

## 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  | Noah Almén       | 0:25.76 | 2022 | 9  | Irené Ronneberg   | 0:28.75 | 2003 |
| 10 | Emil Blomberg    | 0:25.91 | 2022 | 10 | Monica Alfredsson | 0:28.76 | 2005 |
| 11 | Jonas Eklund     | 0:25.93 | 2014 | 11 | Rebecca Rüdén     | 0:28.83 | 2012 |
| 12 | Tobias Westholm  | 0:25.94 | 2013 | 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 | Tyra Hållinder    | 1:02.97 | 2022 |
| 11 | Rickard Djupman  | 0:57.2  | 1989 | 11 | Moa Zetterström   | 1:02.99 | 2020 |
| 12 | Tobias Westholm  | 0:57.22 | 2012 | 12 | Susanne Ackum     | 1:03.00 | 1976 |

## 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  | Tyra Hällinder      | 0:36.10 | 2023 |
| 6  | Rasmus Skyving   | 0:32.71 | 2019 | 6  | Emma Karell         | 0:36.65 | 2010 |
| 7  | Emil Blomberg    | 0:33.17 | 2023 | 7  | Alva Westling       | 0:37.03 | 2017 |
| 8  | Loke Beronius    | 0:33.37 | 2023 | 8  | Thindra Åkerblom    | 0:37.13 | 2019 |
| 9  | Kevin Fahlström  | 0:33.89 | 2015 | 9  | Katja Svarfvar      | 0:37.42 | 2016 |
| 10 | Hugo Hedqvist    | 0:34.54 | 2023 | 10 | Elin Isaksson       | 0:37.82 | 2006 |
| 11 | Tobias Westholm  | 0:34.64 | 2014 | 11 | Micaela Nygren-Ring | 0:38.07 | 2007 |
| 12 | Noah Almén       | 0:34.71 | 2022 | 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  | Tyra Hällinder    | 1:19:36 | 2023 |
| 7  | Jan Andersson        | 1:12.2         | 1982        | 7  | Willma Hällinder  | 1:19:64 | 2021 |
| 8  | Rasmus Skyving       | 1:12.71        | 2019        | 8  | Moa Zetterström   | 1:19.96 | 2020 |
| 9  | <b>Loke Beronius</b> | <b>1:12.84</b> | <b>2023</b> | 9  | Katja Svarfvar    | 1:20.25 | 2016 |
| 10 | Emil Blomberg        | 1:13.31        | 2023        | 10 | Thindra Åkerblom  | 1:21.18 | 2020 |
| 11 | Victor Karell        | 1:13.35        | 2020        | 11 | Maria Tholén      | 1:22.0  | 2019 |
| 12 | Ulf Gustavsson       | 1:14.1         | 1993        | 12 | Irené Ronnerberg  | 1:22.40 | 2003 |

## 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  | <b>Tyra Hällinder</b> | <b>2:58.29</b> | <b>2023</b> |
| 7  | Victor Karell      | 2:40.77 | 20   | 7  | Ulrika Jansson        | 2:59.7         | 1985        |
| 8  | Robin Edlund       | 2:42.0  | 1998 | 8  | Maria Tholen          | 2:59.9         | 1984        |
| 9  | Jan Andersson      | 2:44.4  | 1981 | 9  | Fanny Alstermark      | 3:00.26        | 2013        |
| 10 | Ulf Gustavsson     | 2:45.0  | 1995 | 10 | Li Waltersson         | 3:00.4         | 1985        |
| 11 | L-G Gellbäck       | 2:45.1  | 1969 | 11 | Monica Alfredsson     | 3:00.77        | 2004        |
| 12 | Fredrik Ronnerberg | 2:45.55 | 2004 | 12 | Elin Isaksson         | 3:01.25        | 2005        |

## 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  | Emil Blomberg    | 0:29.46 | 2023 | 3  | Emma Karell       | 0:32.36 | 2009 |
| 4  | Jonas Eklund     | 0:30.14 | 2008 | 4  | Linnea Sjöström   | 0:32.69 | 2022 |
| 5  | Elias Folkesson  | 0:30.23 | 2017 | 5  | Moa Zetterström   | 0:33.12 | 2019 |
| 6  | Tobias Westholm  | 0:30.34 | 2014 | 6  | Tina Lindberg     | 0:33.22 | 2006 |
| 7  | Robert Dolama    | 0:30.49 | 2015 | 7  | Alva Westling     | 0:33.62 | 2016 |
| 8  | Adam Alstermark  | 0:30.96 | 2013 | 8  | Lova Åhlén        | 0:33.92 | 2023 |
| 9  | Nicklas Granat   | 0:31.49 | 2004 | 9  | Monica Alfredsson | 0:33.96 | 2005 |
| 10 | Adam Karlsson    | 0:31.86 | 2017 | 10 | Viola Blomberg    | 0:34.77 | 2022 |
| 11 | Gustav Andersson | 0:32.15 | 2018 | 11 | Rebecca Rüdén     | 0:34.82 | 2012 |
| 12 | Elias Säfström   | 0:32.53 | 2017 | 12 | Tova Sjöberg      | 0:34.92 | 2017 |

