

NORDISKA MASTERSREKORD
25m bana / Short Course

2022-11-15

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 | Anette Philipsson | 27.85 | 2021-12-04 | 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 | Bitte Axling | 35.25 | 2021-12-04 | SWE |
| 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 | Anette Philipsson | 1:02.94 | 2022-05-08 | 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 | Ann-Marie Lennheden | 2:43.14 | 2022-03-12 | 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

2022-11-15

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 | Ann-Marie Lennheden | 5:50.58 | 2022-03-13 | 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 | Lise Lothe | 10:30.52 | 2022-04-01 | NOR |
| 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

2022-11-15

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 | Raakel Luoto | 29.52 | 2020-01-11 | FIN |
| 50-54 | Lise Lothe | 31.70 | 2019-03-10 | NOR |
| 55-59 | Lise Lothe | 32.97 | 2022-04-01 | NOR |
| 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 | Lise Lothe | 1:10.01 | 2022-04-02 | NOR |
| 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 | Margit Ohlsson | 1:29.03 | 2020-01-11 | SWE |
| 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 | Elin Nilsson | 2:25.88 | 2021-12-03 | SWE |
| 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 | Lise Lothe | 2:34.62 | 2022-04-02 | NOR |
| 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 |

NORDISKA MASTERSREKORD

2022-11-15

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 | Pia Thulstrup | 37.57 | 2022-11-02 | DEN |
| 65-69 | Caroline Magnusson | 41.52 | 2021-10-09 | SWE |
| 70-74 | Bitte Axling | 44.20 | 2018-03-25 | SWE |
| 75-79 | Bitte Axling | 46.62 | 2021-12-04 | SWE |
| 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 | Pia Thulstrup | 1:24.15 | 2022-11-05 | DEN |
| 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 | 2:39.97 | 2022-04-02 | NOR |
| 45-49 | Lotte Kobbelgaard | 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 | Pia Thulstrup | 3:12.23 | 2022-03-13 | DEN |
| 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 |

NORDISKA MASTERSREKORD
25m bana / Short Course

2022-11-15

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 | Raakel Luoto | 28.97 | 2020-01-11 | FIN |
| 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 | Torill Bergesen | 35.37 | 2022-04-02 | NOR |
| 70-74 | Bitte Axling | 38.95 | 2018-03-25 | SWE |
| 75-79 | Bitte Axling | 42.67 | 2021-12-05 | SWE |
| 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 | Sophia Skou | 1:06.43 | 2021-11-06 | DEN |
| 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 | Maria Rhodin | 1:34.44 | 2021-12-04 | 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 | Marianne Fuglestveit | 2:35.56 | 2022-04-01 | NOR |
| 50-54 | Janne Thorstensen | 2:36.61 | 2016-04-08 | NOR |
| 55-59 | Janne Thorstensen | 2:50.24 | 2022-04-01 | NOR |
| 60-64 | Hege Leikanger | 3:30.08 | 2022-04-01 | NOR |
| 65-69 | Harriet Bure | 3:40.31 | 2011-03-19 | SWE |
| 70-74 | Berit Marx Pedersen | 4:02.30 | 2022-11-12 | DEN |

NORDISKA MASTERSREKORD

2022-11-15

25m bana / Short Course

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 |
| 45-49 | Raakel Luoto | 1:05.93 | 2020-01-11 | FIN |
| 50-54 | Anette Philipsson | 1:07.85 | 2015-11-07 | SWE |
| 55-59 | Anette Philipsson | 1:12.27 | 2021-12-04 | 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 | Anette Philipsson | 2:43.70 | 2022-05-06 | 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 | Satu Rahkonen | 5:19.52 | 2022-03-26 | FIN |
| 50-54 | Anette Philipsson | 5:29.40 | 2017-03-25 | SWE |
| 55-59 | Ulla Hurula | 6:01.91 | 2022-03-26 | FIN |
| 60-64 | Maria Rhodin | 7:03.88 | 2015-03-20 | SWE |
| 65-69 | Maria Rhodin | 7:11.95 | 2021-12-03 | SWE |
| 70-74 | Berit Marx Pedersen | 8:25.04 | 2020-02-22 | DEN |
| 75-79 | Birthe Møller Jensen | 9:36.82 | 2007-03-25 | DEN |

