



Race Plan Model

Men's 100 Free LCM

Name: **WORLD RECORD, TOKYO, 2020**

Date: 15-Sep-19

Arm Span (m): 1.95

Break-out Start (m): 12.0

Turn (m): 7.5

Target: 46.80 46.8

REAL-TIME RACE PLAN MODEL

Distance	Run (sec)	Splits (sec)	V (m / s)	DPS (m/ cyc)	SR (cyc/min)	SCT (sec/cyc)	SI (VxDPS)	SC (cyc)
Start 15 (0 to 15m)	5.43	5.43	2.76					1.3
Clean Swim (15 to 25m)	9.99	4.56	2.19	2.38	55.21	1.09	5.23	4.2
1st 25 (0-25m)		9.99	2.50	2.38	55.21	1.09	5.23	5.5
Clean Swim (25 to 35m)	14.61	4.62	2.16	2.39	54.24	1.11	5.18	4.2
Clean Swim (35 to 45m)	19.60	4.99	2.01	2.30	52.27	1.15	4.62	4.3
Approach (45-50m)	22.25	2.66	1.88					1.7
2nd 25 (25-50m)		12.26	2.04	2.35	53.25	1.13	4.90	10.3
					(average values for 1st 50)			
1st 50 (0-50m)		22.25	2.12	2.36	53.91	1.11	5.01	15.7
Push 15 (50 - 65m)	28.58	6.33	2.37					3.3
Clean Swim (65 to 75m)	33.55	4.97	2.01	2.28	53.08	1.13	4.58	4.4
3rd 25 (50-75m)		11.29	2.21	2.28	53.08	1.13	4.58	7.7
Clean Swim (75-85m)	38.61	5.06	2.01	2.33	50.95	1.18	4.60	4.3
Clean Swim (85 to 95m)	44.08	5.48	1.98	2.20	49.70	1.21	4.03	4.5
Finish (95-100)	0:46.80	2.72	1.83					1.8
4th 25 (75-100)		13.25	1.89	2.27	50.32	1.19	4.31	10.6
					(average values for 2nd 50)			
2nd 50 (50-100m)		24.55	1.94	2.27	51.24	1.17	4.40	18.3

Code:

Run = Running Time (sec); Splits = Race Segment Split (sec); V = Velocity (m / sec);
DPS = Distance per Stroke Cycle (m); SR = Stroke Rate (cyc / min); SCT = Stroke Cycle Time (sec / stroke cycle);
SI = Swim Index (V x DPS); SC = Stroke Count (cyc / per race segment).

Email: ken@racetek.ca / Website: www.racetek.ca / Mobile: 403-815-5516