

# NORDISKA MASTERSREKORD

## Lag/Relay 25m Short Course

2024-03-14

### HERRAR/MEN

#### 4x50m frisim/free

100-119	U.S.G.	1:31.30	2009-11-07	DEN
120-159	Upsala SS	1:33.51	1999-03-20	SWE
160-199	Lahden Kaleva	1:33.91	2009-03-28	FIN
200-239	IL Varg	1:39.59	2016-04-09	NOR
240-279	Speedo Masters	1:49.63	2023-03-25	FIN
280-319	Göteborg Sim	1:57.97	2023-03-18	SWE
320-359	Hellas SK	2:30.87	2017-03-25	SWE

#### 4x100m frisim/free

100-119	Farum SK	3:27.00	2016-05-22	DEN
120-159	U.S.G.	3:33.82	2010-01-16	DEN
160-199	Sigma Swim	3:33.54	2015-03-07	DEN
200-239	Sigma Swim	3:47.10	2020-03-07	DEN
240-279	Sigma Swim	4:13.72	2024-03-10	DEN
280-319	SWIM	5:57.97	2015-03-29	FIN
320-359				

#### 4x200m frisim/free

100-119	Farum SK	7:40.90	2016-05-22	DEN
120-159	U.S.G.	8:36.22	2013-03-09	DEN
160-199	Sigma	7:52.58	2016-03-12	DEN
200-239	IL Varg	8:14.56	2020-01-26	NOR
240-279	Gentofte Svømme Klub	9:54.12	2020-03-07	DEN
280-319	Hellas SK	12:11.03	2014-02-22	SWE
320-359				

#### 4x50m medley

100-119	SK Neptun	1:40.82	2013-03-17	SWE
120-159	SK Neptun	1:39.28	2015-03-22	SWE
160-199	Lahden Kaleva	1:45.70	2009-03-29	FIN
200-239	IL Varg	1:50.71	2016-04-08	NOR
240-279	Göteborg Sim	2:01.71	2016-05-08	SWE
280-319	SolK Hellas	2:21.36	2008-03-09	SWE
320-359	Hellas SK	2:59.67	2015-03-22	SWE

#### 4x100m medley

100-119	Swimming Jvaskylä	3:53.16	2016-03-13	FIN
120-159	Sigma Swim	4:04.50	2017-03-11	DEN
160-199	Esbjerg Svømmeklub	4:08.99	2016-11-19	DEN
200-239	Sigma Swim	4:15.79	2022-03-12	DEN
240-279	Gentofte Svømme Klub	5:10.11	2020-03-07	DEN
280-319	Cetus	7:12.24	2012-04-01	FIN
320-359				

# NORDISKA MASTERSREKORD

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### DAMER/WOMEN

#### 4x50m frisim/free

100-119	Kvik Kastруп	1:47.37	2003-11-01	DEN
120-159	Kvik Kastруп	1:50.69	2012-11-03	DEN
160-199	Helsingborgs SS	1:49.10	2016-05-07	SWE
200-239	Masør	1:56.98	2019-03-09	NOR
240-279	Danderyds Sim	2:08.58	2018-03-24	SWE
280-319	Swim Team Taastrup	2:31.85	2023-09-30	DEN
320-359	SolK Hellas	3:05.64	2007-03-24	SWE

#### 4x100m frisim/free

100-119	U.S.G.	4:05.93	2016-03-13	DEN
120-159	Køge Svømmklub	4:09.71	2017-03-11	DEN
160-199	Masør	4:19.37	2014-03-23	NOR
200-239	Master Sørlandet	4:24.46	2023-02-12	NOR
240-279	Swim Team Taastrup	5:40.44	2022-03-12	DEN
280-319	Swim Team Taastrup	6:14.96	2024-03-10	DEN
320-359				

