

2004 OLYMPIC TRIALS
Top 8 results in 200 IM-Finals (Women)

Race Parameters	1) Hoff, Kathryn	2) Beard, Amanda	3) Bowen, Martha	4) Caverly, Kristen	5) Bruce, Caroline	6) Pendleton, Bethany	7) Myers, Whitney	8) Smit, Julia
Distance, m	50	50	50	50	50	50	50	50
Breakout, (sec)	3.15	4.59	3.49	3.56	4.35	4.29	4.92	3.62
Break Distance	9.25 *	11.25 *	9.5 *	9.25 *	10.75 *	10.75 *	12.25 *	9.5 *
Split	28.56	29.00	29.71	29.76	30.41	28.91	29.49	29.80
Drop-off, (sec)	-	-	-	-	-	-	-	-
Cycle Count	24 *	22 *	25 *	24 *	23 *	22 *	22 *	21 *
Time	28.56	29.00	29.71	29.76	30.41	28.91	29.49	29.80
#1 Tempo (C.Rate)	61.1(0.98)	56.4(1.06)	58.2(1.03)	59.8(1.00)	56.5(1.06)	56.4(1.06)	57.2(1.05)	51.2(1.17)
#2 Tempo (C.Rate)	58.0(1.03)	54.1(1.11)	57.1(1.05)	54.8(1.09)	54.7(1.10)	54.4(1.10)	53.8(1.12)	49.8(1.20)
#3 Tempo (C.Rate)	55.7(1.08)	52.0(1.15)	55.9(1.07)	52.6(1.14)	52.8(1.14)	51.0(1.18)	52.3(1.15)	48.1(1.25)
DPC, (m/Cyc)	1.67	1.78	1.64	1.69	1.67	1.80	1.71	1.89
Swim Velocity	1.61	1.60	1.55	1.56	1.51	1.60	1.54	1.56
Turn Time	1.41	1.19	0.84	1.18	0.83	1.11	0.91	1.28
15 M Start, (sec)	6.76	7.06	7.08	7.37	7.29	7.03	6.78	7.30
15 m Velocity	2.22	2.12	2.12	2.04	2.06	2.13	2.21	2.05
Distance, m	100	100	100	100	100	100	100	100
Breakout, (sec)	2.51	2.97	2.52	2.36	2.76	2.19	4.41	2.89
Break Distance	5.25 *	6.25 *	5.25 *	5 *	5.75 *	4.5 *	9.25 *	6 *
Split	33.92	34.28	33.97	34.01	34.37	33.54	34.00	33.96
Drop-off, (sec)	5.36	5.28	4.26	4.25	3.96	4.63	4.51	4.16
Cycle Count	21 *	21.5 *	23 *	20 *	21 *	20 *	20 *	19 *
Time	1:02.48	1:03.28	1:03.68	1:03.77	1:04.78	1:02.45	1:03.49	1:03.76
#1 Tempo (C.Rate)	44.1(1.36)	45.6(1.32)	47.0(1.28)	40.3(1.49)	44.9(1.34)	43.6(1.38)	45.7(1.31)	42.6(1.41)
#2 Tempo (C.Rate)	42.2(1.42)	44.1(1.36)	46.2(1.30)	40.5(1.48)	42.2(1.42)	41.1(1.46)	42.3(1.42)	39.2(1.53)
#3 Tempo (C.Rate)	40.7(1.47)	41.7(1.44)	44.8(1.34)	40.2(1.49)	39.6(1.52)	39.0(1.54)	42.4(1.42)	36.7(1.63)
DPC, (m/Cyc)	2.14	2.04	1.96	2.24	2.11	2.25	2.02	2.30
Swim Velocity	1.50	1.48	1.50	1.50	1.48	1.54	1.46	1.51
Turn Time	1.56	1.17	0.86	1.27	1.23	0.98	0.78	1.13

* - denotes extrapolated value

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Distance, m	150	150	150	150	150	150	150	150
Breakout, (sec)	2.98	3.78	3.72	2.96	4.02	4.55	4.52	3.98
Break Distance	5.5 *	7 *	7 *	5.5 *	7.5 *	8.5 *	8.5 *	7.5 *
Split	38.24	37.56	38.30	38.40	38.40	41.27	40.27	40.57
Drop-off, (sec)	4.32	3.28	4.33	4.39	4.03	7.73	6.27	6.61
Cycle Count	30 *	25 *	27 *	24 *	22 *	22 *	26 *	23 *
Time	1:40.72	1:40.84	1:41.98	1:42.17	1:43.18	1:43.72	1:43.76	1:44.33
#1 Tempo (C.Rate)	56.3(1.07)	48.3(1.24)	49.5(1.21)	44.0(1.36)	42.0(1.43)	39.8(1.51)	52.1(1.15)	42.8(1.40)
#2 Tempo (C.Rate)	53.5(1.12)	46.8(1.28)	49.4(1.21)	43.9(1.37)	39.9(1.50)	38.6(1.55)	44.8(1.34)	39.1(1.53)
#3 Tempo (C.Rate)	53.0(1.13)	45.4(1.32)	48.1(1.25)	42.9(1.40)	39.0(1.54)	39.3(1.53)	44.9(1.34)	37.8(1.59)
DPC, (m/Cyc)	1.49	1.74	1.62	1.85	1.97	1.85	1.57	1.87
Swim Velocity	1.34	1.35	1.32	1.34	1.32	1.20	1.23	1.24
Turn Time	1.33	1.08	0.96	1.13	1.17	1.18	1.08	1.1
Distance, m	200	200	200	200	200	200	200	200
Breakout, (sec)	1.58	1.55	1.27	1.76	1.68	1.85	2.41	1.62
Break Distance	4 *	4 *	3.25 *	4.5 *	4.25 *	4.75 *	6.25 *	4.25 *
Split	31.34	31.59	32.53	32.35	31.99	31.95	32.19	31.98
Drop-off, (sec)	-6.90	-5.97	-5.77	-6.05	-6.41	-9.32	-8.08	-8.59
Cycle Count	23 *	21 *	23 *	21 *	24 *	21 *	21 *	23 *
Time	2:12.06	2:12.43	2:14.51	2:14.52	2:15.17	2:15.67	2:15.95	2:16.31
#1 Tempo (C.Rate)	50.3(1.19)	46.6(1.29)	47.6(1.26)	45.2(1.33)	52.7(1.14)	46.3(1.30)	45.0(1.33)	50.6(1.19)
#2 Tempo (C.Rate)	48.2(1.24)	43.9(1.37)	48.2(1.24)	43.0(1.40)	51.5(1.17)	45.3(1.32)	43.7(1.37)	48.8(1.23)
#3 Tempo (C.Rate)	47.8(1.26)	44.7(1.34)	45.7(1.31)	42.9(1.40)	48.7(1.23)	42.5(1.41)	43.8(1.37)	46.8(1.28)
DPC, (m/Cyc)	2.01	2.17	2.01	2.18	1.91	2.16	2.11	1.98
Swim Velocity	1.64	1.63	1.58	1.58	1.62	1.61	1.55	1.62
7½ M Finish, (sec)	4.78	N/A	N/A	N/A	4.80	4.78	4.75	4.86
7½ m Velocity	1.57	N/A	N/A	N/A	1.56	1.57	1.58	1.54

Fastest to slowest swimmers left to right

* - denotes extrapolated value