

## Analisi Gara

European Championship Otopeni 2023



Name	Result	Average speed
<b>Proud Benjamin</b>	00:20.18	2.48

Race	Reaction Time
50 freestyle Final	00:00.58
<b>European Record</b>	

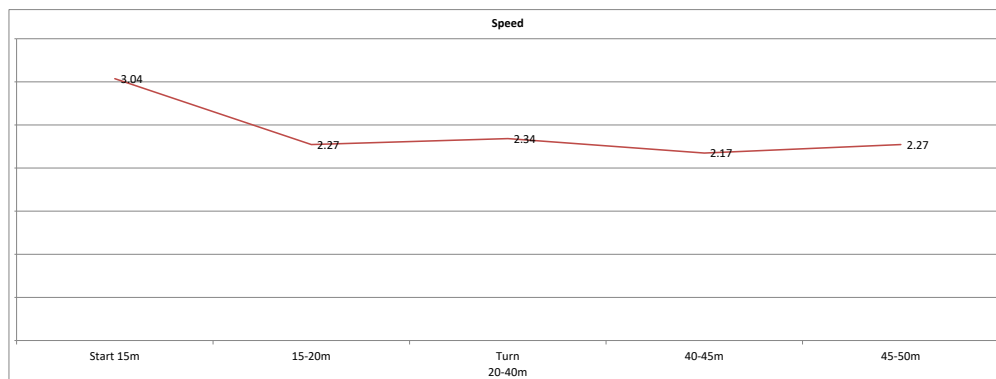
	1° 25	2° 25
Lap	00:09.64	00:10.54
Average Lap Speed	2.59	2.37
Contribution of no swimming areas	% 12.36%	12.01%
Stroke number	N° 5.5	7.5

	1° 25	2° 25
Start Flight Time	Time 00:00.40	
Break in	Metre 3.91	
Underwater Break out	Metre 12.25	9.30
Underwater phase Speed	Metri/Sec 3.22	2.77

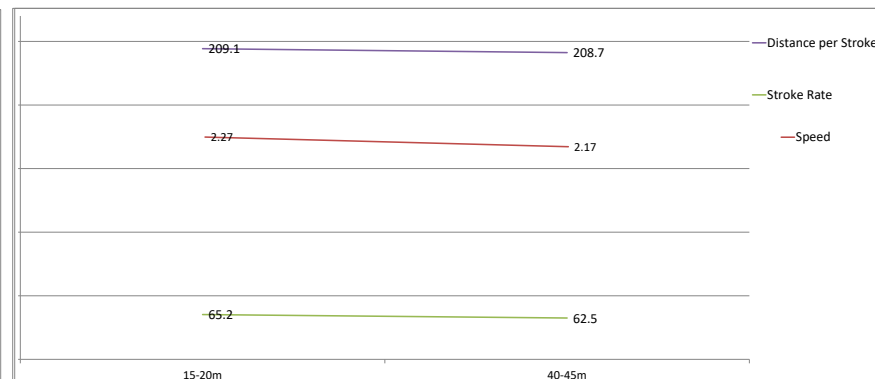
	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:04.94	00:07.14	00:09.64	00:15.68	00:17.98	00:20.18	
Lap	Time 00:04.94	00:02.20	00:02.50	00:08.54	00:02.30	00:02.20	
Speed	Metri/Sec 3.04	2.27	2.34	2.17	2.27	2.22	
Stroke Rate	Cycle/Min 65.2	60.00	62.5	60.00	63.9		
Distance per Stroke	cm 209.1		208.7	208.9			
Stroke Index	DPS*Speed 4.8		4.5	4.64			



Speed Evolution



Comparison Distance per stroke - Stroke rate - Speed



SwimLab 2.0

