

RIL SVØMMECUP 2014 - RESULTATER

% forbedring = 0,00% betyr det at det ikke er forbedring

1. 50m Rygg

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Rektrutt/havhest	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring

Gruppe 1	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jørgen Ringen	01:05,04	01:03,17	01:02,18	00:56,65	00:08,39	12,90 %

Gruppe 2 og 3	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Sindre Bygstad	00:47,37	00:46,65	00:48,04		00:00,72	1,52 %
Tamas Laszlo Dobosi		00:47,28	00:46,78	00:43,25	00:04,03	8,52 %
Erik Omdahl	00:44,10			00:42,35	00:01,75	3,97 %
Jonas Nerseeth	00:48,10		00:44,50	00:43,10	00:05,00	10,40 %

Julie Heimdal Stenberg	00:46,70	00:49,44	00:46,61	00:44,81	00:01,89	4,05 %
Helene Kind Wensink	00:47,91	00:47,63		00:43,75	00:04,16	8,68 %
Katalin Beáta Dobosi	00:56,40	00:58,62	01:00,47	00:54,34	00:02,06	3,65 %
Guro Næss	00:50,30	00:48,30	00:46,44	00:47,50	00:03,86	7,67 %
Heidi Aas	00:49,51	00:49,50	00:48,59		00:00,92	1,86 %
Elise Sveen Lundgård	00:47,00	00:46,90	00:44,94		00:02,06	4,38 %
Celina Jakobsen	00:44,30	00:45,22		00:44,54	00:00,00	0,00 %
Thale Moe Karlsen	00:41,16	00:42,81			00:00,00	0,00 %
Ida Mork Engelstad				00:50,46	00:00,00	0,00 %

Seniorer	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Knut Ivar Kjelsrud	00:35,10		00:34,16	00:34,13	00:00,97	2,76 %
Thorvald Wensink		00:35,87	00:34,59	00:34,94	00:01,28	3,57 %

Monica Jakobsen	00:43,60				00:00,00	0,00 %
Anne Marit S Gjestvang	00:42,71				00:00,00	0,00 %

2. 25m Rygg

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Svømmesk/Havhest	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Sel Torstein Rebne			00:41,65		00:00,00	0,00 %
Havhes Christoffer Aasen Stenberg	00:34,40	00:30,06	00:30,00		00:04,40	12,79 %
Havhes Oliver Aasen Stenberg	00:48,96	00:42,79	00:50,94	00:41,75	00:07,21	14,73 %
Havhes Joakim Bjugstad	00:35,10				00:00,00	0,00 %
Morgan Stenersen	00:51,90				00:00,00	0,00 %

Sel Emma N Bøe			00:41,07	00:37,85	00:03,22	7,84 %
Havhes Ann Helen Aasen Stenberg		01:11,28	01:10,37	00:54,00	00:17,28	24,24 %
Havhes Vilde Trostrud	00:33,09				00:00,00	0,00 %

	Rekrutt	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Sjøløve Laurits Kjelsrud		00:31,00	00:31,97	00:32,68	00:29,71	00:01,29	4,16 %
Sjøløve Daniel Heksum				00:38,53	00:33,31	00:05,22	13,55 %
Sjøløve Sebastian Nubdal Wold		00:42,07	00:46,97	00:40,25	00:34,56	00:07,51	17,85 %
Delifin Miran Ahmadpour		00:35,00	00:33,32	00:34,93	00:36,03	00:01,68	4,80 %
Hai August Kjelsrud		00:29,30	00:30,28	00:31,97	00:29,88	00:00,00	0,00 %

Hai Solveig G. Pettersen		00:43,65			00:31,69	00:11,96	27,40 %
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	Gruppe 1	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Gr 1 Anders Bergum Moen		00:32,20	00:30,25	00:29,54	00:30,81	00:02,66	8,26 %

3. 50m Bryst

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Svømmesk/Havhest	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Havhest Joakim Bygstad			01:05,85		00:00,00	0,00 %

Rekrutt	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Hai August Kjelsrud		01:19,40	01:23,31	01:18,22	00:01,18	1,49 %
Delfin Miran Ahmadpour			01:39,16	01:36,35	00:02,81	2,83 %
Sander Bygstad				01:09,75	00:00,00	0,00 %

Gruppe 1	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jørgen Ringen	01:11,30	01:07,63	01:08,78	01:08,00	00:03,67	5,15 %
Anders Bergum Moen	01:14,75	01:13,93	01:11,22	01:10,50	00:04,25	5,69 %