NORDISKA MASTERSREKORD

2022-11-15

25m bana / Short Course

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 |
| 75-79 | Hans Eriksson | 31.25 | 2020-02-29 | SWE |
| 80-84 | Lauri Malk | 33.30 | 2018-03-25 | FIN |
| 85-89 | Lauri Malk | 35.20 | 2022-10-15 | 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 | Jonas Holmström | 49.91 | 2022-05-07 | 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 |
| 60-64 | Juri Logvin | 58.35 | 2022-02-05 | FIN |
| 65-69 | Leonard Bielicz | 1:00.37 | 2016-05-08 | SWE |
| 70-74 | Peter Bergengren | 1:04.66 | 2008-03-09 | SWE |
| 75-79 | Hans Eriksson | 1:12.37 | 2020-02-29 | SWE |
| 80-84 | Lauri Malk | 1:16.99 | 2017-01-15 | FIN |
| 85-89 | Lauri Malk | 1:23.10 | 2022-03-05 | FIN |
| 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 | Claus Lerche Iversen | 1:55.72 | 2022-03-12 | DEN |
| 50-54 | Jarl Inge Melberg | 1:59.46 | 2020-01-20 | NOR |
| 55-59 | Anders Haglund | 2:05.44 | 2016-05-07 | SWE |
| 60-64 | Anders Haglund | 2:09.99 | 2022-05-07 | SWE |
| 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 | Lauri Malk | 3:08.73 | 2022-04-09 | FIN |
| 90-94 | Nils Ferm | 4:27.02 | 2007-10-06 | SWE |

NORDISKA MASTERSREKORD

2022-11-15

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 | Ola Selvrenius | 4:31.00 | 2022-04-02 | SWE |
| 60-64 | Anders Haglund | 4:36.84 | 2021-12-05 | SWE |
| 65-69 | Conny Mindemark | 5:14.88 | 2022-05-06 | 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 | Lauri Malk | 7:04.81 | 2022-03-25 | FIN |
| 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 | Erlend Alstad | 9:25.11 | 2022-04-08 | NOR |
| 60-64 | Anders Haglund | 9:38.22 | 2022-05-06 | SWE |
| 65-69 | Conny Mindemark | 10:39.11 | 2022-05-06 | SWE |
| 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 | Lauri Malk | 14:39.55 | 2022-03-25 | FIN |
| 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 | Ola Selvrenius | 17:49.39 | 2022-04-01 | SWE |
| 60-64 | Anders Haglund | 18:43.41 | 2021-12-03 | SWE |
| 65-69 | Glen Christiansen | 20:08.14 | 2022-04-01 | SWE |
| 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 | Lauri Malk | 27:57.05 | 2022-03-25 | FIN |
| 90-94 | Nils Ferm | 38:17.40 | 2007-10-05 | SWE |

NORDISKA MASTERSREKORD

2022-11-15

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 | Erik Forslund | 45.87 | 2022-05-07 | 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 | Niklas Åhlin | 1:02.59 | 2021-12-05 | SWE |
| 55-59 | Petter Ulvestad | 1:08.20 | 2015-03-13 | NOR |
| 60-64 | Ronny Oltner | 1:10.76 | 2016-05-08 | SWE |
| 65-69 | Veikko Mattola | 1:14.22 | 2022-05-08 | 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 | Lauri Malk | 1:42.82 | 2022-03-05 | FIN |
| 90-94 | Nils Ferm | 2:05.76 | 2009-03-22 | SWE |

200m rygg/back

| | | | | |
|-------|-----------------------------|----------------|-------------------|------------|
| 25-29 | Kasper Schultz | 2:04.93 | 2022-11-12 | DEN |
| 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 | Claus Lerche Iversen | 2:10.20 | 2022-03-13 | DEN |
| 50-54 | Niklas Åhlin | 2:22.56 | 2022-05-07 | SWE |
| 55-59 | Petter Ulvestad | 2:25.63 | 2015-03-15 | NOR |
| 60-64 | Veikko Mattola | 2:39.11 | 2016-05-07 | SWE |
| 65-69 | Veikko Mattola | 2:46.88 | 2022-05-07 | SWE |
| 70-74 | Matti Laajus | 2:57.82 | 2022-05-07 | FIN |
| 75-79 | Ivar Wallmark | 3:22.02 | 2018-03-24 | SWE |
| 80-84 | Lauri Malk | 3:29.36 | 2018-01-27 | FIN |
| 85-89 | Lauri Malk | 3:44.49 | 2022-03-26 | FIN |
| 90-94 | Nils Ferm | 4:29.54 | 2007-10-27 | SWE |

