Race Analysis

European Championship Otopeni 2023

Name	Result	Average Speed
Wiffen	03:35.47	1.86

Race	Reaction Time
400 Free Final	00:00.71

		1° 25	2° 25	3° 25	4° 25	5° 25	6° 25	7° 25	8° 25	9° 25	10° 25	11° 25	12° 25	13° 25	14° 25	15° 25	16° 25
Lap	Time	00:11.96	00:13.12	00:13.53	00:13.63	00:13.78	00:13.74	00:13.99	00:13.80	00:13.51	00:13.35	00:13.43	00:13.47	00:13.63	00:13.65	00:13.71	00:13.17
Average lap speed	Metre/Sec	2.09	1.91	1.85	1.83	1.81	1.82	1.79	1.81	1.85	1.87	1.86	1.86	1.83	1.83	1.82	1.90
Contribution of no swimming areas	%	8.70%	3.88%	7.01%	5.02%	6.58%	5.89%	7.96%	6.44%	5.85%	6.64%	6.41%	5.80%	5.67%	5.86%	5.77%	10.10%

		50m	100m	150m	200m	250m	300m	350m	400m
Split	Time	00:25.08	00:52.24	01:19.76	01:47.55	02:14.41	02:41.31	03:08.59	03:35.47

		1° 50	2° 50	3° 50	4° 50 5° 50	6° 50	7° 50	8° 50
Lap	Time	00:25.08	00:27.16	00:27.52	00:27.79	00:26.86	00:26.90	00:27.28	00:26.88
Average lap speed	Metre/Sec	1.99	1.84	1.82	1.80	1.86	1.86	1.83	1.86
Contribution of no swimming areas	%	6.3%	6.0%	6.2%	7.3%	6.2%	6.1%	5.8%	7.9%

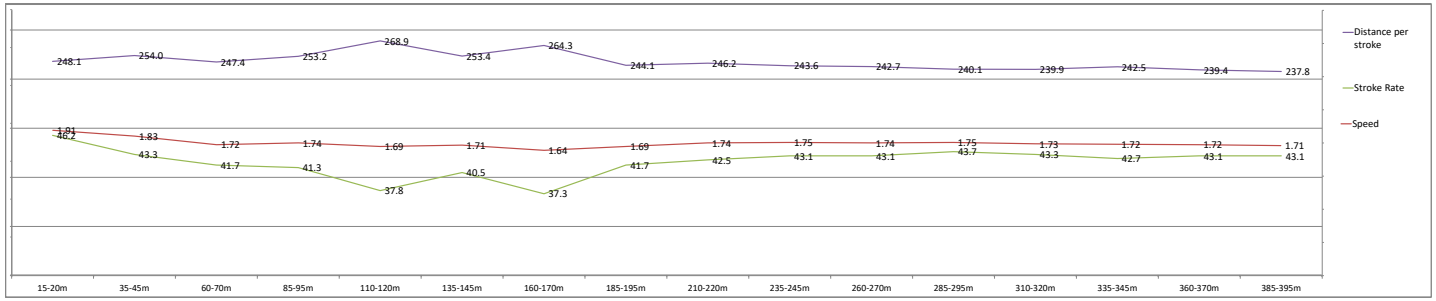
1° 100	2° 100	3° 100	4° 100
00:52.24	00:55.31	00:53.76	00:54.16
1.91	1.81	1.86	1.85
6.13%	6.75%	6.18%	6.86%

