

## 50m Frisim

1	<b>Emil Blomberg</b>	<b>0:25.74</b>	<b>2024</b>	1	Stina Gardell	0:27.77	2004
2	Martin Magnusson	0:25.75	2015	2	Sofie Gardell	0:27.94	2004
3	Adam Karlsson	0:26.20	2017	3	Kia Kilpinen	0:28.08	2010
4	Tobias Westholm	0:26.60	2013	4	Emma Karell	0:28.74	2010
5	Gustav Andersson	0:26.63	2020	5	Rebecca Rüdén	0:28.83	2012
6	Adam Alstermark	0:26.84	2012	6	Tova Sjöberg	0:29.31	2017
7	Noah Almén	0:26.90	2024	7	Alva Westling	0:29.32	2017
8	Johan Levin	0:26.93	2006	8	Emelie Rudert	0:29.44	2017
9	Hugo Hedqvist	0:27.16	2024	9	Monica Alfredsson	0:29.67	2005
10	Jonas Eklund	0:27.17	2008	10	Moa Zetterström	0:29.93	2019
11	Rasmus Skyving	0:27.56	2019	11	Sara Rapp	0:29.97	2002
12	Elias Folkesson	0:27.92	2016	12	Fanny Alstermark	0:30.02	2013

## 100m Frisim

1	Martin Magnusson	0:55.73	2016	1	Stina Gardell	0:59.21	2004
2	Adam Karlsson	0:56.84	2017	2	Sofie Gardell	1:00.42	2005
3	Gustav Andersson	0:57.13	2020	3	Emma Karell	1:01.78	2010
4	Rasmus Skyving	0:57.95	2020	4	Monica Alfredsson	1:02.92	2005
4	<b>Emil Blomberg</b>	<b>0:57.95</b>	<b>2024</b>	5	Emelie Rudert	1:03.27	2017
6	Jonas Eklund	0:57.97	2008	6	Kia Kilpinen	1:03.45	2010
7	Tobias Westholm	0:59.05	2013	7	Moa Zetterström	1:04.44	2019
8	Adam Alstermark	0:59.34	2012	8	Johanna Zetterström	1:04.63	2004
9	Viktor Karell	0:59.78	2020	9	Alva Westling	1:05.02	2016
<b>10</b>	<b>Hugo Hedqvist</b>	<b>1:00.43</b>	<b>2024</b>	<b>10</b>	<b>Tyra Hållinder</b>	<b>1:05.37</b>	<b>2024</b>
11	Oscar Elfving	1:00.87	2010	11	Rebecca Rūden	1:05.40	2012
12	Johan Levin	1:00.92	2006	12	Fanny Alstermark	1:06.16	2013

## 200m Frisim

1	Martin Magnusson	2:03.70	2016	1	Stina Gardell	2:08.57	2004
2	Adam Karlsson	2:08.55	2017	2	Sofie Gardell	2:12.07	2005
3	Jonas Eklund	2:08.98	2007	3	Emma Karell	2:14.29	2009
4	Rasmus Skyving	2:09.64	2019	4	Emelie Rudert	2:17.54	2017
5	Tobias Westholm	2:17.65	2012	5	Monica Alfredsson	2:18.85	2005
6	Oscar Elfving	2:18.70	2008	6	Johanna Zetterström	2:20.74	2015
7	Victor Karell	2:19.18	2019	7	Moa Zetterström	2:21.25	2020
8	Hugo Hedqvist	2:20.93	2024	8	Alva Westling	2:22.63	2017
9	Mattias Pers	2:21.55	2006	9	Rebecca Rüdén	2:23.79	2012
10	Daniel Hallén	2:24.65	2006	10	Johanna Eklund	2:22.12	2001
11	Robert Linder	2:25.77	2002	11	Tyra Hållinder	2:24.36	2024
12	Oscar Broström	2:26.10	2018	12	Tina Lindberg	2:27.59	2007

