

Statistical Analysis

• Mental Fatigue VAS

Between condition

Pre	Post task	Post session
$H_{(19,2)}=1.038$ $p=.595$	$H_{(19,2)}=8.969$ $p=.011^*$	$H_{(19,2)}=0.704$ $p=.703$

Post-hoc

	Documentary - Smartphone	Documentary – AX-CPT	Smartphone - AX-CPT
Post task	$U_{(13)}=12.00$ $p=.128$ $r=.045$	$U_{(13)}=2.000$ $p=.002^*$ $r=.092$	$U_{(13)}=12.500$ $p=.128$ $r=-.043$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(7,2)}= 4.692$ $p=.096$ $W=.335$	$X^2_{(7,2)}= 1.143$ $p=.565$ $W=.082$	$X^2_{(7,2)}= 3.714$ $p=.156$ $W=.265$

• Motivation VAS

Between condition

Pre	Post task	Post session
$H_{(19,2)}=0.365$ $p=.833$	$H_{(19,2)}=0.147$ $p=.929$	$H_{(19,2)}=0.677$ $p=.713$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(7,2)}= 6.333$ $p=.042^*$ $W=.452$	$X^2_{(7,2)}= 7.913$ $p=.019^*$ $W=.565$	$X^2_{(7,2)}= 2.333$ $p=.311$ $W=.167$

Post-hoc

	Pre – Post task	Pre – Post session	Post task – Post session
Documentary	$U_{(6)}=-2.201$ $p=.028^*$ $r=.974$	$U_{(6)}=-0.526$ $p=.599$ $r=.070$	$U_{(6)}=-1.572$ $p=.116$ $r=.108$
Smartphone	$U_{(6)}=-1.782$ $p=.075$ $r=.729$	$U_{(6)}=-1.753$ $p=.080$ $r=.981$	$U_{(6)}=-2.201$ $p=.028^*$ $r=.637$

- **Short-Stroop task – Reaction time**

Between condition

Pre	Post task	Post session
$H_{(19,2)}=1.744$ $p=.418$	$H_{(19,2)}=0.364$ $p=.834$	$H_{(19,2)}=3.258$ $p=.196$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(7,2)}= 5.492$ $p=.066$ $W=.388$	$X^2_{(7,2)}= 8.857$ $p=.012^*$ $W=.633$	$X^2_{(7,2)}= 4.000$ $p=.135$ $W=.333$

Post-hoc

	Pre – Post task	Pre – Post session	Post task – Post session
Smartphone	$U_{(6)}=-1.014$ $p=.310$ $r=.697$	$U_{(6)}=-2.366$ $p=.018^*$ $r=.773$	$U_{(6)}=-2.197$ $p=.028^*$ $r=.881$

- **Short-Stroop task – Number of correct answers**

Between condition

Pre	Post task	Post session
$H_{(19,2)}=1.920$ $p=.383$	$H_{(19,2)}=1.562$ $p=.458$	$H_{(19,2)}=0.926$ $p=.629$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(7,2)}= 2.600$ $p=.273$ $W=.186$	$X^2_{(7,2)}= 1.500$ $p=.472$ $W=.107$	$X^2_{(7,2)}= 5.200$ $p=.074$ $W=.433$

- **Short-Stroop task – Reaction time of correct answers**

Between condition

Pre	Post task	Post session
$H_{(19,2)}=1.597$ $p=.450$	$H_{(19,2)}=0.356$ $p=.837$	$H_{(19,2)}=3.325$ $p=.190$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(7,2)}= 5.429$ p=.066 W=.388	$X^2_{(7,2)}= 8.857$ p=.012* W=.633	$X^2_{(7,2)}= 4.000$ p=.135 W=.333

Post-hoc

	Pre – Post task	Pre – Post session	Post task – Post session
Smartphone	$U_{(6)}=-1.183$ p=.237 r=.767	$U_{(6)}=-2.366$ p=.018* r=.767	$U_{(6)}=-2.197$ p=.028* r=.864

• AX-CPT

Section of total task time analysed	Time of answer	Number of errors	Reaction time of correct answer
Each third	$X^2_{(7,2)}=5.429$ P=.066 W=.388	$X^2_{(7,2)}=1.455$ P=.483 W=.104	$X^2_{(7,2)}=2.000$ P=.368 W=.143
First and last third	$Z_{(6)}=-1.521$ p=.128 r=.930	$Z_{(6)}=-0.106$ p=.916 r=.903	$Z_{(6)}=-1.014$ p=.310 r=.430

• ITAMS

Documentary

Anger	Confusion	Depression	Fatigue	Tension	Vigor
$H_{(19,2)}=.359$ p=.836	$H_{(19,2)}=.386$ p=.824	$H_{(19,2)}=1.203$ p=.548	$H_{(19,2)}=.689$ p=.709	$H_{(19,2)}=.763$ p=.683	$H_{(19,2)}=6.469$ p=.039*

Post-hoc

	Pre – Post task	Pre – Post session	Post task – Post session
Vigor	$U_{(14)}=14.500$ p=.113	$U_{(14)}=17.500$ p=.216	$U_{(14)}=6.00$ p=.017*

Smartphone

Anger	Confusion	Depression	Fatigue	Tension	Vigor
$H_{(19,2)}=.264$ p=.876	$H_{(19,2)}=1.557$ p=.459	$H_{(19,2)}=.437$ p=.804	$H_{(19,2)}=1.096$ p=.578	$H_{(19,2)}=.762$ p=.683	$H_{(19,2)}=2.395$ p=.302

Documentary

Anger	Confusion	Depression	Fatigue	Tension	Vigor
$H_{(19,2)}=.565$ p=.754	$H_{(19,2)}=3.187$ p=.203	$H_{(19,2)}=.299$ p=.861	$H_{(19,2)}=2.445$ p=.295	$H_{(19,2)}=.773$ p=.679	$H_{(19,2)}=1.687$ p=.430

- **Time performance**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=0.346$ $p=.841$	$H_{(12,2)}=0.269$ $p=.874$	$H_{(12,2)}=1.038$ $p=.595$	$H_{(12,2)}=0.500$ $p=.779$	$H_{(12,2)}=0.154$ $p=.926$	$H_{(12,2)}=0.269$ $p=.874$	$H_{(12,2)}=0.154$ $p=.926$	$H_{(12,2)}=0.154$ $p=.926$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,5)}= 2.286$ $p=.808$ $W=.114$	$X^2_{(4,5)}= 13.000$ $p=.023^*$ $W=.650$	$X^2_{(4,5)}= 9.429$ $p=.093$ $W=.471$

