

## 50m Frisim

1	Martin Magnusson	0:24.44	2017	1	Kia Kilpinen	0:27.41	2011
2	Adam Alstermark	0:24.99	2015	2	Emma Karell	0:27.73	2011
3	Adam Karlsson	0:25.17	2017	3	Stina Gardell	0:27.77	2004
4	Lars Kvarfordh	0:25.4	1974	4	Sofie Gardell	0:27.79	2004
5	Jan Andersson	0:25.5	1984	5	Tove Magnusson	0:27.9	1985
6	Rasmus Skyving	0:25.56	2020	6	Cecilia Eriksson	0:28.5	1980
7	Gustav Andersson	0:25.71	2019	7	Alva Westling	0:28.52	2016
8	Rickard Djupman	0:25.8	1983	8	Sara Rapp	0:28.60	2003
9	Jonas Eklund	0:25.93	2014	9	Irené Ronneberg	0:28.75	2003
10	Tobias Westholm	0:25.94	2013	10	Monica Alfredsson	0:28.76	2005
11	Tomas Einarsson	0:26.1	1988	11	Rebecca Rüdén	0:28.83	2012
12	Per Andersson	0:26.2	1981	12	Tova Sjöberg	0:28.91	2017
				12	Moa Zetterström	0:28.91	2019

## 100m Frisim

1	Martin Magnusson	0:53.44	2017	1	Stina Gardell	0:59.21	2004
2	Adam Karlsson	0:54.29	2017	2	Emma Karell	0:59.22	2011
3	Rasmus skyving	0:55.59	2020	3	Sofie Gardell	0:59.51	2004
4	Jan Andersson	0:55.7	1983	4	Tove Magnusson	1:00.0	1986
5	Adam Alstermark	0:55.90	2013	5	Monica Alfredsson	1:01.43	2005
6	Lars Kvarfordh	0:56.0	1975	6	Alva Westling	1:01.66	2017
7	Gustav Andersson	0:56.12	2020	7	Irené Ronneberg	1:02.02	2003
8	Mats Nilsson	0:56.7	1981	8	Johanna Johansson	1:02.5	1996
9	Tomas Einarsson	0:56.8	1987	9	Emelie Rudert	1:02.64	2013
10	Jonas Eklund	0:56.82	2007	10	Moa Zetterström	1:02.99	2020
11	Rickard Djupman	0:57.2	1989	11	Susanne Ackum	1:03.00	1976
12	Tobias Westholm	0:57.22	2012	12	Malin Andersson	1:03.4	1996

## 200m Frisim

1	Martin Magnusson	1:56.92	2017	1	Emma Karell	2:07.11	2011
2	Adam Karlsson	1:59.00	2017	2	Stina Gardell	2:08.57	2004
3	Rasmus Skyving	2:00.73	2020	3	Monica Alfredsson	2:12.46	2005
4	Jan Andersson	2:02.2	1982	4	Sofie Gardell	2:12.66	2004
5	Jonas Eklund	2:04.78	2006	5	Tove Magnusson	2:12.9	1985
6	Patrik Ferngren	2:04.8	1998	6	Emelie Rudert	2:16.37	2012
7	Mats Nilsson	2:05.1	1981	7	Moa Zetterström	2:17.32	2019
8	Henrik Forslund	2:06.3	2001	8	Ulrika Jansson	2:17.8	1986
9	Adam Alstermark	2:06.42	2012	9	Maria Nordberg	2:18.2	1985
10	Tomas Einarsson	2:06.5	1985	10	Maria Tholen	2:18.7	1985
11	Henrik Forslund	2:07.3	1999	11	Rebecca Rüdén	2:18.72	2011
12	Ulf Gustavsson	2:07.5	1987	12	Johanna Johansson	2:19.2	1995

## 400m Frisim

1	Rasmus Skyving	4:16.17	2020	1	Emma Karell	4:31.21	2010
2	Martin Magnusson	4:17.83	2017	2	Stina Gardell	4:33.37	2004
3	Jan Andersson	4:22.8	1981	3	Monica Alfredsson	4:39.79	2006
4	Adam Karlsson	4:24.98	2017	4	Ulrika Jansson	4:44.4	1985
5	Tomas Einarsson	4:26.3	1986	5	Tove Magnusson	4:46.6	1986
6	Patrik Ferngren	4:26.4	1998	6	Sofie Gardell	4:47.77	2004
7	Jonas Eklund	4:27.32	2006	7	Moa Zetterström	4:49.18	2019
8	Ulf Gustavsson	4:30.4	1988	8	Johanna Zetterström	4:49.49	2015
9	Henrik Forslund	4:33.9	2001	9	Maria Nordberg	4:50.2	1985
10	Per Andersson	4:34.9	1979	10	Susanne Ackum	4:52.0	1975
11	Mats Nilsson	4:35.9	1980	11	Maria Zetterqvist	4:53.6	1980
12	Rickard Djupman	4:38.3	1983	12	Emelie Rudert	4:53.89	2017

