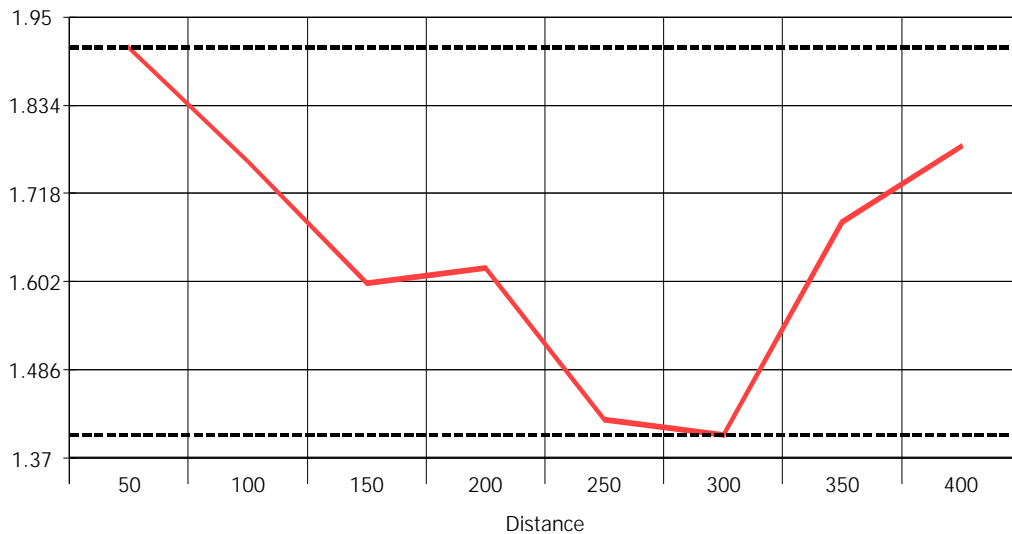


Name: Michael Phelps Age:20 Club:North Baltimor
Event: 400 IM Heat: Finals

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	4.31	12 *	26.15	-	17 *	26.15	47.7 (1.26)	46.4 (1.29)	46.4 (1.29)	2.26	1.74	0.89
100	3.15	7 *	29.51	3.36	20 *	55.66	47.0 (1.28)	46.0 (1.30)	46.0 (1.30)	2.20	1.69	1.03
150	3.49	7.25 *	31.34	1.83	16.5 *	1:27.00	39.6 (1.52)	38.5 (1.56)	37.9 (1.58)	2.60	1.65	1.15
200	4.17	8.75 *	30.85	-0.49	17 *	1:57.85	37.6 (1.60)	38.1 (1.57)	37.5 (1.60)	2.47	1.55	1.05
250	4.70	8.75 *	36.19	5.34	18 *	2:34.04	35.9 (1.67)	35.5 (1.69)	35.0 (1.71)	2.30	1.36	1.03
300	4.55	8.5 *	36.71	0.52	19 *	3:10.75	36.3 (1.65)	37.0 (1.62)	37.2 (1.61)	2.18	1.33	1.06
350	1.98	5.25 *	29.64	-7.07	16 *	3:40.39	39.4 (1.52)	38.2 (1.57)	36.5 (1.64)	2.77	1.73	0.98
400	4.60	12.25 *	28.02	-1.62	15.5 *	4:08.41	41.5 (1.45)	37.1 (1.62)	N/A	2.47	1.58	-
Totals	30.94	69.75			139							7.20

15M Start: 6.07 sec 15M Velocity: 2.47 m/sec
7½M Finish: 4.28 sec 7½M Velocity: 1.75 m/sec

Velocity over Distance



* - denotes extrapolated value