

HKSAM 游泳運動員個人最佳時間

A 隊

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
李浚生	26.27	59.00	2:05.04	4:29.59		18:15.15	33.67	1:13.14	2:41.86	30.68	1:05.36	2:24.40	28.29	1:01.97		2:19.15	5:17.14
	190513	090613	210414	111112		031011	090613	180414	130414	111112	300814	220813	230813	220813		190414	031011
陳 正	29.00	1:01.64	2:16.54	4:43.08		19:30.41	37.02	1:19.46	2:51.83	33.26	1:09.46	2:35.13	30.63	1:07.43	2:32.58	2:30.63	5:25.03
	220813	160610	210414	150610		031011	060712	100612	111112	080712	200512	040710	130414	080712	200813	031011	190813
陳敏冬	28.23	1:03.63	2:17.73	5:09.44			38.18	1:20.68		31.21	1:07.06	2:27.28	31.91	1:09.41	2:32.06	2:28.61	5:19.83
	110909	040710	210414	040710			090613	180414		061111	030711	040911	090613	121211	200813	190414	190513
鄧韋樂	25.76	55.46	1:58.17	4:25.68			33.64	1:16.76		30.49	1:03.01	2:24.71	27.34			2:20.88	
	070614	060614	310814	111112			090613	210713		111112	291013	090613	130414			190414	
李珈泐	26.91	57.90	2:06.26	4:34.66		18:50.54	35.96	1:17.36	2:48.22	32.34	1:07.42		30.19	1:08.19		2:26.90	
	190513	200813	210414	190813		200813	090613	281013	130414	210713	291013		090613	080614		190414	
蔡華傑	27.09	1:01.63	2:07.85	4:37.33			33.36	1:12.17	2:39.03	34.88	1:07.96	2:31.56	30.32	1:08.16		2:21.27	
	190513	090613	210414	090613			190813	180414	130414	210713	200414	080614	090613	210713		190414	
HKR	25.76	55.46	1:58.17	4:25.68	9:44.34	18.09.97	33.36	1:12.17	2:39.03	30.49	1:03.01	2:24.40	27.34	1:01.97	2:20.35	2:19.15	5:05.89
	070614	060614	310814	111112			190813	180414	130414	111112	291013	220813	130414	220813	111112	190414	031011
	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂			蔡華傑	蔡華傑	蔡華傑	鄧韋樂	鄧韋樂	李浚生	鄧韋樂	李浚生	歐榮麟	李浚生	歐榮麟
WR (IPC)	-	-	1:57.16	-	-	-	-	1:06.69	-	-	1:00.96	-	-	-	-	2:11.92	-
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
鄧淑文	31.25	1:07.94	2:29.47	5:25.02	11:25.71		44.51	1:39.00		36.75	1:18.52	2:50.15	33.65	1:17.34	2:59.44	2:58.69	
	190813	040710	290712	050712	010606		090613	290712		100104	140413	090613	090613	210713	190513	190414	
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
鄧翠芬	34.01	1:14.18	2:36.91	5:30.01						38.33	1:22.26	2:55.70	34.90	1:15.97	2:48.17	3:06.83	
	110909	060712	210414	050712						200806	100612	200813	190808	080712	031011	190414	
王曉瑩	32.65	1:11.17	2:36.93				44.49	1:31.79	3:46.09	37.57	1:19.10	2:52.20	34.68	1:17.86		2:49.59	
	190414	230813	210713				080614	180414	070511	230813	291013	090613	060614	190813		200813	
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)	-	-	2:06.50	-	-	-	-	1:16.85	-	-	1:06.70	-	-	-	-	2:29.71	-
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

