

# 20 游泳

## 一、考核指标与所占分值

类别	实战能力
考核指标	专项
分值	100 分

## 二、考试方法与评分标准

### (一) 考试方法:

1. 考生须在自由泳（50 米、100 米、200 米、400 米、800 米、1500 米），仰泳（100 米、200 米），蛙泳（100 米、200 米），蝶泳（100 米、200 米）和混合泳（200 米、400 米）中选择一个项目进行考试。

2. 考试采用一次性决赛，使用电动计时或手计时计取成绩，参照评分标准换算成得分。使用手计时，每道须由三名计时员计取成绩，所计成绩的中间值或相同值为最终成绩。

3. 所有项目均按中国游泳协会审定的最新游泳竞赛规则执行。执行此标准池长要求为符合国家规定标准的 50 米池，误差范围为+0.03 米，-0.00 米。安装自动计时装置触板后，误差不得超出此范围。

### (二) 评分标准: 见表 20-1~表 20-4。

表 20-1 男子自由泳评分表 (50 米池)

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
100.00	23.28	51.50	1:51.55	3:58.60	8:24.00	16:00.30
99.50	23.34	51.70	1:52.12	3:59.72	8:25.90	16:04.29
99.00	23.40	51.90	1:52.69	4:00.84	8:27.80	16:08.27
98.50	23.46	52.10	1:53.27	4:01.96	8:29.70	16:12.26
98.00	23.52	52.30	1:53.84	4:03.08	8:31.60	16:16.24
97.50	23.59	52.50	1:54.41	4:04.20	8:33.50	16:20.23
97.00	23.65	52.70	1:54.99	4:05.32	8:35.40	16:24.21
96.50	23.71	52.90	1:55.56	4:06.44	8:37.30	16:28.20
96.00	23.77	53.10	1:56.13	4:07.56	8:39.20	16:32.18
95.50	23.83	53.30	1:56.70	4:08.68	8:41.10	16:36.17
95.00	23.89	53.50	1:57.28	4:09.80	8:43.00	16:40.15
94.50	23.95	53.70	1:57.85	4:10.92	8:44.90	16:44.14
94.00	24.01	53.90	1:58.42	4:12.04	8:46.80	16:48.12
93.50	24.07	54.10	1:58.99	4:13.16	8:48.70	16:52.11
93.00	24.13	54.30	1:59.57	4:14.28	8:50.60	16:56.09
92.50	24.20	54.50	2:00.14	4:15.40	8:52.50	17:00.08
92.00	24.26	54.70	2:00.71	4:16.52	8:54.40	17:04.06
91.50	24.32	54.90	2:01.28	4:17.64	8:56.30	17:08.05
91.00	24.38	55.10	2:01.86	4:18.76	8:58.20	17:12.03
90.50	24.44	55.30	2:02.43	4:19.88	9:00.10	17:16.02
90.00	24.50	55.50	2:03.00	4:21.00	9:02.00	17:20.00
89.50	24.58	55.74	2:03.50	4:22.12	9:04.25	17:24.37
89.00	24.65	55.98	2:04.00	4:23.25	9:06.50	17:28.75
88.50	24.73	56.21	2:04.50	4:24.37	9:08.75	17:33.12

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
88.00	24.80	56.45	2:05.00	4:25.50	9:11.00	17:37.50
87.50	24.88	56.69	2:05.50	4:26.62	9:13.25	17:41.88
87.00	24.95	56.93	2:06.00	4:27.75	9:15.50	17:46.25
86.50	25.03	57.16	2:06.50	4:28.87	9:17.75	17:50.63
86.00	25.10	57.40	2:07.00	4:30.00	9:20.00	17:55.00
85.50	25.18	57.64	2:07.50	4:31.12	9:22.25	17:59.38
85.00	25.25	57.88	2:08.00	4:32.25	9:24.50	18:03.75
84.50	25.33	58.11	2:08.50	4:33.37	9:26.75	18:08.13
84.00	25.40	58.35	2:09.00	4:34.50	9:29.00	18:12.50
83.50	25.48	58.59	2:09.50	4:35.62	9:31.25	18:16.88
83.00	25.55	58.83	2:10.00	4:36.75	9:33.50	18:21.25
82.50	25.63	59.06	2:10.50	4:37.87	9:35.75	18:25.63
82.00	25.70	59.30	2:11.00	4:39.00	9:38.00	18:30.00
81.50	25.78	59.54	2:11.50	4:40.12	9:40.25	18:34.38
81.00	25.85	59.78	2:12.00	4:41.25	9:42.50	18:38.75
80.50	25.93	1:00.01	2:12.50	4:42.37	9:44.75	18:43.13
80.00	26.00	1:00.25	2:13.00	4:43.50	9:47.00	18:47.50
79.50	26.08	1:00.49	2:13.50	4:44.62	9:49.25	18:51.88
79.00	26.15	1:00.73	2:14.00	4:45.75	9:51.50	18:56.25
78.50	26.23	1:00.96	2:14.50	4:46.87	9:53.75	19:00.63
78.00	26.30	1:01.20	2:15.00	4:48.00	9:56.00	19:05.00
77.50	26.38	1:01.44	2:15.50	4:49.12	9:58.25	19:09.38
77.00	26.45	1:01.68	2:16.00	4:50.25	10:00.50	19:13.75
76.50	26.53	1:01.91	2:16.50	4:51.37	10:02.75	19:18.13
76.00	26.60	1:02.15	2:17.00	4:52.50	10:05.00	19:22.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
75.50	26.68	1:02.39	2:17.50	4:53.62	10:07.25	19:26.88
75.00	26.75	1:02.63	2:18.00	4:54.75	10:09.50	19:31.25
74.50	26.83	1:02.86	2:18.50	4:55.87	10:11.75	19:35.63
74.00	26.90	1:03.10	2:19.00	4:57.00	10:14.00	19:40.00
73.50	26.98	1:03.34	2:19.50	4:58.12	10:16.25	19:44.38
73.00	27.05	1:03.58	2:20.00	4:59.25	10:18.50	19:48.75
72.50	27.13	1:03.81	2:20.50	5:00.37	10:20.75	19:53.13
72.00	27.20	1:04.05	2:21.00	5:01.50	10:23.00	19:57.50
71.50	27.28	1:04.29	2:21.50	5:02.62	10:25.25	20:01.88
71.00	27.35	1:04.53	2:22.00	5:03.75	10:27.50	20:06.25
70.50	27.43	1:04.76	2:22.50	5:04.87	10:29.75	20:10.63
70.00	27.50	1:05.00	2:23.00	5:06.00	10:32.00	20:15.00
69.50	27.62	1:05.28	2:23.55	5:07.17	10:34.67	20:19.50
69.00	27.73	1:05.57	2:24.10	5:08.33	10:37.33	20:24.00
68.50	27.85	1:05.85	2:24.65	5:09.50	10:40.00	20:28.50
68.00	27.97	1:06.13	2:25.20	5:10.67	10:42.67	20:33.00
67.50	28.08	1:06.42	2:25.75	5:11.83	10:45.33	20:37.50
67.00	28.20	1:06.70	2:26.30	5:13.00	10:48.00	20:42.00
66.50	28.32	1:06.98	2:26.85	5:14.17	10:50.67	20:46.50
66.00	28.43	1:07.27	2:27.40	5:15.33	10:53.33	20:51.00
65.50	28.55	1:07.55	2:27.95	5:16.50	10:56.00	20:55.50
65.00	28.67	1:07.83	2:28.50	5:17.67	10:58.67	21:00.00
64.50	28.78	1:08.12	2:29.05	5:18.83	11:01.33	21:04.50
64.00	28.90	1:08.40	2:29.60	5:20.00	11:04.00	21:09.00
63.50	29.02	1:08.68	2:30.15	5:21.17	11:06.67	21:13.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
63.00	29.13	1:08.97	2:30.70	5:22.33	11:09.33	21:18.00
62.50	29.25	1:09.25	2:31.25	5:23.50	11:12.00	21:22.50
62.00	29.37	1:09.53	2:31.80	5:24.67	11:14.67	21:27.00
61.50	29.48	1:09.82	2:32.35	5:25.83	11:17.33	21:31.50
61.00	29.60	1:10.10	2:32.90	5:27.00	11:20.00	21:36.00
60.50	29.72	1:10.38	2:33.45	5:28.17	11:22.67	21:40.50
60.00	29.83	1:10.67	2:34.00	5:29.33	11:25.33	21:45.00
59.50	29.95	1:10.95	2:34.55	5:30.50	11:28.00	21:49.50
59.00	30.07	1:11.23	2:35.10	5:31.67	11:30.67	21:54.00
58.50	30.18	1:11.52	2:35.65	5:32.83	11:33.33	21:58.50
58.00	30.30	1:11.80	2:36.20	5:34.00	11:36.00	22:03.00
57.50	30.42	1:12.08	2:36.75	5:35.17	11:38.67	22:07.50
57.00	30.53	1:12.37	2:37.30	5:36.33	11:41.33	22:12.00
56.50	30.65	1:12.65	2:37.85	5:37.50	11:44.00	22:16.50
56.00	30.77	1:12.93	2:38.40	5:38.67	11:46.67	22:21.00
55.50	30.88	1:13.22	2:38.95	5:39.83	11:49.33	22:25.50
55.00	31.00	1:13.50	2:39.50	5:41.00	11:52.00	22:30.00
54.50	31.12	1:13.78	2:40.05	5:42.17	11:54.67	22:34.50
54.00	31.23	1:14.07	2:40.60	5:43.33	11:57.33	22:39.00
53.50	31.35	1:14.35	2:41.15	5:44.50	12:00.00	22:43.50
53.00	31.47	1:14.63	2:41.70	5:45.67	12:02.67	22:48.00
52.50	31.58	1:14.92	2:42.25	5:46.83	12:05.33	22:52.50
52.00	31.70	1:15.20	2:42.80	5:48.00	12:08.00	22:57.00
51.50	31.82	1:15.48	2:43.35	5:49.17	12:10.67	23:01.50
51.00	31.93	1:15.77	2:43.90	5:50.33	12:13.33	23:06.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
50.50	32.05	1:16.05	2:44.45	5:51.50	12:16.00	23:10.50
50.00	32.17	1:16.33	2:45.00	5:52.67	12:18.67	23:15.00
49.50	32.28	1:16.62	2:45.55	5:53.83	12:21.33	23:19.50
49.00	32.40	1:16.90	2:46.10	5:55.00	12:24.00	23:24.00
48.50	32.52	1:17.18	2:46.65	5:56.17	12:26.67	23:28.50
48.00	32.63	1:17.47	2:47.20	5:57.33	12:29.33	23:33.00
47.50	32.75	1:17.75	2:47.75	5:58.50	12:32.00	23:37.50
47.00	32.87	1:18.03	2:48.30	5:59.67	12:34.67	23:42.00
46.50	32.98	1:18.32	2:48.85	6:00.83	12:37.33	23:46.50
46.00	33.10	1:18.60	2:49.40	6:02.00	12:40.00	23:51.00
45.50	33.22	1:18.88	2:49.95	6:03.17	12:42.67	23:55.50
45.00	33.33	1:19.17	2:50.50	6:04.33	12:45.33	24:00.00
44.50	33.45	1:19.45	2:51.05	6:05.50	12:48.00	24:04.50
44.00	33.57	1:19.73	2:51.60	6:06.67	12:50.67	24:09.00
43.50	33.68	1:20.02	2:52.15	6:07.83	12:53.33	24:13.50
43.00	33.80	1:20.30	2:52.70	6:09.00	12:56.00	24:18.00
42.50	33.92	1:20.58	2:53.25	6:10.17	12:58.67	24:22.50
42.00	34.03	1:20.87	2:53.80	6:11.33	13:01.33	24:27.00
41.50	34.15	1:21.15	2:54.35	6:12.50	13:04.00	24:31.50
41.00	34.27	1:21.43	2:54.90	6:13.67	13:06.67	24:36.00
40.50	34.38	1:21.72	2:55.45	6:14.83	13:09.33	24:40.50
40.00	34.50	1:22.00	2:56.00	6:16.00	13:12.00	24:45.00
39.50	34.61	1:22.30	2:56.55	6:17.15	13:14.65	24:49.50
39.00	34.73	1:22.59	2:57.10	6:18.31	13:17.31	24:54.00
38.50	34.84	1:22.88	2:57.65	6:19.47	13:19.97	24:58.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
38.00	34.96	1:23.17	2:58.20	6:20.63	13:22.63	25:03.00
37.50	35.07	1:23.46	2:58.75	6:21.79	13:25.29	25:07.50
37.00	35.19	1:23.75	2:59.30	6:22.95	13:27.95	25:12.00
36.50	35.30	1:24.04	2:59.85	6:24.11	13:30.61	25:16.50
36.00	35.42	1:24.33	3:00.40	6:25.27	13:33.27	25:21.00
35.50	35.53	1:24.62	3:00.95	6:26.43	13:35.93	25:25.50
35.00	35.65	1:24.91	3:01.50	6:27.59	13:38.59	25:30.00
34.50	35.76	1:25.20	3:02.05	6:28.75	13:41.25	25:34.50
34.00	35.88	1:25.49	3:02.60	6:29.91	13:43.91	25:39.00
33.50	35.99	1:25.78	3:03.15	6:31.07	13:46.57	25:43.50
33.00	36.11	1:26.07	3:03.70	6:32.23	13:49.23	25:48.00
32.50	36.22	1:26.36	3:04.25	6:33.39	13:51.89	25:52.50
32.00	36.34	1:26.65	3:04.80	6:34.55	13:54.55	25:57.00
31.50	36.45	1:26.94	3:05.35	6:35.71	13:57.21	26:01.50
31.00	36.57	1:27.23	3:05.90	6:36.87	13:59.87	26:06.00
30.50	36.68	1:27.52	3:06.45	6:38.03	14:02.53	26:10.50
30.00	36.80	1:27.81	3:07.00	6:39.19	14:05.19	26:15.00
29.50	36.91	1:28.10	3:07.55	6:40.35	14:07.85	26:19.50
29.00	37.03	1:28.39	3:08.10	6:41.51	14:10.51	26:24.00
28.50	37.14	1:28.68	3:08.65	6:42.67	14:13.17	26:28.50
28.00	37.26	1:28.97	3:09.20	6:43.83	14:15.83	26:33.00
27.50	37.37	1:29.26	3:09.75	6:44.99	14:18.49	26:37.50
27.00	37.49	1:29.55	3:10.30	6:46.15	14:21.15	26:42.00
26.50	37.60	1:29.84	3:10.85	6:47.31	14:23.81	26:46.50
26.00	37.72	1:30.13	3:11.40	6:48.47	14:26.47	26:51.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
25.50	37.83	1:30.42	3:11.95	6:49.63	14:29.13	26:55.50
25.00	37.95	1:30.71	3:12.50	6:50.79	14:31.79	27:00.00
24.50	38.06	1:31.00	3:13.05	6:51.95	14:34.45	27:04.50
24.00	38.18	1:31.29	3:13.60	6:53.11	14:37.11	27:09.00
23.50	38.29	1:31.58	3:14.15	6:54.27	14:39.77	27:13.50
23.00	38.41	1:31.87	3:14.70	6:55.43	14:42.43	27:18.00
22.50	38.52	1:32.16	3:15.25	6:56.59	14:45.09	27:22.50
22.00	38.64	1:32.45	3:15.80	6:57.75	14:47.75	27:27.00
21.50	38.75	1:32.74	3:16.35	6:58.91	14:50.41	27:31.50
21.00	38.87	1:33.03	3:16.90	7:00.07	14:53.07	27:36.00
20.50	38.98	1:33.32	3:17.45	7:01.23	14:55.73	27:40.50
20.00	39.10	1:33.61	3:18.00	7:02.39	14:58.39	27:45.00
19.50	39.21	1:33.90	3:18.55	7:03.55	15:01.05	27:49.50
19.00	39.33	1:34.19	3:19.10	7:04.71	15:03.71	27:54.00
18.50	39.44	1:34.48	3:19.65	7:05.87	15:06.37	27:58.50
18.00	39.56	1:34.77	3:20.20	7:07.03	15:09.03	28:03.00
17.50	39.67	1:35.06	3:20.75	7:08.19	15:11.69	28:07.50
17.00	39.79	1:35.35	3:21.30	7:09.35	15:14.35	28:12.00
16.50	39.90	1:35.64	3:21.85	7:10.51	15:17.01	28:16.50
16.00	40.02	1:35.93	3:22.40	7:11.67	15:19.67	28:21.00
15.50	40.13	1:36.22	3:22.95	7:12.83	15:22.33	28:25.50
15.00	40.25	1:36.51	3:23.50	7:13.99	15:24.99	28:30.00
14.50	40.36	1:36.80	3:24.05	7:15.15	15:27.65	28:34.50
14.00	40.48	1:37.09	3:24.60	7:16.31	15:30.31	28:39.00
13.50	40.59	1:37.38	3:25.15	7:17.47	15:32.97	28:43.50



