

2016 ICF Canoe Sprint World Cup, Montemor

MK1 1000m

H3

Race 5

03 JUN 2016

RACE DATA

Dist. [m]	KGZ		GER		NZL		CZE		SIN		BEL		ESP		POR			
	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
990	3.5	113			3.5	110	3.7	133	3.5	116	3.5	121	3.5	136	3.5	115		
980	4.5	114			4.6	119	4.8	138	4.5	119	4.8	124	4.9	145	4.7	121		
970	5.0	114			4.9	120	5.3	139	4.8	120	5.2	126	5.4	145	5.1	123		
960	5.1	115			5.0	125	5.5	144	4.8	123	5.3	129	5.5	146	5.3	126		
950	5.1	113			5.1	122	5.6	141	4.8	122	5.4	128	5.4	140	5.3	126		
940	5.0	110			4.9	118	5.6	137	4.8	121	5.3	125	5.3	134	5.3	124		
930	4.9	107			4.8	114	5.5	133	4.8	120	5.3	124	5.3	128	5.3	122		
920	4.8	104			4.8	110	5.5	129	4.7	118	5.2	122	5.2	122	5.3	121		
910	4.7	102			4.8	109	5.4	126	4.7	117	5.2	121	5.2	120	5.2	119		
900	4.6	101			4.7	106	5.3	123	4.6	114	5.1	119	5.1	117	5.2	117		
890	4.5	99			4.7	104	5.2	118	4.5	112	5.1	118	5.1	116	5.1	115		
880	4.5	96			4.5	101	5.1	112	4.5	109	5.0	115	5.0	114	5.1	114		
870	4.5	95			4.5	99	5.0	109	4.5	108	5.0	114	5.0	113	5.1	113		
860	4.4	96			4.5	98	5.0	107	4.5	108	4.9	113	5.0	111	5.0	112		
850	4.4	95			4.4	99	4.9	106	4.5	107	4.9	113	4.9	110	5.1	111		
840	4.2	93			4.4	98	4.9	106	4.4	104	4.8	112	4.8	108	5.0	111		
830	4.2	91			4.5	97	4.8	104	4.3	105	4.8	110	4.8	107	5.0	110		
820	4.1	91			4.4	98	4.8	101	4.2	105	4.7	109	4.7	107	4.9	111		
810	4.0	90			4.4	99	4.7	100	4.1	106	4.5	106	4.8	107	4.8	110		
800	4.0	88			4.4	99	4.7	101	4.3	110	4.4	106	4.8	106	4.8	108		
790	4.0	88			4.4	98	4.6	100	4.3	113	4.3	103	4.8	107	4.8	108		
780	4.0	87			4.4	98	4.7	99	4.3	115	4.2	102	4.8	107	4.8	107		
770	3.9	87			4.3	96	4.7	97	4.2	112	4.3	100	4.8	107	4.7	105		
760	3.9	85			4.3	94	4.7	97	4.0	108	4.3	99	4.7	105	4.7	104		
750	3.9	85			4.3	94	4.7	97	4.0	108	4.2	99	4.7	104	4.7	103		
740	3.8	84			4.3	94	4.6	98	4.2	108	4.2	98	4.7	102	4.7	103		
730	3.8	83			4.3	93	4.7	98	4.2	109	4.2	98	4.6	102	4.7	104		
720	3.7	83			4.3	93	4.6	98	3.9	108	4.2	97	4.6	102	4.7	105		
710	3.6	82			4.3	93	4.7	97	4.0	107	4.2	96	4.7	104	4.7	105		
700	3.6	81			4.3	93	4.6	97	4.1	105	4.2	97	4.7	104	4.7	105		
690	3.5	79			4.3	92	4.6	97	4.1	105	4.2	97	4.6	105	4.7	104		
680	3.6	78			4.2	92	4.6	97	4.1	102	4.1	97	4.6	105	4.6	103		
670	3.5	77			4.2	92	4.6	97	4.0	102	4.0	95	4.6	105	4.6	103		
660	3.4	75			4.1	91	4.6	97	3.9	103	4.0	92	4.6	105	4.6	104		
650	3.5	75			4.1	89	4.7	97	4.0	103	3.9	92	4.6	104	4.6	104		
640	3.5	76			4.1	89	4.7	97	3.9	104	3.9	92	4.6	104	4.6	104		
630	3.4	77			4.1	89	4.6	98	4.0	103	4.0	93	4.5	104	4.6	102		
620	3.3	76			4.2	88	4.7	97	3.9	101	3.9	92	4.5	104	4.6	102		
610	3.5	74			4.2	88	4.6	97	4.0	103	3.8	92	4.5	104	4.5	101		
600	3.5	75			4.1	88	4.6	97	4.0	104	3.9	92	4.4	102	4.5	102		
590	3.4	75			4.0	87	4.6	97	3.8	105	4.1	92	4.4	102	4.5	102		
580	3.4	74			3.9	87	4.6	98	3.8	105	4.1	91	4.4	101	4.5	102		
570	3.3	73			3.9	87	4.6	97	3.9	104	4.0	90	4.4	101	4.5	101		
560	3.4	73			4.0	87	4.6	97	3.9	105	3.8	89	4.4	100	4.4	99		