HKSAM 游泳運動員個人最佳時間

A 隊

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
李浚生	25.87	56.33	2:01.46	4:18.10		18:30.62	32.71	1:10.44	2:36.40	29.53	1:03.71	2:19.75	28.43	1:01.99	2:19.20	1:03.32	2:17.12	5:09.89
	130113	230214	160314	190114		160307	190114	160314	240213	180312	230214	130113	240213	170313	160313	160314	190114	280210
陳 正	27.85	59.84	2:09.31	4:34.68			35.79	1:16.71	2:46.11	32.82	1:07.37	2:28.81	30.20	1:07.13	2:28.69	1:09.41	2:25.76	
	130113	240213	160314	190114			HKASA?	170312	180312	130311	180312	120311	240213	150112	160313	160314	190114	
陳敏冬	27.20	1:00.16	2:13.66	4:52.38			36.21	1:16.50		30.65	1:04.71	2:19.19	30.77	1:05.91	2:32.17	1:08.21	2:23.52	5:11.08
	130113	230214	160314	190114			130113	160314		170313	240213	150112	240213	130113	160313	160313	190114	240213
鄧韋樂	25.86	53.91	1:57.31	4:14.84	9:56.99		32.13	1:11.97	2:54.62	28.68	1:01.37	2:17.21	27.68	1:02.76		1:01.59	2:18.92	
	150112	230214	160314	190114	270211		190114	160314	120211	170313	230214	130113	240213	150112		160314	190114	
李珈泺	27.40	57.46	2:03.50	4:26.87	10:02.63		34.86	1:14.61	2:46.01	32.77	1:06.08	2:33.89	31.79	1:12.71		1:06.68	2:27.10	
	130113	230214	160314	190114	270211		190114	160314	170313	120211	230214	130113	070112	110212		160314	130113	
蔡華傑	30.05	57.68	2:05.69	4:28.47			33.46	1:11.69	2:42.22	36.32	1:08.86	2:36.71	37.44	1:21.74		1:06.66	2:24.37	
	310312	230214	160314	190114			190114	160314	170313	110212	230214	130113	111210	050311		160314	190114	
HKR	25.86	53.91	1:57.31	4:14.84	9:15.36	17:33.36	32.13	1:10.44	2:36.40	28.68	1:01.37	2:17.21	27.68	1:01.39	2:19.20	1:01.59	2:17.12	5:02.80
	150112	230214	160314	190114			190114	160314	240213	170313	230214	130113	240213	180312	160313	160314	190114	240213
	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂			鄧韋樂	李浚生	李浚生	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	歐榮麟	李浚生	鄧韋樂	李浚生	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
鄧淑文	30.42	1:06.69	2:24.39	5:16.49		21:13.14	43.36	1:34.93	2:58.30	34.91	1:16.36	2:47.44	33.20	1:16.30	3:04.11	1:22.16	2:55.07	
	130113	240213	170312	190114		190206	130113	170312	150106	170313	240213	130113	240213	150112	160313		190114	
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	
鄧翠芬	33.52	1:11.06	2:31.78	5:21.86					3:07.50	38.16	1:19.14	2:48.85	36.17	1:15.16	2:45.66	1:30.64	3:00.46	
	130113	230214	160314	190114					150106	180312	180312	130113	280210	130113	160313		160314	
王曉瑩	33.57	1:10.40	2:36.32	5:21.61			41.72	1:30.29		43.88	1:18.65	2:48.73	36.22	1:28.22		1:17.67	2:43.27	
	130113	230214	160314	190114			190114	160314		220111	230214	130113	240213	030711		160314	190114	
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	1:13.62	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	130113	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	周沅凝	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

HKSAM 游泳運動員個人最佳時間

B 隊

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	34.19	1:17.73					45.14	1:45.04	3:41.65	45.77	1:36.13	3:25.52	38.08	1:21.81		3:18.69	
	270914	050714					050714	070712	250513	280913	250513	070712	240514	270914		280913	
許家俊	30.97	1:05.80	2:15.82					1:32.02	3:21.25	33.87	1:08.27	2:40.36	31.01	1:11.83	2:44.14	2:52.66	
	250513	090613	310814					060713	250513	210713	130414	090613	060713	210713	190513	290912	
黃嘉輝	39.72	1:29.29	3:07.20				50.89	1:58.56		50.04	1:53.12		42.16	1:32.81		3:29.51	
	270914	050714	240514				050714	060713		280913	250513		240514	270914		280913	
陳朗天	34.27	1:17.47	2:42.82				39.03	1:40.88	3:30.77	40.29	1:29.75		40.79	1:17.34		2:53.90	
	270914	280913	060713				050714	060713	250513	280913	250513		060713	270914		280913	
駱嘉晟			3:12.12				48.46			44.65							
			060713				280913			280913							
李栢謙	36.63	1:19.21	2:56.77				47.41						46.00	1:39.51			
	270914	050714	240514				050714						240514	270914			
黃漢彥	31.16	1:07.50	2:29.50					1:34.53									
	270914	050714	240514					240514									
HKR	26.18	56.62	1:58.17	4:25.68	9:44.34	18.09.97	33.36	1:12.17	2:39.03	30.49	1:04.53	2:24.40	27.34	1:01.97	2:20.35	2:19.15	5:05.89
	220813	090613	310814	111112			190813	180414	130414	111112	310812	220813	130414	220813	111112	190414	031011
	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂			蔡華傑	蔡華傑	蔡華傑	鄧韋樂	歐榮麟	李浚生	鄧韋樂	李浚生	歐榮麟	李浚生	歐榮麟
WR (IPC)	-	-	1:57.16	-	-	-	-	1:06.69	-	-	1:00.96	-	-	-	-	2:11.92	-
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
庾焯琳	36.74	1:25.80	3:05.64				50.86	2:06.22		46.91	1:40.38		47.48	1:40.67		3:22.52	
	270914	050714	240514				290912	070712		280913	250513		060713	270914		280913	
孫綽瑩	37.61	1:28.48	3:02.35				51.69	2:18.10		52.41		4:26.85	44.53	1:36.34			
	270914	050714	240514				050714	070712		290912		070712	240514	270914			
張淦淇	38.39	1:21.77	3:21.87				53.72			46.96			45.33	1:34.28			
	270914	050714	060713				050714			280913			240514	270914			
張可盈	39.73	1:25.89	3:06.49				54.31						45.24	1:35.42			
	270914	050714	240514				050714						240514	270914			
謝林恩	38.45	1:34.85	3:05.48				52.08						53.35	1:52.45			
	270914	050714	240514				050714						240514	270914			
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
WR (IPC)	-	-	2:06.50	-	-	-	-	1:16.85	-	-	1:06.70	-	-	-	-	2:29.71	-
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

