

Analisi Gara

European Championship Otopeni 2023



Name	Result	Average speed
<b>CURTIS Sara</b>	00:26.08	1.92

Race	Reaction Time
50 Back Heat	00:00.58
<b>RI - REI - RMJ</b>	

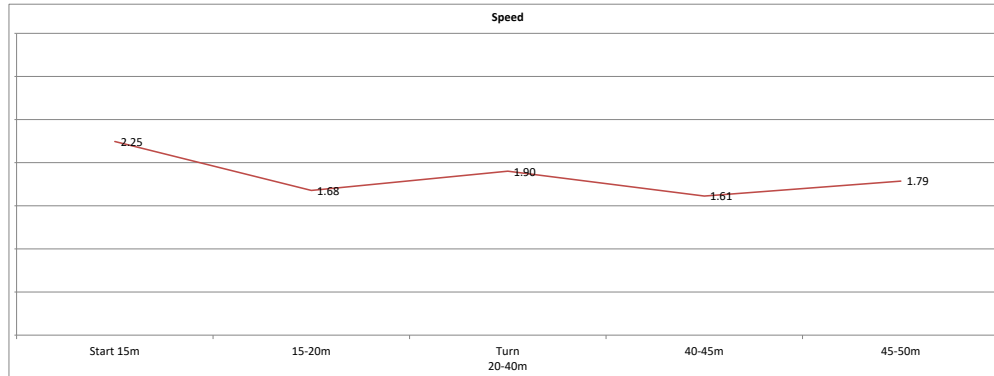
	1* 25	2* 25
Lap	Time 00:12.76	00:13.32
Average Lap Speed	Metre/Sec 1.96	1.88
Contribution of no swimming areas	% 14.36%	9.29%
Stroke number	N* 5.5	8

	1* 25	2* 25
Start Flight Time	Time 00:00.70	
Break in	Metre 2.46	
Underwater Break out	Metre 13.25	9.70
Underwater time	time 00:06.02	00:04.20
Underwater phase Speed	Metri/Sec 2.20	2.31

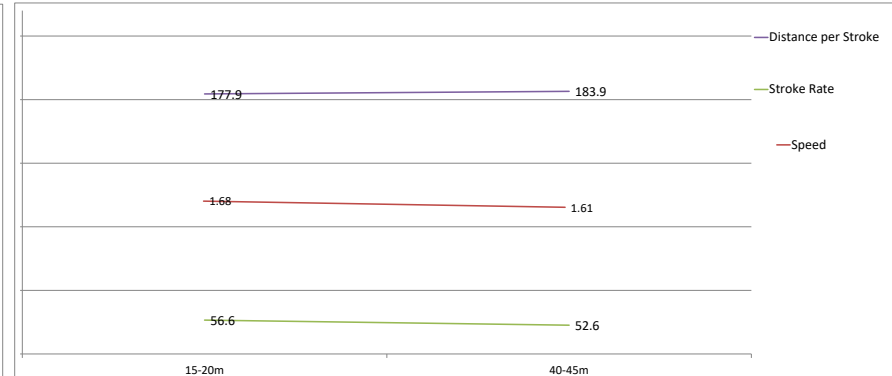
	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:06.68	00:09.66	00:12.76	00:20.18	00:23.28	00:26.08	
Lap	Time 00:06.68	00:02.98	00:03.10	00:10.52	00:03.10	00:02.80	
Speed	Metri/Sec 2.25	1.68	1.90	1.61	1.79	1.65	
Stroke Rate	Cycle/Min 56.6	55.56	52.6	52.63	54.6		
Distance per Stroke	Cm 177.9	183.9	180.9				
Stroke Index	DPS*Speed 3.0		3.0			2.97	



Speed Evolution



Comparison Distance per stroke - Stroke rate - Speed



SwimLab 2.0

