



14/03/2022

Freestyle
50 m

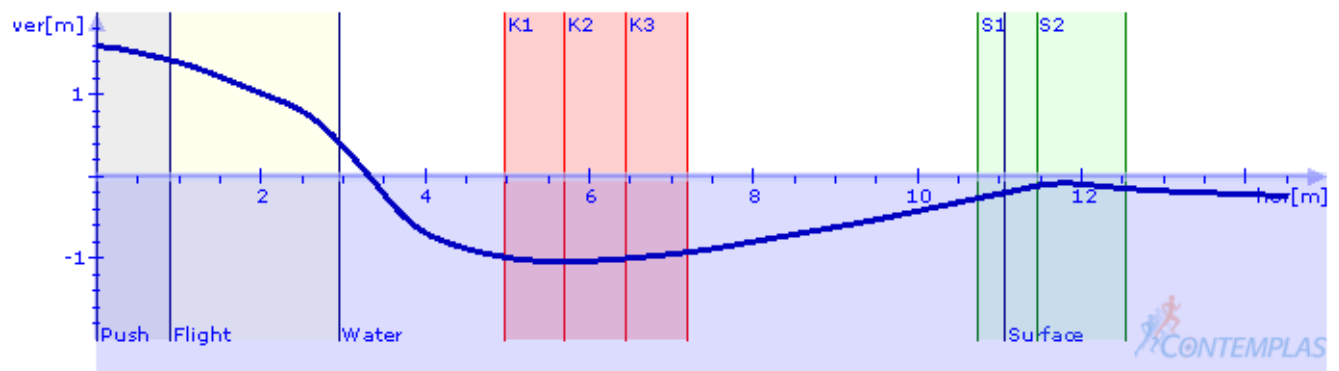


Start to 15 m

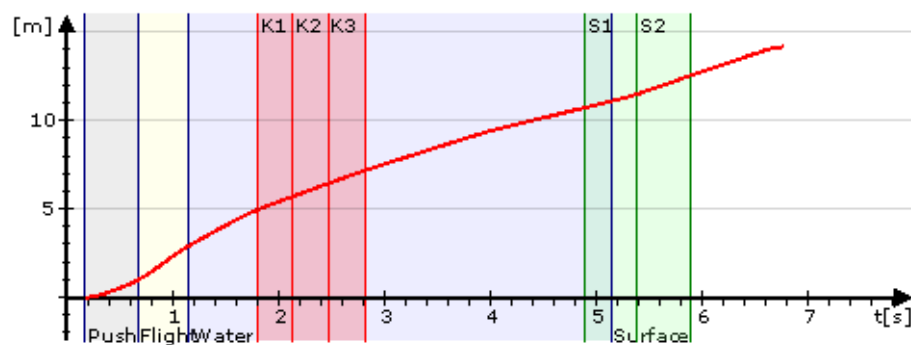
Measured values

Distance to water entry	3,30m
Hor. distance hands-feet [entry]	0,29m
Hor. velocity hands [entry]	4,16m/s
Hor. velocity hip to kick 1	3,14m/s
Hor. velocity hip [3 kicks]	2,17m/s
Hor. velocity hip [stroke 1]	1,50m/s
Hor. velocity hip [stroke 2]	2,11m/s
Kick rate	1,0/s

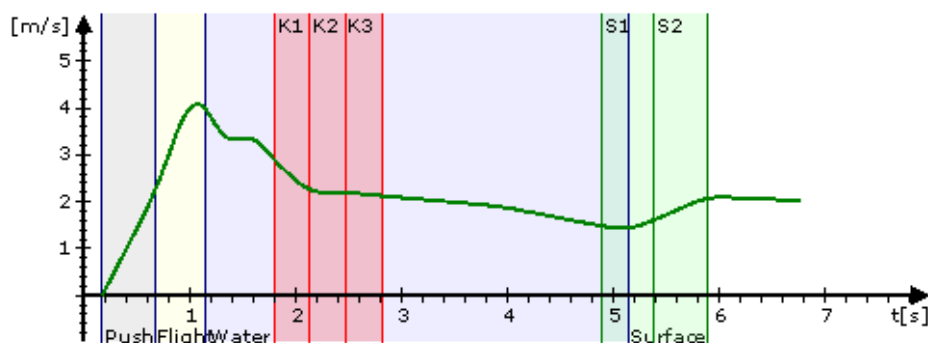
Hip trajectory (hor/ver)



Horizontal displacement



Horizontal velocity





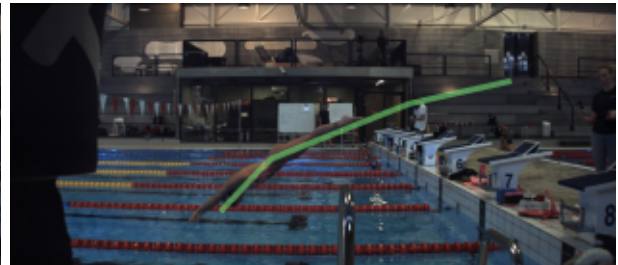
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Start analysis

Reaction time	0,17s
Push time	0,50s
Flight phase	0,34s
Split time 5m	1,54s
Split time 10m	3,93s
Split time 15m	6,77s
avg. velocity 0m-5m	3,25m/s
avg. velocity 5m-10m	2,09m/s
avg. velocity 10m-15m	1,76m/s



Height hip @takeoff	1,38m
Angle hip @takeoff	-16,3°
Height hip @water entry	0,79m
Angle hip @water entry	37,8°
Distance to water entry	3,30m
Hor. translation head [push]	1,27m
Hor. translation head [flight]	1,29m
Hor. translation hip [flight]	1,48m
Hor. velocity hip [flight]	4,34m/s
Hor. velocity hands [entry]	4,16m/s

Notes

smallere benstilling og pretension i læg