

Race Analysis

Olympic Games Tokyo 2020

Name Luke Greenbank

Race 200 Backstroke

Results 01:54.72

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	Pacing info
Split	Time	00:05.80	00:11.50	00:17.30	00:23.30	00:27.02	00:33.80	00:39.80	00:45.60	00:52.30	00:55.72	01:02.50	01:08.60	01:14.70	01:21.50	01:25.08	01:31.80	01:38.00	01:44.70	01:51.30	01:54.72	Averages
Lap	Time	00:05.80	00:05.80	00:05.80	00:06.00	00:03.72	00:06.78	00:06.10	00:05.70	00:03.42	00:06.78	00:06.10	00:06.10	00:06.10	00:05.80	00:03.58	00:06.72	00:06.20	00:06.70	00:06.60	00:03.42	1.75
Velocity	Metre/Sec	2.59	1.75	1.72	1.67	1.34	2.21	1.64	1.75	1.49	1.46	2.21	1.64	1.64	1.47	1.40	2.23	1.61	1.49	1.52	1.46	45.1
Stroke Rate	Cycle/Min	46.2			46.15	46.5		46.2	45.5	44.1		44.1		43.5	44.8		44.1		44.8	45.5		00:01.33
Stroke Tempo	Sec	00:01.30			00:01.30	00:01.29		00:01.30	00:01.32	00:01.36		00:01.36		00:01.38	00:01.34		00:01.36		00:01.34	00:01.32		212.9
Distance per stroke	Cm	228.1			216.7			213.1		209.0		213.0		202.9			215.4		203.0			3.41
Stroke Index	DPS*Speed*Cycle	4.00			3.61			3.49		2.94		3.65		2.88			3.54		3.08			

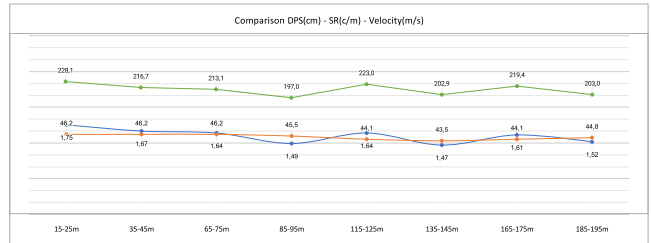
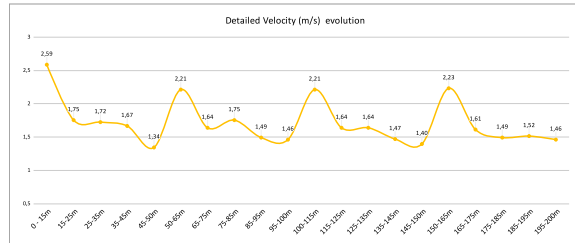
Pacing info	Distance	1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
1	Time	00:11.50	00:15.52	00:12.88	00:15.82	00:12.88	00:16.48	00:12.82	00:16.72
Velocity	Metre/Sec	3.17	1.61	1.94	1.58	1.94	1.52	1.83	1.50

1st 50	2nd 50	3rd 50	4th 50
00:27.02	00:28.70	00:29.36	00:29.64
1.85	1.74	1.70	1.69

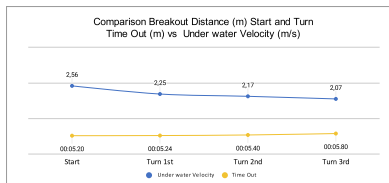
1st 100	2nd 100
00:55.72	00:59.00
1.79	1.69

50m	100m	150m	200m
00:27.02	00:55.72	01:25.08	01:54.72
1.85	1.79	1.76	1.74

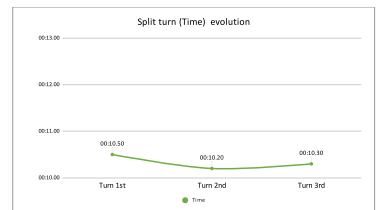
AnalysisSwim



Start info	Data evolution	Start
Reaction Time	Sec	00:06.61
Time Out	Sec	00:05.30
Breakout Dis	Metre	13.3
Velocity	Metre/Sec	2.56

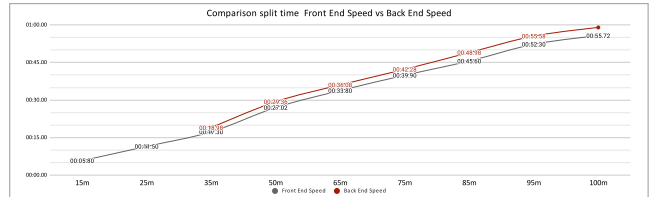


Turn info				
Data evolution		Turn 1st	Turn 2nd	Turn 3rd
Split	Meters	45-65m	65-115m	145-165m
Split	Time	00:10.50	00:10.20	00:10.30
Velocity	Metre/Sec	1.90	1.96	1.94
Underwater phase				
Time in	Sec			
Time Out	Sec	00:05.24	00:05.40	00:05.80
Total Time	Sec	00:05.24	00:05.40	00:05.80
Breakout Dis.	Metre	11.8	11.7	12.0
UW Velocity	Metre/Sec	2.25	2.17	2.07



Front End Speed	Distance	15m	25m	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:05.80	00:11.50	00:17.30	00:27.02	00:33.80	00:39.80	00:45.60	00:52.30	00:55.72
Stroke Rate	Cycle/Min	46.2			46.5		46.2		45.5	44.1
Stroke Tempo	Sec	00:01.30			00:01.30		00:01.30		00:01.32	00:01.35

Back End Speed	Distance	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:18.95	00:23.35	00:26.18	00:31.28	00:40.18	00:51.58	00:59.00
Stroke Rate	Cycle/Min	44.8			44.1		44.8	45.5
Stroke Tempo	Sec		00:01.34		00:01.36		00:01.34	00:01.32



Analysis Swim by Siarhei Ivashyn



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