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th	2 nd vs 3 rd	2 nd vs 4 th	2 nd vs 5 th
Smartphone	$Z_{(4)}=-1.461$ $p=.144$ $r=.997$	$Z_{(4)}=-1.826$ $p=.068$ $r=.997$	$Z_{(4)}=-1.826$ $p=.068$ $r=.998$	$Z_{(4)}=-1.461$ $p=.144$ $r=.994$	$Z_{(4)}=-1.826$ $p=.068$ $r=.995$	$Z_{(4)}=-1.905$ $p=.273$ $r=.996$	$Z_{(4)}=-1.461$ $p=.144$ $r=.998$	$Z_{(4)}=0.000$ $p=1.000$ $r=.997$

	2 nd vs 6 th	3 rd vs 4 th	3 rd vs 5 th	3 rd vs 6 th	4 th vs 5 th	4 th vs 6 th	5 th vs 6 th
Smartphone	$Z_{(4)}=-1.826$ $p=.068$ $r=.997$	$Z_{(4)}=0.000$ $p=1.000$ $r=1.000$	$Z_{(4)}=-0.730$ $p=.465$ $r=.999$	$Z_{(4)}=-1.826$ $p=.068$ $r=.999$	$Z_{(4)}=-0.365$ $p=.715$ $r=.999$	$Z_{(4)}=-1.826$ $p=.068$ $r=.999$	$Z_{(4)}=-1.826$ $p=.068$ $r=1.000$

• **Pacing all-out**

Between conditions

1 st lap	2 nd lap	3 rd lap	4 th lap	5 th lap	6 th lap
H _(12,2) =0.731 p=.694	H _(12,2) =1.038 p=.595	H _(12,2) =0.115 p=.944	H _(12,2) =0.962 p=.618	H _(12,2) =0.346 p=.841	H _(12,2) =0.154 p=.926

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,5) = 10.143 p=.071 W=.507	X ² _(4,5) = 13.714 p=.018* W=.686	X ² _(4,5) = 16.714 p=.005* W=.836

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th	2 nd vs 3 rd	2 nd vs 4 th	2 nd vs 5 th	2 nd vs 6 th
Smartphone	Z ₍₄₎ =-1.826 p=.068 r=.806	Z ₍₄₎ =-1.826 p=.068 r=-.886	Z ₍₄₎ =-1.826 p=.068 r=-.597	Z ₍₄₎ =-1.826 p=.068 r=-.855	Z ₍₄₎ =-1.095 p=.273 r=-.768	Z ₍₄₎ =-0.730 p=.465 r=-.977	Z ₍₄₎ =-1.826 p=.068 r=-.482	Z ₍₄₎ =-0.730 p=.465 r=-.427	Z ₍₄₎ =-0.000 p=1.000 r=-.886
AX-CPT	Z ₍₄₎ =-1.826 p=.068 r=.732	Z ₍₄₎ =-1.826 p=.068 r=.840	Z ₍₄₎ =-1.826 p=.068 r=-.545	Z ₍₄₎ =-1.826 p=.068 r=-.837	Z ₍₄₎ =-1.461 p=.144 r=-.891	Z ₍₄₎ =-1.826 p=.068 r=.967	Z ₍₄₎ =-1.826 p=.068 r=.136	Z ₍₄₎ =-1.826 p=.068 r=-.921	Z ₍₄₎ =-0.365 p=.715 r=-.871

	3 rd vs 4 th	3 rd vs 5 th	3 rd vs 6 th	4 th vs 5 th	4 th vs 6 th	5 th vs 6 th
Smartphone	Z ₍₄₎ =-1.826 p=.068 r=.636	Z ₍₄₎ =-1.461 p=.144 r=.597	Z ₍₄₎ =-1.826 p=.068 r=.820	Z ₍₄₎ =-1.095 p=.273	Z ₍₄₎ =-1.826 p=.068 r=.094	Z ₍₄₎ =-1.461 p=.144

				r=.729		r=.333
AX-CPT	Z ₍₄₎ =-1.826 p=.068 r=-.003	Z ₍₄₎ =-1.095 p=.273 r=-.988	Z ₍₄₎ =-0.730 p=.465 r=-.861	Z ₍₄₎ =-0.365 p=.715 r=.011	Z ₍₄₎ =-1.826 p=.068 r=.327	Z ₍₄₎ =-1.826 p=.068 r=.791

• **RPE**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	7 th 200m (maximal)	Average of first 6 200m
H _(12,2) =0.432 p=.806	H _(12,2) =2.953 p=.228	H _(12,2) =1.285 p=.526	H _(12,2) =1.953 p=.377	H _(12,2) =4.465 p=.107	H _(12,2) =3.537 p=.171	H _(12,2) =2.999 p=.223	H _(12,2) =2.615 p=.271

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,5) = 22.912 p=.001* W=.955	X ² _(4,5) = 22.244 p=.001* W=.927	X ² _(4,5) = 23.370 p=.001* W=.974

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th	1 st vs 7 th
Documentary	Z ₍₄₎ =-2.000 p=.046* r=1.000	Z ₍₄₎ =-1.890 p=.059 r=.944	Z ₍₄₎ =-1.890 p=.059 r=.944	Z ₍₄₎ =-1.826 p=.068 r=.764	Z ₍₄₎ =-1.826 p=.068 r=.697	Z ₍₄₎ =-1.841 p=.066 r=.793
Smartphone	Z ₍₄₎ =-1.342 p=.180 r=.967	Z ₍₄₎ =-1.633 p=.102 r=.944	Z ₍₄₎ =-1.841 p=.066 r=.944	Z ₍₄₎ =-1.633 p=.102 r=.697	Z ₍₄₎ =-1.826 p=.068 r=.369	Z ₍₄₎ =-1.826 p=.068 r=.922
AX-CPT	Z ₍₄₎ =-1.841	Z ₍₄₎ =-1.841	Z ₍₄₎ =-1.826	Z ₍₄₎ =-1.826	Z ₍₄₎ =-1.841	Z ₍₄₎ =-1.841

	p=.066 r=.945	p=.066 r=.927	p=.068 r=.486	p=.068 r=.346	p=.066 r=.421	p=.066 r=.324
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• **Heart rate as %HR_{max}**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	7 th 200m (maximal)	Average of first 6 200m
H _(12,2) =5.115 p=.077	H _(12,2) =4.269 p=.118	H _(12,2) =1.654 p=.437	H _(12,2) =0.500 p=.779	H _(12,2) =0.203 p=.904	H _(12,2) =0.500 p=.779	H _(12,2) =5.683 p=.058	H _(12,2) =2.577 p=.276

