

Race Analysis

European Champs Rome 2022

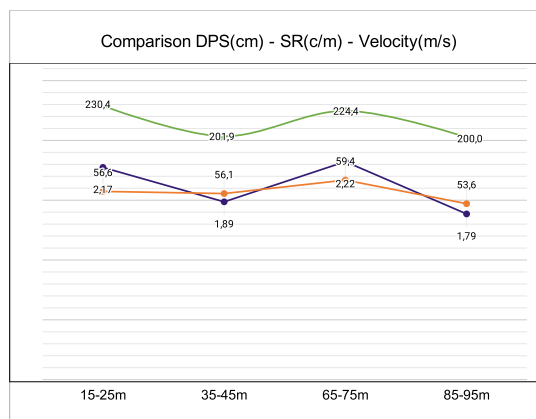
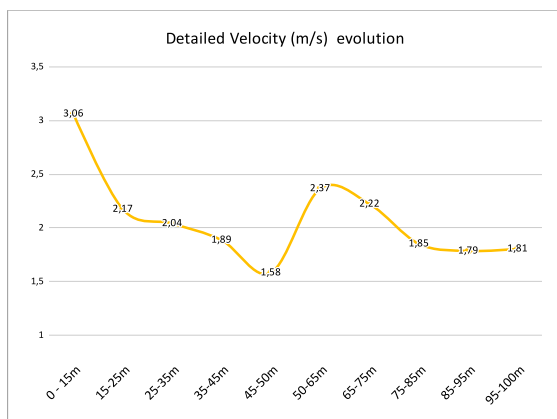
Name **Milak Kristof**

Race **100m Freestyle** Results **00:47.47**

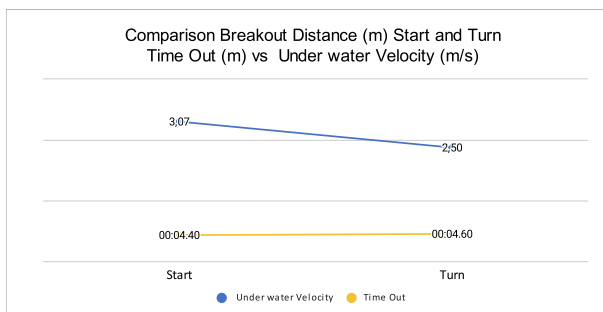
Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	Pacing info
Split	Time	00:04.90	00:09.50	00:14.40	00:19.70	00:22.86	00:29.20	00:33.70	00:39.10	00:44.70	00:47.47	Averages
Lap	Time	00:04.90	00:04.60	00:04.90	00:05.30	00:03.16	00:06.34	00:04.50	00:05.40	00:05.60	00:02.77	2,11
Velocity	Metre/Sec	3,06	2,17	2,04	1,89	1,58	2,37	2,22	1,85	1,79	1,81	56,4
Stroke Rate	Cycle/Min		56,6		56,1	53,1		59,4		53,6	52,6	00:01.07
Stroke Tempo	Sec		00:01.06		00:01.07	00:01.13		00:01.01		00:01.12	00:01.14	214,2
Distance per stroke	Cm		230,4		201,9			224,4		200,0		4,34
Stroke Index	DPS*Speed*Cycle		5,01		3,81			4,99		3,57		

Pacing info					
Distance	1st 25m	2nd 25m	3rd 25m	4th 25m	
Lap	Time	00:09.50	00:13.36	00:10.84	00:13.77
Velocity	Metre/Sec	2,63	1,87	2,31	1,82

1st 50m	2nd 50m	50m	100m
00:22.86	00:24.61	00:22.86	00:47.47
2,19	2,03	2,19	2,11



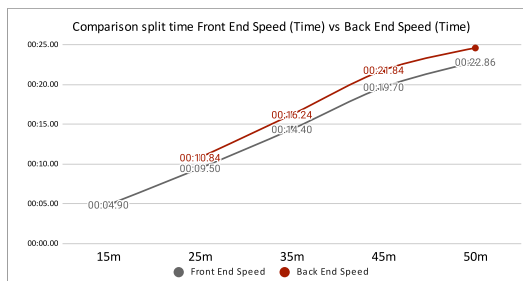
Start info	
Data evolution	Start
Reaction Time	Sec 00:00.68
Time Out	Sec 00:04.40
Breakout Dis	Metre 13,5
Velocity	Metre/Sec 3,07



Turn info		
Data evolution	Meters	Turn
Split	Time	00:09.50
Velocity	Metre/Sec	2,11

Underwater phase	
Time in	Sec 00:04.60
Time Out	Sec 00:04.60
Total Time	Sec 00:04.60
Breakout Dis.	Metre 11,5
UW Velocity	Metre/Sec 2,50

Front End Speed						
Distance	15m	25m	35m	45m	50m	
Split	Time	00:04.90	00:09.50	00:14.40	00:19.70	00:22.86
Stroke Rate	Cycle/Min		56,6		56,1	53,1
Stroke Tempo	Sec		00:01.06		00:01.07	



Back End Speed					
Distance	25m	35m	45m	50m	
Split	Time	00:10.84	00:16.24	00:21.84	00:24.61
Stroke Rate	Cycle/Min	59,4		53,6	52,6
Stroke Tempo	Sec	00:01.01		00:01.12	00:01.14

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