

2025年度（財）日本水泳連盟 資格級（男子） その1

	級	自由形						背泳ぎ			平泳ぎ			バタフライ			個人外レー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
19歳以上	15	20.42	45.53	1:39.95	3:35.09	7:27.12	14:16.41	22.46	48.99	1:46.94	25.43	55.52	2:00.25	21.75	48.62	1:46.85	50.28	1:49.67	3:54.81
	14	20.86	46.32	1:41.61	3:38.12	7:33.84	14:29.29	23.00	49.99	1:49.31	25.88	56.33	2:02.07	22.19	49.50	1:49.13	50.40	1:51.68	3:59.15
	13	21.30	47.12	1:43.28	3:41.15	7:40.56	14:42.17	23.55	50.99	1:51.68	26.33	57.15	2:03.90	22.64	50.38	1:51.42	50.53	1:53.69	4:03.50
	12	21.74	47.92	1:44.95	3:44.18	7:47.28	14:55.05	24.09	51.99	1:54.05	26.78	57.97	2:05.73	23.09	51.26	1:53.70	50.65	1:55.70	4:07.85
	11	22.19	48.72	1:46.62	3:47.21	7:54.01	15:07.93	24.64	52.99	1:56.42	27.23	58.79	2:07.56	23.54	52.14	1:55.99	50.78	1:57.71	4:12.20
	10	22.92	50.39	1:50.30	3:55.20	8:10.57	15:39.66	25.44	54.77	2:00.28	28.16	1:00.84	2:12.01	24.33	53.92	1:59.86	52.72	2:01.72	4:20.79
	9	23.66	52.06	1:53.98	4:03.19	8:27.14	16:11.39	26.25	56.55	2:04.15	29.09	1:02.90	2:16.46	25.12	55.70	2:03.74	54.66	2:05.74	4:29.39
	8	24.40	53.73	1:57.66	4:11.19	8:43.70	16:43.12	27.05	58.33	2:08.02	30.02	1:04.96	2:20.91	25.91	57.48	2:07.61	56.60	2:09.76	4:37.99
	7	25.14	55.40	2:01.34	4:19.18	9:00.27	17:14.85	27.86	1:00.11	2:11.89	30.96	1:07.02	2:25.36	26.70	59.27	2:11.49	58.54	2:13.78	4:46.59
	6	25.88	57.08	2:05.03	4:27.18	9:16.83	17:46.58	28.67	1:01.90	2:15.76	31.89	1:09.08	2:29.82	27.49	1:01.05	2:15.37	1:00.48	2:17.80	4:55.19
	5	26.62	58.75	2:08.71	4:35.17	9:33.40	18:18.31	29.47	1:03.68	2:19.63	32.82	1:11.13	2:34.27	28.28	1:02.83	2:19.24	1:02.42	2:21.82	5:03.79
	4	27.36	1:00.42	2:12.39	4:43.16	9:49.96	18:50.04	30.28	1:05.46	2:23.50	33.76	1:13.19	2:38.72	29.07	1:04.62	2:23.12	1:04.36	2:25.84	5:12.39
	3	28.10	1:02.09	2:16.07	4:51.16	10:06.5	19:21.77	31.08	1:07.24	2:27.37	34.69	1:15.25	2:43.17	29.86	1:06.40	2:26.99	1:06.30	2:29.86	5:20.99
	2	28.84	1:03.76	2:19.75	4:59.15	10:23.0	19:53.50	31.89	1:09.02	2:31.24	35.62	1:17.31	2:47.62	30.65	1:08.18	2:30.87	1:08.24	2:33.88	5:29.59
	1	29.58	1:05.44	2:23.44	5:07.15	10:39.6	20:25.23	32.70	1:10.81	2:35.11	36.56	1:19.37	2:52.08	31.44	1:09.97	2:34.75	1:10.18	2:37.90	5:38.19
17歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	21.30	47.12	1:43.28	3:41.15	7:40.56	14:42.17	23.55	50.99	1:51.68	26.33	57.15	2:03.90	22.64	50.38	1:51.42	50.53	1:53.69	4:03.50
	14	21.72	47.86	1:44.93	3:43.98	7:46.24	14:53.05	24.05	52.06	1:54.01	26.84	58.18	2:06.08	23.12	51.29	1:53.36	51.88	1:55.78	4:07.37
	13	22.15	48.61	1:46.58	3:46.82	7:51.93	15:03.94	24.55	53.14	1:56.35	27.36	59.21	2:08.27	23.61	52.20	1:55.31	53.24	1:57.87	4:11.24
	12	22.58	49.35	1:48.23	3:49.65	7:57.61	15:14.83	25.05	54.22	1:58.69	27.87	1:00.24	2:10.46	24.09	53.11	1:57.25	54.59	1:59.96	4:15.11
	11	23.01	50.10	1:49.88	3:52.49	8:03.30	15:25.72	25.56	55.30	2:01.03	28.39	1:01.28	2:12.65	24.58	54.03	1:59.20	55.95	2:02.05	4:18.98
	10	23.75	51.82	1:53.64	4:00.83	8:20.76	15:59.17	26.36	57.05	2:04.88	29.31	1:03.31	2:17.08	25.35	55.82	2:03.19	57.57	2:06.08	4:27.86
	9	24.49	53.54	1:57.41	4:09.17	8:38.22	16:32.62	27.17	58.80	2:08.73	30.23	1:05.35	2:21.52	26.13	57.61	2:07.19	59.19	2:10.12	4:36.75
	8	25.23	55.26	2:01.17	4:17.51	8:55.69	17:06.07	27.98	1:00.56	2:12.58	31.15	1:07.38	2:25.95	26.90	59.41	2:11.19	1:00.81	2:14.15	4:45.64
