



04-12-2024
Julie Kepp Jensen
Freestyle
50 m

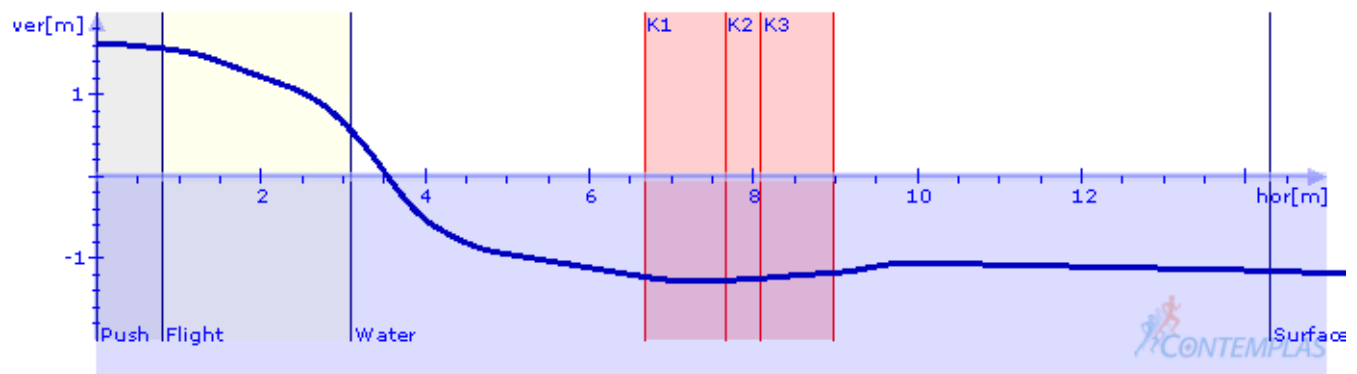


Start to 15 m

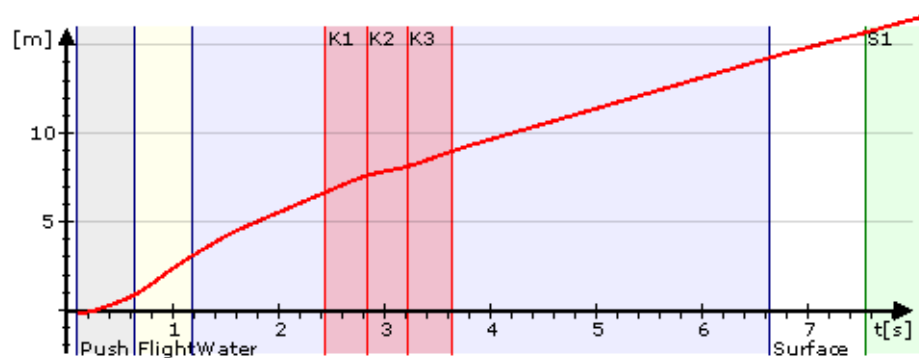
Measured values

Distance to water entry	3,28m
Hor. distance hands-feet [entry]	0,46m
Hor. velocity hands [entry]	5,46m/s
Hor. velocity hip to kick 1	2,80m/s
Hor. velocity hip [3 kicks]	1,95m/s
Hor. velocity hip [stroke 1]	1,67m/s
Hor. velocity hip [stroke 2]	m/s
Kick rate	0,8/s

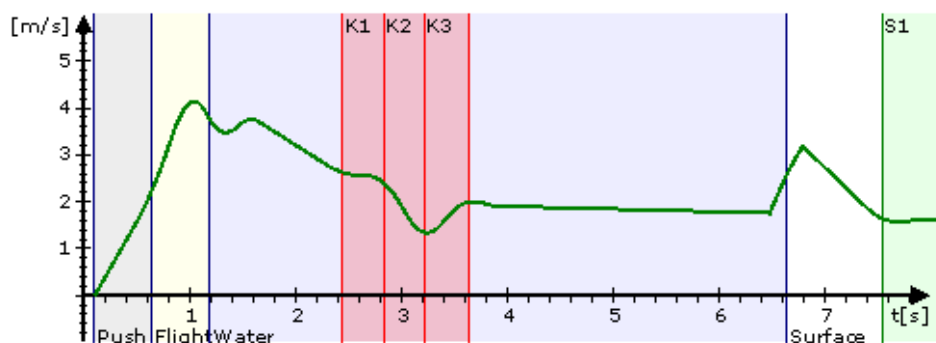
Hip trajectory (hor/ver)



Horizontal displacement



Horizontal velocity



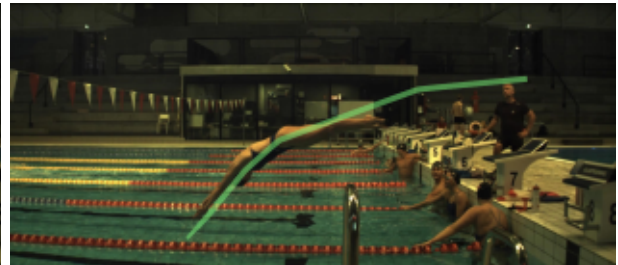
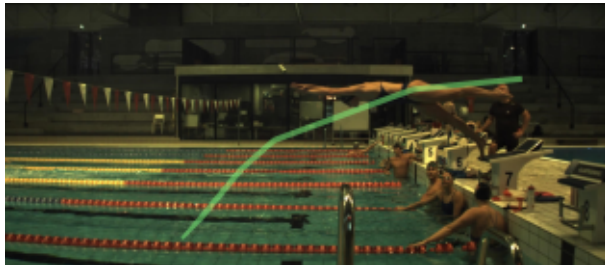


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Start analysis

Reaction time	0,10s
Push time	0,54s
Flight phase	0,34s
Split time 5m	1,50s
Split time 10m	3,77s
Split time 15m	6,63s
avg. velocity 0m-5m	3,33m/s
avg. velocity 5m-10m	2,20m/s
avg. velocity 10m-15m	1,75m/s



Height hip @takeoff	1,53m
Angle hip @takeoff	43,6°
Height hip @water entry	0,99m
Angle hip @water entry	42,2°
Distance to water entry	3,28m
Hor. translation head [push]	1,25m
Hor. translation head [flight]	1,28m
Hor. translation hip [flight]	1,49m
Hor. velocity hip [flight]	4,38m/s
Hor. velocity hands [entry]	5,46m/s

Notes