分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
13.00	40.71	1:37.67	3:25.70	7:18.63	15:35.63	28:48.00
12.50	40.82	1:37.96	3:26.25	7:19.79	15:38.29	28:52.50
12.00	40.94	1:38.25	3:26.80	7:20.95	15:40.95	28:57.00
11.50	41.05	1:38.54	3:27.35	7:22.11	15:43.61	29:01.50
11.00	41.17	1:38.83	3:27.90	7:23.27	15:46.27	29:06.00
10.50	41.28	1:39.12	3:28.45	7:24.43	15:48.93	29:10.50
10.00	41.40	1:39.41	3:29.00	7:25.59	15:51.59	29:15.00
9.50	41.51	1:39.70	3:29.55	7:26.75	15:54.25	29:19.50
9.00	41.63	1:39.99	3:30.10	7:27.91	15:56.91	29:24.00
8.50	41.74	1:40.28	3:30.65	7:29.07	15:59.57	29:28.50
8.00	41.86	1:40.57	3:31.20	7:30.23	16:02.23	29:33.00
7.50	41.97	1:40.86	3:31.75	7:31.39	16:04.89	29:37.50
7.00	42.09	1:41.15	3:32.30	7:32.55	16:07.55	29:42.00
6.50	42.20	1:41.44	3:32.85	7:33.71	16:10.21	29:46.50
6.00	42.32	1:41.73	3:33.40	7:34.87	16:12.87	29:51.00
5.50	42.43	1:42.02	3:33.95	7:36.03	16:15.53	29:55.50
5.00	42.55	1:42.31	3:34.50	7:37.19	16:18.19	30:00.00
4.50	42.66	1:42.60	3:35.05	7:38.35	16:20.85	30:04.50
4.00	42.78	1:42.89	3:35.60	7:39.51	16:23.51	30:09.00
3.50	42.89	1:43.18	3:36.15	7:40.67	16:26.17	30:13.50
3.00	43.01	1:43.47	3:36.70	7:41.83	16:28.83	30:18.00
2.50	43.12	1:43.76	3:37.25	7:42.99	16:31.49	30:22.50
2.00	43.24	1:44.05	3:37.80	7:44.15	16:34.15	30:27.00
1.50	43.35	1:44.34	3:38.35	7:45.31	16:36.81	30:31.50
1.00	43.47	1:44.63	3:38.90	7:46.47	16:39.47	30:36.00

表 20-2 男子仰泳、蛙泳、蝶泳、混合泳评分表 (50 米池)

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
100.00	58.45	2:06.45	1:03.80	2:21.90	55.45	2:02.70	2:08.20	4:31.20
99.50	58.73	2:07.03	1:04.16	2:22.55	55.68	2:03.27	2:08.74	4:32.55
99.00	59.01	2:07.61	1:04.52	2:23.21	55.91	2:03.83	2:09.28	4:33.91
98.50	59.28	2:08.18	1:04.88	2:23.86	56.13	2:04.39	2:09.82	4:35.26
98.00	59.56	2:08.76	1:05.24	2:24.52	56.36	2:04.96	2:10.36	4:36.62
97.50	59.84	2:09.34	1:05.60	2:25.18	56.59	2:05.52	2:10.90	4:37.97
97.00	1:00.12	2:09.92	1:05.96	2:25.83	56.82	2:06.09	2:11.44	4:39.33
96.50	1:00.39	2:10.49	1:06.32	2:26.49	57.04	2:06.65	2:11.98	4:40.68
96.00	1:00.67	2:11.07	1:06.68	2:27.14	57.27	2:07.22	2:12.52	4:42.04
95.50	1:00.95	2:11.65	1:07.04	2:27.80	57.50	2:07.78	2:13.06	4:43.39
95.00	1:01.23	2:12.22	1:07.40	2:28.45	57.73	2:08.35	2:13.60	4:44.75
94.50	1:01.50	2:12.80	1:07.76	2:29.11	57.95	2:08.91	2:14.14	4:46.10
94.00	1:01.78	2:13.38	1:08.12	2:29.76	58.18	2:09.48	2:14.68	4:47.46
93.50	1:02.06	2:13.96	1:08.48	2:30.42	58.41	2:10.04	2:15.22	4:48.81
93.00	1:02.34	2:14.53	1:08.84	2:31.07	58.64	2:10.61	2:15.76	4:50.17
92.50	1:02.61	2:15.11	1:09.20	2:31.73	58.86	2:11.17	2:16.30	4:51.52
92.00	1:02.89	2:15.69	1:09.56	2:32.38	59.09	2:11.74	2:16.84	4:52.88
91.50	1:03.17	2:16.27	1:09.92	2:33.03	59.32	2:12.30	2:17.38	4:54.23
91.00	1:03.45	2:16.84	1:10.28	2:33.69	59.55	2:12.87	2:17.92	4:55.59
90.50	1:03.72	2:17.42	1:10.64	2:34.35	59.77	2:13.43	2:18.46	4:56.94
90.00	1:04.00	2:18.00	1:11.00	2:35.00	1:00.00	2:14.00	2:19.00	4:58.30
89.50	1:04.25	2:18.58	1:11.23	2:35.47	1:00.28	2:14.60	2:19.53	4:59.12
89.00	1:04.50	2:19.15	1:11.45	2:35.95	1:00.55	2:15.20	2:20.05	4:59.93
88.50	1:04.75	2:19.72	1:11.68	2:36.43	1:00.83	2:15.80	2:20.58	5:00.75

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
88.00	1:05.00	2:20.30	1:11.90	2:36.90	1:01.10	2:16.40	2:21.10	5:01.57
87.50	1:05.25	2:20.87	1:12.13	2:37.38	1:01.38	2:17.00	2:21.63	5:02.39
87.00	1:05.50	2:21.45	1:12.35	2:37.85	1:01.65	2:17.60	2:22.15	5:03.20
86.50	1:05.75	2:22.02	1:12.58	2:38.32	1:01.93	2:18.20	2:22.68	5:04.02
86.00	1:06.00	2:22.60	1:12.80	2:38.80	1:02.20	2:18.80	2:23.20	5:04.84
85.50	1:06.25	2:23.18	1:13.03	2:39.28	1:02.48	2:19.40	2:23.73	5:05.66
85.00	1:06.50	2:23.75	1:13.25	2:39.75	1:02.75	2:20.00	2:24.25	5:06.47
84.50	1:06.75	2:24.32	1:13.48	2:40.23	1:03.03	2:20.60	2:24.78	5:07.29
84.00	1:07.00	2:24.90	1:13.70	2:40.70	1:03.30	2:21.20	2:25.30	5:08.11
83.50	1:07.25	2:25.48	1:13.93	2:41.18	1:03.58	2:21.80	2:25.83	5:08.93
83.00	1:07.50	2:26.05	1:14.15	2:41.65	1:03.85	2:22.40	2:26.35	5:09.74
82.50	1:07.75	2:26.62	1:14.38	2:42.13	1:04.13	2:23.00	2:26.88	5:10.56
82.00	1:08.00	2:27.20	1:14.60	2:42.60	1:04.40	2:23.60	2:27.40	5:11.38
81.50	1:08.25	2:27.78	1:14.83	2:43.08	1:04.68	2:24.20	2:27.93	5:12.20
81.00	1:08.50	2:28.35	1:15.05	2:43.55	1:04.95	2:24.80	2:28.45	5:13.01
80.50	1:08.75	2:28.93	1:15.28	2:44.03	1:05.23	2:25.40	2:28.98	5:13.83
80.00	1:09.00	2:29.50	1:15.50	2:44.50	1:05.50	2:26.00	2:29.50	5:14.65
79.50	1:09.25	2:30.08	1:15.73	2:44.98	1:05.78	2:26.60	2:30.03	5:15.47
79.00	1:09.50	2:30.65	1:15.95	2:45.45	1:06.05	2:27.20	2:30.55	5:16.28
78.50	1:09.75	2:31.23	1:16.18	2:45.93	1:06.33	2:27.80	2:31.08	5:17.10
78.00	1:10.00	2:31.80	1:16.40	2:46.40	1:06.60	2:28.40	2:31.60	5:17.92
77.50	1:10.25	2:32.38	1:16.63	2:46.88	1:06.88	2:29.00	2:32.13	5:18.74
77.00	1:10.50	2:32.95	1:16.85	2:47.35	1:07.15	2:29.60	2:32.65	5:19.55
76.50	1:10.75	2:33.53	1:17.07	2:47.83	1:07.43	2:30.20	2:33.18	5:20.37
76.00	1:11.00	2:34.10	1:17.30	2:48.30	1:07.70	2:30.80	2:33.70	5:21.19

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
75.50	1:11.25	2:34.68	1:17.52	2:48.78	1:07.98	2:31.40	2:34.23	5:22.01
75.00	1:11.50	2:35.25	1:17.75	2:49.25	1:08.25	2:32.00	2:34.75	5:22.82
74.50	1:11.75	2:35.83	1:17.97	2:49.73	1:08.53	2:32.60	2:35.28	5:23.64
74.00	1:12.00	2:36.40	1:18.20	2:50.20	1:08.80	2:33.20	2:35.80	5:24.46
73.50	1:12.25	2:36.98	1:18.42	2:50.68	1:09.08	2:33.80	2:36.33	5:25.28
73.00	1:12.50	2:37.55	1:18.65	2:51.15	1:09.35	2:34.40	2:36.85	5:26.09
72.50	1:12.75	2:38.13	1:18.87	2:51.63	1:09.63	2:35.00	2:37.38	5:26.91
72.00	1:13.00	2:38.70	1:19.10	2:52.10	1:09.90	2:35.60	2:37.90	5:27.73
71.50	1:13.25	2:39.28	1:19.32	2:52.58	1:10.18	2:36.20	2:38.43	5:28.55
71.00	1:13.50	2:39.85	1:19.55	2:53.05	1:10.45	2:36.80	2:38.95	5:29.36
70.50	1:13.75	2:40.43	1:19.77	2:53.53	1:10.73	2:37.40	2:39.48	5:30.18
70.00	1:14.00	2:41.00	1:20.00	2:54.00	1:11.00	2:38.00	2:40.00	5:31.00
69.50	1:14.27	2:41.58	1:20.23	2:54.48	1:11.30	2:38.67	2:40.58	5:32.32
69.00	1:14.53	2:42.17	1:20.47	2:54.97	1:11.60	2:39.33	2:41.17	5:33.63
68.50	1:14.80	2:42.75	1:20.70	2:55.45	1:11.90	2:40.00	2:41.75	5:34.95
68.00	1:15.07	2:43.33	1:20.93	2:55.93	1:12.20	2:40.67	2:42.33	5:36.27
67.50	1:15.33	2:43.92	1:21.17	2:56.42	1:12.50	2:41.33	2:42.92	5:37.58
67.00	1:15.60	2:44.50	1:21.40	2:56.90	1:12.80	2:42.00	2:43.50	5:38.90
66.50	1:15.87	2:45.08	1:21.63	2:57.38	1:13.10	2:42.67	2:44.08	5:40.22
66.00	1:16.13	2:45.67	1:21.87	2:57.87	1:13.40	2:43.33	2:44.67	5:41.53
65.50	1:16.40	2:46.25	1:22.10	2:58.35	1:13.70	2:44.00	2:45.25	5:42.85
65.00	1:16.67	2:46.83	1:22.33	2:58.83	1:14.00	2:44.67	2:45.83	5:44.17
64.50	1:16.93	2:47.42	1:22.57	2:59.32	1:14.30	2:45.33	2:46.42	5:45.48
64.00	1:17.20	2:48.00	1:22.80	2:59.80	1:14.60	2:46.00	2:47.00	5:46.80
63.50	1:17.47	2:48.58	1:23.03	3:00.28	1:14.90	2:46.67	2:47.58	5:48.12

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
63.00	1:17.73	2:49.17	1:23.27	3:00.77	1:15.20	2:47.33	2:48.17	5:49.43
62.50	1:18.00	2:49.75	1:23.50	3:01.25	1:15.50	2:48.00	2:48.75	5:50.75
62.00	1:18.27	2:50.33	1:23.73	3:01.73	1:15.80	2:48.67	2:49.33	5:52.07
61.50	1:18.53	2:50.92	1:23.97	3:02.22	1:16.10	2:49.33	2:49.92	5:53.38
61.00	1:18.80	2:51.50	1:24.20	3:02.70	1:16.40	2:50.00	2:50.50	5:54.70
60.50	1:19.07	2:52.08	1:24.43	3:03.18	1:16.70	2:50.67	2:51.08	5:56.02
60.00	1:19.33	2:52.67	1:24.67	3:03.67	1:17.00	2:51.33	2:51.67	5:57.33
59.50	1:19.60	2:53.25	1:24.90	3:04.15	1:17.30	2:52.00	2:52.25	5:58.65
59.00	1:19.87	2:53.83	1:25.13	3:04.63	1:17.60	2:52.67	2:52.83	5:59.97
58.50	1:20.13	2:54.42	1:25.37	3:05.12	1:17.90	2:53.33	2:53.42	6:01.28
58.00	1:20.40	2:55.00	1:25.60	3:05.60	1:18.20	2:54.00	2:54.00	6:02.60
57.50	1:20.67	2:55.58	1:25.83	3:06.08	1:18.50	2:54.67	2:54.58	6:03.92
57.00	1:20.93	2:56.17	1:26.07	3:06.57	1:18.80	2:55.33	2:55.17	6:05.23
56.50	1:21.20	2:56.75	1:26.30	3:07.05	1:19.10	2:56.00	2:55.75	6:06.55
56.00	1:21.47	2:57.33	1:26.53	3:07.53	1:19.40	2:56.67	2:56.33	6:07.87
55.50	1:21.73	2:57.92	1:26.77	3:08.02	1:19.70	2:57.33	2:56.92	6:09.18
55.00	1:22.00	2:58.50	1:27.00	3:08.50	1:20.00	2:58.00	2:57.50	6:10.50
54.50	1:22.27	2:59.08	1:27.23	3:08.98	1:20.30	2:58.67	2:58.08	6:11.82
54.00	1:22.53	2:59.67	1:27.47	3:09.47	1:20.60	2:59.33	2:58.67	6:13.13
53.50	1:22.80	3:00.25	1:27.70	3:09.95	1:20.90	3:00.00	2:59.25	6:14.45
53.00	1:23.07	3:00.83	1:27.93	3:10.43	1:21.20	3:00.67	2:59.83	6:15.77
52.50	1:23.33	3:01.42	1:28.17	3:10.92	1:21.50	3:01.33	3:00.42	6:17.08
52.00	1:23.60	3:02.00	1:28.40	3:11.40	1:21.80	3:02.00	3:01.00	6:18.40
51.50	1:23.87	3:02.58	1:28.63	3:11.88	1:22.10	3:02.67	3:01.58	6:19.72
51.00	1:24.13	3:03.17	1:28.87	3:12.37	1:22.40	3:03.33	3:02.17	6:21.03