	7	25.97	56.98	2:04.94	4:25.86	9:13.15	17:39.52	28.79	1:02.31	2:16.43	32.07	1:09.42	2:30.39	27.68	1:01.20	2:15.18	1:02.44	2:18.19	4:54.52
	6	26.71	58.70	2:08.71	4:34.20	9:30.62	18:12.98	29.60	1:04.07	2:20.28	33.00	1:11.46	2:34.82	28.46	1:03.00	2:19.18	1:04.06	2:22.23	5:03.41
	5	27.45	1:00.42	2:12.47	4:42.54	9:48.08	18:46.43	30.40	1:05.82	2:24.13	33.92	1:13.49	2:39.26	29.23	1:04.79	2:23.18	1:05.68	2:26.26	5:12.30
	4	28.19	1:02.14	2:16.24	4:50.89	10:05.5	19:19.88	31.21	1:07.57	2:27.98	34.84	1:15.53	2:43.69	30.01	1:06.58	2:27.17	1:07.31	2:30.30	5:21.18
	3	28.93	1:03.86	2:20.00	4:59.23	10:23.0	19:53.33	32.02	1:09.33	2:31.83	35.76	1:17.56	2:48.13	30.78	1:08.38	2:31.17	1:08.93	2:34.33	5:30.07
	2	29.67	1:05.58	2:23.77	5:07.57	10:40.4	20:26.78	32.83	1:11.08	2:35.68	36.68	1:19.60	2:52.56	31.56	1:10.17	2:35.17	1:10.55	2:38.37	5:38.96
1	30.42	1:07.31	2:27.54	5:15.92	10:57.9	21:00.24	33.64	1:12.84	2:39.54	37.61	1:21.64	2:57.00	32.34	1:11.97	2:39.17	1:12.18	2:42.41	5:47.85	
15歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	22.15	48.61	1:46.58	3:46.82	7:51.93	15:03.94	24.55	53.14	1:56.35	27.36	59.21	2:08.27	23.61	52.20	1:55.31	53.24	1:57.87	4:11.24
	14	22.46	49.20	1:47.81	3:48.68	7:57.12	15:13.89	24.86	53.94	1:57.92	27.69	1:00.07	2:09.88	23.86	52.91	1:56.83	54.12	1:59.37	4:14.04
	13	22.77	49.80	1:49.05	3:50.54	8:02.32	15:23.84	25.18	54.74	1:59.50	28.03	1:00.94	2:11.50	24.11	53.62	1:58.36	55.01	2:00.87	4:16.85
	12	23.08	50.40	1:50.28	3:52.40	8:07.51	15:33.79	25.50	55.54	2:01.07	28.36	1:01.80	2:13.11	24.36	54.33	1:59.88	55.90	2:02.37	4:19.66
	11	23.40	51.00	1:51.52	3:54.27	8:12.71	15:43.74	25.82	56.34	2:02.65	28.70	1:02.67	2:14.73	24.62	55.04	2:01.41	56.79	2:03.87	4:22.47
	10	24.19	52.82	1:55.55	4:03.36	8:31.16	16:19.09	26.70	58.20	2:06.80	29.70	1:04.80	2:19.47	25.48	56.94	2:05.65	58.54	2:08.20	4:32.03
	9	24.98	54.65	1:59.59	4:12.46	8:49.62	16:54.45	27.58	1:00.06	2:10.96	30.70	1:06.94	2:24.22	26.35	58.84	2:09.89	1:00.29	2:12.53	4:41.59
	8	25.77	56.48	2:03.62	4:21.55	9:08.08	17:29.80	28.46	1:01.93	2:15.12	31.70	1:09.08	2:28.97	27.22	1:00.75	2:14.14	1:02.04	2:16.86	4:51.15
	7	26.56	58.31	2:07.66	4:30.65	9:26.54	18:05.16	29.34	1:03.79	2:19.28	32.70	1:11.21	2:33.71	28.08	1:02.65	2:18.38	1:03.79	2:21.19	5:00.71
	6	27.36	1:00.14	2:11.70	4:39.74	9:45.00	18:40.52	30.22	1:05.66	2:23.44	33.71	1:13.35	2:38.46	28.95	1:04.56	2:22.63	1:05.54	2:25.53	5:10.27
	5	28.15	1:01.97	2:15.73	4:48.84	10:03.4	19:15.87	31.10	1:07.52	2:27.59	34.71	1:15.49	2:43.21	29.82	1:06.46	2:26.87	1:07.29	2:29.86	5:19.83
	4	28.94	1:03.80	2:19.77	4:57.93	10:21.9	19:51.23	31.98	1:09.38	2:31.75	35.71	1:17.62	2:47.95	30.68	1:08.36	2:31.11	1:09.04	2:34.19	5:29.39
	3	29.73	1:05.63	2:23.80	5:07.03	10:40.3	20:26.58	32.86	1:11.25	2:35.91	36.71	1:19.76	2:52.70	31.55	1:10.27	2:35.36	1:10.79	2:38.52	5:38.95
	2	30.52	1:07.46	2:27.84	5:16.12	10:58.8	21:01.94	33.74	1:13.11	2:40.07	37.71	1:21.90	2:57.45	32.42	1:12.17	2:39.60	1:12.54	2:42.85	5:48.51
1	31.32	1:09.29	2:31.88	5:25.22	11:17.2	21:37.30	34.63	1:14.98	2:44.23	38.72	1:24.04	3:02.20	33.29	1:14.08	2:43.85	1:14.30	2:47.19	5:58.08	
14歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	22.77	49.80	1:49.05	3:50.54	8:02.32	15:23.84	25.18	54.74	1:59.50	28.								

