

Race Analysis, 200 Freestyle LCM, Sho Koba, All Dates

Name: Sho Koba				Meet: 04 US Open				Meet Start: 12/2/2004				
Time: 1:54.89		Country:		Event: 200 Freestyle				Heat: Finals				
Dist	Brkout	Brk Dist	Time	Dropoff	Cycles	Split	Tempo	Tempo 2	Tempo 3	DPC	Velocity	Turn Time
50	2.82	10.5*	27.28	N/A	16*	27.28	41.5 (1.45)	41.3 (1.45)	41.3 (1.45)	2.49	1.68	1.20
100	2.41	6.5*	56.39	1.83	17.5	29.11	41.3 (1.45)	41.1 (1.46)	41.6 (1.44)	2.48	1.68	1.16
150	2.04	5.5*	1:26.28	0.78	18*	29.89	41.0 (1.46)	40.8 (1.47)	40.8 (1.47)	2.44	1.64	1.07
200	1.72	4.75*	1:54.89	-1.28	20*	28.61	43.7 (1.37)	45.3 (1.32)	45.9 (1.31)	2.25	1.68	0.00
Totals: 8.99		27.25			71.5	1:54.89						3.43
15M Vel:	2.72	15M Start:	5.52	7.5M Vel:	0	7.5M Finish:	0	Free Swimming Time:		1:42.47		

Name: Sho Koba				Meet: 04 US Open				Meet Start: 12/2/2004				
Time: 1:55.18		Country:		Event: 200 Freestyle				Heat: Prelims				
Dist	Brkout	Brk Dist	Time	Dropoff	Cycles	Split	Tempo	Tempo 2	Tempo 3	DPC	Velocity	Turn Time
50	3.84	11*	27.38	N/A	15.5	27.38	46.9 (1.28)	41.3 (1.45)	39.3 (1.53)	2.49	1.73	1.22
100	1.89	5*	56.61	1.85	18*	29.23	42.1 (1.43)	39.2 (1.53)	41.8 (1.44)	2.54	1.71	1.39
150	1.69	4.5*	1:26.56	0.72	18.5	29.95	41.3 (1.45)	41.4 (1.45)	40.2 (1.49)	2.48	1.67	1.32
200	1.58	4.25*	1:55.18	-1.33	21*	28.62	45.3 (1.32)	46.6 (1.29)	46.9 (1.28)	2.20	1.69	0.00
Totals: 9.00		24.75			73	1:55.18						3.93
15M Vel:	2.4	15M Start:	6.26	7.5M Vel:	0	7.5M Finish:	0	Free Swimming Time:		1:42.25		