

Race Analysis

FINA Swim World Cup 2019 Woman

Name Hoi Shun Stephanie AU

Race 50m Backstroke Results 00:28.16

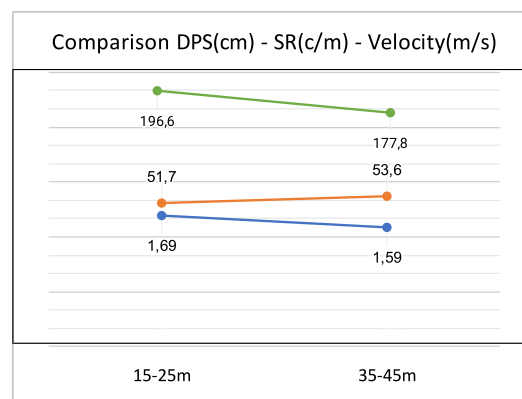
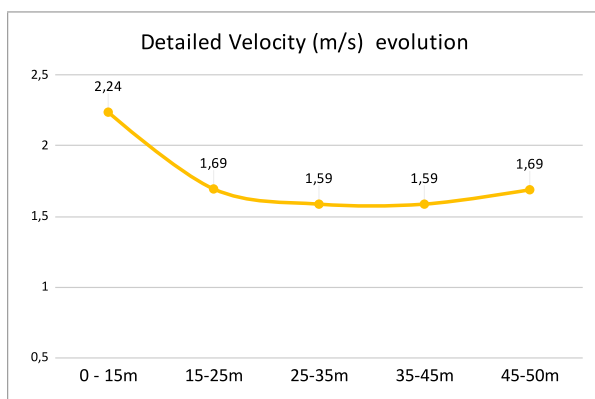
Distance	Metres	0 - 15m	15-25m	25-35m	35-45m	45-50m
Split	Time	00:06.70	00:12.60	00:18.90	00:25.20	00:28.16
Lap	Time	00:06.70	00:05.90	00:06.30	00:06.30	00:02.96
Velocity	Metre/Sec	2,24	1,69	1,59	1,59	1,69
Stroke Rate	Cycle/Min		51,7		53,6	53,1
Stroke Tempo	Sec		00:01.16		00:01.12	00:01.13
Distance per stroke	Cm		196,6		177,8	
Stroke Index	DPS*Speed*Cycle		3,33		2,82	

Pacing info
Averages
1,80
52,6
00:01.14
187,2
3,08

Pacing info			
Distance		1st 25m	2nd 25m
Lap	Time	00:12.60	00:15.56
Velocity	Metre/Sec	1.98	1.61



Start info		
Data evolution		Start
Reaction Time	Sec	00:00.62
Time Out	Sec	00:06.00
Breakout Dis	Metre	13,8
Velocity	Metre/Sec	2,30



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