

Race Analysis

European Champs Rome 2022

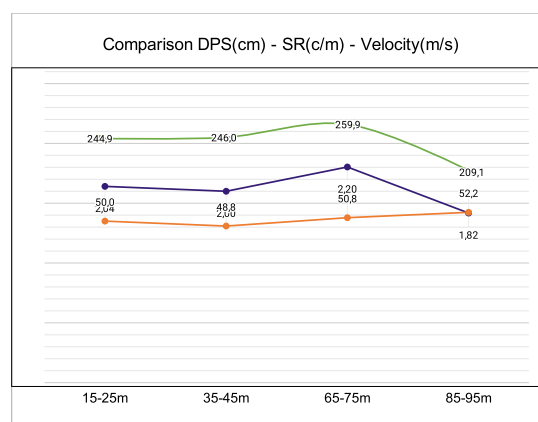
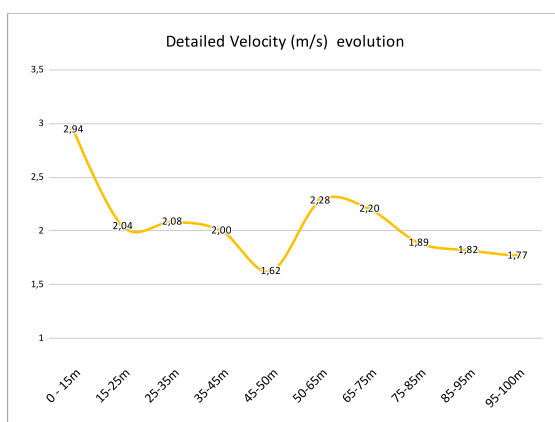
Name **Miressi Alessandro**

Race **100m Freestyle** Results **00:47.63**

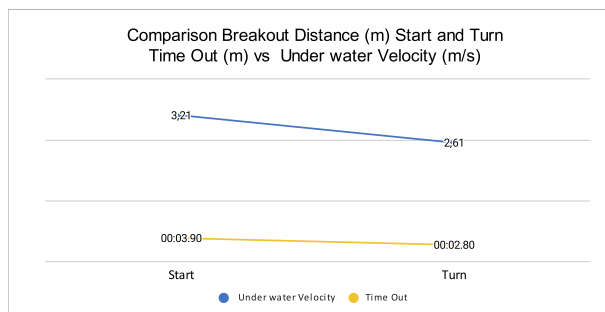
Distance	Meters	0 - 15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m	Pacing info
Split	Time	00:05.10	00:10.00	00:14.80	00:19.80	00:22.88	00:29.46	00:34.00	00:39.30	00:44.80	00:47.63	Averages
Lap	Time	00:05.10	00:04.90	00:04.80	00:05.00	00:03.08	00:06.58	00:04.54	00:05.30	00:05.50	00:02.83	2,10
Velocity	Metre/Sec	2,94	2,04	2,08	2,00	1,62	2,28	2,20	1,89	1,82	1,77	50,5
Stroke Rate	Cycle/Min		50,0		48,8	50,0		50,8		52,2	52,6	00:01.19
Stroke Tempo	Sec		00:01.20		00:01.23	00:01.20		00:01.18		00:01.15	00:01.14	240,0
Distance per stroke	Cm		244,9		246,0		259,9		209,1			4,86
Stroke Index	DPS*Speed*Cycle		5,00		4,92		5,72		3,80			

Pacing info					
Distance	1st 25m	2nd 25m	3rd 25m	4th 25m	
Lap	Time	00:10.00	00:12.88	00:11.12	00:13.63
Velocity	Metre/Sec	2,50	1,94	2,25	1,83

1st 50m	2nd 50m	50m	100m
00:22.88	00:24.75	00:22.88	00:47.63
2,19	2,02	2,19	2,10



Start info		
Data evolution		Start
Reaction Time	Sec	00:00.70
Time Out	Sec	00:03.90
Breakout Dis	Metre	12,5
Velocity	Metre/Sec	3,21

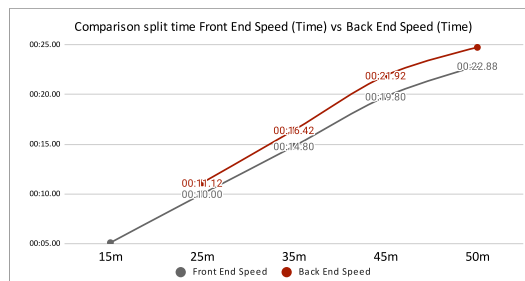


Turn info		
Data evolution		Turn
Split	Meters	45-65m
Split	Time	00:09.66
Velocity	Metre/Sec	2,07

Underwater phase		
Time in	Sec	
Time Out	Sec	00:02.80
Total Time	Sec	00:02.80
Breakout Dis.	Metre	7,3
UW Velocity	Metre/Sec	2,61

Front End Speed						
Distance	15m	25m	35m	45m	50m	
Split	Time	00:05.10	00:10.00	00:14.80	00:19.80	00:22.88
Stroke Rate	Cycle/Min		50,0		48,8	50,0
Stroke Tempo	Sec		00:01.20		00:01.23	

Back End Speed					
Distance	25m	35m	45m	50m	
Split	Time	00:11.12	00:16.42	00:21.92	00:24.75
Stroke Rate	Cycle/Min	50,8		52,2	52,6
Stroke Tempo	Sec	00:01.18		00:01.15	00:01.14



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