Sunniva Nubdal Wold	01:05,90	01:03,34	01:05,88	01:03,74	00:02,56	3,88 %
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Gruppe 2 og 3	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jonas Nersest			00:52,28	00:54,03	00:00,00	0,00 %
Tamas Laszlo Dobosi		00:56,93	00:57,38	00:53,75	00:03,18	5,59 %
Sindre Bygstad	00:46,50	00:50,90	00:52,81		00:00,00	0,00 %
Erik Omdahl	00:45,96			00:45,12	00:00,84	1,83 %
Sindre Brendbakken				00:40,72	00:00,00	0,00 %

Julie Heimdal Stenberg	00:53,90	00:53,09	00:53,88	00:53,25	00:00,81	1,50 %
Elise Sveen Lundgård	00:58,40	00:59,41	00:56,41		00:01,99	3,41 %
Guro Næss	00:57,13	00:55,75	00:56,03	00:55,85	00:01,38	2,42 %
Heidi Aas	00:55,99	00:55,57	00:54,16		00:01,83	3,27 %
Helene Kind Wensink	00:54,91	01:01,47		00:51,81	00:03,10	5,65 %
Katalin Beáta Dobosi	01:06,90	01:00,66	01:03,75	00:59,69	00:07,21	10,78 %
Celina Jakobsen	00:45,90	00:45,15		00:44,62	00:01,28	2,79 %
Anna G Samuelsen	01:04,50				00:00,00	0,00 %
Thale Moe Karlsen	00:47,02				00:00,00	0,00 %
Ida Mork Engelstad				00:52,82	00:00,00	0,00 %

Seniorer	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Knut Ivar Kjelsrud	00:36,20	00:37,09	00:37,14	00:36,94	00:00,00	0,00 %
Thorvald Wensink	00:34,68	00:34,75	00:34,84	00:34,88	00:00,00	0,00 %

Ingrid Ravnan		00:47,78	00:49,65		00:00,00	0,00 %
Anne Marit S Gjestvang	00:47,30				00:00,00	0,00 %
Monica Jakobsen	00:42,60				00:00,00	0,00 %

4. 25m Bryst

		19.10.2013	30.11.2013	25.01.2014	29.03.2014		
	Svømmesk/Havhest	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Havhes	Joakim Bygstad	00:31,36	00:25,93			00:05,43	17,32 %
Havhes	Sander Bygstad			00:32,97	00:34,32	00:00,00	0,00 %
Havhes	Christoffer Aasen Stenberg	00:46,10	00:44,59	00:43,91		00:02,19	4,75 %
Havhes	Oliver Aasen Stenberg	00:48,39	00:49,12	00:38,91	00:41,40	00:09,48	19,59 %
	Morgan Stenersen	00:43,90				00:00,00	0,00 %
Havhes	Ann Helen Aasen Stenberg		01:27,69			00:00,00	0,00 %
Havhes	Vilde Tosterud	00:36,14				00:00,00	0,00 %

	Rekrutt	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Sjøløve	Sebastian Nubdal Wold		00:52,63	00:52,13	00:43,44	00:09,19	17,46 %
Sjøløve	Daniel Heksum			00:50,31		00:00,00	0,00 %
Delfin	Miran Ahmadpour	00:40,30	00:44,28	00:45,94		00:00,00	0,00 %
Hai	August Kjelsrud	00:37,90				00:00,00	0,00 %
Hai	Solveig G Pettersen	00:43,36			00:35,56	00:07,80	17,99 %
	Maike Kind Wensink				00:29,59	00:00,00	0,00 %

5. 100m Fri

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Gruppe 2 og 3	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Tamas Laszlo Dobosi		01:27,72	01:26,44	01:22,41	00:05,31	6,05 %
Sindre Bygstad	01:32,00	01:28,03	01:26,59		00:05,41	5,88 %
Jonas Nersest		01:35,70	01:30,31	01:29,06	00:06,64	6,94 %
Erik Omdahl	01:19,34			01:15,59	00:03,75	4,73 %

Thale Moe Karlsen	01:25,40	01:21,91			00:03,49	4,09 %
Celina Jakobsen	01:25,60	01:21,00		01:24,16	00:04,60	5,37 %
Helene Kind Wensink	01:31,20	01:31,60		01:24,62	00:06,58	7,21 %
Guro Næss	01:42,20	01:35,68	01:35,19	01:37,90	00:07,01	6,86 %
Heidi Aas	01:40,11	01:33,53	01:31,60		00:08,51	8,50 %
Elise Sveen Lundgård	01:40,29	01:35,78	01:34,00		00:06,29	6,27 %
Julie Heimdal Stenberg	01:38,64	01:34,72	01:35,10	01:32,88	00:05,76	5,84 %
Anna G Samuelsen	02:09,77				00:00,00	0,00 %
Ida Mork Engelstad				01:36,35	00:00,00	0,00 %

