

113 學年度自由車術科考試標準

自由車隊功率車測驗標準對照表(功率/體重推力比)

對應分數	男生標準				對應分數	女生標準			
	5 s	1 min	5 min	FT20min		5 s	1 min	5 min	FT20min
100	24.04	11.5	7.6	6.4	100	19.42	9.29	6.61	5.69
99	23.77	11.39	7.5	6.31	99	19.2	9.2	6.52	5.61
98	23.5	11.27	7.39	6.22	98	18.99	9.11	6.42	5.53
97	23.22	11.16	7.29	6.13	97	18.77	9.02	6.33	5.44
96	22.95	11.04	7.19	6.04	96	18.56	8.93	6.24	5.36
95	22.68	10.93	7.08	5.96	95	18.34	8.84	6.15	5.28
94	22.41	10.81	6.98	5.87	94	18.13	8.75	6.05	5.2
93	22.14	10.7	6.88	5.78	93	17.91	8.66	5.96	5.12
92	21.86	10.58	6.77	5.69	92	17.7	8.56	5.87	5.03
91	21.59	10.47	6.67	5.6	91	17.48	8.47	5.78	4.95
90	21.32	10.35	6.57	5.51	90	17.26	8.38	5.68	4.87
89	21.05	10.24	6.46	5.42	89	17.05	8.29	5.59	4.79
88	20.78	10.12	6.36	5.33	88	16.83	8.2	5.5	4.7
87	20.51	10.01	6.26	5.24	87	16.62	8.11	5.41	4.62
86	20.23	9.89	6.15	5.15	86	16.4	8.02	5.31	4.54
85	19.96	9.78	6.05	5.07	85	16.19	7.93	5.22	4.46
84	19.69	9.66	5.95	4.98	84	15.97	7.84	5.13	4.38
83	19.42	9.55	5.84	4.89	83	15.76	7.75	5.04	4.29
82	19.15	9.43	5.74	4.8	82	15.54	7.66	4.94	4.21
81	18.87	9.32	5.64	4.71	81	15.32	7.57	4.85	4.13
80	18.6	9.2	5.53	4.62	80	15.11	7.48	4.76	4.05
79	18.33	9.09	5.43	4.53	79	14.89	7.39	4.67	3.97
78	18.06	8.97	5.33	4.44	78	14.68	7.3	4.57	3.88
77	17.79	8.86	5.22	4.35	77	14.46	7.21	4.48	3.8
76	17.51	8.74	5.12	4.27	76	14.25	7.11	4.39	3.72
75	17.24	8.63	5.01	4.18	75	14.03	7.02	4.3	3.64
74	16.97	8.51	4.91	4.09	74	13.82	6.93	4.2	3.55
73	16.7	8.4	4.81	4	73	13.6	6.84	4.11	3.47
72	16.43	8.28	4.7	3.91	72	13.39	6.75	4.02	3.39
71	16.15	8.17	4.6	3.82	71	13.17	6.66	3.93	3.31
70	15.88	8.05	4.5	3.73	70	12.95	6.57	3.83	3.23
69	15.61	7.94	4.39	3.64	69	12.74	6.48	3.74	3.14
68	15.34	7.82	4.29	3.55	68	12.52	6.39	3.65	3.06
67	15.07	7.71	4.19	3.47	67	12.31	6.3	3.56	2.98
66	14.79	7.59	4.08	3.38	66	12.09	6.21	3.46	2.9
65	14.52	7.48	3.98	3.29	65	11.88	6.12	3.37	2.82
64	14.25	7.36	3.88	3.2	64	11.66	6.03	3.28	2.73
63	13.98	7.25	3.77	3.11	63	11.45	5.94	3.19	2.65