2025年度（財）日本水泳連盟 資格級（男子） その2

	級	目田形						背泳ぎ			平泳ぎ			バタフライ			個人外レー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
12歳	15	24.34	53.09	1:55.44	4:04.66	8:24.35	16:06.05	26.87	58.58	2:07.60	29.73	1:04.85	2:18.83	25.65	57.28	2:06.20	58.80	2:08.49	4:32.25
	14	24.84	54.30	1:58.03	4:10.28	8:35.31	16:27.05	27.61	1:00.12	2:11.03	30.52	1:06.42	2:22.64	26.26	58.66	2:09.16	1:00.05	2:11.17	4:37.77
	13	25.34	55.52	2:00.63	4:15.91	8:46.28	16:48.05	28.35	1:01.66	2:14.47	31.32	1:08.00	2:26.46	26.87	1:00.05	2:12.12	1:01.31	2:13.86	4:43.30
	12	25.84	56.73	2:03.23	4:21.54	8:57.25	17:09.05	29.09	1:03.20	2:17.90	32.11	1:09.57	2:30.28	27.48	1:01.43	2:15.08	1:02.57	2:16.54	4:48.83
	11	26.34	57.95	2:05.83	4:27.17	9:08.22	17:30.06	29.84	1:04.75	2:21.34	32.91	1:11.15	2:34.10	28.10	1:02.82	2:18.05	1:03.83	2:19.23	4:54.36
	10	27.25	1:00.00	2:10.46	4:37.31	9:30.15	18:12.08	30.78	1:06.77	2:25.81	34.00	1:13.56	2:39.34	29.06	1:04.93	2:22.81	1:05.86	2:24.25	5:05.50
	9	28.17	1:02.06	2:15.09	4:47.45	9:52.09	18:54.10	31.72	1:08.79	2:30.29	35.10	1:15.97	2:44.58	30.02	1:07.04	2:27.58	1:07.90	2:29.28	5:16.65
	8	29.08	1:04.12	2:19.72	4:57.59	10:14.10	19:36.12	32.66	1:10.81	2:34.77	36.20	1:18.38	2:49.82	30.98	1:09.16	2:32.34	1:09.94	2:34.30	5:27.80
	7	30.00	1:06.18	2:24.35	5:07.73	10:35.9	20:18.14	33.60	1:12.84	2:39.25	37.29	1:20.79	2:55.06	31.95	1:11.27	2:37.11	1:11.98	2:39.33	5:38.94
	6	30.92	1:08.24	2:28.98	5:17.87	10:57.9	21:00.17	34.54	1:14.86	2:43.73	38.39	1:23.20	3:00.30	32.91	1:13.39	2:41.87	1:14.02	2:44.35	5:50.09
	5	31.83	1:10.29	2:33.61	5:28.01	11:19.8	21:42.19	35.48	1:16.88	2:48.21	39.49	1:25.61	3:05.54	33.87	1:15.50	2:46.64	1:16.05	2:49.38	6:01.24
	4	32.75	1:12.35	2:38.24	5:38.15	11:41.7	22:24.21	36.42	1:18.91	2:52.69	40.58	1:28.02	3:10.78	34.84	1:17.61	2:51.40	1:18.09	2:54.40	6:12.38
11歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	25.34	55.52	2:00.63	4:15.91	8:46.28	16:48.05	28.35	1:01.66	2:14.47	31.32	1:08.00	2:26.46	26.87	1:00.05	2:12.12	1:01.31	2:13.86	4:43.30
	14	25.89	56.85	2:03.35	4:21.75	8:57.97	17:10.43	29.06	1:03.31	2:18.11	32.13	1:09.75	2:30.45	27.56	1:01.61	2:15.52	1:02.79	2:17.07	4:50.01
	13	26.45	58.19	2:06.08	4:27.59	9:09.66	17:32.82	29.78	1:04.97	2:21.75	32.95	1:11.50	2:34.45	28.26	1:03.18	2:18.93	1:04.28	2:20.28	4:56.72
	12	27.01	59.53	2:08.80	4:33.43	9:21.35	17:55.21	30.49	1:06.62	2:25.39	33.76	1:13.25	2:38.44	28.95	1:04.75	2:22.33	1:05.76	2:23.49	5:03.43
	11	27.57	1:00.87	2:11.53	4:39.27	9:33.04	18:17.60	31.21	1:08.28	2:29.04	34.58	1:15.00	2:42.44	29.65	1:06.32	2:25.74	1:07.25	2:26.70	5:10.15
	10	28.61	1:03.19	2:16.81	4:50.83	9:57.97	19:05.37	32.29	1:10.55	2:34.07	35.82	1:17.70	2:48.32	30.72	1:08.68	2:31.06	1:09.54	2:32.33	5:22.61
	9	29.66	1:05.52	2:22.10	5:02.39	10:22.9	19:53.14	33.37	1:12.83	2:39.11	37.06	1:20.41	2:54.20	31.80	1:11.04	2:36.38	1:11.84	2:37.96	5:35.08
	8	30.70	1:07.85	2:27.39	5:13.96	10:47.8	20:40.91	34.46	1:15.11	2:44.15	38.30	1:23.11	3:00.08	32.88	1:13.41	2:41.70	1:14.14	2:43.59	5:47.55
	7	31.75	1:10.17	2:32.68	5:25.52	11:12.7	21:28.68	35.54	1:17.38	2:49.19	39.55	1:25.82	3:05.96	33.95	1:15.77	2:47.02	1:16.44	2:49.22	6:00.01
	6	32.80	1:12.50	2:37.97	5:37.09	11:37.7	22:16.45	36.63	1:19.66	2:54.23	40.79	1:28.52	3:11.84	35.03	1:18.14	2:52.35	1:18.74	2:54.85	6:12.48
