

2005Helsinki Men/Women20km

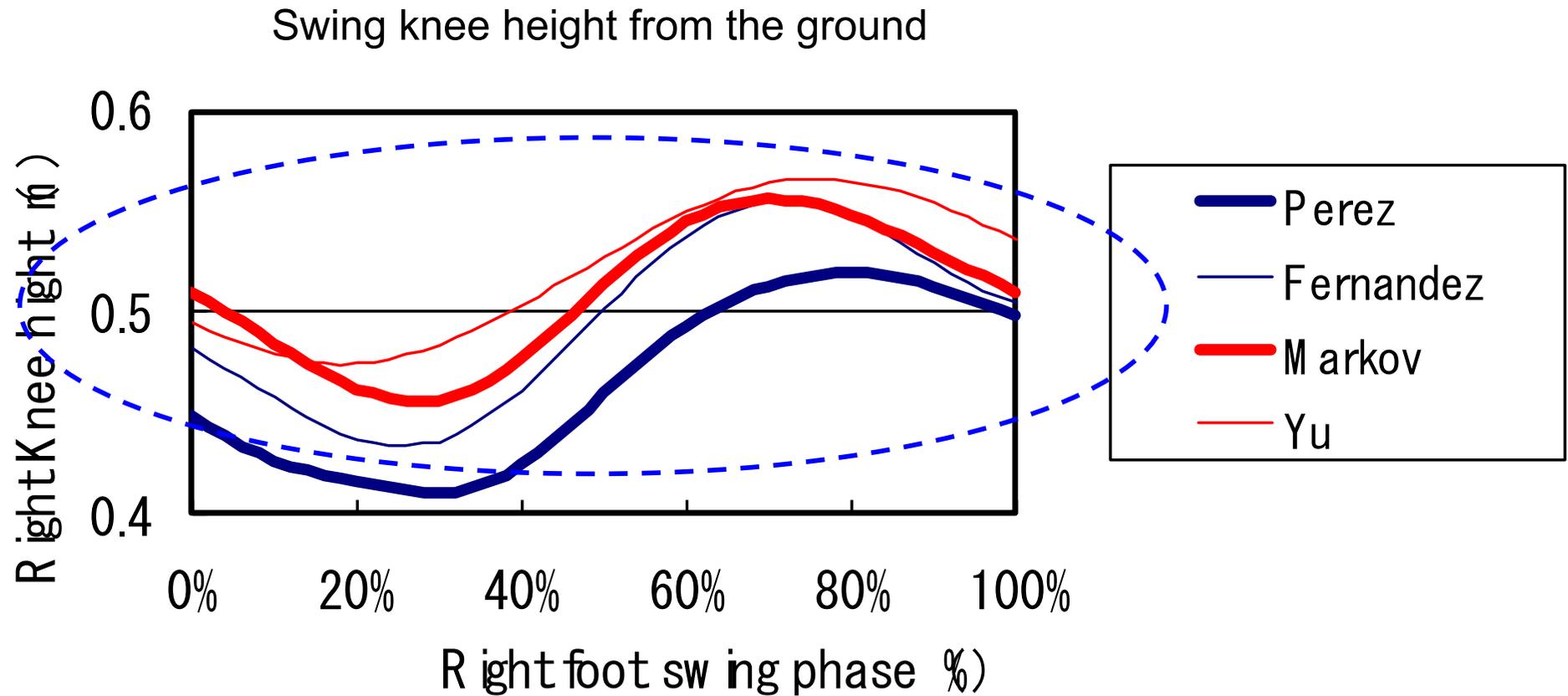
2007JAAF JRWJ Seminar
2007.12.1-2

Step analysis

Athlete	M20km				W20km	
	Perez (Ecu)	Fernandez (ESP)	Markov (Rus)	Yu (Chn)	Ivanova (Rus)	Jiang (Chn)
	No caution No red card		Disqualified (Loss of Contact)		No caution No red card	Disqualified (Loss of Contact)
Point of Analysis	5km	5km	7km	3km	5km	5km
Speed (m/sec)	4.25	4.30	4.39	4.37	3.94	3.86
Frequency (Hz)	3.53	3.33	3.48	3.53	3.75	3.64
Support time (sec)	0.275	0.283	0.258	0.250	0.242	0.250
Flight time (sec)	0.008	0.017	0.033	0.033	0.025	0.025
Step length (m)	1.20	1.29	1.28	1.24	1.05	1.06
Support length (m)	1.17	1.22	1.13	1.09	0.95	0.96
Flight length (m)	0.03	0.07	0.15	0.15	0.10	0.10

