

# 2016 ICF Canoe Sprint World Cup, Montemor

## MC1 200m

### H1

### Race 47

04 JUN 2016

## RACE DATA

Dist. [m]	INA		CAN		POR		USA		IRI		FRA		CHN		LTU			
	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate
190	2.4	78	3.4	88	3.0	91	3.5	77	3.6	77	3.7	86	3.8	86	3.7	89		
180	3.4	80	4.1	86	4.4	90	4.3	76	4.5	78	4.8	87	5.0	86	4.6	90		
170	4.2	81	4.8	87	5.0	90	4.4	75	4.6	79	5.1	88	5.1	86	5.0	90		
160	4.2	82	4.9	87	5.3	90	4.4	74	4.5	80	5.1	88	5.4	84	5.0	90		
150	4.4	82	4.3	86	5.1	89	4.7	73	4.6	81	5.0	87	5.1	82	4.9	88		
140	4.4	81	4.7	84	5.0	87	4.6	73	4.8	81	5.1	85	5.3	80	5.2	87		
130	4.6	80	4.6	81	5.2	86	4.4	73	4.9	81	4.9	83	4.9	79	5.1	86		
120	4.8	79	4.8	79	5.1	85	4.6	71	4.5	80	4.8	82	5.1	78	4.9	85		
110	4.6	79	5.0	77	4.9	84	4.4	71	4.4	80	5.0	80	4.7	77	4.8	85		
100	4.7	79	4.9	77	5.1	84	4.5	71	4.4	78	4.8	79	5.0	75	5.0	83		
90	4.7	78	4.5	76	5.1	83	4.4	71	4.3	78	4.9	76	4.8	75	4.9	82		
80	4.5	77	4.7	76	4.8	82	4.5	70	4.3	78	4.7	75	4.9	75	4.8	81		
70	4.4	76	4.4	74	4.8	81	4.4	69	4.5	78	4.7	75	5.0	75	4.7	80		
60	4.2	75	4.0	71	4.8	80	4.2	68	4.5	77	4.9	76	4.7	75	4.7	80		
50	4.2	74	4.2	67	4.6	79	4.4	68	4.5	77	4.5	75	4.9	75	4.7	79		
40	4.4	73	3.8	66	4.4	77	4.0	68	4.4	77	4.7	73	4.5	73	4.4	77		
30	4.4	73	4.2	65	4.4	76	4.3	66	4.5	77	4.5	72	4.6	73	4.4	74		
20	4.2	73	4.0	64	4.3	73	4.0	65	4.4	77	4.3	70	4.3	72	4.4	71		
10	4.1	72	3.7	64	4.1	69	4.1	64	4.3	77	4.5	71	4.6	69	4.0	70		
0	3.7	72	3.4	62	4.6	68	4.1	62	3.7	75	4.7	70	4.8	68	4.4	67		