

Race Analysis

Olympic Games Tokyo 2020

Name **Nicolo Martinenghi**

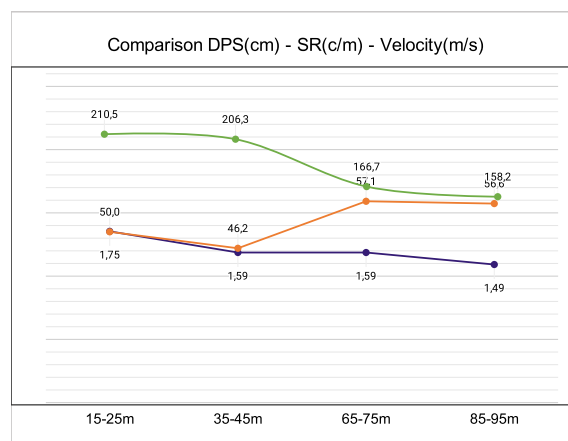
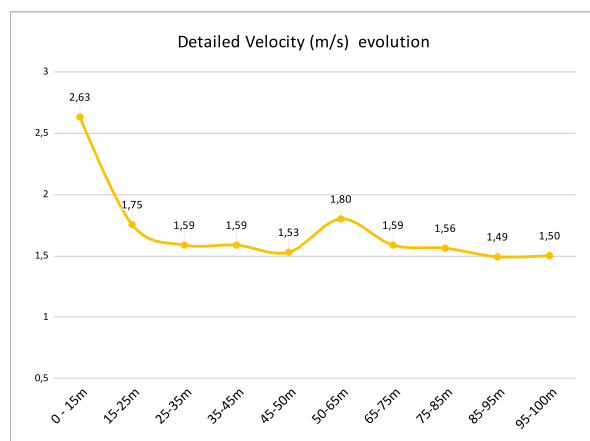
Race **100m Breaststroke** Results **00:58.33**

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	00:11.40	00:17.70	00:24.00	00:27.27	00:35.60	00:41.90	00:48.30	00:55.00	00:58.33
Lap	Time	00:05.70	00:05.70	00:06.30	00:06.30	00:03.27	00:08.33	00:06.30	00:06.40	00:06.70	00:03.33
Velocity	Metre/Sec	2,63	1,75	1,59	1,59	1,53	1,80	1,59	1,56	1,49	1,50
Stroke Rate	Cycle/Min		50,0		46,2	45,5		57,1		56,6	61,2
Stroke Tempo	Sec		00:01.20		00:01.30	00:01.32		00:01.05		00:01.06	00:00.98
Distance per stroke	Cm		210,5		206,3			166,7		158,2	
Stroke Index	DPS*Speed*Cycle		3,69		3,28			2,65		2,36	

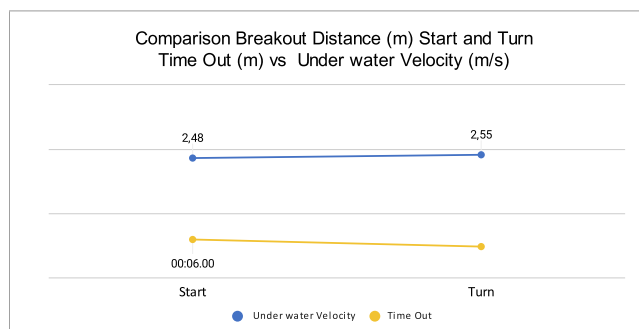
Pacing info
Averages
1,72
52,5
00:01.15
185,4
2,99

Pacing info					
Distance		1st 25m	2nd 25m	3rd 25m	4th 25m
Lap	Time	00:11.40	00:15.87	00:14.63	00:16.43
Velocity	Metre/Sec	2.19	1.58	1.71	1.52

1st 50m	2nd 50m	50m	100m
00:27.27	00:31.06	00:27.27	00:58.33
1,83	1,61	1,83	1,71



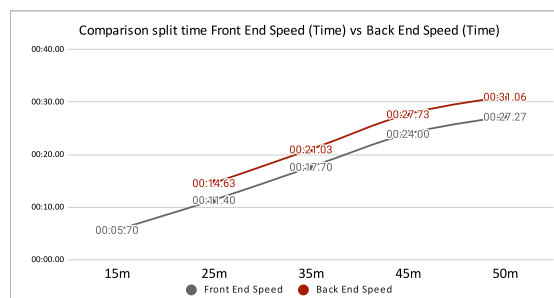
Start info		
Data evolution		Start
Reaction Time	Sec	00:00.60
Time Out	Sec	00:06.00
Breakout Dis	Metre	14,9
Velocity	Metre/Sec	2.48



Turn info		
Data evolution		Turn
Split	Meters	45-65m
Split	Time	00:11.60
Velocity	Metre/Sec	1,72
Underwater phase		
Time in	Sec	00:01.04
Time Out	Sec	00:04.90
Total Time	Sec	00:05.94
Breakout Dis.	Metre	12,5
UW Velocity	Metre/Sec	2,55

Front End Speed						
Distance		15m	25m	35m	45m	50m
Split	Time	00:05.70	00:11.40	00:17.70	00:24.00	00:27.27
Stroke Rate	Cycle/Min		50,0		46,2	45,5
Stroke Tempo	Sec		00:01.20		00:01.30	

Back End Speed					
Distance		25m	35m	45m	50m
Split	Time	00:14.63	00:21.03	00:27.73	00:31.06
Stroke Rate	Cycle/Min	57,1		56,6	61,2
Stroke Tempo	Sec	00:01.05		00:01.06	00:00.98



Analysis Swim by Siarhei Ivashyn



AnalysisSwim@gmail.com
[Analysis_swim](#)
[Analysis_Swim](#)



[WhatsApp](#)
[Siarhei Ivashyn](#)
[Analysis_Swim](#)