

Race Analysis

World Championship 2019

Name	Result	Average Speed
Kristof Milak	01:50.73	1.81

Race	Take off time
200 Fly Final	00:00.74

Laps and Splits		1' 50	2' 50	3' 50	4' 50	
Lap	Time	00:24.66	00:28.22	00:28.69	00:29.16	
Contribution of non swimming areas		%	7.1%	1.2%	0.6%	2.1%
Average Lap Speed		Metro/Sec	2.03	1.77	1.74	1.71
Speed of the swimming areas		Metro/Sec	1.90	1.75	1.73	1.68
Stroke number		Number	17	18	20	20
Underwater kick number		Number	7	5	3	4
Breath number		Number	11	16	19	19

Underwater phase		1' 50	2' 50	3' 50	4' 50
Underwater phase time	Time	00:04.70	00:05.14	00:04.28	00:04.63
Breakout measure	Metro	12.7	9.1	6.9	7.7
Underwater phase speed	Metro/Sec	2.70	1.77	1.61	1.65

1' 25	2' 25	3' 25	4' 25	5' 25	6' 25	7' 25	8' 25
Time	00:10.96	00:13.70	00:13.94	00:14.28	00:14.34	00:14.35	00:14.49

50m	100m	150m	200m	2' 100
Time	00:24.66	00:52.88	01:21.57	01:50.73
				00:57.85

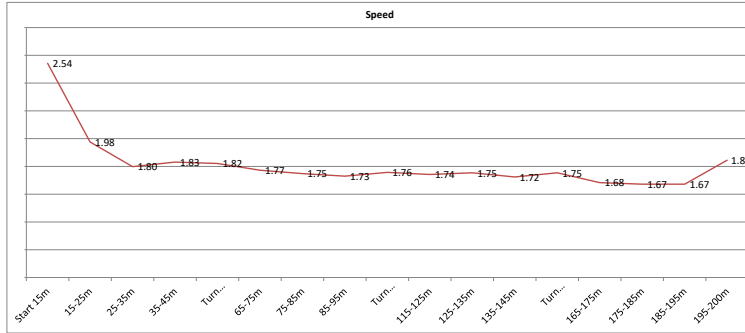
Total underwater parameters		Time	16.93%
Underwater phase time	Time	00:18.75	16.93%
Underwater phase measure	Metro	36.40	18.20%
Underwater phase speed	Metro/Sec	1.94	



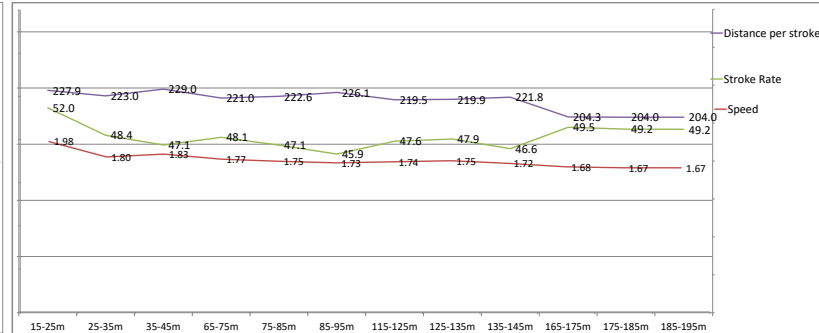
FINA
WORLD
CHAMPIONSHIPS

Split	Time	Turn										Turn										Average swimming parameters
		Start-15m	15-25m	25-35m	35-45m	45-50m	45-55m	65-75m	75-85m	85-95m	95-100m	95-115m	115-125m	125-135m	135-145m	145-150m	145-165m	165-175m	175-185m	185-195m	195-200m	
Speed	Metro/Sec	2.54	1.98	1.80	1.83	1.87	1.82	1.77	1.75	1.73	1.80	1.76	1.74	1.75	1.72	1.75	1.68	1.67	1.67	1.85	1.76	
Stroke Rate	Cycle/Min	52.0	48.4	48.4	47.1	49.2	48.1	47.1	45.9	45.5	47.6	47.9	46.6	47.6	47.6	49.5	49.2	49.2	49.2	48.3		
Distance per stroke	cm	227.9	223.0	229.0			221.0	222.6	226.1		219.5	219.9	221.8			204.3	204.0	204.0	204.0	219.2		
Stroke index	DPP/Speed	4.50	4.01	4.19			3.92	3.89	3.91		3.82	3.86	3.82			3.44	3.41	3.41	3.41	3.88		

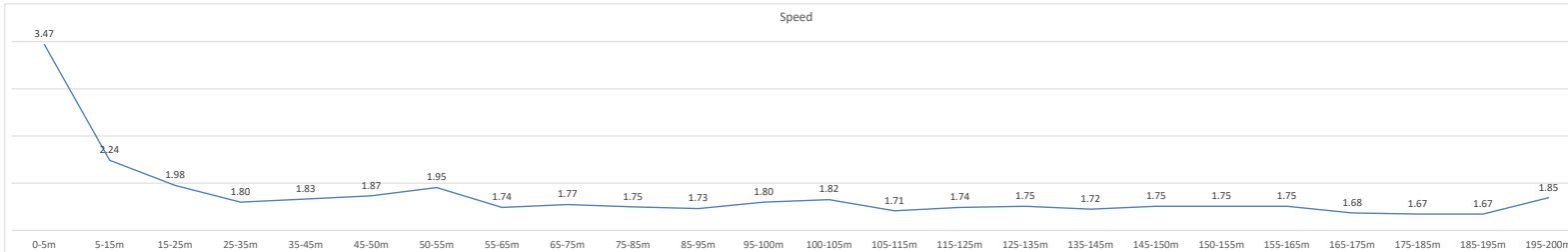
Speed evolution



Comparison Distance per stroke - Stroke Rate - Speed



Detailed speed evolution



SwimLab by Stefano Nurra

e-mail: stefano.nurra@swim-lab.net

Facebook: Stefano Nurra

Instagram: stefanonurra_swimlab

Youtube: Stefano Nurra SwimLab Analysis