

Race Analysis

Olympic Games Tokyo 2020

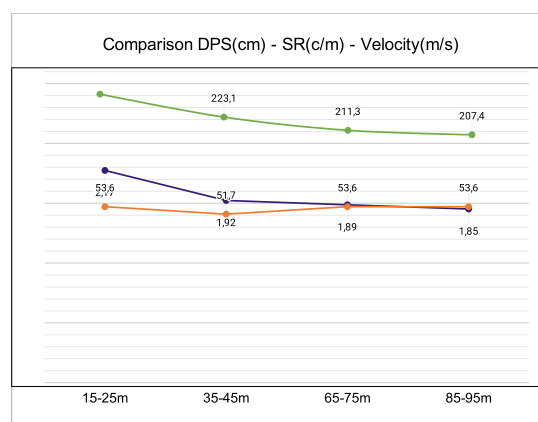
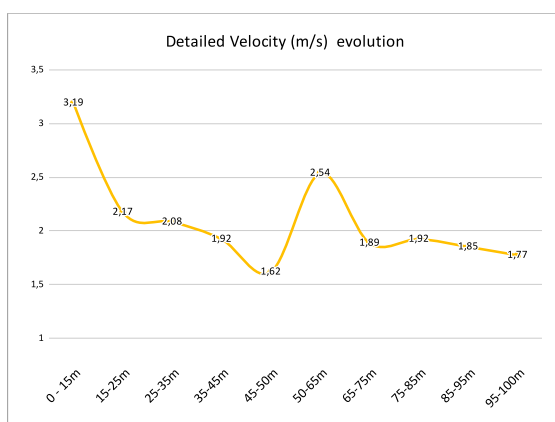
Name **Caeleb Dressel**

Race **100m Freestyle** Results **00:47.02**

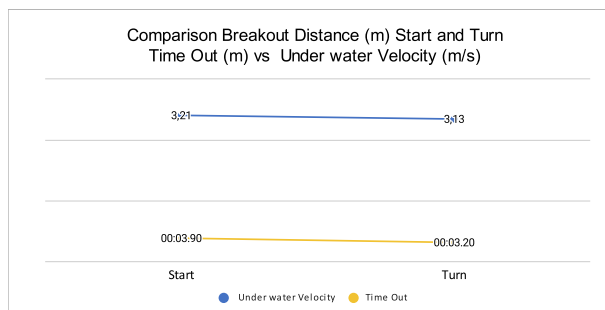
Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	Pacing info
Split	Time	00:04.70	00:09.30	00:14.10	00:19.30	00:22.39	00:28.30	00:33.60	00:38.80	00:44.20	00:47.02	Averages
Lap	Time	00:04.70	00:04.60	00:04.80	00:05.20	00:03.09	00:05.91	00:05.30	00:05.20	00:05.40	00:02.82	2,13
Velocity	Metre/Sec	3,19	2,17	2,08	1,92	1,62	2,54	1,89	1,92	1,85	1,77	53,1
Stroke Rate	Cycle/Min		53,6		51,7	52,6		53,6		53,6	52,6	00:01.13
Stroke Tempo	Sec		00:01.12		00:01.16	00:01.14		00:01.12		00:01.12	00:01.14	221,3
Distance per stroke	Cm		243,5		223,1			211,3		207,4		4,35
Stroke Index	DPS*Speed*Cycle		5,29		4,29			3,99		3,84		

Distance	1st 25m	2nd 25m	3rd 25m	4th 25m	
Lap	Time	00:09.30	00:13.09	00:11.21	00:13.42
Velocity	Metre/Sec	2,69	1,91	2,23	1,86

1st 50m	2nd 50m	50m	100m
00:22.39	00:24.63	00:22.39	00:47.02
2,23	2,03	2,23	2,13



Data evolution	Start
Reaction Time	Sec 00:00.60
Time Out	Sec 00:03.90
Breakout Dis	Metre 12,5
Velocity	Metre/Sec 3,21

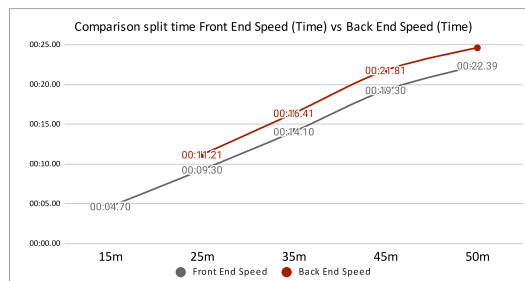


Data evolution	Turn
Split	Meters 45-65m
Split	Time 00:09.00
Velocity	Metre/Sec 2,22

Underwater phase	
Time in	Sec
Time Out	Sec 00:03.20
Total Time	Sec 00:03.20
Breakout Dis.	Metre 10,0
UW Velocity	Metre/Sec 3,13

Front End Speed	15m	25m	35m	45m	50m	
Distance						
Split	Time	00:04.70	00:09.30	00:14.10	00:19.30	00:22.39
Stroke Rate	Cycle/Min		53,6		51,7	52,6
Stroke Tempo	Sec		00:01.12		00:01.16	

Back End Speed	25m	35m	45m	50m	
Distance					
Split	Time	00:11.21	00:16.41	00:21.81	00:24.63
Stroke Rate	Cycle/Min		53,6		52,6
Stroke Tempo	Sec	00:01.12		00:01.12	00:01.14



Analysis Swim by Sjarhei Ivashyn



AnalysisSwim@gmail.com
[Analysis_swim](#)
[Analysis Swim](#)



[WhatsApp](#)
[Sjarhei Ivashyn](#)
[Analysis Swim](#)