

國女分 數表	50公尺 自由式	100公 尺自由 式	200公 尺自由 式	400公 尺自由 式	800公 尺自由 式	50公尺 仰式	100公 尺仰式	200公 尺仰式	50公尺 蛙式	100公 尺蛙式	200公 尺蛙式	50公尺 蝶式	100公 尺蝶式	200公 尺蝶式	200公 尺混合 式	400公 尺混合 式
100	27.66	59.6	128.55	273.27	557.3	30.93	66.27	141.5	33.96	73.89	158.58	29.13	65.55	142.18	140.78	300.55
99	27.86	60.16	129.88	275.16	561.35	31.17	66.81	143.21	34.26	74.44	159.81	29.41	65.89	143.63	142.89	305.39
98	28.05	60.71	131.22	277.05	565.41	31.42	67.35	144.92	34.56	74.98	161.04	29.68	66.24	145.08	145	310.23
97	28.25	61.27	132.56	278.94	569.47	31.67	67.89	146.63	34.87	75.53	162.27	29.95	66.59	146.53	147.12	315.08
96	28.44	61.83	133.9	280.83	573.52	31.91	68.42	148.34	35.17	76.08	163.51	30.22	66.93	147.99	149.23	319.92
95	28.64	62.39	135.24	282.71	577.58	32.16	68.96	150.05	35.47	76.62	164.74	30.5	67.28	149.44	151.34	324.76
94	28.83	62.95	136.58	284.6	581.64	32.4	69.5	151.76	35.78	77.17	165.97	30.77	67.63	150.89	153.45	329.6
93	29.03	63.51	137.91	286.49	585.69	32.65	70.04	153.48	36.08	77.71	167.2	31.04	67.98	152.35	155.57	334.44
92	29.22	64.07	139.25	288.38	589.75	32.9	70.58	155.19	36.38	78.26	168.43	31.31	68.32	153.8	157.68	339.29
91	29.42	64.63	140.59	290.27	593.81	33.14	71.12	156.9	36.68	78.81	169.67	31.59	68.67	155.25	159.79	344.13
90	29.61	65.19	141.93	292.15	597.86	33.39	71.65	158.61	36.99	79.35	170.9	31.86	69.02	156.7	161.9	348.97
89	29.81	65.75	143.27	294.04	601.92	33.64	72.19	160.32	37.29	79.9	172.13	32.13	69.36	158.16	164.02	353.81
88	30	66.31	144.61	295.93	605.98	33.88	72.73	162.03	37.59	80.45	173.36	32.4	69.71	159.61	166.13	358.65
87	30.2	66.86	145.94	297.82	610.03	34.13	73.27	163.74	37.9	80.99	174.6	32.68	70.06	161.06	168.24	363.5
86	30.39	67.42	147.28	299.71	614.09	34.37	73.81	165.45	38.2	81.54	175.83	32.95	70.41	162.51	170.35	368.34
85	30.59	67.98	148.62	301.6	618.15	34.62	74.35	167.16	38.5	82.09	177.06	33.22	70.75	163.97	172.47	373.18
84	30.78	68.54	149.96	303.48	622.2	34.87	74.88	168.87	38.81	82.63	178.29	33.49	71.1	165.42	174.58	378.02
83	30.98	69.1	151.3	305.37	626.26	35.11	75.42	170.58	39.11	83.18	179.53	33.77	71.45	166.87	176.69	382.86
82	31.17	69.66	152.64	307.26	630.32	35.36	75.96	172.29	39.41	83.73	180.76	34.04	71.79	168.32	178.8	387.71
81	31.37	70.22	153.97	309.15	634.37	35.61	76.5	174.01	39.71	84.27	181.99	34.31	72.14	169.78	180.92	392.55
80	31.56	70.78	155.31	311.04	638.43	35.85	77.04	175.72	40.02	84.82	183.22	34.58	72.49	171.23	183.03	397.39
79	31.76	71.34	156.65	312.92	642.49	36.1	77.58	177.43	40.32	85.36	184.45	34.86	72.84	172.68	185.14	402.23
78	31.95	71.9	157.99	314.81	646.54	36.34	78.11	179.14	40.62	85.91	185.69	35.13	73.18	174.14	187.25	407.07
77	32.15	72.46	159.33	316.7	650.6	36.59	78.65	180.85	40.93	86.46	186.92	35.4	73.53	175.59	189.37	411.92
76	32.34	73.01	160.67	318.59	654.66	36.84	79.19	182.56	41.23	87	188.15	35.67	73.88	177.04	191.48	416.76

75	32.54	73.57	162	320.48	658.71	37.08	79.73	184.27	41.53	87.55	189.38	35.95	74.22	178.49	193.59	421.6
74	32.73	74.13	163.34	322.36	662.77	37.33	80.27	185.98	41.84	88.1	190.62	36.22	74.57	179.95	195.7	426.44
73	32.93	74.69	164.68	324.25	666.83	37.58	80.81	187.69	42.14	88.64	191.85	36.49	74.92	181.4	197.81	431.28
72	33.12	75.25	166.02	326.14	670.88	37.82	81.35	189.4	42.44	89.19	193.08	36.76	75.26	182.85	199.93	436.13
71	33.32	75.81	167.36	328.03	674.94	38.07	81.88	191.11	42.75	89.74	194.31	37.04	75.61	184.3	202.04	440.97
70	33.51	76.37	168.69	329.92	679	38.31	82.42	192.82	43.05	90.28	195.54	37.31	75.96	185.76	204.15	445.81
69	33.71	76.93	170.03	331.81	683.05	38.56	82.96	194.53	43.35	90.83	196.78	37.58	76.31	187.21	206.26	450.65
68	33.9	77.49	171.37	333.69	687.11	38.81	83.5	196.25	43.65	91.37	198.01	37.85	76.65	188.66	208.38	455.49
67	34.1	78.05	172.71	335.58	691.17	39.05	84.04	197.96	43.96	91.92	199.24	38.13	77	190.11	210.49	460.34
66	34.29	78.6	174.05	337.47	695.22	39.3	84.58	199.67	44.26	92.47	200.47	38.4	77.35	191.57	212.6	465.18
65	34.49	79.16	175.39	339.36	699.28	39.55	85.11	201.38	44.56	93.01	201.71	38.67	77.69	193.02	214.71	470.02
64	34.68	79.72	176.72	341.25	703.34	39.79	85.65	203.09	44.87	93.56	202.94	38.94	78.04	194.47	216.83	474.86
63	34.88	80.28	178.06	343.13	707.39	40.04	86.19	204.8	45.17	94.11	204.17	39.22	78.39	195.93	218.94	479.7
62	35.07	80.84	179.4	345.02	711.45	40.28	86.73	206.51	45.47	94.65	205.4	39.49	78.74	197.38	221.05	484.55
61	35.27	81.4	180.74	346.91	715.51	40.53	87.27	208.22	45.78	95.2	206.64	39.76	79.08	198.83	223.16	489.39
60	35.46	81.96	182.08	348.8	719.56	40.78	87.81	209.93	46.08	95.75	207.87	40.03	79.43	200.28	225.28	494.23