

Race Analysis

Olympic Games Tokyo 2020

Name Emily Seeböhm

Race 200 Backstroke Results 02:06.17

Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	100-115m	115-125m	125-135m	135-145m	145-150m	150-165m	165-175m	175-185m	185-195m	195-200m
Split	Time	00:06.70	00:13.00	00:19.30	00:26.40	00:29.32	00:37.90	00:44.50	00:51.20	00:58.90	01:02.14	01:10.40	01:14.10	01:18.30	01:24.70	01:34.72	01:43.60	01:49.40	01:56.20	02:03.90	02:06.17
Lap	Time	00:06.70	00:06.20	00:06.80	00:06.70	00:03.52	00:07.98	00:06.40	00:06.70	00:07.10	00:03.84	00:08.26	00:07.00	00:06.70	00:06.80	00:03.82	00:07.88	00:06.80	00:06.80	00:06.70	00:03.27
Velocity	Meters/Sec	2.24	1.81	1.47	1.49	1.42	1.38	1.52	1.49	1.41	1.30	1.82	1.43	1.49	1.47	1.31	1.90	1.47	1.47	1.49	1.53
Stroke Rate	Cycle/Min		40.0		38.46	39.0	37.0		37.5	36.0		37.5		38.5	38.2		41.7		42.9		42.9
Stroke Tempo	Sec		00:01.50		00:01.56	00:01.54		00:01.62		00:01.60	00:01.58		00:01.60		00:01.56	00:01.57		00:02.44		00:01.40	00:01.40
Distance per stroke	Cm		241.9		232.8		245.5		228.4		228.6		228.4		229.4		211.8		209.0		228.0
Stroke Index	DPS*Speed*Cycle		3.00		3.48		3.72		3.77		3.37		3.37		3.37		3.21		3.21		3.32

Pacing info
Averages
1.59
39.2
00:05.54
228.0
3.39

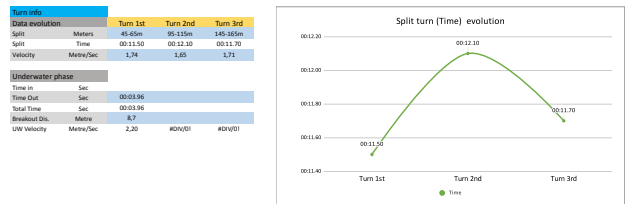
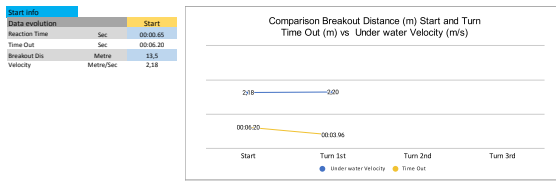
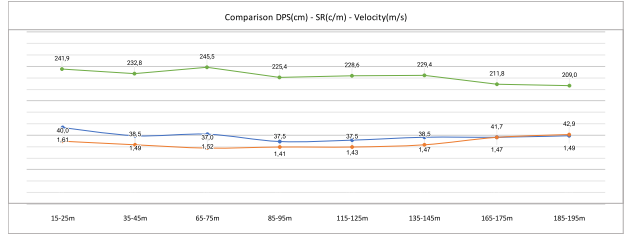
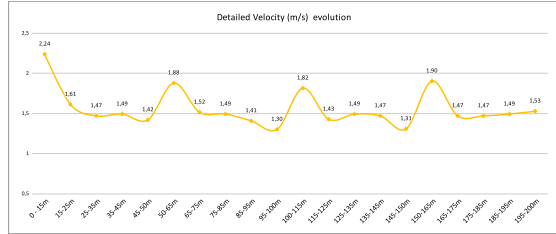
Pacing info	1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
Distance								
Lap	Time	00:12.90	00:17.02	00:14.58	00:17.64	00:15.26	00:17.32	00:14.68
Velocity	Meters/Sec	1.84	1.47	1.71	1.42	1.64	1.44	1.70

1st 50	2nd 50	3rd 50	4th 50
00:29.92	00:32.22	00:32.58	00:31.45
1,67	1,55	1,53	1,59

1st 100	2nd 100
01:02.34	01:04.03
1,61	1,56

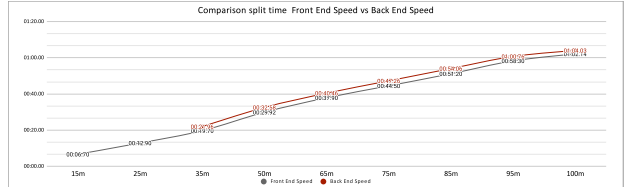
50m	100m	150m	200m
00:29.92	01:02.14	01:34.72	02:06.17
1,67	1,61	1,58	1,59

AnalysisSwim



Front End Speed	15m	25m	35m	50m	65m	75m	85m	95m	100m
Distance									
Split	Time	00:06.70	00:12.90	00:19.70	00:29.92	00:37.90	00:44.50	00:51.20	00:58.90
Stroke Rate	Cycle/Min		40.0		39.0	37.0		37.5	36.0
Stroke Tempo	Sec		00:01.50		00:01.56	00:01.62		00:01.60	00:01.58

Back End Speed	20m	50m	65m	75m	85m	95m	100m
Distance							
Split	Time	00:21.96	00:32.58	00:40.46	00:47.26	00:54.06	01:00.76
Stroke Rate	Cycle/Min	38.2		41.7		42.9	42.9
Stroke Tempo	Sec		00:01.57		00:01.44		00:01.40



Analysis Swim by Sjarhei Ivashyn



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