

## 50m Frisim

1	Martin Magnusson	0:24.79	2015	1	Kia Kilpinen	0:27.41	2011
2	Adam Alstermark	0:24.99	2015	2	Emma Karell	0:27.73	2011
3	Adam Karlsson	0:25.24	2016	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	Rickard Djupman	0:25.8	1983	6	Cecilia Eriksson	0:28.5	1980
7	Jonas Eklund	0:25.93	2014	7	Alva Westling	0:28.52	2016
8	Tobias Westholm	0:25.94	2013	8	Sara Rapp	0:28.60	2003
9	Tomas Einarsson	0:26.1	1988	9	Irené Ronneberg	0:28.75	2003
10	Per Andersson	0:26.2	1981	10	Monica Alfredsson	0:28.76	2005
11	Ulf Gustavsson	0:26.3	1994	11	Rebecca Rüdén	0:28.83	2012
12	Johan Levin	0:26.39	2007	12	Stefanie Forslund	0:28.92	2001

## 100m Frisim

1	Martin Magnusson	0:55.15	2015	1	Stina Gardell	0:59.21	2004
2	Jan Andersson	0:55.7	1983	2	Emma Karell	0:59.22	2011
3	Adam Alstermark	0:55.90	2013	3	Sofie Gardell	0:59.51	2004
4	Lars Kvarfordh	0:56.0	1975	4	Tove Magnusson	1:00.0	1986
5	Adam Karlsson	0:56.65	2016	5	Monica Alfredsson	1:01.43	2005
6	Mats Nilsson	0:56.7	1981	6	Irené Ronneberg	1:02.02	2003
7	Tomas Einarsson	0:56.8	1987	7	Johanna Johansson	1:02.5	1996
8	Jonas Eklund	0:56.82	2007	8	Emelie Rudert	1:02.64	2013
9	Rickard Djupman	0:57.2	1989	9	Susanne Ackum	1:03.0	1975
10	Tobias Westholm	0:57.22	2012	10	Malin Andersson	1:03.4	1996
11	Per Andersson	0:57.3	1978	11	Kia Kilpinen	1:03.45	2010
12	Ulf Gustavsson	0:57.9	1994	12	Alva Westling	1:03.65	2016

## 200m Frisim

1	Martin Magnusson	1:59.13	2015	1	Emma Karell	2:07.11	2011
2	Jan Andersson	2:02.2	1982	2	Stina Gardell	2:08.57	2004
3	Jonas Eklund	2:04.78	2006	3	Monica Alfredsson	2:12.46	2005
4	Patrik Ferngren	2:04.8	1998	4	Sofie Gardell	2:12.66	2004
5	Mats Nilsson	2:05.1	1981	5	Tove Magnusson	2:12.9	1985
6	Henrik Forslund	2:06.3	2001	6	Emelie Rudert	2:16.37	2012
7	Adam Alstermark	2:06.42	2012	7	Ulrika Jansson	2:17.8	1986
8	Tomas Einarsson	2:06.5	1985	8	Maria Nordberg	2:18.2	1985
9	Henrik Forslund	2:07.3	1999	9	Maria Tholen	2:18.7	1985
10	Ulf Gustavsson	2:07.5	1987	10	Rebecca Rüdén	2:18.72	2011
11	Per Andersson	2:08.8	1978	11	Johanna Johansson	2:19.2	1995
12	Adam Karlsson	2:08.96	2016	12	Åsa Puolakainen	2:19.9	1983

## 400m Frisim

1	Jan Andersson	4:22.8	1981	1	Emma Karell	4:31.21	2010
2	Martin Magnusson	4:24.40	2014	2	Stina Gardell	4:33.37	2004
3	Tomas Einarsson	4:26.3	1986	3	Monica Alfredsson	4:39.79	2006
4	Patrik Ferngren	4:26.4	1998	4	Ulrika Jansson	4:44.4	1985
5	Jonas Eklund	4:27.32	2006	5	Tove Magnusson	4:46.6	1986
6	Ulf Gustavsson	4:30.4	1988	6	Sofie Gardell	4:47.77	2004
7	Henrik Forslund	4:33.9	2001	7	Johanna Zetterström	4:49.49	2015
8	Per Andersson	4:34.9	1979	8	Maria Nordberg	4:50.2	1985
9	Mats Nilsson	4:35.9	1980	9	Susanne Ackum	4:52.0	1975
10	Rickard Djupman	4:38.3	1983	10	Maria Zetterqvist	4:53.6	1980
11	Anders Törnqvist	4:39.3	1980	11	Emelie Rudert	4:54.64	2012
12	Oscar Elfving	4:43.54	2008	12	Lena Andersson	4:54.9	1981

