

2022年度水泳資格表《男子13歳以上》

男子資格級		自由形						背泳ぎ			平泳ぎ			バタフライ			個人メドレー			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
19歳以上	AA	15級	20.56	45.53	1:40.57	3:35.10	7:29.70	14:18.88	22.52	48.99	1:46.94	25.58	55.53	2:00.73	21.97	48.66	1:48.24	50.29	1:50.05	3:54.81
		14級	21.00	46.41	1:42.27	3:38.53	7:36.26	14:31.40	23.07	50.07	1:49.45	26.06	56.42	2:02.57	22.39	49.56	1:50.26	51.24	1:52.12	3:59.38
		13級	21.44	47.28	1:43.97	3:41.97	7:42.82	14:43.93	23.63	51.16	1:51.96	26.53	57.32	2:04.40	22.80	50.45	1:52.28	52.18	1:54.19	4:03.95
		12級	21.88	48.16	1:45.68	3:45.41	7:49.37	14:56.45	24.19	52.24	1:54.48	27.01	58.22	2:06.24	23.21	51.35	1:54.30	53.13	1:56.26	4:08.52
		11級	22.32	49.04	1:47.38	3:48.85	7:55.93	15:08.97	24.75	53.32	1:56.99	27.48	59.12	2:08.08	23.63	52.24	1:56.32	54.07	1:58.33	4:13.09
	A	10級	23.23	51.01	1:51.54	3:57.62	8:14.05	15:43.52	25.74	55.45	2:01.50	28.60	1:01.58	2:13.18	24.63	54.31	2:00.80	56.32	2:03.09	4:23.14
		9級	24.13	52.97	1:55.70	4:06.40	8:32.16	16:18.07	26.74	57.57	2:06.01	29.72	1:04.03	2:18.28	25.62	56.37	2:05.27	58.56	2:07.84	4:33.19
		8級	25.04	54.94	1:59.86	4:15.17	8:50.28	16:52.63	27.73	59.70	2:10.52	30.84	1:06.49	2:23.38	26.62	58.44	2:09.75	1:00.80	2:12.60	4:43.24
		7級	25.95	56.90	2:04.02	4:23.95	9:08.39	17:27.18	28.73	1:01.83	2:15.03	31.96	1:08.95	2:28.48	27.61	1:00.50	2:14.23	1:03.04	2:17.35	4:53.29
		6級	26.85	58.87	2:08.18	4:32.72	9:26.51	18:01.73	29.72	1:03.96	2:19.54	33.09	1:11.40	2:33.59	28.61	1:02.57	2:18.71	1:05.28	2:22.11	5:03.34
	B	5級	27.76	1:00.83	2:12.35	4:41.49	9:44.63	18:36.28	30.71	1:06.08	2:24.05	34.21	1:13.86	2:38.69	29.61	1:04.63	2:23.18	1:07.52	2:26.87	5:13.39
		4級	28.67	1:02.79	2:16.51	4:50.27	10:02.74	19:10.83	31.71	1:08.21	2:28.56	35.33	1:16.32	2:43.79	30.60	1:06.70	2:27.66	1:09.77	2:31.62	5:23.44
		3級	29.58	1:04.76	2:20.67	4:59.04	10:20.86	19:45.39	32.70	1:10.34	2:33.07	36.45	1:18.78	2:48.89	31.60	1:08.76	2:32.14	1:12.01	2:36.38	5:33.49
		2級	30.48	1:06.73	2:24.83	5:07.82	10:38.97	20:19.94	33.70	1:12.46	2:37.58	37.57	1:21.23	2:53.99	32.59	1:10.83	2:36.61	1:14.25	2:41.13	5:43.54
		1級	31.39	1:08.69	2:28.99	5:16.59	10:57.09	20:54.49	34.69	1:14.59	2:42.09	38.69	1:23.69	2:59.09	33.59	1:12.89	2:41.09	1:16.49	2:45.89	5:53.59
	17歳	AA	15級	21.44	47.28	1:43.97	3:41.97	7:42.82	14:43.93	23.63	51.16	1:51.96	26.53	57.32	2:04.40	22.80	50.45	1:52.28	52.18	1:54.19
14級			21.88	48.07	1:45.56	3:44.69	7:48.29	14:54.37	24.13	52.19	1:54.23	27.03	58.41	2:06.47	23.24	51.35	1:54.01	53.12	1:56.24	4:07.71
13級			22.32	48.85	1:47.15	3:47.42	7:53.76	15:04.82	24.63	53.23	1:56.50	27.54	59.50	2:08.53	23.69	52.24	1:55.74	54.06	1:58.29	4:11.47
12級			22.77	49.63	1:48.73	3:50.14	7:59.23	15:15.27	25.13	54.26	1:58.76	28.04	1:00.59	2:10.59	24.14	53.14	1:57.47	54.99	2:00.34	4:15.22
11級			23.21	50.41	1:50.32	3:52.86	8:04.70	15:25.72	25.63	55.30	2:01.03	28.55	1:01.68	2:12.65	24.58	54.03	1:59.20	55.93	2:02.39	4:18.98
A		10級	24.12	52.43	1:54.61	4:02.14	8:23.82	16:02.18	26.64	57.45	2:05.61	29.67	1:04.12	2:17.80	25.57	56.13	2:03.85	58.21	2:07.21	4:29.45
		9級	25.03	54.45	1:58.89	4:11.43	8:42.94	16:38.63	27.64	59.60	2:10.18	30.80	1:06.56	2:22.96	26.56	58.22	2:08.50	1:00.48	2:12.03	4:39.92
		8級	25.93	56.46	2:03.18	4:20.71	9:02.06	17:15.09	28.65	1:01.75	2:14.76	31.92	1:09.00	2:28.11	27.55	1:00.32	2:13.15	1:02.76	2:16.85	4:50.39
		7級	26.84	58.48	2:07.47	4:29.99	9:21.18	17:51.55	29.65	1:03.90	2:19.33	33.05	1:11.44	2:33.27	28.54	1:02.41	2:17.80	1:05.03	2:21.67	5:00.86
		6級	27.75	1:00.50	2:11.75	4:39.27	9:40.30	18:28.01	30.66	1:06.04	2:23.91	34.17	1:13.89	2:38.42	29.54	1:04.51	2:22.44	1:07.31	2:26.49	5:11.34
