

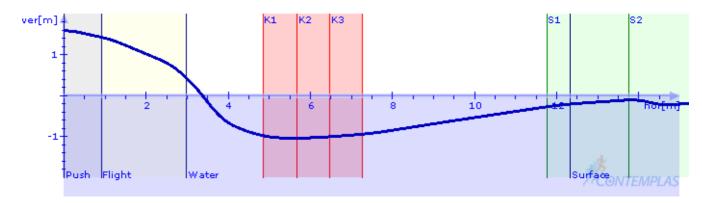


## Start to 15 m

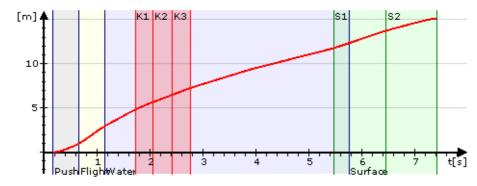
#### Measured values

Distance to water entry	3,30m
Hor. distance hands-feet [entry]	0,40m
Hor. velocity hands [entry]	4,49m/s
Hor. velocity hip to kick 1	3,37m/s
Hor. velocity hip [3 kicks]	2,32m/s
Hor. velocity hip [stroke 1]	2,01m/s
Hor. velocity hip [stroke 2]	1,56m/s
Kick rate	1,0/s

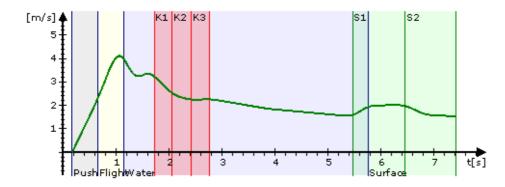
### Hip trajectory (hor/ver)



### Horizontal displacement



### Horizontal velocity

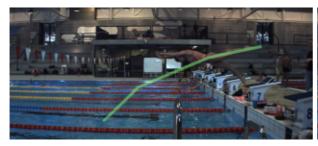


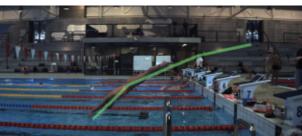




# Start analysis

Reaction time Push time Flight phase Split time 5m Split time 10m Split time 15m	0,17s 0,49s 0,35s 1,52s 3,87s 6,83s
avg. velocity 0m-5m	3,29m/s
avg. velocity 5m-10m	2,13m/s
avg. velocity 10m-15m	1,69m/s





Height hip @takeoff Angle hip @takeoff	1,38m -16,9°
Height hip @water entry Angle hip @water entry	0,75m 37,9°
Distance to water entry	3,30m
Hor. translation head [push] Hor. translation head [flight]	1,26m 1,34m
Hor. translation hip [flight] Hor. velocity hip [flight]	1,52m 4,33m/s
Hor. velocity hands [entry]	4,49m/s

Notes

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