

## 50m Frisim

1	Martin Magnusson	0:25.75	2015	1	Stina Gardell	0:27.77	2004
2	Adam Karlsson	0:26.20	2017	2	Sofie Gardell	0:27.94	2004
3	Tobias Westholm	0:26.60	2013	3	Kia Kilpinen	0:28.08	2010
4	Gustav Andersson	0:26.63	2020	4	Emma Karell	0:28.74	2010
5	Adam Alstermark	0:26.84	2012	5	Rebecca Rüdén	0:28.83	2012
6	Johan Levin	0:26.93	2006	6	Tova Sjöberg	0:29.31	2017
7	Jonas Eklund	0:27.17	2008	7	Alva Westling	0:29.32	2017
8	Rasmus Skyving	0:27.56	2019	8	Emelie Rudert	0:29.44	2017
9	Elias Folkesson	0:27.92	2016	9	Monica Alfredsson	0:29.67	2005
10	Nicklas Granat	0:28.24	2005	10	Moa Zetterström	0:29.93	2019
11	Oscar Elfving	0:28.46	2008	11	Sara Rapp	0:29.97	2002
12	Victor Karell	0:28.79	2017	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
5	Jonas Eklund	0:57.97	2008	5	Emelie Rudert	1:03.27	2017
6	Tobias Westholm	0:59.05	2013	6	Kia Kilpinen	1:03.45	2010
7	Adam Alstermark	0:59.34	2012	7	Moa Zetterström	1:04.44	2019
8	Victor Karell	1:00.51	2020	8	Johanna Zetterström	1:04.63	2004
9	Oscar Elfving	1:00.87	2010	9	Alva Westling	1:05.02	2016
10	Johan Levin	1:00.92	2006	10	Rebecca Rüden	1:05.40	2012
11	Elias Folkesson	1:01.76	2016	11	Fanny Alstermark	1:06.16	2013
12	Nicklas Granat	1:02.70	2005	12	Tina Lindberg	1:06.61	2005

## 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	Mattias Pers	2:21.55	2006	8	Alva Westling	2:22.63	2017
9	Daniel Hallén	2:24.65	2006	9	Rebecca Rüdén	2:23.79	2012
10	Robert Linder	2:25.77	2002	10	Johanna Eklund	2:22.12	2001
11	Oscar Broström	2:26.10	2018	11	Tina Lindberg	2:27.59	2007
12	Emil Johansson	2:26.18	2010	12	Malin Österman	2:30.57	2011

## 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	Tina Lindberg	5:12.58	2005
12	Andreas Ericsson	5:14.91	2002	12	Jeanette Holmberg	5:15.86	2002

## 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				5	Monica Alfredsson	10:23.57	2006
6				6	Johanna Eklund	10:30.71	2000
7				7	Rebecca Rüdén	10:44.12	2011
8				8	Moa Zetterström	11:13.65	2019
9				9	Line Alfredsson	11:34.55	2010
10				10	Emma Persson	11:52.68	2010
11				11	Linnea Sjöström	11:58.58	2019
12				12			

## 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	Peter Ronquist	20:07.10	2004	4	Monica Alfredsson	20:33.69	2006
5	Jonas Lundgren	21:37.00	2006	5	Jeanette Holmberg	20:39.97	2002
6	Adam Alstermark	22:27.77	2010	6	Hanna Walukiewicz	20:50.27	2002
7				7	Malin Österman	22:32.77	2008
8				8	Linnea Sjöström	23:12.69	2019
9				9			
10				10			
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	Thindra Åkerblom	0:37.73	2019
3	Adam Karlsson	0:33.16	2017	3	Stina Gardell	0:37.78	2004
4	Victor Karell	0:34.26	2019	4	Alva Westling	0:37.98	2017
4	Gustav Andersson	0:34.26	2020	5	Willma Hållinder	0:38.36	2020
6	Tobias Westholm	0:35.04	2015	6	Elin Isaksson	0:38.93	2006
7	Rasmus Skyving	0:35.78	2019	7	Sofie Gardell	0:39.02	2004
8	Christian Hansson-Bergén	0:36.12	2004	8	Jennifer Nygren-Ring	0:39.43	2008
9	Elias Folkesson	0:36.55	2017	9	Malin Österman	0:39.48	2012
10	Fredrik Ronnerberg	0:36.97	2004	10	Moa Zetterström	0:39.51	2019
11	Jonas Eklund	0:37.29	2004	11	Fanny Alstermark	0:39.78	2012
12	Christer Andersson	0:37.84	2005	12	Lina Albertsen	0:40.31	2019

