

Race Analysis

Olympic Games Tokyo 2020

Name Arno Kamminga

Race 200 Breaststroke

Results 02:07.01

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	00:06.10	00:12.40	00:18.40	00:24.80	00:28.14	00:36.80	00:43.10	00:49.80	00:56.60	01:00.09	01:09.10	01:15.60	01:22.50	01:29.50	01:32.88	01:42.00	01:49.00	01:56.30	02:03.20	02:07.01
Lap	Time	00:06.10	00:16.30	00:30.60	00:46.40	00:55.54	00:58.68	00:56.30	00:56.70	00:56.80	00:55.49	00:59.01	00:56.50	00:56.90	00:57.00	00:54.48	00:59.02	00:57.60	00:57.30	00:56.90	00:55.81
Velocity	Meters/Sec	2.46	1.59	1.67	1.56	1.50	1.73	1.59	1.49	1.47	1.43	1.66	1.54	1.45	1.43	1.44	1.66	1.43	1.45	1.51	1.58
Stroke Rate	Cycle/Min	44.1			37.97	38.5		37.5		35.7			38.5		34.1	34.1		41.7		46.9	46.9
Stroke Tempo	Sec	00:01.36			00:01.58	00:01.56		00:01.60		00:01.68		00:01.68	00:01.55		00:01.76	00:01.76		00:01.44		00:01.28	00:01.28
Distance per stroke	Cm	215.9			246.9			254.0		247.1		240.0		251.4		240.0		246.7		185.5	230.8
Stroke Index	DPS*Speed*Cycle	3.43			3.86			4.03		3.63		3.69		3.59		3.59		2.94		2.69	3.48

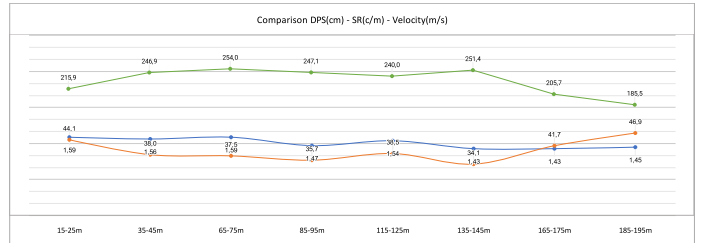
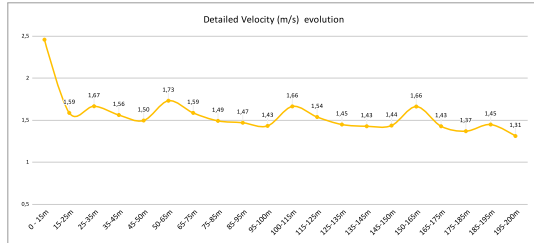
Pacing Info
Averages
1.58
39.6
00:01.53
230.8
3.48

Pacing info									
Distance		1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
Lap	Time	00:12.40	00:15.74	00:14.96	00:16.99	00:15.51	00:17.38	00:16.02	00:18.01
Velocity	Metre/Sec	2,02	1,59	1,67	1,47	1,61	1,44	1,56	1,39

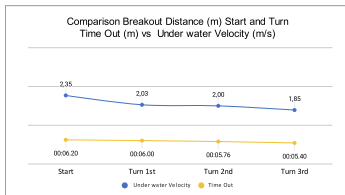
1st 50	2nd 50	3rd 50	4th 50
00:28.14	00:31.95	00:32.89	00:34.03
1.78	1.56	1.52	1.47

1st 100	2nd 100
01:00.09	01:06.92
1.46	1.49

50m	100m	150m	200m
00:28.14	01:00.09	01:32.88	02:07.01
1.78	1.46	1.41	1.37

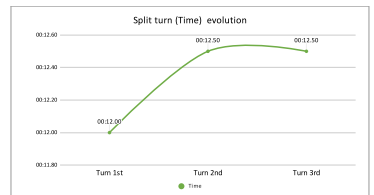


Start info	
Data evolution	Start
Reaction Time	Sec 00:00.65
Time Out	Sec 00:06.20
Breakout Dis	14.6
Velocity	Metre/Sec 2,35



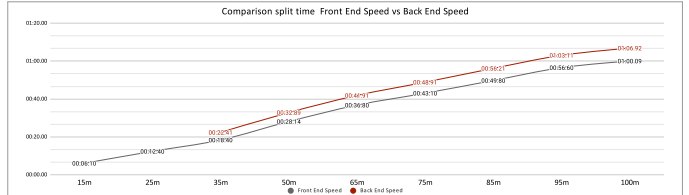
Turn info				
Data evolution		Turn 1st	Turn 2nd	Turn 3rd
Split	Meters	45-65m	95-115m	145-165m
Split	Time	00:12.00	00:12.50	00:12.50
Velocity	Metre/Sec	1,67	1,60	1,60

Underwater phase				
Time in	Sec	00:00.92	00:01.08	00:01.04
Time Out	Sec	00:06.00	00:05.76	00:05.40
Total Time	Sec	00:06.92	00:06.84	00:06.44
Breakout Dis.	Metre	12,2	11,5	10,0
UW Velocity	Metre/Sec	2,03	2,00	1,85



Front End Speed										
Distance		15m	25m	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:06.10	00:12.40	00:18.40	00:28.14	00:36.80	00:43.10	00:49.80	00:56.60	01:00.09
Stroke Rate	Cycle/Min		44.1		38.5		37.5		35.7	35.7
Stroke Tempo	Sec		00:01.36		00:01.58		00:01.60		00:01.68	00:01.68

Back End Speed		35m	50m	65m	75m	85m	95m	100m
Distance								
Split	Time	00:22.41	00:32.89	00:41.91	00:48.91	00:56.21	01:03.11	01:06.92
Stroke Rate	Cycle/Min		34.1		41.7		46.9	46.9
Stroke Tempo	Sec		00:01.76		00:01.44		00:01.28	00:01.28



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