HKSAM 游泳運動員個人最佳時間

B 隊

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	35.52	1:20.06	2:53.54				49.21		3:41.34	51.60			41.81	1:30.49		1:33.52		
	230313	020213	070112				050113		020213	220111			070112	030312		230313		
許家俊	34.95	1:01.09	2:18.06	4:54.21				1:08.50			1:10.00	2:34.91	30.27	1:15.34		1:20.74	2:34.82	
	030312	230214	160314	230214				230214			160314	160314	160314	020213		230313	190114	
黃嘉輝	39.42	1:29.22						2:04.25		47.23			54.40			1:34.05		
	010314	180114						190113		180114			231212			010314		
陳朗天	31.81	1:26.19						1:44.70		38.31		3:07.65				1:18.27		
	010314	190113						190113		180114		230313				010314		
駱嘉晟	37.30									48.20								
	010314									180114								
李栢謙	36.10									45.54								
	010314									180114								
黃漢彥																		
HKR	25.86	53.91	1:57.31	4:14.84	9:15.36	17:33.36	32.13	1:10.44	2:36.40	28.68	1:01.37	2:17.21	27.68	1:01.39	2:19.20	1:01.59	2:17.12	5:02.80
	150112	230214	160314	190114			190114	160314	240213	170313	230214	130113	240213	180312	160313	160314	190114	240213
	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂			鄧韋樂	李浚生	李浚生	鄧韋樂	鄧韋樂	鄧韋樂	鄧韋樂	歐榮麟	李浚生	鄧韋樂	李浚生	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
庾焯琳	39.85	1:22.45	3:16.00				49.13	1:43.66	3:40.17		1:46.69	3:27.22	49.27	1:46.96		1:32.17		
	160213	180114	050113				050113	190113	020213		231212	230313	231212	010314		010314		
孫綽瑩	39.46	1:28.15						1:55.38	3:55.68			3:26.26	54.20			1:39.22		
	160213	190113						190113	020213			230313	231212			160213		
張淦淇	37.60	1:25.94						1:54.26								1:34.46		
	010314	180114						180114								010314		
張可盈	39.83	1:24.58						1:47.60						1:42.16				
	010314	180114						180114						010314				
謝林恩	40.47							1:52.80		51.39				1:56.22				
	010314							180114		180114				010314				
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	1:13.62	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	130113	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	周沅凝	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

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	3:52.85	CHOI WK, LEE TS, LI KM, TANG WL	08-Jun-2014 2014 Guayaquil Open Para Swimming
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	1:58.02	CHOI WK, LEE TS, LI KM, TANG WL	08-Jun-2014 2014 Guayaquil Open Para Swimming
4 x 100m Medley Relay	4:22.30	4:25.49	CHOI WK, LEE TS, LI KM, TANG WL	06-Jun-2014 2014 Guayaquil Open Para Swimming

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		9:13.97	Tan KH, Ho TY, Po TS, Chan PK	
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