B		5級	28.66	1:02.52	2:16.04	4:48.56	9:59.41	19:04.46	31.67	1:08.19	2:28.49	35.29	1:16.33	2:43.57	30.53	1:06.61	2:27.09	1:09.59	2:31.31	5:21.81
		4級	29.57	1:04.54	2:20.33	4:57.84	10:18.53	19:40.92	32.67	1:10.34	2:33.06	36.42	1:18.77	2:48.73	31.52	1:08.70	2:31.74	1:11.86	2:36.13	5:32.28
		3級	30.47	1:06.55	2:24.62	5:07.12	10:37.65	20:17.38	33.68	1:12.49	2:37.64	37.54	1:21.21	2:53.88	32.51	1:10.80	2:36.39	1:14.14	2:40.95	5:42.75
		2級	31.38	1:08.57	2:28.90	5:16.41	10:56.77	20:53.83	34.68	1:14.64	2:42.21	38.67	1:23.65	2:59.04	33.50	1:12.89	2:41.04	1:16.41	2:45.77	5:53.22
		1級	32.29	1:10.59	2:33.19	5:25.69	11:15.89	21:30.29	35.69	1:16.79	2:46.79	39.79	1:26.09	3:04.19	34.49	1:14.99	2:45.69	1:18.69	2:50.59	6:03.69
15歳		AA	15級	22.32	48.85	1:47.15	3:47.42	7:53.76	15:04.82	24.63	53.23	1:56.50	27.54	59.50	2:08.53	23.69	52.24	1:55.74	54.06	1:58.29
	14級		22.65	49.54	1:48.36	3:49.61	7:58.85	15:14.55	25.00	54.01	1:58.06	27.91	1:00.30	2:10.08	24.05	53.00	1:57.22	54.72	1:59.75	4:14.22
	13級		22.98	50.22	1:49.57	3:51.81	8:03.95	15:24.28	25.37	54.78	1:59.62	28.28	1:01.10	2:11.63	24.42	53.76	1:58.69	55.39	2:01.21	4:16.97
	12級		23.31	50.91	1:50.78	3:54.01	8:09.04	15:34.01	25.74	55.56	2:01.18	28.65	1:01.89	2:13.18	24.78	54.52	2:00.17	56.06	2:02.68	4:19.72
	11級		23.64	51.60	1:51.99	3:56.21	8:14.14	15:43.74	26.11	56.34	2:02.74	29.02	1:02.69	2:14.73	25.15	55.28	2:01.65	56.73	2:04.14	4:22.47
	A	10級	24.60	53.71	1:56.56	4:06.11	8:34.30	16:22.19	27.17	58.61	2:07.63	30.21	1:05.29	2:20.22	26.18	57.47	2:06.54	59.15	2:09.28	4:33.66
		9級	25.57	55.82	2:01.13	4:16.01	8:54.47	17:00.65	28.23	1:00.87	2:12.53	31.41	1:07.89	2:25.70	27.22	59.66	2:11.44	1:01.58	2:14.43	4:44.85
		8級	26.53	57.93	2:05.70	4:25.90	9:14.63	17:39.10	29.29	1:03.14	2:17.42	32.61	1:10.49	2:31.19	28.25	1:01.85	2:16.33	1:04.01	2:19.58	4:56.05
		7級	27.50	1:00.04	2:10.27	4:35.80	9:34.80	18:17.56	30.34	1:05.40	2:22.32	33.81	1:13.09	2:36.67	29.29	1:04.04	2:21.23	1:06.43	2:24.72	5:07.24
		6級	28.46	1:02.14	2:14.84	4:45.70	9:54.96	18:56.02	31.40	1:07.67	2:27.21	35.00	1:15.69	2:42.16	30.32	1:06.24	2:26.12	1:08.86	2:29.87	5:18.43
	B	5級	29.43	1:04.25	2:19.41	4:55.60	10:15.13	19:34.47	32.46	1:09.93	2:32.11	36.20	1:18.29	2:47.65	31.35	1:08.43	2:31.01	1:11.29	2:35.01	5:29.62
		4級	30.39	1:06.36	2:23.98	5:05.50	10:35.29	20:12.93	33.52	1:12.20	2:37.01	37.40	1:20.89	2:53.13	32.39	1:10.62	2:35.91	1:13.71	2:40.15	5:40.81
		3級	31.36	1:08.47	2:28.55	5:15.39	10:55.46	20:51.38	34.57	1:14.46	2:41.90	38.60	1:23.49	2:58.62	33.42	1:12.81	2:40.80	1:16.14	2:45.30	5:52.01
		2級	32.32	1:10.58	2:33.12	5:25.29	11:15.62	21:29.84	35.63	1:16.73	2:46.80	39.79	1:26.09	3:04.10	34.46	1:15.00	2:45.70	1:18.56	2:50.45	6:03.20
		1級	33.29	1:12.69	2:37.69	5:35.19	11:35.79	22:08.29	36.69	1:18.99	2:51.69	40.99	1:28.69	3:09.59	35.49	1:17.19	2:50.59	1:20.99	2:55.59	6:14.39
	14歳	AA	15級	22.98	50.22	1:49.57	3:51.81	8:03.95	15:24.28	25.37	54.78	1:59.62	28.28	1:01.10	2:11.63	24.42	53.76	1:58.69	55.39	2:01.21
14級			23.36	51.02	1:51.02	3:54.98	8:10.82	15:37.41	25.86	55.82	2:01.76	28.74	1:02.09	2:13.75	24.87	54.72	2:00.70	56.26	2:03.11	4:21.05
13級			23.74	51.81	1:52.46	3:58.15	8:17.69	15:50.53	26.34	56.86	2:03.90	29.20	1:03.09	2:15.86	25.31	55.68	2:02.71	57.12	2:05.00	4:25.14
12級			24.12	52.61	1:53.91	4:01.31	8:24.56	16:03.66	26.83	57.89	2:06.04	29.66	1:04.08	2:17.98	25.76	56.64	2:04.72	57.98	2:06.89	4:29.22
11級			24.50	53.40	1:55.36	4:04.48	8:31.44	16:16.78	27.31	58.93	2:08.18	30.12	1:05.08	2:20.10	26.20	57.60	2:06.73	58.85		

2022年度水泳資格表《男子12歳以下》

男子資格級		自由形						背泳ぎ			平泳ぎ			バタフライ			個人メドレー			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