## 800m Frisim

1	Tomas Einarsson	09:17.2	1985	1	Stina Gardell	09:23.84	2004
2	Jonas Eklund	09:18.32	2006	2	Susanne Ackum	09:40.8	1975
3	Ulf Gustavsson	09:27.3	1986	3	Ulrika Jansson	09:45.9	1985
4	Jan Andersson	09:34.9	1980	4	Emma Karell	09:46.38	2008
5	Per Andersson	09:43.2	1977	5	Johanna Zetterström	09:51.96	2015
6	Mats Nilsson	09:44.6	1980	6	Tove Magnusson	09:54.6	1985
7	Rickard Djupman	09:50.0	1983	7	Monica Alfredsson	09:56.35	2005
8	Anders Törnqvist	09:55.1	1978	8	Rebecca Rüdén	10:06.65	2011
9	Oscar Elfving	09:59.83	2009	9	Lena Andersson	10:07.4	1981
10	Peter Ronquist	10:09.64	2004	10	Maria Nordberg	10:14.4	1986
11	Mattias Pers	10:10.22	2006	11	Åsa Puolokainen	10:17.4	1982
12	Lars Kvarfordh	10:12.6	1972	11	Johanna Eklund	10:17.4	2001

## 1500m Frisim

1	Tomas Einarsson	17:36.2	1986	1	Emma Karell	18:06.28	2010
2	Henrik Forslund	17:59.9	1999	2	Sofie Gardell	18:48.26	2004
3	Ulf Gustavsson	18:00.7	1987	3	Ulrika Jansson	18:52.9	1985
4	Jan Andersson	18:08.9	1982	4	Lena Andersson	19:02.9	1981
5	Patrik Ferngren	18:09.4	1998	5	Monica Alfredsson	19:16.17	2004
6	Jonas Eklund	18:20.81	2007	6	Tove Magnusson	19:19.4	1985
7	Martin Magnusson	18:33.53	2013	7	Rebecca Rüdén	19:25.02	2012
8	Oscar Elfving	18:37.94	2008	8	Åsa Puolakainen	19:28.8	1982
9	Anders Törnqvist	18:39.4	1978	9	Maria Zetterqvist	19:29.7	1979
10	Mats Nilsson	18:44.6	1980	10	Anette Olsson	19:34.7	1981
11	Rickard Djupman	18:52.3	1983	11	Johanna Zetterström	19:37.36	2015
12	Per Andersson	18:53.1	1977	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	0:31.74	2016	3	Sofie Gardell	0:35.86	2004
4	Kevin Fahlström	0:33.89	2015	4	Emma Karell	0:36.65	2010
5	Tobias Westholm	0:34.64	2014	5	Katja Svarfvar	0:37.42	2016
6	Jonas Eklund	0:35.42	2004	6	Elin Isaksson	0:37.82	2006
7	Fredrik Ronnerberg	0:35.97	2004	7	Micaela Nygren-Ring	0:38.07	2007
8	Elias Folkesson	0:36.28	2016	8	Stina Gardell	0:38.18	2004
9	Christian Hansson-Bergén	0:36.71	2003	9	Alva Westling	0:38.59	2016
10	Johan Levin	0:36.72	2007	10	Malin Österman	0:38.66	2012
11	Robert Ahlbom	0:37.04	2010	11	Fanny Alstermark	0:38.70	2013
12	Christer Andersson	0:37.29	2011	12	Sara Rapp	0:39.18	2005

