

Øvelse 1 25 FRI KVINNER

1995						
	1	p	Aulona Bytyqi	LIL	00:18.30	-1
1996						
	1	p	Tina Lægraid	Varodd	00:17.34	-1
	2	p	Ragnfrid Lieng	Mandal	00:18.21	-1
	3	p	Madeleine Eie Illebæk	Flekkefjord	00:19.33	-1
	4		Ine Jensen	LIL	00:19.37	-1
	4		Anne Helene Krohn	Flekkefjord	00:19.37	-1
	6		Charlotte Sigbjørnsen Sigbjørnse	Flekkefjord	00:20.00	-1
	7		Else Marie Fidjeland	Varodd	00:22.00	-1
	8		Hilde Falkenhaus	LIL	00:22.20	-1
1997						
	1	p	Thea Naustad	Risørvarde	00:16.50	-1
	2	p	Ane Fone	Risørvarde	00:18.35	-1
	3	p	Inger Marie Tellefsen	GSK	00:19.13	-1
	4		Line Fone	Risørvarde	00:19.15	-1
	5		Vår Amalie Mål	Flekkefjord	00:22.21	-1
	6		Angelica Thunem	Flekkefjord	00:23.28	-1
	7		Erika Adriansen Cummings	LIL	00:37.13	-1
	8		Emily Fossheim	LIL		-1
1998						
			Frida Bentsen Berge	Mandal	00:27.15	
			Emma Ceesay	Risørvarde	00:19.37	
			Sabina Fagertveit	Vennesla		
			Andrea Heimdal	LIL	00:29.28	
			Mia Celina Holland	Vågsbygd	00:31.31	
			Serine Illebæl	Flekkefjord	00:24.21	
			Tina Kleven	Flekkefjord	00:21.25	
			Solveig Langås	Farsund	00:27.03	
			Lena Log	Flekkefjord	00:24.19	
			Emily Mørk Holte	Mandal	00:34.13	
			Sandra Mørk Holte	Mandal	00:35.31	
			Emma Reian	GSK	00:26.50	
			Live Rørvik	Mandal	00:18.00	
			Gina Lise Truchs Erga	GSK	00:31.38	
			Synne Tveide Johnsen	LIL	00:34.08	
			Sara Watne	LIL	00:27.19	
			Linn Therese Østhassel	Farsund	00:52.18	
1999						
			Julie Abrahamsen	Vennesla	00:45.12	
			Hanne Andreassen	Farsund		
			Tina Aukland	Mandal	00:25.28	
			Mathilde Axelsen	Varodd	00:28.59	
			Oda Sumstad Berdal	GSK	00:40.31	

Øvelse 1 25 FRI KVINNER

1999

Vilde Berg Bjørgum	GSK	00:25.06
Sara Helene Eikaas Soteland	Mandal	00:21.22
Victoria Iselin Eldorsen	Farsund	00:42.31
Kesia Fodnestøl	Flekkefjord	00:30.03
Amanda Friestad	Farsund	00:32.55
Siri Hagen	Vennesla	00:39.59
Ingrid Iversen	Flekkefjord	00:31.05
Silje Johannessen	Farsund	00:23.37
Ida Helsø Johansen	GSK	00:27.06
Hedda Kalsnes Hagen	Vennesla	00:33.34
Ane Kongevold Hornes	Vågsbygd	00:36.31
Sandra Lie	Mandal	00:27.47
Andrea Mykland	Vennesla	00:36.25
Victoria Nielsen	Varodd	00:27.28
Ann-Chelita Olsen	Farsund	00:44.00
Ane Reiten	LIL	00:27.16
Emma Ringøen	Varodd	00:20.18
Malene Sagedal	GSK	00:23.05
Cesine Skeie	Mandal	00:25.59
Anne Kristine Storvold	Varodd	00:22.12
Mathilde Søberg	Vågsbygd	00:24.22
Andrine Thunem	Flekkefjord	00:27.44
Siri Witzøe	Flekkefjord	00:25.50

