

HKSAPID 游泳運動員個人最佳時間

A 隊 (長池)

男子 長池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 IM	
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	200IM	400IM
鄧韋樂	25.61	54.01	1:56.32	4:19.23			33.64	1:12.52		29.10	1:02.91	2:22.08	27.34	1:01.12		2:16.81	
	081115	051116	110916	190616			090613	230416		300815	221014	030116	130414	071115		270416	
蔡華傑	26.97	58.78	2:02.65	4:17.35			33.06	1:08.93	2:37.53	34.88	1:05.67	2:26.47	29.45	1:08.16		2:16.27	
	081115	071115	041117	051117			260915	270417	300815	210713	160717	030116	030116	210713		280417	
許家俊	27.67	1:00.06	2:05.33	4:30.79			38.86	1:12.33	3:21.25	30.14	1:04.58	2:25.44	29.36	1:03.62	2:34.52	2:21.18	
	081115	071115	111217	051117			110115	270417	250513	310716	240616	071115	030116	121217	250915	111217	
陳朗天	34.27	1:01.65	2:06.66	4:23.98			39.03	1:13.44	3:30.77	40.29	1:05.91		40.79	1:17.34		2:19.02	
	270914	051116	300717	051117			050714	270417	250513	280913	121217		060713	270914		111217	
黃漢彥	31.16	1:01.25	2:05.53	4:27.20			39.65	1:20.86		36.64	1:10.34		33.03	1:05.27		2:25.31	
	270914	030116	111217	051117			040715	131217		040715	121217		030116	121217		280417	
HKR	25.61	54.01	1:56.32	4:17.35	9:44.34	17:39.76	33.06	1:08.93	2:37.53	29.10	1:02.91	2:22.08	27.34	1:01.12	2:20.35	2:16.27	5:02.02
	081115	051116	110916	051117		230915	260915	270417	300815	300815	221014	030116	130414	071115	111112	280417	240915
	鄧韋樂	鄧韋樂	鄧韋樂	蔡華傑		李浚生	蔡華傑	蔡華傑	蔡華傑	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	歐榮麟	蔡華傑	李浚生
WR (IPC)	-	-	1:56.27	-	-	-	-	1:06.69	-	-	59.26	-	-	-	-	2:08.98	-
WR (Inas)	24.55	54.22	-	4:15.53	9:01.84	17:18.86	30.29	-	2:34.25	29.78	-	2:21.95	27.09	58.60	2:15.74	-	5:01.32

女子 長池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 IM	
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	200IM	400IM
周沅凝	30.70	1:06.85	2:26.59	5:11.74	10:40.35		42.94	1:28.93	3:13.92	36.33	1:15.63	2:46.01	34.36	1:16.02	2:55.73	2:48.57	6:00.62
	070709	190610	220807	230807	070709		090613	180810	050611	250710	170810	040710	200813	101112	031011	190414	220813
張淬淇	38.39	1:09.45	2:27.87	5:05.40			53.72			40.33	1:21.22		37.78	1:28.67		2:50.59	
	270914	051116	041117	051117			050714			220216	160717		030116	220216		140517	
張可盈	39.73	1:09.97	2:28.19	5:10.27			47.08			41.25	1:21.92		35.84	1:19.43		2:47.72	
	270914	051116	041117	051117			040715			220216	160717		030116	220216		140517	
陳睿琳	33.57		2:31.73	5:10.23				1:39.33	3:19.58		1:24.06		38.00			2:54.47	
	240916		041117	051117				280516	240916		160717		280516			140517	
HKR	30.70	1:05.62	2:19.13	5:01.52	10:12.25		38.00	1:19.63	2:47.97	35.66	1:11.79	2:42.65	33.65	1:15.30	2:42.79	2:38.30	5:23.29
	070709	101112	031011	190409	300509		050611	050611	050611	250710	170810	080709	090613	030711	210808	131211	031011
	周沅凝	梁舒恆	梁舒恆	梁舒恆	梁舒恆		梁舒恆	梁舒恆	梁舒恆	梁舒恆	梁舒恆	梁舒恆	鄧淑文	梁舒恆	梁舒恆	梁舒恆	梁舒恆
WR (IPC)	-	-	2:04.98	-	-	-	-	1:14.40	-	-	1:04.70	-	-	-	-	2:21.33	-
WR (Inas)	27.40	1:00.99	-	4:45.26	9:57.01	19:36.00	35.18	-	2:47.97	31.64	-	2:26.41	30.75	1:09.07	2:38.52	-	5:33.60

