



Men's 100 FL

Top 8 Race Data // 2021-2024 Quad

	<u>50</u>	<u>100</u>	<u>Total/AVG</u>
Splits	23.46	26.68	50.14
Kicks	7	8	15
Strokes	17	19	36
Tempo	1.09	1.09	1.09

			Dolphin Kicks			Strokes			Tempo		
			<u>50</u>	<u>100</u>	<u>Total</u>	<u>50</u>	<u>100</u>	<u>Total</u>	<u>50</u>	<u>100</u>	<u>Average</u>
49.45	Dressel	USA	5	7	12	17	19	36	1.06	1.07	1.06
49.68	Milak	HUN	7	8	15	16	17	33	1.17	1.16	1.16
49.99	Liendo	CAN	6	8	14	18	20	38	1.05	1.07	1.06
50.14	Grousset	FRA	6	9	15	17	19	36	1.09	1.09	1.09
50.40	Casas	USA	8	8	16	17	19	36	1.10	1.10	1.10
50.45	Kharun	CAN	7	9	16	18	20	38	1.02	1.06	1.04
50.46	Rose	USA	6	8	14	17	18	35	1.15	1.12	1.14
50.55	Ponti	SUI	8	11	19	17	19	36	1.09	1.05	1.07
AVERAGE			7	8	15	17	19	36	1.09	1.09	1.09

Note on Top Performers:
Noe Ponti (50.16) and Matthew Temple (50.25) both have times not included on this list due to not having high quality video to collect the data sufficiently

Men's 100 FL

Breathing Patterns

			Breathing Pattern		# of Breaths		
			<u>1st 50</u>	<u>2nd 50</u>	<u>1st 50</u>	<u>2nd 50</u>	<u>Total</u>
49.45	Dressel	USA	2-2-2-2-2-2-2-2-1-	2-2-2-2-2-2-2-5	9	7	16
49.68	Milak	HUN	2-2-2-2-2-2-2-1-1-	2-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	9	16	25
49.99	Liendo	CAN	2-2-2-2-2-2-2-2-1-1-	2-2-2-2-2-2-2-6	10	7	17
50.14	Grousset	FRA	3-2-2-2-2-2-1-1-1-1-	3-2-2-2-2-2-2-2-1-1-	10	10	20
50.40	Casas	USA	3-3-2-2-2-2-2-1-	2-2-3-2-2-2-1-2-3	8	8	16
50.45	Kharun	CAN	3-3-3-2-3-2-2-	1-1-4-1-1-3-1-1-2-5	7	9	16
50.46	Rose	USA	1-2-2-2-2-2-2-2-1-1-	1-2-1-2-1-2-1-2-1-1-4	10	10	20
50.55	Ponti	SUI	1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	17	19	36

- More men than ever are utilizing a breathing pattern in the 100 fly
- Only 2 – Kristof Milak 2nd 50 and Noe Ponti both 50s – are breathing every stroke

Men's 100 FL

Segment Splits

Segment Splits 15m-10m-10m-10m-5m		
49.45	Dressel	USA
49.68	Milak	HUN
49.99	Liendo	CAN
50.14	Grousset	FRA
50.40	Casas	USA
50.45	Kharun	CAN
50.46	Rose	USA
50.55	Ponti	SUI
AVERAGE		

Cumulative Splits 15m-10m-10m-10m-5m		
49.45	Dressel	USA
49.68	Milak	HUN
49.99	Liendo	CAN
50.14	Grousset	FRA
50.40	Casas	USA
50.45	Kharun	CAN
50.46	Rose	USA
50.55	Ponti	SUI
AVERAGE		

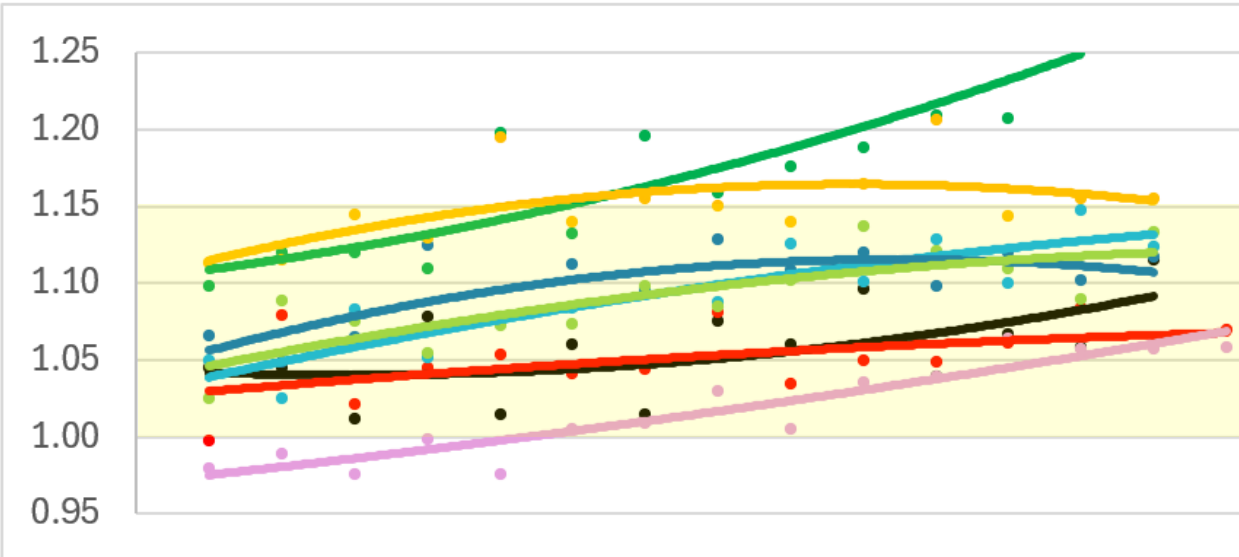
50m					100m				
0-15m	15-25m	25-35m	35-45m	45-50m	0-15m	15-25m	25-35m	35-45m	45-50m
5.12	5.04	5.08	5.12	2.64	7.04	5.50	5.62	5.64	2.65
5.48	5.16	5.28	5.26	2.47	7.45	5.30	5.22	5.52	2.54
5.26	5.15	5.15	5.23	2.45	7.31	5.35	5.66	5.82	2.61
5.46	5.06	5.02	5.20	2.50	7.42	5.44	5.54	5.72	2.78
5.42	5.08	5.18	5.30	2.33	7.71	5.40	5.46	5.68	2.84
5.48	5.22	5.18	5.26	2.59	7.47	5.44	5.68	5.48	2.65
5.52	5.20	5.40	5.38	2.33	7.45	5.36	5.54	5.58	2.70
5.47	5.12	5.29	5.39	2.43	7.15	5.44	5.69	5.78	2.79
5.40	5.13	5.20	5.27	2.47	7.38	5.40	5.55	5.65	2.70