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) = 14.905 p=.021* W=.621	X ² _(4,5) = 14.149 p=.028* W=.590	X ² _(4,5) = 19.184 p=.004* W=.799

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th	1 st vs 7 th
Documentary	Z ₍₄₎ =-1.461 p=.144 r=.878	Z ₍₄₎ =-1.826 p=.068 r=.878	Z ₍₄₎ =-1.826 p=.068 r=.882	Z ₍₄₎ =-1.826 p=.068 r=.917	Z ₍₄₎ =-1.826 p=.068 r=.872	Z ₍₄₎ =-1.826 p=.068 r=.917
Smartphone	Z ₍₄₎ =-1.604 p=.109 r=.902	Z ₍₄₎ =-1.826 p=.068 r=.706	Z ₍₄₎ =-1.826 p=.068 r=.718	Z ₍₄₎ =-1.826 p=.068 r=.388	Z ₍₄₎ =-1.826 p=.068 r=.420	Z ₍₄₎ =-1.826 p=.068 r=.900
AX-CPT	Z ₍₄₎ =-1.826 p=.068 r=-.834	Z ₍₄₎ =-1.826 p=.068 r=-.960	Z ₍₄₎ =-1.826 p=.068 r=-.910	Z ₍₄₎ =-1.826 p=.068 r=-.975	Z ₍₄₎ =-1.826 p=.068 r=-.934	Z ₍₄₎ =-1.826 p=.068 r=.271

- **Stroke rate**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
H _(12,2) =0.269 p=.874	H _(12,2) =1.385 p=.500	H _(12,2) =0.500 p=.779	H _(12,2) =0.154 p=.926	H _(12,2) =0.038 p=.981	H _(12,2) =1.885 p=.390	H _(12,2) =0.550 p=.760

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) = 10.468 p=.063 W=.523	X ² _(4,5) = 7.143 p=.210 W=.357	X ² _(4,5) =8.143 p=.149 W=.407

- **Index of Coordination**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
H _(12,2) =0.115 p=.944	H _(12,2) =1.500 p=.472	H _(12,2) =0.038 p=.981	H _(12,2) =0.500 p=.779	H _(12,2) =0.115 p=.944	H _(12,2) =0.615 p=.735	H _(12,2) =0.115 p=.944

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) =3.714 p=.591 W=.186	X ² _(4,5) = 8.571 p=.127 W=.429	X ² _(4,5) =9.571 p=.088 W=.479

- **Propulsive phase**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
H _(12,2) =1.423 p=.491	H _(12,2) =0.154 p=.926	H _(12,2) =1.654 p=.437	H _(12,2) =2.000 p=.368	H _(12,2) =1.038 p=.595	H _(12,2) =3.577 p=.167	H _(12,2) =0.808 p=.668

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}= 4.286$ p=.509 W=.214	$X^2_{(4,5)}= 4.143$ p=.529 W=.207	$X^2_{(4,5)}=7.571$ p=.181 W=.379

• **Non-propulsive phase**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
$H_{(12,2)}=0.500$ p=.779	$H_{(12,2)}=0.346$ p=.841	$H_{(12,2)}=1.192$ p=.551	$H_{(12,2)}=1.038$ p=.595	$H_{(12,2)}=1.038$ p=.595	$H_{(12,2)}=3.500$ p=.174	$H_{(12,2)}=0.500$ p=.779

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}= 6.714$ p=.243 W=.336	$X^2_{(4,5)}= 4.000$ p=.549 W=.200	$X^2_{(4,5)}=10.143$ p=.071 W=.507

• **Entry phase**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
$H_{(12,2)}=0.115$ p=.944	$H_{(12,2)}=1.423$ p=.491	$H_{(12,2)}=1.846$ p=.397	$H_{(12,2)}=1.038$ p=.595	$H_{(12,2)}=0.962$ p=.618	$H_{(12,2)}=1.192$ p=.551	$H_{(12,2)}=0.269$ p=.874

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}= 4.143$ p=.529 W=.207	$X^2_{(4,5)}= 6.714$ p=.243 W=.336	$X^2_{(4,5)}=2.857$ p=.722 W=.143

• **Pull phase**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m

$H_{(12,2)}=0.2$ 69 $p=.874$	$H_{(12,2)}=0.6$ 15 $p=.735$	$H_{(12,2)}=0.4$ 62 $p=.794$	$H_{(12,2)}=1.6$ 54 $p=.437$	$H_{(12,2)}=0.1$ 54 $p=.926$	$H_{(12,2)}=3.5$ 00 $p=.174$	$H_{(12,2)}=0.2$ 69 $p=.874$
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Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}= 9.286$ $p=.098$ $W=.464$	$X^2_{(4,5)}= 6.000$ $p=.306$ $W=.300$	$X^2_{(4,5)}=5.000$ $p=.416$ $W=.250$

• Push phase

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
$H_{(12,2)}=1.0$ 38 $p=.595$	$H_{(12,2)}=0.1$ 15 $p=.944$	$H_{(12,2)}=1.5$ 00 $p=.472$	$H_{(12,2)}=0.5$ 00 $p=.779$	$H_{(12,2)}=0.8$ 08 $p=.668$	$H_{(12,2)}=1.6$ 54 $p=.437$	$H_{(12,2)}=0.7$ 31 $p=.694$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}= 2.000$ $p=.849$ $W=.100$	$X^2_{(4,5)}= 3.489$ $p=.625$ $W=.174$	$X^2_{(4,5)}=4.857$ $p=.434$ $W=.243$

• Exit phase

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m
$H_{(12,2)}=2.5$ 77 $p=.276$	$H_{(12,2)}=2.3$ 46 $p=.309$	$H_{(12,2)}=1.5$ 73 $p=.455$	$H_{(12,2)}=2.9$ 23 $p=.232$	$H_{(12,2)}=0.5$ 02 $p=.778$	$H_{(12,2)}=2.4$ 62 $p=.292$	$H_{(12,2)}=1.8$ 85 $p=.390$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}= 12.050$ $p=.034^*$ $W=.603$	$X^2_{(4,5)}= 6.429$ $p=.267$ $W=.321$	$X^2_{(4,5)}=3.000$ $p=.700$ $W=.150$

