



14/03/2022

Freestyle
50 m

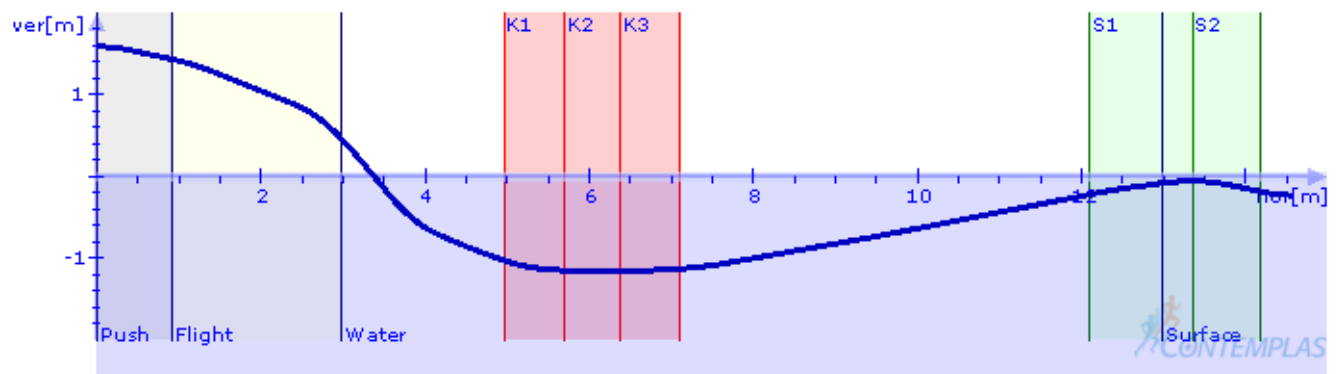


Start to 15 m

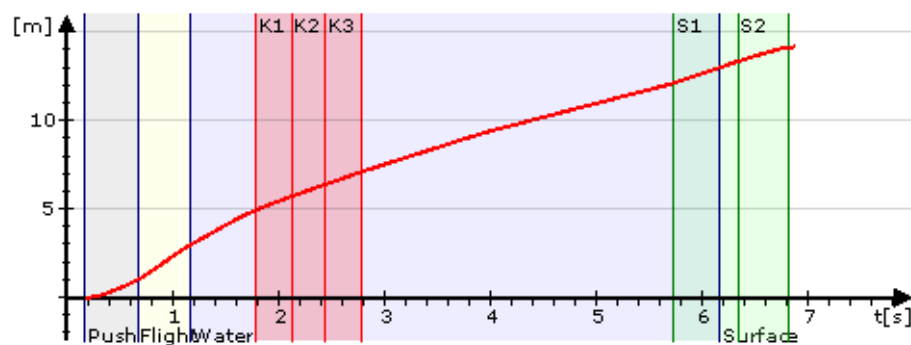
Measured values

Distance to water entry	3,32m
Hor. distance hands-feet [entry]	0,33m
Hor. velocity hands [entry]	4,29m/s
Hor. velocity hip to kick 1	3,20m/s
Hor. velocity hip [3 kicks]	2,15m/s
Hor. velocity hip [stroke 1]	2,06m/s
Hor. velocity hip [stroke 2]	1,74m/s
Kick rate	1,0/s

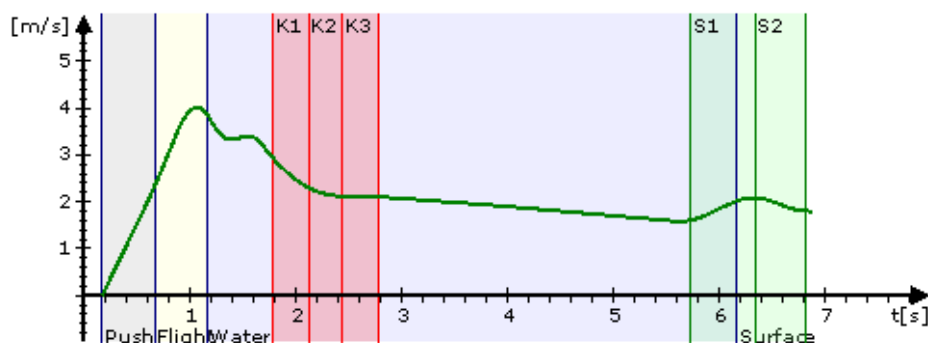
Hip trajectory (hor/ver)



Horizontal displacement



Horizontal velocity





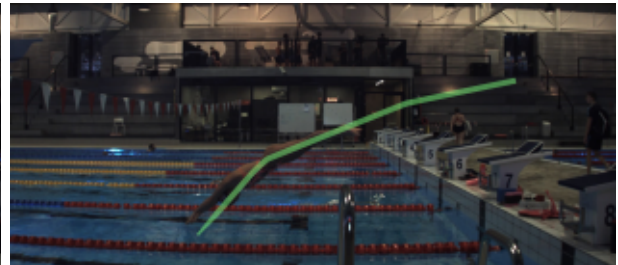
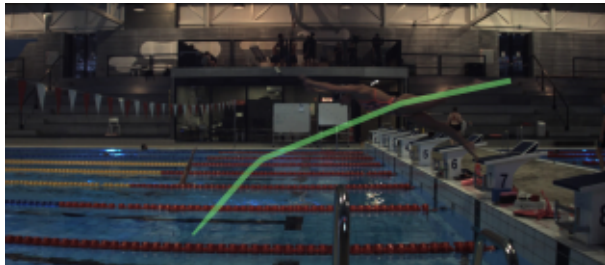
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Start analysis

Reaction time	0,17s
Push time	0,50s
Flight phase	0,35s
Split time 5m	1,54s
Split time 10m	3,93s
Split time 15m	6,89s
avg. velocity 0m-5m	3,25m/s
avg. velocity 5m-10m	2,09m/s
avg. velocity 10m-15m	1,69m/s



Height hip @takeoff	1,38m
Angle hip @takeoff	-16,2°
Height hip @water entry	0,78m
Angle hip @water entry	38,0°
Distance to water entry	3,32m
Hor. translation head [push]	1,27m
Hor. translation head [flight]	1,33m
Hor. translation hip [flight]	1,50m
Hor. velocity hip [flight]	4,28m/s
Hor. velocity hands [entry]	4,29m/s

Notes

spring opad og mere rotation kicker 3