

Race Analysis

Olympic Games Tokyo 2020

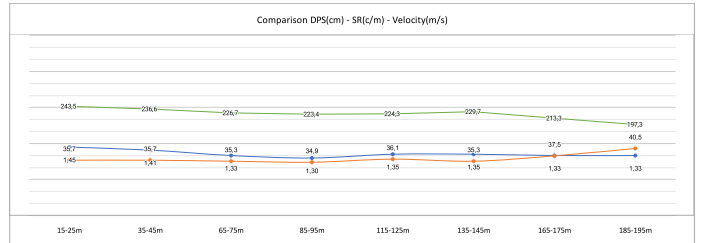
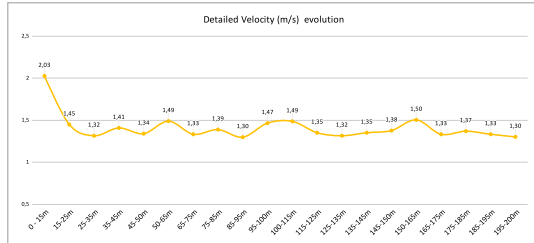
Name Annie Lazor

Race 200 Breaststroke Results 02:20.84

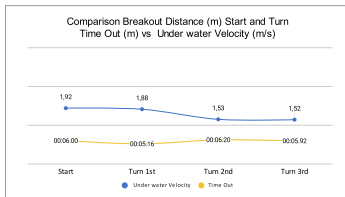
Distance	Meters	0-15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	100-115m	115-125m	125-135m	135-145m	145-150m	150-165m	165-175m	175-185m	185-195m	195-200m	Pacing Info
Split	Time	00:07.40	00:14.30	00:21.90	00:29.00	00:32.73	00:42.80	00:50.30	00:57.50	01:05.20	01:08.61	01:18.70	01:26.10	01:33.70	01:41.10	01:44.73	01:54.70	02:02.20	02:09.50	02:17.00	02:20.84	Averages
Lap	Time	00:07.40	00:16.90	00:07.60	00:07.10	00:03.73	00:10.07	00:07.20	00:07.20	00:07.70	00:03.41	00:10.09	00:07.40	00:07.60	00:05.83	00:09.97	00:07.50	00:07.30	00:07.50	00:05.84		1.42
Velocity	Meters/Sec	2.09	1.45	1.45	1.32	1.45	1.34	1.49	1.33	1.39	1.39	1.47	1.49	1.35	1.35	1.38	1.50	1.33	1.37	1.33	1.50	1.42
Stroke Rate	Cycle/Min	35.7			35.71	35.7		35.3		34.9	34.9		36.1		35.3	35.5		37.5		40.5	40.5	36.4
Stroke Tempo	Sec	00:01.68			00:01.68	00:01.68		00:01.70		00:01.72	00:01.72		00:01.66		00:01.70	00:01.69		00:01.60		00:01.48	00:01.48	00:01.65
Distance per stroke	Cm	243.5			236.5		236.7		232.4		232.4		234.3		229.7		233.3		197.3		224.4	224.4
Stroke Index	DPS*Speed/Cycle	1.53			1.33		1.02		2.90		3.03		3.10		3.10		2.84		2.63		3.05	3.05

Pacing info	Distance	1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
Lap	Time	00:14.30	00:18.43	00:17.57	00:18.31	00:17.49	00:18.63	00:17.47	00:18.64
Velocity	Meters/Sec	1.75	1.36	1.42	1.37	1.43	1.34	1.43	1.34

1st 50	2nd 50	3rd 50	4th 50	1st 100	2nd 100	50m	100m	150m	200m
00:32.73	00:35.88	00:36.12	00:36.11	01:08.61	01:12.23	00:32.73	01:08.61	01:44.73	02:20.84
1.53	1.39	1.38	1.38	1.46	1.38	1.53	1.46	1.43	1.42

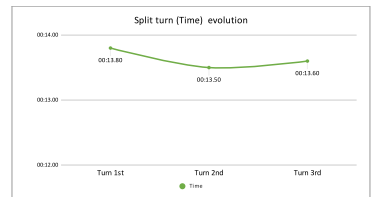


Start info	Data evolution	Start
Reaction Time	Sec	00:00.73
Time Out	Sec	00:05.00
Breakout Dis	Meters	11.5
Velocity	Meters/Sec	1.92



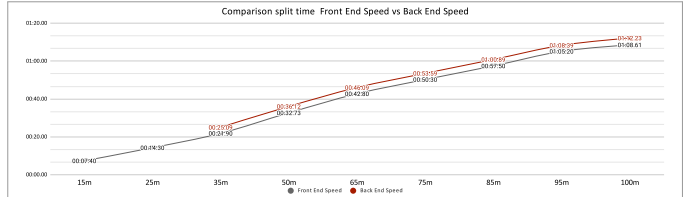
Turn info	Data evolution	Turn 1st	Turn 2nd	Turn 3rd
Split	Meters	45-65m	95-115m	145-165m
Split	Time	00:13.80	00:13.50	00:13.60
Velocity	Meters/Sec	1.45	1.48	1.47

Underwater phase	Time in	Sec <td>00:01.12</td>	00:01.12
Time out	Sec	00:05.16	
Total Time	Sec	00:06.28	
Breakout Dis	Meters	9.7	
UW Velocity	Meters/Sec	1.88	



Front End Speed	Distance	15m	25m	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:07.40	00:14.30	00:21.90	00:32.73	00:42.80	00:50.30	00:57.50	01:05.20	01:08.61
Stroke Rate	Cycle/Min	35.7			35.7		35.3		34.9	34.9
Stroke Tempo	Sec		00:01.68		00:01.68		00:01.70		00:01.72	00:01.72

Back End Speed	Distance	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:25.09	00:36.12	00:46.09	00:53.59	01:00.89	01:08.39	01:12.23
Stroke Rate	Cycle/Min	35.5		37.5		40.5		40.5
Stroke Tempo	Sec	00:01.69		00:01.40		00:01.48		00:01.48



Analysis Swim by Sierhei Ivashyn



AnalysisSwim@gmail.com
AnalysisSwim
AnalysisSwim



WhatsApp
Sierhei Ivashyn
AnalysisSwim