



Beyond the Miles

Team 44:

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Executive Summary

Which travel and scheduling factors showed the clearest relationship with NBA team performance?

Three Major Insights



Back-to-Back Games

-2.38 Net Rating points
per 100 possessions

High-Altitude Road Games

-3.00 Net Rating points
per 100 possessions

Distance Isn't the Issue

Miles alone had no clear
relationship with performance.

Implementation Roadmap

1

2

3

4

Phase 1:

Data Collection
& Preparation

Phase 2:

Statistical
Analysis

Phase 3:

Exploring the
Insights

Phase 4:

Dashboard

Key Takeaways

SAME TEAM, NEXT NIGHT

51% vs **44%**

Win rate on night 1 vs. night 2 of the same back-to-back, across 2,094 pairs. Night-2 opponents aren't any stronger.

STRONG

STARS SITTING OUT

22% vs **15%**

How often a team's top-2 player misses a back-to-back vs. any other game. Only 11% of the back-to-back cost comes from who sits.

STRONG

TIRED VS. RESTED

38% vs **62%**

When a team on a back-to-back met an opponent with 2+ days off, the rested team won 62% of 413 games, even though team strength and home court made it a coin flip (50% for the tired team).

STRONG

REST ERASES HOME COURT

63% vs **47%**

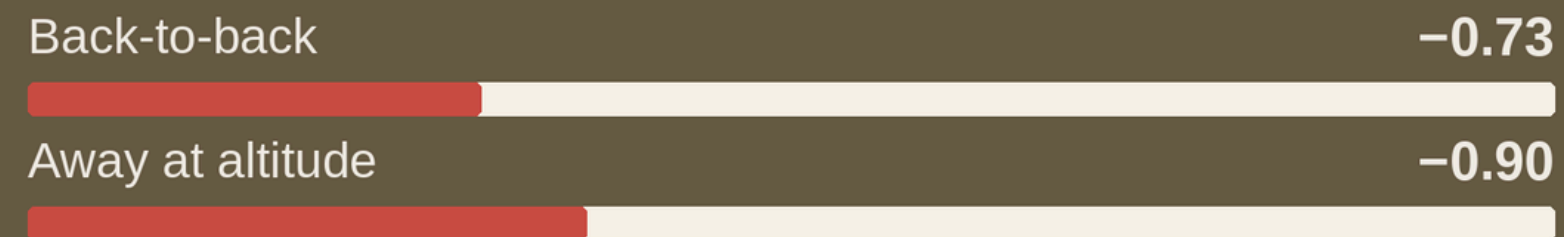
Rested home teams won 63% of 900 games against a visitor on a back-to-back, but only 47% of 636 when they were the ones on a back-to-back and the visitor had a day or more off.