## 100m Bröstsöm

1	Adam Alstermark	1:10.08	2013	1	Fanny Reuterswärd	1:18.30	2005
2	Fredrik Ronnerberg	1:14.87	2004	2	Emma Karell	1:21.83	2010
3	Victor Karell	1:15.89	2020	3	Katja Svarfvar	1:22.30	2016
3	Gustav Andersson	1:15.89	2020	4	Thindra Åkerblom	1:25.10	2019
5	Martin Magnusson	1:16.74	2016	5	Willma Hållinder	1:25.99	2020
6	Adam Karlsson	1:16.78	2017	6	Malin Österman	1:26.32	2011
7	Christian Hansson-Bergén	1:19.12	2004	7	Alva Westling	1:26.35	2017
8	Tobias Westholm	1:20.74	2016	8	Elin Isaksson	1:26.94	2005
9	Jonas Eklund	1:21.16	2004	9	Gabriella Elvin	1:27.08	2008
10	Elias Folkesson	1:22.60	2017	10	Monica Alfredsson	1:27.26	2004
11	Christer Andersson	1:25.37	2005	11	Micaela Nygren-Ring	1:27.98	2008
12	Henrik Persson	1:27.42	2010	12	Jennifer Nygren-Ring	1:28.02	2008

## 200m Bröstsöm

1	Victor Karell	2:47.87	2020	1	Emma Karell	2:52.68	2010
2	Fredrik Ronnerberg	2:48.34	2004	2	Fanny Reuterswärd	3:03.23	2004
3	Adam Alstermark	2:49.30	2013	3	Malin Österman	3:08.79	2011
4	Rasmus Skyving	2:51.11	2019	4	Jennifer Nygren-Ring	3:09.06	2008
5	Christian Hansson-Bergén	2:52.66	2004	5	Elin Isaksson	3:10.82	2005
6	Martin Magnusson	2:56.46	2014	6	Micaela Nygren-Ring	3:14.51	2007
7	Gustav Andersson	2:52.28	2018	7	Bonnie Ingemarsson	3:18.10	2017
8	Jonas Lundgren	3:19.64	2006	8	Emma Persson	3:19.22	2010
9	Rasmus Holmsten	3:35.53	2010	9	Olivia Hahne	3:22.33	2007
10	Andreas Schedin	3:35.70	2012	10	Line Alfredsson	3:24.09	2011
11	Kevin Fahlström	3:45.96	2012	11	Theresia Hansson-B	3:25.27	2004
				12	Fanny Alstermark	3:25.59	2010

## 50m Ryggsim

1	Jonas Eklund	0:30.48	2008	1	Sofie Gardell	0:32.77	2004
2	Elias Folkesson	0:31.11	2017	2	Stina Gardell	0:33.08	2004
3	Rasmus Skyving	0:31.19	2020	3	Emma Karell	0:33.63	2008
4	Tobias Westholm	0:32.31	2015	4	Moa Zetterström	0:34.42	2019
5	Nicklas Granat	0:32.36	2005	5	Tina Lindberg	0:34.82	2006
6	Martin Magnusson	0:32.54	2014	6	Linnea Sjöström	0:35.01	2019
7	Henrik Persson	0:34.73	2009	7	Monica Alfredsson	0:36.51	2005
8	Andreas Ericsson	0:35.41	2002	8	Olivia Hahne	0:36.75	2007
9	Oscar Elfving	0:35.62	2008	9	Emelie Rudert	0:37.04	2014
10	Mattias Pers	0:35.82	2006	10	Jennie Palmcrantz	0:37.20	2002
11	Fredrik Ronnerberg	0:36.40	2004	11	Johanna Eklund	0:37.65	2002
12	Robert Linder	0:36.43	2002	12	Theresia Hansson-B	0:37.69	2005

## 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	Elias Folkesson	1:09.52	2016	3	Stina Gardell	1:12.24	2004
4	Martin Magnusson	1:10.18	2014	4	Linnea Sjöström	1:13.77	2019
5	Tobias Westholm	1:11.02	2014	5	Tina Lindberg	1:15.67	2005
6	Adam Alstermark	1:13.26	2012	6	Monica Alfredsson	1:16.60	2005
7	Andreas Ericsson	1:13.41	2003	7	Alva Westling	1:17.43	2016
8	Nicklas Granat	1:13.51	2004	8	Olivia Hahne	1:17.72	2007
9	Oscar Elfving	1:13.87	2008	9	Emelie Rudert	1:17.79	2017
10	Henrik Persson	1:17.89	2009	10	Moa Zetterström	1:19.22	2018
8	Johan Levin	1:19.53	2005	11	Theresia Hansson-B	1:19.54	2005
12	Viktor Karell	1:20.82	2017	12	Katja Svarfvar	1:19.94	2010