	5	33.84	1:14.83	2:43.26	5:48.65	12:02.6	23:04.22	37.71	1:21.94	2:59.26	42.03	1:31.23	3:17.72	36.11	1:20.50	2:57.67	1:21.03	3:00.48	6:24.95
10歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	27.01	59.53	2:08.80	4:33.43	9:21.35	17:55.21	30.49	1:06.62	2:25.39	33.76	1:13.25	2:38.44	28.95	1:04.75	2:22.33	1:05.76	2:23.49	5:03.43
	14	27.73	1:01.14	2:12.24	4:40.76	9:36.31	18:23.87	31.35	1:08.53	2:29.57	34.71	1:15.30	2:42.93	29.73	1:06.50	2:26.17	1:07.35	2:26.95	5:10.73
	13	28.45	1:02.76	2:15.69	4:48.09	9:51.28	18:52.53	32.22	1:10.44	2:33.75	35.66	1:17.35	2:47.43	30.52	1:08.26	2:30.02	1:08.94	2:30.42	5:18.04
	12	29.17	1:04.37	2:19.14	4:55.42	10:06.2	19:21.19	33.08	1:12.35	2:37.93	36.61	1:19.40	2:51.93	31.30	1:10.01	2:33.86	1:10.53	2:33.88	5:25.35
	11	29.89	1:05.99	2:22.59	5:02.75	10:21.2	19:49.86	33.95	1:14.27	2:42.11	37.56	1:21.46	2:56.43	32.09	1:11.77	2:37.71	1:12.13	2:37.35	5:32.66
	10	31.05	1:08.50	2:28.19	5:14.73	10:46.6	20:38.43	35.13	1:16.68	2:47.45	38.95	1:24.46	3:02.76	33.26	1:14.31	2:43.46	1:14.66	2:43.56	5:46.09
	9	32.21	1:11.01	2:33.80	5:26.72	11:12.1	21:27.00	36.31	1:19.10	2:52.79	40.34	1:27.47	3:09.09	34.44	1:16.85	2:49.21	1:17.20	2:49.78	5:59.52
	8	33.37	1:13.52	2:39.41	5:38.71	11:37.6	22:15.57	37.49	1:21.52	2:58.13	41.73	1:30.47	3:15.42	35.61	1:19.39	2:54.97	1:19.74	2:56.00	6:12.95
	7	34.54	1:16.03	2:45.01	5:50.70	12:03.1	23:04.14	38.67	1:23.94	3:03.47	43.13	1:33.48	3:21.75	36.79	1:21.93	3:00.72	1:22.28	3:02.22	6:26.38
	6	35.70	1:18.54	2:50.62	6:02.69	12:28.6	23:52.71	39.86	1:26.36	3:08.81	44.52	1:36.49	3:28.08	37.97	1:24.47	3:06.48	1:24.82	3:08.44	6:39.81
	5	36.86	1:21.05	2:56.23	6:14.67	12:54.1	24:41.28	41.04	1:28.77	3:14.15	45.91	1:39.49	3:34.41	39.14	1:27.01	3:12.23	1:27.35	3:14.65	6:53.24
9歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	29.17	1:04.37	2:19.14	4:55.42	10:06.2	19:21.19	33.08	1:12.35	2:37.93	36.61	1:19.40	2:51.93	31.30	1:10.01	2:33.86	1:10.53	2:33.88	5:25.35
	14	29.61	1:05.36	2:21.26	4:59.93	10:15.4	19:38.88	33.58	1:13.44	2:40.32	37.32	1:20.95	2:55.30	31.81	1:11.15	2:36.36	1:11.56	2:36.12	5:30.07
	13	30.06	1:06.35	2:23.39	5:04.44	10:24.7	19:56.58	34.08	1:14.54	2:42.71	38.04	1:22.51	2:58.68	32.32	1:12.29	2:38.87	1:12.59	2:38.36	5:34.80
	12	30.50	1:07.34	2:25.51	5:08.95	10:33.9	20:14.27	34.58	1:15.64	2:45.10	38.76	1:24.06	3:02.05	32.83	1:13.43	2:41.37	1:13.62	2:40.60	5:39.53
	11	30.95	1:08.33	2:27.64	5:13.47	10:43.2	20:31.97	35.08	1:16.74	2:47.50	39.48	1:25.62	3:05.43	33.35	1:14.58	2:43.88	1:14.65	2:42.84	5:44.26
	10	32.37	1:11.41	2:34.50	5:28.13	11:14.2	21:31.20	36.55	1:19.78	2:54.21	41.13	1:29.20	3:12.99	34.79	1:17.70	2:50.93	1:17.80	2:50.46	6:00.67
	9	33.80	1:14.50	2:41.37	5:42.80	11:45.3	22:30.43	38.03	1:22.83	3:00.93	42.79	1:32.78	3:20.55	36.23	1:20.82	2:57.98	1:20.95	2:58.08	6:17.09
	8	35.22	1:17.58	2:48.24	5:57.47	12:16.4	23:29.67	39.50	1:25.87	3:07.64	44.45	1:36.36	3:28.11	37.67	1:23.94	3:05.03	1:24.10	3:05.70	6:33.51
	7	36.65	1:20.67	2:55.10	6:12.14	12:47.4	24:28.90	40.98	1:28.92	3:14.36	46.11	1:39.94	3:35.67	39.11	1:27.06	3:12.08	1:27.26	3:13.32	6:49.93
	6	38.08	1:23.76	3:01.97	6:26.81	13:18.5	25:28.14	42.46	1:31.97	3:21.08	47.77	1:43.53	3:43.24	40.55	1:30.19	3:19.13	1:30.41	3:20.94	7:06.35
