

2023年度熊本県強化指定選手 標準記録：長水路

<女子>

※中2～高3⇒S：NS（高2・中3：暫定記録）

A：95% B：93% C：90%

中1～小4⇒S：全国JOC A：95% B：93% C：90%

学年	区分	種目	自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー	
			距離	50	100	200	400	800	50	100	200	50	100	200	50	100	200	200
高3	国体強化	強化S	25.84	00:55.86	02:01.13	04:14.33	08:43.88	-	01:01.43	02:12.22	-	01:09.13	02:28.00	-	00:59.15	02:10.25	02:14.44	04:45.03
		強化A	27.13	00:58.65	02:07.19	04:27.05	09:10.07	-	01:04.50	02:18.83	-	01:12.59	02:35.40	-	01:02.11	02:16.76	02:21.16	04:59.28
		強化B	27.65	00:59.77	02:09.61	04:32.13	09:20.55	-	01:05.73	02:21.48	-	01:13.97	02:38.36	-	01:03.29	02:19.37	02:23.85	05:04.98
		強化C	28.42	01:01.45	02:13.24	04:39.76	09:36.27	-	01:07.57	02:25.44	-	01:16.04	02:42.80	-	01:05.07	02:23.27	02:27.88	05:13.53
高2		強化S	25.98	00:56.15	02:01.76	04:16.42	08:46.58	-	01:01.58	02:13.24	-	01:09.48	02:28.37	-	00:59.60	02:11.59	02:15.13	04:46.49
		強化A	27.27	00:58.96	02:07.84	04:29.24	09:12.91	-	01:04.66	02:19.90	-	01:12.96	02:35.79	-	01:02.59	02:18.17	02:21.89	05:00.82
		強化B	27.79	01:00.08	02:10.28	04:34.37	09:23.44	-	01:05.90	02:22.57	-	01:14.35	02:38.76	-	01:03.78	02:20.80	02:24.59	05:06.55
		強化C	28.57	01:01.77	02:13.93	04:42.06	09:39.24	-	01:07.74	02:26.56	-	01:16.43	02:43.21	-	01:05.57	02:24.75	02:28.65	05:15.14
高1		強化S	26.11	00:56.44	02:02.38	04:18.51	08:49.28	-	01:01.74	02:14.26	-	01:09.84	02:28.75	-	01:00.06	02:12.93	02:15.83	04:47.96
		強化A	27.42	00:59.26	02:08.50	04:31.44	09:15.74	-	01:04.83	02:20.97	-	01:13.33	02:36.19	-	01:03.06	02:19.58	02:22.62	05:02.36
		強化B	27.94	01:00.39	02:10.95	04:36.61	09:26.33	-	01:06.06	02:23.66	-	01:14.73	02:39.16	-	01:04.26	02:22.24	02:25.34	05:08.12
		強化C	28.72	01:02.08	02:14.62	04:44.36	09:42.21	-	01:07.91	02:27.69	-	01:16.82	02:43.62	-	01:06.07	02:26.22	02:29.41	05:16.76
中3	強化S	26.39	00:57.19	02:03.67	04:21.25	08:56.28	-	01:02.88	02:16.40	-	01:10.57	02:31.37	-	01:00.85	02:13.97	02:16.90	04:50.22	
	強化A	27.70	01:00.04	02:09.85	04:34.31	09:23.10	-	01:06.02	02:23.23	-	01:14.10	02:38.94	-	01:03.89	02:20.67	02:23.74	05:04.74	
	強化B	28.23	01:01.19	02:12.32	04:39.53	09:33.82	-	01:07.28	02:25.95	-	01:15.52	02:41.97	-	01:05.11	02:23.35	02:26.48	05:10.54	
	強化C	29.02	01:02.90	02:16.03	04:47.37	09:49.91	-	01:09.17	02:30.05	-	01:17.63	02:46.51	-	01:06.94	02:27.37	02:30.58	05:19.25	
中2	強化S	26.66	00:57.93	02:04.95	04:23.98	09:03.29	-	01:04.02	02:18.55	-	01:11.31	02:34.00	-	01:01.64	02:15.02	02:17.96	04:52.49	
	強化A	27.99	01:00.83	02:11.20	04:37.18	09:30.45	-	01:07.22	02:25.48	-	01:14.88	02:41.70	-	01:04.72	02:21.77	02:24.86	05:07.11	
	強化B	28.53	01:01.99	02:13.70	04:42.46	09:41.32	-	01:08.50	02:28.25	-	01:16.30	02:44.78	-	01:05.95	02:24.47	02:27.62	05:12.96	
	強化C	29.33	01:03.72	02:17.45	04:50.38	09:57.62	-	01:10.42	02:32.41	-	01:18.44	02:49.40	-	01:07.80	02:28.52	02:31.76	05:21.74	
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	-	-	32.71	-	-	02:40.81	-	
	強化A	32.11	-	-	-	-	36.56	-	-	40.75	-	-	34.35	-	-	02:48.85	-	
	強化B	32.72	-	-	-	-	37.26	-	-	41.53	-	-	35.00	-	-	02:52.07	-	
	強化C	33.64	-	-	-	-	38.30	-	-	42.69	-	-	35.98	-	-	02:56.89	-	

国体強化

ジュニア強化