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
Documentary	$Z_{(4)}=-1.095$ p=.273 r=.104	$Z_{(4)}=-1.826$ p=.068 r=.101	$Z_{(4)}=-0.365$ p=.715 r=-.653	$Z_{(4)}=-0.365$ p=.715 r=-.228	$Z_{(4)}=-0.365$ p=.715 r=.282

- **Start of the Breathing action (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=2.755$ $p=.252$	$H_{(12,2)}=1.209$ $p=.546$	$H_{(12,2)}=.700$ $p=.705$	$H_{(12,2)}=.111$ $p=.946$	$H_{(12,2)}=.400$ $p=.819$	$H_{(12,2)}=.244$ $p=.885$	$H_{(12,2)}=.241$ $p=.886$	$H_{(12,2)}=1.361$ $p=.506$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=4.571$ $p=.470$ $W=.457$	$X^2_{(4,5)}=2.286$ $p=.808$ $W=.229$	$X^2_{(4,5)}=8.905$ $p=.113$ $W=.594$

- **Start of the Breathing action (% of stroke cycle – left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.931$ $p=.628$	$H_{(12,2)}=1.442$ $p=.486$	$H_{(12,2)}=.053$ $p=.974$	$H_{(12,2)}=1.295$ $p=.523$	$H_{(12,2)}=.326$ $p=.850$	$H_{(12,2)}=.348$ $p=.840$	$H_{(12,2)}=2.163$ $p=.339$	$H_{(12,2)}=.482$ $p=.786$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=3.286$ $p=.656$ $W=.164$	$X^2_{(4,5)}=2.286$ $p=.808$ $W=.229$	$X^2_{(4,5)}=8.524$ $p=.130$ $W=.568$

- **End of the Breathing action (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=3.823$ $p=.148$	$H_{(12,2)}=1.209$ $p=.546$	$H_{(12,2)}=.118$ $p=.943$	$H_{(12,2)}=.244$ $p=.885$	$H_{(12,2)}=.778$ $p=.678$	$H_{(12,2)}=.078$ $p=.962$	$H_{(12,2)}=.173$ $p=.917$	$H_{(12,2)}=.250$ $p=.882$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=.286$ $p=.998$ $W=.029$	$X^2_{(4,5)}=7.429$ $p=.191$ $W=.743$	$X^2_{(4,5)}=7.762$ $p=.170$ $W=.517$

- **End of the Breathing action (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.931$ $p=.628$	$H_{(12,2)}=1.442$ $p=.486$	$H_{(12,2)}=.326$ $p=.850$	$H_{(12,2)}=.932$ $p=.628$	$H_{(12,2)}=1.053$ $p=.591$	$H_{(12,2)}=.667$ $p=.717$	$H_{(12,2)}=1.802$ $p=.406$	$H_{(12,2)}=3.073$ $p=.215$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=5.143$ $p=.399$ $W=.257$	$X^2_{(4,5)}=6.571$ $p=.255$ $W=.657$	$X^2_{(4,5)}=4.143$ $p=.529$ $W=.276$

- **First right Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.299$ $p=.522$	$H_{(12,2)}=1.038$ $p=.595$	$H_{(12,2)}=.138$ $p=.933$	$H_{(12,2)}=.191$ $p=.909$	$H_{(12,2)}=2.251$ $p=.325$	$H_{(12,2)}=1.615$ $p=.446$	$H_{(12,2)}=.371$ $p=.831$	$H_{(12,2)}=.600$ $p=.741$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=7.714$ $p=.173$ $W=.771$	$X^2_{(4,5)}=1.714$ $p=.887$ $W=.171$	$X^2_{(4,5)}=3.762$ $p=.584$ $W=.251$

- **First right Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.006$ $p=.997$	$H_{(12,2)}=.132$ $p=.936$	$H_{(12,2)}=.030$ $p=.985$	$H_{(12,2)}=.154$ $p=.926$	$H_{(12,2)}=.029$ $p=.985$	$H_{(12,2)}=.081$ $p=.960$	$H_{(12,2)}=.260$ $p=.878$	$H_{(12,2)}=.167$ $p=.920$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=5.857$ $p=.320$ $W=.293$	$X^2_{(4,5)}=9.143$ $p=.103$ $W=.914$	$X^2_{(4,5)}=5.095$ $p=.404$ $W=.340$

- **Second right Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.030$ $p=.985$	$H_{(12,2)}=1.846$ $p=.397$	$H_{(12,2)}=.081$ $p=.960$	$H_{(12,2)}=1.173$ $p=.556$	$H_{(12,2)}=1.178$ $p=.555$	$H_{(12,2)}=3.942$ $p=.139$	$H_{(12,2)}=.020$ $p=.990$	$H_{(12,2)}=.700$ $p=.705$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=2.857$ $p=.722$ $W=.286$	$X^2_{(4,5)}=1.714$ $p=.887$ $W=.171$	$X^2_{(4,5)}=6.238$ $p=.284$ $W=.416$

- **Second right Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.180$ $p=.914$	$H_{(12,2)}=.119$ $p=.942$	$H_{(12,2)}=.475$ $p=.789$	$H_{(12,2)}=.115$ $p=.944$	$H_{(12,2)}=.542$ $p=.762$	$H_{(12,2)}=.799$ $p=.671$	$H_{(12,2)}=1.040$ $p=.595$	$H_{(12,2)}=.144$ $p=.931$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=2.286$ $p=.808$ $W=.114$	$X^2_{(4,5)}=5.429$ $p=.366$ $W=.543$	$X^2_{(4,5)}=3.952$ $p=.556$ $W=.263$

- **Third right Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.119$ $p=.942$	$H_{(12,2)}=1.846$ $p=.397$	$H_{(12,2)}=1.599$ $p=.450$	$H_{(12,2)}=.055$ $p=.973$	$H_{(12,2)}=.364$ $p=.834$	$H_{(12,2)}=.622$ $p=.733$	$H_{(12,2)}=.771$ $p=.680$	$H_{(12,2)}=3.100$ $p=.212$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=5.714$ $p=.335$ $W=.571$	$X^2_{(4,5)}=7.143$ $p=.210$ $W=.714$	$X^2_{(4,5)}=7.762$ $p=.170$ $W=.517$

