

Race Analysis

Roma 7 Colli 2020

Name	Result	Average Speed	1° 25	2° 25
Benny Rocket Pilato	00:29.85	1.68	Time 00:13.46	00:16.39

SwimLAB

Race	Take off time
50 Breast Final	00:00.66



	Start 15m	15-25m	25-35m	35-45m	45-50m
Split	Time 00:07.20	00:13.46	00:19.94	00:26.58	00:29.85
Lap	Time 00:07.20	00:06.26	00:06.48	00:06.64	00:03.27
Speed	Metre/Sec 2.08	1.60	1.54	1.51	1.53
Stroke Rate	Cycle/Min 73.2	72.6	71.4	66.7	
Distance per stroke	Cm 131.0	127.6	129.6		
Stroke index	DPS*Speed 2.09	1.95			

Average swimming parameters
1.55
72.39
129.40
2.02

Phases Speed	1° 50
Lap	Time 00:29.85
Average Lap Speed	Metre/Sec 1.68
Speed of the swimming areas	Metre/Sec 1.52
Underwater phase time	Time 00:04.60
Breakout measure	Metre 11.55
Underwater phase speed	Metre/Sec 2.51
Speed difference Underwater/Swimming	Metre/Sec 0.99

Speed evolution



Comparison Distance per stroke - Stroke Rate - Speed

