



## VRA DATA REPORT

|              |              |                 |              |              |     |
|--------------|--------------|-----------------|--------------|--------------|-----|
| <b>Meet:</b> | Meet Code    | <b>Event:</b>   | Womens       | 100FLY       | LCM |
| <b>Team:</b> | Club Code    | <b>Session:</b> | FNL          | 15-17        |     |
| <b>Name:</b> | Swimmer Name | <b>Result:</b>  | <b>57.81</b> | <b>57.81</b> |     |

### Start Performance (0-15m):

| RT (sec)    | B-O (m)      | B-O (sec)   | B-O V       | S-T (sec)   | S-V (sec)   |
|-------------|--------------|-------------|-------------|-------------|-------------|
| <b>0.67</b> | <b>13.00</b> | <b>5.31</b> | <b>2.45</b> | <b>6.34</b> | <b>2.37</b> |

### Turn Performance (5m in - 15m out):

| 5m in       | B-O(m)       | B-O (sec)   | B-O V       | 15 out (sec) | 15 out V    | Total Turn Time |
|-------------|--------------|-------------|-------------|--------------|-------------|-----------------|
| <b>3.03</b> | <b>12.00</b> | <b>6.26</b> | <b>1.92</b> | <b>8.72</b>  | <b>1.72</b> | <b>11.75</b>    |

### Performance Data:

| <u>Distance</u> | <u>Run Time</u> | <u>Split</u> | <u>Lap (sec)</u> | <u>Velocity</u> | <u>DPS</u> | <u>SR</u> | <u>SC</u>   |
|-----------------|-----------------|--------------|------------------|-----------------|------------|-----------|-------------|
| 15              | 6.34            | 6.34         |                  | 2.37            |            |           |             |
| 25              | 12.00           | 5.66         |                  | 1.77            | 1.78       | 59.46     |             |
| 35              | 15.17           | 5.82         |                  | 1.72            | 1.80       | 57.09     |             |
| 45              | 19.37           | 5.92         |                  | 1.69            | 1.82       | 55.76     |             |
| 50              | 26.77           | 3.03         | <b>26.77</b>     | 1.65            |            |           | <b>23.7</b> |
| 65              | 33.03           | 8.72         |                  | 1.72            |            |           |             |
| 75              | 37.17           | 6.22         |                  | 1.61            | 1.69       | 57.06     |             |
| 85              | 41.71           | 6.29         |                  | 1.59            | 1.71       | 55.76     |             |
| 95              | 48.00           | 6.64         |                  | 1.51            | 1.63       | 55.33     |             |
| 100             | <b>57.81</b>    | 3.17         | <b>31.04</b>     | 1.58            |            |           | <b>25.5</b> |

### LEGEND:

#### Start Performance: (0-15 meters)

**RT (sec)**-reaction time; **B-O(m)** -break out metres; **B-O(sec)**-break out time;

**B-O V**-break out velocity (meters per sec); **S-T(sec)**-start time (15 m); **S-V(sec)**-start velocity-meters per sec;

#### Turn Performance (5m in - 15m out):

**5m in**-approach to wall; **B-O (m)**-break out meters; **B-O (sec)**-break out time;

**B-O V**-break out velocity (meters per sec); **15 out (sec)**; **15 out V** (meters per sec);

**Total Turn Time**-5 meters in + 15 meters out

#### Performance Data:

**Distance**-meters; **Run Time**-running time; **Split**-segment split; **Lap**-lap split; **Velocity**-meters per sec;

**DPS**-distance per stroke cycle; **SR**-stroke rate (stroke cycles per min); **SC**-stroke count (stroke cycles per lap)