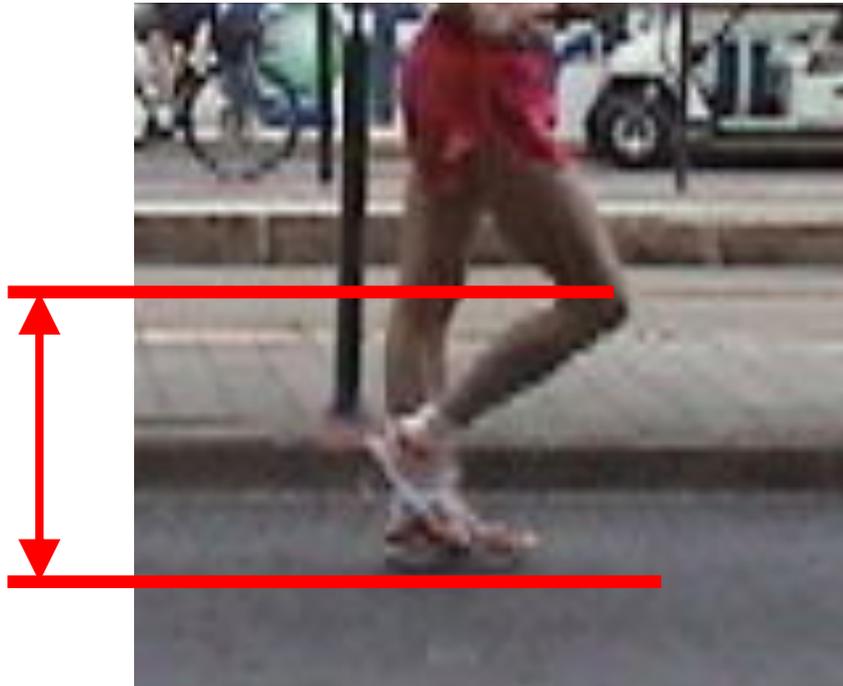
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* 2 athletes who were disqualified in the leading group (Markov and Yu) swung their knee in high position