## 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	1:09.64	2015	3	Emma Karell	1:17.85	2010
4	Lars Kvarfordh	1:12.0	1976	4	Stina Gardell	1:17.96	2004
5	Jan Andersson	1:12.2	1982	5	Sofie Gardell	1:18.80	2004
6	Adam Karlsson	1:12.61	2016	6	Katja Svarfvar	1:20.25	2016
7	Ulf Gustavsson	1:14.1	1993	7	Maria Tholen	1:22.0	1984
8	Robin Edlund	1:14.6	1998	8	Irené Ronneberg	1:22.40	2003
9	Fredrik Ronnerberg	1:14.87	2004	9	Camilla Jansson	1:22.4	1984
10	L-G Gellbäck	1:15.0	1969	10	Fanny Alstermark	1:22.67	2013
11	Staffan Persson	1:16.1	1970	11	Li Waltersson	1:22.7	1985
12	Christian Hansson-Bergén	1:16.62	2004	12	Maria Nyberg	1:23.3	1981

## 200m Bröstsims

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	Martin Magnusson	2:39.00	2015	4	Camilla Jansson	2:57.1	1984
5	Robin Edlund	2:42.0	1998	5	Annica Eriksson	2:57.8	1963
6	Jan Andersson	2:44.4	1981	6	Ulrika Jansson	2:59.7	1985
7	Ulf Gustavsson	2:45.0	1995	7	Maria Tholen	2:59.9	1984
8	L-G Gellbäck	2:45.1	1969	8	Fanny Alstermark	3:00.26	2013
9	Fredrik Ronnerberg	2:45.55	2004	9	Li Waltersson	3:00.4	1985
10	Christian Hansson-Bergén	2:47.92	2004	10	Monica Alfredsson	3:00.77	2004
11	Rickard Djupman	2:48.9	1983	11	Elin Isaksson	3:01.25	2005
12	Jonas Eklund	2:48.92	2004	12	Emma Persson	3:01.53	2011

## 50m Ryggsims

1	Martin Magnusson	0:29.42	2014	1	Stina Gardell	0:31.61	2004
2	Jonas Eklund	0:30.14	2008	2	Sofie Gardell	0:31.93	2004
3	Tobias Westholm	0:30.34	2014	3	Emma Karell	0:32.36	2009
4	Robert Dolama	0:30.49	2015	4	Tina Lindberg	0:33.22	2006
5	Elias Folkesson	0:30.59	2016	5	Alva Westling	0:33.62	2016
6	Adam Alstermark	0:30.96	2013	6	Monica Alfredsson	0:33.96	2005
7	Nicklas Granat	0:31.49	2004	7	Rebecca Rüdén	0:34.82	2012
8	Adam Karlsson	0:31.93	2016	8	Katja Svarfvar	0:35.32	2012
9	Henrik Persson	0:33.00	2011	9	Fanny Alstermark	0:35.45	2012
10	Tim Johansson	0:33.07	2009	10	Amanda Malmsten	0:35.46	2016
11	Oscar Elfving	0:33.08	2009	11	Johanna Eklund	0:35.76	2001
12	Fredrik Ronnerberg	0:33.50	2004	12	Michelle Jacobi	0:35.93	2012

## 100m Ryggsims

1	Jonas Eklund	1:03.25	2007	1	Stina Gardell	1:07.28	2004
2	Adam Alstermark	1:05.78	2013	1	Sofie Gardell	1:07.28	2004
3	Elias Folkesson	1:06.33	2016	3	Emma Karell	1:08.63	2008
4	Martin Magnusson	1:07.81	2014	4	Monica Alfredsson	1:10.91	2005
5	Hans Malmgren	1:08.2	1963	5	Åsa Puolakainen	1:11.3	1985
5	Tobias Westholm	1:08.50	2013	6	Tina Lindberg	1:11.78	2006
5	Ulf Gustavsson	1:08.5	1995	7	Susanne Ackum	1:12.5	1975
8	Mikael Dahlberg	1:08.5	1977	8	Tove Magnusson	1:12.6	1986
9	Jan Andersson	1:08.8	1982	9	Gunilla Lundqvist	1:13.0	1963
10	Nils-Göran Een	1:08.9	1970	10	Rebecca Rüdén	1:14.29	2012
11	Mats Nilsson	1:09.4	1981	11	Alva Westling	1:14.75	2015
12	Patrik Ferngren	1:09.9	1996	12	Christina Dahlgren	1:14.9	1966