2000

Kristine Amundsen	Varodd	00:30.09
Sofie Belbo	Varodd	00:34.00
Steffani Bjønnum	Vennesla	
Thea Bjørnestad	Farsund	00:27.10
Vilde Busterud	Varodd	00:42.18
Leah Bye Pachero	Varodd	00:38.18
Thea Rebekka Børresen Lauvrak	LIL	00:32.18
Helle Emanuelsen	Varodd	
Victoria Erichsen	GSK	00:38.31
Siv Helene Johansen Moe	Vennesla	00:46.12
Ingrid Johnsen	GSK	00:41.15
Elisabeth Kroglien	GSK	00:37.31
Ådne Langås	Farsund	
Ida Magnussen	Vågsbygd	00:38.21
Emma Midtbø	Vågsbygd	00:32.41
Magrethe Nordfonn	Farsund	00:33.31
Ann-Marie Rystad Olsen	GSK	00:47.18
Anniken Pedersen	Varodd	00:37.56
Rakel Pettersen	Vågsbygd	00:35.38
Mathilde Ruud	Mandal	00:30.38

Øvelse 1 25 FRI KVINNER

2000

Ane Rørvik	Mandal	00:24.38
Ingvild Strand	Varodd	00:35.57
Dina Svege	Flekkefjord	00:28.28
Helene Thorbjørnsen	Varodd	00:38.37
Martine Torstrup	Mandal	00:28.47
Henriette Tønnesen	Farsund	00:46.28
Vilde Valen Lindtveit	Varodd	00:47.00
Ingrid Vatne Norheim	Vågsbygd	00:25.47
Synne Vehus	GSK	00:42.43
Kimberly Zimmermann	Mandal	00:30.13

Øvelse 2 25 FRI MENN

1993

1	p	Torfinn Truchs Erga	GSK	00:14.35	-1
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1995

1	p	Lars Brody Foss	GSK	00:16.16	-1
2	p	Kevin Adriansen	Mandal	00:17.03	-1
3		Tor Witzøe	Flekkefjord	00:17.38	-1
4		Leon Lee	Flekkefjord	00:22.25	-1

1996

1	p	Morten Lindeland	Flekkefjord	00:19.11	-1
2		Jan Torkel Aagre	GSK	00:25.19	-1

1997

1	p	Ove André Nilsen	Flekkefjord	00:17.13	-1
2	p	Ole Magnus Svendsen	Farsund	00:22.34	-1
3	p	Vegard Lindtveit	Varodd	00:25.19	-1
4		Olav Lucas Torstrup	Mandal	00:26.18	-1
5		Lars Andreas Lund	LIL	00:27.27	-1
6		Kevin Fossnes	GSK		-1
6		Tore Thorbjørnsen	Flekkefjord		-1

1998

Joakim Bjørndal	Risørvarde	00:17.03
Kristian Fardal	Flekkefjord	00:21.40
Axel Gaustad	LIL	00:24.35
Eirik Helle	Varodd	00:24.03
Willhem Hooel	Risørvarde	00:24.17
William Scott Olsen	Mandal	00:37.00
Mathias Saga Mosby	Varodd	00:20.37
Johan Slagsvold	Risørvarde	00:21.03
Espen Svendsen	Mandal	00:25.00
Kristoffer Sørda	Mandal	00:27.15

Øvelse 2 25 FRI MENN

1998

Herman Vasland Flåt	Varodd	00:23.41
Even Vehus	GSK	00:34.31
Erik Ø. Kristiansen	LIL	00:25.35

1999

Stian Amundsen	Vennesla	00:31.44
Markus Andås	Varodd	00:26.18
Carl Joseph Egeland	Farsund	00:27.18
Bjørnar Eikevik	GSK	00:38.12
Adrian Elverum Holseter	Varodd	00:37.06
Torbjørn Fone	Risørvarde	00:24.25
Even Fossum	GSK	00:30.41
Eirik Gustafson Jerdal	Vennesla	00:27.03
Anton Kjørrefjord	Farsund	00:35.31
Jonas Lunden	Farsund	00:33.10
David Peters	Varodd	00:42.50
Haakon S. Jørgensen	Varodd	00:28.58
Julian Sebastian S. Klok	Vågsbygd	00:31.53
Milian Martin Scanke	Mandal	00:37.30
Daniel Schøtt	Vågsbygd	00:40.50
Lars Mathias Topstad	Varodd	00:27.03

