

女子	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100-
25m自由形	12.18	12.23	12.62	12.42	12.25	12.98	13.79	14.14	14.32	15.27	15.53	16.91	18.26	20.00	25.05	38.03	
50m自由形	26.50	25.42	25.57	27.06	26.75	27.58	29.77	30.93	30.93	33.09	33.36	37.38	40.24	45.84	55.53	1:13.87	
100m自由形	57.57	56.96	56.49	59.52	1:01.19	1:02.06	1:06.24	1:09.68	1:10.11	1:13.48	1:12.97	1:25.21	1:38.96	1:54.41	2:09.13	2:59.01	
200m自由形	2:05.86	2:04.59	2:02.60	2:12.54	2:11.85	2:17.42	2:23.78	2:31.72	2:38.32	2:42.05	2:44.70	3:22.38	3:36.33	4:10.40	4:49.36	6:17.47	
400m自由形	4:28.24	4:35.81	4:18.86	4:43.61	4:41.21	4:56.24	5:02.85	5:21.48	5:30.24	5:46.94	5:50.41	7:06.73	7:42.75	9:40.61	10:01.56	13:05.10	
800m自由形	9:28.93	8:57.39	8:54.86	9:42.34	9:41.15	10:04.15	10:10.98	11:02.92	11:18.60	11:49.70	13:23.18	14:21.26	16:20.82	22:23.51	38:00.00	27:58.70	
1500m自由形	18:46.81	17:00.63	17:13.38	18:38.14	18:32.20	19:16.98	19:27.74	21:17.70	21:59.83	22:35.98	25:19.73	27:14.94	30:45.08	42:54.05	90:00.00	55:14.66	
25m背泳	14.15	13.91	14.14	14.54	14.78	15.21	16.25	16.68	17.21	17.53	19.41	21.77	22.73	24.80	34.01	36.64	
50m背泳	29.76	29.20	27.43	30.40	30.99	32.02	34.36	35.88	36.38	37.63	40.97	43.54	51.71	58.38	1:13.33	1:20.28	
100m背泳	1:04.28	1:02.32	1:00.90	1:05.79	1:09.54	1:10.48	1:12.39	1:18.71	1:21.06	1:28.02	1:31.24	1:36.33	1:53.51	2:20.40	2:36.08	2:55.44	
200m背泳	2:18.84	2:12.84	2:12.40	2:26.58	2:30.20	2:31.71	2:32.48	2:58.82	3:01.08	3:09.52	3:24.21	3:42.98	4:14.67	5:00.12	5:29.42	6:24.50	
25m平泳	15.41	15.37	15.31	15.83	15.90	16.14	17.18	18.18	18.90	18.95	19.95	20.26	23.19	27.22	39.59	58.11	
50m平泳	33.17	32.76	31.71	34.51	35.40	36.60	38.23	39.81	41.48	40.90	42.80	43.79	50.48	1:00.56	1:15.48	2:25.20	
100m平泳	1:12.16	1:10.55	1:06.98	1:13.41	1:17.55	1:20.29	1:23.05	1:27.35	1:28.79	1:28.73	1:35.58	1:36.48	1:54.30	2:11.98	3:48.20	7:00.00	
200m平泳	2:34.89	2:31.18	2:26.96	2:39.47	2:44.80	2:58.46	3:02.37	3:03.02	3:18.20	3:14.89	3:28.98	3:33.03	4:29.24	5:33.41	7:57.95	15:00.00	
25mバタフライ	13.19	12.59	13.02	13.09	13.61	13.77	14.32	15.17	15.50	16.20	16.90	19.55	22.15	27.35	48.32	2:00.00	
50mバタフライ	27.82	27.29	28.16	28.60	29.29	29.71	30.62	33.76	35.03	36.71	37.96	47.89	56.51	1:32.84	2:30.00	5:00.00	
100mバタフライ	1:00.59	1:00.18	1:00.35	1:04.01	1:04.91	1:06.75	1:11.04	1:19.58	1:23.78	1:25.28	1:28.55	2:01.80	2:14.51	4:35.49	6:00.00	10:00.00	