Seniorer	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Knut Ivar Kjelsrud	01:01,90	01:01,25	01:01,31	01:01,28	00:00,65	1,05 %
Thorvald Wensink	01:01,80	01:01,78	01:02,09	01:03,87	00:00,02	0,03 %

Ingrid Ravnan		01:29,41	01:31,69		00:00,00	0,00 %
Anne Marit S Gjestvang	01:18,51				00:00,00	0,00 %
Monica Jakobsen	01:18,65				00:00,00	0,00 %

6. 25m Fri

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
	Svømmesk/Havhest	Tid	Tid	Tid	Tid	Total forbedr % Forbedring
Sel	Torstein Rebne			00:58,75		00:00,00 0,00 %
Havhes	Sander Bygstad			00:34,90	00:33,35	00:01,55 4,44 %
Havhes	Joakim Bygstad	00:25,00	00:22,63			00:02,37 9,48 %
Havhes	Christoffer Aasen Stenberg	00:33,74	00:30,72	00:31,34		00:03,02 8,95 %
Havhes	Oliver Aasen Stenberg	00:44,90	00:40,93	00:35,47	00:37,35	00:09,43 21,00 %
	Morgan Stenersen	01:04,52				00:00,00 0,00 %

Sel	Emma N Bøe			00:40,65	00:35,29	00:05,36 13,19 %
Havhes	Ann Helen Aasen Stenberg		01:25,78	01:02,28	00:47,34	00:38,44 44,81 %
Havhes	Vilde Tosterud	00:37,40				00:00,00 0,00 %
	Boye Kind Wensink				00:35,22	00:00,00 0,00 %

Tilrettelagt hai	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Guro Bø Nordengen				00:38,06	00:00,00	0,00 %

	Rekrutt	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Sjøløve	Laurits Kjelsrud	00:26,30	00:31,25	00:25,63	00:24,50	00:01,80	6,84 %
Sjøløve	Daniel Heksum			00:34,15	00:32,31	00:01,84	5,39 %
Sjøløve	Sebastian Nubdal Wold	00:46,40	00:41,54	00:40,97	00:36,60	00:09,80	21,12 %
Delfin	Miran Ahmadpour	00:27,68	00:28,41	00:31,00	00:28,15	00:00,00	0,00 %
Hai	August Kjelsrud	00:28,69		00:25,88	00:29,41	00:02,81	9,79 %

Hai	Maiken Wensink			00:23,10	00:23,79	00:00,00	0,00 %
Hai	Solveig G Pettersen	00:41,88			00:33,34	00:08,54	20,39 %

	Gr 1	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Gr 1	Anders Bergum Moen	00:26,90	00:27,44	00:25,87	00:23,94	00:02,96	11,00 %

7. 100m Medley

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Gr 1	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Anders Bergum Moen		02:31,62	02:23,60	02:25,28	00:08,02	5,29 %
Jørgen Ringen	02:22,62	02:15,85	02:13,57	02:08,53	00:14,09	9,88 %

Sunniva Nubdal Wold	02:26,06	02:22,04	02:19,50	02:11,00	00:15,06	10,31 %
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Gr 2 og 3	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jonas Nersest	01:52,84		01:41,31	01:46,82	00:11,53	10,22 %
Tamas Laszlo Dobosi		01:48,81	01:46,09	01:42,82	00:05,99	5,51 %
Sindre Bygstad	01:57,60	01:45,63	01:43,78		00:13,82	11,75 %
Erik Omdahl	01:33,18			01:29,72	00:03,46	3,71 %
Sindre Brendbakken				01:32,75	00:00,00	0,00 %

Helene Kind Wensink		01:47,97		01:36,22	00:11,75	10,88 %
Guro Næss	01:55,30	01:49,63	01:48,25	01:51,63	00:07,05	6,11 %
Heidi Aas	01:51,80	01:47,44	01:49,53		00:04,36	3,90 %
Elise Sveen Lundgård	01:49,97	01:50,63	01:46,94		00:03,03	2,76 %
Julie Heimdal Stenberg	01:47,00	01:48,37	01:45,78	01:44,93	00:02,07	1,93 %
Celina Jakobsen	01:39,80	01:34,59			00:05,21	5,22 %
Ida Mork Engelstad				01:52,94	00:00,00	0,00 %