	5	39.50	1:26.84	3:08.84	6:41.48	13:49.6	26:27.37	43.93	1:35.01	3:27.79	49.43								

2025年度（財）日本水泳連盟 資格級（女子） その1

		自由形						背泳ぎ			平泳ぎ			バタフライ			個人ドレー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
		15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	15	14	13
19歳以上	15	23.39	50.93	1:51.47	3:54.83	8:05.20	15:26.54	25.64	54.62	2:00.50	28.97	1:03.18	2:14.13	24.32	54.01	2:01.14	56.43	2:02.78	4:19.10
	14	23.90	52.02	1:53.36	3:59.21	8:13.88	15:43.12	26.23	55.98	2:02.96	29.67	1:04.40	2:17.02	24.97	55.27	2:03.28	56.59	2:05.31	4:24.59
	13	24.41	53.12	1:55.26	4:03.59	8:22.57	15:59.71	26.83	57.34	2:05.43	30.37	1:05.63	2:19.91	25.62	56.53	2:05.42	56.76	2:07.85	4:30.09
	12	24.92	54.21	1:57.15	4:07.97	8:31.26	16:16.30	27.42	58.70	2:07.89	31.07	1:06.86	2:22.80	26.27	57.79	2:07.56	56.92	2:10.38	4:35.59
	11	25.43	55.31	1:59.05	4:12.35	8:39.95	16:32.89	28.02	1:00.06	2:10.36	31.77	1:08.09	2:25.69	26.92	59.06	2:09.71	57.09	2:12.92	4:41.09
	10	26.27	57.15	2:03.15	4:20.94	8:57.75	17:06.89	28.94	1:02.01	2:14.74	32.81	1:10.39	2:30.55	27.78	1:01.00	2:14.15	59.26	2:17.38	4:50.49
	9	27.12	59.00	2:07.25	4:29.54	9:15.56	17:40.89	29.86	1:03.97	2:19.12	33.85	1:12.70	2:35.41	28.65	1:02.95	2:18.60	1:01.43	2:21.84	4:59.89
	8	27.97	1:00.84	2:11.35	4:38.13	9:33.36	18:14.90	30.79	1:05.93	2:23.51	34.89	1:15.00	2:40.27	29.51	1:04.89	2:23.05	1:03.61	2:26.31	5:09.29
	7	28.81	1:02.69	2:15.46	4:46.73	9:51.17	18:48.90	31.71	1:07.88	2:27.89	35.93	1:17.31	2:45.13	30.38	1:06.84	2:27.50	1:05.78	2:30.77	5:18.70
	6	29.66	1:04.54	2:19.56	4:55.33	10:08.9	19:22.91	32.64	1:09.84	2:32.28	36.97	1:19.62	2:50.00	31.25	1:08.78	2:31.95	1:07.96	2:35.24	5:28.10
	5	30.51	1:06.38	2:23.66	5:03.92	10:26.7	19:56.91	33.56	1:11.80	2:36.66	38.01	1:21.92	2:54.86	32.11	1:10.73	2:36.39	1:10.13	2:39.70	5:37.50
	4	31.35	1:08.23	2:27.77	5:12.52	10:44.5	20:30.91	34.48	1:13.75	2:41.04	39.05	1:24.23	2:59.72	32.98	1:12.67	2:40.84	1:12.30	2:44.16	5:46.91
	3	32.20	1:10.07	2:31.87	5:21.11	11:02.3	21:04.92	35.41	1:15.71	2:45.43	40.09	1:26.53	3:04.58	33.84	1:14.62	2:45.29	1:14.48	2:48.63	5:56.31
	2	33.05	1:11.92	2:35.97	5:29.71	11:20.2	21:38.92	36.33	1:17.67	2:49.81	41.13	1:28.84	3:09.44	34.71	1:16.56	2:49.74	1:16.65	2:53.09	6:05.71
	1	33.90	1:13.77	2:40.08	5:38.31	11:38.0	22:12.93	37.26	1:19.63	2:54.20	42.18	1:31.15	3:14.31	35.58	1:18.51	2:54.19	1:18.83	2:57.56	6:15.12
17歳	15	24.41	53.12	1:55.26	4:03.59	8:22.57	15:59.71	26.83	57.34	2:05.43	30.37	1:05.63	2:19.91	25.62	56.53	2:05.42	56.76	2:07.85	4:30.09
	14	24.86	54.08	1:57.10	4:07.04	8:28.93	16:11.86	27.28	58.59	2:07.58	30.88	1:06.71	2:22.42	26.12	57.70	2:07.60	58.30	2:10.11	4:34.47
	13	25.31	55.04	1:58.94	4:10.49	8:35.30	16:24.02	27.74	59.85	2:09.73	31.39	1:07.80	2:24.94	26.62	58.88	2:09.79	59.84	2:12.38	4:38.86
	12	25.76	56.00	2:00.78	4:13.94	8:41.67	16:36.18	28.19	1:01.11	2:11.88	31.90	1:08.89	2:27.46	27.12	1:00.06	2:11.98	1:01.38	2:14.64	4:43.24
	11	26.21	56.97	2:02.63	4:17.40	8:48.04	16:48.34	28.65	1:02.37	2:14.03	32.41	1:09.98	2:29.98	27.63	1:01.24	2:14.17	1:02.92	2:16.91	4:47.63
	10	27.02	58.75	2:06.60	4:25.96	9:06.02	17:22.67	29.56	1:04.20	2:18.29	33.44	1:12.22	2:34.68	28.47	1:03.07	2:18.41	1:04.62	2:21.22	4:56.90
	9	27.84	1:00.53	2:10.57	4:34.53	9:24.00	17:57.01	30.47	1:06.04	2:22.55	34.48	1:14.47	2:39.39	29.32	1:04.91	2:22.66	1:06.32	2:25.54	5:06.18