2000

Mats Birkeland	Varodd	00:31.16
Victor Bull-Gjertsen	Varodd	00:32.08
Svenn Torje Haugstad	Mandal	00:36.28
Håkon Holteberg	Farsund	00:34.34
Stefan Kaarikstad	Varodd	00:28.15
Stefan Kaarikstad	Varodd	
Ådne Langås	Farsund	00:32.22
Erlend Sletten	Varodd	00:39.16
Morten Solås	Vågsbygd	00:29.57
Benjamin Sudland	Farsund	00:34.03
Benjamin Turner	Farsund	00:39.22
Kristian Vale	GSK	00:36.25
Sjur VK Alvstad	Varodd	00:30.15

Øvelse 3 50 FRI KVINNER

1994

1	p	Tiril Jensen	LIL	00:33.44	383
2		Thea Ringøen	Varodd	00:37.25	277

1995

1	p	Aulona Bytyqi	LIL	00:41.53	200
2		Cecilie Bjønnum	Vennesla	00:45.18	155

Øvelse 3 50 FRI KVINNER

1995						
	3	Sara Afsharipour	Varodd		-1	
1996						
	1	p	Johanne Ausland	Vågsbygd	00:35.53	319
	2	p	Ina Andersen Steinsland	Vågsbygd	00:38.06	260
	3	p	Vilde Marie Kristiansen	Vågsbygd	00:39.22	237
	4	p	Ida Helene Hustad	Vågsbygd	00:39.34	235
	5	p	Ida Kristine Josdal	Vågsbygd	00:39.56	231
	6	p	Solveig Lund	Vågsbygd	00:40.02	223
	7	p	Wenche Kalvik	Mandal	00:41.28	203
	8	p	Selma van der Hagen	Farsund	00:42.44	187
	9		Ann Røsøvåg Eikrem	Vågsbygd	00:42.47	187
	10		Julie Lundal	Vågsbygd	00:44.35	164
	11		Anne Helene Krøhn	Flekkefjord	00:45.30	154
	12		Ine Jensen	LIL	00:45.34	153
	13		Solveig Mathilde Abrahamsen	Farsund	00:45.41	153
	14		Ingvild B. Møretrø	Vennesla	00:46.34	144
	14		Siv Magrethe Strand Jensen	Vågsbygd	00:46.34	144
	16		Hanna Lunden	Farsund	00:50.34	112
	17		Else Marie Fidjeland	Varodd	00:52.19	100
	17		Gudny Katinka Jenssen	Mandal	00:52.19	100
	19		Svala Luken	Flekkefjord	00:52.46	99
	20		Anne Helene Sandsmark	Flekkefjord	00:54.41	89
	21		Lena Hegg Lund	Flekkefjord	00:55.28	84
	22		Madeleine Eie Illebæk	Flekkefjord		-1
	22		Ragnfrid Lieng	Mandal		-1
	23		Nina Ugland	Vågsbygd		-1
1997						
	1	p	Christine Mikalsen	Farsund	00:37.19	278
	2	p	Thea Naustad	Risørvar den	00:37.28	276
	3	p	Sofie Reisænen	Varodd	00:38.03	260
	4	p	Linn Sødal	Varodd	00:39.18	238
	5	p	Tina Lægraid	Varodd	00:39.47	233
	6	p	Martine Tveit	Farsund	00:40.15	221
	7	p	Karianne Olsen	Vågsbygd	00:40.28	219
	8		Linn Veronica Børresen Lauvrak	LIL	00:41.12	206
	9		Inger Marie Tellefsen	GSK	00:41.41	202
	10		Aase Marie Næss	Vågsbygd	00:41.44	201
	11		Ane Fone	Risørvar den	00:42.22	190
	12		Synne Ringøen	Varodd	00:42.28	189
	13		Line Fone	Risørvar den	00:42.37	188
	14		Madelen Stenberg	Varodd	00:43.25	177
	15		Emma Bull-Gjertsen	Varodd	00:43.33	176
	16		Hanne Sofie Retterholt	Vennesla	00:45.57	151
	17		Malin Kristine Teisrud	Vågsbygd	00:46.34	144

Øvelse 3 50 FRI KVINNER

1997

18	Martine Nordhus Breen	Vennesla	00:48.12	128
19	Mathilde Lunde	Varodd	00:52.16	101
20	Malene Nesland	Vennesla	00:53.40	94

