

Analisi Gara

European Championship Otopeni 2023



Name	Result	Average speed
Proud Benjamin	00:20.18	2.48

Race	Reaction Time
50 freestyle Final	00:00.58
European Record	

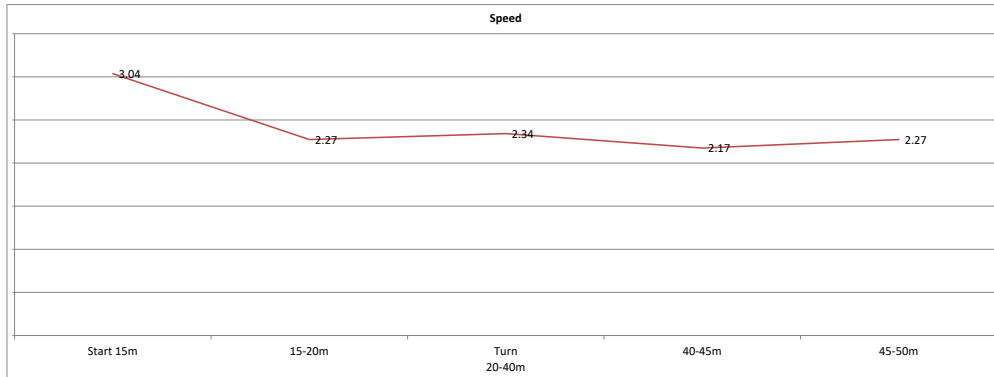
	1° 25	2° 25
Lap	00:09.64	00:10.54
Average Lap Speed	2.59	2.37
Contribution of no swimming areas	12.36%	12.01%
Stroke number	10	14

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

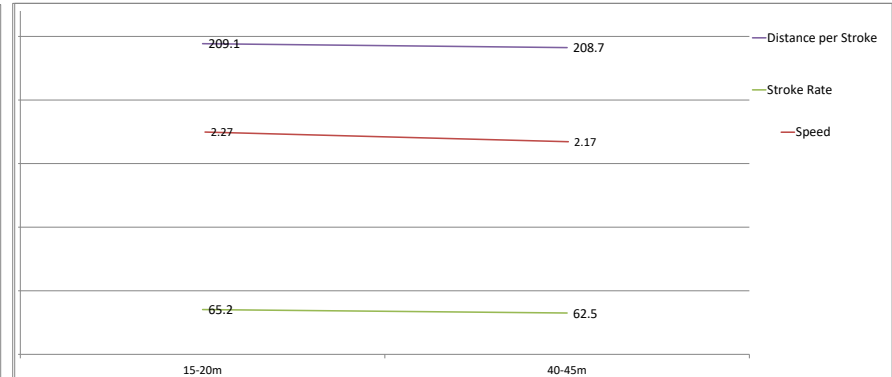
	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:04.94	00:07.14	00:09.64	00:15.68	00:17.98	00:20.18	
Lap	Time 00:04.94	00:02.20	00:02.50	00:08.54	00:02.30	00:02.20	
Speed	Metri/Sec 3.04	2.27	2.34	2.17	2.27	2.22	
Stroke Rate	Cycle/Min 65.2	60.00		62.5	60.00	63.9	
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

