

Name: Kristy Kowal Age:27 Club:Athens Bulldog Swim

Event: 100 Br Heat: Prelims

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	5.14	11 *	32.60	-	18 *	32.60	41.3 (1.45)	40.5 (1.48)	40.6 (1.48)	2.11	1.43	1.16
100	3.92	7.25 *	36.60	4.00	24 *	1:09.20	44.4 (1.35)	45.3 (1.32)	46.0 (1.30)	1.80	1.35	-
<b>Totals</b>	<b>9.05</b>	<b>18.25</b>			<b>42</b>							<b>1.16</b>

15M Start: 8.09 sec      15M Velocity: 1.85 m/sec  
 7½M Finish: 5.43 sec      7½M Velocity: 1.38 m/sec

Event: 100 Br Heat: Finals

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	4.72	10.5 *	32.25	-	18 *	32.25	42.6 (1.41)	39.8 (1.51)	39.5 (1.52)	2.14	1.44	0.97
100	4.05	7.5 *	36.55	4.30	25 *	1:08.80	46.7 (1.28)	48.9 (1.23)	46.1 (1.30)	1.72	1.35	-
<b>Totals</b>	<b>8.76</b>	<b>18</b>			<b>43</b>							<b>0.97</b>

15M Start: 7.89 sec      15M Velocity: 1.90 m/sec  
 7½M Finish: 5.61 sec      7½M Velocity: 1.34 m/sec

Event: 100 Br Heat: Semi-Finals

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	5.05	10.75 *	32.11	-	18 *	32.11	42.0 (1.43)	40.0 (1.50)	42.4 (1.42)	2.12	1.45	1.09
100	3.96	7.25 *	36.65	4.54	24 *	1:08.76	43.8 (1.37)	45.5 (1.32)	46.3 (1.30)	1.80	1.33	-
<b>Totals</b>	<b>9.00</b>	<b>18</b>			<b>42</b>							<b>1.09</b>

15M Start: 8.01 sec      15M Velocity: 1.87 m/sec  
 7½M Finish: 5.11 sec      7½M Velocity: 1.47 m/sec

Event: 200 Br Heat: Prelims

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	5.35	11.5 *	34.19	-	15 *	34.19	32.0 (1.88)	31.1 (1.93)	30.0 (2.00)	2.61	1.34	1.07
100	4.82	8.25 *	38.36	4.17	16 *	1:12.55	30.1 (1.99)	30.4 (1.97)	28.8 (2.08)	2.60	1.29	1.03
150	4.39	7.5 *	38.95	0.59	17 *	1:51.50	30.8 (1.95)	30.4 (1.97)	31.3 (1.92)	2.47	1.27	1.00

\* - denotes extrapolated value

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
200	4.24	7.25 *	38.66	-0.29	20 *	2:30.16	34.9 (1.72)	35.3 (1.70)	35.3 (1.70)	2.19	1.28	-
<b>Totals</b>	<b>18.79</b>	<b>34.5</b>			<b>68</b>							<b>3.10</b>

15M Start: 8.13 sec      15M Velocity: 1.85 m/sec  
 7½M Finish: 5.79 sec      7½M Velocity: 1.30 m/sec

**Event: 200 Br Heat: Finals**

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	5.44	11.25 *	33.63	-	16 *	33.63	36.9 (1.63)	33.1 (1.81)	33.2 (1.81)	2.42	1.38	1.22
100	4.44	7.75 *	37.51	3.88	18 *	1:11.14	34.0 (1.76)	32.5 (1.85)	33.1 (1.81)	2.40	1.33	1.23
150	4.14	7.25 *	38.16	0.65	18 *	1:49.30	33.9 (1.77)	34.5 (1.74)	33.2 (1.81)	2.32	1.30	0.98
200	3.92	6.75 *	38.69	0.53	21 *	2:27.99	37.4 (1.60)	37.4 (1.60)	39.5 (1.52)	2.02	1.28	-
<b>Totals</b>	<b>17.93</b>	<b>33</b>			<b>73</b>							<b>3.43</b>

15M Start: 8.21 sec      15M Velocity: 1.83 m/sec  
 7½M Finish: 5.86 sec      7½M Velocity: 1.28 m/sec

**Event: 200 Br Heat: Semi-Finals**

Dist	Breakout, (sec)	Brk Dist, (M)	Split	Dropoff	Cycles	Time	Tempo/ Rate	Tempo/ Rate-2	Tempo/ Rate-3	DPC (M/C.)	Velocity, (M/sec)	Turn Time (sec)
50	5.29	11.25 *	33.34	-	16 *	33.34	34.2 (1.75)	33.2 (1.81)	33.2 (1.81)	2.50	1.39	1.17
100	4.13	7.25 *	37.30	3.96	17 *	1:10.64	32.8 (1.83)	32.6 (1.84)	32.3 (1.86)	2.47	1.34	1.22
150	3.89	6.75 *	38.25	0.95	19 *	1:48.89	34.2 (1.75)	32.3 (1.86)	34.3 (1.75)	2.34	1.30	1.19
200	3.89	6.75 *	38.41	0.16	20 *	2:27.30	36.3 (1.65)	36.0 (1.67)	38.5 (1.56)	2.11	1.30	-
<b>Totals</b>	<b>17.19</b>	<b>32</b>			<b>72</b>							<b>3.58</b>

15M Start: 8.15 sec      15M Velocity: 1.84 m/sec  
 7½M Finish: 5.82 sec      7½M Velocity: 1.29 m/sec

\* - denotes extrapolated value