

Race Analysis

Olympic Games Tokyo 2020

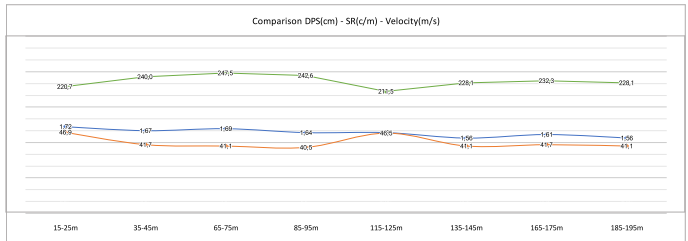
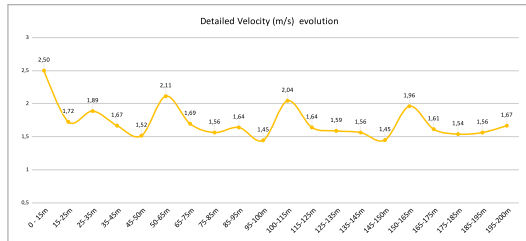
Name Penny Oleksiak

Race 200 Freestyle Results 01:54.70

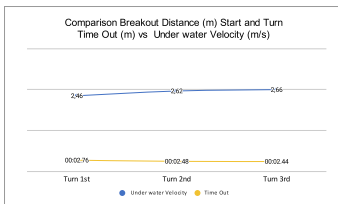
Distance	Meters	0-15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	100-115m	115-125m	125-135m	135-145m	145-150m	150-165m	165-175m	175-185m	185-195m	195-200m
Split	Time	00:06.00	00:11.80	00:17.10	00:23.10	00:26.40	00:33.10	00:39.40	00:45.80	00:51.90	00:55.36	01:02.70	01:08.80	01:15.10	01:21.30	01:24.95	01:32.60	01:38.80	01:45.30	01:51.70	01:54.70
Lap	Time	00:06.00	00:06.80	00:05.30	00:06.00	00:03.30	00:07.10	00:05.90	00:06.40	00:05.10	00:03.46	00:07.34	00:06.10	00:06.40	00:05.45	00:07.65	00:06.20	00:06.40	00:06.40	00:05.00	
Velocity	Metre/Sec	2.50	1.72	1.89	1.67	1.52	2.11	1.69	1.56	1.64	1.45	2.04	1.64	1.59	1.56	1.45	1.96	1.61	1.54	1.56	1.67
Stroke Rate	Cycle/Min	46.9			41.67	42.3		41.1		40.5	40.5		46.5		41.1	41.1		41.7		41.1	41.1
Stroke Tempo	Sec	00:01.28			00:01.44	00:01.42		00:01.45		00:01.48	00:01.48		00:01.29		00:01.45	00:01.46		00:01.44		00:01.46	00:01.45
Distance per stroke	Cm		220.7		240.0		211.5		247.5		242.6		211.5		228.1	228.1		232.3		228.1	231.3
Stroke Index	DPS*Speed*Cycle		3.80		4.00		4.19		3.98		3.98		3.47		3.56	3.56		3.75		3.56	3.79

Pacing info	Distance	1st 25	2nd 25	3rd 25	4th 25	5th 25	6th 25	7th 25	8th 25
Time	00:11.80	00:14.60	00:11.00	00:11.96	00:11.44	00:11.55	00:11.85	00:11.90	00:11.90
Velocity	Metre/Sec	2.12	1.71	1.92	1.57	1.86	1.55	1.85	1.57

1st 50	2nd 50	3rd 50	4th 50	1st 100	2nd 100	50m	100m	150m	200m
00:26.40	00:26.96	00:29.59	00:29.75	00:55.36	00:59.34	00:26.40	00:55.36	01:24.95	01:54.70
1.89	1.73	1.69	1.68	1.81	1.69	1.89	1.81	1.77	1.74



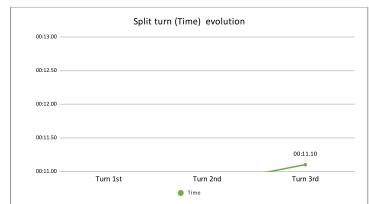
Start info	Start
Reaction Time	Sec 00:00.69
Time Out	Sec
Breakout Dis	Metre
Velocity	Metre/Sec



Turn info				
Data evolution		Turn 1st	Turn 2nd	Turn 3rd
	Meters	45-65m	95-115m	145-165m
Split	Time	00:10.40	00:10.80	00:11.10
Velocity	Metre/Sec	1.92	1.85	1.80

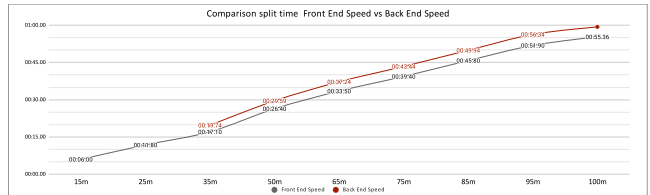
Underwater phase				
	Sec			
Time Out	Sec	00:02.76	00:02.48	00:02.44
Total Time	Sec	00:02.76	00:02.48	00:02.44
Breakout Dis.	Metre	6.8	6.5	6.5
ULW Velocity	Metre/Sec	2.46	2.62	2.66

Underwater phase	
Time in	Sec
Time Out	Sec
Total Time	Sec
Breakout Dis	Metre
Uw velocity	Metre/Sec



Front End Speed	Distance	15m	25m	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:06.00	00:11.80	00:17.10	00:26.40	00:33.10	00:39.40	00:45.80	00:51.90	00:55.36
Stroke Rate	Cycle/Min	46.9			42.3		41.1		40.5	40.5
Stroke Tempo	Sec		00:01.28		00:01.44		00:01.46		00:01.48	00:01.48

Back End Speed	Distance	35m	50m	65m	75m	85m	95m	100m
Split	Time	00:19.74	00:29.59	00:37.24	00:43.44	00:49.94	00:56.34	00:59.34
Stroke Rate	Cycle/Min	41.1			41.7		40.5	41.1
Stroke Tempo	Sec	00:01.46			00:01.44		00:01.46	00:01.46



Analysis Swim by Sjarhei Ivashyn



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