62	13.71	7.13	3.67	3.02	62	11.23	5.85	3.09	2.57
61	13.44	7.02	3.57	2.93	61	11.01	5.76	3	2.49
60	13.16	6.9	3.46	2.84	60	10.8	5.66	2.91	2.4
59	12.89	6.79	3.36	2.75	59	10.58	5.57	2.82	2.32
58	12.62	6.67	3.26	2.66	58	10.37	5.48	2.72	2.24
57	12.35	6.56	3.15	2.58	57	10.15	5.39	2.63	2.16
56	12.08	6.44	3.05	2.49	56	9.94	5.3	2.54	2.08
55	11.8	6.33	2.95	2.4	55	9.72	5.21	2.45	1.99
54	11.53	6.21	2.84	2.31	54	9.51	5.12	2.35	1.91
53	11.26	6.1	2.74	2.22	53	9.29	5.03	2.26	1.83
52	10.99	5.99	2.64	2.13	52	9.07	4.94	2.17	1.75
51	10.72	5.87	2.53	2.04	51	8.86	4.85	2.07	1.67
50	10.44	5.76	2.43	1.95	50	8.64	4.76	1.98	1.58
49	10.17	5.64	2.33	1.86	49	8.43	4.67	1.89	1.5

113 學年度游泳術科考試標準

男生組

項目/分數	100	98	96	94	92	90	88	86	84	82	80	78	76	74	72	70	68	64	62	60
50 自	00:24.8	00:25.1	00:25.3	00:25.6	00:25.8	00:26.1	00:26.4	00:26.6	00:26.9	00:27.2	00:27.4	00:27.7	00:28.0	00:28.3	00:28.6	00:28.8	00:29.1	00:29.4	00:29.7	00:30.0
50 仰	00:27.9	00:28.2	00:28.5	00:28.7	00:29.0	00:29.3	00:29.6	00:29.9	00:30.2	00:30.5	00:30.8	00:31.1	00:31.4	00:31.8	00:32.1	00:32.4	00:32.7	00:33.0	00:33.4	00:33.7
50 蛙	00:30.0	00:30.3	00:30.6	00:30.9	00:31.2	00:31.5	00:31.8	00:32.2	00:32.5	00:32.8	00:33.1	00:33.5	00:33.8	00:34.1	00:34.5	00:34.8	00:35.2	00:35.5	00:35.9	00:36.2
50 蝶	00:25.9	00:26.2	00:26.5	00:26.7	00:27.0	00:27.3	00:27.5	00:27.8	00:28.1	00:28.4	00:28.7	00:29.0	00:29.2	00:29.5	00:29.8	00:30.1	00:30.4	00:30.7	00:31.0	00:31.4
100 自	00:54.3	00:54.8	00:55.4	00:55.9	00:56.5	00:57.1	00:57.6	00:58.2	00:58.8	00:59.4	01:00.0	01:00.6	01:01.2	01:01.8	01:02.4	01:03.0	01:03.7	01:04.3	01:05.0	01:05.6
100 仰	00:59.7	01:00.3	01:00.9	01:01.5	01:02.1	01:02.7	01:03.4	01:04.0	01:04.6	01:05.3	01:05.9	01:06.6	01:07.2	01:07.9	01:08.6	01:09.3	01:10.0	01:10.7	01:11.4	01:12.1
