

Race Analysis

Olympic Games Tokyo 2020

Name Arno Kamminga

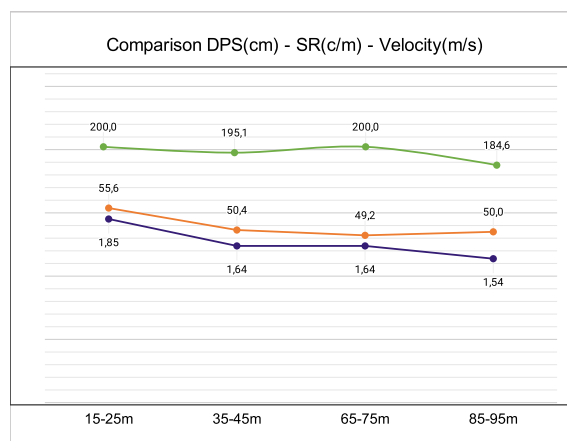
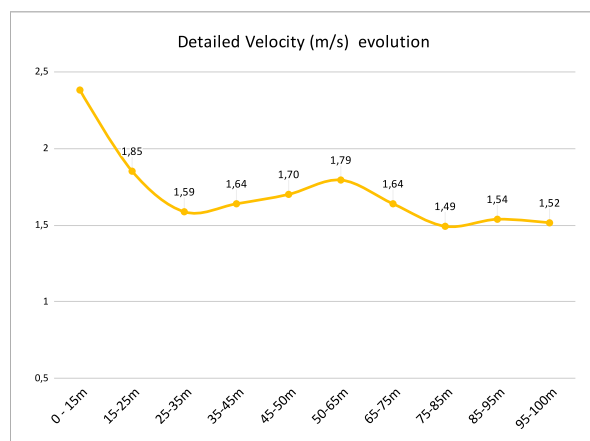
Race 100m Breaststroke Results 00:58.00

Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m
Split	Time	00:06.30	00:11.70	00:18.00	00:24.10	00:27.04	00:35.40	00:41.50	00:48.20	00:54.70	00:58.00
Lap	Time	00:06.30	00:05.40	00:06.30	00:06.10	00:02.94	00:08.36	00:06.10	00:06.70	00:06.50	00:03.30
Velocity	Metre/Sec	2,38	1,85	1,59	1,64	1,70	1,79	1,64	1,49	1,54	1,52
Stroke Rate	Cycle/Min		55,6		50,4	48,4		49,2		50,0	51,3
Stroke Tempo	Sec		00:01.08		00:01.19	00:01.24		00:01.22		00:01.20	00:01.17
Distance per stroke	Cm		200,0		195,1			200,0		184,6	
Stroke Index	DPS*Speed*Cycle		3,70		3,20			3,28		2,84	

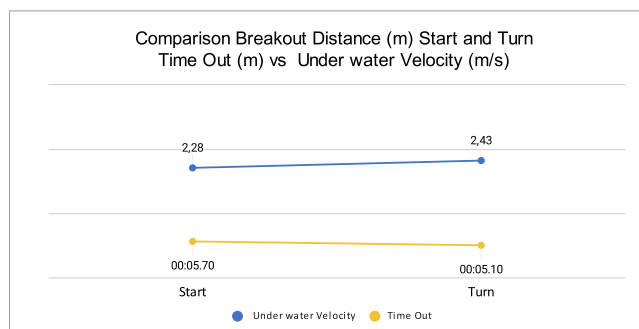
Pacing info
Averages
1,73
51,3
00:01.17
194,9
3,26

Pacing info					
Distance		1st 25m	2nd 25m	3rd 25m	4th 25m
Lap	Time	00:11.70	00:15.34	00:14.46	00:16.50
Velocity	Metre/Sec	2.14	1.63	1.73	1.52

1st 50m	2nd 50m	50m	100m
00:27.04	00:30.96	00:27.04	00:58.00
1,85	1,61	1,85	1,72



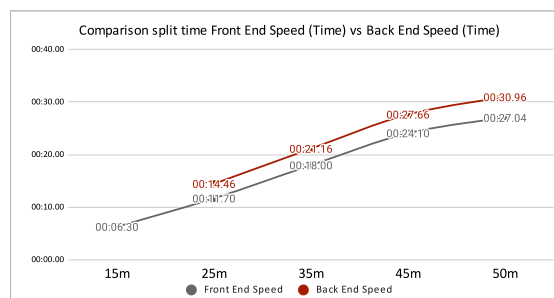
Start info		
Data evolution		Start
Reaction Time	Sec	00:00.62
Time Out	Sec	00:05.70
Breakout Dis	Metre	13,0
Velocity	Metre/Sec	2.28



Turn info		
Data evolution		Turn
Split	Meters	45-65m
Split	Time	00:11.30
Velocity	Metre/Sec	1,77
Underwater phase		
Time in	Sec	00:01.03
Time Out	Sec	00:05.10
Total Time	Sec	00:06.13
Breakout Dis.	Metre	12,4
UW Velocity	Metre/Sec	2,43

Front End Speed						
Distance		15m	25m	35m	45m	50m
Split	Time	00:06.30	00:11.70	00:18.00	00:24.10	00:27.04
Stroke Rate	Cycle/Min		55,6		50,4	48,4
Stroke Tempo	Sec		00:01.08		00:01.19	

Back End Speed					
Distance		25m	35m	45m	50m
Split	Time	00:14.46	00:21.16	00:27.66	00:30.96
Stroke Rate	Cycle/Min	49,2		50,0	51,3
Stroke Tempo	Sec	00:01.22		00:01.20	00:01.17



Analysis Swim by Siarhei Ivashyn



AnalysisSwim@gmail.com
[Analysis_swim](#)
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