

## 2022年度熊本県強化指定選手 標準記録：長水路

〈男子〉

(一社) 熊本県水泳協会

学年	区分	種目 距離	自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー	
			50	100	200	400	1500	50	100	200	50	100	200	50	100	200	200	400
高3	国体強化	強化S	23.19	00:50.77	01:50.88	03:54.45	15:31.11	-	00:56.64	02:01.65	-	01:02.01	02:13.67	-	00:53.67	01:59.81	02:02.47	04:20.15
		強化A	24.35	00:53.31	01:56.42	04:06.17	16:17.67	-	00:59.47	02:07.73	-	01:05.11	02:20.35	-	00:56.35	02:05.80	02:08.59	04:33.16
		強化B	24.81	00:54.32	01:58.64	04:10.86	16:36.29	-	01:00.60	02:10.17	-	01:06.35	02:23.03	-	00:57.43	02:08.20	02:11.04	04:38.36
		強化C	25.51	00:55.85	02:01.97	04:17.90	17:04.22	-	01:02.30	02:13.81	-	01:08.21	02:27.04	-	00:59.04	02:11.79	02:14.72	04:46.16
高2		強化S	23.46	00:51.25	01:52.14	03:56.37	15:38.32	-	00:57.23	02:02.90	-	01:02.52	02:14.68	-	00:54.28	02:00.91	02:03.53	04:22.33
		強化A	24.63	00:53.81	01:57.75	04:08.19	16:25.23	-	01:00.09	02:09.05	-	01:05.65	02:21.41	-	00:56.99	02:06.96	02:09.71	04:35.45
		強化B	25.10	00:54.84	01:59.99	04:12.92	16:44.00	-	01:01.23	02:11.51	-	01:06.90	02:24.10	-	00:58.08	02:09.37	02:12.18	04:40.69
		強化C	25.80	00:56.37	02:03.35	04:20.01	17:12.15	-	01:02.95	02:15.20	-	01:08.77	02:28.14	-	00:59.71	02:13.00	02:15.88	04:48.56
高1		強化S	23.72	00:51.73	01:53.40	03:58.30	15:45.52	-	00:57.81	02:04.16	-	01:03.03	02:15.68	-	00:54.89	02:02.01	02:04.59	04:24.51
		強化A	24.91	00:54.32	01:59.07	04:10.22	16:32.80	-	01:00.70	02:10.37	-	01:06.18	02:22.46	-	00:57.63	02:08.11	02:10.82	04:37.74
		強化B	25.38	00:55.35	02:01.34	04:14.98	16:51.71	-	01:01.86	02:12.85	-	01:07.44	02:25.18	-	00:58.73	02:10.55	02:13.31	04:43.03
		強化C	26.09	00:56.90	02:04.74	04:22.13	17:20.07	-	01:03.59	02:16.58	-	01:09.33	02:29.25	-	01:00.38	02:14.21	02:17.05	04:50.96
中3	強化S	23.97	00:52.39	01:54.27	04:01.15	16:01.23	-	00:58.55	02:05.72	-	01:04.29	02:17.93	-	00:55.56	02:03.36	02:06.63	04:29.01	
	強化A	25.16	00:55.00	01:59.98	04:13.21	16:49.29	-	01:01.47	02:12.01	-	01:07.50	02:24.83	-	00:58.33	02:09.52	02:12.97	04:42.47	
	強化B	25.64	00:56.05	02:02.27	04:18.04	17:08.51	-	01:02.64	02:14.52	-	01:08.79	02:27.59	-	00:59.44	02:11.99	02:15.50	04:47.85	
	強化C	26.36	00:57.62	02:05.70	04:25.27	17:37.35	-	01:04.40	02:18.29	-	01:10.72	02:31.72	-	01:01.11	02:15.69	02:19.30	04:55.92	
中2	強化S	24.21	00:53.04	01:55.14	04:04.01	16:16.93	-	00:59.28	02:07.28	-	01:05.55	02:20.18	-	00:56.22	02:04.70	02:08.68	04:33.52	
	強化A	25.42	00:55.69	02:00.90	04:16.21	17:05.78	-	01:02.24	02:13.64	-	01:08.83	02:27.19	-	00:59.03	02:10.93	02:15.11	04:47.20	
	強化B	25.90	00:56.75	02:03.20	04:21.09	17:25.32	-	01:03.43	02:16.19	-	01:10.14	02:29.99	-	01:00.16	02:13.43	02:17.69	04:52.67	
	強化C	26.63	00:58.34	02:06.65	04:28.41	17:54.62	-	01:05.21	02:20.01	-	01:12.11	02:34.20	-	01:01.84	02:17.17	02:21.55	05:00.87	
中1	強化S	25.88	00:56.13	02:01.84	04:15.81	-	-	01:03.16	02:16.50	-	01:08.69	02:27.95	-	01:00.12	02:13.82	02:16.19	04:47.77	
	強化A	27.17	00:58.94	02:07.93	04:28.60	-	-	01:06.32	02:23.33	-	01:12.12	02:35.35	-	01:03.13	02:20.51	02:23.00	05:02.16	
	強化B	27.69	01:00.06	02:10.37	04:33.72	-	-	01:07.58	02:26.05	-	01:13.50	02:38.31	-	01:04.33	02:23.19	02:25.72	05:07.91	
	強化C	28.47	01:01.74	02:14.02	04:41.39	-	-	01:09.48	02:30.15	-	01:15.56	02:42.75	-	01:06.13	02:27.20	02:29.81	05:16.55	
小6	強化S	27.11	00:59.02	02:08.00	-	-	31.27	01:07.26	-	33.49	01:12.68	-	29.06	01:04.30	-	02:23.67	-	
	強化A	28.47	01:01.97	02:14.40	-	-	32.83	01:10.62	-	35.16	01:16.31	-	30.51	01:07.52	-	02:30.85	-	
	強化B	29.01	01:03.15	02:16.96	-	-	33.46	01:11.97	-	35.83	01:17.77	-	31.09	01:08.80	-	02:33.73	-	
	強化C	29.82	01:04.92	02:20.80	-	-	34.40	01:13.99	-	36.84	01:19.95	-	31.97	01:10.73	-	02:38.04	-	
小5	強化S	28.41	01:02.07	02:14.05	-	-	32.77	01:10.53	-	35.30	01:17.37	-	30.38	01:07.94	-	02:31.06	-	
	強化A	29.83	01:05.17	02:20.75	-	-	34.41	01:14.06	-	37.07	01:21.24	-	31.90	01:11.34	-	02:38.61	-	
	強化B	30.40	01:06.41	02:23.43	-	-	35.06	01:15.47	-	37.77	01:22.79	-	32.51	01:12.70	-	02:41.63	-	
	強化C	31.25	01:08.28	02:27.46	-	-	36.05	01:17.58	-	38.83	01:25.11	-	33.42	01:14.73	-	02:46.17	-	
小4	強化S	30.41	-	-	-	-	35.00	-	-	38.52	-	-	32.45	-	-	02:40.75	-	
	強化A	31.93	-	-	-	-	36.75	-	-	40.45	-	-	34.07	-	-	02:48.79	-	
	強化B	32.54	-	-	-	-	37.45	-	-	41.22	-	-	34.72	-	-	02:52.00	-	
	強化C	33.45	-	-	-	-	38.50	-	-	42.37	-	-	35.70	-	-	02:56.82	-	