NORDISKA MASTERSREKORD

2022-11-15

25m bana / Short Course

50m bröstsim/breast

| | | | | |
|-------|----------------------|--------------|-------------------|------------|
| 25-29 | Ari-Pekka Liukkonen | 27.85 | 2016-05-07 | FIN |
| 30-34 | Ari-Pekka Liukkonen | 28.78 | 2021-09-18 | FIN |
| 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 | Erik Forslund | 53.69 | 2022-05-08 | SWE |
| 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 | Emil Klingberg | 2:22.01 | 2020-03-07 | DEN |
| 35-39 | Jacob Carstensen | 2:23.82 | 2017-11-03 | DEN |
| 40-44 | Jacob Carstensen | 2:21.79 | 2018-10-13 | DEN |
| 45-49 | Tudor Ignat | 2:28.26 | 2022-04-02 | NOR |
| 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 | Glen Christiansen | 3:02.11 | 2022-04-02 | 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

2022-11-15

25m bana / Short Course

50m fjärilsim/fly

| | | | | |
|-------|----------------------|-------|------------|-----|
| 25-29 | Antti Kasvio | 24.82 | 1998-02-07 | FIN |
| 30-34 | Linus Magnusson | 24.89 | 2021-12-05 | SWE |
| 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 |
| 75-79 | Hans Eriksson | 35.64 | 2020-02-29 | SWE |
| 80-84 | Lauri Malk | 39.28 | 2019-03-30 | FIN |
| 85-89 | Lauri Malk | 46.22 | 2022-09-17 | FIN |

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 | Leonard Bielicz | 1:15.75 | 2021-12-04 | SWE |
| 75-79 | Lauri Malk | 1:27.39 | 2012-04-07 | FIN |
| 80-84 | Lauri Malk | 1:32.38 | 2017-04-08 | FIN |
| 85-89 | Lauri Malk | 1:51.51 | 2022-03-27 | 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 | Claus Lerche Iversen | 2:09.80 | 2022-03-12 | DEN |
| 50-54 | Oddvar Sandvin | 2:23.05 | 2016-04-08 | NOR |
| 55-59 | Oddvar Sandvin | 2:35.30 | 2022-04-01 | NOR |
| 60-64 | Glen Christiansen | 2:53.63 | 2019-03-23 | SWE |
| 65-69 | Glen Christiansen | 2:57.28 | 2022-04-01 | SWE |
| 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 |
| 85-89 | Lauri Malk | 4:27.43 | 2022-04-10 | FIN |

NORDISKA MASTERSREKORD

2022-11-15

25m bana / Short Course

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 | Tudor Ignat | 59.73 | 2022-04-03 | NOR |
| 50-54 | Niklas Åhlin | 1:03.21 | 2021-12-04 | SWE |
| 55-59 | Janne Virtanen | 1:05.45 | 2019-05-15 | FIN |
| 60-64 | Haakon Schram Stokke | 1:07.34 | 2022-04-03 | NOR |
| 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 | Lauri Malk | 1:48.33 | 2022-03-05 | FIN |

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 | Jacob Lercke Skytte | 2:09.97 | 2020-07-03 | DEN |
| 40-44 | Claus Lerche Iversen | 2:10.45 | 2019-03-16 | DEN |
| 45-49 | Claus Lerche Iversen | 2:11.23 | 2022-03-13 | DEN |
| 50-54 | Erlend Alstad | 2:19.05 | 2017-01-20 | NOR |
| 55-59 | Erlend Alstad | 2:26.27 | 2022-04-08 | NOR |
| 60-64 | Eric Sjöström | 2:35.47 | 2019-03-22 | SWE |
| 65-69 | Glen Christiansen | 2:47.42 | 2022-04-02 | SWE |
| 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 |
| 85-89 | Lauri Malk | 4:06.92 | 2022-03-27 | 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 | Erlend Alstad | 5:05.39 | 2022-04-08 | NOR |
| 60-64 | Glen Christiansen | 5:46.82 | 2018-03-23 | SWE |
| 65-69 | Rolf Andreas Skeide | 6:22.58 | 2022-10-23 | NOR |
| 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 |
| 85-89 | Lauri Malk | 9:02.62 | 2022-03-27 | FIN |

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