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
50.50	1:24.40	3:03.75	1:29.10	3:12.85	1:22.70	3:04.00	3:02.75	6:22.35
50.00	1:24.67	3:04.33	1:29.33	3:13.33	1:23.00	3:04.67	3:03.33	6:23.67
49.50	1:24.93	3:04.92	1:29.57	3:13.82	1:23.30	3:05.33	3:03.92	6:24.98
49.00	1:25.20	3:05.50	1:29.80	3:14.30	1:23.60	3:06.00	3:04.50	6:26.30
48.50	1:25.47	3:06.08	1:30.03	3:14.78	1:23.90	3:06.67	3:05.08	6:27.62
48.00	1:25.73	3:06.67	1:30.27	3:15.27	1:24.20	3:07.33	3:05.67	6:28.93
47.50	1:26.00	3:07.25	1:30.50	3:15.75	1:24.50	3:08.00	3:06.25	6:30.25
47.00	1:26.27	3:07.83	1:30.73	3:16.23	1:24.80	3:08.67	3:06.83	6:31.57
46.50	1:26.53	3:08.42	1:30.97	3:16.72	1:25.10	3:09.33	3:07.42	6:32.88
46.00	1:26.80	3:09.00	1:31.20	3:17.20	1:25.40	3:10.00	3:08.00	6:34.20
45.00	1:27.33	3:10.17	1:31.67	3:18.17	1:25.70	3:10.67	3:08.58	6:35.52
44.50	1:27.60	3:10.75	1:31.90	3:18.65	1:26.00	3:11.33	3:09.17	6:36.83
44.00	1:27.87	3:11.33	1:32.13	3:19.13	1:26.30	3:12.00	3:09.75	6:38.15
43.50	1:28.13	3:11.92	1:32.37	3:19.62	1:26.60	3:12.67	3:10.33	6:39.47
43.00	1:28.40	3:12.50	1:32.60	3:20.10	1:26.90	3:13.33	3:10.92	6:40.78
42.50	1:28.67	3:13.08	1:32.83	3:20.58	1:27.20	3:14.00	3:11.50	6:42.10
42.00	1:28.93	3:13.67	1:33.07	3:21.07	1:27.50	3:14.67	3:12.08	6:43.42
41.50	1:29.20	3:14.25	1:33.30	3:21.55	1:27.80	3:15.33	3:12.67	6:44.73
41.00	1:29.47	3:14.83	1:33.53	3:22.03	1:28.10	3:16.00	3:13.25	6:46.05
40.50	1:29.73	3:15.42	1:33.77	3:22.52	1:28.70	3:17.33	3:14.42	6:48.68
40.00	1:30.00	3:16.00	1:34.00	3:23.00	1:29.00	3:18.00	3:15.00	6:50.00
39.50	1:30.23	3:16.62	1:34.27	3:23.52	1:29.30	3:18.63	3:15.62	6:51.28
39.00	1:30.49	3:17.21	1:34.51	3:24.01	1:29.60	3:19.29	3:16.21	6:52.59
38.50	1:30.75	3:17.80	1:34.75	3:24.50	1:29.90	3:19.95	3:16.80	6:53.90
38.00	1:31.01	3:18.39	1:34.99	3:24.99	1:30.20	3:20.61	3:17.39	6:55.21

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
37.50	1:31.27	3:18.98	1:35.23	3:25.48	1:30.50	3:21.27	3:17.98	6:56.52
37.00	1:31.53	3:19.57	1:35.47	3:25.97	1:30.80	3:21.93	3:18.57	6:57.83
36.50	1:31.79	3:20.16	1:35.71	3:26.46	1:31.10	3:22.59	3:19.16	6:59.14
36.00	1:32.05	3:20.75	1:35.95	3:26.95	1:31.40	3:23.25	3:19.75	7:00.45
35.50	1:32.31	3:21.34	1:36.19	3:27.44	1:31.70	3:23.91	3:20.34	7:01.76
35.00	1:32.57	3:21.93	1:36.43	3:27.93	1:32.00	3:24.57	3:20.93	7:03.07
34.50	1:32.83	3:22.52	1:36.67	3:28.42	1:32.30	3:25.23	3:21.52	7:04.38
34.00	1:33.09	3:23.11	1:36.91	3:28.91	1:32.60	3:25.89	3:22.11	7:05.69
33.50	1:33.35	3:23.70	1:37.15	3:29.40	1:32.90	3:26.55	3:22.70	7:07.00
33.00	1:33.61	3:24.29	1:37.39	3:29.89	1:33.20	3:27.21	3:23.29	7:08.31
32.50	1:33.87	3:24.88	1:37.63	3:30.38	1:33.50	3:27.87	3:23.88	7:09.62
32.00	1:34.13	3:25.47	1:37.87	3:30.87	1:33.80	3:28.53	3:24.47	7:10.93
31.50	1:34.39	3:26.06	1:38.11	3:31.36	1:34.10	3:29.19	3:25.06	7:12.24
31.00	1:34.65	3:26.65	1:38.35	3:31.85	1:34.40	3:29.85	3:25.65	7:13.55
30.50	1:34.91	3:27.24	1:38.59	3:32.34	1:34.70	3:30.51	3:26.24	7:14.86
30.00	1:35.17	3:27.83	1:38.83	3:32.83	1:35.00	3:31.17	3:26.83	7:16.17
29.50	1:35.43	3:28.42	1:39.07	3:33.32	1:35.30	3:31.83	3:27.42	7:17.48
29.00	1:35.69	3:29.01	1:39.31	3:33.81	1:35.60	3:32.49	3:28.01	7:18.79
28.50	1:35.95	3:29.60	1:39.55	3:34.30	1:35.90	3:33.15	3:28.60	7:20.10
28.00	1:36.21	3:30.19	1:39.79	3:34.79	1:36.20	3:33.81	3:29.19	7:21.41
27.50	1:36.47	3:30.78	1:40.03	3:35.28	1:36.50	3:34.47	3:29.78	7:22.72
27.00	1:36.73	3:31.37	1:40.27	3:35.77	1:36.80	3:35.13	3:30.37	7:24.03
26.50	1:36.99	3:31.96	1:40.51	3:36.26	1:37.10	3:35.79	3:30.96	7:25.34
26.00	1:37.25	3:32.55	1:40.75	3:36.75	1:37.40	3:36.45	3:31.55	7:26.65
25.50	1:37.51	3:33.14	1:40.99	3:37.24	1:37.70	3:37.11	3:32.14	7:27.96

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
25.00	1:37.77	3:33.73	1:41.23	3:37.73	1:38.00	3:37.77	3:32.73	7:29.27
24.50	1:38.03	3:34.32	1:41.47	3:38.22	1:38.30	3:38.43	3:33.32	7:30.58
24.00	1:38.29	3:34.91	1:41.71	3:38.71	1:38.60	3:39.09	3:33.91	7:31.89
23.50	1:38.55	3:35.50	1:41.95	3:39.20	1:38.90	3:39.75	3:34.50	7:33.20
23.00	1:38.81	3:36.09	1:42.19	3:39.69	1:39.20	3:40.41	3:35.09	7:34.51
22.50	1:39.07	3:36.68	1:42.43	3:40.18	1:39.50	3:41.07	3:35.68	7:35.82
22.00	1:39.33	3:37.27	1:42.67	3:40.67	1:39.80	3:41.73	3:36.27	7:37.13
21.50	1:39.59	3:37.86	1:42.91	3:41.16	1:40.10	3:42.39	3:36.86	7:38.44
21.00	1:39.85	3:38.45	1:43.15	3:41.65	1:40.40	3:43.05	3:37.45	7:39.75
20.50	1:40.11	3:39.04	1:43.39	3:42.14	1:40.70	3:43.71	3:38.04	7:41.06
20.00	1:40.37	3:39.63	1:43.63	3:42.63	1:41.00	3:44.37	3:38.63	7:42.37
19.50	1:40.63	3:40.22	1:43.87	3:43.12	1:41.30	3:45.03	3:39.22	7:43.68
19.00	1:40.89	3:40.81	1:44.11	3:43.61	1:41.60	3:45.69	3:39.81	7:44.99
18.50	1:41.15	3:41.40	1:44.35	3:44.10	1:41.90	3:46.35	3:40.40	7:46.30
18.00	1:41.41	3:41.99	1:44.59	3:44.59	1:42.20	3:47.01	3:40.99	7:47.61
17.50	1:41.67	3:42.58	1:44.83	3:45.08	1:42.50	3:47.67	3:41.58	7:48.92
17.00	1:41.93	3:43.17	1:45.07	3:45.57	1:42.80	3:48.33	3:42.17	7:50.23
16.50	1:42.19	3:43.76	1:45.31	3:46.06	1:43.10	3:48.99	3:42.76	7:51.54
16.00	1:42.45	3:44.35	1:45.55	3:46.55	1:43.40	3:49.65	3:43.35	7:52.85
15.50	1:42.71	3:44.94	1:45.79	3:47.04	1:43.70	3:50.31	3:43.94	7:54.16
15.00	1:42.97	3:45.53	1:46.03	3:47.53	1:44.00	3:50.97	3:44.53	7:55.47
14.50	1:43.23	3:46.12	1:46.27	3:48.02	1:44.30	3:51.63	3:45.12	7:56.78
14.00	1:43.49	3:46.71	1:46.51	3:48.51	1:44.60	3:52.29	3:45.71	7:58.09
13.50	1:43.75	3:47.30	1:46.75	3:49.00	1:44.90	3:52.95	3:46.30	7:59.40
13.00	1:44.01	3:47.89	1:46.99	3:49.49	1:45.20	3:53.61	3:46.89	8:00.71



分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
12.50	1:44.27	3:48.48	1:47.23	3:49.98	1:45.50	3:54.27	3:47.48	8:02.02
12.00	1:44.53	3:49.07	1:47.47	3:50.47	1:45.80	3:54.93	3:48.07	8:03.33
11.50	1:44.79	3:49.66	1:47.71	3:50.96	1:46.10	3:55.59	3:48.66	8:04.64
11.00	1:45.05	3:50.25	1:47.95	3:51.45	1:46.40	3:56.25	3:49.25	8:05.95
10.50	1:45.31	3:50.84	1:48.19	3:51.94	1:46.70	3:56.91	3:49.84	8:07.26
10.00	1:45.57	3:51.43	1:48.43	3:52.43	1:47.00	3:57.57	3:50.43	8:08.57
9.50	1:45.83	3:52.02	1:48.67	3:52.92	1:47.30	3:58.23	3:51.02	8:09.88
9.00	1:46.09	3:52.61	1:48.91	3:53.41	1:47.60	3:58.89	3:51.61	8:11.19
8.50	1:46.35	3:53.20	1:49.15	3:53.90	1:47.90	3:59.55	3:52.20	8:12.50
8.00	1:46.61	3:53.79	1:49.39	3:54.39	1:48.20	4:00.21	3:52.79	8:13.81
7.50	1:46.87	3:54.38	1:49.63	3:54.88	1:48.50	4:00.87	3:53.38	8:15.12
7.00	1:47.13	3:54.97	1:49.87	3:55.37	1:48.80	4:01.53	3:53.97	8:16.43
6.50	1:47.39	3:55.56	1:50.11	3:55.86	1:49.10	4:02.19	3:54.56	8:17.74
6.00	1:47.65	3:56.15	1:50.35	3:56.35	1:49.40	4:02.85	3:55.15	8:19.05
5.50	1:47.91	3:56.74	1:50.59	3:56.84	1:49.70	4:03.51	3:55.74	8:20.36
5.00	1:48.17	3:57.33	1:50.83	3:57.33	1:50.00	4:04.17	3:56.33	8:21.67
4.50	1:48.43	3:57.92	1:51.07	3:57.82	1:50.30	4:04.83	3:56.92	8:22.98
4.00	1:48.69	3:58.51	1:51.31	3:58.31	1:50.60	4:05.49	3:57.51	8:24.29
3.50	1:48.95	3:59.10	1:51.55	3:58.80	1:50.90	4:06.15	3:58.10	8:25.60
3.00	1:49.21	3:59.69	1:51.79	3:59.29	1:51.20	4:06.81	3:58.69	8:26.91
2.50	1:49.47	4:00.28	1:52.03	3:59.78	1:51.50	4:07.47	3:59.28	8:28.22
2.00	1:49.73	4:00.87	1:52.27	4:00.27	1:51.80	4:08.13	3:59.87	8:29.53
1.50	1:49.99	4:01.46	1:52.51	4:00.76	1:52.10	4:08.79	4:00.46	8:30.84
1.00	1:50.25	4:02.05	1:52.75	4:01.25	1:52.40	4:09.45	4:01.05	8:32.15

表 20-3 女子自由泳评分表 (50 米池)

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
100.00	25.85	56.30	2:01.20	4:15.80	8:53.40	17:14.00
99.50	25.92	56.61	2:01.89	4:17.21	8:55.83	17:18.05
99.00	25.99	56.92	2:02.58	4:18.62	8:58.26	17:22.10
98.50	26.05	57.23	2:03.27	4:20.03	9:00.69	17:26.15
98.00	26.12	57.54	2:03.96	4:21.44	9:03.12	17:30.20
97.50	26.19	57.85	2:04.65	4:22.85	9:05.55	17:34.25
97.00	26.26	58.16	2:05.34	4:24.26	9:07.98	17:38.30
96.50	26.32	58.47	2:06.03	4:25.67	9:10.41	17:42.35
96.00	26.39	58.78	2:06.72	4:27.08	9:12.84	17:46.40
95.50	26.46	59.09	2:07.41	4:28.49	9:15.27	17:50.45
95.00	26.53	59.40	2:08.10	4:29.90	9:17.70	17:54.50
94.50	26.59	59.71	2:08.79	4:31.31	9:20.13	17:58.55
94.00	26.66	1:00.02	2:09.48	4:32.72	9:22.56	18:02.60
93.50	26.73	1:00.33	2:10.17	4:34.13	9:24.99	18:06.65
93.00	26.80	1:00.64	2:10.86	4:35.54	9:27.42	18:10.70
92.50	26.86	1:00.95	2:11.55	4:36.95	9:29.85	18:14.75
92.00	26.93	1:01.26	2:12.24	4:38.36	9:32.28	18:18.80
91.50	27.00	1:01.57	2:12.93	4:39.77	9:34.71	18:22.85
91.00	27.07	1:01.88	2:13.62	4:41.18	9:37.14	18:26.90
90.50	27.13	1:02.19	2:14.31	4:42.59	9:39.57	18:30.95
90.00	27.20	1:02.50	2:15.00	4:44.00	9:42.00	18:35.00
89.50	27.31	1:02.76	2:15.60	4:45.55	9:45.50	18:42.75
89.00	27.42	1:03.02	2:16.20	4:47.10	9:49.00	18:50.50
88.50	27.52	1:03.29	2:16.80	4:48.65	9:52.50	18:58.25

