mark Vogel	2:15.40	2015-03-08	DEN
50-54	Erlend Alstad	2:23.68	2017-01-22	NOR
55-59	Petter Ulvestad	2:25.63	2015-03-15	NOR
60-64	Veikko Mattola	2:39.11	2016-05-07	SWE
65-69	Martti Laajus	2:50.92	2017-12-16	FIN
70-74	Fin Biering-Sørensen	3:06.43	2018-02-24	DEN
75-79	Ivar Wallmark	3:22.02	2018-03-24	SWE
80-84	Lauri Malk	3:29.36	2018-01-27	FIN
85-89	Nils Ferm	4:09.25	2003-11-15	SWE
90-94	Nils Ferm	4:29.54	2007-10-27	SWE

## 25m bana / Short Course

## 50m bröstsim/breast

25-29	Ari-Pekka Liukkonen	27.85	2016-05-07	FIN
30-34	Björn C-G Eriksson	29.13	2013-03-17	SWE
35-39	Per Svanberg	28.63	2009-03-22	SWE
40-44	Stefan Scherling	29.55	2016-10-15	SWE
45-49	Joakim Holmquist	29.22	2016-05-08	SWE
50-54	Joakim Holmquist	29.79	2019-03-24	SWE
55-59	Håkan Persson	31.92	2018-03-25	SWE
60-64	Eric Sjöström	33.39	2019-03-24	SWE
65-69	Einari Kirjavainen	35.94	2008-03-30	FIN
70-74	Hannu Kuokkanen	37.74	2018-01-13	FIN
75-79	Matthias Kroner	41.28	2018-01-20	SWE
80-84	Esko Salonen	47.01	2006-01-28	FIN
85-89	Per Sturla Hofmo	53.95	2016-04-10	NOR
90-94	Jan Høeg	1:04.63	2013-03-09	NOR
95-99	Jan Høeg	1:16.93	2018-03-02	NOR

## 100m bröstsim/breast

25-29	Niklas Tour	1:01.99	2014-03-15	SWE
30-34	Jonas Bengtling	1:03.98	2014-02-01	SWE
35-39	Per Svanberg	1:03.77	2009-03-21	SWE
40-44	Tero Matkaniemi	1:06.60	2013-09-21	FIN
45-49	Stefan Scherling	1:05.36	2018-03-24	SWE
50-54	Tor Arne Pedersen	1:07.52	2015-03-21	NOR
55-59	Håkan Persson	1:13.18	2018-03-24	SWE
60-64	Eric Sjöström	1:14.76	2019-03-23	SWE
65-69	Rolf Tegeback	1:21.32	2014-03-15	SWE
70-74	Hannu Kuokkanen	1:25.13	2018-03-25	FIN
75-79	Matthias Kroner	1:34.53	2018-03-24	SWE
80-84	Esko Salonen	1:44.23	2006-03-25	FIN
85-89	Nils Ferm	2:21.53	2002-10-05	SWE

## 200m bröstsim/breast

25-29	Niklas Tour	2:14.87	2015-03-21	SWE
30-34	Glen Christiansen	2:22.80	1987-01-31	SWE
35-39	<b>Emil Klingberg</b>	<b>2:22.01</b>	<b>2020-03-07</b>	<b>DEN</b>
40-44	Jacob Carstensen	2:21.79	2018-10-13	DEN
45-49	Stefan Scherling	2:30.13	2017-03-25	SWE
50-54	Erlend Alstad	2:33.23	2017-01-21	NOR
55-59	Glen Christiansen	2:41.91	2012-02-08	SWE
60-64	Eric Sjöström	2:46.14	2019-03-23	SWE
65-69	Rolf Tegeback	3:08.22	2014-10-04	SWE
70-74	Fin Biering-Sørensen	3:20.17	2018-02-24	DEN
75-79	Esko Salonen	3:28.02	2001-03-31	FIN
80-84	Esko Salonen	3:52.49	2007-03-24	FIN
85-89	Nils Ferm	5:14.08	2002-11-16	SWE

**NORDISKA MASTERSREKORD**  
**25m bana / Short Course**

2020-03-24

**50m fjärilsim/fly**

25-29	Antti Kasvio	24.82	1998-02-07	FIN
30-34	Tero Rätty	25.06	2009-03-29	FIN
35-39	Lars Frölander	23.72	2011-03-20	SWE
40-44	Lars Frölander	24.14	2014-03-16	SWE
45-49	Jan Karlsson	25.58	2013-03-17	SWE
50-54	Haakon Schram Stokke	27.24	2014-03-14	NOR
55-59	Haakon Schram Stokke	27.22	2016-04-09	NOR
60-64	Leonard Bielicz	28.52	2013-03-17	SWE
65-69	Leonard Bielicz	29.38	2017-03-26	SWE
70-74	Hannu Kuokkanen	31.47	2018-01-27	FIN
<b>75-79</b>	<b>Hans Eriksson</b>	<b>35.64</b>	<b>2020-02-29</b>	<b>SWE</b>
80-84	Lauri Malk	39.28	2019-03-30	FIN
85-89	Per Sturla Hofmo	58.95	2017-03-25	NOR