- **Third right Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.843$ $p=.656$	$H_{(12,2)}=1.203$ $p=.548$	$H_{(12,2)}=.689$ $p=.709$	$H_{(12,2)}=.269$ $p=.874$	$H_{(12,2)}=.118$ $p=.943$	$H_{(12,2)}=.241$ $p=.886$	$H_{(12,2)}=.620$ $p=.733$	$H_{(12,2)}=1.076$ $p=.584$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=9.571$ $p=.088$ $W=.479$	$X^2_{(4,5)}=3.143$ $p=.678$ $W=.314$	$X^2_{(4,5)}=3.000$ $p=.700$ $W=.200$

- **Duration of first right Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.190$ $p=.552$	$H_{(12,2)}=.731$ $p=.694$	$H_{(12,2)}=2.829$ $p=.243$	$H_{(12,2)}=.736$ $p=.692$	$H_{(12,2)}=.636$ $p=.727$	$H_{(12,2)}=.724$ $p=.696$	$H_{(12,2)}=.131$ $p=.936$	$H_{(12,2)}=2.500$ $p=.287$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=6.571$ $p=.255$ $W=.657$	$X^2_{(4,5)}=4.286$ $p=.509$ $W=.429$	$X^2_{(4,5)}=8.333$ $p=.139$ $W=.556$

• **Duration of first right Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.326$ $p=.850$	$H_{(12,2)}=.475$ $p=.789$	$H_{(12,2)}=.033$ $p=.984$	$H_{(12,2)}=.038$ $p=.981$	$H_{(12,2)}=.214$ $p=.898$	$H_{(12,2)}=.214$ $p=.989$	$H_{(12,2)}=.140$ $p=.932$	$H_{(12,2)}=.053$ $p=.974$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=12.143$ $p=.033^*$ $W=.607$	$X^2_{(4,5)}=5.143$ $p=.399$ $W=.514$	$X^2_{(4,5)}=4.714$ $p=.452$ $W=.314$

Post-hoc

	1 - 2	1 - 3	1 - 4	1 - 5	1 - 6
Documentary	$Z_{(4)}=-2.023$ $p=.043^*$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$

- Duration of second right Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.404$ $p=.495$	$H_{(12,2)}=.808$ $p=.668$	$H_{(12,2)}=2.472$ $p=.291$	$H_{(12,2)}=.218$ $p=.897$	$H_{(12,2)}=.636$ $p=.727$	$H_{(12,2)}=.622$ $p=.733$	$H_{(12,2)}=.706$ $p=.703$	$H_{(12,2)}=.700$ $p=.705$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=4.286$ $p=.509$ $W=.429$	$X^2_{(4,5)}=3.429$ $p=.634$ $W=.343$	$X^2_{(4,5)}=10.238$ $p=.069$ $W=.683$

- Duration of second right Kick (% of stroke cycle - left)**

Between conditions

1 [^]	2 [^]	3 [^]	4 [^]	5 [^]	6 [^]	Avg.	7 [^]
$H_{(12,2)}=1.046$ $p=.593$	$H_{(12,2)}=.119$ $p=.942$	$H_{(12,2)}=.376$ $p=.829$	$H_{(12,2)}=1.077$ $p=.584$	$H_{(12,2)}=.241$ $p=.886$	$H_{(12,2)}=.645$ $p=.724$	$H_{(12,2)}=.240$ $p=.887$	$H_{(12,2)}=.045$ $p=.978$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=.857$ $p=.973$ $W=.043$	$X^2_{(4,5)}=8.000$ $p=.156$ $W=.800$	$X^2_{(4,5)}=5.286$ $p=.382$ $W=.352$

- **Duration of third right Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
H _(12,2) =1.203 p=.548	H _(12,2) =1.500 p=.472	H _(12,2) =1.442 p=.486	H _(12,2) =.736 p=.692	H _(12,2) =.636 p=.727	H _(12,2) =.724 p=.696	H _(12,2) =1.003 p=.606	H _(12,2) =3.244 p=.197

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) =4.571 p=.470 W=.457	X ² _(4,5) =5.429 p=.366 W=.543	X ² _(4,5) =5.095 p=.404 W=.340

- **Duration of third right Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
H _(12,2) =.751 p=.687	H _(12,2) =.218 p=.897	H _(12,2) =.000 p=1.000	H _(12,2) =1.192 p=.551	H _(12,2) =.138 p=.933	H _(12,2) =.092 p=.955	H _(12,2) =.380 p=.827	H _(12,2) =1.295 p=.523

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) =9.286 p=.098 W=.464	X ² _(4,5) =1.429 p=.921 W=.143	X ² _(4,5) =.905 p=.970 W=.060

- **First left Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.378$ $p=.502$	$H_{(12,2)}=1.333$ $p=.513$	$H_{(12,2)}=.344$ $p=.842$	$H_{(12,2)}=.696$ $p=.706$	$H_{(12,2)}=.286$ $p=.867$	$H_{(12,2)}=.238$ $p=.888$	$H_{(12,2)}=.900$ $p=.638$	$H_{(12,2)}=.095$ $p=.953$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=$ $p=.$ $W=.$	$X^2_{(4,5)}=3.381$ $p=.641$ $W=.225$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- **First left Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.018$ $p=.991$	$H_{(12,2)}=1.611$ $p=.447$	$H_{(12,2)}=482$ $p=.786$	$H_{(12,2)}=1.178$ $p=.555$	$H_{(12,2)}=1.867$ $p=.393$	$H_{(12,2)}=.694$ $p=.707$	$H_{(12,2)}=.118$ $p=.943$	$H_{(12,2)}=3.139$ $p=.208$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=4.905$ $p=.428$ $W=.327$	$X^2_{(4,5)}=3.952$ $p=.556$ $W=.263$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- **Second left Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.811$ $p=.667$	$H_{(12,2)}=.667$ $p=.717$	$H_{(12,2)}=1.778$ $p=.411$	$H_{(12,2)}=.643$ $p=.725$	$H_{(12,2)}=.571$ $p=.751$	$H_{(12,2)}=.857$ $p=.651$	$H_{(12,2)}=1.000$ $p=.607$	$H_{(12,2)}=.857$ $p=.651$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=$ $p=.$ $W=.$	$X^2_{(4,5)}=2.048$ $p=.843$ $W=.137$	$X^2_{(4,5)}=$ $p=.$ $W=.$

