

The SwimWatch Analyzer

Swimmer ██████████
Distance 200
Style Freistil
Time 2:10,69

Date 24.05.09
Meet DJaM 2009 Hamburg
Course 50
H/SF/F Finale

Status Video
Analist SwAc DP
Coach
License Swim Academy

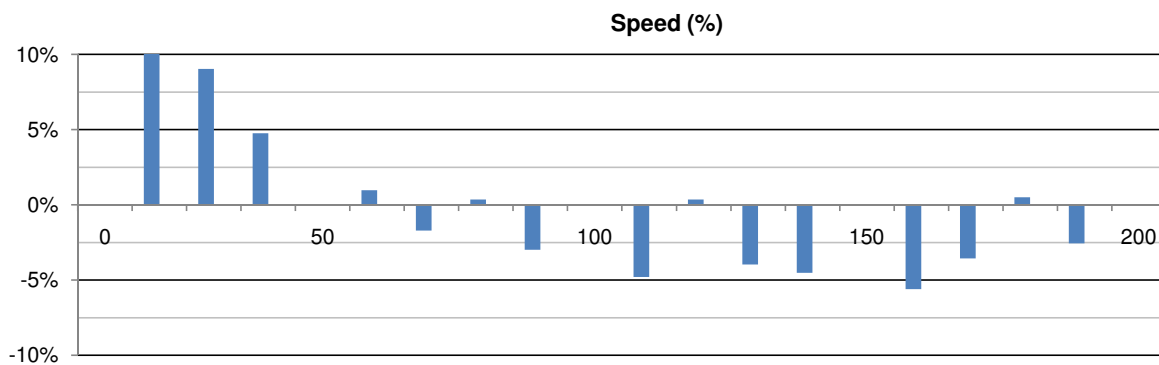
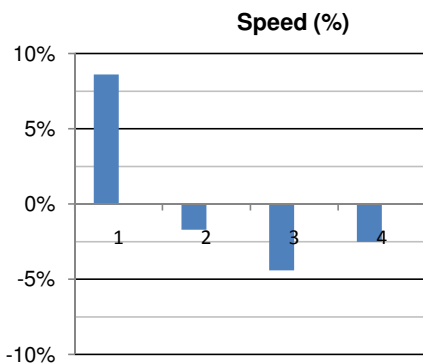
Summary

- 1 The average speed was 1,50 m/s.
 - 2 The average SF was 43,36 rpm.
 - 3 The average SL was 2,07 m.
 - 4 The block time was 0,97 sec.
 - 5 The landing time was 1,20 sec.
 - 6 The 15m time was 7,89 sec.
 - 7 The netto swim time was 100,52 sec.
 - 8 The average turn over 10m lasted 6,30 sec.
 - 9 Het average turn over 20m lasted 13,21 sec.
 - 10 The last 5m lasted 3,37 sec.
- The total time was 2:10,69.

Race

	Laptime	Comp	Diff
50	29,86		
100	33,23		
150	34,11		
200	33,49		
Ave	32,67		
Var	13,0%		
Fst	29,86		
Slw	34,11		

	Splittime	Comp	Diff
15	7,89		
25	13,77		
35	19,90		
45	26,28		
50	29,86		
55	32,28		
65	38,90		
75	45,70		
85	52,36		
95	59,25		
100	1:03,09		
105	1:05,56		
115	1:12,58		
125	1:19,24		
135	1:26,20		
145	1:33,20		
150	1:37,20		
155	1:39,80		
165	1:46,88		
175	1:53,81		
185	2:00,46		
195	2:07,32		
200	2:10,69		