STRONG

Effects on Shooting and Free Throws

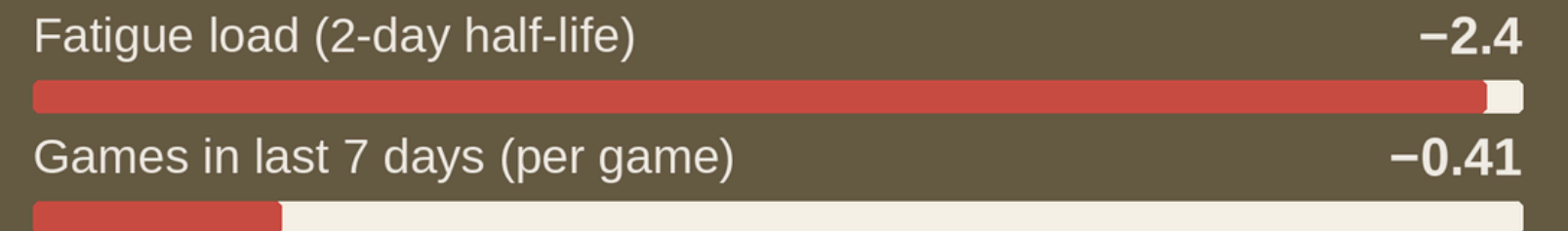
Effective FG%

OUR OFFENSE · higher is better



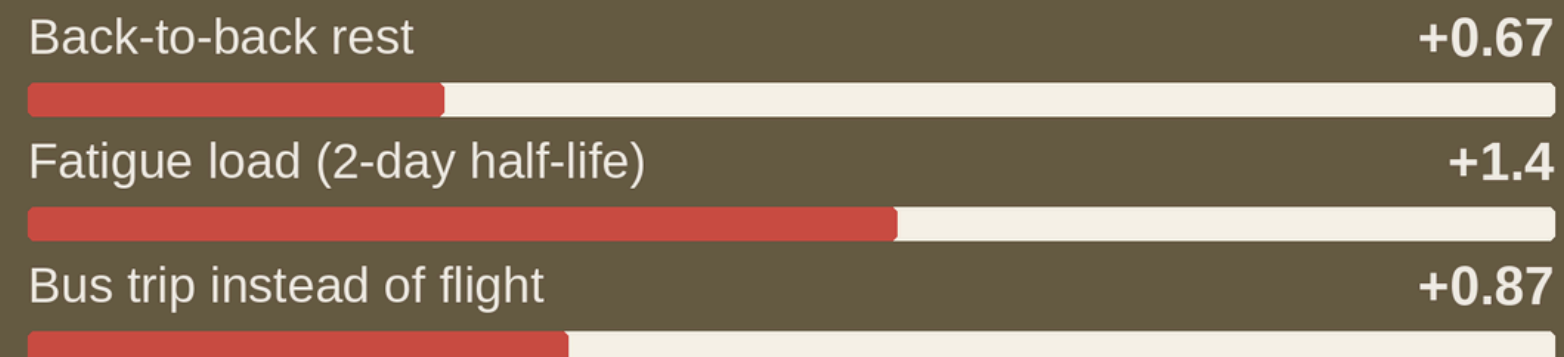
Free Throw Rate

OUR OFFENSE · higher is better



Opponent Effective FG%

OUR DEFENSE · lower is better



Free Throws Allowed

OUR DEFENSE · lower is better





Vs.



TWO SEASONS, ONE CLOCK

From our five seasons: the heaviest schedule on a losing team
against the lightest on a winning team, each starting on its
opening night.

DAY 1 PAUSE

HARDEST SCHEDULE · LOSING RECORD

SAN ANTONIO SPURS

0-1

EASIEST SCHEDULE · WINNING RECORD

PHILADELPHIA 76ERS

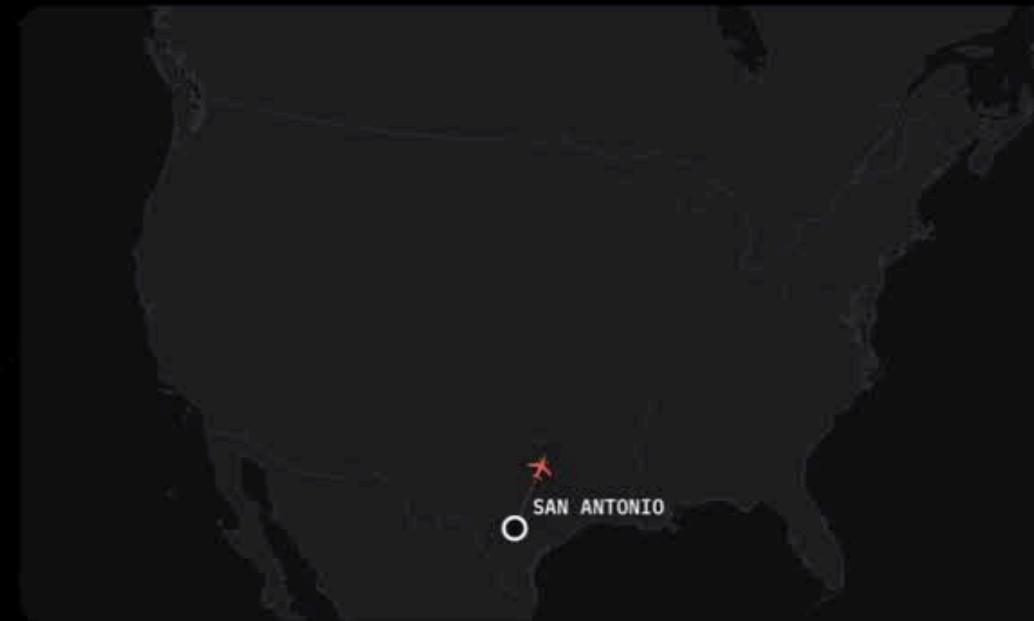
1-0

2024-25

OCT 24 · L 109-120 · AT DALLAS

2021-22

OCT 20 · W 117-97 · AT NEW ORLEANS



SQUARES: EACH WEEK'S RESULTS, GREEN (WON MOST) TO RED (LOST MOST)