12歳	AA	15級	24.51	53.30	1:55.58	4:05.10	8:32.48	16:18.78	27.24	58.79	2:07.83	30.06	1:04.94	2:19.06	26.18	57.57	2:06.49	58.76	2:08.58	4:32.28
		14級	25.00	54.46	1:58.14	4:10.63	8:44.11	16:40.99	27.98	1:00.38	2:11.28	30.77	1:06.49	2:22.18	26.71	58.88	2:09.28	1:00.07	2:11.44	4:38.22
		13級	25.49	55.62	2:00.70	4:16.16	8:55.74	17:03.19	28.71	1:01.97	2:14.74	31.48	1:08.04	2:25.30	27.24	1:00.19	2:12.07	1:01.37	2:14.30	4:44.17
		12級	25.99	56.79	2:03.27	4:21.68	9:07.36	17:25.40	29.44	1:03.56	2:18.20	32.20	1:09.60	2:28.43	27.77	1:01.51	2:14.85	1:02.68	2:17.17	4:50.11
		11級	26.48	57.95	2:05.83	4:27.21	9:18.99	17:47.61	30.17	1:05.15	2:21.65	32.91	1:11.15	2:31.55	28.30	1:02.82	2:17.64	1:03.99	2:20.03	4:56.06
	A	10級	27.60	1:00.39	2:11.13	4:38.48	9:41.94	18:31.38	31.31	1:07.59	2:26.94	34.27	1:14.08	2:37.88	29.49	1:05.29	2:23.21	1:06.77	2:25.93	5:08.88
		9級	28.72	1:02.84	2:16.42	4:49.75	10:04.89	19:15.16	32.45	1:10.04	2:32.24	35.63	1:17.02	2:44.22	30.68	1:07.75	2:28.77	1:09.55	2:31.82	5:21.71
		8級	29.84	1:05.28	2:21.72	5:01.02	10:27.84	19:58.94	33.60	1:12.48	2:37.53	36.98	1:19.95	2:50.55	31.87	1:10.22	2:34.34	1:12.33	2:37.72	5:34.53
		7級	30.96	1:07.73	2:27.01	5:12.28	10:50.79	20:42.72	34.74	1:14.93	2:42.83	38.34	1:22.89	2:56.88	33.06	1:12.69	2:39.90	1:15.11	2:43.61	5:47.35
		6級	32.09	1:10.17	2:32.31	5:23.55	11:13.74	21:26.50	35.88	1:17.37	2:48.12	39.70	1:25.82	3:03.22	34.25	1:15.16	2:45.47	1:17.89	2:49.51	6:00.17
	B	5級	33.21	1:12.61	2:37.61	5:34.82	11:36.69	22:10.28	37.02	1:19.81	2:53.41	41.06	1:28.75	3:09.55	35.43	1:17.62	2:51.03	1:20.67	2:55.41	6:13.00
		4級	34.33	1:15.06	2:42.90	5:46.09	11:59.64	22:54.05	38.16	1:22.26	2:58.71	42.42	1:31.69	3:15.89	36.62	1:20.09	2:56.60	1:23.45	3:01.30	6:25.82
3級		35.45	1:17.50	2:48.20	5:57.35	12:22.59	23:37.83	39.31	1:24.70	3:04.00	43.77	1:34.62	3:22.22	37.81	1:22.56	3:02.16	1:26.23	3:07.20	6:38.64	
2級		36.57	1:19.95	2:53.49	6:08.62	12:45.54	24:21.61	40.45	1:27.15	3:09.30	45.13	1:37.56	3:28.56	39.00	1:25.02	3:07.73	1:29.01	3:13.09	6:51.47	
1級		37.69	1:22.39	2:58.79	6:19.89	13:08.49	25:05.39	41.59	1:29.59	3:14.59	46.49	1:40.49	3:34.89	40.19	1:27.49	3:13.29	1:31.79	3:18.99	7:04.29	
11歳	AA	15級	25.49	55.62	2:00.70	4:16.16	8:55.74	17:03.19	28.71	1:01.97	2:14.74	31.48	1:08.04	2:25.30	27.24	1:00.19	2:12.07	1:01.37	2:14.30	4:44.17
		14級	26.11	56.93	2:03.41	4:21.95	9:07.88	17:26.39	29.43	1:03.60	2:18.28	32.28	1:09.73	2:28.81	27.89	1:01.82	2:15.60	1:02.79	2:17.40	4:50.73
		13級	26.73	58.25	2:06.12	4:27.74	9:20.02	17:49.58	30.15	1:05.23	2:21.82	33.08	1:11.42	2:32.31	28.54	1:03.46	2:19.13	1:04.21	2:20.50	4:57.28
		12級	27.35	59.56	2:08.82	4:33.53	9:32.17	18:12.77	30.88	1:06.85	2:25.35	33.88	1:13.11	2:35.82	29.20	1:05.09	2:22.66	1:05.62	2:23.60	5:03.84
		11級	27.97	1:00.87	2:11.53	4:39.32	9:44.31	18:35.97	31.60	1:08.48	2:28.89	34.68	1:14.80	2:39.32	29.85	1:06.72	2:26.19	1:07.04	2:26.70	5:10.40
	A	10級	29.21	1:03.61	2:17.53	4:52.09	10:10.03	19:25.13	32.90	1:11.22	2:34.84	36.19	1:18.08	2:46.41	31.17	1:09.42	2:32.28	1:10.17	2:33.35	5:24.82
		9級	30.45	1:06.35	2:23.52	5:04.87	10:35.75	20:14.29	34.20	1:13.96	2:40.79	37.70	1:21.36	2:53.49	32.50	1:12.11	2:38.37	1:13.31	2:40.00	5:39.24
		8級	31.70	1:09.10	2:29.52	5:17.65	11:01.47	21:03.45	35.50	1:16.70	2:46.74	39.21	1:24.64	3:00.58	33.82	1:14.81	2:44.46	1:16.44	2:46.65	5:53.65
		7級	32.94	1:11.84	2:35.51	5:30.43	11:27.18	21:52.62	36.80	1:19.44	2:52.69	40.72	1:27.92	3:07.67	35.15	1:17.51	2:50.55	1:19.58	2:53.30	6:08.07
		6級	34.18	1:14.58	2:41.51	5:43.20	11:52.90	22:41.78	38.10	1:22.18	2:58.64	42.24	1:31.20	3:14.76	36.47	1:20.21	2:56.64	1:22.71	2:59.94	6:22.49
