

Race Analysis

Olympic Games Tokyo 2020

Name **Hali Flickinger**

Race **200 Butterfly**

Results **02:05.65**

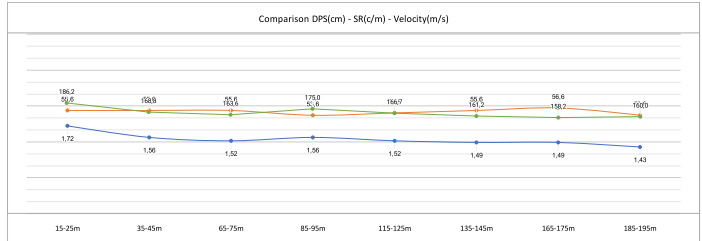
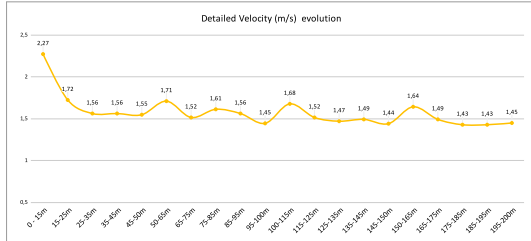
Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	100-115m	115-125m	125-135m	135-145m	145-150m	150-165m	165-175m	175-185m	185-195m	195-200m
Split	Time	00:06.60	00:12.40	00:18.80	00:25.20	00:28.43	00:37.20	00:43.80	00:50.00	00:56.40	00:59.86	01:08.80	01:15.40	01:22.20	01:28.90	01:32.37	01:41.50	01:48.20	01:55.20	02:02.20	02:05.65
Lap	Time	00:06.60	00:05.80	00:06.40	00:06.40	00:03.23	00:06.77	00:06.00	00:06.20	00:06.40	00:03.46	00:06.94	00:06.60	00:06.30	00:03.47	00:09.13	00:06.70	00:07.00	00:07.00	00:03.45	
Velocity	Meters/Sec	2.27	1.72	1.56	1.56	1.55	1.71	1.52	1.61	1.56	1.45	1.68	1.52	1.47	1.49	1.44	1.64	1.49	1.43	1.45	
Stroke Rate	Cycle/Min		55.6		55.56	55.6		55.6		53.6	53.6		54.5		55.6	54.5	56.6		53.6	53.6	
Stroke Tempo	Sec		00:01.08		00:01.08	00:01.08		00:01.08		00:01.12	00:01.12		00:01.10		00:01.08	00:01.10	00:01.06		00:01.12	00:01.12	
Distance per stroke	Cm		186.2		188.8		193.6		195.6		175.0		166.7		161.2	158.2	160.0		160.0	157.5	
Stroke Index	DPS*Speed*Cycle		3.21		2.64		2.48		2.73		2.53		2.41		2.41		2.36		2.29		

Pacing info
Averages
1.60
55.1
00:01.09
197.5
2.58

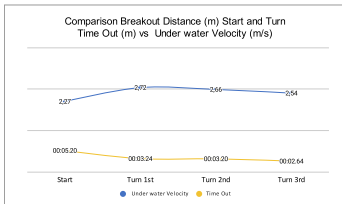
Pacing info									
Distance		1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
Lap	Time	00:12.40	00:16.03	00:15.37	00:16.06	00:15.54	00:16.97	00:15.83	00:17.45
Velocity	Meters/Sec	2.02	1.56	1.63	1.56	1.61	1.47	1.58	1.43

1st 50	2nd 50	3rd 50	4th 50
00:28.43	00:31.43	00:32.51	00:33.28
1,76	1,59	1,54	1,50

1st 100	2nd 100	50m	100m	150m	200m
Time	00:59.86	01:05.79			
Velocity	1.67	1.52	1.76	1.67	1.62

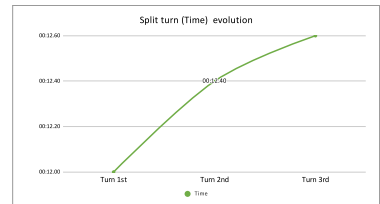


Start info	
Data evolution	Start
Reaction Time	Sec 00:00.70
Time Out	Sec 00:05.20
Breakout Dis	Metre 11.8
Velocity	Metre/Sec 2.27



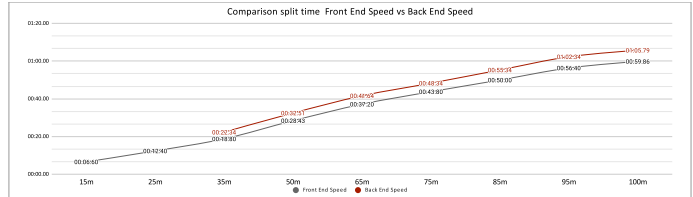
Turn info				
Data evolution		Turn 1st	Turn 2nd	Turn 3rd
Split	Meters	45-65m	95-115m	145-165m
Split	Time	00:12.00	00:12.40	00:12.60
Velocity	Metre/Sec	1,67	1,61	1,59

Underwater phase				
Time in	Sec	00:01.24	00:01.40	00:01.28
Time Out	Sec	00:03.24	00:03.20	00:02.64
Total Time	Sec	00:04.48	00:04.60	00:03.92
Breakout Dis.	Matre	8,8	8,5	6,7
UW Velocity	Metre/Sec	2,72	2,66	2,54



Front End Speed										
Distance		15m	25m	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:06.60	00:12.40	00:18.80	00:28.43	00:37.20	00:43.80	00:50.00	00:56.40	00:59.86
Stroke Rate	Cycle/Min		55.6		55.6		55.6		53.6	53.6
Stroke Tempo	Sec		00:01.08		00:01.08		00:01.08		00:01.12	00:01.12

Back End Speed		35m	50m	65m	75m	85m	95m	100m
Distance								
Split	Time	00:22.34	00:32.51	00:41.64	00:48.34	00:55.34	01:02.34	01:05.79
Stroke Rate	Cycle/Min		54.5		56.6		53.6	53.6
Stroke Tempo	Sec		00:01.10		00:01.06		00:01.12	00:01.12



Analysis Swim by Sjarhei Ivashyn



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