

Race Analysis

Olympic Games Tokyo 2020

Name Ryan Murphy

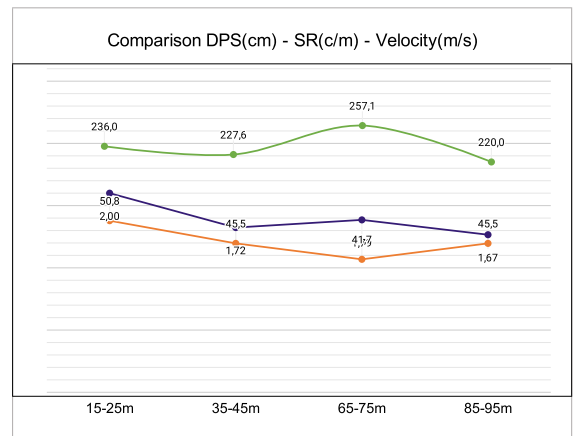
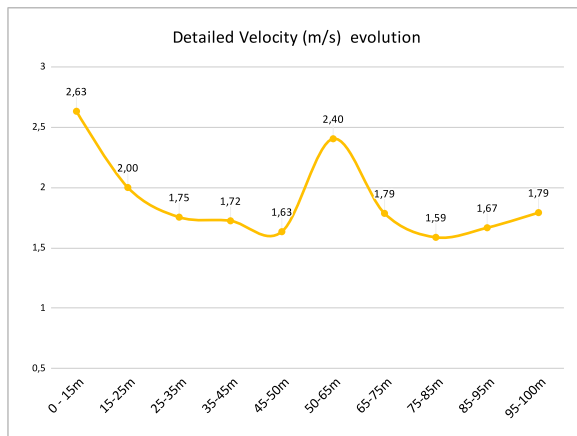
Race 100m Backstroke Results 00:52.19

Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m
Split	Time	00:05.70	00:10.70	00:16.40	00:22.20	00:25.26	00:31.50	00:37.10	00:43.40	00:49.40	00:52.19
Lap	Time	00:05.70	00:05.00	00:05.70	00:05.80	00:03.06	00:06.24	00:05.60	00:06.30	00:06.00	00:02.79
Velocity	Metre/Sec	2,63	2,00	1,75	1,72	1,63	2,40	1,79	1,59	1,67	1,79
Stroke Rate	Cycle/Min		50,8		45,5	45,1		41,7		45,5	48,4
Stroke Tempo	Sec		00:01.18		00:01.32	00:01.33		00:01.44		00:01.32	00:01.24
Distance per stroke	Cm		236,0		227,6		257,1		220,0		
Stroke Index	DPS*Speed*Cycle		4,72		3,92		4,59		3,67		

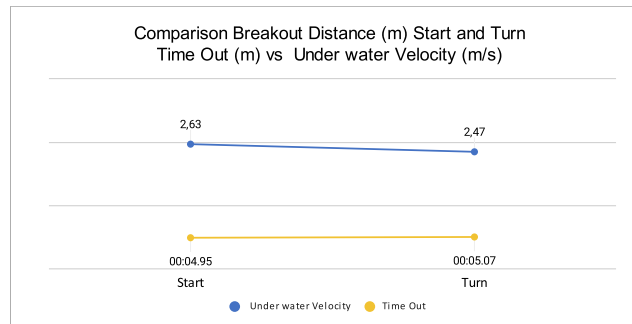
Pacing info
Averages
1,92
45,9
00:01.32
235,2
4,23

Pacing info					
Distance		1st 25m	2nd 25m	3rd 25m	4th 25m
Lap	Time	00:10.70	00:14.56	00:11.84	00:15.09
Velocity	Metre/Sec	2,34	1,72	2,11	1,66

1st 50m	2nd 50m	50m	100m
00:25.26	00:26.93	00:25.26	00:52.19
1,98	1,86	1,98	1,92



Start info		
Data evolution		Start
Reaction Time	Sec	00:00.52
Time Out	Sec	00:04.95
Breakout Dis	Metre	13,0
Velocity	Metre/Sec	2,63

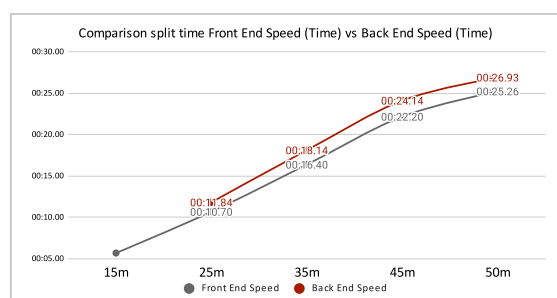


Turn info		
Data evolution		Turn
Split	Meters	45-65m
Split	Time	00:09.30
Velocity	Metre/Sec	2,15

Underwater phase		
Time in	Sec	
Time Out	Sec	00:05.07
Total Time	Sec	00:05.07
Breakout Dis.	Metre	12,5
UW Velocity	Metre/Sec	2,47

Front End Speed						
Distance		15m	25m	35m	45m	50m
Split	Time	00:05.70	00:10.70	00:16.40	00:22.20	00:25.26
Stroke Rate	Cycle/Min		50,8		45,5	45,1
Stroke Tempo	Sec		00:01.18		00:01.32	

Back End Speed					
Distance		25m	35m	45m	50m
Split	Time	00:11.84	00:18.14	00:24.14	00:26.93
Stroke Rate	Cycle/Min	41,7		45,5	48,4
Stroke Tempo	Sec	00:01.44		00:01.32	00:01.24



Analysis Swim by Siarhei Ivashyn



AnalysisSwim@gmail.com
[Analysis_swim](#)
[Analysis Swim](#)



[WhatsApp](#)
[Siarhei Ivashyn](#)
[Analysis Swim](#)