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	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
550	3.5	74			4.1	87	4.6	97	3.9	104	3.7	88	4.4	100	4.4	99		
540	3.4	75			3.9	87	4.6	97	4.0	103	3.7	89	4.3	100	4.4	99		
530	3.4	75			3.8	86	4.5	97	4.0	101	3.8	89	4.2	99	4.2	98		
520	3.3	75			3.9	85	4.5	97	3.9	99	3.8	89	4.2	98	4.2	97		
510	3.3	74			4.0	85	4.5	98	3.7	98	3.7	88	4.2	98	4.3	96		
500	3.4	74			3.8	85	4.5	98	3.6	98	3.6	87	4.2	99	4.3	96		
490	3.5	74			3.8	85	4.5	98	3.6	98	3.6	87	4.2	98	4.3	96		
480	3.6	75			3.9	85	4.5	98	3.7	97	3.5	86	4.1	97	4.2	95		
470	3.4	75			3.9	85	4.5	98	3.9	99	3.5	86	4.1	96	4.3	95		
460	3.3	75			3.9	84	4.4	97	4.0	101	3.8	86	4.1	95	4.3	94		
450	3.3	74			3.8	84	4.4	96	3.9	101	3.8	86	4.1	95	4.3	94		
440	3.4	73			3.8	83	4.4	95	3.8	103	3.7	84	4.1	95	4.2	94		
430	3.4	74			3.8	83	4.4	95	3.6	100	3.5	84	4.1	95	4.3	95		
420	3.3	74			3.8	83	4.3	95	3.5	97	3.5	85	4.0	94	4.3	94		
410	3.3	73			3.8	83	4.3	94	3.6	96	3.5	84	4.0	92	4.3	95		
400	3.3	72			3.8	82	4.4	94	3.6	96	3.7	84	4.0	91	4.3	96		
390	3.4	73			3.8	81	4.3	94	3.7	97	3.7	84	4.0	91	4.2	96		
380	3.4	74			3.7	80	4.3	94	3.8	96	3.6	82	4.0	92	4.2	95		
370	3.3	74			3.8	80	4.3	94	3.8	96	3.6	83	4.0	91	4.3	94		
360	3.4	71			3.8	82	4.3	94	3.7	96	3.6	83	4.0	90	4.3	94		
350	3.4	72			3.7	83	4.3	93	3.7	95	3.5	83	3.9	89	4.3	95		
340	3.3	73			3.8	83	4.3	93	3.7	95	3.6	83	4.0	89	4.3	96		
330	3.3	73			3.7	82	4.3	93	3.7	96	3.6	83	4.0	89	4.3	96		
320	3.3	73			3.8	81	4.3	94	3.7	94	3.6	82	4.1	91	4.2	96		
310	3.4	72			3.7	80	4.3	94	3.6	93	3.6	82	4.1	91	4.3	95		
300	3.4	72			3.7	80	4.2	93	3.6	95	3.6	82	4.1	93	4.3	95		
290	3.4	72			3.7	80	4.2	93	3.7	94	3.6	82	4.1	93	4.3	96		
280	3.3	72			3.7	80	4.2	93	3.8	94	3.6	83	4.1	93	4.2	95		
270	3.4	71			3.7	78	4.2	92	3.7	95	3.6	82	4.1	94	4.2	94		
260	3.4	72			3.7	77	4.2	92	3.7	95	3.6	82	4.1	95	4.2	94		
250	3.3	73			3.7	77	4.2	93	3.7	95	3.6	84	4.1	95	4.2	96		
240	3.2	72			3.7	78	4.3	96	3.7	97	3.5	84	4.1	94	4.3	96		
230	3.3	70			3.6	78	4.3	97	3.7	98	3.5	82	4.0	94	4.2	95		
220	3.4	70			3.6	78	4.3	97	3.6	96	3.5	83	4.1	95	4.1	93		
210	3.4	70			3.6	77	4.3	96	3.6	94	3.6	83	4.1	95	4.0	91		
200	3.3	70			3.6	77	4.3	96	3.6	96	3.7	83	4.3	100	3.9	89		
190	3.3	71			3.6	79	4.2	95	3.6	96	3.7	83	4.4	104	3.8	87		
180	3.3	72			3.6	80	4.3	94	3.6	94	3.6	81	4.4	105	3.8	85		
170	3.4	72			3.7	78	4.3	94	3.5	91	3.6	81	4.4	104	3.9	86		
160	3.3	72			3.6	77	4.3	94	3.6	93	3.6	81	4.4	103	4.0	86		
150	3.3	71			3.6	77	4.3	94	3.6	92	3.6	82	4.4	103	4.1	89		
140	3.3	70			3.5	76	4.1	92	3.5	91	3.6	82	4.4	102	4.1	90		
130	3.4	70			3.6	76	4.0	90	3.5	90	3.6	81	4.4	101	4.3	93		
120	3.4	72			3.5	76	3.9	89	3.5	91	3.6	81	4.4	101	4.4	97		