• **Second left Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=3.45$ $p=.841$	$H_{(12,2)}=2.211$ $p=.331$	$H_{(12,2)}=.336$ $p=.845$	$H_{(12,2)}=.444$ $p=.801$	$H_{(12,2)}=1.156$ $p=.561$	$H_{(12,2)}=4.028$ $p=.133$	$H_{(12,2)}=.891$ $p=.641$	$H_{(12,2)}=1.806$ $p=.405$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=2.619$ $p=.758$ $W=.175$	$X^2_{(4,5)}=2.238$ $p=.815$ $W=.149$	$X^2_{(4,5)}=$ $p=.$ $W=.$

• **Third left Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.344$ $p=.511$	$H_{(12,2)}=1.000$ $p=.607$	$H_{(12,2)}=.111$ $p=.946$	$H_{(12,2)}=.161$ $p=.923$	$H_{(12,2)}=1.571$ $p=.456$	$H_{(12,2)}=2.381$ $p=.304$	$H_{(12,2)}=.600$ $p=.741$	$H_{(12,2)}=.857$ $p=.651$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=$ $p=.$ $W=.$	$X^2_{(4,5)}=5.857$ $p=.320$ $W=.390$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- **Third left Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.700$ $p=.705$	$H_{(12,2)}=1.378$ $p=.502$	$H_{(12,2)}=.636$ $p=.727$	$H_{(12,2)}=.311$ $p=.856$	$H_{(12,2)}=.356$ $p=.837$	$H_{(12,2)}=.472$ $p=.790$	$H_{(12,2)}=.455$ $p=.797$	$H_{(12,2)}=.556$ $p=.757$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=.905$ $p=.970$ $W=.060$	$X^2_{(4,5)}=.905$ $p=.970$ $W=.060$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- **Duration of first left Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.444$ $p=.801$	$H_{(12,2)}=.500$ $p=.779$	$H_{(12,2)}=.000$ $p=.1.000$	$H_{(12,2)}=.268$ $p=.875$	$H_{(12,2)}=.000$ $p=.1.000$	$H_{(12,2)}=.238$ $p=.888$	$H_{(12,2)}=.244$ $p=.885$	$H_{(12,2)}=.238$ $p=.888$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=$ $p=.$ $W=.$	$X^2_{(4,5)}=6.619$ $p=.251$ $W=.441$	$X^2_{(4,5)}=$ $p=.$ $W=.$

• **Duration of first left Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.209$ $p=.546$	$H_{(12,2)}=.811$ $p=.667$	$H_{(12,2)}=.482$ $p=.786$	$H_{(12,2)}=.900$ $p=.638$	$H_{(12,2)}=.267$ $p=.875$	$H_{(12,2)}=.694$ $p=.707$	$H_{(12,2)}=.482$ $p=.786$	$H_{(12,2)}=.556$ $p=.757$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=2.238$ $p=.815$ $W=.149$	$X^2_{(4,5)}=3.952$ $p=.556$ $W=.263$	$X^2_{(4,5)}=$ $p=.$ $W=.$

• **Duration of second left Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=2.144$ $p=.342$	$H_{(12,2)}=1.125$ $p=.570$	$H_{(12,2)}=.900$ $p=.638$	$H_{(12,2)}=.321$ $p=.852$	$H_{(12,2)}=1.286$ $p=.526$	$H_{(12,2)}=.429$ $p=.807$	$H_{(12,2)}=1.611$ $p=.447$	$H_{(12,2)}=3.524$ $p=.172$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=$ $p=.$ $W=.$	$X^2_{(4,5)}=1.286$ $p=.936$ $W=.086$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- **Duration of second left Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.891$ $p=.641$	$H_{(12,2)}=.244$ $p=.885$	$H_{(12,2)}=.118$ $p=.943$	$H_{(12,2)}=2.211$ $p=.331$	$H_{(12,2)}=.622$ $p=.733$	$H_{(12,2)}=.556$ $p=.757$	$H_{(12,2)}=.482$ $p=.786$	$H_{(12,2)}=1.111$ $p=.574$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=7.381$ $p=.194$ $W=.492$	$X^2_{(4,5)}=4.333$ $p=.502$ $W=.289$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- **Duration of second left Kick (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.111$ $p=.946$	$H_{(12,2)}=1.125$ $p=.570$	$H_{(12,2)}=.278$ $p=.870$	$H_{(12,2)}=.643$ $p=.725$	$H_{(12,2)}=.143$ $p=.931$	$H_{(12,2)}=.238$ $p=.888$	$H_{(12,2)}=.000$ $p=.1.000$	$H_{(12,2)}=.429$ $p=.807$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=$ $p=.$ $W=.$	$X^2_{(4,5)}=6.048$ $p=.302$ $W=.403$	$X^2_{(4,5)}=$ $p=.$ $W=.$

• **Duration of third left Kick (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.427$ $p=.490$	$H_{(12,2)}=.100$ $p=.951$	$H_{(12,2)}=2.091$ $p=.352$	$H_{(12,2)}=.978$ $p=.613$	$H_{(12,2)}=.978$ $p=.613$	$H_{(12,2)}=.472$ $p=.790$	$H_{(12,2)}=.018$ $p=.991$	$H_{(12,2)}=.222$ $p=.895$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=5.476$ $p=.361$ $W=.365$	$X^2_{(4,5)}=.905$ $p=.970$ $W=.060$	$X^2_{(4,5)}=$ $p=.$ $W=.$

• **Left hand entry (% of stroke cycle - right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.086$ $p=.958$	$H_{(12,2)}=.267$ $p=.875$	$H_{(12,2)}=.220$ $p=.896$	$H_{(12,2)}=1.200$ $p=.549$	$H_{(12,2)}=.723$ $p=.697$	$H_{(12,2)}=.041$ $p=.980$	$H_{(12,2)}=.771$ $p=.680$	$H_{(12,2)}=.082$ $p=.960$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=8.000$ $p=.156$ $W=.800$	$X^2_{(4,5)}=10.429$ $p=.064$ $W=.695$	$X^2_{(4,5)}=7.951$ $p=.159$ $W=.530$

- **Right hand entry (% of stroke cycle - left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.903$ $p=.637$	$H_{(12,2)}=.096$ $p=.953$	$H_{(12,2)}=.422$ $p=.810$	$H_{(12,2)}=1.641$ $p=.440$	$H_{(12,2)}=.273$ $p=.873$	$H_{(12,2)}=.164$ $p=.921$	$H_{(12,2)}=.360$ $p=.835$	$H_{(12,2)}=.191$ $p=.909$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=8.286$ $p=.141$ $W=.829$	$X^2_{(4,5)}=8.714$ $p=.121$ $W=.581$	$X^2_{(4,5)}=9.286$ $p=.098$ $W=.619$