	8	28.66	1:02.32	2:14.54	4:43.10	9:41.98	18:31.34	31.38	1:07.88	2:26.81	35.51	1:16.71	2:44.10	30.16	1:06.75	2:26.91	1:08.02	2:29.85	5:15.46
	7	29.47	1:04.10	2:18.51	4:51.67	9:59.96	19:05.68	32.30	1:09.72	2:31.08	36.55	1:18.96	2:48.80	31.01	1:08.58	2:31.15	1:09.72	2:34.17	5:24.73
	6	30.29	1:05.89	2:22.48	5:00.24	10:17.9	19:40.02	33.21	1:11.56	2:35.34	37.59	1:21.20	2:53.51	31.85	1:10.42	2:35.40	1:11.43	2:38.49	5:34.01
	5	31.11	1:07.67	2:26.45	5:08.80	10:35.9	20:14.35	34.12	1:13.40	2:39.60	38.62	1:23.45	2:58.22	32.70	1:12.26	2:39.65	1:13.13	2:42.80	5:43.29
	4	31.92	1:09.45	2:30.42	5:17.37	10:53.9	20:48.69	35.04	1:15.24	2:43.87	39.66	1:25.69	3:02.92	33.54	1:14.09	2:43.89	1:14.83	2:47.12	5:52.56
	3	32.74	1:11.24	2:34.39	5:25.94	11:11.8	21:23.02	35.95	1:17.08	2:48.13	40.69	1:27.94	3:07.63	34.39	1:15.93	2:48.14	1:16.53	2:51.43	6:01.84
	2	33.56	1:13.02	2:38.36	5:34.51	11:29.8	21:57.36	36.86	1:18.92	2:52.39	41.73	1:30.18	3:12.34	35.23	1:17.77	2:52.39	1:18.23	2:55.75	6:11.12
	1	34.38	1:14.81	2:42.33	5:43.08	11:47.8	22:31.70	37.78	1:20.76	2:56.66	42.77	1:32.43	3:17.05	36.08	1:19.61	2:56.64	1:19.94	3:00.07	6:20.40
15歳	15	24.86	54.08	1:57.10	4:07.04	8:28.93	16:11.86	27.28	58.59	2:07.58	30.88	1:06.71	2:22.42	26.12	57.70	2:07.60	58.30	2:10.11	4:34.47
	14	25.25	54.84	1:58.57	4:09.77	8:34.29	16:22.09	27.80	59.58	2:09.19	31.25	1:07.69	2:24.53	26.49	58.61	2:09.34	59.55	2:12.01	4:38.14
	13	25.64	55.61	2:00.05	4:12.51	8:39.65	16:32.33	28.32	1:00.58	2:10.81	31.63	1:08.68	2:26.65	26.87	59.53	2:11.09	1:00.80	2:13.92	4:41.82
	12	26.03	56.37	2:01.53	4:15.24	8:45.01	16:42.57	28.84	1:01.58	2:12.42	32.01	1:09.67	2:28.77	27.24	1:00.44	2:12.83	1:02.05	2:15.83	4:45.49
	11	26.42	57.14	2:03.01	4:17.98	8:50.38	16:52.81	29.37	1:02.58	2:14.04	32.39	1:10.66	2:30.89	27.62	1:01.36	2:14.58	1:03.30	2:17.74	4:49.17
	10	27.26	59.01	2:07.17	4:26.98	9:09.13	17:28.63	30.26	1:04.51	2:18.55	33.48	1:12.96	2:35.78	28.51	1:03.29	2:19.03	1:05.07	2:22.23	4:58.83
	9	28.11	1:00.88	2:11.33	4:35.98	9:27.89	18:04.45	31.16	1:06.44	2:23.06	34.58	1:15.27	2:40.68	29.41	1:05.23	2:23.49	1:06.85	2:26.72	5:08.50
	8	28.95	1:02.76	2:15.50	4:44.98	9:46.65	18:40.27	32.05	1:08.37	2:27.58	35.68	1:17.58	2:45.58	30.31	1:07.17	2:27.95	1:08.63	2:31.21	5:18.17
	7	29.80	1:04.63	2:19.66	4:53.98	10:05.4	19:16.09	32.95	1:10.31	2:32.09	36.78	1:19.89	2:50.48	31.21	1:09.11	2:32.41	1:10.41	2:35.70	5:27.83
	6	30.64	1:06.51	2:23.83	5:02.98	10:24.1	19:51.91	33.84	1:12.24	2:36.61	37.88	1:22.20	2:55.38	32.11	1:11.05	2:36.87	1:12.19	2:40.19	5:37.50
	5	31.49	1:08.38	2:27.99	5:11.98	10:42.9	20:27.73	34.74	1:14.17	2:41.12	38.98	1:24.51	3:00.27	33.00	1:12.99	2:41.33	1:13.96	2:44.68	5:47.17
	4	32.33	1:10.25	2:32.15	5:20.98	11:01.6	21:03.55	35.63	1:16.11	2:45.63	40.08	1:26.82	3:05.17	33.90	1:14.93	2:45.79	1:15.74	2:49.17	5:56.83
	3	33.18	1:12.13	2:36.32	5:29.98	11:20.4	21:39.37	36.53	1:18.04	2:50.15	41.18	1:29.13	3:10.07	34.80	1:16.87	2:50.25	1:17.52	2:53.66	6:06.50
	2	34.02	1:14.00	2:40.48	5:38.98	11:39.1	22:15.19	37.42	1:19.97	2:54.66	42.28	1:31.44	3:14.97	35.70	1:18.81	2:54.71	1:19.30	2:58.15	6:16.17
	1	34.87	1:15.88	2:44.65	5:47.98	11:57.9	22:51.01	38.32	1:21.91	2:59.18	43.38	1:33.75	3:19.87	36.60	1:20.75	2:59.17	1:21.08	3:02.64	6:25.84