※国体強化⇒S：日本水泳連盟ナショナル標準記録（高2・中3：暫定記録）

※ジュニア強化⇒S：全国JOC

（以降、各標準記録からA：95%、B：93%、C：90%として算出）

## 2022年度熊本県強化指定選手 標準記録：長水路

＜女子＞

(一社)熊本県水泳協会

学年	区分	種目 距離	自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー	
			50	100	200	400	800	50	100	200	50	100	200	50	100	200	200	400
高3	国体強化	強化S	25.73	00:56.16	02:01.10	04:15.39	08:42.48	-	01:01.88	02:13.63	-	01:09.01	02:28.25	-	00:59.80	02:10.94	02:14.19	04:45.92
		強化A	27.02	00:58.97	02:07.16	04:28.16	09:08.60	-	01:04.97	02:20.31	-	01:12.46	02:35.66	-	01:02.79	02:17.49	02:20.90	05:00.22
		強化B	27.53	01:00.09	02:09.58	04:33.27	09:19.05	-	01:06.21	02:22.98	-	01:13.84	02:38.63	-	01:03.99	02:20.11	02:23.58	05:05.93
		強化C	28.30	01:01.78	02:13.21	04:40.93	09:34.73	-	01:08.07	02:26.99	-	01:15.91	02:43.07	-	01:05.78	02:24.03	02:27.61	05:14.51
高2		強化S	25.89	00:56.37	02:01.93	04:17.78	08:44.58	-	01:02.13	02:13.93	-	01:09.32	02:28.72	-	01:00.04	02:12.19	02:15.58	04:47.49
		強化A	27.18	00:59.19	02:08.03	04:30.66	09:10.81	-	01:05.23	02:20.63	-	01:12.78	02:36.15	-	01:03.04	02:18.80	02:22.36	05:01.86
		強化B	27.70	01:00.32	02:10.47	04:35.82	09:21.30	-	01:06.47	02:23.31	-	01:14.17	02:39.13	-	01:04.24	02:21.45	02:25.07	05:07.61
		強化C	28.47	01:02.01	02:14.12	04:43.55	09:37.04	-	01:08.34	02:27.33	-	01:16.25	02:43.59	-	01:06.04	02:25.41	02:29.14	05:16.23
高1		強化S	26.02	00:56.59	02:02.76	04:20.16	08:46.68	-	01:02.37	02:14.24	-	01:09.62	02:29.18	-	01:00.28	02:13.45	02:16.97	04:49.05
		強化A	27.32	00:59.42	02:08.90	04:33.17	09:13.01	-	01:05.49	02:20.95	-	01:13.10	02:36.64	-	01:03.29	02:20.12	02:23.82	05:03.50
		強化B	27.84	01:00.55	02:11.35	04:38.37	09:23.55	-	01:06.74	02:23.64	-	01:14.49	02:39.62	-	01:04.50	02:22.79	02:26.56	05:09.28
		強化C	28.62	01:02.25	02:15.04	04:46.18	09:39.35	-	01:08.61	02:27.66	-	01:16.58	02:44.10	-	01:06.31	02:26.80	02:30.67	05:17.96
中3		強化S	26.31	00:57.11	02:04.00	04:22.99	08:53.15	-	01:03.13	02:16.01	-	01:10.32	02:31.56	-	01:00.99	02:14.84	02:18.28	04:51.30
		強化A	27.62	00:59.96	02:10.20	04:36.13	09:19.81	-	01:06.29	02:22.81	-	01:13.83	02:39.13	-	01:04.04	02:21.58	02:25.20	05:05.87
		強化B	28.15	01:01.10	02:12.68	04:41.39	09:30.47	-	01:07.55	02:25.53	-	01:15.24	02:42.16	-	01:05.26	02:24.27	02:27.96	05:11.70
