

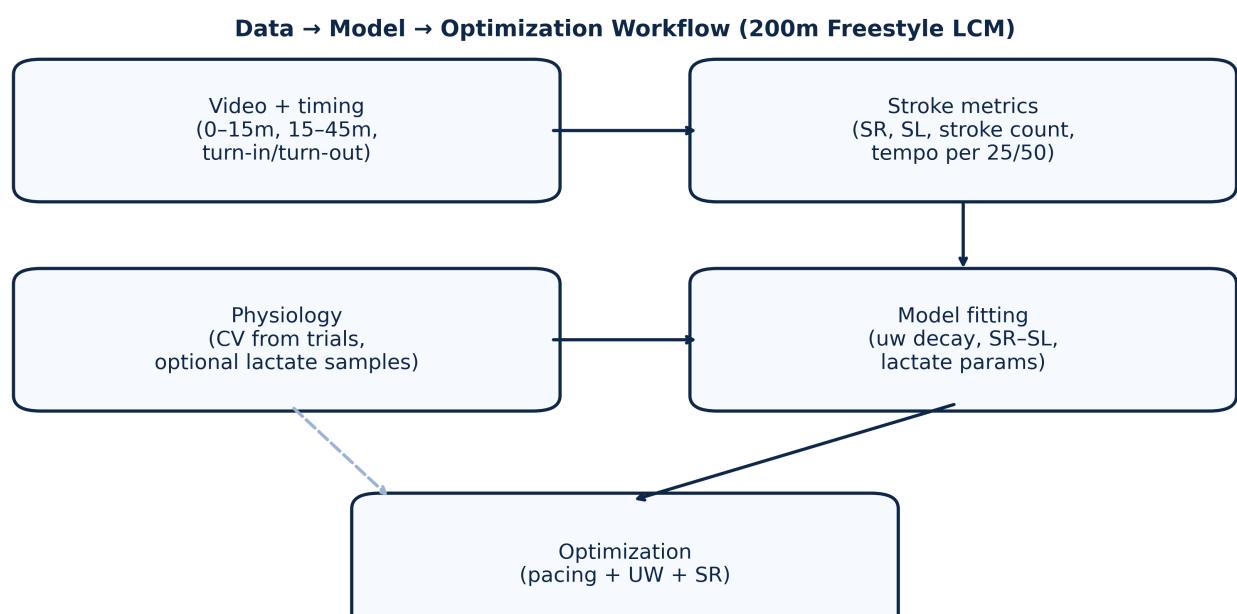
# 200m Freestyle (LCM) — Mini Report Export

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

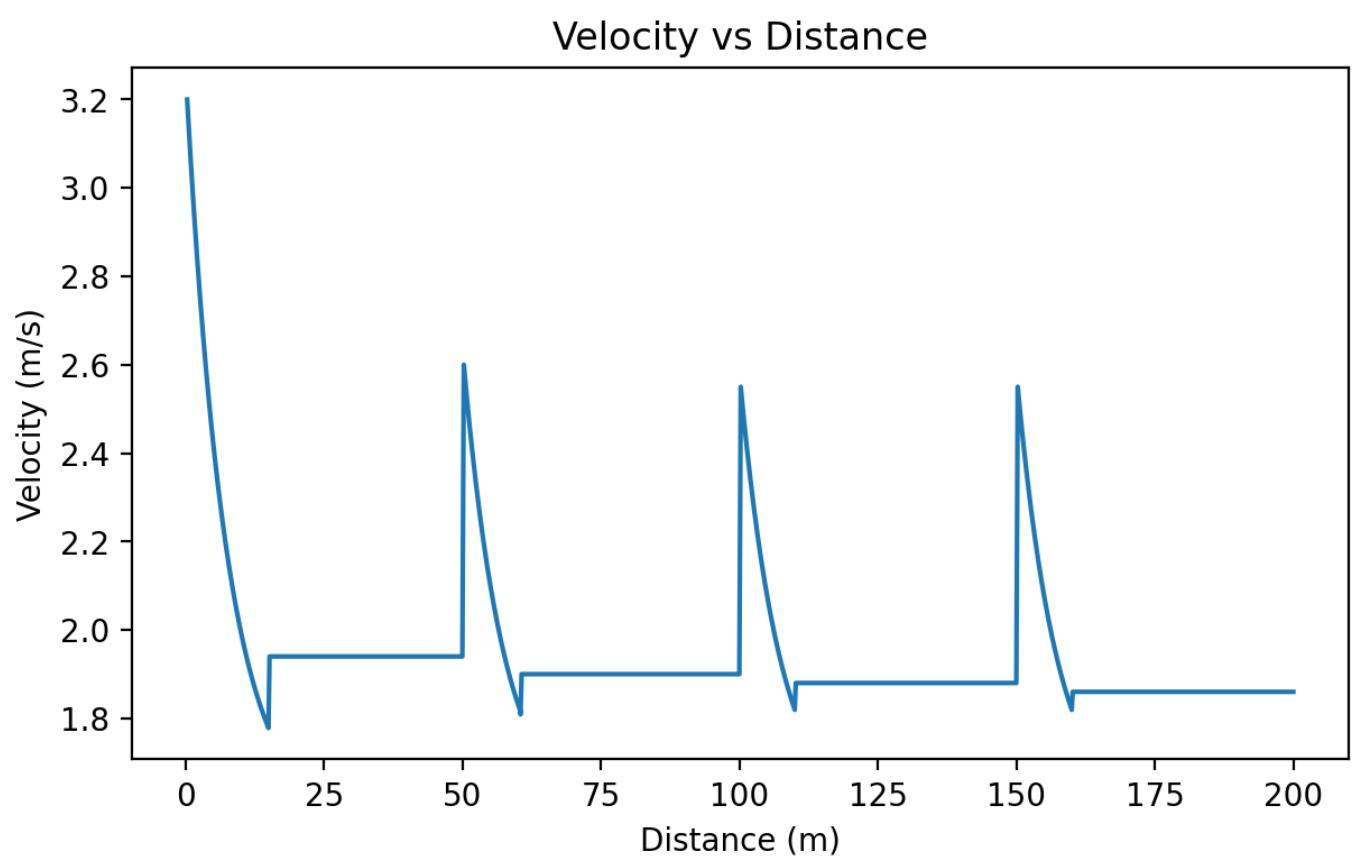
## Splits summary (s)

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

## Workflow diagram



## Velocity vs Distance



## Lactate + D' vs Time

