

男子

ナフウェルネスクラブ マスターズ 最高記録(高井戸スイムクラブ最高記録)

種目	区分	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	
	距離																	
自由形	25m	12-03	11-75	11-80	15-6	12-8	12-84	13-40	13-67	13-91	14-29	15-04	17-43	19-99				
	50m	25-9	24-81	24-75	26-5	26-78	27-10	27-60	28-28	29-98	31-73	32-86	36-56	46-90				
	100m	55-69	55-38	54-74	59-54	56-79	1-00-41	59-66	1-05-48	1-07-88	1-11-31	1-24-65	1-35-84	1-43-37				
	200m	2-29-26	2-04-69	2-03-92	2-22-35	2-09-95	2-11-70	2-14-43	2-39-77	2-38-91	2-44-16	3-16-93						
	400m	5-49-57	4-45-86	5-10-75	5-11-47	5-02-77	5-09-65	4-47-66	5-54-85	6-03-38	6-01-83	6-51-17						
	800m								12-07-94	12-22-17	12-48-75	12-34-60						
	1500m			23-51-7							25-12-68	24-42-83	26-43-20	27-53-08	31-50-81			
背泳ぎ	25m	16-3		14-24	14-53	15-39	16-04	16-94	20-5	19-24	19-36	20-66	23-10	24-56				
	50m	32-97	30-44	29-89	30-20	32-26	34-37	35-40	38-8	41-83	45-84	44-31	54-66	58-63				
	100m			1-09-29		1-10-85			1-32-95	1-34-39	1-36-70	1-38-72						
	200m	2-34-89				2-43-29					3-53-66							
平泳ぎ	25m	16-4	17-19	18-4	17-14	17-14	18-00	18-91	16-94	17-12	17-84	19-58	24-32	31-08				
	50m	34-6	32-3	33-17	34-35	35-9	34-88	36-35	35-69	39-73	46-79	50-57	1-07-53	1-15-38				
	100m	1-18-99	1-17-91	1-19-63	1-16-98	1-25-70	1-15-19	1-45-15	1-35-39	1-48-25	1-43-59	2-05-47						
	200m		3-04-04	2-52-56	3-14-96	2-46-71	3-31-88	3-53-24			3-51-10							
バタフライ	25m	14-16	14-41	14-72	13-41	13-51	13-64	13-64	16-84	15-73	15-83	16-10	18-33	21-79	25-00			
	50m	27-3	26-97	27-52	28-38	28-31	28-90	29-22	32-17	37-07	37-65	40-97	45-13	58-10				
	100m	1-01-50	1-01-6	1-09-07	1-11-37	1-05-99	1-05-44	1-04-94		1-32-80	1-31-27							
	200m	2-36-68	2-35-82	2-45-29	3-28-2		3-17-32			3-34-22	3-35-95							
個人メドレー	100m	1-06-1	1-05-27	1-05-50	1-10-6	1-07-53	1-08-90	1-07-96	1-18-36	1-21-18	1-23-93	1-34-18	1-53-92	2-12-18	2-08-13			
	200m	2-43-95	2-20-39	2-23-55		2-41-82	2-42-23	2-30-04	3-02-80	3-15-59	3-26-67							
	400m				6-31-89			6-42-98	6-14-16		7-57-29							

2026年 5月 19日 現在