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
88.00	27.63	1:03.55	2:17.40	4:50.20	9:56.00	19:06.00
87.50	27.74	1:03.81	2:18.00	4:51.75	9:59.50	19:13.75
87.00	27.85	1:04.07	2:18.60	4:53.30	10:03.00	19:21.50
86.50	27.95	1:04.34	2:19.20	4:54.85	10:06.50	19:29.25
86.00	28.06	1:04.60	2:19.80	4:56.40	10:10.00	19:37.00
85.50	28.17	1:04.86	2:20.40	4:57.95	10:13.50	19:44.75
85.00	28.28	1:05.12	2:21.00	4:59.50	10:17.00	19:52.50
84.50	28.38	1:05.39	2:21.60	5:01.05	10:20.50	20:00.25
84.00	28.49	1:05.65	2:22.20	5:02.60	10:24.00	20:08.00
83.50	28.60	1:05.91	2:22.80	5:04.15	10:27.50	20:15.75
83.00	28.71	1:06.17	2:23.40	5:05.70	10:31.00	20:23.50
82.50	28.81	1:06.44	2:24.00	5:07.25	10:34.50	20:31.25
82.00	28.92	1:06.70	2:24.60	5:08.80	10:38.00	20:39.00
81.50	29.03	1:06.96	2:25.20	5:10.35	10:41.50	20:46.75
81.00	29.14	1:07.22	2:25.80	5:11.90	10:45.00	20:54.50
80.50	29.24	1:07.49	2:26.40	5:13.45	10:48.50	21:02.25
80.00	29.35	1:07.75	2:27.00	5:15.00	10:52.00	21:10.00
79.50	29.46	1:08.01	2:27.60	5:16.55	10:55.50	21:17.75
79.00	29.57	1:08.27	2:28.20	5:18.10	10:59.00	21:25.50
78.50	29.67	1:08.54	2:28.80	5:19.65	11:02.50	21:33.25
78.00	29.78	1:08.80	2:29.40	5:21.20	11:06.00	21:41.00
77.50	29.89	1:09.06	2:30.00	5:22.75	11:09.50	21:48.75
77.00	30.00	1:09.32	2:30.60	5:24.30	11:13.00	21:56.50
76.50	30.10	1:09.59	2:31.20	5:25.85	11:16.50	22:04.25
76.00	30.21	1:09.85	2:31.80	5:27.40	11:20.00	22:12.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
75.50	30.32	1:10.11	2:32.40	5:28.95	11:23.50	22:19.75
75.00	30.43	1:10.37	2:33.00	5:30.50	11:27.00	22:27.50
74.50	30.53	1:10.64	2:33.60	5:32.05	11:30.50	22:35.25
74.00	30.64	1:10.90	2:34.20	5:33.60	11:34.00	22:43.00
73.50	30.75	1:11.16	2:34.80	5:35.15	11:37.50	22:50.75
73.00	30.86	1:11.42	2:35.40	5:36.70	11:41.00	22:58.50
72.50	30.96	1:11.69	2:36.00	5:38.25	11:44.50	23:06.25
72.00	31.07	1:11.95	2:36.60	5:39.80	11:48.00	23:14.00
71.50	31.18	1:12.21	2:37.20	5:41.35	11:51.50	23:21.75
71.00	31.29	1:12.47	2:37.80	5:42.90	11:55.00	23:29.50
70.50	31.39	1:12.74	2:38.40	5:44.45	11:58.50	23:37.25
70.00	31.50	1:13.00	2:39.00	5:46.00	12:02.00	23:45.00
69.50	31.62	1:13.35	2:39.73	5:47.33	12:05.00	23:49.00
69.00	31.73	1:13.70	2:40.47	5:48.67	12:08.00	23:53.00
68.50	31.85	1:14.05	2:41.20	5:50.00	12:11.00	23:57.00
68.00	31.97	1:14.40	2:41.93	5:51.33	12:14.00	24:01.00
67.50	32.08	1:14.75	2:42.67	5:52.67	12:17.00	24:05.00
67.00	32.20	1:15.10	2:43.40	5:54.00	12:20.00	24:09.00
66.50	32.32	1:15.45	2:44.13	5:55.33	12:23.00	24:13.00
66.00	32.43	1:15.80	2:44.87	5:56.67	12:26.00	24:17.00
65.50	32.55	1:16.15	2:45.60	5:58.00	12:29.00	24:21.00
65.00	32.67	1:16.50	2:46.33	5:59.33	12:32.00	24:25.00
64.50	32.78	1:16.85	2:47.07	6:00.67	12:35.00	24:29.00
64.00	32.90	1:17.20	2:47.80	6:02.00	12:38.00	24:33.00
63.50	33.02	1:17.55	2:48.53	6:03.33	12:41.00	24:37.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
63.00	33.13	1:17.90	2:49.27	6:04.67	12:44.00	24:41.00
62.50	33.25	1:18.25	2:50.00	6:06.00	12:47.00	24:45.00
62.00	33.37	1:18.60	2:50.73	6:07.33	12:50.00	24:49.00
61.50	33.48	1:18.95	2:51.47	6:08.67	12:53.00	24:53.00
61.00	33.60	1:19.30	2:52.20	6:10.00	12:56.00	24:57.00
60.50	33.72	1:19.65	2:52.93	6:11.33	12:59.00	25:01.00
60.00	33.83	1:20.00	2:53.67	6:12.67	13:02.00	25:05.00
59.50	33.95	1:20.35	2:54.40	6:14.00	13:05.00	25:09.00
59.00	34.07	1:20.70	2:55.13	6:15.33	13:08.00	25:13.00
58.50	34.18	1:21.05	2:55.87	6:16.67	13:11.00	25:17.00
58.00	34.30	1:21.40	2:56.60	6:18.00	13:14.00	25:21.00
57.50	34.42	1:21.75	2:57.33	6:19.33	13:17.00	25:25.00
57.00	34.53	1:22.10	2:58.07	6:20.67	13:20.00	25:29.00
56.50	34.65	1:22.45	2:58.80	6:22.00	13:23.00	25:33.00
56.00	34.77	1:22.80	2:59.53	6:23.33	13:26.00	25:37.00
55.50	34.88	1:23.15	3:00.27	6:24.67	13:29.00	25:41.00
55.00	35.00	1:23.50	3:01.00	6:26.00	13:32.00	25:45.00
54.50	35.12	1:23.85	3:01.73	6:27.33	13:35.00	25:49.00
54.00	35.23	1:24.20	3:02.47	6:28.67	13:38.00	25:53.00
53.50	35.35	1:24.55	3:03.20	6:30.00	13:41.00	25:57.00
53.00	35.47	1:24.90	3:03.93	6:31.33	13:44.00	26:01.00
52.50	35.58	1:25.25	3:04.67	6:32.67	13:47.00	26:05.00
52.00	35.70	1:25.60	3:05.40	6:34.00	13:50.00	26:09.00
51.50	35.82	1:25.95	3:06.13	6:35.33	13:53.00	26:13.00
51.00	35.93	1:26.30	3:06.87	6:36.67	13:56.00	26:17.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
50.50	36.05	1:26.65	3:07.60	6:38.00	13:59.00	26:21.00
50.00	36.17	1:27.00	3:08.33	6:39.33	14:02.00	26:25.00
49.50	36.28	1:27.35	3:09.07	6:40.67	14:05.00	26:29.00
49.00	36.40	1:27.70	3:09.80	6:42.00	14:08.00	26:33.00
48.50	36.52	1:28.05	3:10.53	6:43.33	14:11.00	26:37.00
48.00	36.63	1:28.40	3:11.27	6:44.67	14:14.00	26:41.00
47.50	36.75	1:28.75	3:12.00	6:46.00	14:17.00	26:45.00
47.00	36.87	1:29.10	3:12.73	6:47.33	14:20.00	26:49.00
46.50	36.98	1:29.45	3:13.47	6:48.67	14:23.00	26:53.00
46.00	37.10	1:29.80	3:14.20	6:50.00	14:26.00	26:57.00
45.50	37.22	1:30.15	3:14.93	6:51.33	14:29.00	27:01.00
45.00	37.33	1:30.50	3:15.67	6:52.67	14:32.00	27:05.00
44.50	37.45	1:30.85	3:16.40	6:54.00	14:35.00	27:09.00
44.00	37.57	1:31.20	3:17.13	6:55.33	14:38.00	27:13.00
43.50	37.68	1:31.55	3:17.87	6:56.67	14:41.00	27:17.00
43.00	37.80	1:31.90	3:18.60	6:58.00	14:44.00	27:21.00
42.50	37.92	1:32.25	3:19.33	6:59.33	14:47.00	27:25.00
42.00	38.03	1:32.60	3:20.07	7:00.67	14:50.00	27:29.00
41.50	38.15	1:32.95	3:20.80	7:02.00	14:53.00	27:33.00
41.00	38.27	1:33.30	3:21.53	7:03.33	14:56.00	27:37.00
40.50	38.38	1:33.65	3:22.27	7:04.67	14:59.00	27:41.00
40.00	38.50	1:34.00	3:23.00	7:06.00	15:02.00	27:45.00
39.50	38.62	1:34.35	3:23.77	7:07.37	15:05.00	27:49.00
39.00	38.73	1:34.70	3:24.51	7:08.71	15:08.00	27:53.00
38.50	38.85	1:35.05	3:25.25	7:10.05	15:11.00	27:57.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
38.00	38.96	1:35.40	3:25.99	7:11.39	15:14.00	28:01.00
37.50	39.08	1:35.75	3:26.73	7:12.73	15:17.00	28:05.00
37.00	39.20	1:36.10	3:27.47	7:14.07	15:20.00	28:09.00
36.50	39.31	1:36.45	3:28.21	7:15.41	15:23.00	28:13.00
36.00	39.43	1:36.80	3:28.95	7:16.75	15:26.00	28:17.00
35.50	39.55	1:37.15	3:29.69	7:18.09	15:29.00	28:21.00
35.00	39.66	1:37.50	3:30.43	7:19.43	15:32.00	28:25.00
34.50	39.78	1:37.85	3:31.17	7:20.77	15:35.00	28:29.00
34.00	39.89	1:38.20	3:31.91	7:22.11	15:38.00	28:33.00
33.50	40.01	1:38.55	3:32.65	7:23.45	15:41.00	28:37.00
33.00	40.13	1:38.90	3:33.39	7:24.79	15:44.00	28:41.00
32.50	40.24	1:39.25	3:34.13	7:26.13	15:47.00	28:45.00
32.00	40.36	1:39.60	3:34.87	7:27.47	15:50.00	28:49.00
31.50	40.48	1:39.95	3:35.61	7:28.81	15:53.00	28:53.00
31.00	40.59	1:40.30	3:36.35	7:30.15	15:56.00	28:57.00
30.50	40.71	1:40.65	3:37.09	7:31.49	15:59.00	29:01.00
30.00	40.82	1:41.00	3:37.83	7:32.83	16:02.00	29:05.00
29.50	40.94	1:41.35	3:38.57	7:34.17	16:05.00	29:09.00
29.00	41.06	1:41.70	3:39.31	7:35.51	16:08.00	29:13.00
28.50	41.17	1:42.05	3:40.05	7:36.85	16:11.00	29:17.00
28.00	41.29	1:42.40	3:40.79	7:38.19	16:14.00	29:21.00
27.50	41.41	1:42.75	3:41.53	7:39.53	16:17.00	29:25.00
27.00	41.52	1:43.10	3:42.27	7:40.87	16:20.00	29:29.00
26.50	41.64	1:43.45	3:43.01	7:42.21	16:23.00	29:33.00
26.00	41.76	1:43.80	3:43.75	7:43.55	16:26.00	29:37.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
25.50	41.87	1:44.15	3:44.49	7:44.89	16:29.00	29:41.00
25.00	41.99	1:44.50	3:45.23	7:46.23	16:32.00	29:45.00
24.50	42.10	1:44.85	3:45.97	7:47.57	16:35.00	29:49.00
24.00	42.22	1:45.20	3:46.71	7:48.91	16:38.00	29:53.00
23.50	42.34	1:45.55	3:47.45	7:50.25	16:41.00	29:57.00
23.00	42.45	1:45.90	3:48.19	7:51.59	16:44.00	30:01.00
22.50	42.57	1:46.25	3:48.93	7:52.93	16:47.00	30:05.00
22.00	42.69	1:46.60	3:49.67	7:54.27	16:50.00	30:09.00
21.50	42.80	1:46.95	3:50.41	7:55.61	16:53.00	30:13.00
21.00	42.92	1:47.30	3:51.15	7:56.95	16:56.00	30:17.00
20.50	43.03	1:47.65	3:51.89	7:58.29	16:59.00	30:21.00
20.00	43.15	1:48.00	3:52.63	7:59.63	17:02.00	30:25.00
19.50	43.27	1:48.35	3:53.37	8:00.97	17:05.00	30:29.00
19.00	43.38	1:48.70	3:54.11	8:02.31	17:08.00	30:33.00
18.50	43.50	1:49.05	3:54.85	8:03.65	17:11.00	30:37.00
18.00	43.62	1:49.40	3:55.59	8:04.99	17:14.00	30:41.00
17.50	43.73	1:49.75	3:56.33	8:06.33	17:17.00	30:45.00
17.00	43.85	1:50.10	3:57.07	8:07.67	17:20.00	30:49.00
16.50	43.96	1:50.45	3:57.81	8:09.01	17:23.00	30:53.00
16.00	44.08	1:50.80	3:58.55	8:10.35	17:26.00	30:57.00
15.50	44.20	1:51.15	3:59.29	8:11.69	17:29.00	31:01.00
15.00	44.31	1:51.50	4:00.03	8:13.03	17:32.00	31:05.00
14.50	44.43	1:51.85	4:00.77	8:14.37	17:35.00	31:09.00
14.00	44.55	1:52.20	4:01.51	8:15.71	17:38.00	31:13.00
13.50	44.66	1:52.55	4:02.25	8:17.05	17:41.00	31:17.00



分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
13.00	44.78	1:52.90	4:02.99	8:18.39	17:44.00	31:21.00
12.50	44.89	1:53.25	4:03.73	8:19.73	17:47.00	31:25.00
12.00	45.01	1:53.60	4:04.47	8:21.07	17:50.00	31:29.00
11.50	45.13	1:53.95	4:05.21	8:22.41	17:53.00	31:33.00
11.00	45.24	1:54.30	4:05.95	8:23.75	17:56.00	31:37.00
10.50	45.36	1:54.65	4:06.69	8:25.09	17:59.00	31:41.00
10.00	45.48	1:55.00	4:07.43	8:26.43	18:02.00	31:45.00
9.50	45.59	1:55.35	4:08.17	8:27.77	18:05.00	31:49.00
9.00	45.71	1:55.70	4:08.91	8:29.11	18:08.00	31:53.00
8.50	45.83	1:56.05	4:09.65	8:30.45	18:11.00	31:57.00
8.00	45.94	1:56.40	4:10.39	8:31.79	18:14.00	32:01.00
7.50	46.06	1:56.75	4:11.13	8:33.13	18:17.00	32:05.00
7.00	46.17	1:57.10	4:11.87	8:34.47	18:20.00	32:09.00
6.50	46.29	1:57.45	4:12.61	8:35.81	18:23.00	32:13.00
6.00	46.41	1:57.80	4:13.35	8:37.15	18:26.00	32:17.00
5.50	46.52	1:58.15	4:14.09	8:38.49	18:29.00	32:21.00
5.00	46.64	1:58.50	4:14.83	8:39.83	18:32.00	32:25.00
4.50	46.76	1:58.85	4:15.57	8:41.17	18:35.00	32:29.00
4.00	46.87	1:59.20	4:16.31	8:42.51	18:38.00	32:33.00
3.50	46.99	1:59.55	4:17.05	8:43.85	18:41.00	32:37.00
3.00	47.10	1:59.90	4:17.79	8:45.19	18:44.00	32:41.00
2.50	47.22	2:00.25	4:18.53	8:46.53	18:47.00	32:45.00
2.00	47.34	2:00.60	4:19.27	8:47.87	18:50.00	32:49.00
1.50	47.45	2:00.95	4:20.01	8:49.21	18:53.00	32:53.00
1.00	47.57	2:01.30	4:20.75	8:50.55	18:56.00	32:57.00

表 20-4 女子仰泳、蛙泳、蝶泳、混合泳评分表 (50 米池)

