

**Race Analysis**

**2018 SEC Swimming and Diving Championships**

Name	Result	Average Speed
<b>Caeleb Dressel</b>	00:50.03	2.00
Race	Reaction Time	
100 Breast Final	00:00.66	

		1' 25	2' 25	3' 25	4' 25	1' 50	2' 50
Lap	Time	00:10.48	00:12.94	00:13.25	00:13.36	00:23.42	00:26.61
Average lap speed	Metre/Sec	2.18	1.77	1.73	1.71	1.95	1.72
Contribution of no swimming areas	%	33.56%	7.35%	6.06%	8.87%	20.8%	7.5%
Stroke Number	N°	3+1	5+1	5+1	5+1		

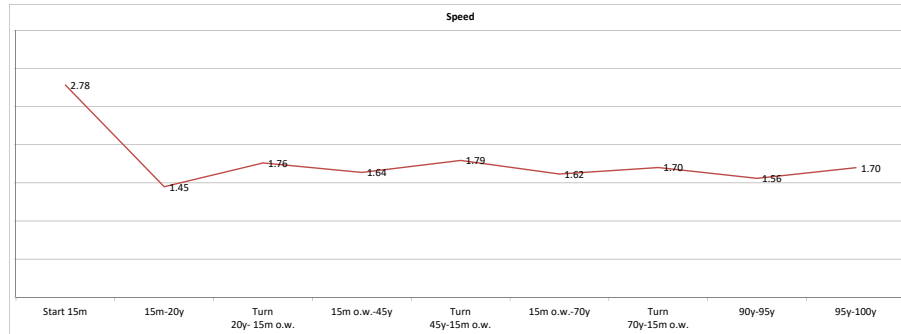


Split	25m	50m	75m	100m	Breakout measure	Metre	1' 25	2' 25	3' 25	4' 25 length	Total underwater	% of the race underwater
	00:10.48	00:23.42	00:36.67	00:50.03			17.00	14.35	14.65	14.80	60.80	66.49%

	Start 15m	15m-20y	20y-25y	Turn 20y-15m o.w.	15m o.w.	15m o.w.-45y	45y-50y	Turn 45y-15m o.w.	15m o.w.	15m o.w.-70y	70y-75y	Turn 70y-15m o.w.	15m o.w.	90y-95y	95y-100y	Average swimming parameters
Time	00:05.39	00:02.27	00:02.82	00:11.11	00:08.29	00:02.01	00:02.64	00:10.91	00:08.27	00:02.03	00:02.95	00:11.51	00:08.56	00:02.11	00:02.69	
Speed	Metre/Sec	2.78	1.45	1.62	1.76	1.81	1.64	1.73	1.79	1.81	1.62	1.55	1.70	1.75	1.56	
Stroke Rate	Cycle/Min		51.7	48.8		47.6	46.2		46.2	45.1		45.1	45.1	45.1	47.7	
Distance per stroke	CM		168.1			206.2				210.7			207.4		198.1	
Stroke index	DPS*Speed		2.44			3.38				3.40			3.23		3.11	
Average swimming speed	Metre/Sec		1.37													
Average speed of turns	Metre/Sec		1.75													
Average speed of approach of the wall	Metre/Sec		1.65													
Total time of 15m o.w.	Time		00:30.51													
Average speed of 15m o.w.	Metre/Sec		1.97													

15m o.w. = 15 metres off the wall (from the touch of the wall with hands to 15m)

Speed evolution



Comparison Distance per stroke - Stroke Rate - Speed

