

# Race Analysis

## Olympic Games Tokyo 2020

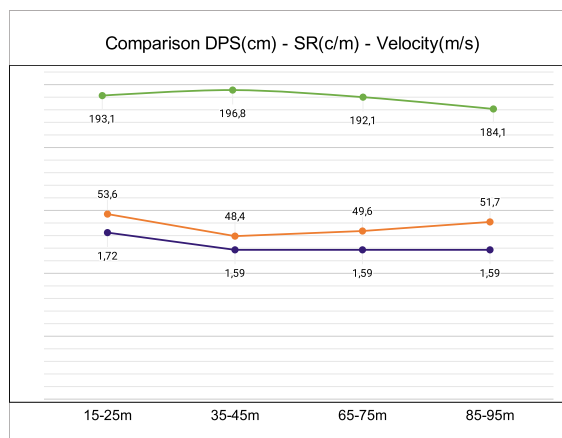
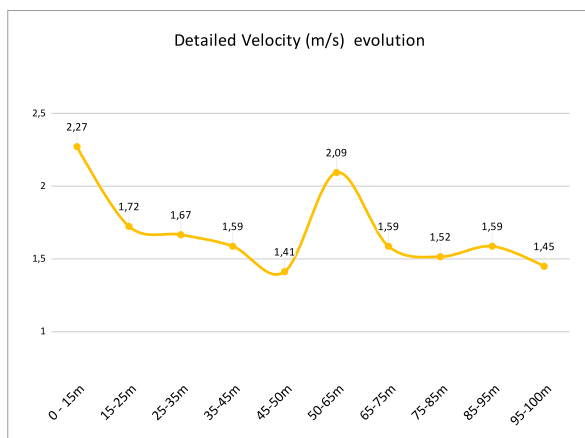
Name **Regan SMITH**

Race **100m Backstroke** Results **00:58.05**

Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	Pacing info
Split	Time	00:06.60	00:12.40	00:18.40	00:24.70	00:28.24	00:35.40	00:41.70	00:48.30	00:54.60	00:58.05	Averages
Lap	Time	00:06.60	00:05.80	00:06.00	00:06.30	00:03.54	00:07.16	00:06.30	00:06.60	00:06.30	00:03.45	
Velocity	Metre/Sec	2,27	1,72	1,67	1,59	1,41	2,09	1,59	1,52	1,59	1,45	1,72
Stroke Rate	Cycle/Min		53,6		48,4	48,4		49,6		51,7	52,2	50,8
Stroke Tempo	Sec		00:01.12		00:01.24	00:01.24		00:01.21		00:01.16	00:01.15	00:01.18
Distance per stroke	Cm		193,1		196,8		192,1		184,1		184,1	191,5
Stroke Index	DPS*Speed*Cycle		3,33		3,12		3,05		2,92		2,92	3,11

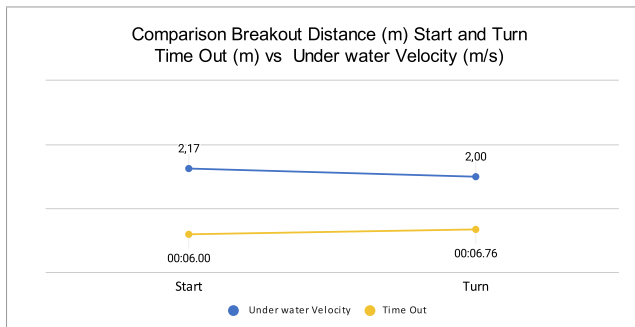
### Pacing info

Distance	1st 25m	2nd 25m	3rd 25m	4th 25m	1st 50m	2nd 50m	50m	100m	
Lap	Time	00:12.40	00:15.84	00:13.46	00:16.35	00:28.24	00:29.81	00:28.24	00:58.05
Velocity	Metre/Sec	2,02	1,58	1,86	1,53	1,77	1,68	1,77	1,72



### Start info

Data evolution	Start
Reaction Time	Sec 00:00.59
Time Out	Sec 00:06.00
Breakout Dis	Metre 13,0
Velocity	Metre/Sec 2,17



### Turn info

Data evolution	Turn
Split	Meters 45-65m
Split	Time 00:10.70
Velocity	Metre/Sec 1,87

### Underwater phase

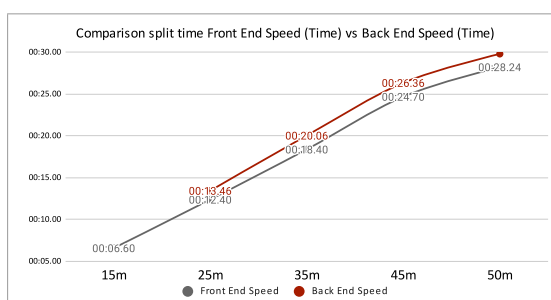
Time in	Sec	
Time Out	Sec	00:06.76
Total Time	Sec	00:06.76
Breakout Dis.	Metre	13,5
UW Velocity	Metre/Sec	2,00

### Front End Speed

Distance	15m	25m	35m	45m	50m	
Split	Time	00:06.60	00:12.40	00:18.40	00:24.70	00:28.24
Stroke Rate	Cycle/Min		53,6	48,4	48,4	
Stroke Tempo	Sec		00:01.12		00:01.24	

### Back End Speed

Distance	25m	35m	45m	50m	
Split	Time	00:13.46	00:20.06	00:26.36	00:29.81
Stroke Rate	Cycle/Min	49,6		51,7	52,2
Stroke Tempo	Sec	00:01.21		00:01.16	00:01.15



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