	B	5級	35.42	1:17.32	2:47.51	5:55.98	12:18.62	23:30.94	39.39	1:24.93	3:04.59	43.75	1:34.47	3:21.84	37.79	1:22.90	3:02.73	1:25.85	3:06.59	6:36.91
		4級	36.66	1:20.06	2:53.50	6:08.76	12:44.34	24:20.10	40.69	1:27.67	3:10.54	45.26	1:37.75	3:28.93	39.12	1:25.60	3:08.82	1:28.98	3:13.24	6:51.33
3級		37.91	1:22.81	2:59.50	6:21.54	13:10.05	25:09.27	41.99	1:30.41	3:16.49	46.77	1:41.03	3:36.02	40.44	1:28.30	3:14.91	1:32.12	3:19.89	7:05.75	
2級		39.15	1:25.55	3:05.49	6:34.31	13:35.77	25:58.43	43.29	1:33.15	3:22.44	48.28	1:44.31	3:43.10	41.77	1:30.99	3:21.00	1:35.25	3:26.54	7:20.17	
1級		40.39	1:28.29	3:11.49	6:47.09	14:01.49	26:47.59	44.59	1:35.89	3:28.39	49.79	1:47.59	3:50.19	43.09	1:33.69	3:27.09	1:38.39	3:33.19	7:34.59	
10歳	AA	15級	27.35	59.56	2:08.82	4:33.53	9:32.17	18:12.77	30.88	1:06.85	2:25.35	33.88	1:13.11	2:35.82	29.20	1:05.09	2:22.66	1:05.62	2:23.60	5:03.84
		14級	27.96	1:00.88	2:11.64	4:39.52	9:44.71	18:36.73	31.62	1:08.46	2:28.85	34.78	1:15.04	2:39.93	29.90	1:06.64	2:26.07	1:07.15	2:26.94	5:10.90
		13級	28.57	1:02.19	2:14.46	4:45.51	9:57.25	19:00.68	32.36	1:10.07	2:32.35	35.67	1:16.97	2:44.05	30.59	1:08.20	2:29.48	1:08.67	2:30.28	5:17.96
		12級	29.18	1:03.51	2:17.27	4:51.50	10:09.79	19:24.63	33.11	1:11.68	2:35.85	36.57	1:18.90	2:48.16	31.29	1:09.76	2:32.89	1:10.20	2:33.61	5:25.02
		11級	29.79	1:04.83	2:20.09	4:57.49	10:22.33	19:48.58	33.85	1:13.29	2:39.35	37.46	1:20.83	2:52.28	31.99	1:11.31	2:36.30	1:11.72	2:36.95	5:32.08
	A	10級	31.18	1:07.87	2:26.66	5:11.18	10:51.15	20:42.11	35.29	1:16.31	2:45.77	39.13	1:24.42	2:59.94	33.46	1:14.37	2:43.02	1:15.19	2:44.24	5:47.57
		9級	32.57	1:10.90	2:33.23	5:24.87	11:19.96	21:35.64	36.74	1:19.33	2:52.20	40.81	1:28.01	3:07.60	34.93	1:17.43	2:49.74	1:18.66	2:51.54	6:03.07
		8級	33.96	1:13.94	2:39.80	5:38.56	11:48.78	22:29.18	38.18	1:22.35	2:58.62	42.48	1:31.59	3:15.26	36.40	1:20.49	2:56.46	1:22.12	2:58.83	6:18.56
		7級	35.35	1:16.97	2:46.37	5:52.25	12:17.60	23:22.71	39.63	1:25.37	3:05.05	44.15	1:35.18	3:22.92	37.87	1:23.54	3:03.18	1:25.59	3:06.13	6:34.05
		6級	36.74	1:20.01	2:52.94	6:05.94	12:46.41	24:16.24	41.07	1:28.39	3:11.47	45.83	1:38.76	3:30.58	39.34	1:26.60	3:09.90	1:29.06	3:13.42	6:49.54
	B	5級	38.13	1:23.05	2:59.51	6:19.63	13:15.23	25:09.77	42.51	1:31.41	3:17.89	47.50	1:42.35	3:38.24	40.81	1:29.66	3:16.62	1:32.52	3:20.71	7:05.03
		4級	39.52	1:26.08	3:06.08	6:33.32	13:44.04	26:03.30	43.96	1:34.43	3:24.32	49.17	1:45.93	3:45.91	42.28	1:32.72	3:23.33	1:35.99	3:28.01	7:20.52
3級		40.91	1:29.12	3:12.65	6:47.01	14:12.86	26:56.83	45.40	1:37.45	3:30.74	50.84	1:49.52	3:53.57	43.75	1:35.77	3:30.05	1:39.46	3:35.30	7:36.01	
2級		42.30	1:32.15	3:19.22	7:00.70	14:41.67	27:50.36	46.85	1:40.47	3:37.17	52.52	1:53.10	4:01.23	45.22	1:38.83	3:36.77	1:42.92	3:42.60	7:51.50	
1級		43.69	1:35.19	3:25.79	7:14.39	15:10.49	28:43.89	48.29	1:43.49	3:43.59	54.19	1:56.69	4:08.89	46.69	1:41.89	3:43.49	1:46.39	3:49.89	8:06.99	
9歳	AA	15級	29.18	1:03.51	2:17.27	4:51.50	10:09.79	19:24.63	33.11	1:11.68	2:35.85	36.57	1:18.90	2:48.16	31.29	1:09.76	2:32.89	1:10.20	2:33.61	5:25.02
		14級	29.62	1:04.47	2:19.34	4:55.89	10:18.99	19:42.19	33.60	1:12.75	2:38.17	37.29	1:20.48	2:51.51	31.81	1:10.90	2:35.41	1:11.25	2:35.92	5:29.90
		13級	30.07	1:05.43	2:21.41	5:00.29	10:28.18	19:59.75	34.09	1:13.82	2:40.49	38.02	1:22.05	2:54.86	32.32	1:12.05	2:37.92	1:12.31	2:38.23	5:34.78
		12級	30.51	1:06.39	2:23.48	5:04.68	10:37.37	20:17.31	34.59	1:14.89	2:42.82	38.75	1:23.62	2:58.21	32.84	1:13.20	2:40.43	1:13.36	2:40.53	

2022年度水泳資格表《女子13歳以上》

