

## Race Analysis

Gwangju 2019

Name	Result	Average Speed	1° 25		2° 25	
<b>Benny Turbo Pilato</b>	00:30.00	1.67	Time	00:13.81	00:16.19	

Race	Take off time
50 Breast Final	00:00.66



		Start 15m	15-25m	25-35m	35-45m	45-50m
Split	Time	00:07.60	00:13.81	00:20.25	00:26.92	00:30.00
Lap	Time	00:07.60	00:06.21	00:06.44	00:06.67	00:03.08
Speed	Metre/Sec	1.97	1.61	1.55	1.50	1.62
Stroke Rate	Cycle/Min		74.7	74.7	71.7	69.8
Distance per stroke	Cm		129.4	124.7	129.9	
Stroke index	DPS*Speed		2.08		1.95	

Average swimming parameters
1.55
73.70
128.01
2.02

# SWIMLAB

Phases Speed		1° 50
Lap	Time	00:30.00
Average Lap Speed	Metre/Sec	1.67
Speed of the swimming areas	Metre/Sec	1.57
Underwater phase time	Time	00:05.23
Breakout measure	Metre	11.20
Underwater phase speed	Metre/Sec	2.14
Speed difference Underwater/Swimming	Metre/Sec	0.58

## Race Analysis

Roma 7 Colli 2020

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

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

# SWIMLAB

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