

MK1 1000m

H1

27 MAY 2016

Race 4

RACE DATA

Dist. [m]	KGZ		SLO		GER		KAZ		IRI				SWE		UZB2		MKD	
	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	129	3.4	109	3.6	120			3.6	122							3.0	98
980	4.9	130	4.6	117	4.8	133			4.7	125					0.0	0	4.1	104
970	5.2	129	5.1	120	5.4	137			5.2	128					0.0	0	4.3	112
960	5.1	127	5.2	125	5.6	141			5.3	133					0.0	0	4.5	116
950	5.0	116	5.3	125	5.6	141			5.3	133					0.0	0	4.4	117
940	4.9	105	5.2	120	5.6	138			5.3	131					0.0	0	4.4	117
930	4.9	105	5.1	113	5.5	134			5.3	129					0.0	0	4.3	113
920	4.9	104	5.1	111	5.4	129			5.2	128					0.0	0	4.2	106
910	4.8	105	5.0	108	5.3	124			5.1	126					0.0	0	4.1	102
900	4.8	103	5.0	106	5.3	119			5.1	123					0.0	0	4.1	100
890	4.8	103	4.9	105	5.2	69			5.0	121					0.0	0	3.9	98
880	4.7	103	4.9	103	5.1	111			5.0	120					0.0	0	3.9	94
870	4.6	102	4.8	102	5.0	109			5.0	119					0.0	0	3.9	92
860	4.6	101	4.7	99	5.0	108			4.9	118					0.0	0	3.9	92
850	4.5	100	4.6	98	5.0	108			4.9	116					0.0	0	3.8	92
840	4.6	100	4.7	99	4.9	107			4.8	114					0.0	0	3.8	91
830	4.5	100	4.6	98	4.9	107			4.7	113					0.0	0	3.8	91
820	4.4	98	4.6	97	4.9	107			4.7	113					0.0	0	3.8	91
810	4.4	97	4.6	97	4.9	105			4.7	111					0.0	0	3.7	89
800	4.4	97	4.6	97	4.8	105			4.7	110					0.0	0	3.7	89
790	4.4	96	4.6	97	4.8	103			4.7	111					0.0	0	3.6	88
780	4.4	96	4.6	94	4.8	103			4.6	110					0.0	0	3.6	88
770	4.3	96	4.6	95	4.7	102			4.6	109					0.0	0	3.6	87
760	4.3	96	4.5	94	4.7	100			4.6	108					0.0	0	3.6	86
750	4.2	95	4.6	93	4.7	100			4.5	106					0.0	0	3.6	85
740	4.2	94	4.6	94	4.7	100			4.5	104					0.0	0	3.6	85
730	4.2	94	4.5	94	4.6	100			4.4	103					0.0	0	3.3	81
720	4.2	93	4.6	93	4.6	99			4.4	101					0.0	0	3.5	83
710	4.2	93	4.5	94	4.6	99			4.4	100					0.0	0	3.6	84
700	4.2	91	4.5	94	4.6	98			4.4	101					0.0	0	3.5	84
690	4.1	91	4.6	94	4.5	97			4.4	102					0.0	0	3.6	83
680	4.2	91	4.5	94	4.5	97			4.3	102					0.0	0	3.5	85
670	4.1	91	4.6	94	4.5	97			4.4	102					0.0	0	3.6	85
660	4.1	92	4.5	93	4.5	96			4.4	103					0.0	0	3.6	84
650	4.2	91	4.5	93	4.5	97			4.5	103					0.0	0	3.5	83
640	4.1	92	4.5	93	4.5	96			4.5	103					0.0	0	3.3	81
630	4.1	91	4.4	91	4.5	96			4.4	102					0.0	0	3.3	82
620	4.0	91	4.4	91	4.5	96			4.3	99					0.0	0	3.5	81
610	3.9	90	4.4	91	4.5	96			4.3	99					0.0	0	3.5	83
600	3.9	90	4.4	92	4.5	96			4.3	99					0.0	0	3.3	82
590	3.9	91	4.4	93	4.5	96			4.3	99					0.0	0	3.3	81
580	4.0	90	4.5	93	4.5	95			4.3	99					0.0	0	3.3	80
570	4.0	90	4.4	94	4.5	95			4.3	99					0.0	0	3.4	79
560	4.1	89	4.5	95	4.5	95			4.3	97					0.0	0	3.4	79