1° 200	2° 200
01:47.55	01:47.92
1.86	1.85
6.49%	6.52%

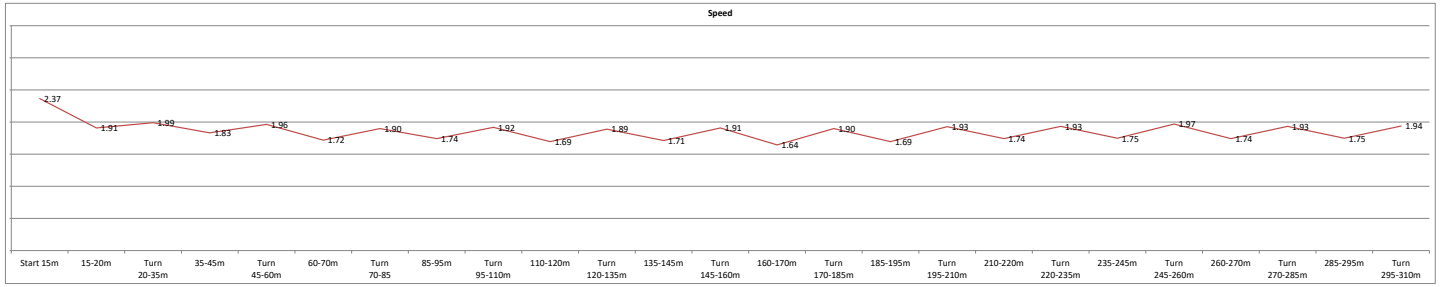
		Start 15m	15-20m	20-25m	Turn 20-35m	35-45m	45-50m	Turn 45-60m	60-70m	70-75m	Turn 70-85	85-95m	95-100m	Turn 95-110m	110-120m	120-125m	Turn 120-135m	135-145m	145-150m	Turn 145-160m	160-170m	170-175m	Turn 170-185m	185-195m	195-200m
Time	Time	00:06.34	00:02.62	00:03.00	00:07.54	00:05.46	00:03.12	00:07.64	00:05.82	00:03.19	00:07.90	00:05.74	00:03.18	00:07.82	00:05.90	00:03.24	00:07.94	00:05.84	00:03.20	00:07.86	00:06.08	00:03.25	00:07.90	00:05.90	00:03.25
Speed	Metre/Sec	2.37	1.91		1.99	1.83		1.96	1.72		1.90	1.74		1.92	1.69		1.89	1.71		1.91	1.64		1.90	1.69	
Stroke Rate	Cycle/Mtn		46.2			43.3			41.7			41.3			37.8			40.5			37.3			41.7	
Distance per stroke	Cm		248.1			254.0			247.4			253.2			268.9			253.4			264.3			244.1	
Stroke index	DPS*Speed		4.73			4.65			4.25			4.41			4.56			4.34			4.35			4.14	

		Turn 195-210m	210-220m	220-225m	Turn 220-235m	235-245m	245-250m	Turn 245-260m	260-270m	270-275m	Turn 270-285m	285-295m	295-300m	Turn 295-310m	310-320m	320-325m	Turn 320-335m	335-345m	345-350m	Turn 345-360m	360-370m	370-375m	Turn 370-385m	385-395m	395-400m	Average swimming parameters
Time	Time	00:07.78	00:05.74	00:03.24	00:07.76	00:05.72	00:03.11	00:07.62	00:05.74	00:03.18	00:07.76	00:05.72	00:03.17	00:07.74	00:05.78	00:03.28	00:07.94	00:05.80	00:03.19	00:07.78	00:05.82	00:03.30	00:08.00	00:05.86	00:02.61	
Speed	Metre/Sec	1.93	1.74		1.93	1.75		1.97	1.74		1.93	1.75		1.94	1.73		1.89	1.72		1.93	1.72		1.88	1.71	1.92	1.74
Stroke Rate	Cycle/Mtn		42.5			43.1			43.1			43.7			43.3			42.7			43.1			43.1		42.1
Distance per stroke	Cm		246.2			243.6			242.7			240.1			239.9			242.5			239.4			237.8		247.9
Stroke index	DPS*Speed		4.29			4.26			4.23			4.20			4.15			4.18			4.11			4.06		4.31

Comparision Distance per stroke - Stroke Rate - Speed



Speed evolution



Facebook: Matteo Poli
e-mail: mpoli.nuoto@gmail.com
Instagram: _matte_poli