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Dist. [m]	KGZ		GER		NZL		CZE		SIN		BEL		ESP		POR			
	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
110	3.4	72			3.6	76	3.9	87	3.5	89	3.6	82	4.4	103	4.4	98		
100	3.4	70			3.7	77	3.9	86	3.6	88	3.7	81	4.4	104	4.3	98		
90	3.3	70			3.7	78	4.1	90	3.7	90	3.7	83	4.5	105	4.2	96		
80	3.4	72			3.6	77	4.3	94	3.7	92	3.7	82	4.4	105	4.2	96		
70	3.3	72			3.5	75	4.2	94	3.6	92	3.6	80	4.4	105	4.1	93		
60	3.4	73			3.5	74	4.0	90	3.6	92	3.6	80	4.4	105	4.2	89		
50	3.4	73			3.5	75	4.0	87	3.6	91	3.6	80	4.4	104	4.2	89		
40	3.3	73			3.5	76	3.9	86	3.5	90	3.5	80	4.4	103	4.2	91		
30	3.3	73			3.7	76	3.8	84	3.5	89	3.5	80	4.3	104	4.2	91		
20	3.4	74			3.7	76	3.8	83	3.5	89	3.6	80	4.4	104	4.2	90		
10	3.3	73			3.5	76	3.8	85	3.6	89	3.6	80	4.3	104	4.3	90		
0	3.4	72			3.5	75	3.7	85	3.5	90	3.5	80	4.3	106	4.2	90		