Women's 100 FL

Top 8 Race Data // 2021-2024 Quad

	50	100	Total/AVG
Splits	26.13	29.56	55.69
Kicks	9	9	18
Strokes	19	22	41
Tempo	1.08	1.07	1.08

			Dolphin Kicks			Strokes			Tempo		
			50	100	Total	50	100	Total	50	100	Average
55.18	Walsh	USA	8	11	19	18	20	38	1.08	1.14	1.12
55.52	Huske	USA	8	9	17	19	22	41	1.06	1.06	1.06
55.59	MacNeil	CAN	9	10	19	19	22	41	1.08	1.03	1.05
55.62	Smith	USA	9	13	22	21	22	43	0.99	1.00	1.00
55.64	Zhang	CHN	9	6	15	20	23	43	1.04	1.07	1.06
55.72	McKeon	AUS	8	6	14	19	23	42	1.09	1.09	1.09
56.11	Kohler	GER	9	6	15	19	23	42	1.09	1.06	1.07
56.14	Wattel	FRA	10	8	18	18	21	39	1.18	1.13	1.15
AVERAGE			9	9	18	19	22	41	1.08	1.07	1.08

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Breathing Patterns

			Breathing Pattern		# of Breaths		
			1st 50	2nd 50	1st 50	2nd 50	Total
55.18	Walsh	USA	2-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	17	20	37
55.52	Huske	USA	2-2-2-2-2-2-2-2-2-1-	2-1-2-1-2-1-2-1-2-1-2-1-2-2	10	13	23
55.59	MacNeil	CAN	2-1-2-2-2-2-2-1-2-1-2-	2-1-1-2-1-2-1-2-1-2-1-2-1-3	11	13	24
55.62	Smith	USA	2-2-2-2-2-2-2-2-2-2-1-	2-2-2-2-2-2-2-2-2-2-2	11	10	21
55.64	Zhang	CHN	3-2-1-2-2-2-2-1-2-1-2-	2-1-2-1-1-2-1-2-1-2-1-2-1-4	11	13	24
55.72	McKeon	AUS	2-2-2-2-2-2-2-2-2-1-	2-2-2-2-2-2-2-2-2-2-3	10	10	20
56.11	Kohler	GER	3-2-2-2-2-2-2-2-2-	1-2-2-2-2-2-2-2-2-2-2-2	9	11	20
56.14	Wattel	FRA	2-2-2-2-2-2-2-2-1-1-	1-2-2-2-2-2-2-2-2-2-2	10	10	20

- Gretchen Walsh is the only top performer that breathes every stroke – up to the very last stroke
- 1st 50: All of the other women generally breathe 1 up 1 down
- 2nd 50: 4 women stick to 1 up 1 down, 3 women shift to 2 up 1 down

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Segment Splits

Segment Splits 15m-10m-10m-10m-5m			50m					100m				
			0-15m	15-25m	25-35m	35-45m	45-50m	0-15m	15-25m	25-35m	35-45m	45-50m
55.18	Walsh	USA	**6.01**	**5.40**	5.69	5.67	**2.68**	8.00	6.11	6.10	6.44	3.08
55.52	Huske	USA	6.14	5.56	**5.58**	5.71	2.94	8.20	5.91	6.12	6.28	3.08
55.59	MacNeil	CAN	6.12	5.76	5.70	6.06	2.86	7.88	5.90	6.06	6.26	2.99
55.62	Smith	USA	6.42	5.58	5.85	5.89	2.94	**7.72**	6.02	6.19	**6.16**	**2.85**
55.64	Zhang	CHN	6.22	5.42	5.70	**5.66**	2.71	8.53	6.06	6.16	6.28	2.90
55.72	McKeon	AUS	6.32	5.54	5.78	5.76	2.76	8.32	**5.88**	6.14	6.26	2.96
56.11	Kohler	GER	6.27	5.69	5.69	5.77	2.84	8.62	5.94	**6.01**	6.22	3.06
56.14	Wattel	FRA	6.18	5.64	5.84	5.88	2.84	8.46	**5.88**	6.12	6.20	3.10
AVERAGE			6.21	5.57	5.73	5.80	2.82	8.22	5.96	6.11	6.26	3.00

Cumulative Splits 15m-10m-10m-10m-5m			50m					100m				
			0-15m	15-25m	25-35m	35-45m	45-50m	50-65m	65-75m	75-85m	85-95m	95-100m
55.18	Walsh	USA	6.01	11.41	17.1	22.77	25.45	33.45	39.56	45.66	52.1	55.18
55.52	Huske	USA	6.14	11.7	17.28	22.99	25.93	34.13	40.04	46.16	52.44	55.52
55.59	MacNeil	CAN	6.12	11.88	17.58	23.64	26.5	34.38	40.28	46.34	52.6	55.59
55.62	Smith	USA	6.42	12	17.85	23.74	26.68	34.4	40.42	46.61	52.77	55.62
55.64	Zhang	CHN	6.22	11.64	17.34	23	25.71	34.24	40.3	46.46	52.74	55.64
55.72	McKeon	AUS	6.32	11.86	17.64	23.4	26.16	34.48	40.36	46.5	52.76	55.72
56.11	Kohler	GER	6.27	11.96	17.65	23.42	26.26	34.88	40.82	46.83	53.05	56.11
56.14	Wattel	FRA	6.18	11.82	17.66	23.54	26.38	34.84	40.72	46.84	53.04	56.14
AVERAGE			6.21	11.78	17.51	23.31	26.13	34.35	40.31	46.43	52.69	55.69