## 400m Frisim

1	Rasmus Skyving	4:33.78	2018	1	Stina Gardell	4:33.37	2004
2	Martin Magnusson	4:37.62	2016	2	Emma Karell	4:43.10	2009
3	Jonas Eklund	4:38.14	2006	3	Sofie Gardell	4:47.77	2004
4	Adam Karlsson	4:42.33	2017	4	Monica Alfredsson	4:53.19	2005
5	Fredrik Ronnerberg	4:55.83	2004	5	Emelie Rudert	4:53.89	2017
6	Mattias Pers	5:01.36	2005	6	Johanna Zetterström	4:55.45	2016
7	Tobias Westholm	5:02.56	2012	7	Moa Zetterström	4:58.51	2020
8	Oscar Elfving	5:05.81	2008	8	Johanna Eklund	5:02.36	2002
9	Peter Ronquist	5:07.19	2004	9	Rebecca Rüdén	5:03.17	2012
10	Emil Johansson	5:11.47	2010	10	Alva Westling	5:04.77	2016
11	Daniel Hallén	5:13.14	2006	11	Tyra Hållinder	5:07.35	2024
12	Andreas Ericsson	5:14.91	2002	12	Tina Lindberg	5:12.58	2005

## 800m Frisim

1	Rasmus Skyving	09:19.86	2018	1	Stina Gardell	09:23.84	2004
2	Mattias Pers	10:36.51	2005	2	Emma Karell	09:48.54	2009
3	Peter Ronquist	10:39.52	2004	3	Emelie Rudert	10:16.75	2017
4	Jonas Lundgren	11:39.10	2006	4	Johanna Zetterström	10:19.16	2016
5	Loke Beronius	12:33.06	2022	5	Monica Alfredsson	10:23.57	2006
6				6	Johanna Eklund	10:30.71	2000
7				7	Moa Zetterström	10:30.75	2020
8				8	Rebecca Rüdén	10:44.12	2011
9				9	Ebba Eriksson	11:01.60	2024
10				10	Line Alfredsson	11:34.55	2010
11				11	Emma Persson	11:52.68	2010
12				12	Linnea Sjöström	11:58.58	2019

## 1500m Frisim

1	Rasmus Skyving	17:35.33	2020	1	Johanna Zetterström	19:37.36	2015
2	Jonas Eklund	18:46.53	2006	2	Johanna Johansson	19:43.12	2013
3	Mattias Pers	19:34.96	2005	3	Moa Zetterström	20:07.22	2020
4	Victor Karell	19:47.71	2020	4	Monica Alfredsson	20:33.69	2006
5	Peter Ronquist	20:07.10	2004	5	Jeanette Holmberg	20:39.97	2002
6	Jonas Lundgren	21:37.00	2006	6	Hanna Walukiewicz	20:50.27	2002
7	Adam Alstermark	22:27.77	2010	7	Malin Österman	22:32.77	2008
8				8	Linnea Sjöström	23:12.69	2019
9				9	Ebba Eriksson	23:23.51	2023
10				10	Isabella Johansson	25:02.51	2023
11				11			
12				12			

## 50m Bröstsöm

1	Adam Alstermark	0:31.98	2013	1	Fanny Reuterswärd	0:35.13	2005
2	Martin Magnusson	0:32.50	2016	2	Tyra Hällinder	0:36.65	2023
<b>3</b>	<b>Loke Beronius</b>	<b>0:32.92</b>	<b>2024</b>	3	Willma Hällinder	0:36.71	2021
4	Adam Karlsson	0:33.16	2017	4	Thindra Åkerblom	0:37.73	2019
5	Victor Karell	0:33.25	2020	5	Stina Gardell	0:37.78	2004
6	Gustav Andersson	0:34.26	2020	6	Alva Westling	0:37.98	2017
7	Hugo Hedqvist	0:34.80	2024	7	Elin Isaksson	0:38.93	2006
8	Tobias Westholm	0:35.04	2015	8	Sofie Gardell	0:39.02	2004
9	Noah Almén	0:35.64	2023	<b>9</b>	<b>Ebba Eriksson</b>	<b>0:39.08</b>	<b>2024</b>
10	Rasmus Skyving	0:35.78	2019	10	Jennifer Nygren-Ring	0:39.43	2008
11	Emil Blomberg	0:36.01	2023	11	Malin Österman	0:39.48	2012
12	Christian Hansson-Bergén	0:36.12	2004	12	Moa Zetterström	0:39.51	2019