2025年度（財）日本水泳連盟 資格級（女子） その2

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	15	25.97	56.45	2:01.82	4:16.08	8:43.45	16:39.59	28.84	1:01.65	2:13.18	32.08	1:09.72	2:28.62	27.33	1:00.58	2:13.36	1:01.79	2:15.83	4:45.89
	14	26.40	57.46	2:04.18	4:20.84	8:51.92	16:55.77	29.40	1:02.97	2:16.81	32.70	1:10.99	2:31.17	27.89	1:01.81	2:16.76	1:03.06	2:18.26	4:50.93
	13	26.84	58.48	2:06.55	4:25.61	9:00.40	17:11.95	29.97	1:04.30	2:20.45	33.33	1:12.26	2:33.72	28.46	1:03.05	2:20.16	1:04.34	2:20.69	4:55.97
	12	27.28	59.49	2:08.91	4:30.37	9:08.87	17:28.13	30.54	1:05.63	2:24.08	33.96	1:13.53	2:36.27	29.03	1:04.29	2:23.56	1:05.61	2:23.12	5:01.01
	11	27.72	1:00.51	2:11.28	4:35.14	9:17.35	17:44.31	31.11	1:06.96	2:27.72	34.59	1:14.81	2:38.82	29.60	1:05.53	2:26.97	1:06.89	2:25.55	5:06.06
	10	28.76	1:02.75	2:16.16	4:45.68	9:40.14	18:27.83	32.19	1:09.22	2:32.54	35.87	1:17.58	2:44.79	30.64	1:07.80	2:31.86	1:09.06	2:30.97	5:17.65
	9	29.80	1:05.00	2:21.04	4:56.23	10:02.9	19:11.35	33.27	1:11.48	2:37.37	37.16	1:20.35	2:50.77	31.68	1:10.08	2:36.76	1:11.24	2:36.39	5:29.25
	8	30.84	1:07.25	2:25.92	5:06.77	10:25.7	19:54.87	34.35	1:13.74	2:42.19	38.44	1:23.12	2:56.75	32.72	1:12.36	2:41.66	1:13.42	2:41.81	5:40.84
	7	31.88	1:09.50	2:30.80	5:17.32	10:48.5	20:38.40	35.43	1:16.01	2:47.02	39.73	1:25.90	3:02.73	33.77	1:14.64	2:46.56	1:15.60	2:47.23	5:52.44
	6	32.93	1:11.75	2:35.68	5:27.87	11:11.3	21:21.92	36.51	1:18.27	2:51.85	41.02	1:28.67	3:08.71	34.81	1:16.92	2:51.46	1:17.78	2:52.65	6:04.03
	5	33.97	1:14.00	2:40.56	5:38.41	11:34.0	22:05.44	37.59	1:20.53	2:56.67	42.30	1:31.44	3:14.68	35.85	1:19.20	2:56.36	1:19.96	2:58.07	6:15.63
	4	35.01	1:16.25	2:45.44	5:48.96	11:56.8	22:48.97	38.67	1:22.80	3:01.50	43.59	1:34.22	3:20.66	36.90	1:21.48	3:01.26	1:22.14	3:03.49	6:27.22
	3	36.05	1:18.50	2:50.32	5:59.50	12:19.6	23:32.49	39.75	1:25.06	3:06.32	44.87	1:36.99	3:26.64	37.94	1:23.76	3:06.16	1:24.32	3:08.91	6:38.82
	2	37.09	1:20.75	2:55.20	6:10.05	12:42.4	24:16.01	40.83	1:27.32	3:11.15	46.16	1:39.76	3:32.62	38.98	1:26.04	3:11.06	1:26.50	3:14.33	6:50.41
	1	38.14	1:23.00	3:00.09	6:20.60	13:05.2	24:59.54	41.92	1:29.59	3:15.98	47.45	1:42.54	3:38.60	40.03	1:28.32	3:15.96	1:28.68	3:19.76	7:02.01
11歳	15	26.40	57.46	2:04.18	4:20.84	8:51.92	16:55.77	29.40	1:02.97	2:16.81	32.70	1:10.99	2:31.17	27.89	1:01.81	2:16.76	1:03.06	2:18.26	4:50.93
	14	26.90	58.64	2:06.71	4:26.01	9:01.51	17:14.08	29.99	1:04.47	2:20.65	33.35	1:12.40	2:34.04	28.49	1:03.21	2:20.36	1:04.43	2:20.99	4:56.63
	13	27.40	59.82	2:09.25	4:31.18	9:11.10	17:32.39	30.58	1:05.97	2:24.49	34.01	1:13.81	2:36.92	29.10	1:04.61	2:23.97	1:05.81	2:23.73	5:02.34
	12	27.90	1:01.00	2:11.79	4:36.35	9:20.69	17:50.70	31.17	1:07.47	2:28.33	34.66	1:15.22	2:39.80	29.71	1:06.01	2:27.58	1:07.19	2:26.47	5:08.04
	11	28.41	1:02.19	2:14.33	4:41.53	9:30.29	18:09.02	31.76	1:08.98	2:32.18	35.32	1:16.63	2:42.68	30.32	1:07.41	2:31.19	1:08.57	2:29.21	5:13.75
	10	29.57	1:04.67	2:19.79	4:53.30	9:55.64	18:57.44	32.98	1:11.48	2:37.52	36.76	1:19.72	2:49.34	31.48	1:09.93	2:36.63	1:11.01	2:35.24	5:26.65
	9	30.73	1:07.16	2:25.25	5:05.08	10:21.0	19:45.87	34.20	1:13.98	2:42.86	38.21	1:22.82	2:56.01	32.65	1:12.46	2:42.07	1:13.46	2:41.28	5:39.55