女子資格級		自由形						背泳ぎ			平泳ぎ			バタフライ			個人メドレー			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
19歳以上	AA	15級	23.44	50.93	1:51.48	3:56.66	8:06.34	15:31.42	25.66	55.06	1:59.56	29.06	1:03.21	2:15.16	24.54	54.95	2:01.29	57.13	2:02.90	4:20.83
		14級	23.96	52.03	1:53.41	4:00.54	8:14.34	15:46.75	26.28	56.39	2:02.16	29.78	1:04.38	2:17.79	25.18	56.01	2:03.41	58.33	2:05.47	4:25.71
		13級	24.48	53.12	1:55.35	4:04.42	8:22.34	16:02.08	26.91	57.72	2:04.76	30.50	1:05.55	2:20.41	25.81	57.06	2:05.54	59.52	2:08.04	4:30.58
		12級	25.00	54.22	1:57.29	4:08.30	8:30.35	16:17.40	27.53	59.05	2:07.36	31.21	1:06.72	2:23.03	26.45	58.12	2:07.67	1:00.72	2:10.62	4:35.45
	A	11級	25.52	55.31	1:59.23	4:12.18	8:38.35	16:32.73	28.16	1:00.38	2:09.96	31.93	1:07.89	2:25.65	27.08	59.17	2:09.80	1:01.92	2:13.19	4:40.32
		10級	26.51	57.46	2:03.85	4:21.63	8:57.56	17:09.90	29.26	1:02.69	2:14.91	33.16	1:10.57	2:31.20	28.15	1:01.54	2:14.87	1:04.33	2:18.41	4:51.31
		9級	27.49	59.61	2:08.46	4:31.08	9:16.78	17:47.06	30.37	1:05.00	2:19.87	34.38	1:13.25	2:36.76	29.22	1:03.91	2:19.94	1:06.75	2:23.63	5:02.29
		8級	28.48	1:01.75	2:13.08	4:40.53	9:35.99	18:24.23	31.47	1:07.31	2:24.82	35.61	1:15.93	2:42.31	30.29	1:06.29	2:25.01	1:09.17	2:28.85	5:13.28
		7級	29.47	1:03.90	2:17.69	4:49.98	9:55.21	19:01.39	32.57	1:09.62	2:29.77	36.83	1:18.61	2:47.87	31.36	1:08.66	2:30.08	1:11.59	2:34.07	5:24.27
		6級	30.45	1:06.05	2:22.31	4:59.44	10:14.42	19:38.56	33.67	1:11.94	2:34.72	38.06	1:21.29	2:53.42	32.44	1:11.03	2:35.15	1:14.00	2:39.29	5:35.25
	B	5級	31.44	1:08.20	2:26.93	5:08.89	10:33.63	20:15.73	34.78	1:14.25	2:39.68	39.29	1:23.97	2:58.97	33.51	1:13.40	2:40.21	1:16.42	2:44.51	5:46.24
		4級	32.43	1:10.35	2:31.54	5:18.34	10:52.85	20:52.89	35.88	1:16.56	2:44.63	40.51	1:26.65	3:04.53	34.58	1:15.77	2:45.28	1:18.84	2:49.73	5:57.23
3級		33.42	1:12.49	2:36.16	5:27.79	11:12.06	21:30.06	36.98	1:18.87	2:49.58	41.74	1:29.33	3:10.08	35.65	1:18.15	2:50.35	1:21.26	2:54.95	6:08.22	
2級		34.40	1:14.64	2:40.77	5:37.24	11:31.28	22:07.22	38.09	1:21.18	2:54.54	42.96	1:32.01	3:15.64	36.72	1:20.52	2:55.42	1:23.67	3:00.17	6:19.20	
1級	35.39	1:16.79	2:45.39	5:46.69	11:50.49	22:44.39	39.19	1:23.49	2:59.49	44.19	1:34.69	3:21.19	37.79	1:22.89	3:00.49	1:26.09	3:05.39	6:30.19		
17歳	AA	15級	24.48	53.12	1:55.35	4:04.42	8:22.34	16:02.08	26.91	57.72	2:04.76	30.50	1:05.55	2:20.41	25.81	57.06	2:05.54	59.52	2:08.04	4:30.58
		14級	24.93	54.14	1:57.17	4:07.48	8:28.77	16:14.38	27.42	58.88	2:07.08	30.99	1:06.87	2:22.93	26.33	58.21	2:07.70	1:00.55	2:10.26	4:34.85
		13級	25.38	55.16	1:58.99	4:10.54	8:35.19	16:26.68	27.93	1:00.05	2:09.39	31.48	1:08.19	2:25.44	26.84	59.35	2:09.86	1:01.58	2:12.48	4:39.11
		12級	25.84	56.18	2:00.81	4:13.60	8:41.62	16:38.99	28.45	1:01.21	2:11.71	31.97	1:09.52	2:27.96	27.36	1:00.50	2:12.01	1:02.61	2:14.69	4:43.38
		11級	26.29	57.20	2:02.63	4:16.66	8:48.04	16:51.29	28.96	1:02.37	2:14.03	32.46	1:10.84	2:30.48	27.87	1:01.64	2:14.17	1:03.65	2:16.91	4:47.65
	A	10級	27.25	59.26	2:07.14	4:26.15	9:07.28	17:28.52	30.03	1:04.60	2:18.83	33.69	1:13.36	2:35.83	28.91	1:03.88	2:19.06	1:06.02	2:22.02	4:58.45
		9級	28.21	1:01.32	2:11.64	4:35.65	9:26.53	18:05.75	31.11	1:06.83	2:23.62	34.93	1:15.87	2:41.18	29.95	1:06.13	2:23.95	1:08.39	2:27.13	5:09.26
		8級	29.17	1:03.38	2:16.15	4:45.14	9:45.77	18:42.98	32.18	1:09.07	2:28.42	36.16	1:18.39	2:46.53	31.00	1:08.38	2:28.85	1:10.77	2:32.23	5:20.06
		7級	30.13	1:05.44	2:20.65	4:54.63	10:05.02	19:20.21	33.25	1:11.30	2:33.21	37.39	1:20.90	2:51.88	32.04	1:10.62	2:33.74	1:13.14	2:37.34	5:30.87
		6級	31.09	1:07.50	2:25.16	5:04.13	10:24.27	19:57.44	34.32	1:13.53	2:38.01	38.62	1:23.42	2:57.24	33.08	1:12.87	2:38.63	1:15.52	2:42.45	5:41.67
