

Race Analysis

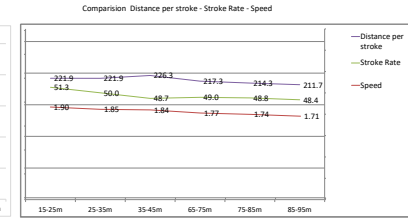
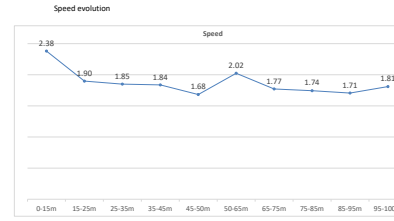
Competition: World Championship 2019
 Race: 100 Free Final



Name	Take off time	Average Speed	Rank
Average of the final	00:05.67	1.89	1
Result	Time	Split	
00:52.80	00:25.39 00:27.41	1:26 2:26 3:26 4:26	
	Stroke number *	33.9 40.4	
Start 15m		Turn	
Time	15-25m 25-35m 35-45m 45-50m	55-65m 65-75m 75-85m 85-95m 95-100m	
Split	00:06.30 00:11.57 00:16.98 00:22.42 00:25.39	00:32.80 00:38.20 00:43.64 00:48.48 00:52.80	
Lap	Time 00:06.30 00:05.27 00:05.41 00:05.44 00:02.97	00:10.38 00:05.64 00:05.70 00:05.86 00:02.76	
Speed	Mean/Sec 2.38 1.90 1.85 1.84 1.68	1.93 1.77 1.74 1.71 1.81	1.80
Stroke Rate	Count/Sec 51.3 50.0 48.7 47.1 46.2	48.8 48.4 48.6	48.4
Stroke tempo	Time 00:01.17 00:01.20 00:01.23 00:01.27	00:01.21 00:01.23 00:01.24 00:01.23	00:01.22
Distance per stroke	Co 221.9 221.9 226.3 217.3 214.3 211.7	218.9	
Stroke index	cm/Sec 4.21 4.10 4.16	3.86 3.74 3.62 3.66	3.66

Total underwater parameters	
Underwater phase time	Time 00:07.22 13.88%
Underwater phase measure	Mean 17.94 17.94%
Underwater phase speed	Mean/Sec 2.48
Swimming phase speed	Mean/Sec 1.80

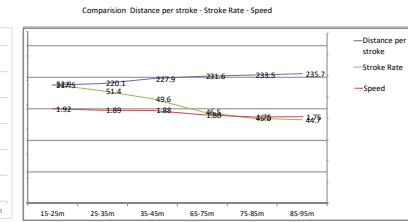
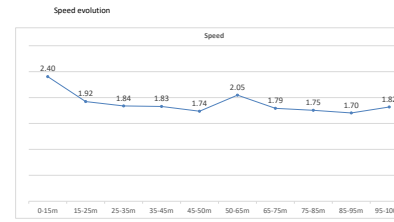
Underwater - Swimming phases	
Breakout time	Time 00:04.28 00:02.84
Breakout distance	Mean 11.08 6.86
Average 50m speed	Mean/Sec 1.97 1.82
Average swimming speed	Mean/Sec 1.84 1.76
Underwater phase speed	Mean/Sec 2.59 2.13
Speed difference between underwater and swimming	Mean/Sec 0.74 0.57



Name	Take off time	Average Speed	Rank
Manuel Simone	00:05.67	1.92	1
Result	Time	Split	
00:52.04	00:24.81 00:27.23	1:26 2:26 3:26 4:26	
	Stroke number *	33 41	
Start 15m		Turn	
Time	15-25m 25-35m 35-45m 45-50m	55-65m 65-75m 75-85m 85-95m 95-100m	
Split	00:06.07 00:11.28 00:16.58 00:21.89 00:24.81	00:32.23 00:37.80 00:43.55 00:49.21 00:52.04	
Lap	Time 00:06.07 00:05.21 00:05.30 00:05.31 00:02.92	00:10.34 00:05.57 00:05.71 00:05.70 00:02.83	
Speed	Mean/Sec 2.47 1.92 1.89 1.88 1.71	1.93 1.80 1.75 1.75 1.77	1.84
Stroke Rate	Count/Sec 52.9 51.4 49.6 48.8 46.2	48.2 46.2 44.7 45.2	46.4
Stroke tempo	Time 00:01.13 00:01.17 00:01.21 00:01.23	00:01.29 00:01.33 00:01.34 00:01.30	00:01.25
Distance per stroke	Co 217.5 220.1 227.9 231.6 233.5 235.7	227.7	
Stroke index	cm/Sec 4.18 4.15 4.29	4.16 4.09 4.13 4.19	4.19

Total underwater parameters	
Underwater phase time	Time 00:07.11 13.66%
Underwater phase measure	Mean 18.00 18.00%
Underwater phase speed	Mean/Sec 2.53
Swimming phase speed	Mean/Sec 1.83

