

Race Analysis

Olympic Games Tokyo 2020

Name **Kliment Kolesnikov**

Race **100m Backstroke** Results **00:52.00**

Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m
Split	Time	00:05.70	00:10.60	00:16.20	00:21.60	00:24.90	00:31.00	00:36.60	00:42.60	00:48.80	00:52.00
Lap	Time	00:05.70	00:04.90	00:05.60	00:05.40	00:03.30	00:06.10	00:05.60	00:06.00	00:06.20	00:03.20
Velocity	Metre/Sec	2,63	2,04	1,79	1,85	1,52	2,46	1,79	1,67	1,61	1,56
Stroke Rate	Cycle/Min		53,6		56,6	55,6		50,0		45,5	50,0
Stroke Tempo	Sec		00:01.12		00:01.06	00:01.08		00:01.20		00:01.32	00:01.20
Distance per stroke	Cm		228,6		196,3		214,3		212,9		
Stroke Index	DPS*Speed*Cycle		4,66		3,64		3,83		3,43		

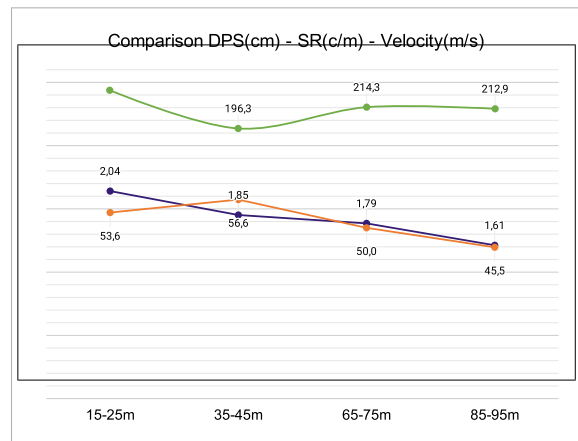
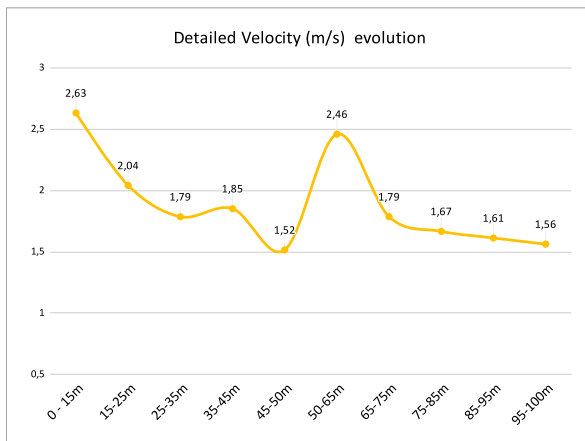
Pacing info	
Averages	
	1,93
	51,4
	00:01.18
	213,0
	3,89

Pacing info

Distance	1st 25m	2nd 25m	3rd 25m	4th 25m	
Lap	Time	00:10.60	00:14.30	00:11.70	00:15.40
Velocity	Metre/Sec	2,36	1,75	2,14	1,62

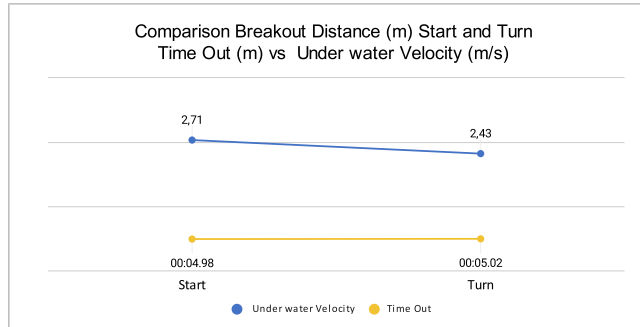
1st 50m	2nd 50m	
Time	00:24.90	00:27.10
Velocity	2,01	1,85

50m	100m	
Time	00:24.90	00:52.00
Velocity	2,01	1,92



Start info

Data evolution	Start
Reaction Time	Sec 00:00.62
Time Out	Sec 00:04.98
Breakout Dis	Metre 13,5
Velocity	Metre/Sec 2,71



Turn info

Data evolution	Turn
Split	Meters 45-65m
Split	Time 00:09.40
Velocity	Metre/Sec 2,13

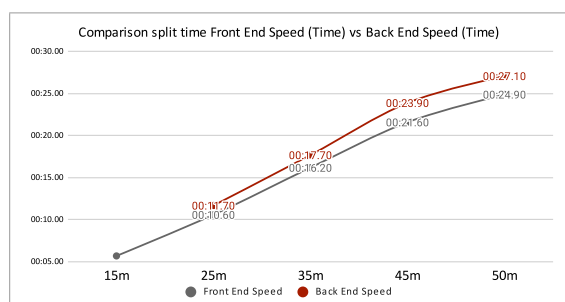
Underwater phase	
Time in	Sec
Time Out	Sec 00:05.02
Total Time	Sec 00:05.02
Breakout Dis.	Metre 12,2
UW Velocity	Metre/Sec 2,43

Front End Speed

Distance	15m	25m	35m	45m	50m	
Split	Time	00:05.70	00:10.60	00:16.20	00:21.60	00:24.90
Stroke Rate	Cycle/Min		53,6		56,6	55,6
Stroke Tempo	Sec		00:01.12		00:01.06	

Back End Speed

Distance	25m	35m	45m	50m		
Split	Time	00:11.70	00:17.70	00:23.90	00:27.10	
Stroke Rate	Cycle/Min		50,0		45,5	50,0
Stroke Tempo	Sec		00:01.20		00:01.32	00:01.20



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