200mバタフライ	2:20.00	2:09.64	2:13.09	2:21.18	2:26.31	2:32.09	2:38.99	2:58.52	3:05.20	3:17.36	3:34.59	5:02.63	6:30.00	10:00.00	15:00.00	20:00.00	
100m個人メドレー	1:03.76	1:03.67	1:02.55	1:07.44	1:09.38	1:10.39	1:14.56	1:20.29	1:22.57	1:24.45	1:24.88	1:31.62	1:49.26	2:20.92	3:51.82	8:00.00	
200m個人メドレー	2:19.03	2:17.17	2:13.41	2:29.42	2:29.75	2:35.89	2:36.59	2:52.88	2:59.95	3:05.72	3:11.14	3:53.51	4:16.31	8:14.90	12:00.00	20:00.00	
400m個人メドレー	5:04.78	4:52.13	4:45.07	5:20.85	5:22.27	5:29.52	5:31.20	6:12.64	6:28.22	6:34.95	6:56.79	8:38.74	12:22.79	19:35.80	25:00.00	40:00.00	

男子	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100-
25m自由形	10.42	10.36	10.51	10.66	11.06	11.14	11.19	12.17	12.14	12.71	13.40	13.62	14.30	15.31	18.97	23.11	
50m自由形	22.52	22.65	22.99	23.15	23.96	24.02	23.96	26.32	26.54	27.47	28.99	31.10	32.61	34.54	42.60	55.08	
100m自由形	50.11	49.90	51.78	50.82	53.26	53.61	54.29	57.77	1:01.97	1:02.50	1:06.32	1:09.83	1:16.09	1:19.42	1:41.47	2:09.32	
200m自由形	1:49.04	1:53.10	1:53.87	1:54.55	1:59.19	2:01.89	2:07.63	2:10.23	2:19.51	2:22.71	2:29.28	2:42.21	2:55.46	3:15.87	3:39.65	12:00.00	
400m自由形	4:03.83	4:02.52	4:07.76	4:05.07	4:17.81	4:32.73	4:42.69	4:42.30	5:02.99	5:11.39	5:26.04	5:45.47	6:20.10	7:22.76	9:34.51	25:00.00	
800m自由形	8:30.90	8:22.21	8:39.61	8:31.55	9:00.01	9:35.06	9:50.17	10:22.37	10:42.22	11:15.18	11:16.51	12:02.87	12:50.97	16:19.95	45:00.00	50:00.00	
1500m自由形	16:05.81	16:29.39	16:39.54	16:31.50	17:24.81	18:32.50	18:54.66	19:47.76	20:25.90	21:26.12	22:02.11	22:52.00	25:18.69	30:31.85	90:00.00	100:00.00	
25m背泳	12.06	12.26	12.24	12.49	12.70	13.29	13.62	14.23	14.50	15.40	16.44	16.75	17.58	18.46	23.47	28.57	1:22.56
50m背泳	24.78	25.24	25.67	26.58	26.80	27.08	28.67	30.21	30.50	33.41	35.44	36.58	38.26	40.59	52.49	1:01.25	4:17.99
100m背泳	53.19	55.42	55.98	57.60	58.85	58.20	1:02.40	1:08.31	1:12.22	1:14.74	1:18.73	1:20.66	1:25.77	1:28.98	1:47.66	2:21.73	
200m背泳	2:02.88	2:03.69	2:02.84	2:06.95	2:08.22	2:11.22	2:23.04	2:33.91	2:39.97	2:47.59	2:53.22	3:00.92	3:10.06	3:18.29	3:59.25	13:00.00	
25m平泳	12.95	12.82	12.75	12.82	13.11	13.69	14.50	14.87	15.09	15.32	16.30	17.77	18.40	19.41	24.48	30.79	
50m平泳	28.23	28.11	28.20	29.09	28.89	30.38	32.58	33.17	33.64	33.86	35.85	39.04	41.42	44.47	55.68	1:07.12	
100m平泳	1:01.18	1:01.48	1:00.95	1:03.28	1:03.36	1:07.26	1:11.92	1:12.59	1:13.55	1:16.64	1:24.13	1:27.76	1:35.96	1:47.97	2:15.14	2:31.77	