1998

Embla Benham	Varodd	00:43.31
Caroline Birkeland	Varodd	00:42.24
Emma Ceesay	Risørvarde	00:44.40
Maren Ditlevsen Dahl	Vågsbygd	00:40.18
Malin Eiersland	Vågsbygd	00:57.32
Rebecca Grindland Ege	Vågsbygd	00:38.31
Charlotte Gundersen	Varodd	00:52.25
Tone Hartmark Nilsen	Mandal	00:39.41
Katrine Holteberg	Farsund	00:46.37
Heidi Larsen	Vågsbygd	00:41.31
Margrete Malmgård	LIL	01:19.15
Vilde Næss	LIL	00:49.59
Mathilse Opheim	LIL	00:55.25
Therese Romsaas	Mandal	00:48.25
Live Rørvik	Mandal	00:42.44
Iselin Stenberg	Varodd	00:46.53
Ingvild Elise Stensland	Varodd	00:49.47
Sara Støebner	Vågsbygd	00:39.34
Rebecca Sundtjønn	Vågsbygd	00:43.30
Anna Elisbeth Teksdal Johansson	Vågsbygd	01:00.00
Tuva Tronstad	Risørvarde	00:39.22
Malene Tørnkvist	Varodd	00:42.03
Oda Tørnkvist	Varodd	00:43.02
Andrine Usland	Vågsbygd	01:02.59
Linn Therese Østhassel	Farsund	

1999

Tina Aukland	Mandal	00:55.37
Johanne Bjørnstad	Varodd	01:07.50
Sara Helene Eikaas Soteland	Mandal	00:48.06
Victoria Iselin Eldorsen	Farsund	01:34.31
Sofie Fasting Garby	Varodd	01:00.19
Anne Sofie Holvik	Vågsbygd	00:48.29
Sandra Lie	Mandal	01:06.28
Annika Løvslett	Mandal	01:10.09
Julie Nielsen	Varodd	01:10.47
Erun Reinhardsen	GSK	01:14.34
Ane Reiten	LIL	01:05.13
Vilde Serena Skaara	Vågsbygd	00:50.22
Henrikke Torstrup	Mandal	00:54.37
Emma Valand Sørensen	Varodd	00:54.43

Øvelse 3 50 FRI KVINNER

2000

Heidi Brobakken	LIL	01:04.31
Julie Elefsen	Vågsbygd	01:02.16
Mathilde Ruud	Mandal	01:08.39
Desiree Sundtjønn	Vågsbygd	01:00.15
Caroline Svaland	Vågsbygd	00:56.24
Amanda Sødal	Varodd	01:10.18
Kimberly Zimmermann	Mandal	01:18.26
Karen Elise Øslebye	Vågsbygd	00:48.47

Øvelse 4 50 FRI MENN

1993

1	p	Jonathan Nordhammer	LIL	00:29.44	378
2		Torfinn Truchs Erga	GSK	00:32.07	292

1994

1	p	Fredrik Nordhammer	LIL	00:32.27	287
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1995

1	p	Lars Brody Foss	GSK	00:33.03	267
2	p	Tor Witzøe	Flekkefjord	00:37.27	186
3		Morten Mygland	Flekkefjord	00:41.06	139
4		Børre G. Birkeland	Flekkefjord	00:41.19	138
5		Kevin Adriansen	Mandal	00:43.03	121
6		Tommy-Andre Olsen	Vågsbygd	00:43.06	120

1996

1	p	Stian Vigebo	Vågsbygd	00:36.28	202
2	p	Andreas Brobakken	LIL	00:36.57	197
3	p	Andreas Kaafjord	Vågsbygd	00:39.15	160
4	p	Fredrik Krag	Farsund	00:40.37	146
5		Morten Lindeland	Flekkefjord	00:42.50	125
6		Espen N. Salvesen	Flekkefjord	00:45.15	104
7		Bjørnar Djupevik Hagen	Vennesla	00:46.53	95
8		Bjørn Usland	Vågsbygd	00:55.22	57
9		Martin Illebæk	Flekkefjord	00:56.19	54
10		Peter Ommundsen	GSK	00:56.22	54
11		Jan Halvard Corneliussen	LIL	00:59.39	46

1997

1	p	Espen Høglo	Vågsbygd	00:37.03	190
2	p	Aleksander Johansen	Farsund	00:38.15	173
3	p	Jonathan Ommundsen	Vågsbygd	00:39.18	160
4	p	Ove André Nilsen	Flekkefjord	00:40.25	147
5		Ole Albrekt Egeland	Farsund	00:49.31	80
6		Kjell Marcus Hellenen	Mandal	00:53.19	64