## 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	2:39.54	2019
4	Martin Magnusson	2:41.25	2013	4	Tina Lindberg	2:40.43	2007
5	Andreas Ericsson	2:46.53	2002	5	Alva Westling	2:51.39	2016
6	Adam Alstermark	3:00.83	2010	6	Katja Svarfvar	2:56.15	2010
7	Stefan Alfredsson	3:21.06	2006	7	Theresia Hansson-B	2:56.53	2006
8				8	Monica Alfredsson	2:57.11	2005
9				9	Miranda Jansson	2:58.96	2011
10				10	Rebecca Rügen	2:59.51	2010
11				11	Leah Schöneberg	3:04.36	2017
12				12	Line Alfredsson	3:04.62	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	Gustav Andersson	0:27.89	2020	3	Stina Gardell	0:30.74	2004
4	Mattias Pers	0:30.21	2007	4	Kia Kilpinen	0:31.04	2010
5	Adam Alstermark	0:30.24	2012	5	Emma Karell	0:31.14	2010
6	Jonas Eklund	0:30.37	2007	6	Linnea Sjöström	0:31.81	2019
7	Elias Folkesson	0:30.38	2017	7	Johanna Zetterström	0:32.61	2004
8	Rasmus Skyving	0:30.68	2019	8	Fanny Reuterswärd	0:32.71	2003
9	Victor Karell	0:30.81	2018	9	Monica Alfredsson	0:33.18	2004
10	Nicklas Granat	0:30.86	2005	10	Rebecca Rüdén	0:33.66	2012
11	Johan Levin	0:31.64	2006	11	Johanna Eklund	0:33.88	2001
12	Robert Linder	0:31.66	2002	12	Gabriella Elvin	0:33.92	2008

## 100m Fjärilsim

1	Adam Karlsson	1:02.78	2017	1	Kia Kilpinen	1:06.40	1999
2	Tobias Westholm	1:03.93	2013	2	Sofie Gardell	1:06.85	2005
3	Rasmus Skyving	1:05.85	2020	3	Emma Karell	1:07.21	2010
4	Gustav Andersson	1:06.55	2019	4	Stina Gardell	1:09.24	2004
5	Adam Alstermark	1:08.91	2012	5	Moa Zetterström	1:09.36	2019
6	Victor Karell	1:10.47	2020	6	Johanna Zetterström	1:11.87	2004
7	Andreas Ericsson	1:13.72	2001	7	Linnea Sjöström	1:14.89	2019
8	Martin Magnusson	1:14.42	2011	8	Monica Alfredsson	1:17.12	2005
9	Robert Linder	1:14.46	2002	9	Johanna Eklund	1:17.77	2001
10	Oscar Broström	1:20.22	2018	10	Fanny Reuterswärd	1:17.96	2002
10	Nicklas Granat	1:20.78	2005	11	Emma Persson	1:18.61	2010
12	Fredrik Ronnerberg	1:21.93	2004	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	2:42.74	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	Martin Magnusson	2:48.95	2013	5	Fanny Alstermark	3:05.33	2012
6				6	Saga Christiernin	3:14.68	2010
7				7	Emma Persson	3:19.61	2010
8				8			
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	Johanna Johansson	2:45.88	2013
5	Adam Alstermark	2:27.82	2012	5	Monica Alfredsson	2:46.37	2004
6	Gustav Andersson	2:28.17	2019	6	Linnea Sjöström	2:47.98	2019
7	Victor Karell	2:32.26	2019	7	Moa Zetterström	2:49.19	2019
8	Fredrik Ronnerberg	2:34.02	2004	8	Rebecca Rüden	2:50.25	2013
9	Oscar Elfving	2:37.86	2008	9	Tina Lindberg	2:51.90	2005
10	Tobias Westholm	2:42.03	2011	10	Fanny Alstermark	2:52.11	2012
11	Andreas Ericsson	2:42.94	2002	11	Theresia Hansson-B	2:52.88	2005
12	Robert Linder	2:47.53	2002	12	Olivia Hahne	2:53.81	2007

### 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	5:46.66	2020
4	Victor Karell	5:52.76	2018	4	Johanna Johansson	5:56.59	2004
5	Tobias Westholm	6:04.35	2010	5	Fanny Alstermark	6:06.10	2013
6				6	Linnea Sjöström	6:07.77	2019
7				7	Jeanette Holmberg	6:14.67	2002
8				8	Emma Persson	6:24.02	2010
9				9			
10				10			
11				11			
12				12			