

JTU認定記録会タイム（16歳以上）

2022/1/1適用

新タイム（16歳以上男子）			
級	Swim (400m)	Run (3,000m)	Swim + Run
1	03:50.00	07:45.81	11:35.81
2	03:53.45	07:52.80	11:46.25
3	03:56.90	07:59.78	11:56.68
4	04:00.35	08:06.77	12:07.12
5	04:03.80	08:13.76	12:17.56
6	04:07.25	08:20.75	12:28.00
7	04:10.70	08:27.73	12:38.43
8	04:14.15	08:34.72	12:48.87
9	04:17.60	08:41.71	12:59.31
10	04:21.05	08:48.69	13:09.74
11	04:24.50	08:55.68	13:20.18
12	04:27.95	09:02.67	13:30.62
13	04:31.40	09:09.66	13:41.06
14	04:34.85	09:16.64	13:51.49
15	04:38.30	09:23.63	14:01.93
16	04:41.75	09:30.62	14:12.37
17	04:45.20	09:37.60	14:22.80
18	04:48.65	09:44.59	14:33.24
19	04:52.10	09:51.58	14:43.68
20	04:55.55	09:58.57	14:54.12
21	04:59.00	10:05.55	15:04.55
22	05:02.45	10:12.54	15:14.99
23	05:05.90	10:19.53	15:25.43
24	05:09.35	10:26.51	15:35.86
25	05:12.80	10:33.50	15:46.30
26	05:16.25	10:40.49	15:56.74
27	05:19.70	10:47.48	16:07.18
28	05:23.15	10:54.46	16:17.61
29	05:26.60	11:01.45	16:28.05
30	05:30.05	11:08.44	16:38.49

新タイム（16歳以上女子）			
級	Swim (400m)	Run (3,000m)	Swim + Run
1	04:13.00	08:53.94	13:06.94
2	04:16.80	09:01.95	13:19.75
3	04:20.59	09:09.96	13:30.55
4	04:24.38	09:17.97	13:42.35
5	04:28.18	09:25.98	13:54.16
6	04:31.97	09:33.99	14:05.96
7	04:35.77	09:41.99	14:17.76
8	04:39.56	09:50.00	14:29.56
9	04:43.36	09:58.01	14:41.37
10	04:47.15	10:06.02	14:53.17
11	04:50.95	10:14.03	15:04.98
12	04:54.74	10:22.04	15:16.78
13	04:58.54	10:30.05	15:28.59
14	05:02.33	10:38.06	15:40.39
15	05:06.13	10:46.07	15:52.20
16	05:09.92	10:54.08	16:04.00
17	05:13.72	11:02.09	16:15.80
18	05:17.51	11:10.09	16:27.60
19	05:21.31	11:18.10	16:39.41
20	05:25.10	11:26.11	16:51.21
21	05:28.90	11:34.12	17:03.02
22	05:32.70	11:42.13	17:14.83
23	05:36.49	11:50.14	17:26.63
24	05:40.28	11:58.15	17:38.43
25	05:44.08	12:06.16	17:50.24
26	05:47.87	12:14.17	18:02.04
27	05:51.67	12:22.18	18:13.85
28	05:55.46	12:30.19	18:25.65
29	05:59.26	12:38.19	18:37.45
30	06:03.05	12:46.20	18:49.25

JTU認定記録会タイム（16歳以上）

2021/4/1更新

新タイム（16歳以上男子）			
級	Swim (400m)	Run (3,000m)	Swim + Run
31	05:40.00	11:45.00	17:25.00
32	06:00.00	12:05.00	18:05.00
33	06:20.00	12:25.00	18:45.00
34	06:40.00	12:45.00	19:25.00
35	07:00.00	13:05.00	20:05.00
36	07:20.00	13:25.00	20:45.00
37	07:40.00	13:45.00	21:25.00
38	08:00.00	14:05.00	22:05.00
39	08:20.00	14:25.00	22:45.00
40	08:40.00	14:45.00	23:25.00
41	09:00.00	15:05.00	24:05.00
42	09:20.00	15:25.00	24:45.00
43	09:40.00	15:45.00	25:25.00
44	10:00.00	16:05.00	26:05.00
45	10:20.00	16:25.00	26:45.00
46	10:40.00	16:45.00	27:25.00
47	11:00.00	17:05.00	28:05.00
48	11:20.00	17:25.00	28:45.00
49	11:40.00	17:45.00	29:25.00
50	12:00.00	18:05.00	30:05.00

新タイム（16歳以上女子）			
級	Swim (400m)	Run (3,000m)	Swim + Run
31	06:10.00	13:00.00	19:10.00
32	06:30.00	13:20.00	19:50.00
33	06:50.00	13:40.00	20:30.00
34	07:10.00	14:00.00	21:10.00
35	07:30.00	14:20.00	21:50.00
36	07:50.00	14:40.00	22:30.00
37	08:10.00	15:00.00	23:10.00
38	08:30.00	15:20.00	23:50.00
39	08:50.00	15:40.00	24:30.00
40	09:10.00	16:00.00	25:10.00
41	09:30.00	16:20.00	25:50.00
42	09:50.00	16:40.00	26:30.00
43	10:10.00	17:00.00	27:10.00
44	10:30.00	17:20.00	27:50.00
45	10:50.00	17:40.00	28:30.00
46	11:10.00	18:00.00	29:10.00
47	11:30.00	18:20.00	29:50.00
48	11:50.00	18:40.00	30:30.00
49	12:10.00	19:00.00	31:10.00
50	12:30.00	19:20.00	31:50.00