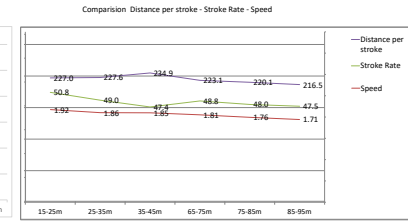
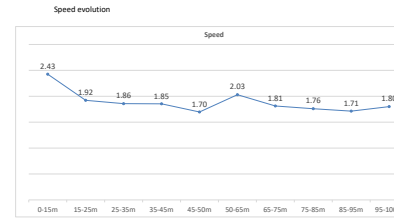
Underwater - Swimming phases	
Breakout time	Time 00:03.64 00:03.47
Breakout distance	Mean 10.30 7.70
Average 50m speed	Mean/Sec 2.02 1.84
Average swimming speed	Mean/Sec 1.88 1.78
Underwater phase speed	Mean/Sec 2.81 2.22
Speed difference between underwater and swimming	Mean/Sec 0.95 0.44



Name	Take off time	Average Speed	Rank
Average of first three	00:05.68	1.91	1
Result	Time	Split	
00:52.31	00:25.11 00:27.20	1:26 2:26 3:26 4:26	
	Stroke number *	33.7 40.4	
Start 15m		Turn	
Time	15-25m 25-35m 35-45m 45-50m	55-65m 65-75m 75-85m 85-95m 95-100m	
Split	00:06.18 00:11.39 00:16.77 00:22.16 00:25.11	00:32.50 00:38.01 00:43.70 00:49.53 00:52.31	
Lap	Time 00:06.18 00:05.20 00:05.38 00:05.39 00:02.95	00:10.33 00:05.52 00:05.68 00:05.84 00:02.78	
Speed	Mean/Sec 2.43 1.92 1.86 1.85 1.70	1.94 1.81 1.76 1.71 1.80	1.83
Stroke Rate	Count/Sec 50.8 49.0 47.4 46.9 43.8	48.8 48.2 47.5 47.6	46.6
Stroke tempo	Time 00:01.18 00:01.23 00:01.27 00:01.31	00:01.21 00:01.25 00:01.26 00:01.27	00:01.24
Distance per stroke	Co 227.0 227.6 234.9 223.1 220.1 216.5	224.9	
Stroke index	cm/Sec 4.36 4.23 4.36	4.05 3.87 3.71 4.12	4.12

Total underwater parameters	
Underwater phase time	Time 00:07.22 13.76%
Underwater phase measure	Mean 18.12 18.12%
Underwater phase speed	Mean/Sec 2.47
Swimming phase speed	Mean/Sec 1.82

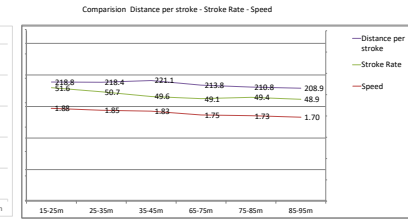
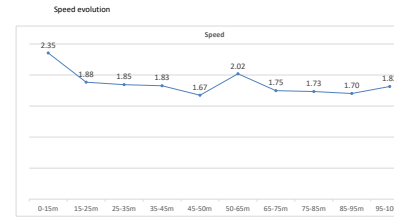
Underwater - Swimming phases	
Breakout time	Time 00:04.27 00:03.07
Breakout distance	Mean 11.13 6.98
Average 50m speed	Mean/Sec 1.99 1.84
Average swimming speed	Mean/Sec 1.87 1.78
Underwater phase speed	Mean/Sec 2.61 2.27
Speed difference between underwater and swimming	Mean/Sec 0.74 0.49



Name	Take off time	Average Speed	Rank
Average last 5	00:05.72	1.88	1
Result	Time	Split	
00:53.10	00:25.56 00:27.54	1:26 2:26 3:26 4:26	
	Stroke number *	34.0 41.0	
Start 15m		Turn	
Time	15-25m 25-35m 35-45m 45-50m	55-65m 65-75m 75-85m 85-95m 95-100m	
Split	00:06.37 00:11.68 00:17.00 00:22.37 00:25.56	00:32.98 00:38.70 00:44.47 00:50.34 00:53.10	
Lap	Time 00:06.37 00:05.31 00:05.42 00:05.47 00:02.99	00:10.41 00:05.72 00:05.77 00:05.87 00:02.75	
Speed	Mean/Sec 2.35 1.88 1.85 1.83 1.67	1.92 1.75 1.73 1.70 1.82	1.79
Stroke Rate	Count/Sec 51.6 50.7 49.6 49.1 46.9	48.9 48.9 48.9 48.9	48.9
Stroke tempo	Time 00:01.16 00:01.18 00:01.21 00:01.26	00:01.22 00:01.23 00:01.23 00:01.22	00:01.20
Distance per stroke	Co 218.8 218.4 221.1 213.8 210.8 208.9	215.3	
Stroke index	cm/Sec 4.12 4.03 4.04	3.74 3.66 3.56 3.87	3.87

Total underwater parameters	
Underwater phase time	Time 00:07.15 13.50%
Underwater phase measure	Mean 17.83 17.83%
Underwater phase speed	Mean/Sec 2.49
Swimming phase speed	Mean/Sec 1.79

Underwater - Swimming phases	
Breakout time	Time 00:04.29 00:03.86
Breakout distance	Mean 11.04 6.79
Average 50m speed	Mean/Sec 1.96 1.82
Average swimming speed	Mean/Sec 1.83 1.73
Underwater phase speed	Mean/Sec 2.57 2.17
Speed difference between underwater and swimming	Mean/Sec 0.74 0.62



* - for Freestyle and Backstroke the movement of every single arm

Swimlab by Stefano Nurra