HKSAPID 游泳運動員個人最佳時間

A 隊 (短池)

男子 短池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 Ind Medley		
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	100IM	200IM	400IM
鄧韋樂	25.86	52.70	1:53.70	4:14.84	9:56.99		32.13	1:10.07	2:54.62	28.68	1:01.37	2:17.21	26.18	58.73		1:01.59	2:11.55	
	150112	120217	120316	190114	270211		190114	120316	120211	170313	230214	130113	120217	150117		160314	130316	
蔡華傑	30.05	57.68	2:00.51	4:28.47			33.43	1:10.46	2:28.67	36.32	1:06.09	2:36.71	28.29	1:02.90		1:06.66	2:11.82	
	310312	230214	110317	190114			070615	120316	120217	110212	120317	130113	120217	150117		160314	24:12:17	
許家俊	34.95	1:01.09	2:04.46	4:54.21				1:14.59	2:36.73		1:02.62	2:18.26	28.40	1:15.34		1:05.94	2:18.86	
	030312	230214	120316	230214				120316	120217		130316	150117	120217	020213		160116	24:12:17	
陳朗天	28.67	1:01.08	2:06.23					1:25.60	2:39.41	34.87	1:06.28	2:29.12	33.81	1:04.99		1:14.04	2:15.23	
	130316	120217	110317					061214	120217	141115	120317	150117	070315	150117		170115	24:12:17	
黃漢彥	27.85	59.05	2:05.71							38.15		2:32.68	32.19	1:09.30		1:13.79	2:22.66	
	130316	120217	110317							061214		150117	120217	150117		160116	24:12:17	
HKR	25.86	52.70	1:53.70	4:14.84	9:15.36	17:33.36	32.13	1:10.07	2:28.67	28.68	1:01.37	2:17.21	26.18	58.73	2:19.20	1:01.59	2:11.55	5:02.80
	150112	120217	120316	190114			190114	120316	120217	170313	230214	130113	120217	150117	160313	160314	130316	240213
	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂			鄧韋樂	鄧韋樂	蔡華傑	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	李浚生	鄧韋樂	鄧韋樂	歐榮麟
WR (IPC)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WR (Inas)	24.59	54.20	2:02.28	4:18.45	8:55.89	16:47.98	29.73	1:05.02	2:21.91	28.71	1:03.52	2:14.69	27.18	1:00.36	2:24.33	1:03.18	2:10.69	4:56.21

女子 短池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 Ind Medley		
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	100IM	200IM	400IM
周沅凝	30.72	1:06.82	2:22.91	5:02.88	10:34.18	20:32.43	41.50	1:26.62		35.31	1:13.75	2:39.25	33.19	1:13.62	3:02.55	1:16.41	2:42.24	
	170111	240213	291109	100110	170307	200205	190114	120311		180312	180312	130113	240213	130113	310704	160314	190114	
張淬淇	32.35	1:13.40	2:26.04				47.67	1:54.26			1:26.98		37.92	1:18.22		1:24.88	2:44.88	
	120317	130316	120317				050316	180114			070315		070315	150117		160116	24:12:17	
張可盈	31.14	1:06.54	2:26.14				42.56	1:47.60		40.82	1:27.82		37.65	1:13.05		1:23.43	2:37.77	
	120317	120217	120317				050316	180114		061214	070315		070315	150117		170115	24:12:17	
陳睿琳																	2:37.75	
																	24:12:17	
HKR	30.13	1:05.58	2:19.75	4:51.61	10:12.22	20:32.43	37.02	1:19.28	2:50.47	34.73	1:13.75	2:38.19	33.19	1:13.05	2:40.60	1:12.35	2:34.22	5:22.37
	130113	270211	140310	150112	110311	200205	170111	170312	150309	170313	180312	150112	240213	150117	140309	160313	130311	270211
	梁舒恆	梁舒恆	梁舒恆	梁舒恆	梁舒恆	周沅凝	梁舒恆	梁舒恆	梁舒恆	梁舒恆	周沅凝	梁舒恆	周沅凝	張可盈	梁舒恆	梁舒恆	梁舒恆	梁舒恆
WR (IPC)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WR (Inas)	27.55	59.04	2:10.30	4:43.88	10:00.36	-	36.23	1:19.28	2:44.61	31.37	1:05.89	2:23.41	31.39	1:08.99	2:37.84	1:11.41	2:26.92	5:22.37

