



14/03/2022

Freestyle  
50 m

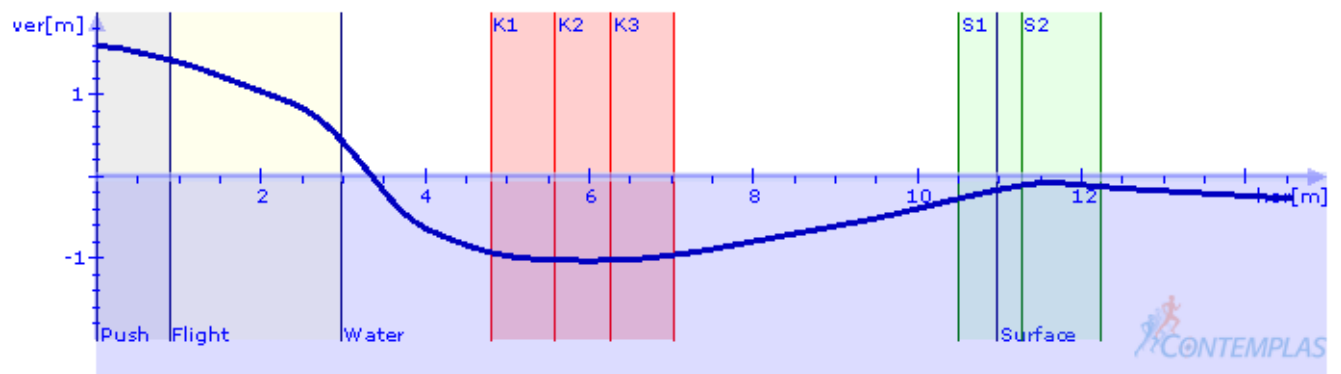


## Start to 15 m

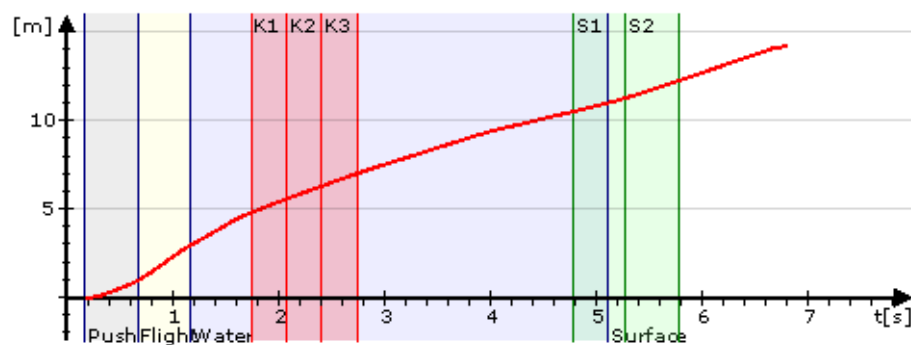
### Measured values

|                                  |         |
|----------------------------------|---------|
| Distance to water entry          | 3,28m   |
| Hor. distance hands-feet [entry] | 0,36m   |
| Hor. velocity hands [entry]      | 4,45m/s |
| Hor. velocity hip to kick 1      | 3,31m/s |
| Hor. velocity hip [3 kicks]      | 2,21m/s |
| Hor. velocity hip [stroke 1]     | 1,53m/s |
| Hor. velocity hip [stroke 2]     | 1,95m/s |
| Kick rate                        | 1,0/s   |

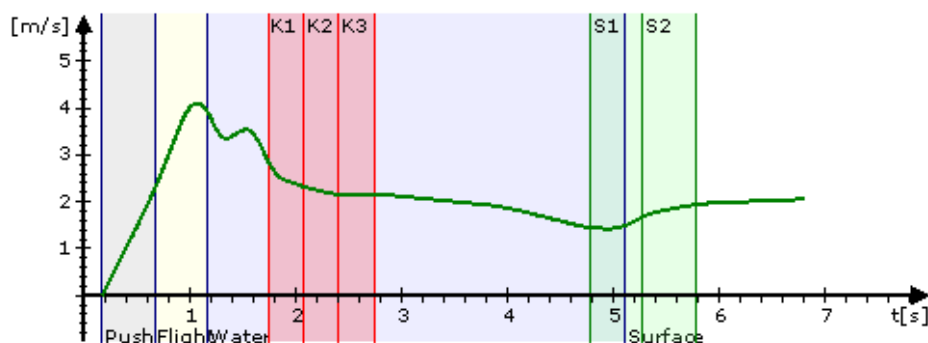
### Hip trajectory (hor/ver)



### Horizontal displacement



### Horizontal velocity





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## Start analysis

|                       |         |
|-----------------------|---------|
| Reaction time         | 0,17s   |
| Push time             | 0,50s   |
| Flight phase          | 0,35s   |
| Split time 5m         | 1,54s   |
| Split time 10m        | 3,96s   |
| Split time 15m        | 6,81s   |
| avg. velocity 0m-5m   | 3,25m/s |
| avg. velocity 5m-10m  | 2,07m/s |
| avg. velocity 10m-15m | 1,75m/s |



|                                |         |
|--------------------------------|---------|
| Height hip @takeoff            | 1,38m   |
| Angle hip @takeoff             | -17,6°  |
| Height hip @water entry        | 0,81m   |
| Angle hip @water entry         | 38,9°   |
| Distance to water entry        | 3,28m   |
| Hor. translation head [push]   | 1,28m   |
| Hor. translation head [flight] | 1,30m   |
| Hor. translation hip [flight]  | 1,50m   |
| Hor. velocity hip [flight]     | 4,30m/s |
| Hor. velocity hands [entry]    | 4,45m/s |

## Notes

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