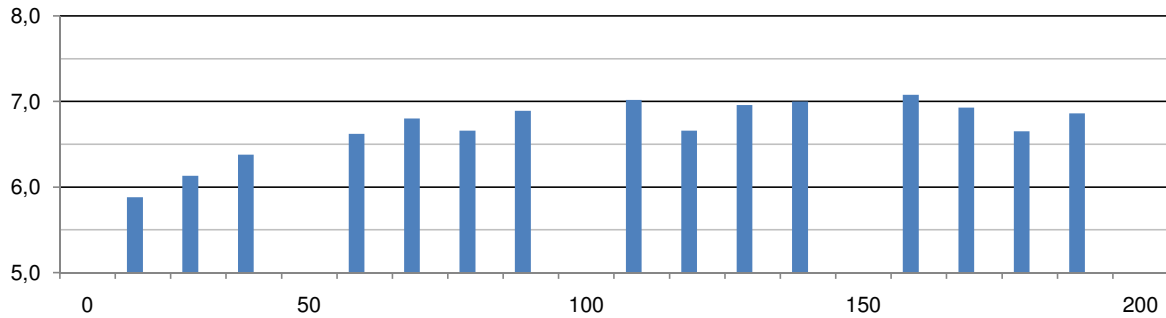


The SwimWatch Analyzer

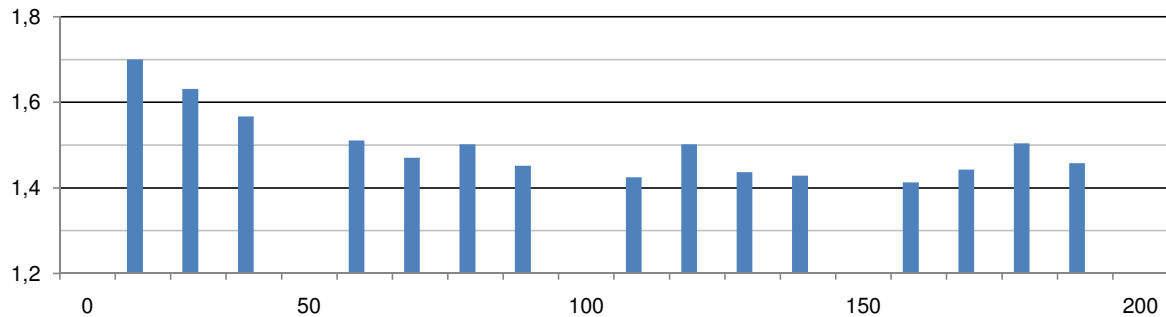
Swimming

	Laptime			Speed			SF			SL		
	Race	Comp	Diff	Race	Comp	Diff	Race	Comp	Diff	Race	Comp	Diff
25	5,88			1,70			47,12			2,17		
35	6,13			1,63			45,00			2,18		
45	6,38			1,57			42,25			2,23		
65	6,62			1,51			43,27			2,09		
75	6,80			1,47			41,28			2,14		
85	6,66			1,50			41,67			2,16		
95	6,89			1,45			40,91			2,13		
115	7,02			1,42			43,48			1,97		
125	6,66			1,50			44,12			2,04		
135	6,96			1,44			42,06			2,05		
145	7,00			1,43			40,91			2,10		
165	7,08			1,41			43,27			1,96		
175	6,93			1,44			45,45			1,90		
185	6,65			1,50			45,00			2,01		
195	6,86			1,46			44,55			1,96		
Ave	6,70			1,50			43,36			2,07		
Var	17,9%			19,3%			14,3%			15,5%		
Fst	5,88			1,70			47,12			2,23		
Slw	7,08			1,41			40,91			1,90		

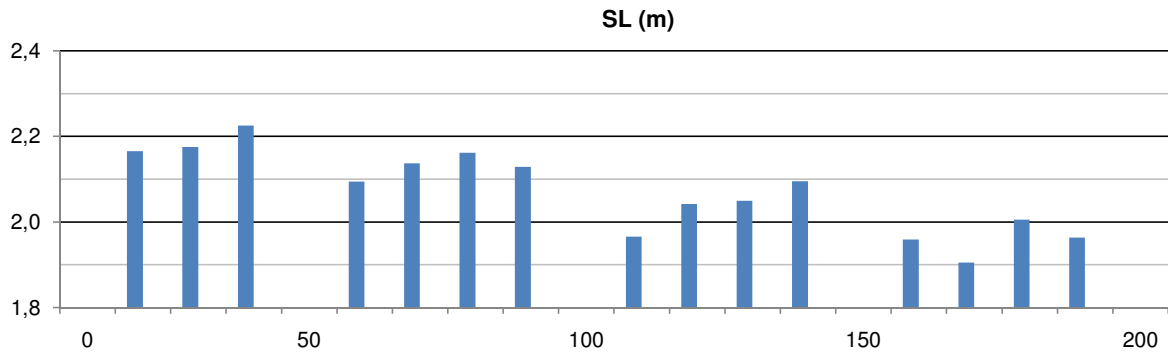
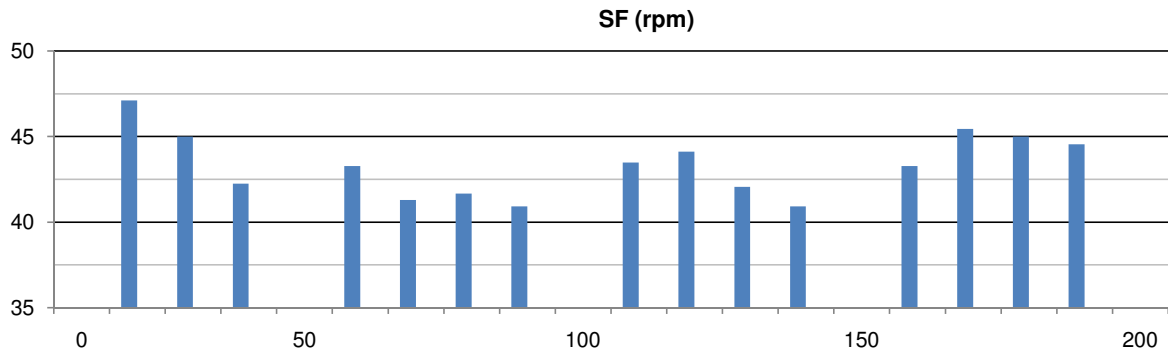
Laptime (s)



