

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	59.36		2:15.10	
	081115	051116	110916	190616			090613	230416		300815	221014	030116	130414	101018		121018	
許家俊	27.67	1:00.06	2:05.33	4:30.79			38.86	1:12.33	3:21.25	30.14	1:02.44	2:25.44	29.36	1:02.83	2:34.52	2:21.18	
	081115	071115	111217	051117			110115	270417	250513	310716	091018	071115	030116	040318	250915	111217	
陳朗天	34.27	1:01.65	2:06.66	4:23.98			39.03	1:11.37	3:30.77	40.29	1:05.22		40.79	1:00.44		2:17.30	
	270914	051116	300717	051117			050714	081018	250513	280913	091018		060713	101018		121018	
黃漢彥	31.16	1:01.25	2:03.45	4:27.20			39.65	1:20.86		36.64	1:10.00		33.03	1:05.27		2:25.31	
	270914	030116	071018	051117			040715	131217		040715	091018		030116	121217		280417	
HKR	25.61	54.01	1:56.32	4:17.35	9:44.34	17:39.76	33.06	1:08.76	2:37.53	29.10	1:02.44	2:22.08	27.34	59.36	2:20.35	2:15.10	5:02.02
	081115 鄧韋樂	051116 鄧韋樂	110916 鄧韋樂	051117 蔡華傑	230915 李浚生	260915 蔡華傑	310518 蔡華傑	300815 蔡華傑	300815 鄧韋樂	300815 許家俊	030116 鄧韋樂	030116 鄧韋樂	130414 鄧韋樂	101018 鄧韋樂	111112 歐榮麟	121018 鄧韋樂	240915 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
張淬淇	38.39	1:09.45	2:23.92	5:05.40			53.72	1:34.45		40.33	1:18.99		37.78	1:19.43		2:46.08	
	270914	051116	071018	051117			050714	030318		220216	091018		030116	020618		121018	
張可盈	39.73	1:09.97	2:26.05	5:10.27			47.08	1:32.19		41.25	1:19.47		35.84	1:15.78		2:42.32	
	270914	051116	040318	051117			040715	081018		220216	091018		030116	110218		121018	
陳睿琳	33.57		2:22.52	5:10.23				1:29.08	3:19.58		1:15.32		38.00	1:08.56		2:37.01	
	240916		030618	051117				310518	240916		091018		280516	101018		121018	
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	1:08.56	2:42.79	2:37.01	5:23.29
	070709 周沅凝	101112 梁舒恆	031011 梁舒恆	190409 梁舒恆	300509 梁舒恆		050611 梁舒恆	050611 梁舒恆	050611 梁舒恆	250710 梁舒恆	170810 梁舒恆	080709 梁舒恆	090613 鄧淑文	101018 陳睿琳	210808 梁舒恆	121018 陳睿琳	031011 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	
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	2:17.10	
	030312	230214	120316	230214				120316	120217		130316	150117	120217	020213		160116	290718	
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	2:14.86	
	130316	120217	110317					061214	120217	141115	120317	150117	070315	150117		170115	290718	
黃漢彥	27.85	59.05	2:05.71							38.15		2:32.68	32.19	1:09.30		1:13.79	2:20.56	
	130316	120217	110317							061214		150117	120217	150117		160116	290718	
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	241217	
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	2:37.67	
	120317	120217	120317				050316	180114		061214	070315		070315	150117		170115	290718	
陳睿琳																	2:37.75	
																	241217	
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
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	2:20.26	4:57.64			47.41	1:27.44		40.08	1:19.18		46.00	1:17.55		2:37.98	
	270914	051116	110218	051117			050714	110218		220216	160717		240514	110218		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			
郭釗均	32.69		2:30.09					1:37.89	3:38.06		1:28.45	3:16.63	39.59	1:24.68		2:47.60	
	240916		110218					110218	240916		160717	280516	270517	110218		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	1:08.76	2:37.53	29.10	1:02.44	2:22.08	27.34	59.36	2:20.35	2:15.10	5:02.02
	081115	030116	260416	051117		230915	260915	310518	300815	300815	091018	030116	130414	101018	111112	121018	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	許家俊	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	1:23.92		2:57.83	
	240916		041117					280516	240916		130517	270517	280516	110218		110218	
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	1:08.56	2:42.79	2:37.01	5:23.29
	070709	101112	031011	190409	300509		050611	050611	050611	250710	170810	080709	090613	101018	210808	121018	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	陳睿琳	梁舒恆	陳睿琳	梁舒恆

HKSAPID 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
黃嘉輝	31.13 130118	1:07.40 111117					44.41 050316	1:38.30 141115		38.30 111117	1:31.42 070315		54.40 231212			1:16.41 130118		
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	2:35.06 290718	
譚偉祐	31.99 130118	1:08.10 111117					48.11 050316	1:43.31 141115			1:31.94 050316			1:25.28 160116		1:19.08 130118		
江子軒	38.24 160116	1:24.00 141115								44.07 141115	1:37.39 050316		46.11 050316	1:29.87 130118		1:21.42 130118		
郭釗均	36.49 160116	1:24.87 141115					49.57 050316			47.65 141115	1:40.27 050316			1:37.68 160116			2:49.70 290718	
史煌輝		1:20.60 111117								40.21 111117				1:34.70 130118		1:30.25 130118		
Gurung Milan	33.60 130118									44.84 111117						1:26.30 130118		
徐浩邦	31.57 130118									42.81 111117						1:24.32 130118		
張浚諾	33.61 130118									47.61 111117						1:27.88 130118		
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		1:17.35 130118		
鄭苑淇	37.52 160116						45.87 050316				1:32.60 050316			1:31.10 160116			2:51.36 290718	
潘珮宜	40.42 130118							1:57.13 111117		50.46 111117						1:47.45 130118		
鄭安婷																		
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

Events	WR	HKR	Swimmers	Date / Place
Mixed 4x100m Freestyle Relay		4:09.74	CHAN YL, CHEONG SK, CHOI WK, TANG WL	02-Mar-2018 Copenhagen 2018 World Para Swimming World Series (Copenhagen, Denmark)

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