HKSAPID 游泳運動員個人最佳時間

B 隊 (長池)

男子 長池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 IM	
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	200IM	400IM
周鴻昌	29.00	1:03.58	2:20.07	5:00.03			45.14	1:45.04	3:41.65	36.91	1:16.41	3:25.52	38.08	1:21.81		2:25.13	
	061116	051116	041117	051117			050714	070712	250513	220216	130517	070712	240514	270914		241217	
黃嘉輝	31.49	1:29.29	2:32.65				50.89	1:29.45	3:13.66	50.04	1:53.12	3:00.38	37.32	1:19.11		3:29.51	
	230917	050714	270517				050714	270517	230917	280913	250513	270517	280516	230917		280913	
李栢謙	36.63	1:08.84	2:22.02	4:57.64			47.41			40.08	1:19.18		46.00	1:25.02		2:37.98	
	270914	051116	041117	051117			050714			220216	160717		240514	220216		241217	
譚偉祐	34.93		2:43.53	5:30.80				1:37.56	3:18.66		1:23.03	3:05.99	36.35	1:20.06			
	240916		280516	190616				270517	230917		230917	270517	270517	230917			
江子軒	34.57		2:38.50					1:32.86	3:11.39		1:25.52	3:18.90	40.84	1:29.54			
	240916		270517					270517	230917		230917	280516	270517	230917			
黃思律	30.06		2:25.38	4:50.23				1:28.62	3:01.43		1:15.40	2:39.67	36.65			2:41.50	
	240916		041117	051117				280516	240916		130517	270517	280516			140517	
郭釗均	32.69		2:31.11					1:40.38	3:38.06		1:28.45	3:16.63	39.59			2:47.60	
	240916		041117					270517	240916		160717	280516	270517			241217	
史煌輝			3:07.12						3:42.25								
			280516						240916								
Gurung Milan	37.43													1:37.70			
	230917													230917			
徐浩邦	34.98													1:39.79			
	230917													230917			
張浚諾	35.79													1:40.31			
	230917													230917			
HKR	25.61	55.01	1:57.77	4:17.35	9:44.34	17:39.76	33.06	1:09.53	2:37.53	29.10	1:02.91	2:22.08	27.34	1:01.12	2:20.35	2:16.81	5:02.02
	081115	030116	260416	051117		230915	260915	230416	300815	300815	221014	030116	130414	071115	111112	270416	240915
	鄧韋樂	鄧韋樂	鄧韋樂	蔡華傑		李浚生	蔡華傑	蔡華傑	蔡華傑	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	歐榮麟	鄧韋樂	李浚生

女子 長池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 IM	
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	200IM	400IM
謝林恩	32.27	1:34.85	2:39.67	5:34.61			52.08		3:06.61		1:23.14	3:08.15	40.23	1:52.45		2:47.46	
	230917	050714	280516	190616			050714		240916		130517	270517	280516	270914		140517	
鄭苑淇	33.33		2:36.85					1:37.60	3:29.23		1:28.58	3:10.07	39.20			2:59.92	
	240916		041117					280516	240916		130517	270517	280516			140517	
潘珮宜	39.58													1:57.38			
	230917													230917			
鄺安婷																	
HKR	30.70	1:05.62	2:19.13	5:01.52	10:12.25		38.00	1:19.63	2:47.97	35.66	1:11.79	2:42.65	33.65	1:15.30	2:42.79	2:38.73	5:23.29
	070709	101112	031011	190409	300509		050611	050611	050611	250710	170810	080709	090613	030711	210808	061111	031011
	周沅凝	梁舒恆	梁舒恆	梁舒恆	梁舒恆		梁舒恆	梁舒恆	梁舒恆	梁舒恆	梁舒恆	梁舒恆	鄧淑文	梁舒恆	梁舒恆	梁舒恆	梁舒恆