**100m fjärilsim/fly**

25-29	Nikolaj Kirketerp-Møller	55.32	2016-03-12	DEN
30-34	Martin Harlenbäck	55.51	2013-03-16	SWE
35-39	Claus Lerche Iversen	56.71	2013-03-10	DEN
40-44	Lars Frölander	53.81	2014-03-15	SWE
45-49	Jarl Inge Melberg	58.46	2015-03-14	NOR
50-54	Haakon Schram Stokke	1:00.55	2014-03-29	NOR
55-59	Haakon Schram Stokke	1:01.74	2016-04-09	NOR
60-64	Leonard Bielicz	1:06.07	2012-03-17	SWE
65-69	Leonard Bielicz	1:07.79	2016-05-07	SWE
70-74	Hannu Kuokkanen	1:24.43	2018-03-24	FIN
75-79	Lauri Malk	1:27.39	2012-04-07	FIN
80-84	Lauri Malk	1:32.38	2017-04-08	FIN

**200m fjärilsim/fly**

25-29	Andreas Edlund	2:06.07	2014-05-25	SWE
30-34	Mark Vogel	2:12.63	2000-04-30	DEN
35-39	Claus Lerche Iversen	2:06.24	2016-03-13	DEN
40-44	Mark Vogel	2:12.36	2010-03-06	DEN
45-49	Øyvind Nyhus	2:19.24	2016-04-08	NOR
50-54	Oddvar Sandvn	2:23.05	2016-04-08	NOR
55-59	Stefan Nilsson	2:39.77	2019-05-05	SWE
60-64	Glen Christiansen	2:53.63	2019-03-23	SWE
65-69	Lauri Malk	3:15.38	2003-03-29	FIN
70-74	Lauri Malk	3:32.22	2009-03-28	FIN
75-79	Lauri Malk	3:27.34	2013-03-23	FIN
80-84	Lauri Malk	3:43.11	2017-03-26	FIN

**NORDISKA MASTERSREKORD**  
**25m bana / Short Course**

2020-03-24

**100m medley**

25-29	Antti Kasvio	55.88	1998-02-07	FIN
30-34	Jacob Carstensen	57.02	2009-03-07	DEN
35-39	Hasse Nilsson	59.43	2004-03-27	SWE
40-44	Jacob Carstensen	59.54	2018-10-13	DEN
45-49	Daniel Lönnberg	1:00.40	2017-03-25	SWE
50-54	Tor Arne Pedersen	1:03.68	2015-03-13	NOR
55-59	Janne Virtanen	1:05.45	2019-05-15	FIN
60-64	Juha Iivonen	1:09.71	2019-03-10	FIN
65-69	Hannu Kuokkanen	1:14.62	2013-10-19	FIN
70-74	Hannu Kuokkanen	1:15.92	2018-03-24	FIN
75-79	Lauri Malk	1:30.60	2013-01-19	FIN
80-84	Lauri Malk	1:36.93	2018-03-24	FIN
85-89	Per Sturla Hofmo	1:55.48	2016-04-09	NOR

**200m medley**

25-29	Jacob Lercke Skytte	2:05.64	2011-10-01	DEN
30-34	Jacob Carstensen	2:05.74	2008-01-19	DEN
35-39	Claus Lerche Iversen	2:10.11	2013-03-09	DEN
40-44	Claus Lerche Iversen	2:10.45	2019-03-16	DEN
45-49	Jarl Inge Melberg	2:16.71	2018-03-03	NOR
50-54	Erlend Alstad	2:19.05	2017-01-20	NOR
55-59	Jonas Hallgren	2:26.28	2019-03-22	SWE
60-64	Eric Sjöström	2:35.47	2019-03-22	SWE
65-69	Hannu Kuokkanen	2:54.30	2013-03-23	FIN
70-74	Hannu Kuokkanen	2:59.57	2018-03-24	FIN
75-79	Lauri Malk	3:29.43	2013-03-23	FIN
80-84	Lauri Malk	3:43.38	2019-03-22	FIN

**400m medley**

25-29	David Adelskov	4:35.16	2013-03-10	DEN
30-34	Ville Korpi	4:44.86	2014-10-04	FIN
35-39	Claus Lerche Iversen	4:30.09	2015-03-08	DEN
40-44	Jacob Carstensen	4:34.67	2018-03-11	DEN
45-49	Jon Lundqvist	4:53.87	2016-05-06	SWE
50-54	Erlend Alstad	4:59.37	2017-03-25	NOR
55-59	<b>Henrik Pedersen</b>	<b>5:19.52</b>	<b>2020-03-07</b>	<b>DEN</b>
60-64	Glen Christiansen	5:46.82	2018-03-23	SWE
65-69	Hannu Kuokkanen	6:28.69	2015-03-27	FIN
70-74	Hannu Kuokkanen	6:31.31	2018-03-23	FIN
75-79	Lauri Malk	7:37.75	2012-03-10	FIN
80-84	Lauri Malk	8:32.83	2017-03-17	FIN

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