



04-12-2024  
**Naya Modin Thomsen**  
 Freestyle  
 50 m

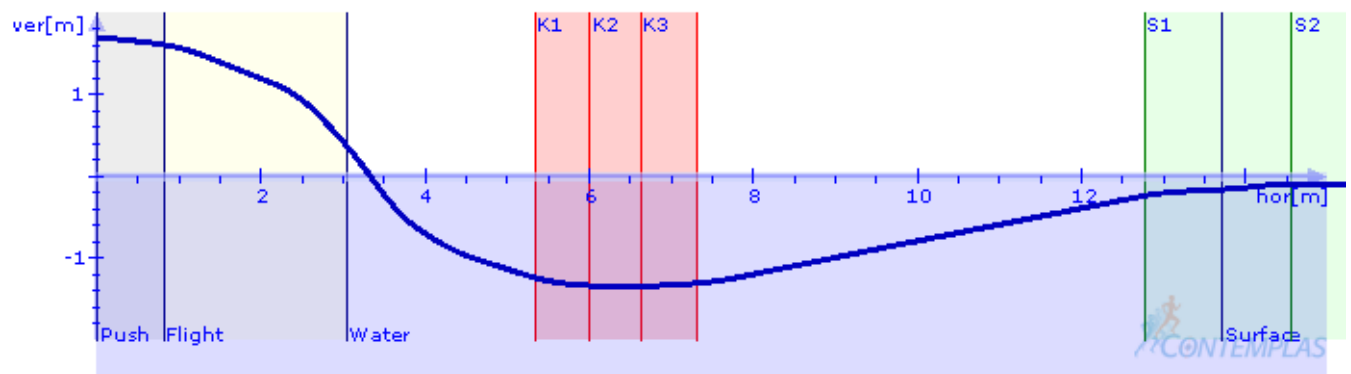


## Start to 15 m

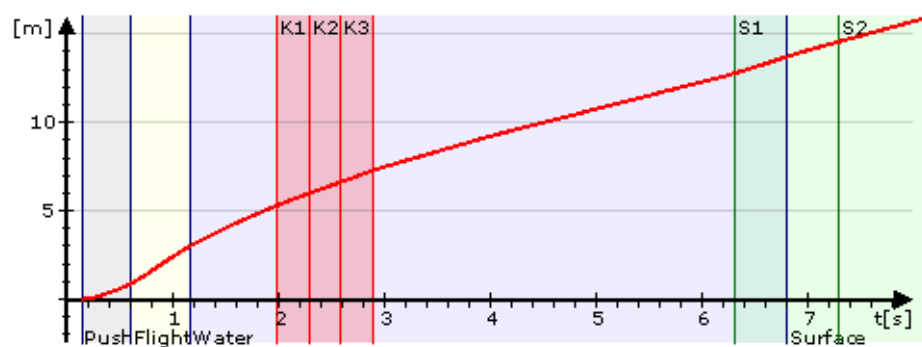
### Measured values

Distance to water entry	3,25m
Hor. distance hands-feet [entry]	0,72m
Hor. velocity hands [entry]	5,23m/s
Hor. velocity hip to kick 1	2,76m/s
Hor. velocity hip [3 kicks]	2,18m/s
Hor. velocity hip [stroke 1]	1,83m/s
Hor. velocity hip [stroke 2]	1,63m/s
Kick rate	1,1/s

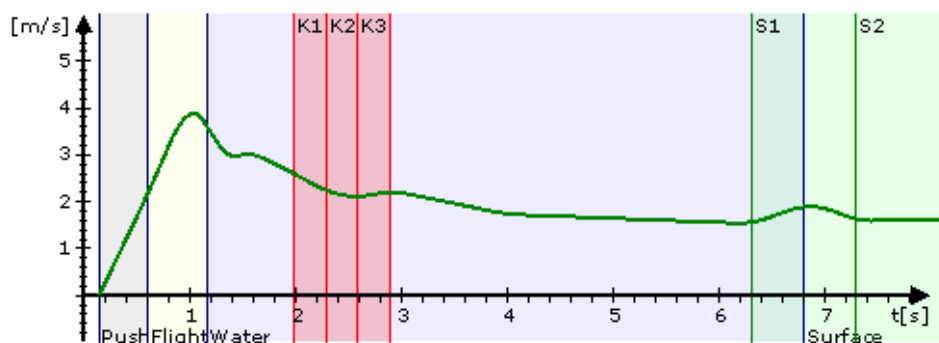
### Hip trajectory (hor/ver)



### Horizontal displacement



### Horizontal velocity



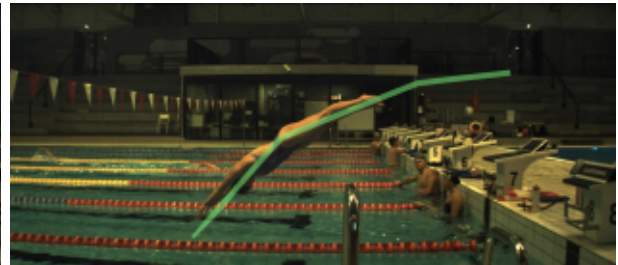
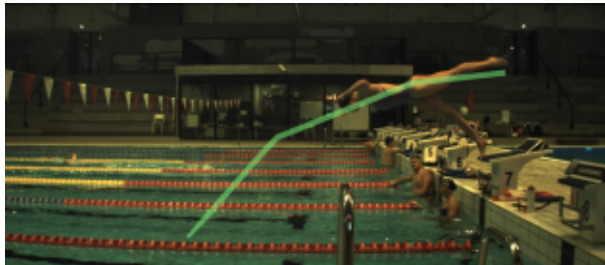


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## Start analysis

Reaction time	0,14s
Push time	0,46s
Flight phase	0,36s
Split time 5m	1,53s
Split time 10m	4,00s
Split time 15m	7,08s
avg. velocity 0m-5m	3,27m/s
avg. velocity 5m-10m	2,02m/s
avg. velocity 10m-15m	1,62m/s



Height hip @takeoff	1,60m
Angle hip @takeoff	45,7°
Height hip @water entry	1,01m
Angle hip @water entry	43,2°
Distance to water entry	3,25m
Hor. translation head [push]	1,23m
Hor. translation head [flight]	1,22m
Hor. translation hip [flight]	1,45m
Hor. velocity hip [flight]	4,03m/s
Hor. velocity hands [entry]	5,23m/s

Notes