

# Trainer B - Wettkampfauswertung



- **Kennen der Wettkampfauswertung im Sprint**
- Disziplinen 60 100 200 400 100mH 110mH 400mH 4x100

- **Ziel der Auswertung**
- Ist-Wert / Soll-wert
- Objektive Info
- Änderungen / Einpassung des Trainings

- Material
- Auswertungssoftware
- Aufnahme Standort
- Wichtige Punkte
- Möglichkeiten

# Trainer B - Beispiele



- 60 100 200 400 400mH

# Trainer B - Beispiele



## • 4x100

Relay analysis				Relay SUI		Time 42,13		Tool Tracker		Place Stockholm		Date 30.06.22		Round	
Fill white cells only				Analysis Kim Beytrison											

	Name Surname	Nr.	(b) mark (feet)	(a) mark (b) start (time)	Timing at mark	Start of zone	At 20m in zone (time)	flying 20m (time)	(a) Baton out of hand (b) Top - arm straight	Baton exchange	Place of exchange (m)	End of zone (time)	Baton 30m (time)	(b) 30m (time)	100m	Flying 100m	120m
(a)	Géraldine Frey	1		8,76		9,50	11,66	2,16	11,12	0,90	16m		3,07		11,66		
(b)	Mujinga Kambundji	2	27	8,81	0,05		11,54		10,22			12,57		3,76			
(a)	Mujinga Kambundji	2		18,38		19,30	21,52	2,22	21,20	0,56	18m		3,18		10,49	9,98	12,71
(b)	Salomé Kora	3	32	18,44	0,06		21,38		20,64			22,48		4,04			
(a)	Salomé Kora	3		29,03		29,82	32,08	2,26	31,14	0,54	13m		3,23		11,38	10,70	13,64
(b)	Ajla Del Ponte	4	29	29,05	0,02		31,96		30,60			33,05		4,00		10,17	13,08

Relay gain (VS sum of individual times)			Athlète n°	Commentars / corrections	
Individual times sum	44,79	11,23			
Relay time	42,13	11,41	1	Géraldine Frey	Calls too early, but doesn't break even if Muji is close by. Good, but Muji runs too long with arm behind
		10,89	2	Mujinga Kambundji	Receiving : cuts too deep inside but accelerates well. Flying time is crazy good
Gain from relay	2,66	11,26	3	Salomé Kora	Receiving : Doesn't cut deep enough. Calls and gives really well
			4	Ajla Del Ponte	Very good. Flying time is really good