## 800m Frisim

1	Rasmus Skyving	08:40.50	2020	1	Stina Gardell	09:23.84	2004
2	Adam Karlsson	08:57.19	2017	2	Susanne Ackum	09:40.8	1975
3	Tomas Einarsson	09:17.2	1985	3	Ulrika Jansson	09:45.9	1985
4	Jonas Eklund	09:18.32	2006	4	Emma Karell	09:46.38	2008
5	Ulf Gustavsson	09:27.3	1986	5	Johanna Zetterström	09:51.96	2015
6	Jan Andersson	09:34.9	1980	6	Moa Zetterström	09:53.51	2019
7	Per Andersson	09:43.2	1977	7	Tove Magnusson	09:54.6	1985
8	Mats Nilsson	09:44.6	1980	8	Monica Alfredsson	09:56.35	2005
9	Victor Karell	09:48.16	2020	9	Rebecca Rüdén	10:06.65	2011
10	Rickard Djupman	09:50.0	1983	10	Lena Andersson	10:07.4	1981
11	Anders Törnqvist	09:55.1	1978	11	Maria Nordberg	10:14.4	1986
12	Oscar Elfving	09:59.83	2009	12	Emelie Rudert	10:16.75	2017

## 1500m Frisim

1	Rasmus Skyving	16:48.86	2020	1	Emma Karell	18:06.28	2010
2	Tomas Einarsson	17:36.2	1986	2	Sofie Gardell	18:48.26	2004
3	Henrik Forslund	17:59.9	1999	3	Ulrika Jansson	18:52.9	1985
4	Ulf Gustavsson	18:00.7	1987	4	Lena Andersson	19:02.9	1981
5	Jan Andersson	18:08.9	1982	5	Monica Alfredsson	19:16.17	2004
6	Patrik Ferngren	18:09.4	1998	6	Tove Magnusson	19:19.4	1985
7	Jonas Eklund	18:20.81	2007	7	Rebecca Rüdén	19:25.02	2012
8	Martin Magnusson	18:33.53	2013	8	Åsa Puolakainen	19:28.8	1982
9	Oscar Elfving	18:37.94	2008	9	Maria Zetterqvist	19:29.7	1979
10	Anders Törnqvist	18:39.4	1978	10	Anette Olsson	19:34.7	1981
11	Mats Nilsson	18:44.6	1980	11	Johanna Zetterström	19:37.36	2015
12	Rickard Djupman	18:52.3	1983	12	Maria Nordberg	19:42.0	1986

## 50m Bröstsöm

1	Adam Alstermark	0:30.72	2014	1	Fanny Reuterswärd	0:34.52	2004
2	Martin Magnusson	0:30.85	2015	2	Kia Kilpinen	0:35.01	2011
3	Adam Karlsson	0:31.13	2017	3	Willma Hällinder	0:35.10	2020
4	Victor Karell	0:32.29	2020	4	Sofie Gardell	0:35.86	2004
5	Gustav Andersson	0:32.35	2020	5	Emma Karell	0:36.65	2010
6	Rasmus Skyving	0:32.71	2019	6	Alva Westling	0:37.03	2017
7	Kevin Fahlström	0:33.89	2015	7	Thindra Åkerblom	0:37.13	2019
8	Tobias Westholm	0:34.64	2014	8	Katja Svarfvar	0:37.42	2016
9	Elias Folkesson	0:35.38	2018	9	Tyra Hällinder	0:37.79	2021
10	Jonas Eklund	0:35.43	2004	10	Elin Isaksson	0:37.82	2006
11	Emil Blomberg	0:35.60	2021	11	Micaela Nygren-Ring	0:38.07	2007
12	Elias Säfström	0:35.64	2017	12	Moa Zetterström	0:38.16	2019