- **Kick rate - right**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
H _(12,2) =.203 p=.904	H _(12,2) =1.530 p=.465	H _(12,2) =.382 p=.825	H _(12,2) =.808 p=.668	H _(12,2) =.241 p=.886	H _(12,2) =.081 p=.960	H _(12,2) =.780 p=.677	H _(12,2) =.144 p=.931

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) =3.857 p=.570 W=.193	X ² _(4,5) =8.857 p=.115 W=.886	X ² _(4,5) =13.667 p=.018* W=.911

Post-hoc

	1 - 2	1 - 3	1 - 4	1 - 5	1 - 6
AX-CPT	Z ₍₄₎ =-.730 p=.465	Z ₍₄₎ =-.944 p=.345	Z ₍₄₎ =-1.095 p=.273	Z ₍₄₎ =-1.483 p=.138	Z ₍₄₎ =-2.023 p=.043*

- **Kick rate - left**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
H _(12,2) =1.064 p=.588	H _(12,2) =1.611 p=.447	H _(12,2) =.636 p=.727	H _(12,2) =.000 p=.1.000	H _(12,2) =1.689 p=.430	H _(12,2) =1.806 p=.405	H _(12,2) =1.209 p=.546	H _(12,2) =2.778 p=.249

Within condition

Documentary	Smartphone	AX-CPT
X ² _(4,6) =7.571 p=.181 W=.505	X ² _(4,5) =5.095 p=.404 W=.340	X ² _(4,5) = p=. W=.

- **Kick time - right**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.386$ $p=.825$	$H_{(12,2)}=2.047$ $p=.359$	$H_{(12,2)}=.940$ $p=.625$	$H_{(12,2)}=3.115$ $p=.211$	$H_{(12,2)}=1.718$ $p=.424$	$H_{(12,2)}=1.106$ $p=.575$	$H_{(12,2)}=.780$ $p=.677$	$H_{(12,2)}=2.053$ $p=.358$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=3.571$ $p=.613$ $W=.179$	$X^2_{(4,5)}=8.857$ $p=.115$ $W=.886$	$X^2_{(4,5)}=11.190$ $p=.048^*$ $W=.746$

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
AX-CPT	$Z_{(4)}=-1.461$ $p=.144$	$Z_{(4)}=-2.023$ $p=.043^*$	$Z_{(4)}=-1.461$ $p=.144$	$Z_{(4)}=-1.753$ $p=.080$	$Z_{(4)}=-1.753$ $p=.080$

- **Kick time - left**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.073$ $p=.585$	$H_{(12,2)}=1.944$ $p=.378$	$H_{(12,2)}=1.573$ $p=.455$	$H_{(12,2)}=4.278$ $p=.118$	$H_{(12,2)}=.622$ $p=.733$	$H_{(12,2)}=1.139$ $p=.566$	$H_{(12,2)}=2.955$ $p=.228$	$H_{(12,2)}=2.472$ $p=.291$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=8.524$ p=.130 W=.568	$X^2_{(4,5)}=3.190$ p=.671 W=.213	$X^2_{(4,5)}=$ p= W=.

- **Stroke time - right**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.958$ p=.376	$H_{(12,2)}=.399$ p=.819	$H_{(12,2)}=.563$ p=.755	$H_{(12,2)}=.864$ p=.649	$H_{(12,2)}=.541$ p=.763	$H_{(12,2)}=.564$ p=.754	$H_{(12,2)}=.203$ p=.904	$H_{(12,2)}=.191$ p=.909

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=7.714$ p=.173 W=.771	$X^2_{(4,5)}=11.381$ p=.044* W=.759	$X^2_{(4,5)}=12.143$ p=.033* W=.810

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
Smartphone	$Z_{(4)}=-.730$ p=.465	$Z_{(4)}=-1.214$ p=.225	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-1.753$ p=.080	$Z_{(4)}=-1.753$ p=.080

- **Stroke time - left**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.286$ $p=.526$	$H_{(12,2)}=.726$ $p=.696$	$H_{(12,2)}=.280$ $p=.869$	$H_{(12,2)}=.870$ $p=.647$	$H_{(12,2)}=.086$ $p=.958$	$H_{(12,2)}=.119$ $p=.942$	$H_{(12,2)}=.560$ $p=.756$	$H_{(12,2)}=.115$ $p=.944$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=15.286$ $p=.009^*$ $W=.764$	$X^2_{(4,5)}=11.952$ $p=.035^*$ $W=.797$	$X^2_{(4,5)}=11.571$ $p=.041^*$ $W=.771$

Post-hoc

	1 - 2	1 - 3	1 - 4	1 - 5	1 - 6
Documentary	$Z_{(4)}=-1.753$ $p=.080$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$
Smartphone	$Z_{(4)}=-.730$ $p=.465$	$Z_{(4)}=-1.095$ $p=.273$	$Z_{(4)}=-1.095$ $p=.273$	$Z_{(4)}=-1.604$ $p=.109$	$Z_{(4)}=-1.604$ $p=.109$
AX-CPT	$Z_{(4)}=-.730$ $p=.465$	$Z_{(4)}=-1.214$ $p=.225$	$Z_{(4)}=-1.461$ $p=.144$	$Z_{(4)}=-1.013$ $p=.043^*$	$Z_{(4)}=-1.013$ $p=.043^*$

• Number of right strokes for each length

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.257$ $p=.879$	$H_{(12,2)}=.536$ $p=.765$	$H_{(12,2)}=.368$ $p=.832$	$H_{(12,2)}=.542$ $p=.763$	$H_{(12,2)}=1.417$ $p=.492$	$H_{(12,2)}=1.398$ $p=.497$	$H_{(12,2)}=.326$ $p=.850$	$H_{(12,2)}=3.855$ $p=.145$

Within condition

Documentary	Smartphone	AX-CPT

$X^2_{(4,6)}=6.983$ p=.222 W=.698	$X^2_{(4,5)}=10.825$ p=.055 W=.722	$X^2_{(4,5)}=12.551$ p=.028* W=.837
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Post-hoc

	1 - 2	1 - 3	1 - 4	1 - 5	1 - 6
AX-CPT	$Z_{(4)}=-1.841$ p=.066	$Z_{(4)}=-2.023$ p=.043*	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-2.032$ p=.042*	$Z_{(4)}=-2.023$ p=.043*

