

Race Analysis

Olympic Games Tokyo 2020

Name **Zac Stubblety-Cook**

Race **200 Breaststroke**

Results **02:06.38**

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	00:06.40	00:12.80	00:13.50	00:26.00	00:29.35	00:38.00	00:44.70	00:51.30	00:58.20	01:01.72	01:10.60	01:17.30	01:21.80	01:30.80	01:34.17	01:43.20	01:49.70	01:56.30	02:03.00	02:06.38
Lap	Time	00:06.40	00:06.40	00:06.70	00:06.50	00:03.35	00:06.60	00:06.70	00:06.40	00:06.90	00:03.52	00:08.88	00:06.70	00:07.00	00:08.37	00:09.09	00:06.30	00:06.60	00:06.70	00:06.38	00:03.38
Velocity	Meters/Sec	2.34	1.56	1.49	1.54	1.49	1.73	1.49	1.49	1.32	1.45	1.42	1.69	1.49	1.54	1.43	1.48	1.66	1.54	1.49	1.48
Stroke Rate	Cycle/Min	39.5			36.9	36.6			40.5	37.5	38.5		43.5	39.5	39.0		48.4		48.4	48.4	
Stroke Tempo	Sec	00:01.52			00:01.64	00:01.64			00:01.48	00:01.60	00:01.56		00:01.38	00:01.52	00:01.54		00:01.24		00:01.24	00:01.24	
Distance per stroke	Cm	237.5			292.3				290.9	293.9	286.0		292.1	290.8			290.8		285.1		
Stroke Index	DPS*Speed*Cycle	3.71			3.88			3.30		3.36		3.07		3.10			2.93		2.76		

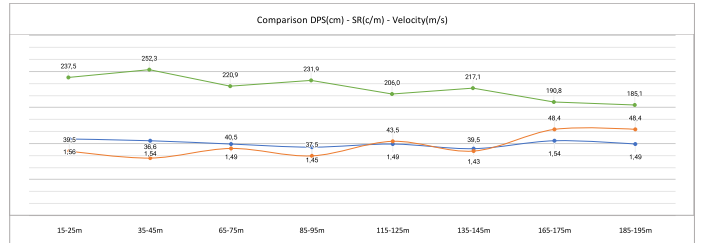
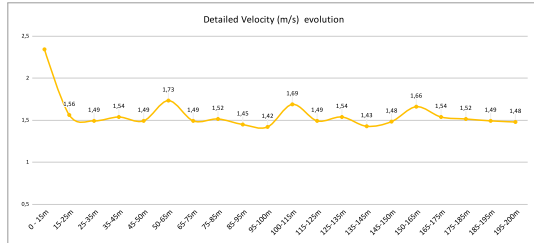
Pacing Info
Averages
1.59
41.7
00:01.45
237.7
3.27

Pacing info		1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
Distance									
Lap	Time	00:12.80	00:16.55	00:15.35	00:17.02	00:15.58	00:16.87	00:15.53	00:16.68
Velocity	Metre/Sec	1.95	1.51	1.63	1.47	1.60	1.48	1.61	1.50

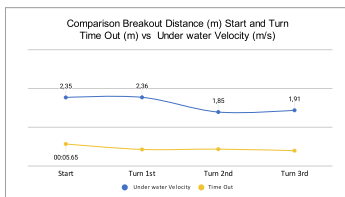
1st 50	2nd 50	3rd 50	4th 50
00:29.35	00:32.37	00:32.45	00:32.21
1.70	1.54	1.54	1.55

1st 100	2nd 100
01:01.72	01:04.66
1.62	1.55

50m	100m	150m	200m
00:29.35	01:01.72	01:34.17	02:06.38
1.70	1.62	1.59	1.58

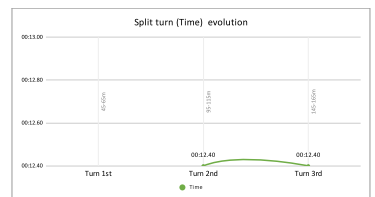


Start info	
Data evolution	Start
Reaction Time	Sec 00:00.65
Time Out	Sec 00:05.65
Breakout Dis	Metre 13,3
Velocity	Metre/Sec 2,35



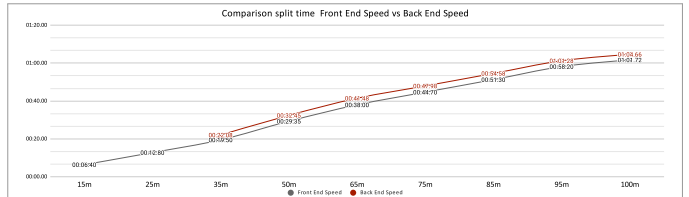
Turn info				
Data evolution		Turn 1st	Turn 2nd	Turn 3rd
Split	Meters	45-65m	95-115m	145-165m
Split	Time	00:12.00	00:12.40	00:12.40
Velocity	Metre/Sec	1,67	1,61	1,61

Underwater phase				
Time in	Sec	00:01.04	00:00.88	00:00.80
Time Out	Sec	00:04.24	00:04.32	00:03.92
Total Time	Sec	00:05.28	00:05.20	00:04.72
Breakout Dis.	Metre	10.0	8.0	7.5
UW Velocity	Metre/Sec	2.36	1.85	1.91



Front End Speed		15m	25m	35m	50m	65m	75m	85m	95m	100m
Distance										
Split	Time	00:06.40	00:12.80	00:19.50	00:29.35	00:38.00	00:44.70	00:51.30	00:58.20	01:01.72
Stroke Rate	Cycle/Min		39.5		36.6		40.5		37.5	38.5
Stroke Tempo	Sec		00:01.52		00:01.64		00:01.48		00:01.60	00:01.56

Back End Speed		35m	50m	65m	75m	85m	95m	100m
Distance								
Split	Time	00:22.08	00:32.45	00:41.48	00:47.98	00:54.58	01:01.28	01:04.66
Stroke Rate	Cycle/Min		39.0		48.4		48.4	48.4
Stroke Tempo	Sec		00:01.54		00:01.24		00:01.24	00:01.24



Analysis Swim by Sierhei Ivashyn



AnalysisSwim@gmail.com
[AnalysisSwim](#)
[AnalysisSwim](#)



[WhatsApp](#)
[Telegram](#)
[AnalysisSwim](#)