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
100.00	1:04.30	2:18.30	1:10.75	2:36.60	1:00.50	2:14.20	2:18.40	4:56.80
99.50	1:04.54	2:18.86	1:11.11	2:37.32	1:00.88	2:14.74	2:18.98	4:57.86
99.00	1:04.77	2:19.42	1:11.48	2:38.04	1:01.25	2:15.28	2:19.56	4:58.92
98.50	1:05.01	2:19.98	1:11.84	2:38.76	1:01.63	2:15.82	2:20.14	4:59.98
98.00	1:05.24	2:20.54	1:12.20	2:39.48	1:02.00	2:16.36	2:20.72	5:01.04
97.50	1:05.48	2:21.10	1:12.56	2:40.20	1:02.38	2:16.90	2:21.30	5:02.10
97.00	1:05.71	2:21.66	1:12.92	2:40.92	1:02.75	2:17.44	2:21.88	5:03.16
96.50	1:05.95	2:22.22	1:13.29	2:41.64	1:03.13	2:17.98	2:22.46	5:04.22
96.00	1:06.18	2:22.78	1:13.65	2:42.36	1:03.50	2:18.52	2:23.04	5:05.28
95.50	1:06.42	2:23.34	1:14.01	2:43.08	1:03.88	2:19.06	2:23.62	5:06.34
95.00	1:06.65	2:23.90	1:14.37	2:43.80	1:04.25	2:19.60	2:24.20	5:07.40
94.50	1:06.89	2:24.46	1:14.74	2:44.52	1:04.63	2:20.14	2:24.78	5:08.46
94.00	1:07.12	2:25.02	1:15.10	2:45.24	1:05.00	2:20.68	2:25.36	5:09.52
93.50	1:07.36	2:25.58	1:15.46	2:45.96	1:05.38	2:21.22	2:25.94	5:10.58
93.00	1:07.59	2:26.14	1:15.82	2:46.68	1:05.75	2:21.76	2:26.52	5:11.64
92.50	1:07.83	2:26.70	1:16.19	2:47.40	1:06.13	2:22.30	2:27.10	5:12.70
92.00	1:08.06	2:27.26	1:16.55	2:48.12	1:06.50	2:22.84	2:27.68	5:13.76
91.50	1:08.30	2:27.82	1:16.91	2:48.84	1:06.88	2:23.38	2:28.26	5:14.82
91.00	1:08.53	2:28.38	1:17.27	2:49.56	1:07.25	2:23.92	2:28.84	5:15.88
90.50	1:08.77	2:28.94	1:17.64	2:50.28	1:07.63	2:24.46	2:29.42	5:16.94
90.00	1:09.00	2:29.50	1:18.00	2:51.00	1:08.00	2:25.00	2:30.00	5:18.00
89.50	1:09.30	2:30.09	1:18.28	2:51.55	1:08.30	2:25.74	2:30.70	5:19.58
89.00	1:09.60	2:30.68	1:18.55	2:52.10	1:08.60	2:26.47	2:31.40	5:21.15
88.50	1:09.90	2:31.26	1:18.83	2:52.65	1:08.90	2:27.21	2:32.10	5:22.73
88.00	1:10.20	2:31.85	1:19.10	2:53.20	1:09.20	2:27.95	2:32.80	5:24.30

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
87.50	1:10.50	2:32.44	1:19.38	2:53.75	1:09.50	2:28.69	2:33.50	5:25.88
87.00	1:10.80	2:33.03	1:19.65	2:54.30	1:09.80	2:29.42	2:34.20	5:27.45
86.50	1:11.10	2:33.61	1:19.93	2:54.85	1:10.10	2:30.16	2:34.90	5:29.03
86.00	1:11.40	2:34.20	1:20.20	2:55.40	1:10.40	2:30.90	2:35.60	5:30.60
85.50	1:11.70	2:34.79	1:20.48	2:55.95	1:10.70	2:31.64	2:36.30	5:32.18
85.00	1:12.00	2:35.38	1:20.75	2:56.50	1:11.00	2:32.37	2:37.00	5:33.75
84.50	1:12.30	2:35.96	1:21.03	2:57.05	1:11.30	2:33.11	2:37.70	5:35.33
84.00	1:12.60	2:36.55	1:21.30	2:57.60	1:11.60	2:33.85	2:38.40	5:36.90
83.50	1:12.90	2:37.14	1:21.58	2:58.15	1:11.90	2:34.59	2:39.10	5:38.48
83.00	1:13.20	2:37.73	1:21.85	2:58.70	1:12.20	2:35.32	2:39.80	5:40.05
82.50	1:13.50	2:38.31	1:22.13	2:59.25	1:12.50	2:36.06	2:40.50	5:41.63
82.00	1:13.80	2:38.90	1:22.40	2:59.80	1:12.80	2:36.80	2:41.20	5:43.20
81.50	1:14.10	2:39.49	1:22.68	3:00.35	1:13.10	2:37.54	2:41.90	5:44.78
81.00	1:14.40	2:40.08	1:22.95	3:00.90	1:13.40	2:38.27	2:42.60	5:46.35
80.50	1:14.70	2:40.66	1:23.23	3:01.45	1:13.70	2:39.01	2:43.30	5:47.93
80.00	1:15.00	2:41.25	1:23.50	3:02.00	1:14.00	2:39.75	2:44.00	5:49.50
79.50	1:15.30	2:41.84	1:23.78	3:02.55	1:14.30	2:40.49	2:44.70	5:51.08
79.00	1:15.60	2:42.43	1:24.05	3:03.10	1:14.60	2:41.22	2:45.40	5:52.65
78.50	1:15.90	2:43.01	1:24.33	3:03.65	1:14.90	2:41.96	2:46.10	5:54.22
78.00	1:16.20	2:43.60	1:24.60	3:04.20	1:15.20	2:42.70	2:46.80	5:55.80
77.50	1:16.50	2:44.19	1:24.88	3:04.75	1:15.50	2:43.44	2:47.50	5:57.37
77.00	1:16.80	2:44.78	1:25.15	3:05.30	1:15.80	2:44.17	2:48.20	5:58.95
76.50	1:17.10	2:45.36	1:25.43	3:05.85	1:16.10	2:44.91	2:48.90	6:00.52
76.00	1:17.40	2:45.95	1:25.70	3:06.40	1:16.40	2:45.65	2:49.60	6:02.10
75.50	1:17.70	2:46.54	1:25.98	3:06.95	1:16.70	2:46.39	2:50.30	6:03.67
75.00	1:18.00	2:47.13	1:26.25	3:07.50	1:17.00	2:47.12	2:51.00	6:05.25

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
74.50	1:18.30	2:47.71	1:26.53	3:08.05	1:17.30	2:47.86	2:51.70	6:06.82
74.00	1:18.60	2:48.30	1:26.80	3:08.60	1:17.60	2:48.60	2:52.40	6:08.40
73.50	1:18.90	2:48.89	1:27.08	3:09.15	1:17.90	2:49.34	2:53.10	6:09.97
73.00	1:19.20	2:49.48	1:27.35	3:09.70	1:18.20	2:50.07	2:53.80	6:11.55
72.50	1:19.50	2:50.06	1:27.63	3:10.25	1:18.50	2:50.81	2:54.50	6:13.12
72.00	1:19.80	2:50.65	1:27.90	3:10.80	1:18.80	2:51.55	2:55.20	6:14.70
71.50	1:20.10	2:51.24	1:28.18	3:11.35	1:19.10	2:52.29	2:55.90	6:16.27
71.00	1:20.40	2:51.83	1:28.45	3:11.90	1:19.40	2:53.02	2:56.60	6:17.85
70.50	1:20.70	2:52.41	1:28.73	3:12.45	1:19.70	2:53.76	2:57.30	6:19.42
70.00	1:21.00	2:53.00	1:29.00	3:13.00	1:20.00	2:54.50	2:58.00	6:21.00
69.50	1:21.33	2:53.76	1:29.25	3:13.58	1:20.32	2:55.22	2:58.83	6:22.75
69.00	1:21.67	2:54.52	1:29.50	3:14.17	1:20.63	2:55.95	2:59.67	6:24.50
68.50	1:22.00	2:55.27	1:29.75	3:14.75	1:20.95	2:56.67	3:00.50	6:26.25
68.00	1:22.33	2:56.03	1:30.00	3:15.33	1:21.27	2:57.40	3:01.33	6:28.00
67.50	1:22.67	2:56.79	1:30.25	3:15.92	1:21.58	2:58.12	3:02.17	6:29.75
67.00	1:23.00	2:57.55	1:30.50	3:16.50	1:21.90	2:58.85	3:03.00	6:31.50
66.50	1:23.33	2:58.31	1:30.75	3:17.08	1:22.22	2:59.57	3:03.83	6:33.25
66.00	1:23.67	2:59.07	1:31.00	3:17.67	1:22.53	3:00.30	3:04.67	6:35.00
65.50	1:24.00	2:59.82	1:31.25	3:18.25	1:22.85	3:01.02	3:05.50	6:36.75
65.00	1:24.33	3:00.58	1:31.50	3:18.83	1:23.17	3:01.75	3:06.33	6:38.50
64.50	1:24.67	3:01.34	1:31.75	3:19.42	1:23.48	3:02.47	3:07.17	6:40.25
64.00	1:25.00	3:02.10	1:32.00	3:20.00	1:23.80	3:03.20	3:08.00	6:42.00
63.50	1:25.33	3:02.86	1:32.25	3:20.58	1:24.12	3:03.92	3:08.83	6:43.75
63.00	1:25.67	3:03.62	1:32.50	3:21.17	1:24.43	3:04.65	3:09.67	6:45.50
62.50	1:26.00	3:04.37	1:32.75	3:21.75	1:24.75	3:05.37	3:10.50	6:47.25
62.00	1:26.33	3:05.13	1:33.00	3:22.33	1:25.07	3:06.10	3:11.33	6:49.00

分值	100米仰	200米仰	100米蛙	200米蛙	100米蝶	200米蝶	200米混	400米混
61.50	1:26.67	3:05.89	1:33.25	3:22.92	1:25.38	3:06.82	3:12.17	6:50.75
61.00	1:27.00	3:06.65	1:33.50	3:23.50	1:25.70	3:07.55	3:13.00	6:52.50
60.50	1:27.33	3:07.41	1:33.75	3:24.08	1:26.02	3:08.27	3:13.83	6:54.25
60.00	1:27.67	3:08.17	1:34.00	3:24.67	1:26.33	3:09.00	3:14.67	6:56.00
59.50	1:28.00	3:08.92	1:34.25	3:25.25	1:26.65	3:09.72	3:15.50	6:57.75
59.00	1:28.33	3:09.68	1:34.50	3:25.83	1:26.97	3:10.45	3:16.33	6:59.50
58.50	1:28.67	3:10.44	1:34.75	3:26.42	1:27.28	3:11.17	3:17.17	7:01.25
58.00	1:29.00	3:11.20	1:35.00	3:27.00	1:27.60	3:11.90	3:18.00	7:03.00
57.50	1:29.33	3:11.96	1:35.25	3:27.58	1:27.92	3:12.62	3:18.83	7:04.75
57.00	1:29.67	3:12.72	1:35.50	3:28.17	1:28.23	3:13.35	3:19.67	7:06.50
56.50	1:30.00	3:13.47	1:35.75	3:28.75	1:28.55	3:14.07	3:20.50	7:08.25
56.00	1:30.33	3:14.23	1:36.00	3:29.33	1:28.87	3:14.80	3:21.33	7:10.00
55.50	1:30.67	3:14.99	1:36.25	3:29.92	1:29.18	3:15.52	3:22.17	7:11.75
55.00	1:31.00	3:15.75	1:36.50	3:30.50	1:29.50	3:16.25	3:23.00	7:13.50
54.50	1:31.33	3:16.51	1:36.75	3:31.08	1:29.82	3:16.97	3:23.83	7:15.25
54.00	1:31.67	3:17.27	1:37.00	3:31.67	1:30.13	3:17.70	3:24.67	7:17.00
53.50	1:32.00	3:18.02	1:37.25	3:32.25	1:30.45	3:18.42	3:25.50	7:18.75
53.00	1:32.33	3:18.78	1:37.50	3:32.83	1:30.77	3:19.15	3:26.33	7:20.50
52.50	1:32.67	3:19.54	1:37.75	3:33.42	1:31.08	3:19.87	3:27.17	7:22.25
52.00	1:33.00	3:20.30	1:38.00	3:34.00	1:31.40	3:20.60	3:28.00	7:24.00
51.50	1:33.33	3:21.06	1:38.25	3:34.58	1:31.72	3:21.32	3:28.83	7:25.75
51.00	1:33.67	3:21.82	1:38.50	3:35.17	1:32.03	3:22.05	3:29.67	7:27.50
50.50	1:34.00	3:22.57	1:38.75	3:35.75	1:32.35	3:22.77	3:30.50	7:29.25
50.00	1:34.33	3:23.33	1:39.00	3:36.33	1:32.67	3:23.50	3:31.33	7:31.00
49.50	1:34.67	3:24.09	1:39.25	3:36.92	1:32.98	3:24.22	3:32.17	7:32.75
49.00	1:35.00	3:24.85	1:39.50	3:37.50	1:33.30	3:24.95	3:33.00	7:34.50

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
48.50	1:35.33	3:25.61	1:39.75	3:38.08	1:33.62	3:25.67	3:33.83	7:36.25
48.00	1:35.67	3:26.37	1:40.00	3:38.67	1:33.93	3:26.40	3:34.67	7:38.00
47.50	1:36.00	3:27.12	1:40.25	3:39.25	1:34.25	3:27.12	3:35.50	7:39.75
47.00	1:36.33	3:27.88	1:40.50	3:39.83	1:34.57	3:27.85	3:36.33	7:41.50
46.50	1:36.67	3:28.64	1:40.75	3:40.42	1:34.88	3:28.57	3:37.17	7:43.25
46.00	1:37.00	3:29.40	1:41.00	3:41.00	1:35.20	3:29.30	3:38.00	7:45.00
45.50	1:37.33	3:30.16	1:41.25	3:41.58	1:35.52	3:30.02	3:38.83	7:46.75
45.00	1:37.67	3:30.92	1:41.50	3:42.17	1:35.83	3:30.75	3:39.67	7:48.50
44.50	1:38.00	3:31.67	1:41.75	3:42.75	1:36.15	3:31.47	3:40.50	7:50.25
44.00	1:38.33	3:32.43	1:42.00	3:43.33	1:36.47	3:32.20	3:41.33	7:52.00
43.50	1:38.67	3:33.19	1:42.25	3:43.92	1:36.78	3:32.92	3:42.17	7:53.75
43.00	1:39.00	3:33.95	1:42.50	3:44.50	1:37.10	3:33.65	3:43.00	7:55.50
42.50	1:39.33	3:34.71	1:42.75	3:45.08	1:37.42	3:34.37	3:43.83	7:57.25
42.00	1:39.67	3:35.47	1:43.00	3:45.67	1:37.73	3:35.10	3:44.67	7:59.00
41.50	1:40.00	3:36.22	1:43.25	3:46.25	1:38.05	3:35.82	3:45.50	8:00.75
41.00	1:40.33	3:36.98	1:43.50	3:46.83	1:38.37	3:36.55	3:46.33	8:02.50
40.50	1:40.67	3:37.74	1:43.75	3:47.42	1:38.68	3:37.27	3:47.17	8:04.25
40.00	1:41.00	3:38.50	1:44.00	3:48.00	1:39.00	3:38.00	3:48.00	8:06.00
39.50	1:41.37	3:39.27	1:44.25	3:48.62	1:39.28	3:38.75	3:48.87	8:07.75
39.00	1:41.71	3:40.03	1:44.50	3:49.21	1:39.59	3:39.48	3:49.71	8:09.50
38.50	1:42.05	3:40.79	1:44.75	3:49.80	1:39.90	3:40.21	3:50.55	8:11.25
38.00	1:42.39	3:41.55	1:45.00	3:50.39	1:40.21	3:40.94	3:51.39	8:13.00
37.50	1:42.73	3:42.31	1:45.25	3:50.98	1:40.52	3:41.67	3:52.23	8:14.75
37.00	1:43.07	3:43.07	1:45.50	3:51.57	1:40.83	3:42.40	3:53.07	8:16.50
36.50	1:43.41	3:43.83	1:45.75	3:52.16	1:41.14	3:43.13	3:53.91	8:18.25
36.00	1:43.75	3:44.59	1:46.00	3:52.75	1:41.45	3:43.86	3:54.75	8:20.00

