

國男表	50公尺自由式	100公尺自由式	200公尺自由式	400公尺自由式	1500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	25.18	55.31	120.44	253.71	987.87	28.36	61.59	133.56	31.077	66.68	144.4	27.07	59.47	129.65	133.93	283.16
99	25.32	55.65	121.14	255.33	996.07	28.58	62.032	134.79	31.28	67.22	145.72	27.17	59.73	130.81	134.66	285.07
98	25.46	55.99	121.83	256.96	1004.3	28.8	62.474	136.01	31.483	67.77	147.05	27.26	60	131.97	135.39	286.97
97	25.6	56.33	122.53	258.59	1012.5	29.02	62.916	137.24	31.686	68.32	148.38	27.36	60.26	133.13	136.12	288.87
96	25.74	56.66	123.23	260.21	1020.7	29.24	63.358	138.47	31.889	68.87	149.71	27.45	60.52	134.29	136.86	290.77
95	25.88	57	123.93	261.84	1028.9	29.46	63.8	139.69	32.092	69.42	151.04	27.55	60.79	135.45	137.59	292.67
94	26.02	57.34	124.63	263.47	1037.1	29.68	64.242	140.92	32.295	69.97	152.36	27.65	61.05	136.6	138.32	294.58
93	26.16	57.68	125.33	265.09	1045.2	29.9	64.684	142.14	32.498	70.51	153.69	27.74	61.32	137.76	139.05	296.48
92	26.3	58.02	126.03	266.72	1053.4	30.12	65.126	143.37	32.701	71.06	155.02	27.84	61.58	138.92	139.78	298.38
91	26.44	58.36	126.72	268.35	1061.6	30.34	65.568	144.59	32.904	71.61	156.35	27.93	61.84	140.08	140.51	300.28
90	26.58	58.69	127.42	269.97	1069.8	30.56	66.01	145.82	33.107	72.16	157.68	28.03	62.11	141.24	141.24	302.18
89	26.72	59.03	128.12	271.6	1078	30.78	66.452	147.05	33.31	72.71	159	28.13	62.37	142.4	141.97	304.09
88	26.86	59.37	128.82	273.23	1086.2	31	66.894	148.27	33.513	73.26	160.33	28.22	62.63	143.56	142.7	305.99
87	27	59.71	129.52	274.85	1094.4	31.22	67.336	149.5	33.717	73.8	161.66	28.32	62.9	144.71	143.43	307.89
86	27.14	60.05	130.22	276.48	1102.6	31.44	67.778	150.72	33.92	74.35	162.99	28.41	63.16	145.87	144.16	309.79
85	27.28	60.39	130.92	278.11	1110.8	31.66	68.22	151.95	34.123	74.9	164.31	28.51	63.42	147.03	144.89	311.69
84	27.42	60.72	131.62	279.73	1119	31.88	68.662	153.18	34.326	75.45	165.64	28.61	63.69	148.19	145.62	313.6
83	27.56	61.06	132.31	281.36	1127.2	32.1	69.104	154.4	34.529	76	166.97	28.7	63.95	149.35	146.35	315.5
82	27.7	61.4	133.01	282.99	1135.4	32.32	69.546	155.63	34.732	76.55	168.3	28.8	64.21	150.51	147.08	317.4
81	27.84	61.74	133.71	284.61	1143.6	32.54	69.988	156.85	34.935	77.09	169.63	28.89	64.48	151.67	147.81	319.3
80	27.98	62.08	134.41	286.24	1151.8	32.76	70.43	158.08	35.138	77.64	170.95	28.99	64.74	152.82	148.54	321.2
79	28.12	62.42	135.11	287.87	1160	32.98	70.872	159.3	35.341	78.19	172.28	29.09	65.01	153.98	149.27	323.11
78	28.26	62.75	135.81	289.49	1168.2	33.2	71.314	160.53	35.544	78.74	173.61	29.18	65.27	155.14	150.01	325.01
77	28.4	63.09	136.51	291.12	1176.4	33.42	71.756	161.76	35.747	79.29	174.94	29.28	65.53	156.3	150.74	326.91

76	28.54	63.43	137.2	292.75	1184.6	33.64	72.198	162.98	35.95	79.84	176.27	29.37	65.8	157.46	151.47	328.81
75	28.68	63.77	137.9	294.37	1192.8	33.86	72.64	164.21	36.153	80.38	177.59	29.47	66.06	158.62	152.2	330.71
74	28.82	64.11	138.6	296	1201	34.08	73.082	165.43	36.356	80.93	178.92	29.57	66.32	159.78	152.93	332.62
73	28.96	64.45	139.3	297.63	1209.2	34.3	73.524	166.66	36.559	81.48	180.25	29.66	66.59	160.93	153.66	334.52
72	29.1	64.79	140	299.25	1217.4	34.52	73.966	167.88	36.763	82.03	181.58	29.76	66.85	162.09	154.39	336.42
71	29.24	65.12	140.7	300.88	1225.6	34.74	74.408	169.11	36.966	82.58	182.9	29.85	67.11	163.25	155.12	338.32
70	29.38	65.46	141.4	302.51	1233.8	34.96	74.85	170.34	37.169	83.12	184.23	29.95	67.38	164.41	155.85	340.22
69	29.52	65.8	142.1	304.13	1242	35.18	75.292	171.56	37.372	83.67	185.56	30.05	67.64	165.57	156.58	342.13
68	29.66	66.14	142.79	305.76	1250.2	35.4	75.734	172.79	37.575	84.22	186.89	30.14	67.91	166.73	157.31	344.03
67	29.8	66.48	143.49	307.39	1258.4	35.62	76.176	174.01	37.778	84.77	188.22	30.24	68.17	167.88	158.04	345.93
66	29.94	66.82	144.19	309.01	1266.6	35.84	76.618	175.24	37.981	85.32	189.54	30.33	68.43	169.04	158.77	347.83
65	30.08	67.15	144.89	310.64	1274.8	36.06	77.06	176.46	38.184	85.87	190.87	30.43	68.7	170.2	159.5	349.73
64	30.22	67.49	145.59	312.27	1283	36.28	77.502	177.69	38.387	86.41	192.2	30.53	68.96	171.36	160.23	351.64
63	30.36	67.83	146.29	313.89	1291.2	36.5	77.944	178.92	38.59	86.96	193.53	30.62	69.22	172.52	160.96	353.54
62	30.5	68.17	146.99	315.52	1299.3	36.72	78.386	180.14	38.793	87.51	194.86	30.72	69.49	173.68	161.69	355.44
61	30.64	68.51	147.68	317.15	1307.5	36.94	78.828	181.37	38.996	88.06	196.18	30.81	69.75	174.84	162.42	357.34
60	30.78	68.85	148.38	318.77	1315.7	37.16	79.27	182.59	39.199	88.61	197.51	30.91	70.01	175.99	163.15	359.24