



14/03/2022

Butterfly  
50 m

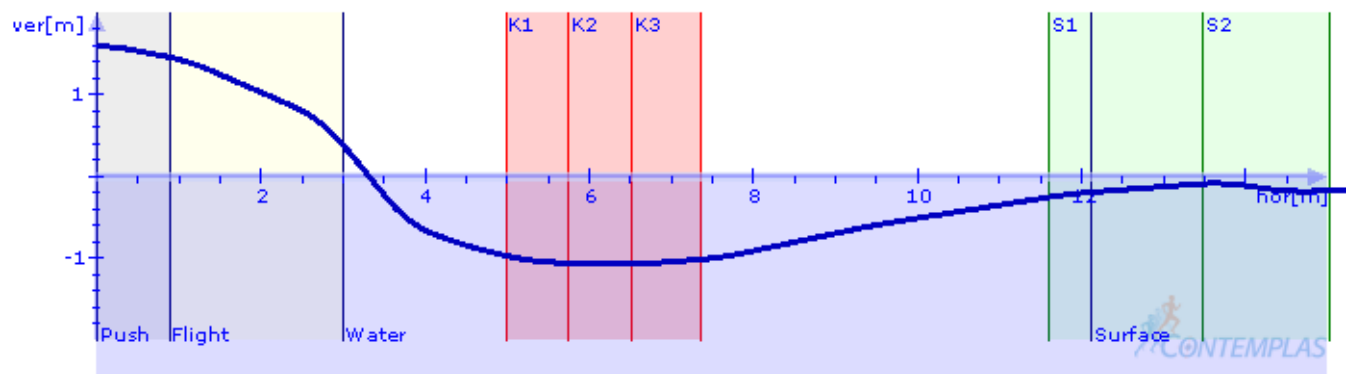


## Start to 15 m

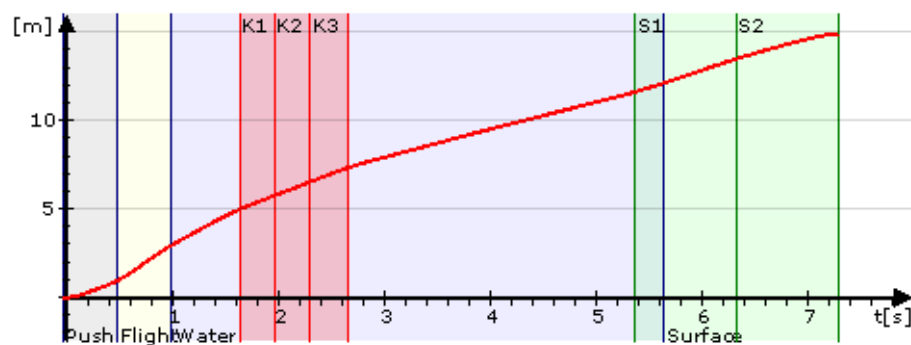
### Measured values

Distance to water entry	3,32m
Hor. distance hands-feet [entry]	0,45m
Hor. velocity hands [entry]	4,49m/s
Hor. velocity hip to kick 1	3,18m/s
Hor. velocity hip [3 kicks]	2,31m/s
Hor. velocity hip [stroke 1]	1,98m/s
Hor. velocity hip [stroke 2]	1,58m/s
Kick rate	1,0/s

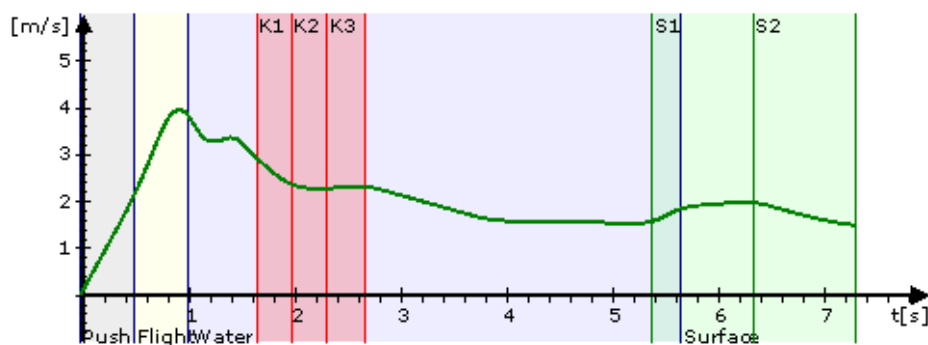
### Hip trajectory (hor/ver)



### Horizontal displacement



### Horizontal velocity





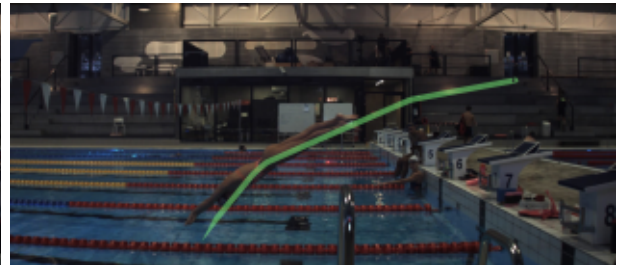
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## Start analysis

Reaction time	-0,04s
Push time	0,52s
Flight phase	0,37s
Split time 5m	1,36s
Split time 10m	3,84s
Split time 15m	6,80s
avg. velocity 0m-5m	3,68m/s
avg. velocity 5m-10m	2,02m/s
avg. velocity 10m-15m	1,69m/s



Height hip @takeoff	1,42m
Angle hip @takeoff	-17,0°
Height hip @water entry	0,75m
Angle hip @water entry	37,4°
Distance to water entry	3,32m
Hor. translation head [push]	1,28m
Hor. translation head [flight]	1,34m
Hor. translation hip [flight]	1,55m
Hor. velocity hip [flight]	4,18m/s
Hor. velocity hands [entry]	4,49m/s

## Notes

spring opad og mere rotation  
TYVSTART