

**Race analysis: Athens Finals 500m and 100m**

Mens 500m final	250 meters								500 meters							
	split	total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency	split	total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency
Adam Van Koeverden (CAN)	47.99	47.99	5.21	18.75	98	122.5	2.55	5.316	49.93	1.37.92	5.01	18.03	102	122.6	2.45	4.909
Nathan Baggaley (AUS)	46.99	46.99	5.32	19.15	118	150.7	2.12	4.509	51.48	1.38.47	4.86	17.48	116	135.2	2.16	4.186
Ian Wynne (GBR)	49.23	49.23	5.08	18.28	102	124.3	2.45	4.979	49.32	1.38.55	5.07	18.25	102	124.1	2.45	4.970
Eirik Veras Larsen (NOR)	48.84	48.84	5.12	18.43	106	130.2	2.36	4.829	49.83	1.38.67	5.02	18.06	100	120.4	2.50	5.017
Akos Vereckei (HUN)	48.16	48.16	5.19	18.69	106	132.1	2.36	4.897	51.16	1.39.32	4.89	17.59	104	122.0	2.40	4.699

Mens 1000m final	250 meters								500 meters							
	split	total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency	split	total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency
Eirik Veras Larsen (NOR)	49.58	49.58	5.04	18.15	106	128.3	2.36	4.757	50.93	1.40.51	4.91	17.67	94	110.7	2.66	5.222
Ben Fouhy (NZ)	50.33	50.33	4.97	17.88	104	124.0	2.40	4.776	52.05	1.42.38	4.80	17.29	98	113.0	2.55	4.901
Adam Van Koeverden (CAN)	48.37	48.37	5.17	18.61	98	121.6	2.55	5.274	51.85	1.40.22	4.82	17.36	90	104.1	2.78	5.357
Nathan Baggaley (AUS)	49.33	49.33	5.07	18.24	116	141.1	2.16	4.369	52.73	1.42.06	4.74	17.07	100	113.8	2.50	4.741
	750 meters								1000 meters							
	split	total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency	split	total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency
Eirik Veras Larsen (NOR)	51.51	2.32.02	4.85	17.47	96	111.8	2.60	5.056	53.88	3.25.90	4.64	16.70	96	106.9	2.60	4.833
Ben Fouhy (NZ)	52.27	2.34.65	4.78	17.22	98	112.5	2.55	4.880	52.76	3.27.41	4.74	17.06	100	113.7	2.50	4.738
Adam Van Koeverden (CAN)	52.27	2.32.49	4.78	17.22	92	105.6	2.72	5.199	55.73	3.28.23	4.49	16.15	98	105.5	2.55	4.577
Nathan Baggaley (AUS)	53.48	2.35.54	4.67	16.83	102	114.4	2.45	4.583	52.77	3.28.31	4.74	17.06	110	125.1	2.27	4.307

Race Means (500m)						
total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency
1.37.92	5.11	18.38	200	122.5	2.50	5.106
1.38.47	5.08	18.28	234	142.6	2.14	4.340
1.38.55	5.07	18.26	204	124.2	2.45	4.974
1.38.67	5.07	18.24	206	125.3	2.43	4.920
1.39.32	5.03	18.12	210	126.9	2.38	4.795

Race Means (1000m)						
total time	meters per sec	kms per hour	strokes	strokes per min	meters per stroke	efficiency
3.25.90	4.86	17.48	392	114.2	2.55	4.956
2.27.41	4.82	17.36	400	115.7	2.50	4.821
2.28.23	4.80	17.29	378	108.9	2.65	5.082
3.28.31	4.80	17.28	428	123.3	2.34	4.486