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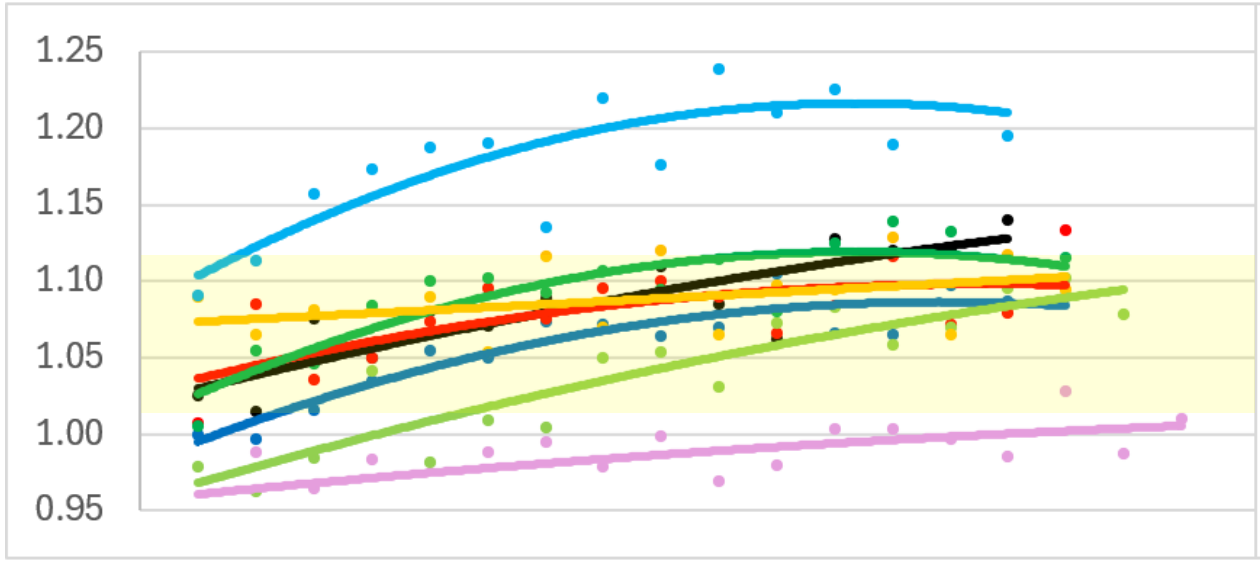
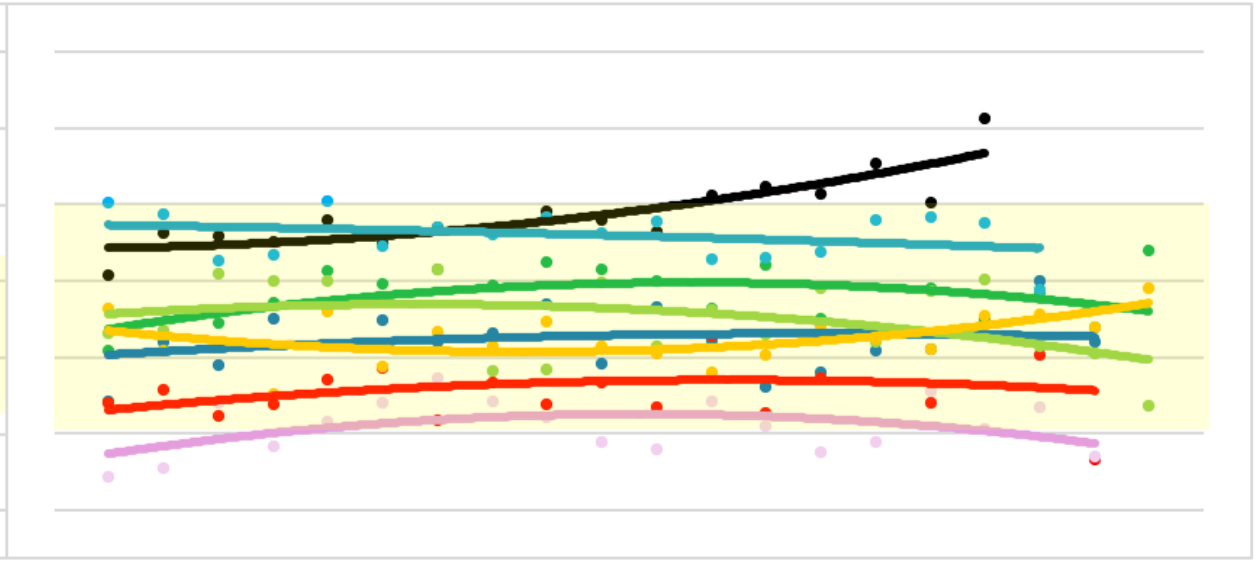
Tempo across each 50

1st 50



2nd 50



1st 50: The majority of tempos stay within the 1.02-1.12 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

55.18	Walsh	55.64	Zhang
55.52	Huske	55.72	McKeon
55.59	MacNeil	56.11	Kohler
55.62	Smith	56.14	Wattel

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

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