

6 best 100 Fly races for CROCKER, IAN - Long Course (50 Meters)

Race parameters	2004 OLYMPIC TRIALS -Finals 7/6/2004 Age:21	2004 OLYMPIC TRIALS -Semi-Finals 7/6/2004 Age:21	2001 World Championships Relay-() -Finals 7/20/2001 Age:18	2004 OLYMPIC TRIALS -Prelims 7/6/2004 Age:21	1986 Nationals -Finals 1/28/2002 Age:19	2002 PAN PACS -Semi-Finals 8/23/2002 Age:19
Distance, m	50	50	50	50	50	50
Breakout, (sec)	4.47	4.42	4.56	4.78	4.50	4.46
Break Distance	13.5 *	13 *	12.75 *	13.75 *	13.5 *	12.75 *
Split	23.62	24.12	24.14	23.84	24.46	24.91
Drop-off, (sec)	-	-	-	-	-	-
Cycle Count	18 *	17 *	18 *	18 *	18 *	18 *
Time	23.62	24.12	24.14	23.84	24.46	24.91
#1 Tempo/C. Rate	60.8(0.99)	55.0(1.09)	56.7(1.06)	57.2(1.05)	55.5(1.08)	55.2(1.09)
DPC, (m/Cyc)	2.05	2.13	2.04	2.07	2.04	2.07
Swim Velocity	1.91	1.88	1.90	1.91	1.83	1.83
Turn Time	0.85	0.87	0.87	1.0	0.93	0.91
15 M Start, (sec)	5.29	5.50	N/A	5.53	5.37	5.82
15 m Velocity	2.84	2.73	N/A	2.71	2.79	2.58
Distance, m	100	100	100	100	100	100
Breakout, (sec)	4.85	4.38	3.19	4.52	3.39	5.04
Break Distance	11.75 *	10.75 *	7.75 *	11 *	8.25 *	12.25 *
Split	27.14	27.13	27.53	27.85	27.59	27.30
Drop-off, (sec)	3.52	3.01	3.39	4.01	3.13	2.39
Cycle Count	19 *	18 *	21 *	19 *	21 *	18 *
Time	50.76	51.25	51.67	51.69	52.05	52.21
#1 Tempo/C. Rate	55.9(1.07)	53.5(1.12)	56.5(1.06)	54.6(1.10)	54.4(1.10)	53.5(1.12)
DPC, (m/Cyc)	2.04	2.13	2.02	2.03	2.03	2.07
Swim Velocity	1.93	1.97	1.89	1.88	1.88	1.87
7½ M Finish, (sec)	4.31	4.49	N/A	4.52	N/A	N/A
7½ m Velocity	1.74	1.67	N/A	1.66	N/A	N/A

Fastest to slowest races left to right

* - denotes extrapolated value