Øvelse 4 50 FRI MENN

1997

7	Jan ove Almendingen	Vennesla	00:53.22	64
8	Kjell Magne Molde	Vennesla	00:53.25	63
9	Simon Friestad	Farsund	00:55.25	57
10	Joachim Holseter	Varodd	00:55.38	56
11	Tore Thorbjørnsen	Flekkefjord	01:00.21	44
12	Vegard Lindtveit	Varodd	01:00.24	44

1998

Emin Bjeland	Vågsbygd	00:38.56
Joakim Bjørndal	Risørvarde	00:42.03
Jan Thomas Dolsvaag	Varodd	01:00.22
Axel Gaustad	LIL	01:05.37
Stian Hegnum Johanessen	Vågsbygd	00:58.06
Eirik Helle	Varodd	00:55.25
Daniel Ivukin Talleksen	Mandal	01:10.07
Espen L. Pavljuk	Vågsbygd	00:40.37
William Scott Olsen	Mandal	01:20.24
Emil Rihti Olsson	ASK	00:43.25
Gustav Pedersen	Farsund	00:39.19
Mathias Saga Mosby	Varodd	00:46.22
Sondre Salbu	Varodd	00:41.29
Espen Svendsen	Mandal	01:02.28
Kristoffer Syvertsen	Varodd	00:42.22
Kristoffer Sjørdal	Mandal	01:13.50
Herman Vasland Flåt	Varodd	01:01.57
Erik Ø. Kristiansen	LIL	00:54.28

1999

Erik Bondevik	Varodd	01:14.46
Bjørnar Eikevik	GSK	01:27.24
Torbjørn Fone	Risørvarde	01:06.18
Benjamin Herje	Varodd	00:55.19
Nikolay Jensen	Varodd	00:59.21
Jan Martin Johannesen	Vågsbygd	00:56.53
Fredrik Klausen	Varodd	00:54.28
August Langfeldt	LIL	01:08.22
Victor Moland	Mandal	00:58.47
Håvard Ramsdalen	Varodd	00:57.24
Julian Sebastian S. Klok	Vågsbygd	01:26.06
Milian Martin Scanke	Mandal	01:25.35
Daniel Schøtt	Vågsbygd	01:31.15
Simen Sundbø	Varodd	01:08.00
Vegard Tregde	Farsund	01:00.29
Erlend Vaboen	Varodd	00:52.19

Øvelse 4 50 FRI MENN

2000

Jan Martin Ariansen	Mandal	00:57.41
Kristoffer Birkeland	Varodd	00:45.13
Joachim Fossheim	LIL	
Jon Helle	Varodd	00:59.50
Håkon Holteberg	Farsund	01:24.44
Jonatan Syvertsen	Varodd	00:49.34
Benjamin Turner	Farsund	01:29.57

Øvelse 5 4X50 FRI BLANDET

1	LIL 3	LIL	02:17.50
2	VSLK 3A	Vågsbygd	02:31.00
3	VSLK 3B	Vågsbygd	02:40.21
4	Flekkefjord 2	Flekkefjord	02:41.27
5	VSLK 3D	Vågsbygd	02:41.59
6	Risørvarde 1	Risørvarde	02:42.15
7	VSLK 3C	Vågsbygd	02:42.44
8	Grimstad 1	GSK	02:43.02
9	Farsund 1	Farsund	02:48.59
10	Vennesla 2	Vennesla	02:57.24
11	VSLK 3E	Vågsbygd	02:58.47
12	Vennesla 1	Vennesla	03:00.38
13	Flekkefjord 1	Flekkefjord	03:09.25
14	Varodd 7	Varodd	03:11.06
15	Mandal 1	Mandal	03:13.37
16	Varodd 9	Varodd	03:17.08
17	Varodd 1	Varodd	03:21.25
18	Varodd 6	Varodd	03:28.27
19	Varodd 8	Varodd	03:38.44
20	Varodd 3	Varodd	03:42.22
21	Varodd 2	Varodd	03:42.25
22	Varodd 5	Varodd	03:43.09
23	Mandal 4	Mandal	03:49.00
24	LIL 1	LIL	03:54.28
25	Varodd 4	Varodd	03:59.24
26	Mandal 3	Mandal	04:02.08
27	VSLK 1	Vågsbygd	04:12.47
28	VSLK 3	Vågsbygd	04:13.57
29	LIL 2	LIL	04:14.18
30	Mandal 5	Mandal	04:18.21
31	VSLK 5	Vågsbygd	04:35.28
32	Mandal 2	Mandal	04:51.28
33	VSLK 4	Vågsbygd	04:58.40
34	VSLK 2	Vågsbygd	