100 蛙	01:07.3	01:08.0	01:08.7	01:09.3	01:10.0	01:10.7	01:11.4	01:12.2	01:12.9	01:13.6	01:14.3	01:15.1	01:15.8	01:16.6	01:17.4	01:18.1	01:18.9	01:19.7	01:20.5	01:21.3
100 蝶	00:57.7	00:58.3	00:58.8	00:59.4	01:00.0	01:00.6	01:01.2	01:01.8	01:02.5	01:03.1	01:03.7	01:04.4	01:05.0	01:05.6	01:06.3	01:07.0	01:07.6	01:08.3	01:09.0	01:09.7
200 自	01:59.2	02:00.4	02:01.6	02:02.8	02:04.0	02:05.3	02:06.5	02:07.8	02:09.1	02:10.4	02:11.7	02:13.0	02:14.3	02:15.7	02:17.0	02:18.4	02:19.8	02:21.2	02:22.6	02:24.0
200 仰	02:09.9	02:11.2	02:12.5	02:13.8	02:15.2	02:16.5	02:17.9	02:19.3	02:20.7	02:22.1	02:23.5	02:24.9	02:26.4	02:27.8	02:29.3	02:30.8	02:32.3	02:33.8	02:35.4	02:36.9
200 蛙	02:24.5	02:25.9	02:27.4	02:28.9	02:30.4	02:31.9	02:33.4	02:34.9	02:36.5	02:38.0	02:39.6	02:41.2	02:42.8	02:44.5	02:46.1	02:47.8	02:49.4	02:51.1	02:52.8	02:54.6
200 蝶	02:08.6	02:09.9	02:11.2	02:12.5	02:13.8	02:15.2	02:16.5	02:17.9	02:19.3	02:20.6	02:22.1	02:23.5	02:24.9	02:26.4	02:27.8	02:29.3	02:30.8	02:32.3	02:33.8	02:35.4
200 混	02:14.1	02:15.4	02:16.8	02:18.2	02:19.5	02:20.9	02:22.3	02:23.8	02:25.2	02:26.7	02:28.1	02:29.6	02:31.1	02:32.6	02:34.1	02:35.7	02:37.2	02:38.8	02:40.4	02:42.0
400 混	04:46.2	04:49.1	04:52.0	04:54.9	04:57.9	05:00.8	05:03.8	05:06.9	05:09.9	05:13.0	05:16.2	05:19.3	05:22.5	05:25.8	05:29.0	05:32.3	05:35.6	05:39.0	05:42.4	05:45.8
400 自	04:16.5	04:19.1	04:21.7	04:24.3	04:26.9	04:29.6	04:32.3	04:35.0	04:37.8	04:40.5	04:43.3	04:46.2	04:49.0	04:51.9	04:54.8	04:57.8	05:00.8	05:03.8	05:06.8	05:09.9
800 自	08:50.0	08:55.3	09:00.7	09:06.1	09:11.5	09:17.0	09:22.6	09:28.2	09:33.9	09:39.7	09:45.5	09:51.3	09:57.2	10:03.2	10:09.2	10:15.3	10:21.5	10:27.7	10:34.0	10:40.3
1500 自	17:00.1	17:10.3	17:20.6	17:31.0	17:41.5	17:52.1	18:02.9	18:13.7	18:24.6	18:35.7	18:46.8	18:58.1	19:09.5	19:21.0	19:32.6	19:44.3	19:56.1	20:08.1	20:20.2	20:32.4