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550	4.2	89	4.4	95	4.5	95			4.4	98					0.0	0	3.4	79
540	4.2	89	4.5	96	4.4	95			4.4	101					0.0	0	3.4	80
530	4.2	88	4.4	97	4.5	95			4.5	104					0.0	0	3.6	83
520	4.1	88	4.5	96	4.5	94			4.4	103					0.0	0	3.6	83
510	4.0	88	4.4	94	4.5	94			4.3	102					0.0	0	3.5	82
500	3.9	89	4.4	93	4.5	94			4.3	100					0.0	0	3.4	81
490	3.8	89	4.3	93	4.4	94			4.2	98					0.0	0	3.5	82
480	3.9	89	4.4	94	4.5	94			4.2	95					0.0	0	3.6	83
470	4.0	89	4.3	93	4.5	94			4.3	96					0.0	0	3.5	83
460	4.0	89	4.4	92	4.5	94			4.3	96					0.0	0	3.5	83
450	4.1	89	4.3	91	4.5	95			4.3	99					0.0	0	3.5	83
440	4.0	89	4.4	94	4.5	96			4.3	99					0.0	0	3.6	83
430	3.9	89	4.4	95	4.5	96			4.3	99					0.0	0	3.5	82
420	3.8	89	4.4	96	4.5	95			4.3	98					0.0	0	3.4	80
410	4.0	89	4.3	95	4.5	94			4.3	98					0.0	0	3.4	82
400	4.1	88	4.4	94	4.5	94			4.3	99					0.0	0	3.6	84
390	4.1	89	4.5	94	4.5	94			4.3	100					0.0	0	3.5	84
380	4.1	89	4.5	95	4.5	94			4.3	99					0.0	0	3.5	82
370	3.9	89	4.5	97	4.5	94			4.3	99					0.0	0	3.5	82
360	3.8	89	4.4	96	4.4	94			4.4	100					0.0	0	3.5	82
350	3.9	90	4.5	94	4.5	94			4.4	100					0.0	0	3.4	82
340	4.0	90	4.5	94	4.5	94			4.3	100					0.0	0	3.4	83
330	4.1	90	4.4	95	4.5	94			4.4	100					0.0	0	3.4	82
320	4.0	89	4.5	96	4.5	94			4.4	101					0.0	0	3.4	82
310	4.0	90	4.5	97	4.4	93			4.6	103					0.0	0	3.5	82
300	3.9	90	4.4	96	4.5	92			4.6	105					0.0	0	3.3	82
290	3.9	89	4.5	95	4.4	93			4.6	105					0.0	0	3.3	82
280	4.0	89	4.4	93	4.5	93			4.6	106					0.0	0	3.4	82
270	4.0	90	4.4	94	4.4	94			4.6	105					0.0	0	3.3	83
260	3.9	89	4.4	94	4.4	93			4.6	104					0.0	0	3.4	83
250	3.8	89	4.4	95	4.4	93			4.6	105					0.0	0	3.5	82
240	3.9	88	4.4	94	4.4	93			4.6	107					0.0	0	3.3	80
230	3.9	88	4.4	93	4.4	93			4.6	107					0.0	0	3.4	81
220	3.9	88	4.5	94	4.4	93			4.5	107					0.0	0	3.4	81
210	3.9	88	4.4	94	4.3	92			4.4	103					0.0	0	3.5	81
200	3.8	88	4.4	94	4.4	92			4.3	101					0.0	0	3.5	81
190	3.8	88	4.4	93	4.4	90			4.3	99					0.0	0	3.5	83
180	3.9	88	4.4	91	4.4	90			4.2	99					0.0	0	3.6	87
170	3.9	88	4.3	92	4.4	90			4.3	100					0.0	0	3.7	88
160	3.9	88	4.3	94	4.3	91			4.5	102					0.0	0	3.6	88
150	3.8	88	4.4	95	4.3	91			4.7	108					0.0	0	3.6	88
140	3.8	87	4.4	96	4.4	90			4.7	109					0.0	0	3.7	88
130	3.9	87	4.4	95	4.3	89			4.6	110					0.0	0	3.6	87
120	3.9	88	4.4	96	4.3	90			4.5	106					0.0	0	3.5	84

2016 ICF Canoe Sprint World Cup, Racice

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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
110	3.8	87	4.4	96	4.3	91			4.5	103					0.0	0	3.5	84
100	3.9	87	4.4	96	4.4	90			4.5	102					0.0	0	3.4	83
90	3.9	88	4.4	96	4.3	89			4.4	102					0.0	0	3.4	84
80	4.0	89	4.3	94	4.3	89			4.4	102					0.0	0	3.5	86
70	4.0	89	4.2	93	4.2	87			4.3	101					0.0	0	3.6	87
60	4.1	88	4.2	92	4.2	86			4.2	99					0.0	0	3.7	90
50	4.0	89	4.3	93	4.2	86			4.2	97					0.0	0	3.7	91
40	4.0	89	4.3	94	4.2	86			4.1	96					0.0	0	3.6	90
30	4.1	89	4.2	93	4.1	85			4.2	95					0.0	0	3.6	90
20	4.1	90	4.2	91	4.1	86			4.2	95					0.0	0	3.7	91
10	4.1	90	4.2	91	4.1	86			4.2	95					0.0	0	3.8	91
0	4.0	90	4.2	91	4.0	85			4.0	95					0.0	0	3.6	92