		B	5級	32.05	1:09.55	2:29.67	5:13.62	10:43.51	20:34.67	35.40	1:15.76	2:42.81	39.86	1:25.93	3:02.59	34.12	1:15.11	2:43.52	1:17.89	2:47.56
	4級		33.01	1:11.61	2:34.17	5:23.11	11:02.75	21:11.90	36.47	1:17.99	2:47.60	41.09	1:28.45	3:07.94	35.16	1:17.36	2:48.41	1:20.27	2:52.67	6:03.28
3級	33.97		1:13.67	2:38.68	5:32.60	11:22.00	21:49.13	37.54	1:20.23	2:52.40	42.32	1:30.96	3:13.29	36.21	1:19.60	2:53.31	1:22.64	2:57.77	6:14.08	
2級	34.93		1:15.73	2:43.18	5:42.10	11:41.24	22:26.36	38.62	1:22.46	2:57.19	43.56	1:33.47	3:18.64	37.25	1:21.84	2:58.20	1:25.02	3:02.88	6:24.89	
1級	35.89	1:17.79	2:47.69	5:51.59	12:00.49	23:03.59	39.69	1:24.69	3:01.99	44.79	1:35.99	3:23.99	38.29	1:24.09	3:03.09	1:27.39	3:07.99	6:35.69		
15歳	AA	15級	24.93	54.14	1:57.17	4:07.48	8:28.77	16:14.38	27.42	58.88	2:07.08	30.99	1:06.87	2:22.93	26.33	58.21	2:07.70	1:00.55	2:10.26	4:34.85
		14級	25.31	54.92	1:58.63	4:10.11	8:34.17	16:24.73	27.83	59.81	2:08.82	31.36	1:07.88	2:24.92	26.72	59.08	2:09.42	1:01.42	2:12.13	4:38.43
		13級	25.69	55.71	2:00.09	4:12.73	8:39.57	16:35.07	28.24	1:00.73	2:10.56	31.74	1:08.88	2:26.91	27.11	59.96	2:11.14	1:02.29	2:14.00	4:42.01
		12級	26.06	56.49	2:01.55	4:15.36	8:44.98	16:45.42	28.65	1:01.66	2:12.30	32.11	1:09.89	2:28.90	27.51	1:00.83	2:12.86	1:03.16	2:15.87	4:45.59
		11級	26.44	57.27	2:03.01	4:17.98	8:50.38	16:55.77	29.06	1:02.58	2:14.04	32.48	1:10.89	2:30.89	27.90	1:01.71	2:14.58	1:04.03	2:17.74	4:49.17
	A	10級	27.44	59.44	2:07.72	4:27.84	9:10.42	17:34.53	30.18	1:04.91	2:19.09	33.78	1:13.54	2:36.50	29.00	1:04.07	2:19.69	1:06.49	2:23.03	5:00.39
		9級	28.43	1:01.61	2:12.43	4:37.70	9:30.46	18:13.29	31.30	1:07.24	2:24.15	35.08	1:16.19	2:42.11	30.10	1:06.43	2:24.80	1:08.94	2:28.33	5:11.61
		8級	29.43	1:03.79	2:17.13	4:47.56	9:50.50	18:52.06	32.43	1:09.57	2:29.20	36.39	1:18.84	2:47.72	31.20	1:08.78	2:29.91	1:11.40	2:33.62	5:22.84
		7級	30.42	1:05.96	2:21.84	4:57.42	10:10.54	19:30.82	33.55	1:11.90	2:34.26	37.69	1:21.49	2:53.33	32.30	1:11.14	2:35.02	1:13.85	2:38.92	5:34.06
		6級	31.42	1:08.13	2:26.55	5:07.29	10:30.58	20:09.58	34.67	1:14.23	2:39.31	38.99	1:24.14	2:58.94	33.40	1:13.50	2:40.14	1:16.31	2:44.22	5:45.28
		B	5級	32.41	1:10.30	2:31.26	5:17.15	10:50.63	20:48.34	35.80	1:16.57	2:44.37	40.29	1:26.79	3:04.55	34.49	1:15.86	2:45.25	1:18.77	2:49.51
	4級		33.40	1:12.47	2:35.97	5:27.01	11:10.67	21:27.10	36.92	1:18.90	2:49.43	41.59	1:29.44	3:10.16	35.59	1:18.22	2:50.36	1:21.22	2:54.81	6:07.72
3級	34.40		1:14.65	2:40.67	5:36.87	11:30.71	22:05.87	38.04	1:21.23	2:54.48	42.89	1:32.09	3:15.77	36.69	1:20.57	2:55.47	1:23.68	3:00.10	6:18.95	
2級	35.39		1:16.82	2:45.38	5:46.73	11:50.75	22:44.63	39.17	1:23.56	2:59.53	44.19	1:34.74	3:21.38	37.79	1:22.93	3:00.58	1:26.13	3:05.40	6:30.17	
1級	36.39	1:18.99	2:50.09	5:56.59	12:10.79	23:23.39	40.29	1:25.89	3:04.59	45.49	1:37.39	3:26.99	38.89	1:25.29	3:05.69	1:28.59	3:10.69	6:41.39		
14歳	AA	15級	25.31	54.92	1:58.63	4:10.11	8:34.17	16:24.73	27.83	59.81	2:08.82	31.36	1:07.88	2:24.92	26.72	59.08	2:09.42	1:01.42	2:12.13	4:38.43
		14級	25.71	55.77	2:00.32	4:13.34	8:40.80	16:37.42	28.29	1:00.83	2:10.86	31.78	1:08.93	2:27.04	27.13	1:00.00	2:11.33	1:02.32	2:14.07	4:42.31
		13級	26.11	56.61	2:02.02	4:16.57	8:47.42	16:50.10	28.75	1:01.85	2:12.90	32.20	1:09.98	2:29.17	27.54	1:00.91	2:13.24	1:03.23	2:16.01	4:46.19
		12級	26.51	57.45	2:03.71	4:19.81	8:54.05	17:02.79	29.21	1:02.88	2:14.95	32.62	1:11.04	2:31.29	27.96	1:01.83	2:15.16	1:04.13	2:17.95	4:50.07
		11級	26.91	58.29	2:05.40	4:23.04	9:													

2022年度水泳資格表《女子12歳以下》