		強化C	28.94	01:02.82	02:16.40	04:49.28	09:46.47	-	01:09.44	02:29.61	-	01:17.35	02:46.71	-	01:07.09	02:28.32	02:32.11	05:20.44
中2	強化S	26.59	00:57.62	02:05.24	04:25.81	08:59.62	-	01:03.89	02:17.78	-	01:11.01	02:33.93	-	01:01.70	02:16.22	02:19.60	04:53.56	
	強化A	27.92	01:00.50	02:11.50	04:39.10	09:26.60	-	01:07.08	02:24.67	-	01:14.56	02:41.63	-	01:04.79	02:23.03	02:26.58	05:08.24	
	強化B	28.45	01:01.65	02:14.01	04:44.42	09:37.39	-	01:08.36	02:27.42	-	01:15.98	02:44.71	-	01:06.02	02:25.76	02:29.37	05:14.11	
	強化C	29.25	01:03.38	02:17.76	04:52.39	09:53.58	-	01:10.28	02:31.56	-	01:18.11	02:49.32	-	01:07.87	02:29.84	02:33.56	05:22.92	
中1	強化S	27.69	00:59.74	02:08.79	04:29.19	-	-	01:06.68	02:22.10	-	01:14.13	02:37.86	-	01:04.33	02:21.66	02:22.96	05:02.07	
	強化A	29.07	01:02.73	02:15.23	04:42.65	-	-	01:10.01	02:29.21	-	01:17.84	02:45.75	-	01:07.55	02:28.74	02:30.11	05:17.17	
	強化B	29.63	01:03.92	02:17.81	04:48.03	-	-	01:11.35	02:32.05	-	01:19.32	02:48.91	-	01:08.83	02:31.58	02:32.97	05:23.21	
	強化C	30.46	01:05.71	02:21.67	04:56.11	-	-	01:13.35	02:36.31	-	01:21.54	02:53.65	-	01:10.76	02:35.83	02:37.26	05:32.28	
小6	強化S	28.25	01:01.16	02:11.47	-	-	31.92	01:08.56	-	35.50	01:16.12	-	30.02	01:06.27	-	02:27.77	-	
	強化A	29.66	01:04.22	02:18.04	-	-	33.52	01:11.99	-	37.28	01:19.93	-	31.52	01:09.58	-	02:35.16	-	
	強化B	30.23	01:05.44	02:20.67	-	-	34.15	01:13.36	-	37.99	01:21.45	-	32.12	01:10.91	-	02:38.11	-	
	強化C	31.08	01:07.28	02:24.62	-	-	35.11	01:15.42	-	39.05	01:23.73	-	33.02	01:12.90	-	02:42.55	-	
小5	強化S	28.84	01:02.82	02:15.46	-	-	32.78	01:10.72	-	36.40	01:18.33	-	30.63	01:08.41	-	02:31.57	-	
	強化A	30.28	01:05.96	02:22.23	-	-	34.42	01:14.26	-	38.22	01:22.25	-	32.16	01:11.83	-	02:39.15	-	
	強化B	30.86	01:07.22	02:24.94	-	-	35.07	01:15.67	-	38.95	01:23.81	-	32.77	01:13.20	-	02:42.18	-	
	強化C	31.72	01:09.10	02:29.01	-	-	36.06	01:17.79	-	40.04	01:26.16	-	33.69	01:15.25	-	02:46.73	-	
小4	強化S	30.58	-	-	-	-	34.82	-	-	38.81	-	-	32.77	-	-	02:40.81	-	
	強化A	32.11	-	-	-	-	36.56	-	-	40.75	-	-	34.41	-	-	02:48.85	-	
	強化B	32.72	-	-	-	-	37.26	-	-	41.53	-	-	35.06	-	-	02:52.07	-	
	強化C	33.64	-	-	-	-	38.30	-	-	42.69	-	-	36.05	-	-	02:56.89	-	

※国体強化⇒S：日本水泳連盟ナショナル標準記録（高2・中3：暫定記録）

※ジュニア強化⇒S：全国JOC

（以降、各標準記録からA：95%、B：93%、C：90%として算出）