## 100m Bröstsöm

1	Adam Alstermark	1:07.59	2012	1	Fanny Reuterswärd	1:16.15	2003
2	Anders Törnqvist	1:08.6	1980	2	Malin Andersson	1:17.7	1995
3	Martin Magnusson	1:09.62	2017	3	Emma Karell	1:17.85	2010
4	Adam Karlsson	1:10.00	2017	4	Stina Gardell	1:17.96	2004
5	Gustav Andersson	1:10.97	2019	5	Sofie Gardell	1:18.80	2004
6	Lars Kvarfordh	1:12.0	1976	6	Willma Hällinder	1:19:64	2021
7	Jan Andersson	1:12.2	1982	7	Moa Zetterström	1:19.96	2020
8	Rasmus Skyving	1:12.71	2019	8	Katja Svarfvar	1:20.25	2016
9	Victor Karell	1:13.35	2020	9	Thindra Åkerblom	1:21.18	2020
10	Ulf Gustavsson	1:14.1	1993	10	Maria Tholén	1:22.0	2019
11	Robin Edlund	1:14.60	1998	11	Irené Ronnerberg	1:22.40	2003
12	Fredrik Ronnerberg	1:14.87	2004	12	Camilla Jansson	1:22.4	1984

## 200m Bröstsöm

1	Adam Alstermark	2:36.59	2012	1	Malin Andersson	2:50.2	1995
2	Anders Törnqvist	2:37.1	1978	2	Emma Karell	2:51.63	2009
3	Lars Kvarfordh	2:37.8	1972	3	Fanny Reuterswärd	2:51.77	2003
4	Rasmus Skyving	2:38.52	2020	4	Camilla Jansson	2:57.1	1984
5	Martin Magnusson	2:39.00	2015	5	Annica Eriksson	2:57.8	1963
6	Gustav Andersson	2:40.54	2018	6	Ulrika Jansson	2:59.7	1985
7	Victor Karell	2:40.77	20	7	Maria Tholen	2:59.9	1984
8	Robin Edlund	2:42.0	1998	8	Fanny Alstermark	3:00.26	2013
9	Jan Andersson	2:44.4	1981	9	Li Waltersson	3:00.4	1985
10	Ulf Gustavsson	2:45.0	1995	10	Monica Alfredsson	3:00.77	2004
11	L-G Gellbäck	2:45.1	1969	11	Elin Isaksson	3:01.25	2005
12	Fredrik Ronnerberg	2:45.55	2004	12	Emma Persson	3:01.53	2011

## 50m Ryggsim

1	Rasmus Skyving	0:28.93	2020	1	Stina Gardell	0:31.61	2004
2	Martin Magnusson	0:29.42	2014	2	Sofie Gardell	0:31.93	2004
3	Jonas Eklund	0:30.14	2008	3	Emma Karell	0:32.36	2009
4	Elias Folkesson	0:30.23	2017	4	Moa Zetterström	0:33.12	2019
5	Tobias Westholm	0:30.34	2014	5	Tina Lindberg	0:33.22	2006
6	Robert Dolama	0:30.49	2015	6	Alva Westling	0:33.62	2016
7	Adam Alstermark	0:30.96	2013	7	Monica Alfredsson	0:33.96	2005
8	Nicklas Granat	0:31.49	2004	8	Rebecca Rüdén	0:34.82	2012
9	Adam Karlsson	0:31.86	2017	9	Tova Sjöberg	0:34.92	2017
10	Gustav Andersson	0:32.15	2018	10	Emelie Rudert	0:35.05	2017
11	Elias Säfström	0:32.53	2017	11	Linnea Sjöström	0:35.15	2019
12	Emil Blomberg	0:32.62	2021	12	Katja Svarfvar	0:35.32	2012

## 100m Ryggsim

1	Rasmus Skyving	1:00.50	2020	1	Stina Gardell	1:07.28	2004
2	Martin Magnusson	1:02.99	2017	1	Sofie Gardell	1:07.28	2004
3	Jonas Eklund	1:03.25	2007	3	Emma Karell	1:08.63	2008
4	Adam Alstermark	1:05.78	2013	4	Linnea Sjöström	1:09.63	2019
5	Elias Folkesson	1:05.89	2017	5	Monica Alfredsson	1:10.91	2005
6	Adam Karlsson	1:06.91	2017	6	Åsa Poulakainen	1:11.3	1985
7	Gustav Andersson	1:07.44	2019	7	Tina Lindberg	1:11.78	2006
8	Hans Malmgren	1:08.2	1963	8	Alva Westling	1:11.90	2017
9	Tobias Westholm	1:08.5	2013	9	Moa Zetterström	1:12.26	2020
9	Ulf Gustavsson	1:08.5	1995	10	Susanne Ackum	1:12.5	1975
9	Mikael Dahlberg	1:08.5	1977	11	Tove Magnusson	1:12.6	1986
12	Jan Andersson	1:08.8	1982	12	Gunilla Lundqvist	1:13.0	1963