## 200m Ryggsims

1	Jonas Eklund	2:16.14	2007	1	Sofie Gardell	2:27.49	2004
2	Martin Magnusson	2:24.30	2014	2	Stina Gardell	2:28.76	2004
3	Rickard Djupman	2:28.3	1983	3	Emma Karell	2:29.57	2010
4	Ulf Gustavsson	2:29.3	1995	4	Susanne Ackum	2:33.1	1975
5	Mikael Dahlberg	2:29.4	1978	5	Tina Lindberg	2:35.37	2006
6	Patrik Ferngren	2:31.4	1996	6	Monica Alfredsson	2:35.55	2005
7	Oscar Elfving	2:31.74	2008	7	Åsa Puolakainen	2:37.3	1982
8	Elias Folkesson	2:31.93	2016	8	Gunilla Lundqvist	2:39.0	1964
9	Mats Nilsson	2:32.3	1981	9	Tove Magnusson	2:40.7	1986
10	Hans Malmgren	2:32.6	1962	10	Alva Westling	2:41.85	2015
11	Tomas Einarsson	2:33.0	1986	11	Christina Dahlgren	2:43.0	1966
12	Nils-Göran Een	2:33.7	1968	12	Rebecca Rüdén	2:43.20	2011

## 50m Fjärilsim

1	Tobias Westholm	0:26.94	2016	1	Sofie Gardell	0:29.59	2004
2	Adam Karlsson	0:27.35	2016	2	Kia Kilpinen	0:29.61	2011
3	Martin Magnusson	0:27.42	2015	3	Emma Karell	0:30.39	2010
4	Adam Alstermark	0:28.31	2015	4	Stina Gardell	0:31.34	2004
5	Jonas Eklund	0:29.20	2008	5	Monica Alfredsson	0:31.50	2006
6	Elias Folkesson	0:29.57	2015	6	Fanny Reuterswärd	0:32.11	2002
7	Oscar Elfving	0:29.84	2009	7	Emma Persson	0:32.54	2011
8	Mattias Pers	0:29.87	2007	8	Alva Westling	0:32.92	2016
9	Mattias Toivonen	0:30.12	2000	9	Rebecca Rüdén	0:32.94	2012
10	Nicklas Granat	0:30.51	2006	10	Sara Rapp	0:33.10	2005
11	Robert Ahlbom	0:30.92	2010	11	Fanny Alstermark	0:33.23	2013
12	Johan Levin	0:31.28	2006	12	Tina Lindberg	0:33.47	2007

## 100m Fjärilsim

1	Martin Magnusson	1:01.38	2015	1	Emma Karell	1:05.33	2010
2	Tobias Westholm	1:02.32	2013	2	Sofie Gardell	1:06.25	2004
3	Adam Karlsson	1:03.27	2016	3	Stina Gardell	1:08.14	2004
4	Jan Andersson	1:03.6	1982	4	Tove Magnusson	1:09.2	1985
5	Jonas Eklund	1:05.05	2007	5	Johanna Johansson	1:09.7	1996
6	Tomas Einarsson	1:05.2	1987	6	Malin Andersson	1:10.6	1996
7	Adam Alstermark	1:06.18	2013	7	Lena Andersson	1:11.0	1979
8	Ulf Gustavsson	1:06.2	1989	8	Kia Kilpinen	1:11.17	2010
9	Mikael Dahlberg	1:06.5	1977	9	Ulrika Jansson	1:11.5	1986
10	Lars Kvarfordh	1:06.8	1972	10	Maria Tholen	1:11.6	1986
10	Rickard Djupman	1:06.8	1983	11	Anette Olsson	1:11.9	1981
12	Mattias Toivonen	1:06.86	2000	12	Åsa Puolakainen	1:12.0	1984

## 200m Fjärilsim

1	Henrik Forslund	2:23.5	1999	1	Emma Karell	2:23.61	2011
2	Tomas Einarsson	2:24.0	1987	2	Lena Andersson	2:31.2	1981
3	Jonas Eklund	2:25.38	2007	3	Sofie Gardell	2:31.74	2004
4	Martin Magnusson	2:29.05	2013	4	Johanna Johansson	2:37.3	1995
5	Ulf Gustavsson	2:29.4	1994	5	Tove Magnusson	2:37.9	1985
6	Lars Kvarfordh	2:30.7	1972	6	Ulrika Jansson	2:38.7	1986
7	Tobias Westholm	2:31.97	2012	7	Åsa Puolakainen	2:41.2	1984
8	Jan Andersson	2:32.3	1982	8	Monica Alfredsson	2:41.26	2004
9	Anders Törnqvist	2:38.4	1980	9	Anette Olsson	2:42.7	1981
10	Torbjörn Nyberg	2:44.1	1987	10	Maria Norberg	2:44.2	1986
11	Oscar Elfving	2:44.58	2009	11	Maria Nyberg	2:44.7	1981
12	Mikael Dahlberg	2:45.5	1977	12	Johanna Eklund	2:45.59	2000