No caution
No red card



Knee: Low

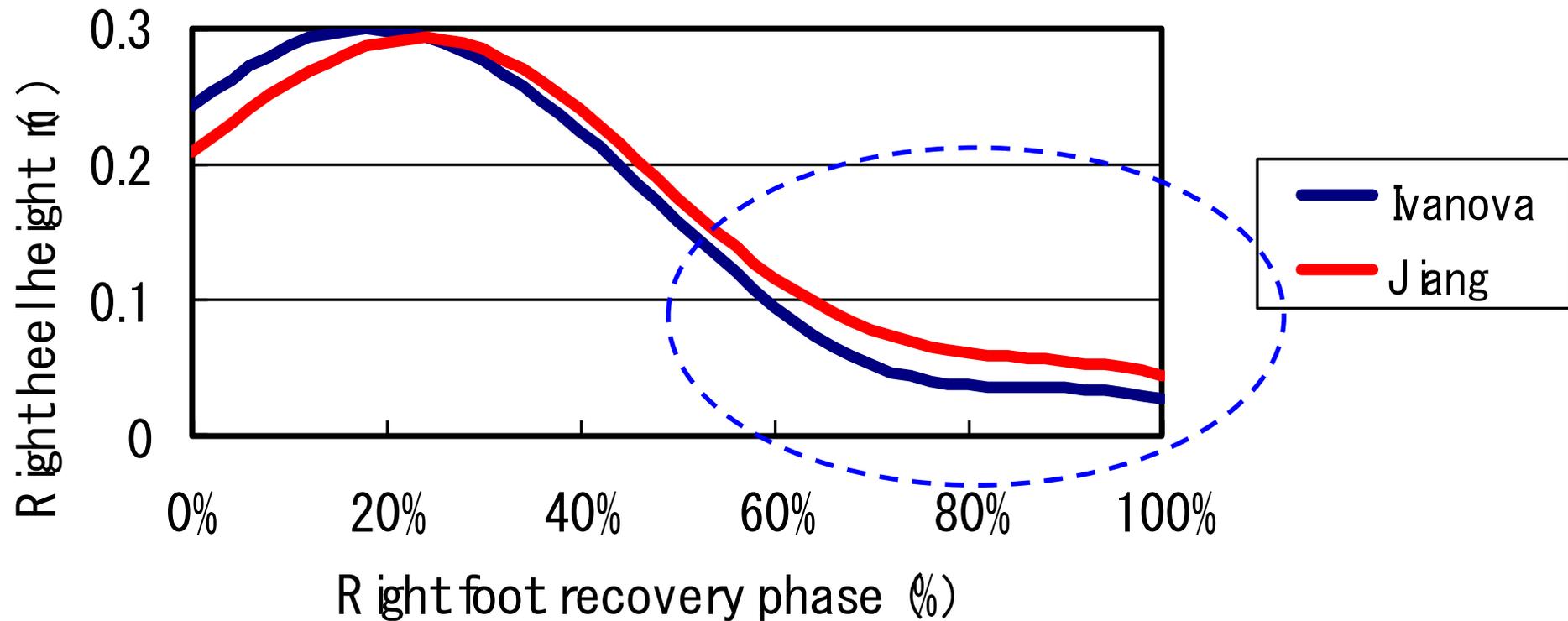
Red card (~) 3



Knee: High

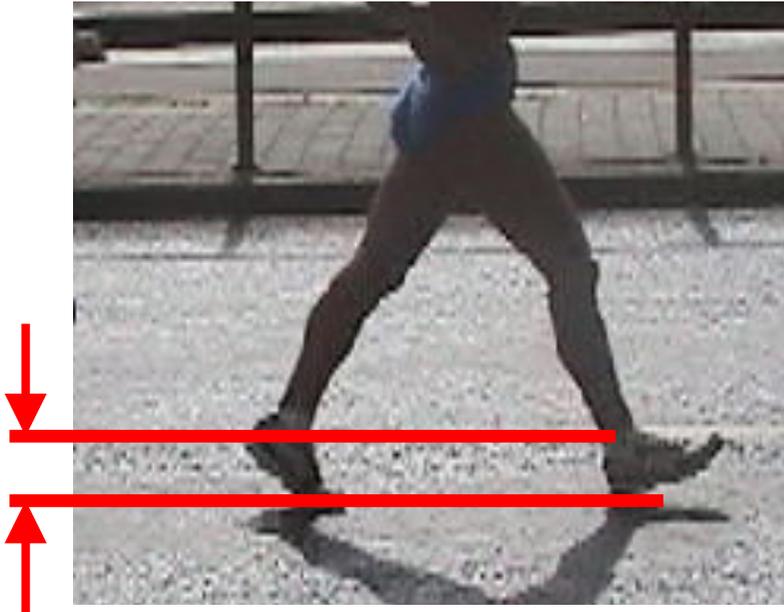
High knee position from Toe-off to Heel contact

Swing ankle height from the ground



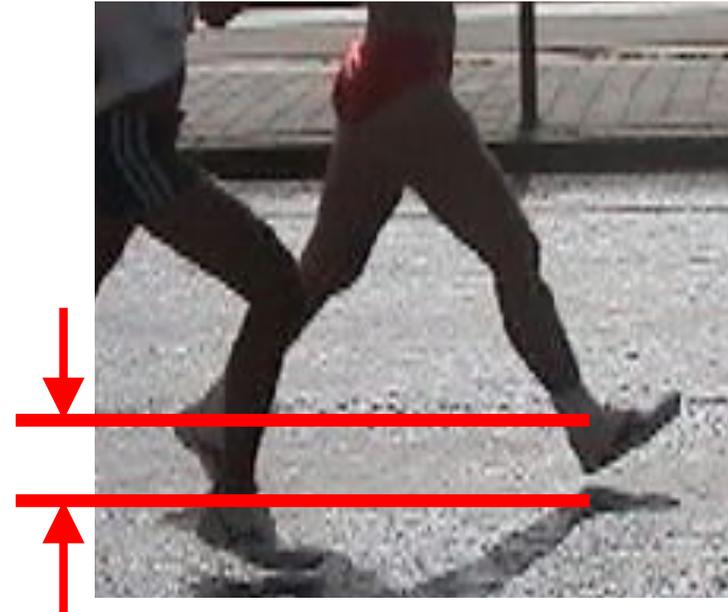
** An athlete who were disqualified in the leading group (Jiang) swung her foot in high position*

No caution
No red card



Ankle height: Low

Red card (~) 3



Ankle height : high

High ankle position just before heel contact