

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
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</			

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	級	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
	15	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
	14	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
	13	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
	12	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
	11	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
	10	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
	9	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
	8	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
	7	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
	6	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
	5	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
	4	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
	3	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
	2	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
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	級	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
	15	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
	14	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
	13	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
	12	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
	11	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
	10	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
	9	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
	8	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
	7	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
	6	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
	5	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
	4	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
	3	40.35	1:28.53	3:12.93	6:49.99														