

Race Report

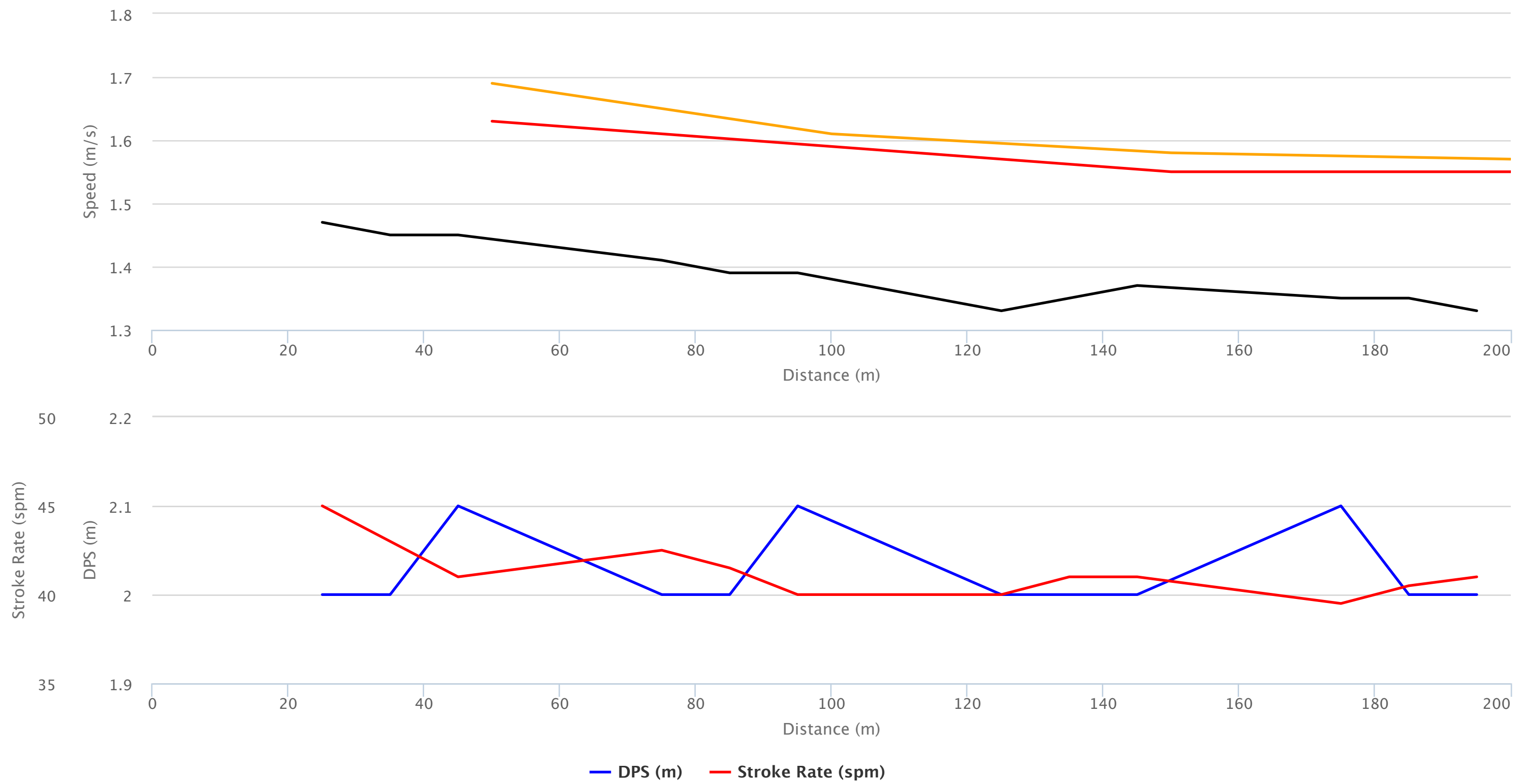
Event

Event: COMP NAME
 Session: 200BK, FINAL
 Swimmer: SWIMMERS NAME
 Club: CLUB
 Stroke: 200m Backstroke

Result: 2:16.55
 Canadian Record: 2:06.8
 World Record: 2:04.06

World Standards

Stroke Length 2.20 m
 Stroke Rate 40.4 st/min
 Time @ 15m 7.65 s 1.96 m/s
 Finish Time 3.21 s 1.56 m/s
 5m into turn 3.61 s 1.39 m/s
 15m out of turn 8.63 s 1.74 m/s
 Total Turn Time 12.24 s 1.63 m/s



Turn Performance

Turn	In (s)	Out (s)	Time (s)	In V (m/s)	Out V (m/s)
1	4.27	8.52	12.80 (4.4%)	1.17	1.76
2	4.07	8.72	12.79 (4.3%)	1.23	1.72
3	4.10	8.77	12.87 (4.9%)	1.22	1.71

Performance Data

Distance	Split	Time	Lap	Velocity	DPS	SR
15	7.8	7.8		1.92		
25	6.8	14.6		1.47	2.0	45.0
35	6.9	21.5		1.45	2.0	43.0
45	6.9	28.4		1.45	2.1	41.0
50	4.27	32.67		1.17		
Lap				32.67	1.53 (93.9% CR)	
65	8.5	41.2		1.76		
75	7.1	48.3		1.41	2.0	42.5
85	7.2	55.5		1.39	2.0	41.5
95	7.2	1:02.7		1.39	2.1	40.0
100	4.07	1:06.77		1.23		
Lap				34.1	1.47 (92.2% CR)	
115	8.7	1:15.5		1.72		
125	7.5	1:23		1.33	2.0	40.0
135	7.4	1:30.4		1.35	2.0	41.0
145	7.3	1:37.7		1.37	2.0	41.0
150	4.11	1:41.81		1.22		
Lap				35.04	1.43 (92.1% CR)	
165	8.8	1:50.6		1.71		
175	7.4	1:58		1.35	2.1	39.5
185	7.4	2:05.4		1.35	2.0	40.5
195	7.5	2:12.9		1.33	2.0	41.0
200	3.65	2:16.55		1.37		
Lap				34.74	1.44 (92.9% CR)	