

Race Analysis



London 2016

| Name           | Result        | Average Speed |
|----------------|---------------|---------------|
| Gabriele Detti | 03:44.01      | 1.79          |
| Race           | Reaction time |               |
| 400 Free final | 0,74          |               |

|                                    | 1° 50    | 2° 50    | 3° 50    | 4° 50    | 5° 50    | 6° 50    | 7° 50    | 8° 50    |
|------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| Real Time                          | 00:26.16 | 00:28.24 | 00:28.60 | 00:29.07 | 00:28.50 | 00:28.34 | 00:27.76 | 00:27.34 |
| Contribution of non swimming areas | 6.0%     | 2.2%     | 2.6%     | 2.1%     | 2.6%     | 1.7%     | 2.4%     | 4.0%     |
| Average Split Speed                | 1.91     | 1.77     | 1.75     | 1.72     | 1.75     | 1.76     | 1.80     | 1.83     |
| Speed of the swimming areas        | 1.80     | 1.73     | 1.70     | 1.68     | 1.71     | 1.73     | 1.76     | 1.76     |

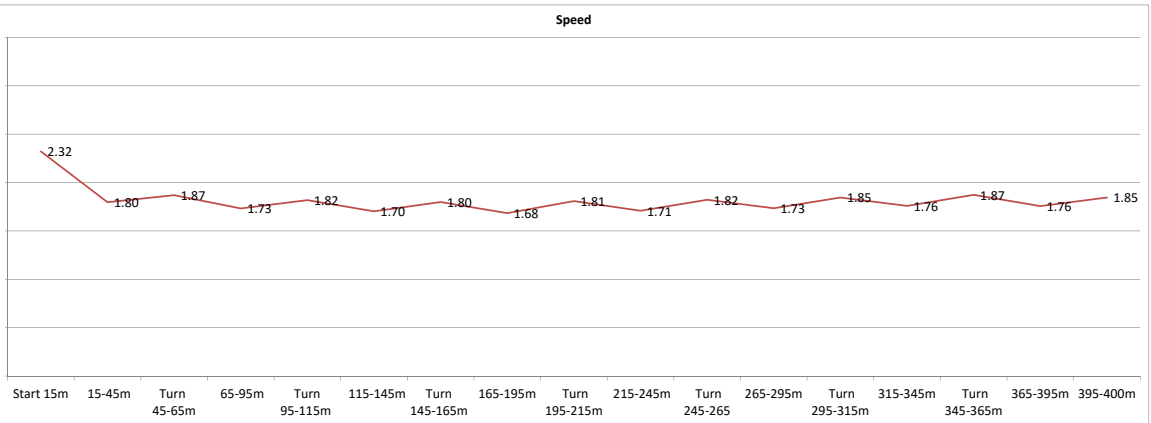
| 1° 100   | 2° 100   | 3° 100   | 4° 50    | 2° 200   |
|----------|----------|----------|----------|----------|
| 00:54.40 | 00:57.67 | 00:56.84 | 00:55.10 | 01:51.94 |

| 50m      | 100m     | 150m     | 200m     | 250m     | 300m     | 350m     | 400m     |
|----------|----------|----------|----------|----------|----------|----------|----------|
| 00:26.16 | 00:54.40 | 01:23.00 | 01:52.07 | 02:20.57 | 02:48.91 | 03:16.67 | 03:44.01 |

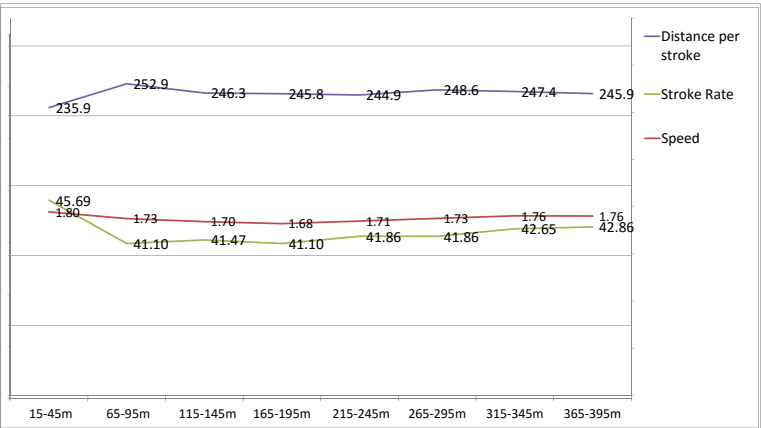


|                     | Start 15m | 15-45m   | 45-50m   | Turn 45-65m | 65-95m   | 95-100m  | Turn 95-115m | 115-145m | 145-150m | Turn 145-165m | 165-195m | 195-200m | Turn 195-215m | 215-245m | 245-250m | Turn 245-265 | 265-295m | 295-300m | Turn 295-315m | 315-345m | 345-350m | Turn 345-365m | 365-395m | 395-400m |
|---------------------|-----------|----------|----------|-------------|----------|----------|--------------|----------|----------|---------------|----------|----------|---------------|----------|----------|--------------|----------|----------|---------------|----------|----------|---------------|----------|----------|
| Time                | 00:06.46  | 00:16.70 | 00:03.00 | 00:10.70    | 00:17.32 | 00:03.22 | 00:11.00     | 00:17.62 | 00:03.20 | 00:11.12      | 00:17.82 | 00:03.33 | 00:11.06      | 00:17.56 | 00:03.21 | 00:10.98     | 00:17.30 | 00:03.27 | 00:10.84      | 00:17.06 | 00:03.13 | 00:10.68      | 00:17.08 | 00:02.71 |
| Speed               | 2.32      | 1.80     |          | 1.87        | 1.73     |          | 1.82         | 1.70     |          | 1.80          | 1.68     |          | 1.81          | 1.71     | 00:03.21 | 1.82         | 1.73     |          | 1.85          | 1.76     |          | 1.87          | 1.76     | 1.85     |
| Stroke Rate         |           | 45.69    | 47.62    |             | 41.10    | 44.78    |              | 41.47    | 42.86    |               | 41.10    | 40.54    |               | 41.86    | 42.25    |              | 41.86    | 40.00    |               | 42.65    | 44.78    |               | 42.86    | 44.12    |
| Distance per stroke |           | 235.9    |          |             | 252.9    |          |              | 246.3    |          |               | 245.8    |          |               | 244.9    |          |              | 248.6    |          |               | 247.4    |          |               | 245.9    |          |

Speed evolution



Comparison Distance per stroke - Stroke Rate - Speed



By Stefano Nurra