	8	31.89	1:09.65	2:30.71	5:16.86	10:46.3	20:34.30	35.42	1:16.48	2:48.21	39.65	1:25.91	3:02.68	33.82	1:14.98	2:47.51	1:15.91	2:47.32	5:52.45
	7	33.05	1:12.14	2:36.17	5:28.64	11:11.7	21:22.72	36.64	1:18.98	2:53.55	41.10	1:29.01	3:09.35	34.99	1:17.51	2:52.95	1:18.35	2:53.36	6:05.35
	6	34.21	1:14.63	2:41.64	5:40.42	11:37.0	22:11.15	37.87	1:21.49	2:58.90	42.55	1:32.11	3:16.02	36.16	1:20.04	2:58.39	1:20.80	2:59.40	6:18.26
	5	35.37	1:17.12	2:47.10	5:52.20	12:02.4	22:59.58	39.09	1:23.99	3:04.24	43.99	1:35.20	3:22.68	37.32	1:22.56	3:03.83	1:23.25	3:05.43	6:31.16
	4	36.53	1:19.61	2:52.56	6:03.98	12:27.8	23:48.00	40.31	1:26.49	3:09.58	45.44	1:38.30	3:29.35	38.49	1:25.09	3:09.27	1:25.69	3:11.47	6:44.06
	3	37.69	1:22.10	2:58.02	6:15.76	12:53.1	24:36.43	41.53	1:28.99	3:14.93	46.88	1:41.39	3:36.02	39.66	1:27.61	3:14.71	1:28.14	3:17.51	6:56.96
	2	38.85	1:24.59	3:03.48	6:27.54	13:18.5	25:24.86	42.75	1:31.49	3:20.27	48.33	1:44.49	3:42.69	40.83	1:30.14	3:20.15	1:30.59	3:23.55	7:09.86
	1	40.01	1:27.08	3:08.95	6:39.32	13:43.8	26:13.29	43.98	1:34.00	3:25.62	49.78	1:47.59	3:49.36	42.00	1:32.67	3:25.60	1:33.04	3:29.59	7:22.77
10歳	15	27.90	1:01.00	2:11.79	4:36.35	9:20.69	17:50.70	31.17	1:07.47	2:28.33	34.66	1:15.22	2:39.80	29.71	1:06.01	2:27.58	1:07.19	2:26.47	5:08.04
	14	28.40	1:02.11	2:14.18	4:41.33	9:30.55	18:09.53	31.84	1:08.99	2:31.81	35.49	1:17.03	2:43.61	30.31	1:07.36	2:30.73	1:08.60	2:29.48	5:14.36
	13	28.90	1:03.22	2:16.58	4:46.31	9:40.42	18:28.37	32.52	1:10.51	2:35.30	36.33	1:18.84	2:47.42	30.92	1:08.72	2:33.89	1:10.02	2:32.49	5:20.68
	12	29.40	1:04.33	2:18.97	4:51.29	9:50.29	18:47.21	33.19	1:12.03	2:38.79	37.17	1:20.65	2:51.23	31.52	1:10.07	2:37.04	1:11.43	2:35.50	5:27.00
	11	29.90	1:05.45	2:21.37	4:56.28	10:00.1	19:06.05	33.87	1:13.56	2:42.28	38.01	1:22.46	2:55.05	32.13	1:11.43	2:40.20	1:12.85	2:38.52	5:33.32
	10	31.06	1:08.01	2:27.09	5:08.91	10:27.7	19:59.00	35.06	1:16.04	2:47.60	39.35	1:25.36	3:01.51	33.30	1:14.00	2:45.70	1:15.31	2:44.62	5:46.68
	9	32.22	1:10.58	2:32.82	5:21.55	10:55.3	20:51.95	36.25	1:18.53	2:52.92	40.70	1:28.27	3:07.98	34.47	1:16.57	2:51.21	1:17.78	2:50.72	6:00.05
	8	33.38	1:13.14	2:38.55	5:34.18	11:22.9	21:44.90	37.44	1:21.02	2:58.24	42.05	1:31.17	3:14.45	35.64	1:19.15	2:56.71	1:20.24	2:56.82	6:13.41
	7	34.54	1:15.71	2:44.28	5:46.82	11:50.5	22:37.85	38.63	1:23.51	3:03.57	43.40	1:34.08	3:20.92	36.81	1:21.72	3:02.22	1:22.71	3:02.92	6:26.78
	6	35.71	1:18.27	2:50.01	5:59.45	12:18.1	23:30.81	39.82	1:26.00	3:08.89	44.75	1:36.99	3:27.39	37.99	1:24.30	3:07.72	1:25.18	3:09.02	6:40.14
	5	36.87	1:20.84	2:55.74	6:12.09	12:45.7	24:23.76	41.01	1:28.49	3:14.21	46.09	1:39.89	3:33.86	39.16	1:26.87	3:13.23	1:27.64	3:15.12	6:53.51
	4	38.03	1:23.40	3:01.47	6:24.72	13:13.3	25:16.71	42.20	1:30.98	3:19.54	47.44	1:42.80	3:40.33	40.33	1:29.44	3:18.73	1:30.11	3:21.22	7:06.87
	3	39.19	1:25.97	3:07.20	6:37.36	13:40.9	26:09.66	43.39	1:33.47	3:24.86	48.79	1:45.70	3:46.80	41.50	1:32.02	3:24.24	1:32.57	3:27.32	7:20.24
	2	40.35	1:28.53	3:12.93	6:49.99	14:08.4	27:02.61	44.58	1:35.96	3:30.18	50.14	1:48.61	3:53.27	42.67	1:34.59	3:29.74	1:35.04	3:33.42	7:33.60
	1	41.52	1:31.10	3:18.66	7:02.63	14:36.0	27:55.57	45.77	1:38.45	3:35.51	51.49	1:51.52	3:59.74	43.85	1:37.17	3:35.25	1:37.51	3:39.53	7:46.97
9歳	15	29.40	1:0																