### Phase of Play Activity Profiles of Super League Rugby

**Creator:** Lorcan Mason  
**Website:** www.lorcanmason.com  
**Twitter:** @lorcanmason

---


---

#### Whole Match

**Playing Duration (min)***: 75.5 ± 3.25  
**Total Distance (m)**: 945 ± 10  
**Relative Distance (m/minute)**: 37.2 ± 4.2  
**High-Speed Running Distance >18 km/h (m)**: 55.7 ± 7.15  
**Average Acceleration (m•s⁻²)**: 0.49 ± 0.04  
**Average Distance (m/2)***: 0.49 ± 0.04  
**Average Acceleration (m•s⁻²)**: 0.5 ± 0.06  
**High-Speed Running Distance >18 km/h (m)**: 30 ± 5.7

---

#### Fullbacks

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 679 ± 2  
**Relative Distance (m/minute)**: 31.3 ± 1.9  
**High-Speed Running Distance >18 km/h (m)**: 29 ± 4.5  
**Average Acceleration (m•s⁻²)**: 0.36 ± 0.01  
**Average Distance (m/2)**: 0.47 ± 0.03  
**High-Speed Running Distance >18 km/h (m)**: 59 ± 7.8

---

#### Centres

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 459 ± 2  
**Relative Distance (m/minute)**: 40 ± 5.5  
**High-Speed Running Distance >18 km/h (m)**: 37 ± 5.2  
**Average Acceleration (m•s⁻²)**: 5 ± 0.1  
**Average Distance (m/2)**: 0.5 ± 0.04  
**High-Speed Running Distance >18 km/h (m)**: 97 ± 15

---

#### Props

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 303 ± 2  
**Relative Distance (m/minute)**: 22.5 ± 3.6  
**High-Speed Running Distance >18 km/h (m)**: 18 ± 3.1  
**Average Acceleration (m•s⁻²)**: 1 ± 0.2  
**Average Distance (m/2)**: 0.5 ± 0.01  
**High-Speed Running Distance >18 km/h (m)**: 98 ± 17

---

#### Hookers

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 187 ± 2  
**Relative Distance (m/minute)**: 11 ± 1.7  
**High-Speed Running Distance >18 km/h (m)**: 18 ± 2.5  
**Average Acceleration (m•s⁻²)**: 1 ± 0.2  
**Average Distance (m/2)**: 0.5 ± 0.01  
**High-Speed Running Distance >18 km/h (m)**: 25 ± 4.3

---

#### Back Row

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 97 ± 2  
**Relative Distance (m/minute)**: 5.7 ± 1.1  
**High-Speed Running Distance >18 km/h (m)**: 18 ± 2.5  
**Average Acceleration (m•s⁻²)**: 1 ± 0.2  
**Average Distance (m/2)**: 0.5 ± 0.01  
**High-Speed Running Distance >18 km/h (m)**: 25 ± 4.3

---

#### 2nd Row

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 97 ± 2  
**Relative Distance (m/minute)**: 5.7 ± 1.1  
**High-Speed Running Distance >18 km/h (m)**: 18 ± 2.5  
**Average Acceleration (m•s⁻²)**: 1 ± 0.2  
**Average Distance (m/2)**: 0.5 ± 0.01  
**High-Speed Running Distance >18 km/h (m)**: 25 ± 4.3

---

#### Back Line

**Playing Duration (min)**: 75.5 ± 3.25  
**Total Distance (m)**: 97 ± 2  
**Relative Distance (m/minute)**: 5.7 ± 1.1  
**High-Speed Running Distance >18 km/h (m)**: 18 ± 2.5  
**Average Acceleration (m•s⁻²)**: 1 ± 0.2  
**Average Distance (m/2)**: 0.5 ± 0.01  
**High-Speed Running Distance >18 km/h (m)**: 25 ± 4.3

---

#### Defence Phase

**Playing Duration (min)**: 23.6 ± 2.35  
**Total Distance (m)**: 246 ± 2  
**Relative Distance (m/minute)**: 62.5 ± 9.9  
**High-Speed Running Distance >18 km/h (m)**: 216 ± 55.5  
**Average Acceleration (m•s⁻²)**: 0.41 ± 0.04  
**Average Distance (m/2)**: 0.41 ± 0.04  
**High-Speed Running Distance >18 km/h (m)**: 54 ± 21.5

---

#### Attack Phase

**Playing Duration (min)**: 23.6 ± 2.35  
**Total Distance (m)**: 246 ± 2  
**Relative Distance (m/minute)**: 62.5 ± 9.9  
**High-Speed Running Distance >18 km/h (m)**: 216 ± 55.5  
**Average Acceleration (m•s⁻²)**: 0.41 ± 0.04  
**Average Distance (m/2)**: 0.41 ± 0.04  
**High-Speed Running Distance >18 km/h (m)**: 54 ± 21.5

---

#### Transition Phase

**Playing Duration (min)**: 4.9 ± 1.85  
**Total Distance (m)**: 623 ± 1  
**Relative Distance (m/minute)**: 163.5 ± 37  
**High-Speed Running Distance >18 km/h (m)**: 122 ± 33.5  
**Average Acceleration (m•s⁻²)**: 0.65 ± 0.07  
**Average Distance (m/2)**: 0.65 ± 0.07  
**High-Speed Running Distance >18 km/h (m)**: 92 ± 27

---

**Playing Duration (min)**: 4.9 ± 1.85  
**Total Distance (m)**: 623 ± 1  
**Relative Distance (m/minute)**: 163.5 ± 37  
**High-Speed Running Distance >18 km/h (m)**: 122 ± 33.5  
**Average Acceleration (m•s⁻²)**: 0.65 ± 0.07  
**Average Distance (m/2)**: 0.65 ± 0.07  
**High-Speed Running Distance >18 km/h (m)**: 92 ± 27

---

**Playing Duration (min)**: 2.5 ± 0.75  
**Total Distance (m)**: 219 ± 1  
**Relative Distance (m/minute)**: 87.5 ± 31.5  
**High-Speed Running Distance >18 km/h (m)**: 43 ± 15  
**Average Acceleration (m•s⁻²)**: 0.44 ± 0.04  
**Average Distance (m/2)**: 0.44 ± 0.04  
**High-Speed Running Distance >18 km/h (m)**: 21 ± 8

---

**Playing Duration (min)**: 2.5 ± 0.75  
**Total Distance (m)**: 219 ± 1  
**Relative Distance (m/minute)**: 87.5 ± 31.5  
**High-Speed Running Distance >18 km/h (m)**: 43 ± 15  
**Average Acceleration (m•s⁻²)**: 0.44 ± 0.04  
**Average Distance (m/2)**: 0.44 ± 0.04  
**High-Speed Running Distance >18 km/h (m)**: 21 ± 8

---

**Playing Duration (min)**: 2.5 ± 0.75  
**Total Distance (m)**: 219 ± 1  
**Relative Distance (m/minute)**: 87.5 ± 31.5  
**High-Speed Running Distance >18 km/h (m)**: 43 ± 15  
**Average Acceleration (m•s⁻²)**: 0.44 ± 0.04  
**Average Distance (m/2)**: 0.44 ± 0.04  
**High-Speed Running Distance >18 km/h (m)**: 21 ± 8