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
35.50	1:44.09	3:45.35	1:46.25	3:53.34	1:41.76	3:44.59	3:55.59	8:21.75
35.00	1:44.43	3:46.11	1:46.50	3:53.93	1:42.07	3:45.32	3:56.43	8:23.50
34.50	1:44.77	3:46.87	1:46.75	3:54.52	1:42.38	3:46.05	3:57.27	8:25.25
34.00	1:45.11	3:47.63	1:47.00	3:55.11	1:42.69	3:46.78	3:58.11	8:27.00
33.50	1:45.45	3:48.39	1:47.25	3:55.70	1:43.00	3:47.51	3:58.95	8:28.75
33.00	1:45.79	3:49.15	1:47.50	3:56.29	1:43.31	3:48.24	3:59.79	8:30.50
32.50	1:46.13	3:49.91	1:47.75	3:56.88	1:43.62	3:48.97	4:00.63	8:32.25
32.00	1:46.47	3:50.67	1:48.00	3:57.47	1:43.93	3:49.70	4:01.47	8:34.00
31.50	1:46.81	3:51.43	1:48.25	3:58.06	1:44.24	3:50.43	4:02.31	8:35.75
31.00	1:47.15	3:52.19	1:48.50	3:58.65	1:44.55	3:51.16	4:03.15	8:37.50
30.50	1:47.49	3:52.95	1:48.75	3:59.24	1:44.86	3:51.89	4:03.99	8:39.25
30.00	1:47.83	3:53.71	1:49.00	3:59.83	1:45.17	3:52.62	4:04.83	8:41.00
29.50	1:48.17	3:54.47	1:49.25	4:00.42	1:45.48	3:53.35	4:05.67	8:42.75
29.00	1:48.51	3:55.23	1:49.50	4:01.01	1:45.79	3:54.08	4:06.51	8:44.50
28.50	1:48.85	3:55.99	1:49.75	4:01.60	1:46.10	3:54.81	4:07.35	8:46.25
28.00	1:49.19	3:56.75	1:50.00	4:02.19	1:46.41	3:55.54	4:08.19	8:48.00
27.50	1:49.53	3:57.51	1:50.25	4:02.78	1:46.72	3:56.27	4:09.03	8:49.75
27.00	1:49.87	3:58.27	1:50.50	4:03.37	1:47.03	3:57.00	4:09.87	8:51.50
26.50	1:50.21	3:59.03	1:50.75	4:03.96	1:47.34	3:57.73	4:10.71	8:53.25
26.00	1:50.55	3:59.79	1:51.00	4:04.55	1:47.65	3:58.46	4:11.55	8:55.00
25.50	1:50.89	4:00.55	1:51.25	4:05.14	1:47.96	3:59.19	4:12.39	8:56.75
25.00	1:51.23	4:01.31	1:51.50	4:05.73	1:48.27	3:59.92	4:13.23	8:58.50
24.50	1:51.57	4:02.07	1:51.75	4:06.32	1:48.58	4:00.65	4:14.07	9:00.25
24.00	1:51.91	4:02.83	1:52.00	4:06.91	1:48.89	4:01.38	4:14.91	9:02.00
23.50	1:52.25	4:03.59	1:52.25	4:07.50	1:49.20	4:02.11	4:15.75	9:03.75
23.00	1:52.59	4:04.35	1:52.50	4:08.09	1:49.51	4:02.84	4:16.59	9:05.50

分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
22.50	1:52.93	4:05.11	1:52.75	4:08.68	1:49.82	4:03.57	4:17.43	9:07.25
22.00	1:53.27	4:05.87	1:53.00	4:09.27	1:50.13	4:04.30	4:18.27	9:09.00
21.50	1:53.61	4:06.63	1:53.25	4:09.86	1:50.44	4:05.03	4:19.11	9:10.75
21.00	1:53.95	4:07.39	1:53.50	4:10.45	1:50.75	4:05.76	4:19.95	9:12.50
20.50	1:54.29	4:08.15	1:53.75	4:11.04	1:51.06	4:06.49	4:20.79	9:14.25
20.00	1:54.63	4:08.91	1:54.00	4:11.63	1:51.37	4:07.22	4:21.63	9:16.00
19.50	1:54.97	4:09.67	1:54.25	4:12.22	1:51.68	4:07.95	4:22.47	9:17.75
19.00	1:55.31	4:10.43	1:54.50	4:12.81	1:51.99	4:08.68	4:23.31	9:19.50
18.50	1:55.65	4:11.19	1:54.75	4:13.40	1:52.30	4:09.41	4:24.15	9:21.25
18.00	1:55.99	4:11.95	1:55.00	4:13.99	1:52.61	4:10.14	4:24.99	9:23.00
17.50	1:56.33	4:12.71	1:55.25	4:14.58	1:52.92	4:10.87	4:25.83	9:24.75
17.00	1:56.67	4:13.47	1:55.50	4:15.17	1:53.23	4:11.60	4:26.67	9:26.50
16.50	1:57.01	4:14.23	1:55.75	4:15.76	1:53.54	4:12.33	4:27.51	9:28.25
16.00	1:57.35	4:14.99	1:56.00	4:16.35	1:53.85	4:13.06	4:28.35	9:30.00
15.50	1:57.69	4:15.75	1:56.25	4:16.94	1:54.16	4:13.79	4:29.19	9:31.75
15.00	1:58.03	4:16.51	1:56.50	4:17.53	1:54.47	4:14.52	4:30.03	9:33.50
14.50	1:58.37	4:17.27	1:56.75	4:18.12	1:54.78	4:15.25	4:30.87	9:35.25
14.00	1:58.71	4:18.03	1:57.00	4:18.71	1:55.09	4:15.98	4:31.71	9:37.00
13.50	1:59.05	4:18.79	1:57.25	4:19.30	1:55.40	4:16.71	4:32.55	9:38.75
13.00	1:59.39	4:19.55	1:57.50	4:19.89	1:55.71	4:17.44	4:33.39	9:40.50
12.50	1:59.73	4:20.31	1:57.75	4:20.48	1:56.02	4:18.17	4:34.23	9:42.25
12.00	2:00.07	4:21.07	1:58.00	4:21.07	1:56.33	4:18.90	4:35.07	9:44.00
11.50	2:00.41	4:21.83	1:58.25	4:21.66	1:56.64	4:19.63	4:35.91	9:45.75
11.00	2:00.75	4:22.59	1:58.50	4:22.25	1:56.95	4:20.36	4:36.75	9:47.50
10.50	2:01.09	4:23.35	1:58.75	4:22.84	1:57.26	4:21.09	4:37.59	9:49.25
10.00	2:01.43	4:24.11	1:59.00	4:23.43	1:57.57	4:21.82	4:38.43	9:51.00



分值	100 米仰	200 米仰	100 米蛙	200 米蛙	100 米蝶	200 米蝶	200 米混	400 米混
9.50	2:01.77	4:24.87	1:59.25	4:24.02	1:57.88	4:22.55	4:39.27	9:52.75
9.00	2:02.11	4:25.63	1:59.50	4:24.61	1:58.19	4:23.28	4:40.11	9:54.50
8.50	2:02.45	4:26.39	1:59.75	4:25.20	1:58.50	4:24.01	4:40.95	9:56.25
8.00	2:02.79	4:27.15	2:00.00	4:25.79	1:58.81	4:24.74	4:41.79	9:58.00
7.50	2:03.13	4:27.91	2:00.25	4:26.38	1:59.12	4:25.47	4:42.63	9:59.75
7.00	2:03.47	4:28.67	2:00.50	4:26.97	1:59.43	4:26.20	4:43.47	10:01.50
6.50	2:03.81	4:29.43	2:00.75	4:27.56	1:59.74	4:26.93	4:44.31	10:03.25
6.00	2:04.15	4:30.19	2:01.00	4:28.15	2:00.05	4:27.66	4:45.15	10:05.00
5.50	2:04.49	4:30.95	2:01.25	4:28.74	2:00.36	4:28.39	4:45.99	10:06.75
5.00	2:04.83	4:31.71	2:01.50	4:29.33	2:00.67	4:29.12	4:46.83	10:08.50
4.50	2:05.17	4:32.47	2:01.75	4:29.92	2:00.98	4:29.85	4:47.67	10:10.25
4.00	2:05.51	4:33.23	2:02.00	4:30.51	2:01.29	4:30.58	4:48.51	10:12.00
3.50	2:05.85	4:33.99	2:02.25	4:31.10	2:01.60	4:31.31	4:49.35	10:13.75
3.00	2:06.19	4:34.75	2:02.50	4:31.69	2:01.91	4:32.04	4:50.19	10:15.50
2.50	2:06.53	4:35.51	2:02.75	4:32.28	2:02.22	4:32.77	4:51.03	10:17.25
2.00	2:06.87	4:36.27	2:03.00	4:32.87	2:02.53	4:33.50	4:51.87	10:19.00
1.50	2:07.21	4:37.03	2:03.25	4:33.46	2:02.84	4:34.23	4:52.71	10:20.75
1.00	2:07.55	4:37.79	2:03.50	4:34.05	2:03.15	4:34.96	4:53.55	10:22.50

**注:**

高水平运动队招生同分排序规则：在体育专项成绩对应分值相同时，同小项按测试成绩（秒）排序择优。

# 21 公开水域游泳

## 一、考核指标与所占分值

类别	实战能力
考核指标	专项
分值	100 分

## 二、考试方法与评分标准

### (一) 考试方法:

1. 考生须在 50 米、100 米、200 米、400 米、800 米、1500 米自由泳中选择一个项目进行考试。

2. 考试采用一次性决赛，使用电动计时或手计时计取成绩，参照评分标准换算成得分。使用手计时，每道须由三名计时员计取成绩，所计成绩的中间值或相同值为最终成绩。

3. 所有项目均按中国游泳协会审定的最新游泳竞赛规则执行。执行此标准池长要求为符合国家规定标准的 50 米池（25 米池无效），误差范围为+0.03 米，-0.00 米。安装自动计时装置触板后，误差不得超出此范围。

### (二) 评分标准：见表 21-1~表 21-2。

表 21-1 男子自由泳评分表

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
100.00	23.28	51.50	1:51.55	3:58.60	8:24.00	16:00.30

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
99.50	23.34	51.70	1:52.12	3:59.72	8:25.90	16:04.29
99.00	23.40	51.90	1:52.69	4:00.84	8:27.80	16:08.27
98.50	23.46	52.10	1:53.27	4:01.96	8:29.70	16:12.26
98.00	23.52	52.30	1:53.84	4:03.08	8:31.60	16:16.24
97.50	23.59	52.50	1:54.41	4:04.20	8:33.50	16:20.23
97.00	23.65	52.70	1:54.99	4:05.32	8:35.40	16:24.21
96.50	23.71	52.90	1:55.56	4:06.44	8:37.30	16:28.20
96.00	23.77	53.10	1:56.13	4:07.56	8:39.20	16:32.18
95.50	23.83	53.30	1:56.70	4:08.68	8:41.10	16:36.17
95.00	23.89	53.50	1:57.28	4:09.80	8:43.00	16:40.15
94.50	23.95	53.70	1:57.85	4:10.92	8:44.90	16:44.14
94.00	24.01	53.90	1:58.42	4:12.04	8:46.80	16:48.12
93.50	24.07	54.10	1:58.99	4:13.16	8:48.70	16:52.11
93.00	24.13	54.30	1:59.57	4:14.28	8:50.60	16:56.09
92.50	24.20	54.50	2:00.14	4:15.40	8:52.50	17:00.08
92.00	24.26	54.70	2:00.71	4:16.52	8:54.40	17:04.06
91.50	24.32	54.90	2:01.28	4:17.64	8:56.30	17:08.05
91.00	24.38	55.10	2:01.86	4:18.76	8:58.20	17:12.03
90.50	24.44	55.30	2:02.43	4:19.88	9:00.10	17:16.02
90.00	24.50	55.50	2:03.00	4:21.00	9:02.00	17:20.00
89.50	24.58	55.74	2:03.50	4:22.12	9:04.25	17:24.37

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
89.00	24.65	55.98	2:04.00	4:23.25	9:06.50	17:28.75
88.50	24.73	56.21	2:04.50	4:24.37	9:08.75	17:33.12
88.00	24.80	56.45	2:05.00	4:25.50	9:11.00	17:37.50
87.50	24.88	56.69	2:05.50	4:26.62	9:13.25	17:41.88
87.00	24.95	56.93	2:06.00	4:27.75	9:15.50	17:46.25
86.50	25.03	57.16	2:06.50	4:28.87	9:17.75	17:50.63
86.00	25.10	57.40	2:07.00	4:30.00	9:20.00	17:55.00
85.50	25.18	57.64	2:07.50	4:31.12	9:22.25	17:59.38
85.00	25.25	57.88	2:08.00	4:32.25	9:24.50	18:03.75
84.50	25.33	58.11	2:08.50	4:33.37	9:26.75	18:08.13
84.00	25.40	58.35	2:09.00	4:34.50	9:29.00	18:12.50
83.50	25.48	58.59	2:09.50	4:35.62	9:31.25	18:16.88
83.00	25.55	58.83	2:10.00	4:36.75	9:33.50	18:21.25
82.50	25.63	59.06	2:10.50	4:37.87	9:35.75	18:25.63
82.00	25.70	59.30	2:11.00	4:39.00	9:38.00	18:30.00
81.50	25.78	59.54	2:11.50	4:40.12	9:40.25	18:34.38
81.00	25.85	59.78	2:12.00	4:41.25	9:42.50	18:38.75
80.50	25.93	1:00.01	2:12.50	4:42.37	9:44.75	18:43.13
80.00	26.00	1:00.25	2:13.00	4:43.50	9:47.00	18:47.50
79.50	26.08	1:00.49	2:13.50	4:44.62	9:49.25	18:51.88
79.00	26.15	1:00.73	2:14.00	4:45.75	9:51.50	18:56.25

