

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	12.54	12.42	12.25	12.58	13.59	14.07	14.32	14.95	15.53	16.06	18.26	19.41	25.05	38.03	42.69
50m自由形	26.22	25.42	25.57	26.36	26.75	27.46	29.35	30.93	30.93	32.28	33.36	35.41	40.24	44.68	55.53	1:13.87	1:34.12
100m自由形	57.34	56.96	56.49	57.60	1:01.19	1:02.06	1:03.98	1:09.68	1:10.11	1:13.48	1:12.97	1:19.55	1:38.96	1:48.44	2:09.13	2:59.01	3:30.49
200m自由形	2:05.86	2:04.59	2:02.60	2:03.12	2:11.85	2:14.98	2:21.79	2:31.72	2:37.22	2:42.05	2:44.70	2:51.65	3:36.33	4:10.40	4:49.36	6:17.47	7:27.89
400m自由形	4:24.76	4:35.81	4:18.86	4:26.00	4:41.21	4:44.29	5:02.12	5:21.48	5:30.22	5:46.94	5:50.41	6:55.16	7:42.75	9:40.61	10:01.56	13:05.10	16:40.10
800m自由形	9:00.13	8:57.39	8:54.86	9:02.52	9:41.15	9:58.55	10:10.98	11:02.92	11:18.60	11:49.70	13:23.18	12:25.61	16:20.82	22:23.51	22:40.67	27:58.70	36:51.23
1500m自由形	18:46.81	17:00.63	17:13.38	17:30.90	18:32.20	18:48.26	19:27.74	21:17.92	21:49.18	22:35.98	25:19.73	27:14.94	30:45.08	41:44.63	41:59.32	55:14.66	
25m背泳	13.84	13.29	13.51	14.28	14.78	14.75	15.65	16.68	17.21	17.53	19.41	20.16	22.70	24.80	29.75	36.64	46.20
50m背泳	29.76	28.29	27.43	29.84	30.99	31.69	33.40	35.16	36.38	37.63	39.79	43.46	51.71	57.43	1:09.37	1:20.28	1:38.71
100m背泳	1:03.29	1:00.72	1:00.90	1:02.81	1:08.98	1:10.10	1:12.39	1:18.48	1:21.06	1:26.37	1:26.25	1:36.33	1:53.51	2:06.16	2:29.86	2:55.44	3:42.81
200m背泳	2:18.84	2:12.84	2:11.86	2:13.37	2:27.64	2:31.71	2:32.48	2:52.00	3:01.08	3:07.80	3:15.81	3:36.60	4:14.67	4:38.83	5:29.42	6:24.50	7:40.01
25m平泳	15.23	15.00	15.31	15.30	15.67	16.07	16.24	17.94	18.90	18.95	19.95	20.26	23.19	27.22	39.59	55.92	1:13.61
50m平泳	32.98	31.95	31.71	31.87	35.21	35.92	36.29	38.89	41.10	40.90	42.80	43.79	50.48	1:00.45	1:15.48	2:25.20	
100m平泳	1:10.41	1:10.55	1:06.98	1:09.20	1:17.55	1:18.13	1:22.59	1:24.83	1:28.79	1:28.73	1:35.58	1:36.48	1:54.30	2:11.98	3:01.08		
200m平泳	2:34.89	2:31.18	2:26.96	2:30.63	2:44.80	2:50.78	3:01.58	3:03.02	3:18.20	3:14.89	3:28.98	3:33.03	4:29.24	5:10.89	7:57.95		
25mバタフライ	13.15	12.59	13.02	12.98	13.22	13.69	14.32	14.51	15.50	15.16	16.90	18.09	22.15	26.35	48.32		
50mバタフライ	27.82	27.14	28.16	28.58	29.29	29.71	30.62	31.72	35.03	35.49	37.96	42.23	56.51	1:32.84			
100mバタフライ	1:00.59	1:00.18	1:00.35	1:01.88	1:04.91	1:06.75	1:10.21	1:12.97	1:23.78	1:25.28	1:28.55	1:44.90	2:14.51	4:35.49			
200mバタフライ	2:18.65	2:09.64	2:13.09	2:16.67	2:26.31	2:32.09	2:38.99	2:47.63	3:05.20	3:17.36	3:34.59	4:39.23	6:03.07				
100m個人メドレー	1:03.66	1:03.67	1:02.55	1:03.17	1:09.38	1:10.39	1:11.55	1:18.62	1:22.57	1:24.45	1:24.88	1:31.38	1:49.26	2:15.05	3:51.82		
200m個人メドレー	2:17.22	2:17.17	2:13.41	2:17.69	2:29.75	2:35.02	2:36.59	2:47.24	2:59.95	3:05.72	3:11.14	3:22.23	4:16.31	6:44.27			
400m個人メドレー	5:04.78	4:52.13	4:45.07	4:55.84	5:22.27	5:29.52	5:31.20	6:10.59	6:28.22	6:34.95	6:56.79	7:11.33	11:25.80	17:56.25			

