

Analisi Gara

European Championship Lublin 2025

Name	Result	Average speed
Deplano	00:20,97	2,38

Race	Reaction Time
50 Free Final	00:00,67
WR mixed 4x50m Free	



	1' 25	2' 25
Lap	Time 00:10,08	00:10,89
Average Lap Speed	Metre/Sec 2,48	2,30
Contribution of no swimming areas	% 10,00%	10,00%
Stroke number	N° 12	16

	1' 25	2' 25
Start Flight Time	Time 00:00,30	
Break in	Metre 3,67	
Underwater Break out	Metre 11,03	7,49

	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:05,38	00:07,62	00:10,08	00:16,32	00:18,74	00:20,97	
Lap	Time 00:05,38	00:02,24	00:02,46	00:08,70	00:02,42	00:02,23	
Speed	Metri/Sec 2,79	2,23		2,30	2,07	2,24	2,15
Stroke Rate	Cycle/Min 68,2	65,22		65,2	60,00	66,7	
Distance per Stroke	Cm 196,4			190,1		193,3	
Stroke Index	DPS*Speed 4,4			3,9		4,16	



Name	Result	Average speed
Zazzeri	00:20,51	2,44

Race	Reaction Time
50 Free Final	00:00,20
WR mixed 4x50m Free	

	1' 25	2' 25
Lap	Time 00:09,56	00:10,95
Average Lap Speed	Metre/Sec 2,62	2,28
Contribution of no swimming areas	% 13,09%	8,11%
Stroke number	N° 11	15

	1' 25	2' 25
Start Flight Time	Time 00:00,36	
Break in	Metre 3,89	
Underwater Break out	Metre 10,40	6,97

	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:04,92	00:07,12	00:09,56	00:15,90	00:18,24	00:20,51	
Lap	Time 00:04,92	00:02,20	00:02,44	00:08,78	00:02,34	00:02,27	
Speed	Metri/Sec 3,05	2,27		2,28	2,14	2,20	2,20
Stroke Rate	Cycle/Min 56,6	54,55		55,6	56,60	56,1	
Distance per Stroke	Cm 240,9			230,8		235,8	
Stroke Index	DPS*Speed 5,5			4,9		5,20	



Name	Result	Average speed
Di Pietro	00:23,07	2,17

Race	Reaction Time
50 Free Final	00:00,30
WR mixed 4x50m Free	

	1' 25	2' 25
Lap	Time 00:10,92	00:12,15
Average Lap Speed	Metre/Sec 2,29	2,06
Contribution of no swimming areas	% 12,64%	4,67%
Stroke number	N° 14	19

	1' 25	2' 25
Start Flight Time	Time 00:00,26	
Break in	Metre 2,96	
Underwater Break out	Metre 10,79	7,28

	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:05,70	00:08,20	00:10,92	00:17,74	00:20,40	00:23,07	
Lap	Time 00:05,70	00:02,50	00:02,72	00:09,54	00:02,66	00:02,67	
Speed	Metri/Sec 2,63	2,00		2,10	1,88	1,87	1,94
Stroke Rate	Cycle/Min 66,7	65,22		62,5	63,83	64,6	
Distance per Stroke	Cm 180,0			180,5		180,2	
Stroke Index	DPS*Speed 3,6			3,4		3,50	



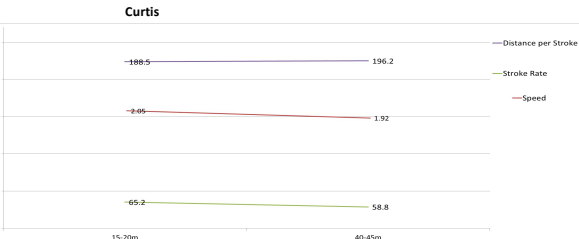
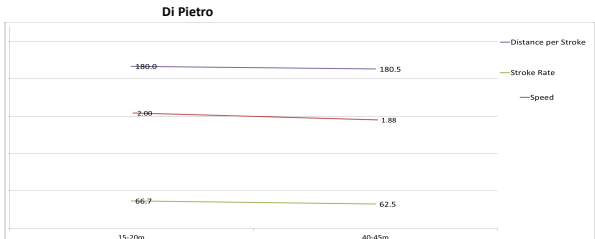
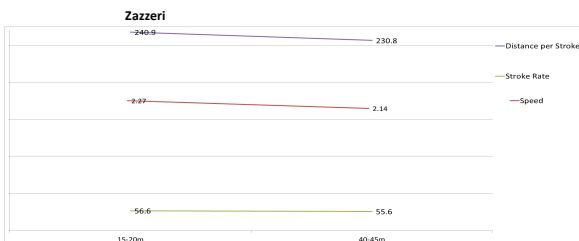
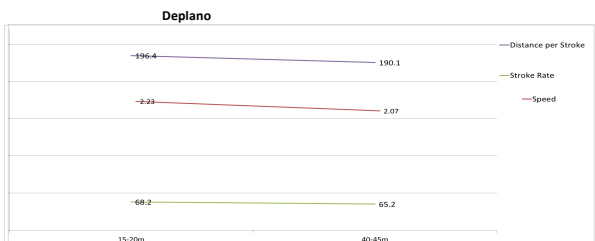
Name	Result	Average speed
Curtis	00:22,71	2,20

Race	Reaction Time
50 Free Final	00:00,12
WR mixed 4x50m Free	

	1' 25	2' 25
Lap	Time 00:10,62	00:12,09
Average Lap Speed	Metre/Sec 2,35	2,07
Contribution of no swimming areas	% 12,95%	3,20%
Stroke number	N° 11	13

	1' 25	2' 25
Start Flight Time	Time 00:00,34	
Break in	Metre 3,30	
Underwater Break out	Metre 12,46	11,65

	Start 15m	15-20m	20-25m	Turn 20-40m	40-45m	45-50m	Average swimming parameters
Split	Time 00:05,48	00:07,92	00:10,62	00:17,56	00:20,16	00:22,71	
Lap	Time 00:05,48	00:02,44	00:02,70	00:09,64	00:02,60	00:02,55	
Speed	Metri/Sec 2,74	2,05		2,07	1,92	1,96	1,99
Stroke Rate	Cycle/Min 65,2	61,22		58,8	55,56	62,0	
Distance per Stroke	Cm 188,5			196,2		192,3	
Stroke Index	DPS*Speed 3,9			3,8		3,82	



SwimLab 2.0

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