Øvelse 6 25 RYGG KVINNER

1995						
	1	p	Cecilie Bjønnum	Vennesla	00:28.15	-1
1996						
	1	p	Charlotte Sigbjørnsen Sigbjørnse	Flekkefjord	00:22.34	-1
	2	p	Wenche Kalvik	Mandal	00:23.50	-1
	3		Hilde Falkenhaus	LIL	00:26.18	-1
	4		Gudny Katinka Jenssen	Mandal	00:26.33	-1
	5		Hanna Lunden	Farsund		-1
1997						
	1	p	Hanne Sofie Retterholt	Vennesla	00:24.12	-1
	2	p	Martine Nordhus Breen	Vennesla	00:26.02	-1
	3		Malene Nesland	Vennesla	00:27.31	-1
	4		Erika Adriansen Cummings	LIL	00:46.05	-1
	5		Emily Fosheim	LIL		-1
	5		Synne Ringøen	Varodd		-1
1998						
			Frida Bentsen Berge	Mandal	00:29.16	
			Andrea Heimdal	LIL	00:34.25	
			Mia Celina Holland	Vågsbygd	00:37.06	
			Katrine Holteberg	Farsund	00:23.18	
			Solveig Langås	Farsund	00:31.28	
			Margrete Malmgård	LIL	00:36.56	
			Mathilde Opheim	LIL	00:29.15	
			Therese Romsaas	Mandal	00:26.37	
			Gina Lise Truchs Erga	GSK	00:28.50	
			Synne Tveide Johnsen	LIL	00:35.28	
1999						
			Mathilde Axelsen	Varodd	00:36.40	
			Oda Sumstad Berdal	GSK	00:29.59	
			Vilde Berg Bjørgum	GSK	00:30.10	
			Sofie Fasting Garby	Varodd	00:32.12	
			Amanda Friestad	Farsund	00:29.28	
			Emma Jensen	LIL	00:31.56	
			Silje Johannessen	Farsund	00:31.37	
			Ida Helsø Johansen	GSK	00:34.05	
			Annika Løvslett	Mandal	00:38.11	
			Julie Nielsen	Varodd	00:40.06	
			Victoria Nielsen	Varodd	00:26.47	
			Ann-Chelita Olsen	Farsund	00:34.06	
			Erun Reinhardsen	GSK	00:32.28	
			Emma Ringøen	Varodd	00:26.28	
			Malene Sagedal	GSK	00:26.25	
			Cesine Skeie	Mandal		
			Henrikke Torstrup	Mandal	00:29.19	

Øvelse 6 25 RYGG KVINNER

2000

Kristine Amundsen	Varodd	00:31.37
Thea Bjørnestad	Farsund	00:35.27
Heidi Brobakken	LIL	00:30.16
Vilde Busterud	Varodd	00:42.18
Leah Bye Pachero	Varodd	00:36.25
Thea Rebekka Børresen Lauvrak	LIL	00:36.40
Julie Elefsen	Vågsbygd	00:33.00
Helle Emanuelsen	Varodd	
Victoria Erichsen	GSK	00:38.25
Ingrid Johnsen	GSK	00:46.06
Elisabeth Kroglien	GSK	
Ida Magnussen	Vågsbygd	00:39.06
Emma Midtbø	Vågsbygd	00:37.22
Sofie Møster	GSK	
Magrethe Nordfonn	Farsund	00:32.09
Ann-Marie Rystad Olsen	GSK	00:44.25
Anniken Pedersen	Varodd	00:31.15
Rakel Pettersen	Vågsbygd	00:35.41
Ane Rørvik	Mandal	00:28.18
Ingvild Strand	Varodd	
Caroline Svaland	Vågsbygd	00:32.22
Helene Thorbjørnsen	Varodd	00:42.28
Martine Torstrup	Mandal	00:33.06
Henriette Tønnessen	Farsund	
Vilde Valen Lindtveit	Varodd	00:43.47
Ingrid Vatne Norheim	Vågsbygd	00:26.40
Synne Vehus	GSK	00:38.16
Karen Elise Øslebye	Vågsbygd	00:25.10