## 200m Ryggsim

1	Rasmus Skyving	2:05.71	2020	1	Sofie Gardell	2:27.49	2004
2	Jonas Eklund	2:16.14	2007	2	Stina Gardell	2:28.76	2004
3	Martin Magnusson	2:24.30	2014	3	Linnea Sjöström	2:28.90	2021
4	Rickard Djupman	2:28.3	1983	4	Emma Karell	2:29.57	2010
5	Ulf Gustavsson	2:29.3	1995	5	Susanne Ackum	2:33.1	1975
6	Mikael Dahlberg	2:29.4	1978	6	Tina Lindberg	2:35.37	2006
7	Patrik Ferngren	2:31.4	1996	7	Monica Alfredsson	2:35.55	2005
8	Oscar Elfving	2:31.74	2008	8	Åsa Puolakainen	2:37.3	1982
9	Elias Folkesson	2:31.93	2016	9	Gunilla Lundqvist	2:39.0	1964
10	Mats Nilsson	2:32.3	1981	10	Tove Magnusson	2:40.7	1986
11	Hans Malmgren	2:32.6	1962	11	Alva Westling	2:41.85	2015
12	Tomas Einarsson	2:33.0	1986	12	Christina Dahlgren	2:43.00	1966

## 50m Fjärilsim

1	Adam Karlsson	0:26.75	2017	1	Sofie Gardell	0:29.59	2004
2	Tobias Westholm	0:26.94	2016	2	Kia Kilpinen	0:29.61	2011
3	Gustav Andersson	0:27.22	2021	3	Moa Zetterström	0:29.77	2019
4	Martin Magnusson	0:27.42	2015	4	Emma Karell	0:30.39	2010
5	Adam Alstermark	0:28.31	2015	5	Stina Gardell	0:31.34	2004
6	Rasmus Skyving	0:28.82	2020	6	Linnea Sjöström	0:31.43	2020
7	Jonas Eklund	0:29.20	2008	7	Monica Alfredsson	0:31.50	2006
8	Elias Folkesson	0:29.57	2015	8	Fanny Reuterswärd	0:32.11	2002
9	Oscar Elfving	0:29.84	2009	9	Tova Sjöberg	0:32.35	2017
10	Mattias Pers	0:29.87	2007	10	Alva Westling	0:32.43	2017
11	Viktor Karell	0:29.91	2019	11	Emma Persson	0:32.54	2011
12	Emil Blomberg	0:29.93	2021	12	Emelie Rudert	0:32.92	2017

## 100m Fjärilsim

1	Adam Karlsson	0:59.49	2017	1	Emma Karell	1:05.33	2010
2	Gustav Andersson	1:00.88	2020	2	Sofie Gardell	1:06.25	2004
3	Martin Magnusson	1:00.97	2017	3	Moa Zetterström	1:06.80	2020
4	Tobias Westholm	1:02.32	2013	4	Stina Gardell	1:08.14	2004
5	Jan Andersson	1:03.6	1982	5	Tove Magnusson	1:09.2	1985
6	Rasmus Skyving	1:03.95	2019	6	Johanna Johansson	1:09.7	1996
7	Jonas Eklund	1:05.05	2007	7	Malin Andersson	1:10.6	1996
8	Tomas Einarsson	1:05.2	1987	8	Lena Andersson	1:11.0	1979
9	Adam Alstermark	1:06.18	2013	9	Kia Kilpinen	1:11.17	2010
10	Ulf Gustavsson	1:06.2	1989	10	Ulrika Jansson	1:11.5	1986
11	Mikael Dahlberg	1:06.5	1977	11	Maria Tholen	1:11.6	1986
12	Lars Kvarfordh	1:06.8	1972	12	Linnea Sjöström	1:11.87	2019

