

# Race Analysis

## Olympic Games Tokyo 2020

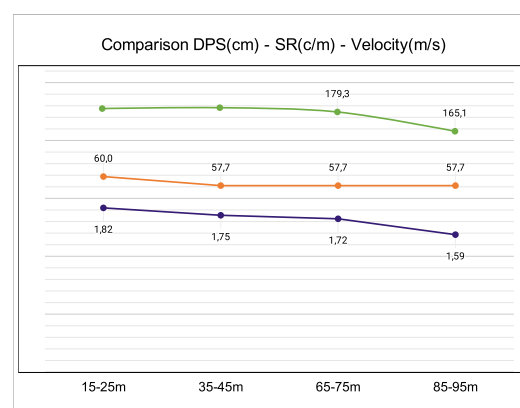
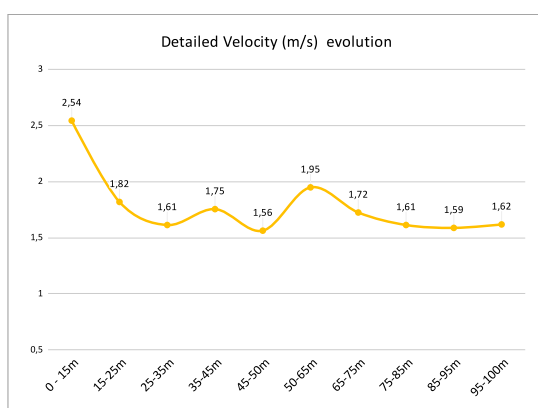
Name Margaret Macneil

Race 100m Butterfly Results 00:55.59

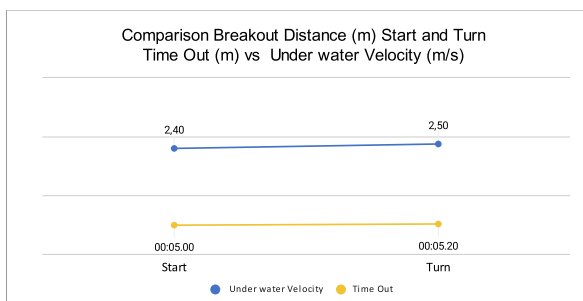
| Distance            | Meters          | 0 - 15m  | 15-25m   | 25-35m   | 35-45m   | 45-50m   | 50-65m   | 65-75m   | 75-85m   | 85-95m   | 95-100m  | Pacing info |
|---------------------|-----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|
| Split               | Time            | 00:05.90 | 00:11.40 | 00:17.60 | 00:23.30 | 00:26.50 | 00:34.20 | 00:40.00 | 00:46.20 | 00:52.50 | 00:55.59 | Averages    |
| Lap                 | Time            | 00:05.90 | 00:05.50 | 00:06.20 | 00:05.70 | 00:03.20 | 00:07.70 | 00:05.80 | 00:06.20 | 00:06.30 | 00:03.09 |             |
| Velocity            | Metre/Sec       | 2,54     | 1,82     | 1,61     | 1,75     | 1,56     | 1,95     | 1,72     | 1,61     | 1,59     | 1,62     | 1,80        |
| Stroke Rate         | Cycle/Min       |          | 60,0     |          | 57,7     | 55,6     |          | 57,7     |          | 57,7     | 57,7     | 58,3        |
| Stroke Tempo        | Sec             |          | 00:01.00 |          | 00:01.04 | 00:01.08 |          | 00:01.04 |          | 00:01.04 | 00:01.04 | 00:01.03    |
| Distance per stroke | Cm              |          | 181,8    |          | 182,5    |          |          | 179,3    |          | 165,1    |          | 177,2       |
| Stroke Index        | DPS*Speed*Cycle |          | 3,31     |          | 3,20     |          |          | 3,09     |          | 2,62     |          | 3,05        |

| Pacing info |           | 1st 25m  | 2nd 25m  | 3rd 25m  | 4th 25m  |
|-------------|-----------|----------|----------|----------|----------|
| Distance    |           |          |          |          |          |
| Lap         | Time      | 00:11.40 | 00:15.10 | 00:13.50 | 00:15.59 |
| Velocity    | Metre/Sec | 2,19     | 1,66     | 1,85     | 1,60     |

| 1st 50m  | 2nd 50m  | 50m      | 100m     |
|----------|----------|----------|----------|
| 00:26.50 | 00:29.09 | 00:26.50 | 00:55.59 |
| 1,89     | 1,72     | 1,89     | 1,80     |



| Start info     |           | Start    |
|----------------|-----------|----------|
| Data evolution |           |          |
| Reaction Time  | Sec       | 00:00.63 |
| Time Out       | Sec       | 00:05.00 |
| Breakout Dis   | Metre     | 12,0     |
| Velocity       | Metre/Sec | 2,40     |

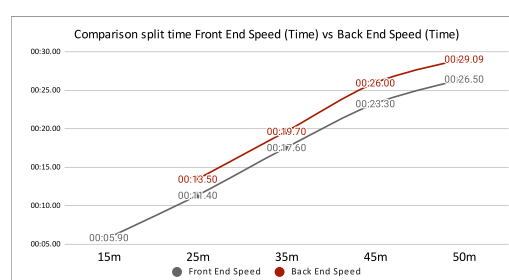


| Turn info      |           | Turn     |
|----------------|-----------|----------|
| Data evolution |           |          |
| Split          | Meters    | 45-65m   |
| Split          | Time      | 00:10.90 |
| Velocity       | Metre/Sec | 1,83     |

| Underwater phase |           |          |
|------------------|-----------|----------|
| Time in          | Sec       | 00:01.00 |
| Time Out         | Sec       | 00:05.20 |
| Total Time       | Sec       | 00:06.20 |
| Breakout Dis.    | Metre     | 13,0     |
| UW Velocity      | Metre/Sec | 2,50     |

| Front End Speed |           | 15m      | 25m      | 35m      | 45m      | 50m      |
|-----------------|-----------|----------|----------|----------|----------|----------|
| Distance        |           |          |          |          |          |          |
| Split           | Time      | 00:05.90 | 00:11.40 | 00:17.60 | 00:23.30 | 00:26.50 |
| Stroke Rate     | Cycle/Min |          | 60,0     |          | 57,7     | 55,6     |
| Stroke Tempo    | Sec       |          | 00:01.00 |          | 00:01.04 |          |

| Back End Speed |           | 25m      | 35m      | 45m      | 50m      |
|----------------|-----------|----------|----------|----------|----------|
| Distance       |           |          |          |          |          |
| Split          | Time      | 00:13.50 | 00:19.70 | 00:26.00 | 00:29.09 |
| Stroke Rate    | Cycle/Min | 57,7     |          | 57,7     | 57,7     |
| Stroke Tempo   | Sec       | 00:01.04 |          | 00:01.04 | 00:01.04 |



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