- **Number of left strokes for each length**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.082$ p=.960	$H_{(12,2)}=.380$ p=.827	$H_{(12,2)}=.724$ p=.696	$H_{(12,2)}=.380$ p=.827	$H_{(12,2)}=1.020$ p=.600	$H_{(12,2)}=.751$ p=.687	$H_{(12,2)}=.246$ p=.884	$H_{(12,2)}=2.101$ p=.350

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=14.147$ p=.015* W=.707	$X^2_{(4,5)}=7.990$ p=.157 W=.533	$X^2_{(4,5)}=13.614$ p=.018* W=.908

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
Documentary	$Z_{(4)}=-1.841$ p=.066	$Z_{(4)}=-1.604$ p=.109	$Z_{(4)}=-1.841$ p=.066	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-1.826$ p=.068
AX-CPT	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-2.023$ p=.043*	$Z_{(4)}=-2.023$ p=.043*

- **Right stroke length**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.096$ $p=.953$	$H_{(12,2)}=.267$ $p=.875$	$H_{(12,2)}=.457$ $p=.796$	$H_{(12,2)}=.368$ $p=.832$	$H_{(12,2)}=.255$ $p=.880$	$H_{(12,2)}=1.391$ $p=.499$	$H_{(12,2)}=.523$ $p=.770$	$H_{(12,2)}=2.373$ $p=.305$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=5.429$ $p=.366$ $W=.543$	$X^2_{(4,5)}=9.667$ $p=.085$ $W=.644$	$X^2_{(4,5)}=11.952$ $p=.035^*$ $W=.797$

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
AX-CPT	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-2.023$ $p=.043^*$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-2.023$ $p=.043^*$	$Z_{(4)}=-2.023$ $p=.043^*$

- **Left stroke length**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.111$ $p=.946$	$H_{(12,2)}=.771$ $p=.680$	$H_{(12,2)}=.326$ $p=.850$	$H_{(12,2)}=.218$ $p=.897$	$H_{(12,2)}=.030$ $p=.985$	$H_{(12,2)}=.597$ $p=.742$	$H_{(12,2)}=.020$ $p=.990$	$H_{(12,2)}=1.654$ $p=.437$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=11.00$ p=.051 W=.550	$X^2_{(4,5)}=7.000$ p=.221 W=.467	$X^2_{(4,5)}=10.810$ p=.055 W=.721

- **Stroke index (right)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.033$ p=.984	$H_{(12,2)}=.475$ p=.789	$H_{(12,2)}=.484$ p=.785	$H_{(12,2)}=.368$ p=.832	$H_{(12,2)}=.255$ p=.880	$H_{(12,2)}=.950$ p=.622	$H_{(12,2)}=.326$ p=.850	$H_{(12,2)}=2.673$ p=.263

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=5.429$ p=.366 W=.543	$X^2_{(4,5)}=10.619$ p=.059 W=.708	$X^2_{(4,5)}=10.238$ p=.069 W=.683

- **Stroke index (left)**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.043$ p=.979	$H_{(12,2)}=.726$ p=.696	$H_{(12,2)}=.546$ p=.761	$H_{(12,2)}=.119$ p=.942	$H_{(12,2)}=.597$ p=.742	$H_{(12,2)}=.030$ p=.985	$H_{(12,2)}=.000$ p=.1.000	$H_{(12,2)}=.808$ p=.668

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=9.00$ p=.109 W=.450	$X^2_{(4,5)}=8.333$ p=.139 W=.556	$X^2_{(4,5)}=10.429$ p=.064 W=.695

- Number of right kicks for each length**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=1.037$ p=.595	$H_{(12,2)}=.267$ p=.875	$H_{(12,2)}=.689$ p=.709	$H_{(12,2)}=1.885$ p=.390	$H_{(12,2)}=.426$ p=.808	$H_{(12,2)}=.498$ p=.780	$H_{(12,2)}=.320$ p=.852	$H_{(12,2)}=5.386$ p=.068

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=3.417$ p=.636 W=.171	$X^2_{(4,5)}=8.857$ p=.115 W=.886	$X^2_{(4,5)}=12.233$ p=.032* W=.816

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
AX-CPT	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-2.023$ p=.043*	$Z_{(4)}=-1.826$ p=.068	$Z_{(4)}=-2.023$ p=.043*	$Z_{(4)}=-1.483$ p=.138

- Number of left kicks for each length**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
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$H_{(12,2)}=.636$ $p=.727$	$H_{(12,2)}=.227$ $p=.893$	$H_{(12,2)}=2.200$ $p=.333$	$H_{(12,2)}=2.378$ $p=.305$	$H_{(12,2)}=1.867$ $p=.393$	$H_{(12,2)}=5.361$ $p=.069$	$H_{(12,2)}=1.064$ $p=.588$	$H_{(12,2)}=4.250$ $p=.119$
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Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=6.346$ $p=.274$ $W=.423$	$X^2_{(4,5)}=5.667$ $p=.340$ $W=.378$	$X^2_{(4,5)}=$ $p=.$ $W=.$

- Total number of breathing actions for each length**

Between conditions

1 st 200 m	2 nd 200 m	3 rd 200 m	4 th 200m	5 th 200m	6 th 200m	Average of first 6 200m	7 th 200m (maximal)
$H_{(12,2)}=.122$ $p=.941$	$H_{(12,2)}=.916$ $p=.632$	$H_{(12,2)}=.000$ $p=.1.000$	$H_{(12,2)}=.394$ $p=.821$	$H_{(12,2)}=.352$ $p=.839$	$H_{(12,2)}=.584$ $p=.747$	$H_{(12,2)}=.352$ $p=.839$	$H_{(12,2)}=1.136$ $p=.567$

Within condition

Documentary	Smartphone	AX-CPT
$X^2_{(4,6)}=10.591$ $p=.060$ $W=.530$	$X^2_{(4,5)}=9.638$ $p=.086$ $W=.964$	$X^2_{(4,5)}=11.543$ $p=.042^*$ $W=.770$

Post-hoc

	1 st vs 2 nd	1 st vs 3 rd	1 st vs 4 th	1 st vs 5 th	1 st vs 6 th
AX-CPT	$Z_{(4)}=-1.604$ $p=.109$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.826$ $p=.068$	$Z_{(4)}=-1.461$ $p=.144$	$Z_{(4)}=-1.826$ $p=.068$