## 100m Medley

1	Martin Magnusson	1:01.64	2016	1	Sofie Gardell	1:07.20	2004
2	Adam Alstermark	1:02.75	2014	2	Emma Karell	1:08.69	2008
3	Adam Karlsson	1:04.25	2016	3	Kia Kilpinen	1:09.59	2011
4	Jonas Eklund	1:04.52	2007	4	Stina Gardell	1:11.71	2004
5	Tobias Westholm	1:05.19	2013	5	Monica Alfredsson	1:12.36	2005
6	Elias Folkesson	1:09.09	2016	6	Johanna Zetterström	1:13.78	2015
7	Oscar Elfving	1:10.69	2009	7	Rebecca Rüdén	1:14.71	2012
8	Nicklas Granat	1:10.74	2005	8	Fanny Alstermark	1:14.74	2013
9	Mattias Toivonen	1:11.12	2000	9	Fanny Reuterswärd	1:14.75	2004
10	Gustav Andersson	1:11.22	2016	10	Tina Lindberg	1:15.28	2006
11	Johan Levin	1:11.73	2006	11	Amanda Malmsten	1:15.88	2016
12	Mattias Pers	1:12.16	2007	12	Emma Persson	1:16.87	2011

## 200m Medley

1	Martin Magnusson	2:14.84	2015	1	Emma Karell	2:23.86	2010
2	Jonas Eklund	2:19.74	2008	2	Stina Gardell	2:24.12	2004
3	Adam Alstermark	2:20.94	2013	3	Sofie Gardell	2:33.30	2003
4	Jan Andersson	2:21.0	1982	4	Tove Magnusson	2:34.3	1985
5	Lars Kvarfordh	2:22.6	1972	5	Monica Alfredsson	2:35.03	2006
6	Ulf Gustavsson	2:23.0	1997	6	Maria Tholen	2:35.1	1985
7	Adam Karlsson	2:24.69	2016	7	Ulrika Jansson	2:36.7	1985
8	Tomas Einarsson	2:26.3	1986	8	Johanna Johansson	2:37.2	1996
9	Mats Nilsson	2:27.4	1980	9	Malin Andersson	2:37.5	1996
10	Rickard Djupman	2:28.0	1983	10	Susanne Ackum	2:38.7	1975
11	Tobias Westholm	2:28.37	2012	11	Fanny Reuterswärd	2:40.39	2003
12	Per Andersson	2:28.4	1979	12	Lena Andersson	2:40.4	1981

## 400m Medley

1	Jonas Eklund	5:01.34	2006	1	Emma Karell	5:09.16	2010
2	Ulf Gustavsson	5:07.6	1995	2	Stina Gardell	5:14.39	2004
3	Martin Magnusson	5:10.93	2013	3	Lena Andersson	5:32.1	1982
4	Tomas Einarsson	5:14.2	1985	4	Johanna Johansson	5:33.2	1995
5	Anders Törnqvist	5:15.0	1979	5	Ulrika Jansson	5:33.4	1986
6	Rickard Djupman	5:17.5	1983	6	Åsa Puolakainen	5:34.2	1984
7	Jan Andersson	5:19.2	1981	7	Susanne Ackum	5:35.4	1975
8	Lars Kvarfordh	5:21.5	1972	8	Maria Nyberg	5:39.0	1981
9	Gustav Andersson	5:21.81	2016	9	Monica Alfredsson	5:40.08	2004
10	Oscar Elfving	5:27.08	2008	10	Johanna Zetterström	5:42.14	2015
11	Mats Nilsson	5:32.2	1979	11	Maria Tholen	5:43.9	1985
12	Per Andersson	5:36.2	1979	12	Fanny Alstermark	5:47.29	2012