

Race Analysis

Olympic Games Tokyo 2020

Name Ryan Murphy

Race 200 Backstroke Results 01:54.15

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	145-155m	150-165m	165-175m	175-185m	185-195m	195-200m
Split	Time	00:05.80	00:11.50	00:17.30	00:23.70	00:27.11	00:33.60	00:39.70	00:45.80	00:51.20	00:56.63	01:02.30	01:08.50	01:14.70	01:21.40	01:28.40	01:35.30	01:42.20	01:50.00	01:56.15	
Lap	Time	00:05.80	00:05.70	00:05.80	00:06.40	00:03.41	00:06.49	00:06.30	00:06.30	00:06.40	00:03.43	00:06.67	00:06.20	00:06.20	00:06.40	00:03.55	00:06.65	00:06.40	00:06.50	00:06.60	00:03.35
Velocity	Meters/Sec	2.59	1.75	1.72	1.56	1.47	2.31	1.64	1.64	1.56	1.46	2.25	1.61	1.61	1.56	1.41	2.26	1.56	1.54	1.52	1.49
Stroke Rate	Cycle/Min	41.7	41.7	41.7	38.45	38.7	39.5	36.0	36.0	36.0	36.0	36.5	37.5	38.0	37.5	38.0	42.3	41.7	41.7	39.7	
Stroke Tempo	Sec	00:01.44		00:01.56	00:01.55		00:01.52		00:01.58	00:01.58		00:01.56		00:01.60	00:01.58		00:01.42		00:01.44	00:01.44	
Distance per stroke	Cm	25.2		249.8			240.2		246.9	246.9		251.6		250.0	251.9		251.2		248.2	241.8	
Stroke Index	DPS*Speed*Cycle	4.43		3.81			4.08		3.85	3.85		4.06		3.91	3.91		3.87		3.87	3.87	

Pacing info
Averages
1.75
39.7
00:01.52
241.8
3.87

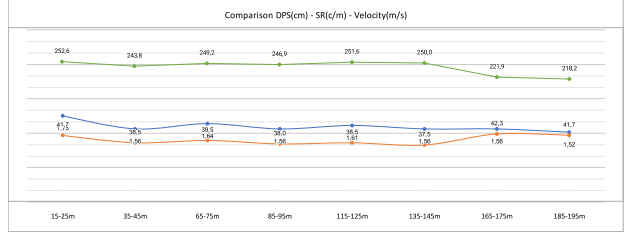
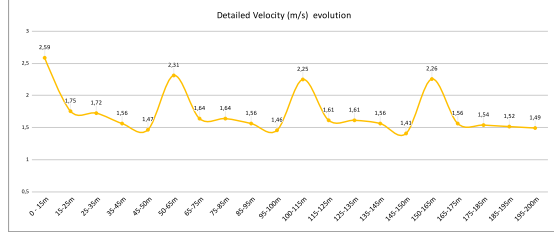
Pacing Info		1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25	
1	Distance	Time	00:11.50	00:15.61	00:12.59	00:15.93	00:12.87	00:16.15	00:13.05	00:16.45
	Velocity	Meters/Sec	2.17	1.60	1.99	1.57	1.94	1.55	1.92	1.52

1st 50	2nd 50	3rd 50	4th 50
00:27.11	00:28.32	00:29.02	00:29.50
1.84	1.75	1.72	1.69

1st 100	2nd 100
00:55.63	00:58.52
1.80	1.71

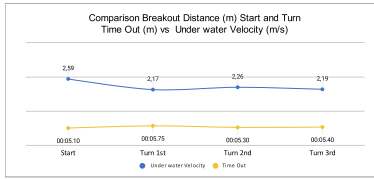
50m	100m	150m	200m
00:27.11	00:55.63	01:24.65	01:54.15
1.84	1.80	1.77	1.75

AnalysisSwim



Start info

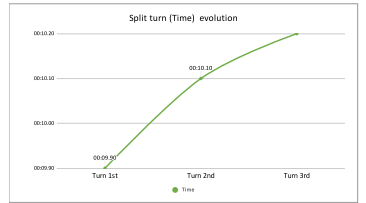
Data evolution	Start
Reaction Time	Sec 00:00.54
Time Out	Sec 00:05.10
Breakout Obs	Meters 13.2
Velocity	Meters/Sec 2.59



Turn info

Turn evolution	Turn 1st	Turn 2nd	Turn 3rd
Split	Meters 45-65m	95-115m	145-165m
Time	00:09.90	00:10.30	00:10.20
Velocity	Meters/Sec 2.02	1.88	1.96

Underwater phase				
Time In	Sec			
Time Out	Sec	00:05.75	00:05.30	00:05.40
Total Time	Sec	00:05.75	00:05.30	00:05.40
Breakout Dis.	Metre	12.5	12.0	11.8
UW Velocity	Metre/Sec	2.17	2.26	2.19

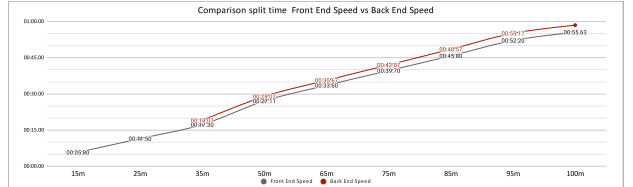


Front End Speed

Distance		15m	25m	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:05.80	00:11.50	00:17.30	00:27.11	00:33.60	00:39.70	00:45.80	00:52.20	00:55.63
Stroke Rate	Cycle/Min		41,7		38,7		39,5		38,0	38,0
Stroke Tempo	Sec		00:01.44		00:01.56		00:01.52		00:01.58	00:01.58

Back End Speed

Distance	33m	50m	65m	75m	85m	95m	100m	
Split	Time	00:19.07	00:29.02	00:35.67	00:42.07	00:48.57	00:55.17	00:58.52
Stroke Rate	Cycle/Min		38.0		42.3		41.7	41.7
Stroke Tempo	Sec		00:01.58		00:01.42		00:01.44	00:01.44



AnalysisSwim by Sjarhei Ivashyn



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