## 100m Bröstsöm

1	Adam Alstermark	1:10.08	2013	1	Fanny Reuterswärd	1:18.30	2005
<b>2</b>	<b>Loke Beronius</b>	<b>1:12.78</b>	<b>2024</b>	2	Emma Karell	1:21.83	2010
3	Victor Karell	1:13.99	2020	3	Katja Svarfvar	1:22.30	2016
4	Fredrik Ronnerberg	1:14.87	2004	4	Tyra Hällinder	1:24.82	2024
5	Emil Blomberg	1:15.18	2024	5	Thindra Åkerblom	1:25.10	2019
6	Gustav Andersson	1:15.89	2020	6	Willma Hällinder	1:25.99	2020
7	Martin Magnusson	1:16.74	2016	7	Malin Österman	1:26.32	2011
8	Adam Karlsson	1:16.78	2017	8	Alva Westling	1:26.35	2017
9	Noah Almén	1:18.91	2023	9	Ebba Eriksson	1:26.64	2023
10	Christian Hansson-Bergén	1:19.12	2004	10	Elin Isaksson	1:26.94	2005
11	Hugo Hedqvist	1:20.09	2024	11	Gabriella Elvin	1:27.08	2008
12	Tobias Westholm	1:20.74	2016	12	Monica Alfredsson	1:27.26	2004

## 200m Bröstsöm

1	Victor Karell	2:43.94	2020	1	Emma Karell	2:52.68	2010
2	Fredrik Ronnerberg	2:48.34	2004	2	Fanny Reuterswärd	3:03.23	2004
3	Loke Beronius	2:49.29	2024	3	Tyra Hällinder	3:03.84	2024
4	Adam Alstermark	2:49.30	2013	4	Malin Österman	3:08.79	2011
5	Rasmus Skyving	2:51.11	2019	5	Jennifer Nygren-Ring	3:09.06	2008
6	Gustav Andersson	2:52.28	2018	6	Elin Isaksson	3:10.82	2005
7	Christian Hansson-Bergén	2:52.66	2004	7	Ebba Eriksson	3:11.04	2023
8	Martin Magnusson	2:56.46	2014	8	Micaela Nygren-Ring	3:14.51	2007
9	Hugo Hedqvist	3:03.23	2024	9	Bonnie Ingemarsson	3:18.10	2017
10	Noah Almén	3:11.77	2023	10	Emma Persson	3:19.22	2010
11	Erik Gröhn Singstedt	3:16.11	2023	11	Olivia Hahne	3:22.33	2007
12	Jonas Lundgren	3:19.64	2006	12	Vira Sarlin	3:23.10	2022

## 50m Ryggsim

1	Jonas Eklund	0:30.48	2008	1	Sofie Gardell	0:32.77	2004
2	Emil Blomberg	0:30.73	2023	2	Stina Gardell	0:33.08	2004
3	Elias Folkesson	0:31.11	2017	3	Emma Karell	0:33.63	2008
4	Rasmus Skyving	0:31.19	2020	4	Moa Zetterström	0:34.42	2019
5	Tobias Westholm	0:32.31	2015	5	Tina Lindberg	0:34.82	2006
6	Nicklas Granat	0:32.36	2005	6	Linnea Sjöström	0:35.01	2019
7	Martin Magnusson	0:32.54	2014	7	Lova Åhlén	0:35.12	2024
8	Hugo Hedqvist	0:34.00	2024	8	Monica Alfredsson	0:36.51	2005
9	Noah Almén	0:34.58	2022	9	Olivia Hahne	0:36.75	2007
10	Henrik Persson	0:34.73	2009	10	Viola Blomberg	0:36.98	2023
11	Andreas Ericsson	0:35.41	2002	11	Emelie Rudert	0:37.04	2014
12	Oscar Elfving	0:35.62	2008	12	Jennie Palmcrantz	0:37.20	2002

