

Race Analysis

Olympic Games Tokyo 2020

Name Lilly King

Race 100m Breaststroke Results 01:05.54

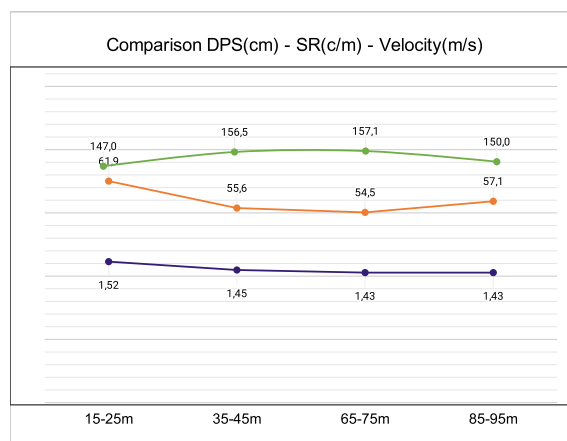
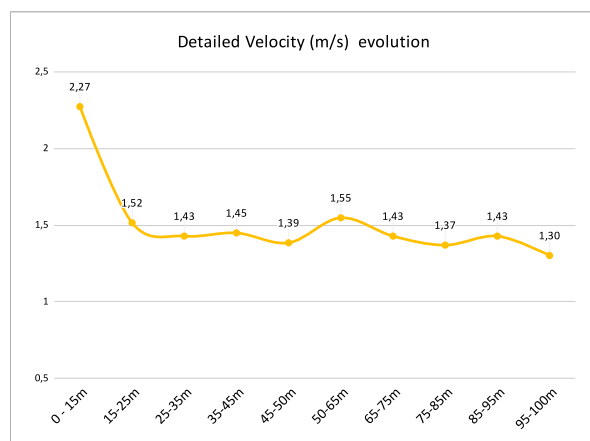
Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m
Split	Time	00:06.60	00:13.20	00:20.20	00:27.10	00:30.71	00:40.40	00:47.40	00:54.70	01:01.70	01:05.54
Lap	Time	00:06.60	00:06.60	00:07.00	00:06.90	00:03.61	00:09.69	00:07.00	00:07.30	00:07.00	00:03.84
Velocity	Metre/Sec	2,27	1,52	1,43	1,45	1,39	1,55	1,43	1,37	1,43	1,30
Stroke Rate	Cycle/Min		61,9		55,6	57,7		54,5		57,1	53,6
Stroke Tempo	Sec		00:00.97		00:01.08	00:01.04		00:01.10		00:01.05	00:01.12
Distance per stroke	Cm		147,0		156,5			157,1		150,0	
Stroke Index	DPS*Speed*Cycle		2,23		2,27			2,24		2,14	

Pacing info
Averages
1,53
57,3
00:01.05
152,7
2,22

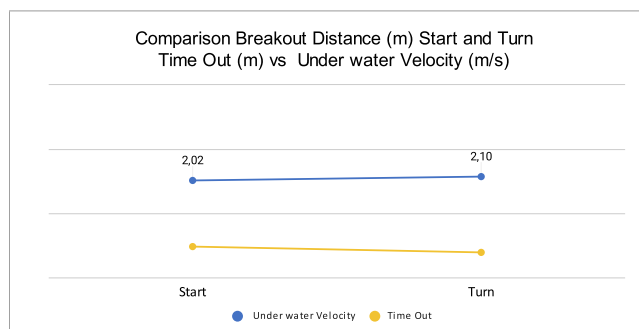
Pacing info					
Distance		1st 25m	2nd 25m	3rd 25m	4th 25m
Lap	Time	00:13.20	00:17.51	00:16.69	00:18.14
Velocity	Metre/Sec	1.89	1.43	1.50	1.38

1st 50m	2nd 50m	50m	100m
00:30.71	00:34.83	00:30.71	01:05.54
1,63	1,44	1,63	1,53

AnalysisSwim



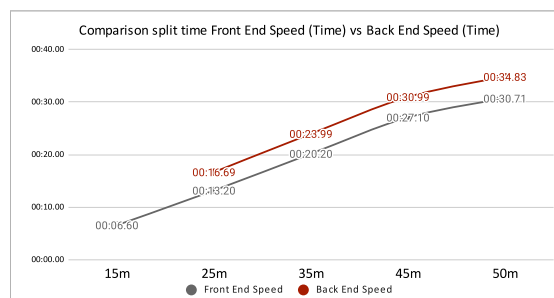
Start info		
Data evolution		Start
Reaction Time	Sec	00:00.65
Time Out	Sec	00:04.90
Breakout Dis	Metre	9,9
Velocity	Metre/Sec	2.02



Turn info		
Data evolution		Turn
Split	Meters	45-65m
Split	Time	00:13.30
Velocity	Metre/Sec	1,50
Underwater phase		
Time in	Sec	00:01.00
Time Out	Sec	00:04.00
Total Time	Sec	00:05.00
Breakout Dis.	Metre	8,4
UW Velocity	Metre/Sec	2.10

Front End Speed						
Distance		15m	25m	35m	45m	50m
Split	Time	00:06.60	00:13.20	00:20.20	00:27.10	00:30.71
Stroke Rate	Cycle/Min		61,9		55,6	57,7
Stroke Tempo	Sec		00:00.97		00:01.08	

Back End Speed					
Distance		25m	35m	45m	50m
Split	Time	00:16.69	00:23.99	00:30.99	00:34.83
Stroke Rate	Cycle/Min	54,5		57,1	53,6
Stroke Tempo	Sec	00:01.10		00:01.05	00:01.12



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