Seniorer	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Ingrid Ravnan		01:43,66	01:45,00		00:00,00	0,00 %
Knut Ivar Kjelsrud	01:15,30	01:13,91	01:14,78	01:12,91	00:02,39	3,17 %

Anne Marit S Gjestvang	01:32,38				00:00,00	0,00 %
Monica Jakobsen	01:28,40				00:00,00	0,00 %

8. 25m Butterfly

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Havhest/rekrutt	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Solveig G Pettersen				00:39,34	00:00,00	0,00 %

Gruppe 2 og 3	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jonas Nersest			00:23,44		00:00,00	0,00 %
Tamas Laszlo Dobosi		00:24,63	00:24,59	00:24,07	00:00,56	2,27 %

Katalin Beáta Dobosi	00:32,10	00:31,71	00:32,22	00:29,25	00:02,85	8,88 %
Guro Næss	00:27,40		00:24,09	00:25,65	00:03,31	12,08 %
Helene Kind Wensink	00:22,80	00:23,25		00:19,90	00:02,90	12,72 %
Elise Sveen Lundgård	00:23,26	00:24,43	00:23,87		00:00,00	0,00 %
Heidi Aas	00:26,13	00:24,56	00:23,25		00:02,88	11,02 %

9. 50m Fri

	19.10.2013	30.11.2013	25.01.2014	29.03.2014		
Svømmesk/Havhest	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Havhest Joakim Bygstad			01:00,25		00:00,00	0,00 %

	Rekrutt	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Sjøløve Daniel Heksum			01:19,00			00:00,00	0,00 %
Sjøløve Laurits Kjelsrud			01:08,25	01:02,60		00:05,65	8,28 %
Delfin Miran Ahmadpour			01:09,66	01:07,41		00:02,25	3,23 %
Hai August Kjelsrud		01:03,69	01:06,60	00:59,66		00:04,03	6,33 %
	Maiken Kind Wensink			00:52,53		00:00,00	0,00 %

Gruppe 1	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jørgen Ringen	00:57,10	00:54,81	00:53,62	00:50,81	00:06,29	11,02 %
Sunniva Nubdal Wold	00:58,82	01:09,34	00:58,38	00:53,72	00:05,10	8,67 %

Anders Bergum Moen	01:03,10	01:03,40	01:00,69	00:57,09	00:06,01	9,52 %
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Gruppe 2 og 3	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Jonas Nerseth	00:43,40		00:41,00	00:40,85	00:02,55	5,88 %
Tamas Laszlo Dobosi		00:41,46	00:40,53	00:38,62	00:02,84	6,85 %
Sindre Bygstad	00:42,00	00:39,78	00:39,31		00:02,69	6,40 %
Erik Omdahl	00:35,60			00:31,06	00:04,54	12,75 %

Elise Sveen Lundgård	00:45,60	00:42,65	00:41,40		00:04,20	9,21 %
Heidi Aas	00:44,30	00:42,69	00:42,90		00:01,61	3,63 %
Guro Næss	00:44,26		00:43,28	00:42,04	00:02,22	5,02 %
Helene Kind Wensink	00:40,00	00:40,46		00:37,43	00:02,57	6,43 %
Katalin Beáta Dobosi	00:54,45	00:54,10	00:57,31	00:50,16	00:04,29	7,88 %
Julie Heimdal Stenberg	00:43,55	00:41,78	00:43,91	00:42,28	00:01,77	4,06 %
Anna G Samuelsen	00:54,21				00:00,00	0,00 %
Celina Jakobsen	00:38,50	00:36,28		00:36,66	00:02,22	5,77 %
Ida Mork Engelstad				00:43,85	00:00,00	0,00 %
Sindre Brendbakken				00:32,13	00:00,00	0,00 %

Seniorer	Tid	Tid	Tid	Tid	Total forbedr	% Forbedring
Anne Marit S Gjestvang	00:34,85				00:00,00	0,00 %
Monica Jakobsen	00:35,08				00:00,00	0,00 %
Ingrid Ravnan		00:41,56			00:00,00	0,00 %

Knut Ivar Kjelsrud	00:28,60	00:27,86	00:27,78	00:28,31	00:00,82	2,87 %
Thorvald Wensink	00:28,00	00:27,79	00:27,57	00:27,50	00:00,50	1,79 %
Erlend Brekke	00:26,71	00:27,93			00:00,00	0,00 %