Øvelse 7 25 RYGG MENN

1996

1	p	Peter Ommundsen	GSK	00:26.38	-1
2		Jan Torkel Aagre	GSK		-1

1997

1	p	Lars Andreas Lund	LIL	00:24.25	-1
2	p	Simon Friestad	Farsund	00:24.30	-1
3	p	Ole Magnus Svendsen	Farsund	00:24.35	-1
4		Kjell Magne Molde	Vennesla	00:32.21	-1
5		Olav Lucas Torstrup	Mandal	00:33.15	-1
6		Jan ove Almendingen	Vennesla	00:41.03	-1
7		Kevin Fossnes	GSK		-1

Øvelse 7 25 RYGG MENN

1998		Stian Hegnum Johanessen	Vågsbygd	00:39.28	
		Daniel Ivukin Talleksen	Mandal	00:36.41	
		Espen L. Pavljuk	Vågsbygd	00:34.03	
		Emil Rihti Olsson	ASK	00:24.30	
		Johan Slagsvold	Risørvarde	00:26.40	
		Even Vehus	GSK	00:35.28	
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1999		Markus Andås	Varodd	00:35.29	
		Carl Joseph Egeland	Farsund	00:30.02	
		Even Fosshum	GSK	00:34.59	
		Jan Martin Johannesen	Vågsbygd	00:31.40	
		Anton Kjørrefjord	Farsund	00:38.25	
		August Langfeldt	LIL	00:27.09	
		Jonas Lunden	Farsund	00:37.37	
		Victor Moland	Mandal	00:32.25	
		David Peters	Varodd	00:43.59	
		Håvard Ramsdalen	Varodd	00:24.22	
		Vegard Tregde	Farsund	00:30.37	
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2000		Jan Martin Ariansen	Mandal	00:33.12	
		Mats Birkeland	Varodd	00:31.27	
		Victor Bull-Gjertsen	Varodd	00:35.10	
		Svenn Torje Haugstad	Mandal	00:34.28	
		Jon Helle	Varodd	00:29.00	
		Stefan Kaarikstad	Varodd	00:38.03	
		Ådne Langås	Farsund	00:40.38	
		Elias Singstad	Mandal	00:29.53	
		Erlend Sletten	Varodd	00:41.06	
		Benjamin Sudland	Farsund		
		Kristian Vale	GSK		
		Sjur VK Alvstad	Varodd	00:30.25	

Øvelse 8 50 RYGG KVINNER

1994	1	p	Tiril Jensen	LIL	00:41.09	289
	2		Thea Ringøen	Varodd		-1
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1995	1	p	Sara Afsharipour	Varodd		-1
<hr/>						
1996	1	p	Johanne Ausland	Vågsbygd	00:43.22	248
	2	p	Solveig Lund	Vågsbygd	00:45.12	218
	3	p	Ida Kristine Josdal	Vågsbygd	00:46.12	204