## 100m Ryggsim

1	Rasmus Skyving	1:04.21	2019	1	Sofie Gardell	1:09.95	2004
2	Jonas Eklund	1:06.00	2007	2	Emma Karell	1:11.67	2008
3	Emil Blomberg	1:06.32	2024	3	Stina Gardell	1:12.24	2004
4	Elias Folkesson	1:09.52	2016	4	Linnea Sjöström	1:13.77	2019
5	Martin Magnusson	1:10.18	2014	5	Tina Lindberg	1:15.67	2005
6	Tobias Westholm	1:11.02	2014	6	Lova Åhlén	1:16.35	2024
7	Adam Alstermark	1:13.26	2012	7	Monica Alfredsson	1:16.60	2005
8	Andreas Ericsson	1:13.41	2003	8	Alva Westling	1:17.43	2016
9	Nicklas Granat	1:13.51	2004	9	Olivia Hahne	1:17.72	2007
10	Oscar Elfving	1:13.87	2008	10	Emelie Rudert	1:17.79	2017
11	Noah Almén	1:16.14	2022	11	Edna Obradovac	1:18.84	2022
12	Hugo Hedqvist	1:16.81	2024	12	Moa Zetterström	1:19.22	2018

## 200m Ryggsim

1	Rasmus Skyving	2:14.63	2020	1	Sofie Gardell	2:28.57	2004
2	Jonas Eklund	2:20.95	2006	2	Emma Karell	2:35.34	2008
3	Elias Folkesson	2:33.02	2017	3	Linnea Sjöström	2:37.69	2022
4	Emil Blomberg	2:40.76	2022	4	Tina Lindberg	2:40.43	2007
5	Martin Magnusson	2:41.25	2013	5	Lova Åhlén	2:47.03	2023
6	Andreas Ericsson	2:46.53	2002	6	Alva Westling	2:51.39	2016
7	Adam Alstermark	3:00.83	2010	7	Edna Obradovac	2:55.31	2022
8	Stefan Alfredsson	3:21.06	2006	8	Katja Svarfvar	2:56.15	2010
9				9	Theresia Hansson-B	2:56.53	2006
10				10	Monica Alfredsson	2:57.11	2005
11				11	Miranda Jansson	2:58.96	2011
12				12	Rebecca Rüden	2:59.51	2010

## 50m Fjärilsim

1	Adam Karlsson	0:27.44	2017	1	Sofie Gardell	0:29.64	2005
1	Tobias Westholm	0:27.44	2017	2	Moa Zetterström	0:29.84	2019
3	Emil Blomberg	0:27.66	2024	3	Stina Gardell	0:30.74	2004
4	Gustav Andersson	0:27.89	2020	4	Kia Kilpinen	0:31.04	2010
<b>5</b>	<b>Noah Almén</b>	<b>0:29.18</b>	<b>2024</b>	5	Emma Karell	0:31.14	2010
6	Hugo Hedqvist	0:29.77	2024	6	Linnea Sjöström	0:31.81	2019
7	Mattias Pers	0:30.21	2007	7	Lova Åhlén	0:32.09	2024
8	Adam Alstermark	0:30.24	2012	8	Linnéa Gerdtmark	0:32.45	2024
9	Jonas Eklund	0:30.37	2007	9	Johanna Zetterström	0:32.61	2004
10	Elias Folkesson	0:30.38	2017	10	Fanny Reuterswärd	0:32.71	2003
11	Rasmus Skyving	0:30.68	2019	11	Monica Alfredsson	0:33.18	2004
12	Victor Karell	0:30.81	2018	12	Rebecca Rüdén	0:33.66	2012