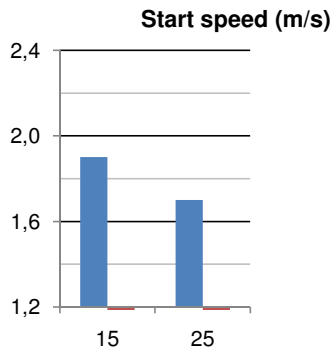
Speed (m/s)



The SwimWatch Analyzer



Start



	Time	Comp	Diff
Blocktime	0,97		
Landing	1,20		
Boven	3,00		
15m	7,89		
Ave	10,03		
Res	-2,14		
	Speed	Comp	Diff
15	1,90		
25	1,70		
Ave	1,50		

Turns

Turn1

	Time	Comp	Diff
50	3,58		
55	2,42		
65	6,62		
5+5	6,00		
Res1	-0,68		
5+5+10	12,62		
Res2	-0,75		

Turn2

	Time	Comp	Diff
100	3,84		
105	2,47		
115	7,02		
5+5	6,31		
Res1	-0,37		
5+5+10	13,33		
Res2	-0,04		

Turn3

	Time	Comp	Diff
150	4,00		
155	2,60		
165	7,08		
5+5	6,60		
Res1	-0,08		
5+5+10	13,68		
Res2	0,31		

Ave

	Time	Comp	Diff
5 bef	3,81		
5 aft	2,50		
10 na	6,91		
5+5	6,30		
Res1	-0,38		
5+5+10	13,21		
Res2	-0,16		

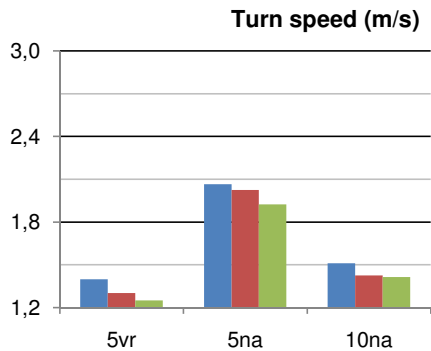
The SwimWatch Analyzer

Turn1	Speed	Comp	Diff
50	1,40		
55	2,07		
65	1,51		
5+5	1,67		
5+5+10	1,58		

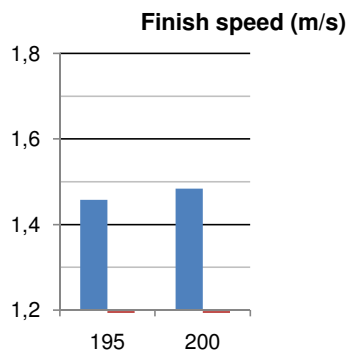
Turn2	Speed	Comp	Diff
100	1,30		
105	2,02		
115	1,42		
5+5	1,58		
5+5+10	1,50		

Turn3	Speed	Comp	Diff
150	1,25		
155	1,92		
165	1,41		
5+5	1,52		
5+5+10	1,46		

Ave	Speed	Comp	Diff
5 bef	1,32		
5 aft	2,00		
10 na	1,45		
5+5	1,59		
5+5+10	1,52		



Finish



	Time	Comp	Diff
195	6,86		
200	3,37		

Ave	3,34		
Res1	0,03		
Prev	3,43		
Res2	-0,06		

	Speed	Comp	Diff
195	1,46		
200	1,48		

Ave	1,50		
------------	------	--	--

Breakouts

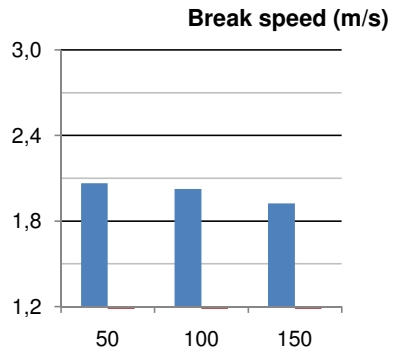
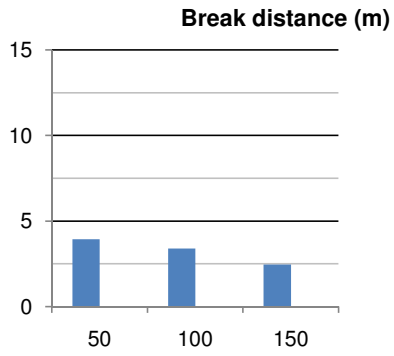
Turn1	Race	Comp	Diff
Time	1,90		
Distance	3,93		
Speed	2,07		

Turn2	Race	Comp	Diff
Time	1,67		
Distance	3,38		
Speed	2,02		

Turn3	Race	Comp	Diff
Time	1,28		
Distance	2,46		
Speed	1,92		

Ave	Race	Comp	Diff
Time	1,62		
Distance	3,26		
Speed	2,01		

The SwimWatch Analyzer



Stroke count

	Strokes	Comp	Diff
1	38,01		
2	42,35		
3	43,55		
4	47,41		
Ave	44,44		
Var	11,4%		
Fst	47,41		
Slw	42,35		