Øvelse 8 50 RYGG KVINNER

1996					
	4	p	Ina Andersen Steinsland	Vågsbygd	00:48.35 177
	5	p	Ingvild B. Møretrø	Vennesla	00:51.00 151
	6		Solveig Mathilde Abrahamsen	Farsund	00:51.25 149
	7		Ida Helene Hustad	Vågsbygd	00:53.12 134
	8		Ann Røsøvnå Eikrem	Vågsbygd	00:54.15 126
	9		Selma van der Hagen	Farsund	00:55.00 120
	10		Siv Magrethe Strand Jensen	Vågsbygd	01:02.03 84
	11		Vilde Marie Kristiansen	Vågsbygd	-1
	11		Julie Lundal	Vågsbygd	-1
	12		Nina Ugland	Vågsbygd	-1
1997					
	1	p	Linn Sødal	Varodd	00:45.38 215
	2	p	Linn Veronica Børresen Lauvrak	LIL	00:48.15 180
	3	p	Sofie Reisænen	Varodd	00:50.19 158
	4	p	Aase Marie Næss	Vågsbygd	00:51.07 150
	5		Karianne Olsen	Vågsbygd	00:51.31 148
	6		Christine Mikalsen	Farsund	00:52.09 142
	7		Malin Kristine Teisrud	Vågsbygd	00:54.22 126
	8		Emma Bull-Gjertsen	Varodd	00:56.22 113
	9		Madelen Stenberg	Varodd	00:57.10 107
	10		Mathilde Lunde	Varodd	01:03.22 79
	11		Martine Tveit	Farsund	-1
1998					
			Embla Benham	Varodd	00:55.27
			Caroline Birkeland	Varodd	00:50.04
			Maren Ditlevsen Dahl	Vågsbygd	00:48.53
			Malin Eiersland	Vågsbygd	01:03.41
			Rebecca Grindland Ege	Vågsbygd	00:47.31
			Charlotte Gundersen	Varodd	01:04.28
			Tone Hartmark Nilsen	Mandal	00:46.15
			Heidi Larsen	Vågsbygd	00:50.34
			Vilde Næss	LIL	
			Iselin Stenberg	Varodd	00:55.37
			Ingvild Elise Stensland	Varodd	00:49.21
			Sara Stoebner	Vågsbygd	00:51.03
			Rebecca Sundtjønn	Vågsbygd	00:44.57
			Anna Elisbeth Teksdal Johanssor	Vågsbygd	01:10.10
			Tuva Tronstad	Risørvarde	
			Malene Tørnkvist	Varodd	00:50.34
			Oda Tørnkvist	Varodd	00:48.21
			Andrine Usland	Vågsbygd	01:01.56
			Sara Watne	LIL	01:13.00

Øvelse 8 50 RYGG KVINNER

1999		Johanne Bjørnestad	Varodd	01:17.00	
		Anne Sofie Holvik	Vågsbygd	00:59.34	
		Emma Jensen	LIL	01:14.07	
		Vilde Serena Skaara	Vågsbygd		
		Anne Kristine Størvold	Varodd	01:11.37	
		Mathilde Søberg	Vågsbygd	01:07.06	
		Emma Valand Sørensen	Varodd	01:11.22	

2000		Desiree Sundtjønn	Vågsbygd	01:01.09	
		Amanda Sødal	Varodd	01:17.16	

Øvelse 9 50 RYGG MENN

1991	1	p	Kjetil Berg	Vennesla	00:33.31	357
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1993	1	p	Jonathan Nordhammer	LIL	00:36.16	279
	2		Andreas Jäger	Vennesla	00:40.09	205

1994	1	p	Fredrik Nordhammer	LIL	00:40.40	200
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1995	1	p	Tommy-Andre Olsen	Vågsbygd	00:50.15	104
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1996	1	p	Andreas Brobakken	LIL	00:44.47	150
	2	p	Stian Vigebo	Vågsbygd	00:47.41	124
	3	p	Fredrik Krag	Farsund	00:52.03	93
	4		Andreas Kaafjord	Vågsbygd	00:56.32	74
	5		Bjørn Usland	Vågsbygd	01:06.21	45
	6		Jan Halvard Corneliussen	LIL		-1
	6		Bjørnar Djupevik Hagen	Vennesla		-1

1997	1	p	Espen Høglo	Vågsbygd	00:44.18	153
	2	p	Jonathan Ommundsen	Vågsbygd	00:47.01	127
	3		Aleksander Johansen	Farsund	00:49.22	110
	4		Ole Albrekt Egeland	Farsund	00:54.11	83
	5		Joachim Holseter	Varodd	00:57.09	71
	6		Kjell Marcus Hellenen	Mandal	01:06.25	45

1998		Emin Bjeland	Vågsbygd	00:49.37	
		Jan Thomas Dolsvaag	Varodd	01:08.34	
		Kristian Fardal	Flekkefjord		

Øvelse 9 50 RYGG MENN

1998	Gustav Pedersen	Farsund	00:49.53
	Sondre Salbu	Varodd	00:53.00
	Kristoffer Syvertsen	Varodd	00:52.21

1999	Erik Bondevik	Varodd	01:16.12
	Benjamin Herje	Varodd	01:09.25
	Nikolay Jensen	Varodd	01:08.12
	Fredrik Klausen	Varodd	01:07.57
	Simen Sundbø	Varodd	01:24.15
	Erlend Vaboen	Varodd	01:03.53

2000	Kristoffer Birkeland	Varodd	00:50.03
	Joachim Fossheim	LIL	
	Elias Singstad	Mandal	01:05.34
	Jonatan Syvertsen	Varodd	01:13.16