



14/03/2022

Freestyle  
50 m

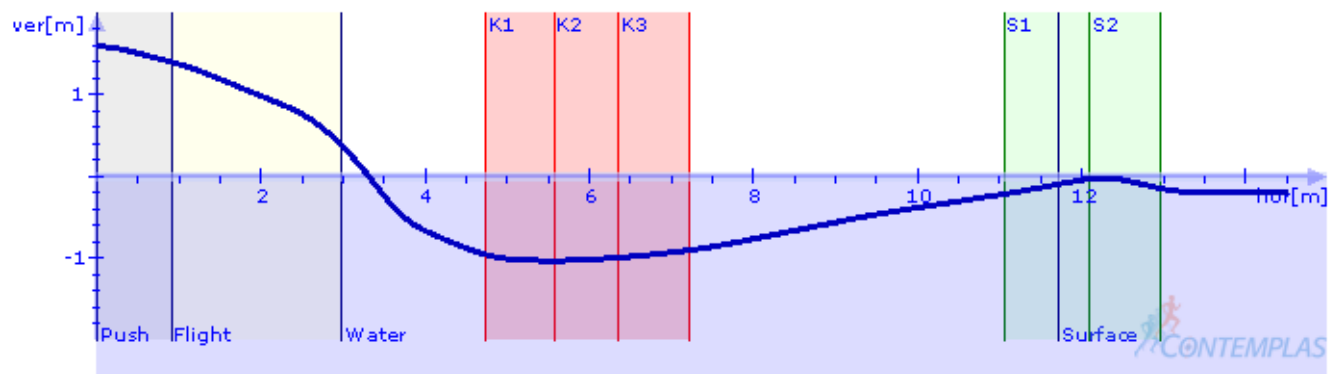


## Start to 15 m

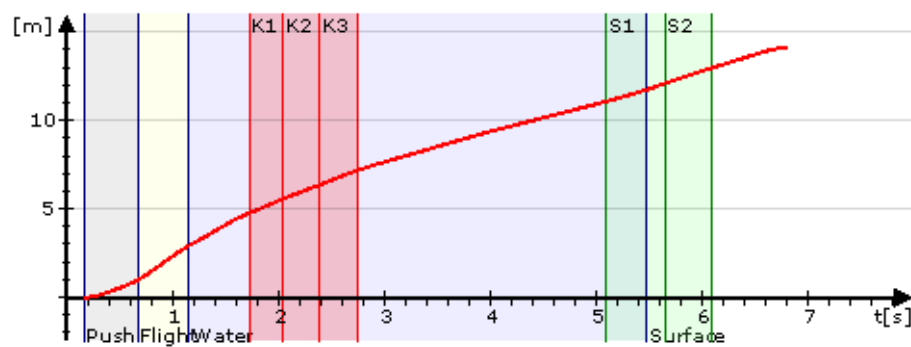
### Measured values

Distance to water entry	3,30m
Hor. distance hands-feet [entry]	0,37m
Hor. velocity hands [entry]	4,38m/s
Hor. velocity hip to kick 1	3,31m/s
Hor. velocity hip [3 kicks]	2,40m/s
Hor. velocity hip [stroke 1]	1,85m/s
Hor. velocity hip [stroke 2]	1,98m/s
Kick rate	1,0/s

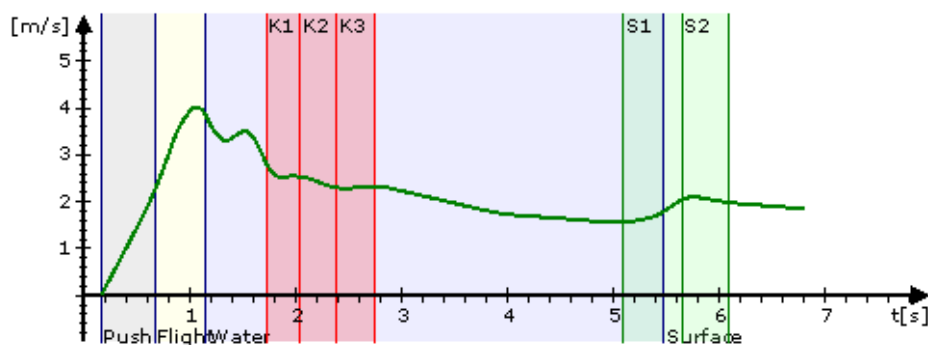
### Hip trajectory (hor/ver)



### Horizontal displacement



### Horizontal velocity





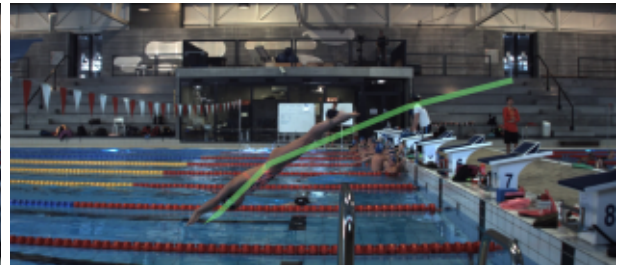
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## Start analysis

Reaction time	0,16s
Push time	0,51s
Flight phase	0,34s
Split time 5m	1,53s
Split time 10m	3,93s
Split time 15m	6,81s
avg. velocity 0m-5m	3,27m/s
avg. velocity 5m-10m	2,08m/s
avg. velocity 10m-15m	1,74m/s



Height hip @takeoff	1,35m
Angle hip @takeoff	-19,4°
Height hip @water entry	0,73m
Angle hip @water entry	37,0°
Distance to water entry	3,30m
Hor. translation head [push]	1,28m
Hor. translation head [flight]	1,29m
Hor. translation hip [flight]	1,49m
Hor. velocity hip [flight]	4,37m/s
Hor. velocity hands [entry]	4,38m/s

## Notes

pretension i laeggen