HKSPID 游泳運動員個人最佳時間

B 隊 (短池)

男子 短池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 Ind Medley		
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	100IM	200IM	400IM
周鴻昌	29.21 130316	1:05.44 120217	2:16.28 110317				38.83 050316	1:23.62 141115	3:41.34 020213	36.35 141115	1:22.52 070315		31.47 120217	1:08.08 150117		1:15.81 160116	2:31.86 120317	
黃嘉輝	34.33 160116	1:07.40 111117					44.41 050316	1:38.30 141115		38.30 111117	1:31.42 070315		54.40 231212			1:30.28 170115		
李栢謙	31.38 130316	1:05.22 120217	2:22.52 110317				42.06 050316			41.21 061214	1:25.22 070315		37.85 050316	1:18.69 150117		1:23.87 170115		
譚偉祐	36.16 160116	1:08.10 111117					48.11 050316	1:43.31 141115			1:31.94 050316			1:25.28 160116				
江子軒	38.24 160116	1:24.00 141115								44.07 141115	1:37.39 050316		46.11 050316	1:42.46 160116				
黃思律	31.93 160116	1:20.94 141115					41.46 050316			39.10 141115	1:20.63 050316			1:19.59 160116				
郭釗均	36.49 160116	1:24.87 141115					49.57 050316			47.65 141115	1:40.27 050316			1:37.68 160116				
史煌輝		1:20.60 111117								40.21 111117								
Gurung Milan										44.84 111117								
徐浩邦										42.81 111117								
張浚諾										47.61 111117								
HKR	25.86 150112 鄧韋樂	52.70 120217 鄧韋樂	1:53.70 120316 鄧韋樂	4:14.84 190114 鄧韋樂	9:15.36	17:33.36	32.13 190114 鄧韋樂	1:10.07 120316 鄧韋樂	2:28.67 120217 蔡華傑	28.68 170313 鄧韋樂	1:01.37 230214 鄧韋樂	2:17.21 130113 鄧韋樂	26.18 120217 鄧韋樂	58.73 150117 鄧韋樂	2:19.20 160313 李浚生	1:01.59 160314 鄧韋樂	2:11.55 130316 鄧韋樂	5:02.80 240213 歐榮麟

女子 短池	自由泳 Freestyle						蛙泳 Breaststroke			背泳 Backstroke			蝶泳 Butterfly			個人四式 Ind Medley		
	50M	100M	200M	400M	800M	1500M	50M	100M	200M	50M	100M	200M	50M	100M	200M	100IM	200IM	400IM
謝林恩	33.60 160116	1:13.16 141115					41.45 050316	1:32.00 141115		43.36 061214	1:27.20 050316			1:28.12 160116		1:32.77 170115		
鄭苑淇	37.52 160116						45.87 050316				1:32.60 050316			1:31.10 160116				
潘珮宜								1:57.13 111117		50.46 111117								
鄺安婷																		
HKR	30.13 130113 梁舒恆	1:05.58 270211 梁舒恆	2:19.75 140310 梁舒恆	4:51.61 150112 梁舒恆	10:12.22 110311 梁舒恆	20:32.43 200205 周沅凝	37.02 170111 梁舒恆	1:19.28 170312 梁舒恆	2:50.47 150309 梁舒恆	34.73 170313 梁舒恆	1:13.75 180312 周沅凝	2:38.19 150112 梁舒恆	33.19 240213 周沅凝	1:13.05 150117 張可盈	2:40.60 140309 梁舒恆	1:12.35 160313 梁舒恆	2:34.22 130311 梁舒恆	5:22.37 270211 梁舒恆