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
78.50	26.23	1:00.96	2:14.50	4:46.87	9:53.75	19:00.63
78.00	26.30	1:01.20	2:15.00	4:48.00	9:56.00	19:05.00
77.50	26.38	1:01.44	2:15.50	4:49.12	9:58.25	19:09.38
77.00	26.45	1:01.68	2:16.00	4:50.25	10:00.50	19:13.75
76.50	26.53	1:01.91	2:16.50	4:51.37	10:02.75	19:18.13
76.00	26.60	1:02.15	2:17.00	4:52.50	10:05.00	19:22.50
75.50	26.68	1:02.39	2:17.50	4:53.62	10:07.25	19:26.88
75.00	26.75	1:02.63	2:18.00	4:54.75	10:09.50	19:31.25
74.50	26.83	1:02.86	2:18.50	4:55.87	10:11.75	19:35.63
74.00	26.90	1:03.10	2:19.00	4:57.00	10:14.00	19:40.00
73.50	26.98	1:03.34	2:19.50	4:58.12	10:16.25	19:44.38
73.00	27.05	1:03.58	2:20.00	4:59.25	10:18.50	19:48.75
72.50	27.13	1:03.81	2:20.50	5:00.37	10:20.75	19:53.13
72.00	27.20	1:04.05	2:21.00	5:01.50	10:23.00	19:57.50
71.50	27.28	1:04.29	2:21.50	5:02.62	10:25.25	20:01.88
71.00	27.35	1:04.53	2:22.00	5:03.75	10:27.50	20:06.25
70.50	27.43	1:04.76	2:22.50	5:04.87	10:29.75	20:10.63
70.00	27.50	1:05.00	2:23.00	5:06.00	10:32.00	20:15.00
69.50	27.62	1:05.28	2:23.55	5:07.17	10:34.67	20:19.50
69.00	27.73	1:05.57	2:24.10	5:08.33	10:37.33	20:24.00
68.50	27.85	1:05.85	2:24.65	5:09.50	10:40.00	20:28.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
68.00	27.97	1:06.13	2:25.20	5:10.67	10:42.67	20:33.00
67.50	28.08	1:06.42	2:25.75	5:11.83	10:45.33	20:37.50
67.00	28.20	1:06.70	2:26.30	5:13.00	10:48.00	20:42.00
66.50	28.32	1:06.98	2:26.85	5:14.17	10:50.67	20:46.50
66.00	28.43	1:07.27	2:27.40	5:15.33	10:53.33	20:51.00
65.50	28.55	1:07.55	2:27.95	5:16.50	10:56.00	20:55.50
65.00	28.67	1:07.83	2:28.50	5:17.67	10:58.67	21:00.00
64.50	28.78	1:08.12	2:29.05	5:18.83	11:01.33	21:04.50
64.00	28.90	1:08.40	2:29.60	5:20.00	11:04.00	21:09.00
63.50	29.02	1:08.68	2:30.15	5:21.17	11:06.67	21:13.50
63.00	29.13	1:08.97	2:30.70	5:22.33	11:09.33	21:18.00
62.50	29.25	1:09.25	2:31.25	5:23.50	11:12.00	21:22.50
62.00	29.37	1:09.53	2:31.80	5:24.67	11:14.67	21:27.00
61.50	29.48	1:09.82	2:32.35	5:25.83	11:17.33	21:31.50
61.00	29.60	1:10.10	2:32.90	5:27.00	11:20.00	21:36.00
60.50	29.72	1:10.38	2:33.45	5:28.17	11:22.67	21:40.50
60.00	29.83	1:10.67	2:34.00	5:29.33	11:25.33	21:45.00
59.50	29.95	1:10.95	2:34.55	5:30.50	11:28.00	21:49.50
59.00	30.07	1:11.23	2:35.10	5:31.67	11:30.67	21:54.00
58.50	30.18	1:11.52	2:35.65	5:32.83	11:33.33	21:58.50
58.00	30.30	1:11.80	2:36.20	5:34.00	11:36.00	22:03.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
57.50	30.42	1:12.08	2:36.75	5:35.17	11:38.67	22:07.50
57.00	30.53	1:12.37	2:37.30	5:36.33	11:41.33	22:12.00
56.50	30.65	1:12.65	2:37.85	5:37.50	11:44.00	22:16.50
56.00	30.77	1:12.93	2:38.40	5:38.67	11:46.67	22:21.00
55.50	30.88	1:13.22	2:38.95	5:39.83	11:49.33	22:25.50
55.00	31.00	1:13.50	2:39.50	5:41.00	11:52.00	22:30.00
54.50	31.12	1:13.78	2:40.05	5:42.17	11:54.67	22:34.50
54.00	31.23	1:14.07	2:40.60	5:43.33	11:57.33	22:39.00
53.50	31.35	1:14.35	2:41.15	5:44.50	12:00.00	22:43.50
53.00	31.47	1:14.63	2:41.70	5:45.67	12:02.67	22:48.00
52.50	31.58	1:14.92	2:42.25	5:46.83	12:05.33	22:52.50
52.00	31.70	1:15.20	2:42.80	5:48.00	12:08.00	22:57.00
51.50	31.82	1:15.48	2:43.35	5:49.17	12:10.67	23:01.50
51.00	31.93	1:15.77	2:43.90	5:50.33	12:13.33	23:06.00
50.50	32.05	1:16.05	2:44.45	5:51.50	12:16.00	23:10.50
50.00	32.17	1:16.33	2:45.00	5:52.67	12:18.67	23:15.00
49.50	32.28	1:16.62	2:45.55	5:53.83	12:21.33	23:19.50
49.00	32.40	1:16.90	2:46.10	5:55.00	12:24.00	23:24.00
48.50	32.52	1:17.18	2:46.65	5:56.17	12:26.67	23:28.50
48.00	32.63	1:17.47	2:47.20	5:57.33	12:29.33	23:33.00
47.50	32.75	1:17.75	2:47.75	5:58.50	12:32.00	23:37.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
47.00	32.87	1:18.03	2:48.30	5:59.67	12:34.67	23:42.00
46.50	32.98	1:18.32	2:48.85	6:00.83	12:37.33	23:46.50
46.00	33.10	1:18.60	2:49.40	6:02.00	12:40.00	23:51.00
45.50	33.22	1:18.88	2:49.95	6:03.17	12:42.67	23:55.50
45.00	33.33	1:19.17	2:50.50	6:04.33	12:45.33	24:00.00
44.50	33.45	1:19.45	2:51.05	6:05.50	12:48.00	24:04.50
44.00	33.57	1:19.73	2:51.60	6:06.67	12:50.67	24:09.00
43.50	33.68	1:20.02	2:52.15	6:07.83	12:53.33	24:13.50
43.00	33.80	1:20.30	2:52.70	6:09.00	12:56.00	24:18.00
42.50	33.92	1:20.58	2:53.25	6:10.17	12:58.67	24:22.50
42.00	34.03	1:20.87	2:53.80	6:11.33	13:01.33	24:27.00
41.50	34.15	1:21.15	2:54.35	6:12.50	13:04.00	24:31.50
41.00	34.27	1:21.43	2:54.90	6:13.67	13:06.67	24:36.00
40.50	34.38	1:21.72	2:55.45	6:14.83	13:09.33	24:40.50
40.00	34.50	1:22.00	2:56.00	6:16.00	13:12.00	24:45.00
39.50	34.62	1:22.27	2:56.55	6:17.18	13:14.68	24:49.50
39.00	34.73	1:22.55	2:57.10	6:18.35	13:17.35	24:54.00
38.50	34.85	1:22.83	2:57.65	6:19.52	13:20.02	24:58.50
38.00	34.97	1:23.11	2:58.20	6:20.69	13:22.69	25:03.00
37.50	35.09	1:23.39	2:58.75	6:21.86	13:25.36	25:07.50
37.00	35.20	1:23.67	2:59.30	6:23.03	13:28.03	25:12.00



分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
36.50	35.32	1:23.95	2:59.85	6:24.20	13:30.70	25:16.50
36.00	35.44	1:24.23	3:00.40	6:25.37	13:33.37	25:21.00
35.50	35.55	1:24.51	3:00.95	6:26.54	13:36.04	25:25.50
35.00	35.67	1:24.79	3:01.50	6:27.71	13:38.71	25:30.00
34.50	35.79	1:25.07	3:02.05	6:28.88	13:41.38	25:34.50
34.00	35.90	1:25.35	3:02.60	6:30.05	13:44.05	25:39.00
33.50	36.02	1:25.63	3:03.15	6:31.22	13:46.72	25:43.50
33.00	36.14	1:25.91	3:03.70	6:32.39	13:49.39	25:48.00
32.50	36.26	1:26.19	3:04.25	6:33.56	13:52.06	25:52.50
32.00	36.37	1:26.47	3:04.80	6:34.73	13:54.73	25:57.00
31.50	36.49	1:26.75	3:05.35	6:35.90	13:57.40	26:01.50
31.00	36.61	1:27.03	3:05.90	6:37.07	14:00.07	26:06.00
30.50	36.72	1:27.31	3:06.45	6:38.24	14:02.74	26:10.50
30.00	36.84	1:27.59	3:07.00	6:39.41	14:05.41	26:15.00
29.50	36.96	1:27.87	3:07.55	6:40.58	14:08.08	26:19.50
29.00	37.07	1:28.15	3:08.10	6:41.75	14:10.75	26:24.00
28.50	37.19	1:28.43	3:08.65	6:42.92	14:13.42	26:28.50
28.00	37.31	1:28.71	3:09.20	6:44.09	14:16.09	26:33.00
27.50	37.43	1:28.99	3:09.75	6:45.26	14:18.76	26:37.50
27.00	37.54	1:29.27	3:10.30	6:46.43	14:21.43	26:42.00
26.50	37.66	1:29.55	3:10.85	6:47.60	14:24.10	26:46.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
26.00	37.78	1:29.83	3:11.40	6:48.77	14:26.77	26:51.00
25.50	37.89	1:30.11	3:11.95	6:49.94	14:29.44	26:55.50
25.00	38.01	1:30.39	3:12.50	6:51.11	14:32.11	27:00.00
24.50	38.13	1:30.67	3:13.05	6:52.28	14:34.78	27:04.50
24.00	38.24	1:30.95	3:13.60	6:53.45	14:37.45	27:09.00
23.50	38.36	1:31.23	3:14.15	6:54.62	14:40.12	27:13.50
23.00	38.48	1:31.51	3:14.70	6:55.79	14:42.79	27:18.00
22.50	38.60	1:31.79	3:15.25	6:56.96	14:45.46	27:22.50
22.00	38.71	1:32.07	3:15.80	6:58.13	14:48.13	27:27.00
21.50	38.83	1:32.35	3:16.35	6:59.30	14:50.80	27:31.50
21.00	38.95	1:32.63	3:16.90	7:00.47	14:53.47	27:36.00
20.50	39.06	1:32.91	3:17.45	7:01.64	14:56.14	27:40.50
20.00	39.18	1:33.19	3:18.00	7:02.81	14:58.81	27:45.00
19.50	39.30	1:33.47	3:18.55	7:03.98	15:01.48	27:49.50
19.00	39.41	1:33.75	3:19.10	7:05.15	15:04.15	27:54.00
18.50	39.53	1:34.03	3:19.65	7:06.32	15:06.82	27:58.50
18.00	39.65	1:34.31	3:20.20	7:07.49	15:09.49	28:03.00
17.50	39.77	1:34.59	3:20.75	7:08.66	15:12.16	28:07.50
17.00	39.88	1:34.87	3:21.30	7:09.83	15:14.83	28:12.00
16.50	40.00	1:35.15	3:21.85	7:11.00	15:17.50	28:16.50
16.00	40.12	1:35.43	3:22.40	7:12.17	15:20.17	28:21.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
15.50	40.23	1:35.71	3:22.95	7:13.34	15:22.84	28:25.50
15.00	40.35	1:35.99	3:23.50	7:14.51	15:25.51	28:30.00
14.50	40.47	1:36.27	3:24.05	7:15.68	15:28.18	28:34.50
14.00	40.58	1:36.55	3:24.60	7:16.85	15:30.85	28:39.00
13.50	40.70	1:36.83	3:25.15	7:18.02	15:33.52	28:43.50
13.00	40.82	1:37.11	3:25.70	7:19.19	15:36.19	28:48.00
12.50	40.94	1:37.39	3:26.25	7:20.36	15:38.86	28:52.50
12.00	41.05	1:37.67	3:26.80	7:21.53	15:41.53	28:57.00
11.50	41.17	1:37.95	3:27.35	7:22.70	15:44.20	29:01.50
11.00	41.29	1:38.23	3:27.90	7:23.87	15:46.87	29:06.00
10.50	41.40	1:38.51	3:28.45	7:25.04	15:49.54	29:10.50
10.00	41.52	1:38.79	3:29.00	7:26.21	15:52.21	29:15.00
9.50	41.64	1:39.07	3:29.55	7:27.38	15:54.88	29:19.50
9.00	41.75	1:39.35	3:30.10	7:28.55	15:57.55	29:24.00
8.50	41.87	1:39.63	3:30.65	7:29.72	16:00.22	29:28.50
8.00	41.99	1:39.91	3:31.20	7:30.89	16:02.89	29:33.00
7.50	42.11	1:40.19	3:31.75	7:32.06	16:05.56	29:37.50
7.00	42.22	1:40.47	3:32.30	7:33.23	16:08.23	29:42.00
6.50	42.34	1:40.75	3:32.85	7:34.40	16:10.90	29:46.50
6.00	42.46	1:41.03	3:33.40	7:35.57	16:13.57	29:51.00
5.50	42.57	1:41.31	3:33.95	7:36.74	16:16.24	29:55.50

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
5.00	42.69	1:41.59	3:34.50	7:37.91	16:18.91	30:00.00
4.50	42.81	1:41.87	3:35.05	7:39.08	16:21.58	30:04.50
4.00	42.92	1:42.15	3:35.60	7:40.25	16:24.25	30:09.00
3.50	43.04	1:42.43	3:36.15	7:41.42	16:26.92	30:13.50
3.00	43.16	1:42.71	3:36.70	7:42.59	16:29.59	30:18.00
2.50	43.28	1:42.99	3:37.25	7:43.76	16:32.26	30:22.50
2.00	43.39	1:43.27	3:37.80	7:44.93	16:34.93	30:27.00
1.50	43.51	1:43.55	3:38.35	7:46.10	16:37.60	30:31.50
1.00	43.63	1:43.83	3:38.90	7:47.27	16:40.27	30:36.00

表 21-2 女子自由泳评分表

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
100.00	25.85	56.30	2:01.20	4:15.80	8:53.40	17:14.00
99.50	25.92	56.61	2:01.89	4:17.21	8:55.83	17:18.05
99.00	25.99	56.92	2:02.58	4:18.62	8:58.26	17:22.10
98.50	26.05	57.23	2:03.27	4:20.03	9:00.69	17:26.15
98.00	26.12	57.54	2:03.96	4:21.44	9:03.12	17:30.20
97.50	26.19	57.85	2:04.65	4:22.85	9:05.55	17:34.25
97.00	26.26	58.16	2:05.34	4:24.26	9:07.98	17:38.30
96.50	26.32	58.47	2:06.03	4:25.67	9:10.41	17:42.35
96.00	26.39	58.78	2:06.72	4:27.08	9:12.84	17:46.40
95.50	26.46	59.09	2:07.41	4:28.49	9:15.27	17:50.45

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
95.00	26.53	59.40	2:08.10	4:29.90	9:17.70	17:54.50
94.50	26.59	59.71	2:08.79	4:31.31	9:20.13	17:58.55
94.00	26.66	1:00.02	2:09.48	4:32.72	9:22.56	18:02.60
93.50	26.73	1:00.33	2:10.17	4:34.13	9:24.99	18:06.65
93.00	26.80	1:00.64	2:10.86	4:35.54	9:27.42	18:10.70
92.50	26.86	1:00.95	2:11.55	4:36.95	9:29.85	18:14.75
92.00	26.93	1:01.26	2:12.24	4:38.36	9:32.28	18:18.80
91.50	27.00	1:01.57	2:12.93	4:39.77	9:34.71	18:22.85
91.00	27.07	1:01.88	2:13.62	4:41.18	9:37.14	18:26.90
90.50	27.13	1:02.19	2:14.31	4:42.59	9:39.57	18:30.95
90.00	27.20	1:02.50	2:15.00	4:44.00	9:42.00	18:35.00
89.50	27.31	1:02.76	2:15.60	4:45.55	9:45.50	18:42.75
89.00	27.42	1:03.02	2:16.20	4:47.10	9:49.00	18:50.50
88.50	27.52	1:03.29	2:16.80	4:48.65	9:52.50	18:58.25
88.00	27.63	1:03.55	2:17.40	4:50.20	9:56.00	19:06.00
87.50	27.74	1:03.81	2:18.00	4:51.75	9:59.50	19:13.75
87.00	27.85	1:04.07	2:18.60	4:53.30	10:03.00	19:21.50
86.50	27.95	1:04.34	2:19.20	4:54.85	10:06.50	19:29.25
86.00	28.06	1:04.60	2:19.80	4:56.40	10:10.00	19:37.00
85.50	28.17	1:04.86	2:20.40	4:57.95	10:13.50	19:44.75
85.00	28.28	1:05.12	2:21.00	4:59.50	10:17.00	19:52.50
84.50	28.38	1:05.39	2:21.60	5:01.05	10:20.50	20:00.25

