

Race Analysis

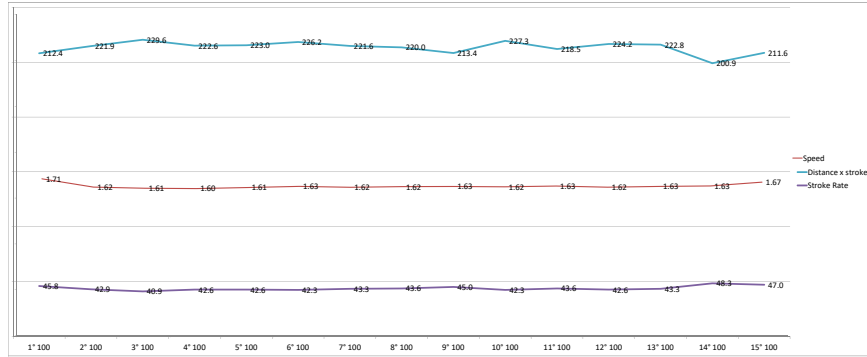
Indianapolis 2018

Name	Result	Average Speed
Kate Ledecy	15:20.48	1.63



		50	100	150	200	250	300	350	400	450	500	550	600	650	700	750	800	850	900	950	1000	1050	1100	1150	1200	1250	1300	1350	1400	1450	1500
Split	Time	00:28.09	00:58.50	01:29.26	02:00.25	02:31.11	03:02.50	03:33.71	04:04.88	04:35.86	05:06.82	05:37.52	06:08.29	06:39.28	07:10.13	07:40.88	08:11.70	08:42.52	09:13.20	09:43.96	10:14.83	10:45.43	11:16.15	11:47.05	12:17.94	12:48.62	13:19.43	13:50.27	14:20.71	14:51.26	15:20.48
Lap	Time	00:28.09	00:30.41	00:30.76	00:30.99	00:30.86	00:31.39	00:31.21	00:31.17	00:30.98	00:30.96	00:30.70	00:30.77	00:30.99	00:30.85	00:30.75	00:30.82	00:30.68	00:30.76	00:30.87	00:30.60	00:30.72	00:30.90	00:30.89	00:30.68	00:30.81	00:30.84	00:30.44	00:30.55	00:29.22	
Speed	Min/Max	1.78	1.64	1.63	1.61	1.62	1.59	1.60	1.60	1.61	1.61	1.63	1.62	1.61	1.62	1.63	1.62	1.63	1.62	1.63	1.63	1.63	1.63	1.62	1.62	1.63	1.62	1.62	1.64	1.71	
Lap	Time	00:58.50	01:01.75	01:02.25	01:02.38	01:01.94	01:01.47	01:01.84	01:01.57	01:01.50	01:01.63	01:01.32	01:01.79	01:01.49	01:01.28	00:59.77															
Speed	Min/Max	1.71	1.62	1.61	1.60	1.61	1.63	1.62	1.62	1.63	1.62	1.63	1.63	1.63	1.67																
Contribution of non swimming areas		%	5.14%	2.14%	2.53%	1.51%	2.05%	2.07%	1.16%	1.59%	1.55%	1.34%	2.67%	1.76%	1.91%	1.00%	0.93%														
		Turn	1' 100	2' 100	3' 100	4' 100	5' 100	6' 100	7' 100	8' 100	9' 100	10' 100	11' 100	12' 100	13' 100	14' 100	15' 100														
Lap Time	Time	00:07.00	00:17.74	00:03.35	00:11.66	00:03.60	00:12.07	00:18.77	00:03.52	00:12.00	00:18.93	00:03.58	00:12.17	00:18.83	00:03.44	00:12.07	00:19.16	00:03.60	00:12.24	00:19.00	00:03.57	00:12.13	00:19.00	00:03.61	00:12.13	00:19.10	00:03.36	00:11.80	00:18.97	00:03.55	
Speed	Min/Max	2.14	1.69		1.72	1.62	1.66	1.60		1.67	1.58	1.64	1.59		1.66	1.57	1.58	1.58	1.58	1.58	1.65	1.58	1.58	1.65	1.57	1.65	1.57	1.69	1.58		
Stroke Rate	Count/Min				42.8					42.9				42.9		42.9		42.6		42.6		42.6		42.6		42.6		42.6			
Distance x stroke	Count				212.4					221.9				228.6		228.6		222.6		222.6		222.6		222.6		222.6		223.0			
Stroke Index	SP/Speed				3.44					3.52				3.60		3.60		3.52		3.52		3.52		3.52		3.52		3.53			
		Turn	6' 100	7' 100	8' 100	9' 100	10' 100	11' 100	12' 100	13' 100	14' 100	15' 100																			
Lap Time	Time	00:18.70	00:03.48	00:11.90	00:18.83	00:03.52	00:12.13	00:18.87	00:03.51	00:11.93	00:03.66	00:12.27	00:18.70	00:03.44	00:11.83	00:03.66	00:12.20	00:18.83	00:03.45	00:11.83	00:18.74	00:03.56	00:12.06	00:18.70	00:03.56	00:12.00	00:18.74	00:03.69	00:12.16		
Speed	Min/Max	1.60		1.68	1.59	1.65	1.59	1.68	1.60	1.63	1.60		1.69	1.60	1.60	1.64	1.59	1.69	1.69	1.69	1.60	1.66	1.60	1.66	1.60	1.67	1.60	1.69	1.64		
Stroke Rate	Count/Min			42.3		42.3		43.3		43.3		43.3		43.6		43.6		43.6		43.6		43.6		43.6		43.6		43.3			
Distance x stroke	Count			226.2		226.2		221.6		221.6		220.0		220.0		220.0		213.4		213.4		227.3		227.3		227.3		227.3			
Stroke Index	SP/Speed			3.60		3.60		3.54		3.54		3.52		3.52		3.52		3.42		3.42		3.64		3.64		3.64		3.64			
		Turn	11' 100	12' 100	13' 100	14' 100	15' 100																								
Lap Time	Time	00:18.74	00:03.39	00:11.76	00:18.90	00:03.45	00:12.04	00:18.83	00:03.48	00:11.90	00:03.60	00:12.06	00:18.70	00:03.52	00:11.87	00:03.67	00:12.19	00:18.96	00:03.79	00:11.96	00:18.57	00:03.64	00:12.00	00:18.67	00:03.52	00:11.70	00:18.10	00:02.94			
Speed	Min/Max	1.60		1.70	1.59	1.66	1.59	1.68	1.59	1.68	1.59	1.66	1.60	1.66	1.61	1.61	1.67	1.56	1.71	1.62	1.62	1.67	1.61	1.67	1.61	1.71	1.66	1.60			
Stroke Rate	Count/Min			43.6		43.6		42.6		43.6		43.6		43.6		43.6		43.6		43.6		43.6		43.6		43.6		43.7			
Distance x stroke	Count			218.5		224.2		224.2		222.8		222.8		222.8		222.8		200.9		200.9		211.6		211.6		211.6		219.7			
Stroke Index	SP/Speed			3.47		3.56		3.56		3.56		3.58		3.58		3.58		3.24		3.24		3.51		3.51		3.51		3.51			

Comparison Distance per stroke - Stroke Rate - Speed



Speed evolution