50m					100m				
0-15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m
5.12	10.16	15.24	20.36	23.00	30.04	35.54	41.16	46.80	49.45
5.48	10.64	15.92	21.18	23.65	31.10	36.40	41.62	47.14	49.68
5.26	10.41	15.56	20.79	23.24	30.55	35.90	41.56	47.38	49.99
5.46	10.52	15.54	20.74	23.24	30.66	36.10	41.64	47.36	50.14
5.42	10.50	15.68	20.98	23.31	31.02	36.42	41.88	47.56	50.40
5.48	10.70	15.88	21.14	23.73	31.20	36.64	42.32	47.80	50.45
5.52	10.72	16.12	21.50	23.83	31.28	36.64	42.18	47.76	50.46
5.47	10.59	15.88	21.27	23.70	30.85	36.29	41.98	47.76	50.55
5.40	10.53	15.73	21.00	23.46	30.84	36.24	41.79	47.45	50.14

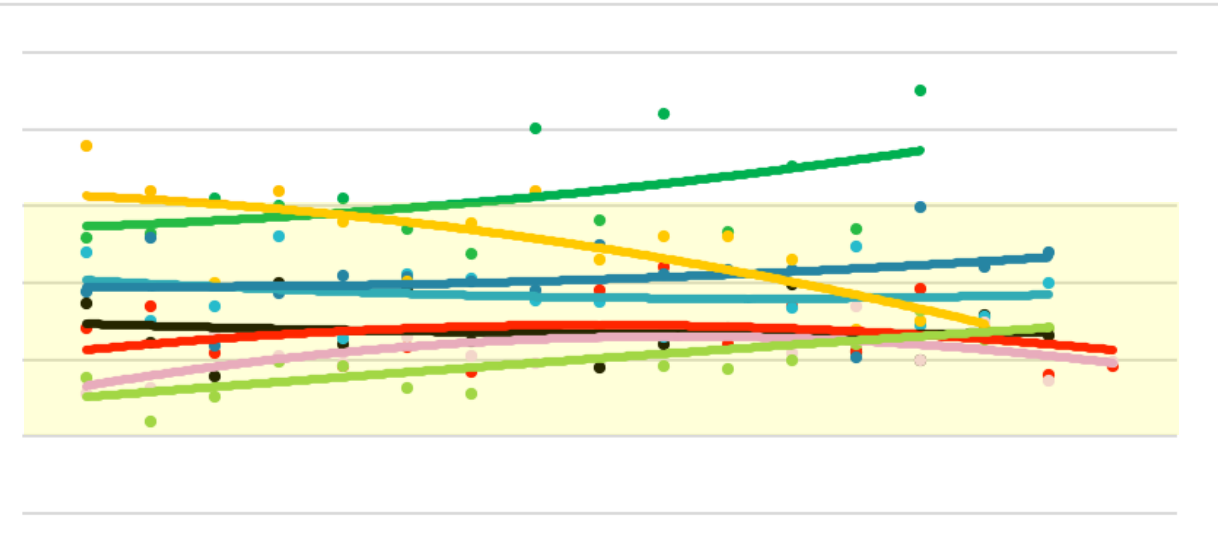
Men's 100 FL

Tempo across each 50

1st 50



2nd 50



1st 50: The majority of tempos stay within the 1.00-1.15 range. Fly tempos stay relatively consistent, typically slowing down less than 0.10 across the 50

2nd 50: The majority of tempos stay within the 1.00-1.15 range. Fly tempos stay relatively consistent, typically slowing down less than 0.05 across the 50

— 49.45	Dressel	— 50.40	Casas
— 49.68	Milak	— 50.45	Kharun
— 49.99	Liendo	— 50.46	Rose
— 50.14	Grousset	— 50.55	Ponti

Note on tempo charts:

- Tempo units are in seconds per cycle.
- Smaller numbers mean faster tempo.
- Bigger numbers mean slower tempo.
- Tempo curves that go upward are slowing down over the length. Tempo “fade” is quite normal, but athletes need to find the right balance where the fade isn’t too drastic