## 100m Fjärilsim

1	Adam Karlsson	1:02.78	2017	1	Kia Kilpinen	1:06.40	1999
2	Gustav Andersson	1:03.21	2022	2	Sofie Gardell	1:06.85	2005
3	Tobias Westholm	1:03.93	2013	3	Emma Karell	1:07.21	2010
4	Rasmus Skyving	1:05.85	2020	4	Moa Zetterström	1:08.54	2020
5	Emil Blomberg	1:06.11	2023	5	Stina Gardell	1:09.24	2004
6	Noah Almén	1:08.86	2023	6	Johanna Zetterström	1:11.87	2004
7	Adam Alstermark	1:08.91	2012	7	Linnea Sjöström	1:14.70	2022
8	Victor Karell	1:10.47	2020	8	Monica Alfredsson	1:17.12	2005
9	Andreas Ericsson	1:13.72	2001	9	Johanna Eklund	1:17.77	2001
10	Martin Magnusson	1:14.42	2011	10	Fanny Reuterswärd	1:17.96	2002
11	Hugo Hedqvist	1:14.45	2024	11	Emma Persson	1:18.61	2010
12	Robert Linder	1:14.46	2002	12	Emelie Rudert	1:19.07	2013

## 200m Fjärilsim

1	Adam Karlsson	2:26.20	2017	1	Emma Karell	2:29.36	2010
2	Rasmus Skyving	2:27.62	2020	2	Moa Zetterström	2:37.98	2020
3	Jonas Eklund	2:34.48	2008	3	Johanna Eklund	2:52.81	2001
4	Tobias Westholm	2:37.21	2013	4	Johanna Zetterström	2:54.37	2004
5	Emil Blomberg	2:44.45	2023	5	Fanny Alstermark	3:05.33	2012
6	Martin Magnusson	2:48.95	2013	6	Saga Christiernin	3:14.68	2010
7				7	Emma Persson	3:19.61	2010
8				8	Isabella Johansson	3:34.48	2023
9				9			
10				10			
11				11			
12				12			

## 200m Medley

1	Rasmus Skyving	2:21.01	2020	1	Stina Gardell	2:24.12	2004
2	Martin Magnusson	2:21.85	2015	2	Emma Karell	2:30.45	2010
3	Jonas Eklund	2:24.25	2008	3	Sofie Gardell	2:33.38	2004
4	Adam Karlsson	2:24.33	2017	4	Moa Zetterström	2:43.48	2020
5	Adam Alstermark	2:27.82	2012	5	Linnea Sjöström	2:44.45	2022
6	Gustav Andersson	2:28.17	2019	6	Johanna Johansson	2:45.88	2013
7	Emil Blomberg	2:28.55	2024	7	Monica Alfredsson	2:46.37	2004
8	Victor Karell	2:32.22	2020	8	Tyra Hållinder	2:47.90	2023
9	Fredrik Ronnerberg	2:34.02	2004	9	Rebecca Rūden	2:50.25	2013
10	Oscar Elfving	2:37.86	2008	10	Tina Lindberg	2:51.90	2005
11	Noah Almén	2:37.89	2023	11	Fanny Alstermark	2:52.11	2012
12	Tobias Westholm	2:42.03	2011	12	Theresia Hansson-B	2:52.88	2005

## 400m Medley

1	Rasmus Skyving	5:02.86	2020	1	Stina Gardell	5:14.39	2004
2	Martin Magnusson	5:13.67	2016	2	Emma Karell	5:17.12	2009
3	Jonas Eklund	5:15.41	2006	3	Moa Zetterström	5:45.35	2020
4	Victor Karell	5:37.33	2020	4	Johanna Johansson	5:56.59	2004
5	Emil Blomberg	5:44.86	2022	5	Fanny Alstermark	6:06.10	2013
6	Tobias Westholm	6:04.35	2010	6	Ebba Eriksson	6:07.19	2024
7				7	Linnea Sjöström	6:07.77	2019
8				8	Jeanette Holmberg	6:14.67	2002
9				9	Emma Persson	6:24.02	2010
10				10	Linnéa Gerdtmark	6:39.82	2022
11				11	Isabella Johansson	6:59.32	2023
12				12			