

Race Analysis

Olympic Games Tokyo 2020

Name **Noe Ponti**

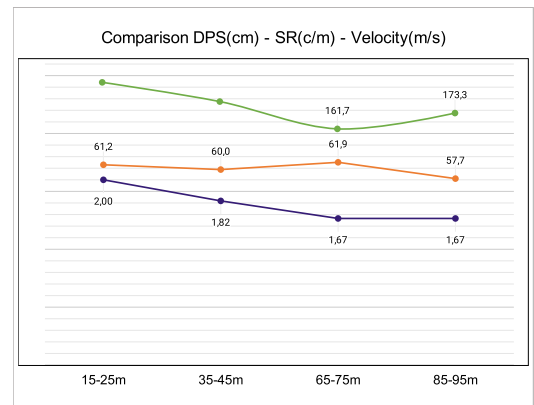
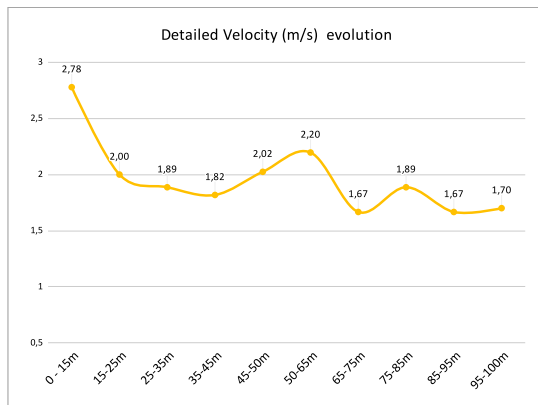
Race **100m Butterfly** Results **00:50.74**



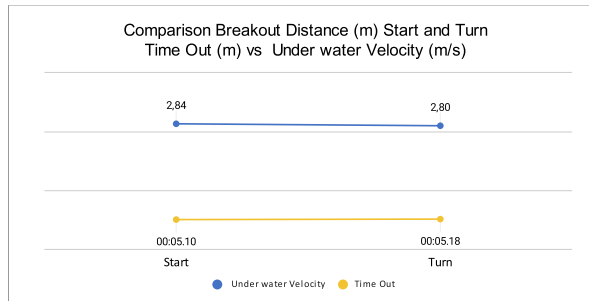
Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	Pacing info	
Split	Time	00:05.40	00:10.40	00:15.70	00:21.20	00:23.67	00:30.50	00:36.50	00:41.80	00:47.80	00:50.74	Averages	
Lap	Time	00:05.40	00:05.00	00:05.30	00:05.50	00:02.47	00:06.83	00:06.00	00:05.30	00:06.00	00:02.94		
Velocity	Metre/Sec	2,78	2,00	1,89	1,82	2,02	2,20	1,67	1,89	1,67	1,70	1,98	
Stroke Rate	Cycle/Min		61,2		60,0	57,7		61,9		57,7	60,0	60,2	
Stroke Tempo	Sec		00:00.98		00:01.00	00:01.04		00:00.97		00:01.04	00:01.00	00:01.00	
Distance per stroke	Cm		196,0		181,8	161,7		161,7		173,3	173,3	178,2	
Stroke Index	DPS*Speed*Cycle		3,92		3,31	2,69		2,69		2,89	3,20	3,20	

Pacing info					
Distance		1st 25m	2nd 25m	3rd 25m	4th 25m
Lap	Time	00:10.40	00:13.27	00:12.83	00:14.24
Velocity	Metre/Sec	2,40	1,88	1,95	1,76

1st 50m	2nd 50m	50m	100m
00:23.67	00:27.07	00:23.67	00:50.74
2,11	1,85	2,11	1,97



Start info		
Data evolution		Start
Reaction Time	Sec	00:00.68
Time Out	Sec	00:05.10
Breakout Dis	Metre	14,5
Velocity	Metre/Sec	2,84

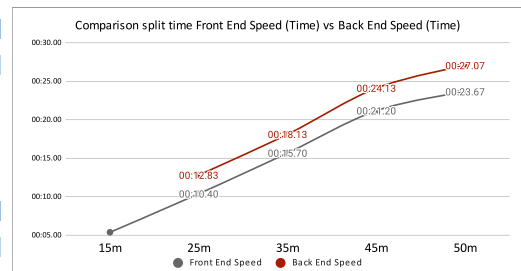


Turn info		
Data evolution		Turn
Split	Meters	45-65m
Split	Time	00:09.30
Velocity	Metre/Sec	2,15

Underwater phase	
Time in	Sec 00:01.02
Time Out	Sec 00:05.18
Total Time	Sec 00:06.20
Breakout Dis.	Metre 14,5
UW Velocity	Metre/Sec 2,80

Front End Speed						
Distance		15m	25m	35m	45m	50m
Split	Time	00:05.40	00:10.40	00:15.70	00:21.20	00:23.67
Stroke Rate	Cycle/Min		61,2		60,0	57,7
Stroke Tempo	Sec		00:00.98		00:01.00	

Back End Speed					
Distance		25m	35m	45m	50m
Split	Time	00:12.83	00:18.13	00:24.13	00:27.07
Stroke Rate	Cycle/Min	61,9		57,7	60,0
Stroke Tempo	Sec	00:00.97		00:01.04	00:01.00



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