HKSAPID 游泳運動員個人最佳時間

Long Course

Men's

Events	WR	HKR	Swimmers	Date / Place
4 x 50m Freestyle Relay	1:45.05	1:45.05	AU KL, LEE TS, LI KM, TANG WL	23-Aug-2013 INAS World Swimming Championships (New Caledonia)
4 x 100m Freestyle Relay	3:52.85	3:52.42	CHOI WK, LEE TS, LI KM, TANG WL	25-Sep-2015 Ecuador 2015 INAS Global Games
4 x 200m Freestyle Relay	8:44.92	8:25.64	CHOI WK, LEE TS, LI KM, TANG WL	20-Jul-2014 2014-2015 Age Group Long Course Swimming Competition Division I (Part I) (Hong Kong, China)
4 x 50m Medley Relay	1:58.02	1:57.65	HUI KC, CHOI WK, LEE TS, TANG WL	23-Sep-2015 Ecuador 2015 INAS Global Games
4 x 100m Medley Relay	4:22.30	4:20.33	HUI KC, CHOI WK, LEE TS, TANG WL	24-Sep-2015 Ecuador 2015 INAS Global Games

Women's

Events	WR	HKR	Swimmers	Date / Place
4 x 50m Freestyle Relay	2:03.90	2:08.29	Tang SM, Leung SH, Chow YY, Tang CF	10-Jul-2009, 2 nd INAS-FID Global Games (Liberec, Czech Republic)
4 x 100m Freestyle Relay	4:31.68	4:46.56	Tang SM, Chow YY, Leung SH, Tang CF	1-June-2006, German Open Championships 2006
4 x 200m Freestyle Relay	9:50.45	10:25.10	Tang SM, Tang CF, Chow YY, Leung SH	10-Jul-2009, 2 nd INAS-FID Global Games (Liberec, Czech Republic)
4 x 50m Medley Relay	2:19.90	2:24.82	Tang SM, Leung SH, Chow YY, Tang CF	24-Aug-2007, 5 th INAS-FID World Swimming Championships (Ghent, Belgium)
4 x 100m Medley Relay	4:50.01	5:18.89	Tang SM, Leung SH, Chow YY, Tang CF	18-Aug-2008, 4 th INAS-FID Open European Swimming Championships (Ostrowiec Swietokrzyski, Poland)

Short Course

Men's

Events	WR	HKR	Swimmers	Date / Place
4 x 50m Freestyle Relay	1:47.40	1:48.58	Tan KH, Lam PY, Po TS, Chan PK	31-Jul-2004, Global Games – Bollnas, Sweden
4 x 100m Freestyle Relay	3:57.31	4:03.27	Tan KH, Lam PY, Po TS, Chan PK	28-Jul-2004, Global Games – Bollnas, Sweden
4 x 200m Freestyle Relay		8:05.55	TANG WL, HUI KC, WONG HY, CHOI WK	15-Jan-2017, 2016-17 Div.I Age Group Short Course Swimming Competition (Part 2)
4 x 50m Medley Relay	1:59.93	2:08.61	Chan PK, Po TS, Tan KH, Lam PY	29-Jul-2004, Global Games – Bollnas, Sweden
4 x 100 Medley Relay	4:30.89	4:55.32	Tam WP, Po TS, Chan PK, Tan KH	20-Feb-2005, Div I – Hong Kong

Women's

Events	WR	HKR	Swimmers	Date / Place
4 x 50m Freestyle Relay	2:08.96	2:12.47	Tang SM, Chan FK, Leung SH, Chow YY	29-Jul-2004, Global Games – Bollnas, Sweden
4 x 100m Freestyle Relay	4:49.12	4:55.48	Tang SM, Chan FK, Leung SH, Chow YY	30-Jul-2004, Global Games – Bollnas, Sweden
4 x 200m Freestyle Relay				
4 x 50m Medley Relay	2:29.16	2:29.16	Tang SM, Leung SH, Chow YY, Chan FK	31-Jul-2004, Global Games – Bollnas, Sweden
4 x 100m Medley Relay	5:34.18	5:34.00	Tang SM, Leung SH, Chow YY, Chan FK	28-Jul-2004, Global Games – Bollnas, Sweden