## 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  | Emil Blomberg    | 1:05.60 | 2023 | 4  | Linnea Sjöström   | 1:09.63 | 2019 |
| 5  | Adam Alstermark  | 1:05.78 | 2013 | 5  | Monica Alfredsson | 1:10.91 | 2005 |
| 6  | Elias Folkesson  | 1:05.89 | 2017 | 6  | Åsa Poulakainen   | 1:11.3  | 1985 |
| 7  | Adam Karlsson    | 1:06.91 | 2017 | 7  | Tina Lindberg     | 1:11.78 | 2006 |
| 8  | Gustav Andersson | 1:07.44 | 2019 | 8  | Alva Westling     | 1:11.90 | 2017 |
| 9  | Hans Malmgren    | 1:08.2  | 1963 | 9  | Moa Zetterström   | 1:12.26 | 2020 |
| 12 | Tobias Westholm  | 1:08.5  | 2013 | 10 | Susanne Ackum     | 1:12.5  | 1975 |
| 12 | Ulf Gustavsson   | 1:08.5  | 1995 | 11 | Tove Magnusson    | 1:12.6  | 1986 |
| 12 | Mikael Dahlberg  | 1:08.5  | 1977 | 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  | Emil Blomberg    | 2:25.79 | 2023 | 4  | Emma Karell        | 2:29.57 | 2010 |
| 5  | Rickard Djupman  | 2:28.3  | 1983 | 5  | Susanne Ackum      | 2:33.1  | 1975 |
| 6  | Ulf Gustavsson   | 2:29.3  | 1995 | 6  | Tina Lindberg      | 2:35.37 | 2006 |
| 7  | Mikael Dahlberg  | 2:29.4  | 1978 | 7  | Monica Alfredsson  | 2:35.55 | 2005 |
| 8  | Patrik Ferngren  | 2:31.4  | 1996 | 8  | Åsa Puolakainen    | 2:37.3  | 1982 |
| 9  | Oscar Elfving    | 2:31.74 | 2008 | 9  | Gunilla Lundqvist  | 2:39.0  | 1964 |
| 10 | Elias Folkesson  | 2:31.93 | 2016 | 10 | Tove Magnusson     | 2:40.7  | 1986 |
| 11 | Mats Nilsson     | 2:32.3  | 1981 | 11 | Alva Westling      | 2:41.85 | 2015 |
| 12 | Hans Malmgren    | 2:32.6  | 1962 | 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  | Emil Blomberg    | 0:27.40 | 2023 | 4  | Emma Karell       | 0:30.39 | 2010 |
| 5  | Martin Magnusson | 0:27.42 | 2015 | 5  | Linnea Sjöström   | 0:31.23 | 2022 |
| 6  | Adam Alstermark  | 0:28.31 | 2015 | 6  | Stina Gardell     | 0:31.34 | 2004 |
| 7  | Noah Almén       | 0:28.52 | 2022 | 7  | Monica Alfredsson | 0:31.50 | 2006 |
| 8  | Rasmus Skyving   | 0:28.82 | 2020 | 8  | Fanny Reuterswärd | 0:32.11 | 2002 |
| 8  | Jonas Eklund     | 0:29.20 | 2008 | 9  | Tyra Hållinder    | 0:32.34 | 2023 |
| 10 | Elias Folkesson  | 0:29.57 | 2015 | 10 | Tova Sjöberg      | 0:32.35 | 2017 |
| 11 | Oscar Elfving    | 0:29.84 | 2009 | 11 | Alva Westling     | 0:32.43 | 2017 |
| 12 | Mattias Pers     | 0:29.87 | 2007 | 12 | Emma Persson      | 0:32.54 | 2011 |

## 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  | Emil Blomberg    | 1:03.12 | 2023 | 5  | Tove Magnusson    | 1:09.2  | 1985 |
| 6  | Jan Andersson    | 1:03.6  | 1982 | 6  | Johanna Johansson | 1:09.7  | 1996 |
| 7  | Rasmus Skyving   | 1:03.95 | 2019 | 7  | Malin Andersson   | 1:10.6  | 1996 |
| 8  | Jonas Eklund     | 1:05.05 | 2007 | 8  | Lena Andersson    | 1:11.0  | 1979 |
| 9  | Noah Almén       | 1:05.09 | 2022 | 9  | Kia Kilpinen      | 1:11.17 | 2010 |
| 10 | Tomas Einarsson  | 1:05.2  | 1987 | 10 | Ulrika Jansson    | 1:11.5  | 1986 |
| 11 | Adam Alstermark  | 1:06.18 | 2013 | 11 | Maria Tholen      | 1:11.6  | 1986 |
| 12 | Ulf Gustavsson   | 1:06.2  | 1989 | 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  | 2982 | 10 | Anette Olsson     | 2:42.7  | 1981 |
| 11 | Emil Blomberg    | 2:33.67 | 2023 | 11 | Maria Norberg     | 2:44.2  | 1986 |
| 12 | Gustav Andersson | 2:34.62 | 2017 | 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  | <b>Tyra Hållinder</b> | <b>1:12.04</b> | <b>2023</b> |
| 7  | Emil Blomberg    | 1:04.55 | 2023 | 7  | Monica Alfredsson     | 1:12.36        | 2005        |
| 8  | Tobias Westholm  | 1:05.19 | 2013 | 8  | Johanna Zetterström   | 1:13.78        | 2015        |
| 9  | Noah Almén       | 1:06.53 | 2023 | 9  | Linnea Sjöström       | 1:14.55        | 2022        |
| 10 | Victor Karell    | 1:06.93 | 2020 | 10 | Alva Westling         | 1:14.56        | 2017        |
| 11 | Elias Folkesson  | 1:08.16 | 2018 | 11 | Rebecca Rüdén         | 1:14.71        | 2012        |
| 12 | Oscar Elfving    | 1:10.69 | 2009 | 12 | Fanny Alstermark      | 1:14.74        | 2013        |

### 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 |