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	10.28	10.36	10.51	10.66	10.86	11.14	11.19	11.80	12.14	12.63	13.40	13.62	14.30	15.31	18.97	23.11	
50m自由形	22.35	22.65	22.99	23.15	23.54	24.02	23.96	25.02	26.54	27.47	28.99	31.10	32.61	34.54	42.60	55.08	
100m自由形	50.11	49.90	51.67	50.82	51.76	53.61	54.29	56.18	59.99	1:02.50	1:05.08	1:09.83	1:16.09	1:19.42	1:41.47	2:09.32	
200m自由形	1:49.04	1:50.01	1:53.87	1:54.14	1:55.65	2:01.89	2:04.16	2:10.23	2:13.45	2:22.71	2:28.80	2:38.07	2:55.46	3:15.87	3:39.65		
400m自由形	4:03.83	4:02.52	4:05.41	4:05.07	4:15.92	4:21.72	4:25.86	4:42.30	4:46.02	5:11.39	5:24.38	5:36.32	6:20.10	7:22.76	9:34.51		
800m自由形	8:30.90	8:22.21	8:39.61	8:31.55	8:49.85	9:14.28	9:50.17	10:15.83	10:13.53	11:08.37	11:16.51	11:47.67	12:50.97	16:19.95			
1500m自由形	16:05.81	15:51.03	16:39.54	16:31.50	17:04.82	17:46.51	18:54.66	19:35.57	19:27.73	21:25.20	22:02.11	22:52.00	25:18.69	30:31.85			
25m背泳	12.06	11.96	12.24	12.27	12.70	13.16	13.62	14.23	14.46	15.40	16.37	16.75	17.58	18.46	22.43	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	38.15	40.59	52.49	1:01.25	4:17.99
100m背泳	53.19	54.47	55.98	57.25	58.85	58.20	1:02.40	1:08.31	1:10.87	1:14.74	1:18.69	1:20.66	1:25.07	1:28.98	1:47.66	2:21.73	
200m背泳	2:02.88	2:03.69	2:02.84	2:05.01	2:08.22	2:11.22	2:20.33	2:33.91	2:38.91	2:45.97	2:53.22	3:00.92	3:10.06	3:18.29	3:59.25		
25m平泳	12.79	12.82	12.75	12.82	12.94	13.33	14.09	14.87	15.09	15.32	16.20	17.68	18.38	19.41	24.48	30.79	
50m平泳	28.23	27.41	28.20	28.75	28.89	29.18	31.23	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	59.24	1:00.95	1:01.18	1:03.36	1:04.76	1:09.38	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	2:10.68	2:12.58	2:15.42	2:20.19	2:21.92	2:32.46	2:42.07	2:46.21	2:57.01	3:07.68	3:19.96	3:34.21	4:20.43	4:59.71	5:45.70	
25mバタフライ	11.02	11.00	11.10	11.26	11.32	11.80	12.56	12.74	13.23	13.75	14.02	14.54	16.58	18.43	25.16		
50mバタフライ	23.54	23.60	24.20	24.03	24.72	26.02	26.94	28.20	28.30	30.18	31.71	32.93	37.77	44.10	1:22.46		
100mバタフライ	53.01	53.04	54.20	54.56	54.98	58.30	1:00.03	1:03.72	1:03.67	1:10.73	1:13.68	1:21.12	1:30.69	2:26.79			
200mバタフライ	1:58.03	1:59.92	2:00.21	2:03.31	2:04.42	2:10.95	2:21.64	2:25.34	2:33.96	2:48.60	2:58.89	3:16.99	3:33.24	5:33.83			
100m個人メドレー	54.75	55.13	55.80	57.69	58.30	1:00.46	1:04.65	1:06.86	1:06.53	1:12.04	1:15.60	1:22.82	1:30.18	1:47.12	2:08.86		
200m個人メドレー	2:00.73	2:02.48	2:02.20	2:06.39	2:09.65	2:10.49	2:15.16	2:29.66	2:34.08	2:42.68	2:52.63	3:04.87	3:32.79	4:02.22			
400m個人メドレー	4:19.33	4:14.51	4:22.35	4:37.89	4:40.07	4:42.15	4:49.34	5:27.41	5:28.87	5:59.56	6:22.65	7:22.35	7:57.44	10:26.11			

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-
4×25mフリーリレー	50.97	50.53	53.15	55.73	1:01.45	1:06.89	1:19.33	2:03.55	40.72	43.60	45.02	47.12	51.27	55.24	1:02.25	1:44.95
4×50mフリーリレー	1:45.46	1:48.99	1:56.50	2:05.57	2:18.76	2:25.91	2:55.60	4:45.07	1:31.17	1:34.43	1:37.14	1:43.13	1:51.63	2:04.54	2:20.85	3:19.42
4×100mフリーリレー	4:13.63	4:06.03	4:18.62	4:43.81	5:14.01	5:50.18	7:05.93		3:21.83	3:31.07	3:40.74	3:58.10	4:26.41	5:05.33	6:35.12	
4×200mフリーリレー	9:12.85	8:55.78	9:40.17	10:22.69	11:45.56	13:35.24	17:04.58		7:50.37	7:55.33	8:17.71	9:04.84	10:01.65	11:26.73	14:44.84	
4×25mメドレーリレー	55.48	57.07	58.28	1:03.47	1:08.89	1:17.40	1:31.55		45.55	47.41	48.79	50.96	57.54	1:03.05	1:14.27	1:49.60
4×50mメドレーリレー	2:00.85	2:01.57	2:05.00	2:18.69	2:33.62	2:51.73	3:28.88		1:41.91	1:42.07	1:47.60	1:52.43	2:05.18	2:18.44	2:50.63	4:15.49
4×100mメドレーリレー	4:38.69	4:30.71	4:38.11	5:21.99	5:53.11	6:54.69	8:13.98		3:45.97	3:45.25	3:59.89	4:27.62	4:57.90	6:05.96		

混合	-119	120-159	160-199	200-239	240-279	280-319	320-359	360-
4×25mフリーリレー	45.23	46.42	47.07	51.77	55.79	59.36	1:10.47	1:51.68
4×50mフリーリレー	1:41.55	1:41.72	1:43.64	1:53.74	2:02.59	2:10.44	2:36.37	4:13.19
4×100mフリーリレー	3:55.37	3:						