

Race Analysis

World Championship - Korea 2019

Name	Result	Average Speed
Kristof Milak	01:50.73	1.81

Race
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	00:05.10	00:04.24	00:04.61
Breakout distance	Metro	12.7	9.1	6.9	7.7
Underwater phase speed	Metro/Sec	2.70	1.78	1.63	1.67

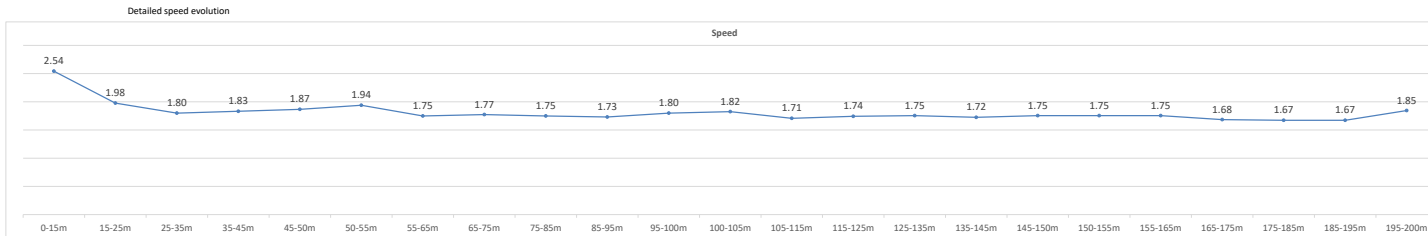
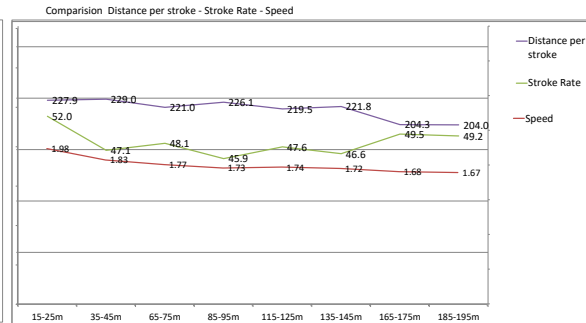
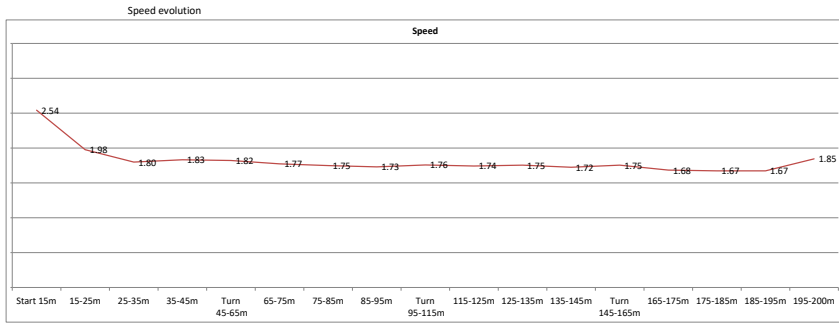
Total underwater parameters		1' 25	2' 25	3' 25	4' 25	5' 25	6' 25	7' 25	8' 25
Underwater phase time	Time	00:10.96	00:13.70	00:13.94	00:14.28	00:14.34	00:14.35	00:14.49	00:14.67
Underwater phase measure	Metro	36.40	18.20%						
Underwater phase speed	Metro/Sec	1.95							

Speed of the swimming areas		50m	100m	150m	200m
Time		00:24.66	00:52.88	01:21.57	01:50.73
Average speed	Metro/Sec	2' 100	00:57.85		



		Start 15m	15-25m	25-35m	35-45m	45-50m	Turn 45-65m	65-75m	75-85m	85-95m	95-100m	Turn 95-115m	115-125m	125-135m	135-145m	145-150m	Turn 145-165m	165-175m	175-185m	185-195m	195-200m	Average swimming parameters
Split	Time	00:05.90	00:10.96	00:16.52	00:21.98	00:24.66	00:32.96	00:38.60	00:44.32	00:50.10	00:52.88	01:01.48	01:07.22	01:12.92	01:18.72	01:21.57	01:30.12	01:36.06	01:42.04	01:48.02	01:50.73	
Lap	Time	00:05.90	00:05.06	00:05.56	00:05.46	00:02.68	00:10.98	00:05.64	00:05.72	00:05.78	00:02.78	00:11.38	00:05.74	00:05.70	00:05.80	00:02.85	00:11.40	00:05.94	00:05.98	00:05.98	00:02.71	
Speed	Metro/Sec	2.54	1.98	1.80	1.83	1.82	1.77	1.75	1.73	1.73	1.76	1.74	1.75	1.72	1.73	1.75	1.68	1.67	1.67	1.67	1.85	1.77
Stroke Rate	Cycle/Min	52.0	52.0	47.1	49.2	48.1	48.1	45.9	45.5	47.6	47.6	46.6	47.6	49.5	49.5	49.2	49.2	49.2	49.2	49.2	49.2	48.3
Distance per stroke	cm	227.9	229.0	229.0	221.0	226.1	219.5	221.8	221.8	219.5	221.8	204.3	204.0	204.3	204.0	204.0	204.3	204.0	204.0	204.0	204.0	219.2
Stroke index	DPS/Speed	4.50	4.19	4.19	3.92	3.91	3.82	3.82	3.82	3.44	3.41	3.88										3.88

Turn data		45-50m	50-55m	55-65m	95-100m	100-105m	105-115m	145-150m	150-155m	155-165m
Split	Time	00:02.68	00:05.26	00:10.98	00:02.78	00:05.52	00:11.38	00:02.85	00:05.70	00:11.40
Lap	Time	00:02.68	00:02.58	00:05.72	00:02.78	00:02.74	00:05.86	00:02.85	00:02.85	00:05.70
Speed	Metro/Sec	1.87	1.94	1.75	1.8	1.8	1.71	1.8	1.8	1.75



SwimLab by Stefano Nurra

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

Facebook: Stefano Nurra

Instagram: stefanonurra_swimlab

Youtube: Stefano Nurra SwimLab Analysis