SAN ANTONIO SPURS 2024-25 PHILADELPHIA 76ERS 2021-22

Back-to-backs

A PROVEN COST

Games at altitude

A PROVEN GOST

Flights

FOR SCALE

Miles

FOR SCALE

Wins

THE RESULT

SAS 0

PHI 0

SAS 0

PHI 0

SAS 1

PHI 1

SAS 252

PHI 1,087

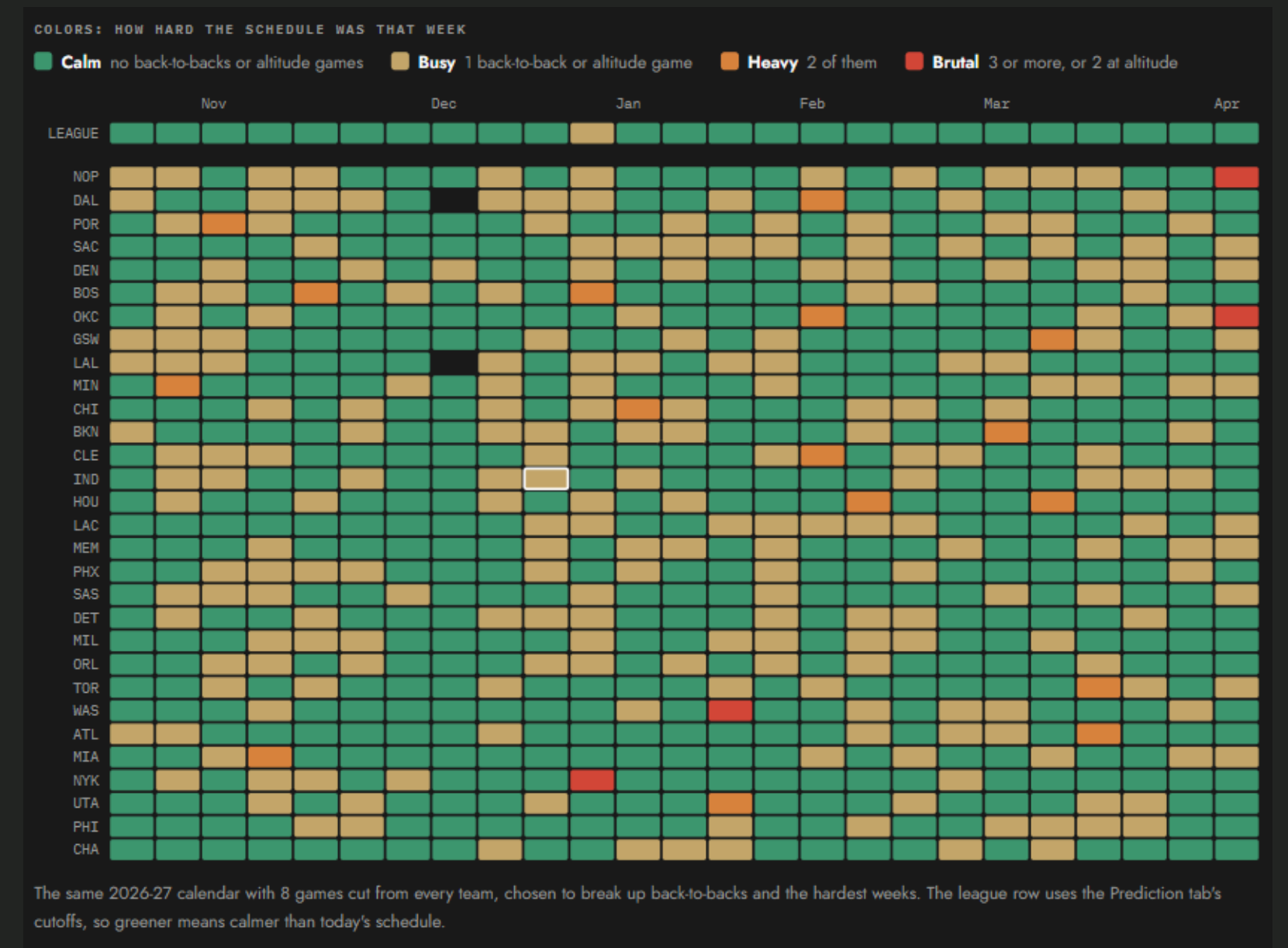
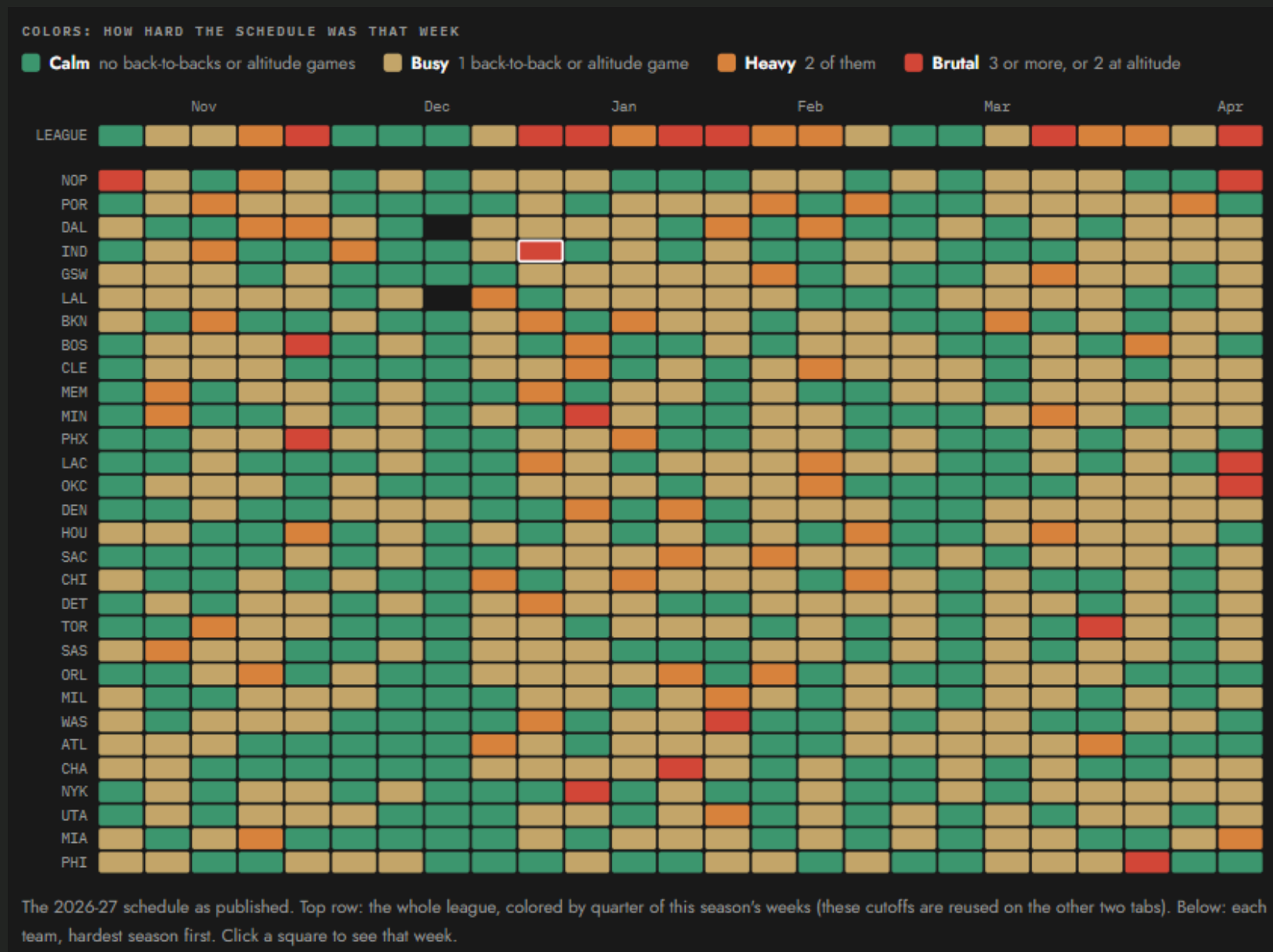
SAS 0

PHI 1

ON TIRED NIGHTS

Final Conclusion

Better schedules with rests in between, better basketball.





Thank You for Your Time!

Team 44

