

Race Analysis

World Championship 2019 - Korea

Name	Result	Average Speed
Kristof Milak	00:51.26	1.95
Race	Take off time	
100 Fly Final	00:00.70	

Laps and Splits		1' 50	2' 50
Lap	Time	00:23.63	00:27.63
Contribution of non swimming areas		%	8.2%
Average Lap Speed	Metro/Sec	2.12	1.81
Speed of the swimming areas	Metro/Sec	1.93	1.78
Stroke Number	Number	18	20
Kick Number	Number	7	8
Breath Number	Number	17	19

		1' 25	2' 25	3' 25	4' 25
Time		00:10.66	00:12.97	00:13.41	00:14.22
		50m	100m		
Time		00:23.63	00:51.26		



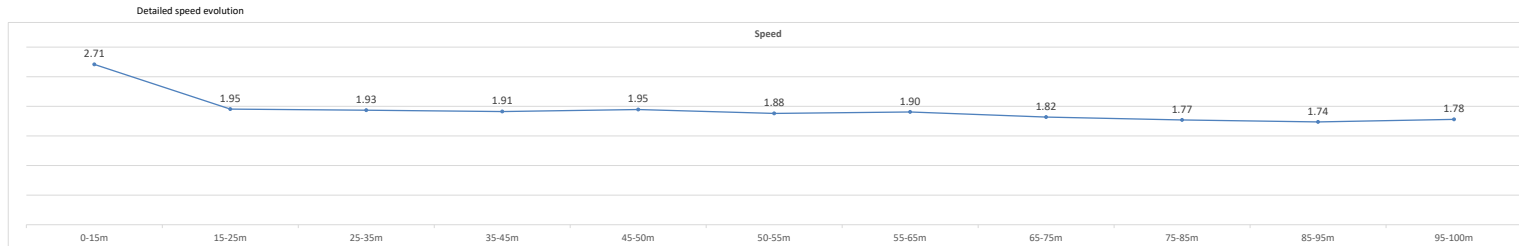
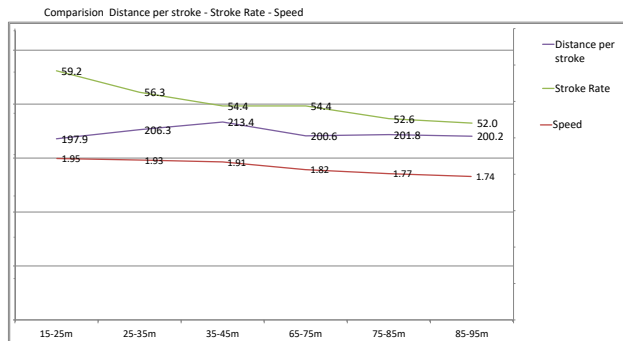
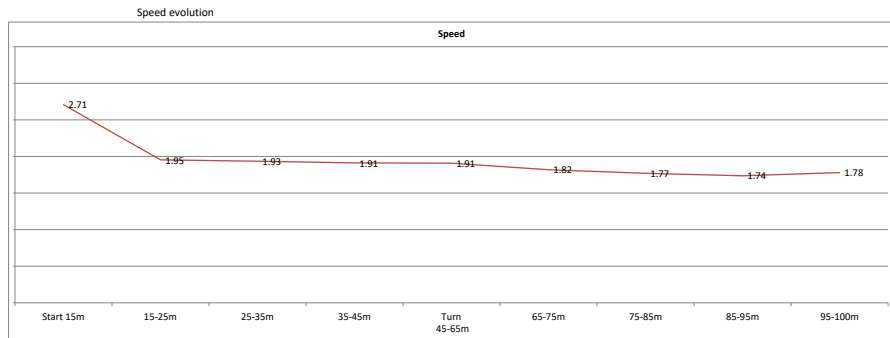
Split	Time	Turn									
		Start 15m	15-25m	25-35m	35-45m	45-50m	45-65m	65-75m	75-85m	85-95m	95-100m
Lap	Time	00:05.54	00:10.66	00:15.83	00:21.06	00:23.63	00:31.54	00:37.04	00:42.69	00:48.45	00:51.26
Lap	Time	00:05.54	00:05.12	00:05.17	00:05.23	00:02.57	00:10.48	00:05.50	00:05.65	00:05.76	00:02.81
Speed	Metro/Sec	2.71	1.95	1.93	1.91	1.95	1.91	1.82	1.77	1.74	1.78
Stroke Rate	Cycles/Min		59.2	56.3	54.4	55.6	54.4	52.6	52.0	52.2	
Distance per stroke	Cm		197.9	206.3	213.4		200.6	201.8	200.2		
Stroke index	DPS*Speed		3.87		4.08		3.65		3.48		

Average swimming parameters	
	1.85
	54.81
	203.38
	3.77

Underwater phase		1' 50	2' 50
Underwater phase time	Time	00:04.82	00:05.31
Breakout measure	Metro	13.15	10.05
Underwater phase speed	Metro/Sec	2.73	1.89

Total underwater parameters			
Underwater phase time	Time	00:10.13	19.76%
Underwater phase measure	Metro	23.20	23.20%
Underwater phase speed	Metro/Sec	2.29	

Turn data		45-50m	50-55m	55-65m
Split	Time	00:02.57	00:05.23	00:10.48
Lap	Time	00:02.57	00:02.66	00:05.25
Speed	Metro/Sec	1.95	1.88	1.90



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