女子資格級		自由形						背泳ぎ			平泳ぎ			バタフライ			個人メドレー			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
12歳	AA	15級	26.08	56.51	2:01.87	4:16.28	8:46.83	16:48.97	28.72	1:01.79	2:12.97	32.14	1:09.82	2:28.84	27.52	1:00.85	2:13.41	1:03.17	2:15.90	4:46.06
		14級	26.54	57.51	2:04.12	4:21.42	8:57.37	17:09.16	29.29	1:03.03	2:15.65	32.78	1:11.02	2:31.39	28.04	1:02.02	2:15.98	1:04.25	2:18.21	4:50.85
		13級	27.00	58.51	2:06.37	4:26.55	9:07.91	17:29.35	29.87	1:04.27	2:18.32	33.42	1:12.22	2:33.94	28.56	1:03.19	2:18.55	1:05.32	2:20.52	4:55.64
		12級	27.46	59.51	2:08.63	4:31.69	9:18.46	17:49.54	30.44	1:05.52	2:21.00	34.05	1:13.41	2:36.49	29.08	1:04.36	2:21.12	1:06.40	2:22.84	5:00.43
		11級	27.92	1:00.51	2:10.88	4:36.82	9:29.00	18:09.73	31.01	1:06.76	2:23.68	34.69	1:14.61	2:39.04	29.60	1:05.53	2:23.68	1:07.48	2:25.15	5:05.23
	A	10級	29.11	1:03.10	2:16.39	4:48.14	9:52.03	18:54.25	32.32	1:09.47	2:29.50	36.19	1:17.80	2:45.77	30.89	1:08.31	2:29.62	1:10.42	2:31.48	5:18.60
		9級	30.29	1:05.69	2:21.90	4:59.45	10:15.06	19:38.76	33.63	1:12.19	2:35.32	37.69	1:20.99	2:52.49	32.18	1:11.08	2:35.56	1:13.36	2:37.82	5:31.98
		8級	31.48	1:08.27	2:27.41	5:10.77	10:38.09	20:23.28	34.93	1:14.90	2:41.14	39.19	1:24.17	2:59.22	33.47	1:13.86	2:41.50	1:16.30	2:44.15	5:45.36
		7級	32.67	1:10.86	2:32.92	5:22.09	11:01.11	21:07.79	36.24	1:17.61	2:46.96	40.69	1:27.36	3:05.94	34.76	1:16.63	2:47.45	1:19.24	2:50.49	5:58.73
		6級	33.85	1:13.45	2:38.44	5:33.41	11:24.14	21:52.31	37.55	1:20.33	2:52.78	42.19	1:30.55	3:12.67	36.05	1:19.41	2:53.39	1:22.18	2:56.82	6:12.11
	B	5級	35.04	1:16.04	2:43.95	5:44.72	11:47.17	22:36.83	38.86	1:23.04	2:58.61	43.69	1:33.74	3:19.39	37.33	1:22.19	2:59.33	1:25.12	3:03.15	6:25.49
		4級	36.23	1:18.63	2:49.46	5:56.04	12:10.20	23:21.34	40.17	1:25.75	3:04.43	45.19	1:36.93	3:26.12	38.62	1:24.96	3:05.27	1:28.07	3:09.49	6:38.86
3級		37.42	1:21.21	2:54.97	6:07.36	12:33.23	24:05.86	41.47	1:28.46	3:10.25	46.69	1:40.11	3:32.84	39.91	1:27.74	3:11.21	1:31.01	3:15.82	6:52.24	
2級		38.60	1:23.80	3:00.48	6:18.67	12:56.26	24:50.37	42.78	1:31.18	3:16.07	48.19	1:43.30	3:39.57	41.20	1:30.51	3:17.15	1:33.95	3:22.16	7:05.61	
1級		39.79	1:26.39	3:05.99	6:29.99	13:19.29	25:34.89	44.09	1:33.89	3:21.89	49.69	1:46.49	3:46.29	42.49	1:33.29	3:23.09	1:36.89	3:28.49	7:18.99	
11歳	AA	15級	26.54	57.51	2:04.12	4:21.42	8:57.37	17:09.16	29.29	1:03.03	2:15.65	32.78	1:11.02	2:31.39	28.04	1:02.02	2:15.98	1:04.25	2:18.21	4:50.85
		14級	27.05	58.69	2:06.57	4:26.88	9:10.33	17:33.98	29.89	1:04.49	2:18.80	33.43	1:12.42	2:34.38	28.64	1:03.37	2:18.94	1:05.48	2:20.86	4:56.37
		13級	27.55	59.87	2:09.02	4:32.34	9:23.29	17:58.79	30.48	1:05.96	2:21.95	34.09	1:13.83	2:37.37	29.23	1:04.71	2:21.89	1:06.71	2:23.51	5:01.89
		12級	28.06	1:01.05	2:11.48	4:37.81	9:36.25	18:23.61	31.07	1:07.42	2:25.11	34.74	1:15.23	2:40.36	29.83	1:06.06	2:24.85	1:07.95	2:26.16	5:07.41
		11級	28.57	1:02.23	2:13.93	4:43.27	9:49.20	18:48.43	31.66	1:08.89	2:28.26	35.40	1:16.63	2:43.35	30.43	1:07.41	2:27.80	1:09.18	2:28.81	5:12.92
	A	10級	29.88	1:05.07	2:20.06	4:55.86	10:14.87	19:36.63	33.11	1:11.85	2:34.61	37.07	1:20.14	2:50.76	31.85	1:10.46	2:34.33	1:12.43	2:35.81	5:27.69
		9級	31.19	1:07.90	2:26.18	5:08.46	10:40.54	20:24.82	34.57	1:14.81	2:40.97	38.74	1:23.64	2:58.18	33.26	1:13.51	2:40.86	1:15.68	2:42.81	5:42.46
		8級	32.51	1:10.74	2:32.31	5:21.05	11:06.21	21:13.02	36.02	1:17.77	2:47.32	40.41	1:27.15	3:05.59	34.68	1:16.55	2:47.39	1:18.93	2:49.80	5:57.22
		7級	33.82	1:13.57	2:38.43	5:33.64	11:31.88	22:01.21	37.47	1:20.73	2:53.67	42.08	1:30.65	3:13.01	36.09	1:19.60	2:53.92	1:22.18	2:56.80	6:11.99