## 200m Fjärilsim

1	Adam Karlsson	2:18.11	2017	1	Emma Karell	2:23.61	2011
2	Rasmus Skyving	2:19.17	2020	2	Lena Andersson	2:31.2	1981
3	Henrik Forslund	2:23.5	1999	3	Sofie Gardell	2:31.74	2004
4	Tomas Einarsson	2:24.0	1987	4	Johanna Johansson	2:37.3	1995
5	Jonas Eklund	2:25.38	2007	5	Tove Magnusson	2:37.9	1985
6	Martin Magnusson	2:29.05	2013	6	Ulrika Jansson	2:38.7	1986
7	Ulf Gustavsson	2:29.4	1994	7	Moa Zetterström	2:39.92	2020
8	Lars Kvarfordh	2:30.7	1972	8	Åsa Poulakainen	2:41.2	1984
9	Tobias Westholm	2:31.97	2012	9	Monica Alfredsson	2:41.26	2004
10	Jan Andersson	2:32.3	1982	10	Anette Olsson	2:42.7	1981
11	Gustav Andersson	2:34.62	2017	11	Maria Norberg	2:44.2	1986
12	Anders Törnqvist	2:38.4	1980	12	Maria Nyberg	2:44.7	1981

### 100m Medley

1	Martin Magnusson	1:01.64	2016	1	Sofie Gardell	1:07.20	2004
2	Gustav Andersson	1:02.58	2020	2	Emma Karell	1:08.69	2008
3	Adam Karlsson	1:02.74	2017	3	Kia Kilpinen	1:09.59	2011
4	Adam Alstermark	1:02.75	2014	4	Moa Zetterström	1:11.08	2020
5	Rasmus Skyving	1:02.91	2020	5	Stina Gardell	1:11.71	2004
6	Jonas Eklund	1:04.52	2007	6	Monica Alfredsson	1:12.36	2005
7	Tobias Westholm	1:05.19	2013	7	Johanna Zetterström	1:13.78	2015
8	Victor Karell	1:06.93	2020	8	Alva Westling	1:14.56	2017
9	Elias Folkesson	1:08.16	2018	9	Rebecca Rüdén	1:14.71	2012
10	Oscar Elfving	1:10.69	2009	10	Fanny Alstermark	1:14.74	2013
11	Nicklas Granat	1:10.74	2005	11	Fanny Reuterswärd	1:14.75	2004
12	Mattias Toivonen	1:11.12	2000	12	Linnea Sjöström	1:14.79	2019

### 200m Medley

1	Rasmus Skyving	2:12.08	2019	1	Emma Karell	2:23.86	2010
2	Martin Magnusson	2:14.84	2015	2	Stina Gardell	2:24.12	2004
3	Adam Karlsson	2:17.59	2017	3	Sofie Gardell	2:33.30	2003
4	Jonas Eklund	2:19.74	2008	4	Tove Magnusson	2:34.3	1985
5	Gustav Andersson	2:20.15	2019	5	Monica Alfredsson	2:35.03	2006
6	Adam Alstermark	2:20.94	2013	6	Maria Tholen	2:35.1	1985
7	Jan Andersson	2:21.0	1982	7	Ulrika Jansson	2:36.7	1985
8	Lars Kvarfordh	2:22.6	1972	8	Moa Zetterström	2:37.13	2019
9	Ulf Gustavsson	2:23.0	1997	9	Johanna Johansson	2:37.2	1996
10	Tomas Einarsson	2:26.3	1986	10	Malin Andersson	2:37.5	1996
11	Victor Karell	2:27.28	2020	11	Alva Westling	2:38.63	2017
12	Mats Nilsson	2:27.4	1980	12	Susanne Ackum	2:38.7	1975

### 400m Medley

1	Rasmus Skyving	4:42.75	2019	1	Emma Karell	5:09.16	2010
2	Gustav Andersson	4:55.91	2019	2	Stina Gardell	5:14.39	2004
3	Jonas Eklund	5:01.34	2006	3	Lena Andersson	5:32.1	1982
4	Ulf Gustavsson	5:07.06	1995	4	Johanna Johansson	5:33.2	1995
5	Martin Magnusson	5:10.93	2013	5	Ulrika Jansson	5:33.4	1986
6	Tomas Einarsson	5:14.2	1985	6	Åsa Puolakainen	5:34.2	1984
7	Anders Törnqvist	5:15.0	1979	7	Susanne Ackum	5:35.4	1975
8	Rickard Djupman	5:17.5	1983	8	Moa Zetterström	5:37.39	2019
9	Jan Andersson	5:19.2	1981	9	Maria Nyberg	5:39.0	1981
10	Lars Kvarfordh	5:21.5	1972	10	Monica Alfredsson	5:40.08	2004
11	Oscar Elfving	5:27.08	2008	11	Johanna Zetterström	5:42.14	2015
12	Victor Karell	5:30.30	2019	12	Maria Tholen	5:43.9	1985