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
84.00	28.49	1:05.65	2:22.20	5:02.60	10:24.00	20:08.00
83.50	28.60	1:05.91	2:22.80	5:04.15	10:27.50	20:15.75
83.00	28.71	1:06.17	2:23.40	5:05.70	10:31.00	20:23.50
82.50	28.81	1:06.44	2:24.00	5:07.25	10:34.50	20:31.25
82.00	28.92	1:06.70	2:24.60	5:08.80	10:38.00	20:39.00
81.50	29.03	1:06.96	2:25.20	5:10.35	10:41.50	20:46.75
81.00	29.14	1:07.22	2:25.80	5:11.90	10:45.00	20:54.50
80.50	29.24	1:07.49	2:26.40	5:13.45	10:48.50	21:02.25
80.00	29.35	1:07.75	2:27.00	5:15.00	10:52.00	21:10.00
79.50	29.46	1:08.01	2:27.60	5:16.55	10:55.50	21:17.75
79.00	29.57	1:08.27	2:28.20	5:18.10	10:59.00	21:25.50
78.50	29.67	1:08.54	2:28.80	5:19.65	11:02.50	21:33.25
78.00	29.78	1:08.80	2:29.40	5:21.20	11:06.00	21:41.00
77.50	29.89	1:09.06	2:30.00	5:22.75	11:09.50	21:48.75
77.00	30.00	1:09.32	2:30.60	5:24.30	11:13.00	21:56.50
76.50	30.10	1:09.59	2:31.20	5:25.85	11:16.50	22:04.25
76.00	30.21	1:09.85	2:31.80	5:27.40	11:20.00	22:12.00
75.50	30.32	1:10.11	2:32.40	5:28.95	11:23.50	22:19.75
75.00	30.43	1:10.37	2:33.00	5:30.50	11:27.00	22:27.50
74.50	30.53	1:10.64	2:33.60	5:32.05	11:30.50	22:35.25
74.00	30.64	1:10.90	2:34.20	5:33.60	11:34.00	22:43.00
73.50	30.75	1:11.16	2:34.80	5:35.15	11:37.50	22:50.75

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
73.00	30.86	1:11.42	2:35.40	5:36.70	11:41.00	22:58.50
72.50	30.96	1:11.69	2:36.00	5:38.25	11:44.50	23:06.25
72.00	31.07	1:11.95	2:36.60	5:39.80	11:48.00	23:14.00
71.50	31.18	1:12.21	2:37.20	5:41.35	11:51.50	23:21.75
71.00	31.29	1:12.47	2:37.80	5:42.90	11:55.00	23:29.50
70.50	31.39	1:12.74	2:38.40	5:44.45	11:58.50	23:37.25
70.00	31.50	1:13.00	2:39.00	5:46.00	12:02.00	23:45.00
69.50	31.62	1:13.35	2:39.73	5:47.33	12:05.00	23:49.00
69.00	31.73	1:13.70	2:40.47	5:48.67	12:08.00	23:53.00
68.50	31.85	1:14.05	2:41.20	5:50.00	12:11.00	23:57.00
68.00	31.97	1:14.40	2:41.93	5:51.33	12:14.00	24:01.00
67.50	32.08	1:14.75	2:42.67	5:52.67	12:17.00	24:05.00
67.00	32.20	1:15.10	2:43.40	5:54.00	12:20.00	24:09.00
66.50	32.32	1:15.45	2:44.13	5:55.33	12:23.00	24:13.00
66.00	32.43	1:15.80	2:44.87	5:56.67	12:26.00	24:17.00
65.50	32.55	1:16.15	2:45.60	5:58.00	12:29.00	24:21.00
65.00	32.67	1:16.50	2:46.33	5:59.33	12:32.00	24:25.00
64.50	32.78	1:16.85	2:47.07	6:00.67	12:35.00	24:29.00
64.00	32.90	1:17.20	2:47.80	6:02.00	12:38.00	24:33.00
63.50	33.02	1:17.55	2:48.53	6:03.33	12:41.00	24:37.00
63.00	33.13	1:17.90	2:49.27	6:04.67	12:44.00	24:41.00
62.50	33.25	1:18.25	2:50.00	6:06.00	12:47.00	24:45.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
62.00	33.37	1:18.60	2:50.73	6:07.33	12:50.00	24:49.00
61.50	33.48	1:18.95	2:51.47	6:08.67	12:53.00	24:53.00
61.00	33.60	1:19.30	2:52.20	6:10.00	12:56.00	24:57.00
60.50	33.72	1:19.65	2:52.93	6:11.33	12:59.00	25:01.00
60.00	33.83	1:20.00	2:53.67	6:12.67	13:02.00	25:05.00
59.50	33.95	1:20.35	2:54.40	6:14.00	13:05.00	25:09.00
59.00	34.07	1:20.70	2:55.13	6:15.33	13:08.00	25:13.00
58.50	34.18	1:21.05	2:55.87	6:16.67	13:11.00	25:17.00
58.00	34.30	1:21.40	2:56.60	6:18.00	13:14.00	25:21.00
57.50	34.42	1:21.75	2:57.33	6:19.33	13:17.00	25:25.00
57.00	34.53	1:22.10	2:58.07	6:20.67	13:20.00	25:29.00
56.50	34.65	1:22.45	2:58.80	6:22.00	13:23.00	25:33.00
56.00	34.77	1:22.80	2:59.53	6:23.33	13:26.00	25:37.00
55.50	34.88	1:23.15	3:00.27	6:24.67	13:29.00	25:41.00
55.00	35.00	1:23.50	3:01.00	6:26.00	13:32.00	25:45.00
54.50	35.12	1:23.85	3:01.73	6:27.33	13:35.00	25:49.00
54.00	35.23	1:24.20	3:02.47	6:28.67	13:38.00	25:53.00
53.50	35.35	1:24.55	3:03.20	6:30.00	13:41.00	25:57.00
53.00	35.47	1:24.90	3:03.93	6:31.33	13:44.00	26:01.00
52.50	35.58	1:25.25	3:04.67	6:32.67	13:47.00	26:05.00
52.00	35.70	1:25.60	3:05.40	6:34.00	13:50.00	26:09.00
51.50	35.82	1:25.95	3:06.13	6:35.33	13:53.00	26:13.00



分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
51.00	35.93	1:26.30	3:06.87	6:36.67	13:56.00	26:17.00
50.50	36.05	1:26.65	3:07.60	6:38.00	13:59.00	26:21.00
50.00	36.17	1:27.00	3:08.33	6:39.33	14:02.00	26:25.00
49.50	36.28	1:27.35	3:09.07	6:40.67	14:05.00	26:29.00
49.00	36.40	1:27.70	3:09.80	6:42.00	14:08.00	26:33.00
48.50	36.52	1:28.05	3:10.53	6:43.33	14:11.00	26:37.00
48.00	36.63	1:28.40	3:11.27	6:44.67	14:14.00	26:41.00
47.50	36.75	1:28.75	3:12.00	6:46.00	14:17.00	26:45.00
47.00	36.87	1:29.10	3:12.73	6:47.33	14:20.00	26:49.00
46.50	36.98	1:29.45	3:13.47	6:48.67	14:23.00	26:53.00
46.00	37.10	1:29.80	3:14.20	6:50.00	14:26.00	26:57.00
45.50	37.22	1:30.15	3:14.93	6:51.33	14:29.00	27:01.00
45.00	37.33	1:30.50	3:15.67	6:52.67	14:32.00	27:05.00
44.50	37.45	1:30.85	3:16.40	6:54.00	14:35.00	27:09.00
44.00	37.57	1:31.20	3:17.13	6:55.33	14:38.00	27:13.00
43.50	37.68	1:31.55	3:17.87	6:56.67	14:41.00	27:17.00
43.00	37.80	1:31.90	3:18.60	6:58.00	14:44.00	27:21.00
42.50	37.92	1:32.25	3:19.33	6:59.33	14:47.00	27:25.00
42.00	38.03	1:32.60	3:20.07	7:00.67	14:50.00	27:29.00
41.50	38.15	1:32.95	3:20.80	7:02.00	14:53.00	27:33.00
41.00	38.27	1:33.30	3:21.53	7:03.33	14:56.00	27:37.00
40.50	38.38	1:33.65	3:22.27	7:04.67	14:59.00	27:41.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
40.00	38.50	1:34.00	3:23.00	7:06.00	15:02.00	27:45.00
39.50	38.62	1:34.35	3:23.77	7:07.37	15:05.00	27:49.00
39.00	38.73	1:34.70	3:24.51	7:08.71	15:08.00	27:53.00
38.50	38.85	1:35.05	3:25.25	7:10.05	15:11.00	27:57.00
38.00	38.96	1:35.40	3:25.99	7:11.39	15:14.00	28:01.00
37.50	39.08	1:35.75	3:26.73	7:12.73	15:17.00	28:05.00
37.00	39.20	1:36.10	3:27.47	7:14.07	15:20.00	28:09.00
36.50	39.31	1:36.45	3:28.21	7:15.41	15:23.00	28:13.00
36.00	39.43	1:36.80	3:28.95	7:16.75	15:26.00	28:17.00
35.50	39.55	1:37.15	3:29.69	7:18.09	15:29.00	28:21.00
35.00	39.66	1:37.50	3:30.43	7:19.43	15:32.00	28:25.00
34.50	39.78	1:37.85	3:31.17	7:20.77	15:35.00	28:29.00
34.00	39.89	1:38.20	3:31.91	7:22.11	15:38.00	28:33.00
33.50	40.01	1:38.55	3:32.65	7:23.45	15:41.00	28:37.00
33.00	40.13	1:38.90	3:33.39	7:24.79	15:44.00	28:41.00
32.50	40.24	1:39.25	3:34.13	7:26.13	15:47.00	28:45.00
32.00	40.36	1:39.60	3:34.87	7:27.47	15:50.00	28:49.00
31.50	40.48	1:39.95	3:35.61	7:28.81	15:53.00	28:53.00
31.00	40.59	1:40.30	3:36.35	7:30.15	15:56.00	28:57.00
30.50	40.71	1:40.65	3:37.09	7:31.49	15:59.00	29:01.00
30.00	40.82	1:41.00	3:37.83	7:32.83	16:02.00	29:05.00
29.50	40.94	1:41.35	3:38.57	7:34.17	16:05.00	29:09.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
29.00	41.06	1:41.70	3:39.31	7:35.51	16:08.00	29:13.00
28.50	41.17	1:42.05	3:40.05	7:36.85	16:11.00	29:17.00
28.00	41.29	1:42.40	3:40.79	7:38.19	16:14.00	29:21.00
27.50	41.41	1:42.75	3:41.53	7:39.53	16:17.00	29:25.00
27.00	41.52	1:43.10	3:42.27	7:40.87	16:20.00	29:29.00
26.50	41.64	1:43.45	3:43.01	7:42.21	16:23.00	29:33.00
26.00	41.76	1:43.80	3:43.75	7:43.55	16:26.00	29:37.00
25.50	41.87	1:44.15	3:44.49	7:44.89	16:29.00	29:41.00
25.00	41.99	1:44.50	3:45.23	7:46.23	16:32.00	29:45.00
24.50	42.10	1:44.85	3:45.97	7:47.57	16:35.00	29:49.00
24.00	42.22	1:45.20	3:46.71	7:48.91	16:38.00	29:53.00
23.50	42.34	1:45.55	3:47.45	7:50.25	16:41.00	29:57.00
23.00	42.45	1:45.90	3:48.19	7:51.59	16:44.00	30:01.00
22.50	42.57	1:46.25	3:48.93	7:52.93	16:47.00	30:05.00
22.00	42.69	1:46.60	3:49.67	7:54.27	16:50.00	30:09.00
21.50	42.80	1:46.95	3:50.41	7:55.61	16:53.00	30:13.00
21.00	42.92	1:47.30	3:51.15	7:56.95	16:56.00	30:17.00
20.50	43.03	1:47.65	3:51.89	7:58.29	16:59.00	30:21.00
20.00	43.15	1:48.00	3:52.63	7:59.63	17:02.00	30:25.00
19.50	43.27	1:48.35	3:53.37	8:00.97	17:05.00	30:29.00
19.00	43.38	1:48.70	3:54.11	8:02.31	17:08.00	30:33.00
18.50	43.50	1:49.05	3:54.85	8:03.65	17:11.00	30:37.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
18.00	43.62	1:49.40	3:55.59	8:04.99	17:14.00	30:41.00
17.50	43.73	1:49.75	3:56.33	8:06.33	17:17.00	30:45.00
17.00	43.85	1:50.10	3:57.07	8:07.67	17:20.00	30:49.00
16.50	43.96	1:50.45	3:57.81	8:09.01	17:23.00	30:53.00
16.00	44.08	1:50.80	3:58.55	8:10.35	17:26.00	30:57.00
15.50	44.20	1:51.15	3:59.29	8:11.69	17:29.00	31:01.00
15.00	44.31	1:51.50	4:00.03	8:13.03	17:32.00	31:05.00
14.50	44.43	1:51.85	4:00.77	8:14.37	17:35.00	31:09.00
14.00	44.55	1:52.20	4:01.51	8:15.71	17:38.00	31:13.00
13.50	44.66	1:52.55	4:02.25	8:17.05	17:41.00	31:17.00
13.00	44.78	1:52.90	4:02.99	8:18.39	17:44.00	31:21.00
12.50	44.89	1:53.25	4:03.73	8:19.73	17:47.00	31:25.00
12.00	45.01	1:53.60	4:04.47	8:21.07	17:50.00	31:29.00
11.50	45.13	1:53.95	4:05.21	8:22.41	17:53.00	31:33.00
11.00	45.24	1:54.30	4:05.95	8:23.75	17:56.00	31:37.00
10.50	45.36	1:54.65	4:06.69	8:25.09	17:59.00	31:41.00
10.00	45.48	1:55.00	4:07.43	8:26.43	18:02.00	31:45.00
9.50	45.59	1:55.35	4:08.17	8:27.77	18:05.00	31:49.00
9.00	45.71	1:55.70	4:08.91	8:29.11	18:08.00	31:53.00
8.50	45.83	1:56.05	4:09.65	8:30.45	18:11.00	31:57.00
8.00	45.94	1:56.40	4:10.39	8:31.79	18:14.00	32:01.00
7.50	46.06	1:56.75	4:11.13	8:33.13	18:17.00	32:05.00

分值	50 米自	100 米自	200 米自	400 米自	800 米自	1500 米自
7.00	46.17	1:57.10	4:11.87	8:34.47	18:20.00	32:09.00
6.50	46.29	1:57.45	4:12.61	8:35.81	18:23.00	32:13.00
6.00	46.41	1:57.80	4:13.35	8:37.15	18:26.00	32:17.00
5.50	46.52	1:58.15	4:14.09	8:38.49	18:29.00	32:21.00
5.00	46.64	1:58.50	4:14.83	8:39.83	18:32.00	32:25.00
4.50	46.76	1:58.85	4:15.57	8:41.17	18:35.00	32:29.00
4.00	46.87	1:59.20	4:16.31	8:42.51	18:38.00	32:33.00
3.50	46.99	1:59.55	4:17.05	8:43.85	18:41.00	32:37.00
3.00	47.10	1:59.90	4:17.79	8:45.19	18:44.00	32:41.00
2.50	47.22	2:00.25	4:18.53	8:46.53	18:47.00	32:45.00
2.00	47.34	2:00.60	4:19.27	8:47.87	18:50.00	32:49.00
1.50	47.45	2:00.95	4:20.01	8:49.21	18:53.00	32:53.00
1.00	47.57	2:01.30	4:20.75	8:50.55	18:56.00	32:57.00