		6級	35.13	1:16.41	2:44.56	5:46.23	11:57.55	22:49.41	38.92	1:23.69	3:00.03	43.75	1:34.16	3:20.42	37.51	1:22.65	3:00.45	1:25.43	3:03.80	6:26.76
	B	5級	36.44	1:19.25	2:50.69	5:58.82	12:23.22	23:37.61	40.38	1:26.65	3:06.38	45.41	1:37.67	3:27.83	38.93	1:25.70	3:06.98	1:28.68	3:10.80	6:41.52
		4級	37.75	1:22.08	2:56.81	6:11.41	12:48.88	24:25.80	41.83	1:29.61	3:12.73	47.08	1:41.17	3:35.25	40.34	1:28.75	3:13.50	1:31.94	3:17.80	6:56.29
3級		39.07	1:24.92	3:02.94	6:24.01	13:14.55	25:14.00	43.28	1:32.57	3:19.08	48.75	1:44.68	3:42.66	41.76	1:31.79	3:20.03	1:35.19	3:24.79	7:11.06	
2級		40.38	1:27.75	3:09.06	6:36.60	13:40.22	26:02.19	44.74	1:35.53	3:25.44	50.42	1:48.18	3:50.08	43.17	1:34.84	3:26.56	1:38.44	3:31.79	7:25.82	
1級		41.69	1:30.59	3:15.19	6:49.19	14:05.89	26:50.39	46.19	1:38.49	3:31.79	52.09	1:51.69	3:57.49	44.59	1:37.89	3:33.09	1:41.69	3:38.79	7:40.59	
10歳	AA	15級	28.06	1:01.05	2:11.48	4:37.81	9:36.25	18:23.61	31.07	1:07.42	2:25.11	34.74	1:15.23	2:40.36	29.83	1:06.06	2:24.85	1:07.95	2:26.16	5:07.41
		14級	28.57	1:02.18	2:13.75	4:41.90	9:45.16	18:40.68	31.74	1:08.94	2:28.37	35.54	1:16.94	2:44.00	30.42	1:07.38	2:27.74	1:09.34	2:29.15	5:13.68
		13級	29.08	1:03.31	2:16.02	4:46.00	9:54.07	18:57.75	32.42	1:10.45	2:31.63	36.33	1:18.65	2:47.65	31.02	1:08.70	2:30.63	1:10.73	2:32.14	5:19.95
		12級	29.59	1:04.43	2:18.29	4:50.09	10:02.99	19:14.83	33.09	1:11.97	2:34.88	37.12	1:20.35	2:51.29	31.61	1:10.01	2:33.51	1:12.12	2:35.13	5:26.23
		11級	30.10	1:05.56	2:20.56	4:54.18	10:11.90	19:31.90	33.77	1:13.48	2:38.14	37.91	1:22.06	2:54.93	32.20	1:11.33	2:36.40	1:13.50	2:38.12	5:32.50
	A	10級	31.46	1:08.53	2:27.08	5:08.20	10:41.76	20:27.10	35.22	1:16.48	2:44.69	39.54	1:25.53	3:02.33	33.65	1:14.39	2:43.11	1:16.79	2:45.30	5:47.95
		9級	32.82	1:11.49	2:33.60	5:22.22	11:11.62	21:22.30	36.67	1:19.48	2:51.23	41.17	1:28.99	3:09.72	35.10	1:17.44	2:49.82	1:20.08	2:52.47	6:03.40
		8級	34.18	1:14.45	2:40.13	5:36.25	11:41.48	22:17.49	38.13	1:22.48	2:57.78	42.79	1:32.45	3:17.12	36.55	1:20.50	2:56.53	1:23.37	2:59.65	6:18.85
		7級	35.54	1:17.41	2:46.65	5:50.27	12:11.34	23:12.69	39.58	1:25.48	3:04.32	44.42	1:35.91	3:24.51	38.00	1:23.55	3:03.24	1:26.66	3:06.83	6:34.30
		6級	36.90	1:20.38	2:53.17	6:04.29	12:41.20	24:07.89	41.03	1:28.49	3:10.87	46.05	1:39.38	3:31.91	39.44	1:26.61	3:09.95	1:29.95	3:14.01	6:49.75
	B	5級	38.25	1:23.34	2:59.70	6:18.31	13:11.05	25:03.09	42.48	1:31.49	3:17.41	47.68	1:42.84	3:39.31	40.89	1:29.67	3:16.65	1:33.24	3:21.18	7:05.19
		4級	39.61	1:26.30	3:06.22	6:32.33	13:40.91	25:58.29	43.93	1:34.49	3:23.96	49.31	1:46.30	3:46.70	42.34	1:32.72	3:23.36	1:36.52	3:28.36	7:20.64
3級		40.97	1:29.26	3:12.74	6:46.35	14:10.77	26:53.49	45.39	1:37.49	3:30.50	50.93	1:49.76	3:54.10	43.79	1:35.78	3:30.07	1:39.81	3:35.54	7:36.09	
2級		42.33	1:32.23	3:19.27	7:00.37	14:40.63	27:48.69	46.84	1:40.49	3:37.05	52.56	1:53.23	4:01.49	45.24	1:38.83	3:36.78	1:43.10	3:42.71	7:51.54	
1級		43.69	1:35.19	3:25.79	7:14.39	15:10.49	28:43.89	48.29	1:43.49	3:43.59	54.19	1:56.69	4:08.89	46.69	1:41.89	3:43.49	1:46.39	3:49.89	8:06.99	
9歳	AA	15級	29.59	1:04.43	2:18.29	4:50.09	10:02.99	19:14.83	33.09	1:11.97	2:34.88	37.12	1:20.35	2:51.29	31.61	1:10.01	2:33.51	1:12.12	2:35.13	5:26.23
		14級	29.99	1:05.32	2:20.14	4:53.80	10:10.81	19:29.80	33.71	1:13.31	2:37.78	37.87	1:21.99	2:54.77	32.08	1:11.05	2:35.79	1:13.22	2:37.50	5:31.21
		13級	30.40	1:06.20	2:21.99	4:57.51	10:18.63	19:44.77	34.33	1:14.66	2:40.68	38.63	1:23.62	2:58.26	32.54	1:12.09	2:38.06	1:14.32	2:39.87	5:36.20
		12級	30.80	1:07.08	2:23.84	5:01.22	10:26.44	19:59.75	34.95	1:16.00	2:43.57	39.38	1:25.26	3:01.75	33.01	1:13.12	2:40.33	1:15.42		