200m平泳	2:14.09	2:18.31	2:12.58	2:18.62	2:20.19	2:30.90	2:38.02	2:42.07	2:46.21	2:57.01	3:07.68	3:20.93	3:34.21	4:20.43	4:59.71	5:45.70	
25mバタフライ	11.02	11.07	11.25	11.26	11.58	12.06	12.56	13.03	13.23	13.75	14.02	14.54	17.19	18.43	30.97	1:30.00	
50mバタフライ	24.29	23.66	24.20	24.03	25.76	26.70	26.94	28.94	28.30	30.49	31.71	33.28	39.66	44.10	1:22.46	4:00.00	
100mバタフライ	53.01	53.72	54.20	54.56	56.82	59.00	1:02.78	1:03.72	1:03.67	1:10.73	1:18.42	1:24.38	1:48.41	2:26.79	5:00.00	9:00.00	
200mバタフライ	1:58.03	1:59.92	2:00.21	2:03.31	2:05.72	2:10.95	2:21.64	2:31.04	2:37.97	2:48.60	3:06.07	3:16.99	4:17.29	5:33.83	12:00.00	18:00.00	
100m個人メドレー	55.14	55.13	56.43	57.69	59.25	1:03.63	1:04.65	1:06.86	1:06.53	1:12.04	1:19.96	1:25.68	1:30.18	1:47.12	2:08.86	7:00.00	
200m個人メドレー	2:00.73	2:02.48	2:02.20	2:06.39	2:11.26	2:10.49	2:27.12	2:29.66	2:40.02	2:42.68	2:57.11	3:17.53	3:49.25	4:02.22	10:00.00	15:00.00	
400m個人メドレー	4:19.33	4:14.51	4:22.35	4:39.71	4:46.47	4:42.15	5:18.25	5:27.41	5:36.24	5:59.56	6:22.65	7:37.01	8:58.63	10:26.11	20:00.00	30:00.00	

リレー	女子	男子														
	-119	120-159	160-199	200-239	240-279	280-319	320-359	360-	-119	120-159	160-199	200-239	240-279	280-319	320-359	360-
4x25mフリーリレー	50.97	50.53	53.15	56.96	1:01.45	1:06.89	1:22.83	5:00.00	40.72	43.60	45.05	47.12	52.45	55.24	1:02.25	1:44.95
4x50mフリーリレー	1:48.81	1:48.99	1:56.50	2:07.30	2:18.76	2:25.91	2:58.35	10:00.00	1:34.37	1:34.43	1:37.14	1:43.13	1:51.63	2:05.96	2:20.85	3:19.42
4x100mフリーリレー	4:15.67	4:06.03	4:27.42	4:59.79	5:32.81	5:54.39	7:16.31	20:00.00	3:36.82	3:32.75	3:46.84	4:04.06	4:27.32	5:27.11	15:00.00	20:00.00
4x200mフリーリレー	9:22.07	9:02.34	10:00.88	10:55.97	12:17.85	14:06.35	19:49.61	40:00.00	8:06.27	8:18.93	8:30.90	9:41.95	10:07.22	12:57.59	30:00.00	40:00.00
4x25mメドレーリレー	57.73	57.66	58.28	1:03.95	1:08.89	1:17.40	1:31.55	7:00.00	45.55	47.97	49.52	57.62	1:03.05	1:15.61	1:49.60	
4x50mメドレーリレー	2:02.23	2:01.69	2:05.00	2:22.41	2:33.62	2:57.35	3:29.87	15:00.00	1:41.91	1:42.07	1:48.85	1:52.43	2:05.18	2:21.42	2:50.63	4:15.49
4x100mメドレーリレー	4:38.69	4:30.71	4:59.44	5:32.49	6:13.69	6:54.69	10:01.03	30:00.00	3:59.59	4:01.29	4:02.64	4:39.38	5:14.14	6:12.22	24:00.00	30:00.00

混合	-119	120-159	160-199	200-239	240-279	280-319	320-359	360-
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