原則上滿分為 112 年國中全中運金牌成績，唯三男子組四百公尺自由式、八百公尺自由式、一千五百公尺自由式金牌成績與同齡成績差距過大因此以銀牌成績代替，後面分數為前一秒數的一個百分比。

112 學年度游泳術科考試標準

女生組

項目/分數	100	98	96	94	92	90	88	86	84	82	80	78	76	74	72	70	68	64	62	60
50 自	00:26.6	00:26.9	00:27.2	00:27.4	00:27.7	00:28.0	00:28.3	00:28.5	00:28.8	00:29.1	00:29.4	00:29.7	00:30.0	00:30.3	00:30.6	00:30.9	00:31.2	00:31.5	00:31.8	00:32.2
50 仰	00:30.8	00:31.1	00:31.4	00:31.7	00:32.1	00:32.4	00:32.7	00:33.0	00:33.4	00:33.7	00:34.0	00:34.4	00:34.7	00:35.1	00:35.4	00:35.8	00:36.1	00:36.5	00:36.8	00:37.2
50 蛙	00:33.7	00:34.0	00:34.4	00:34.7	00:35.1	00:35.4	00:35.8	00:36.1	00:36.5	00:36.9	00:37.2	00:37.6	00:38.0	00:38.4	00:38.7	00:39.1	00:39.5	00:39.9	00:40.3	00:40.7
50 蝶	00:28.7	00:29.0	00:29.3	00:29.6	00:29.9	00:30.2	00:30.5	00:30.8	00:31.1	00:31.4	00:31.7	00:32.0	00:32.3	00:32.7	00:33.0	00:33.3	00:33.7	00:34.0	00:34.3	00:34.7
100 自	00:59.3	00:59.9	01:00.5	01:01.1	01:01.7	01:02.3	01:02.9	01:03.6	01:04.2	01:04.9	01:05.5	01:06.2	01:06.8	01:07.5	01:08.2	01:08.8	01:09.5	01:10.2	01:10.9	01:11.6
100 仰	01:04.8	01:05.4	01:06.1	01:06.8	01:07.4	01:08.1	01:08.8	01:09.5	01:10.2	01:10.9	01:11.6	01:12.3	01:13.0	01:13.7	01:14.5	01:15.2	01:16.0	01:16.7	01:17.5	01:18.3
100 蛙	01:13.4	01:14.1	01:14.9	01:15.6	01:16.4	01:17.1	01:17.9	01:18.7	01:19.5	01:20.3	01:21.1	01:21.9	01:22.7	01:23.5	01:24.4	01:25.2	01:26.1	01:26.9	01:27.8	01:28.7
100 蝶	01:03.4	01:04.0	01:04.7	01:05.3	01:06.0	01:06.6	01:07.3	01:08.0	01:08.7	01:09.3	01:10.0	01:10.7	01:11.4	01:12.2	01:12.9	01:13.6	01:14.3	01:15.1	01:15.8	01:16.6
200 自	02:08.8	02:10.1	02:11.4	02:12.7	02:14.0	02:15.4	02:16.7	02:18.1	02:19.5	02:20.9	02:22.3	02:23.7	02:25.1	02:26.6	02:28.1	02:29.5	02:31.0	02:32.5	02:34.1	02:35.6
200 仰	02:20.4	02:21.8	02:23.2	02:24.7	02:26.1	02:27.6	02:29.0	02:30.5	02:32.0	02:33.6	02:35.1	02:36.6	02:38.2	02:39.8	02:41.4	02:43.0	02:44.6	02:46.3	02:47.9	02:49.6
200 蛙	02:38.3	02:39.9	02:41.5	02:43.1	02:44.7	02:46.4	02:48.0	02:49.7	02:51.4	02:53.1	02:54.9	02:56.6	02:58.4	03:00.2	03:02.0	03:03.8	03:05.6	03:07.5	03:09.4	03:11.2
200 蝶	02:21.0	02:22.4	02:23.8	02:25.3	02:26.7	02:28.2	02:29.7	02:31.2	02:32.7	02:34.2	02:35.8	02:37.3	02:38.9	02:40.5	02:42.1	02:43.7	02:45.3	02:47.0	02:48.7	02:50.3
200 混	02:24.2	02:25.6	02:27.1	02:28.6	02:30.1	02:31.6	02:33.1	02:34.6	02:36.1	02:37.7	02:39.3	02:40.9	02:42.5	02:44.1	02:45.8	02:47.4	02:49.1	02:50.8	02:52.5	02:54.2
400 混	04:55.8	04:58.8	05:01.7	05:04.8	05:07.8	05:10.9	05:14.0	05:17.1	05:20.3	05:23.5	05:26.7	05:30.0	05:33.3	05:36.6	05:40.0	05:43.4	05:46.8	05:50.3	05:53.8	05:57.4
400 自	04:24.5	04:27.1	04:29.8	04:32.5	04:35.2	04:38.0	04:40.8	04:43.6	04:46.4	04:49.3	04:52.2	04:55.1	04:58.0	05:01.0	05:04.0	05:07.1	05:10.1	05:13.2	05:16.4	05:19.5
800 自	09:06.0	09:11.5	09:17.0	09:22.5	09:28.2	09:33.9	09:39.6	09:45.4	09:51.2	09:57.2	10:03.1	10:09.2	10:15.2	10:21.4	10:27.6	10:33.9	10:40.2	10:46.6	10:53.1	10:59.6
1500 自	17:48.8	17:59.5	18:10.3	18:21.2	18:32.2	18:43.3	18:54.6	19:05.9	19:17.4	19:28.9	19:40.6	19:52.4	20:04.4	20:16.4	20:28.6	20:40.8	20:53.3	21:05.8	21:18.4	21:31.2

各隊備取名額

項目	游泳	拳擊	空手道	自由車
名額	1	1	0	0