

# 女子 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 距離	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
自由形	25m		13-75	14-77	14-50	14-80	14-91	15-18	16-11	16-44	17-28	17-94	18-27	18-95	20-45	31-72	
	50m	30-15	28-76	30-02	30-91	32-07	33-31	34-19	35-2	36-43	37-32	39-18	41-78	42-63	46-81	1-13-92	
	100m	1-07-25	1-04-62	1-12-25	1-11-93	1-15-31	1-22-95	1-18-72	1-20-8	1-25-67	1-28-13	1-31-16	1-39-12	1-45-30	1-54-92		
	200m		2-49-35		2-49-86		3-36-68	2-59-75	3-22-04	3-12-28	3-56-19	3-20-85	3-50-14	4-00-22	4-22-11		
	400m	5-47-72	6-14-56		7-18-00	6-58-68	7-31-6	6-44-20	7-42-13	7-39-35	7-04-28	8-31-8	8-28-31	9-11-51			
	800m						14-47-1	16-02-39	15-43-34	16-03-66	17-01-91	16-57-90	18-03-05	18-29-41			
	1500m								29-56-13	31-14-36	33-39-95	32-48-93	34-26-10	36-27-40			
背泳ぎ	25m	19-86	17-70	17-93	17-55	18-39	18-84	20-52	20-17	22-81	22-60	22-58	22-42	24-80	25-98	38-13	
	50m	40-1	38-00	36-78	39-37	40-57	46-88	43-80	41-35	47-90	54-31	50-74	53-64	56-67	58-96	1-21-26	
	100m				1-29-89		1-39-50	1-42-26	1-39-25	1-42-25	2-08-28	1-58-33	2-03-38	2-05-66	2-18-25		
	200m		3-08-37	3-30-72	3-20-98			3-40-24	4-02-37	3-55-14	4-33-10	4-56-93	4-31-16	4-48-33	5-21-82		
平泳ぎ	25m	20-6	22-2	21-37	19-21	21-69	21-62	22-23	22-35	23-58	25-9	23-28	23-20	24-50	27-59	45-52	
	50m	42-86	42-2	41-90	42-76	46-82	46-75	47-54	46-75	50-71	56-72	51-24	53-90	55-84	1-03-83	1-46-47	
	100m		1-34-5	1-37-06	1-40-42		1-43-17	1-47-60	1-49-12	1-49-54	2-13-57	2-01-16	2-02-94	2-07-43	2-21-28		
	200m				3-43-02	3-37-08	3-32-97	4-17-54	3-50-08	3-56-97	4-48-17	4-24-01	4-28-84	4-33-66	5-14-68		
バタフライ	25m	16-07	14-16	14-24	15-27	15-72	17-26	16-18	16-78	19-06	20-30	21-45	23-56	25-31	29-82		
	50m	34-0	31-07	31-07	35-73	40-77	39-38	36-25	37-26	43-04	46-68	49-23	58-07	1-02-94	1-21-53		
	100m		1-12-27	1-26-2	1-34-66		1-58-10	1-32-66	1-40-83	1-57-59	1-55-26	2-00-97					
	200m				3-54-63			3-55-03	4-01-81	4-21-03	5-05-05	5-47-08					
個人メドレー	100m	1-28-0	1-16-47	1-15-12	1-22-46	1-21-44	1-39-85	1-31-99	1-33-27	1-46-37	1-48-66	1-51-79	1-54-54	2-01-61	2-19-61		
	200m		2-55-87	3-30-57	3-29-13	3-23-86	3-58-5	3-49-29	3-24-03	3-49-19	4-00-88	4-10-20	4-27-43	4-34-58	5-46-03		
	400m						8-58-5	8-36-79	8-12-18	8-06-74	9-59-05						

2025年 12月 15日 現在