

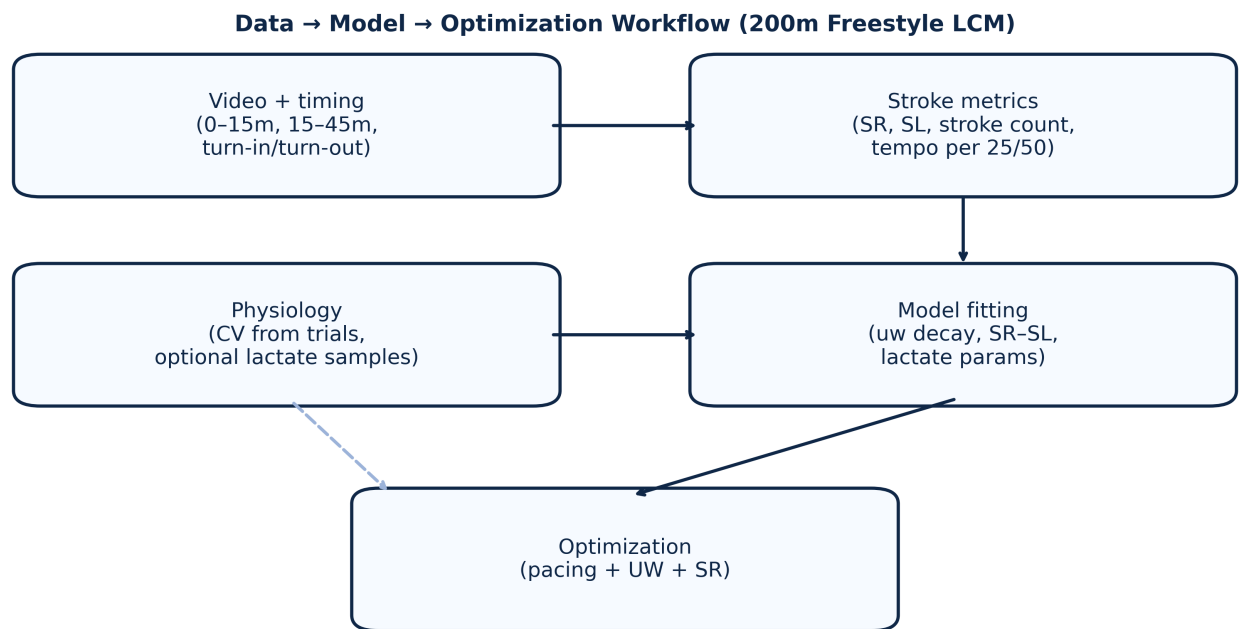
# 200m Freestyle (LCM) — Mini Report Export

Generated by the 200m Free Optimizer app (illustrative model outputs).

## Splits summary (s)

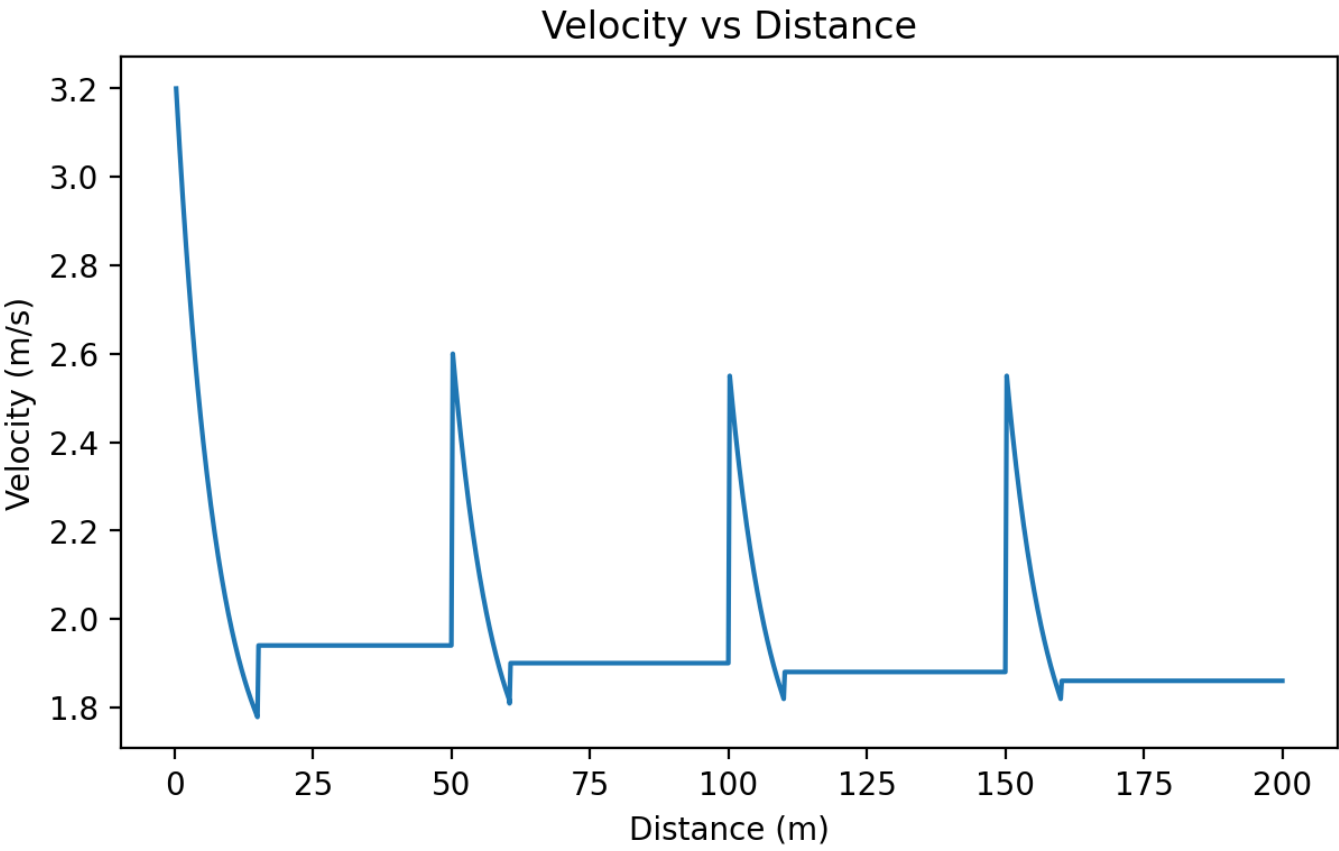
Strategy	50	100	150	200	Total
Even-ish	24.83	25.79	26.06	26.29	102.98

## Workflow diagram



Validate vs race splits and 15m times; iterate parameters.

Velocity vs Distance



Lactate + D' vs Time

