

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

**Lagkapper/Relay**

**2022-12-04**

**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
240-279	Danderyds Sim	2:11.09	2018-09-04
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
160-199	Umeå SS	4:33.41	2017-11-25
200-239	Täby Sim	4:59.83	2017-11-25
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
160-199	Umeå SS	5:11.69	2017-11-24
200-239			
240-279			
280-319			
320-359			

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**2022-12-04**

**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
320-359	Hellas SK	2:26.67	2018-09-04
360-399			

**4x100m frisim/free**

100-119	IKSU	3:48.91	2017-11-25
120-159	Umeå SS	4:03.25	2017-11-25
160-199	SK Neptun	3:58.48	2015-11-28
200-239	SK Neptun	4:05.87	2017-11-25
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
320-359	Hellas SK	2:56.54	2018-09-02

**4x100m medley**

100-119	IKSU	4:23.20	2017-11-24
120-159	Umeå SS	4:31.81	2017-11-24
160-199	Uppsala 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			

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

**Lagkapper/Relay**

**2022-12-04**

**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