#### 4x200m frisim/free

100-119	KU	9:11.08	2020-03-07	DEN
120-159	Sigma Swim	9:54.83	2019-03-16	DEN
160-199	Masør	9:23.02	2014-03-23	NOR
200-239	Sigma Swim	10:18.43	2020-03-07	DEN
240-279	Korsør	13:30.61	2016-03-12	DEN
280-319				
320-359				

#### 4x50m medley

100-119	Kvik Kastруп	1:59.75	2003-11-01	DEN
120-159	Lambertseter	1:59.09	2008-04-04	NOR
160-199	Helsingborgs SS	2:00.84	2016-05-08	SWE
200-239	Masør	2:08.77	2019-03-08	NOR
240-279	Täby Sim	2:30.63	2022-05-08	SWE
280-319	Swim Team Taastrup	2:44.11	2023-11-04	DEN
320-359	SolK Hellas	3:52.52	2007-03-25	SWE

#### 4x100m medley

100-119	KU	4:39.25	2020-03-07	DEN
120-159	Master Sørlandet	4:50.49	2012-05-13	NOR
160-199	Masters Sørlandet	4:37.41	2016-04-15	NOR
200-239	Master Sørlandet	4:43.02	2023-02-11	NOR
240-279	Swim Team Taastrup	6:45.58	2020-03-07	DEN
280-319				
320-359				

# NORDISKA MASTERSREKORD

## Lag/Relay 25m Short Course

2024-03-14

### MIXED

#### 4x50m frisim/free

100-119	U.S.G.	1:40.49	2016-03-13	DEN
120-159	Linköpings ASS	1:41.25	2022-05-07	SWE
160-199	Täby Sim	1:44.28	2007-03-24	SWE
200-239	Göteborg Sim	1:47.58	2018-03-24	SWE
240-279	Göteborg Sim	1:58.69	2023-03-18	SWE
280-319	Swim Team Taastrup	2:21.52	2022-11-05	DEN
320-359	SolK Hellas	2:52.81	2007-03-24	SWE

#### 4x100m frisim/free

100-119	U.S.G.	3:51.49	2011-03-06	DEN
120-159	Malmö KK	4:13.45	2015-01-10	SWE
160-199	Køge Svømmklub	3:58.58	2017-03-12	DEN
200-239	Sigma	4:12.87	2023-04-29	DEN
240-279	STT	4:40.77	2023-04-29	DEN
280-319	Hermes Masters	6:38.37	2017-03-12	DEN
320-359				

#### 4x200m frisim/free

100-119	KU Svømning og Vandpolo	9:01.20	2022-03-12	DEN
120-159	Malmö KK	8:59.82	2015-03-07	SWE
160-199	Sigma Swim	9:06.17	2015-03-07	DEN
200-239	Sigma Swim	9:17.52	2022-03-12	DEN
240-279	Swim Team Taastrup	11:42.76	2022-03-12	DEN
280-319	Swim Team Taastrup	13:07.37	2022-03-12	DEN
320-359				

#### 4x50m medley

100-119	Swimming Jyväskylä	1:51.02	2017-03-17	FIN
120-159	Lidingö SK	1:54.87	2017-03-25	SWE
160-199	SK Neptun	1:56.03	2015-03-21	SWE
200-239	Täby Sim	2:01.00	2016-05-07	SWE
240-279	Swim Team Taastrup	2:12.34	2016-01-16	DEN
280-319	Swim Team Taastrup	2:34.96	2023-10-01	DEN
320-359	SolK Hellas	3:32.31	2007-03-24	SWE

#### 4x100m medley

100-119	U.S.G.	4:10.28	2016-03-12	DEN
120-159	Sigma Swim	4:33.19	2015-03-07	DEN
160-199	Sigma	4:30.89	2017-01-14	DEN
200-239	Sigma Swim	4:51.38	2019-03-16	DEN
240-279	Sigma Swim	5:23.39	2024-03-09	DEN
280-319	Swim Team Taastrup	6:15.99	2024-03-09	DEN
320-359				