

MK1 1000m

H4

Race 7

27 MAY 2016

RACE DATA

Dist. [m]	IRI				SWE		FIN		SRB		BRA		SVK		THA			
	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	3.4	113			3.5	126					3.6	119	3.5	124				
980	4.5	116			4.7	135					4.7	126	4.8	130			0.9	103
970	4.9	118			5.2	137					5.2	126	5.2	132			1.6	103
960	5.0	121			5.4	145					5.2	131	5.3	137			2.2	104
950	5.0	121			5.4	147					5.2	130	5.3	133			2.6	104
940	5.0	119			5.3	144					5.2	127	5.2	127			2.9	104
930	5.0	116			5.3	141					5.1	125	5.1	120			3.2	104
920	4.9	116			5.2	138					5.0	123	5.0	115			3.5	103
910	4.9	114			5.2	136					5.0	120	4.9	113			3.6	103
900	4.9	113			5.1	134					4.9	120	4.8	110			3.8	104
890	4.8	111			5.0	131					4.8	119	4.8	108			3.9	104
880	4.8	110			5.0	130					4.8	119	4.8	107			4.0	104
870	4.7	107			4.9	130					4.8	119	4.7	106			4.1	104
860	4.7	105			4.9	129					4.7	118	4.7	105			4.2	103
850	4.6	104			4.9	128					4.7	117	4.7	103			4.2	103
840	4.6	103			4.8	126					4.6	116	4.6	102			4.3	103
830	4.6	103			4.8	124					4.6	116	4.6	102			4.3	103
820	4.5	104			4.8	124					4.6	115	4.6	102			4.3	102
810	4.5	104			4.7	121					4.6	116	4.6	102			4.3	102
800	4.5	104			4.6	120					4.6	115	4.5	101			4.3	102
790	4.5	104			4.6	118					4.5	115	4.5	99			4.3	102
780	4.5	104			4.6	117					4.4	114	4.5	99			4.3	102
770	4.5	104			4.5	117					4.4	113	4.4	98			4.3	102
760	4.4	103			4.6	116					4.5	112	4.4	97			4.4	102
750	4.5	103			4.6	115					4.5	112	4.5	98			4.4	102
740	4.4	103			4.5	115					4.4	111	4.5	99			4.4	102
730	4.4	103			4.5	115					4.4	111	4.4	99			4.4	102
720	4.4	103			4.5	114					4.5	111	4.4	97			4.3	101
710	4.4	103			4.5	114					4.5	111	4.3	96			4.3	101
700	4.4	103			4.5	112					4.5	112	4.4	95			4.4	101
690	4.5	103			4.4	112					4.5	112	4.4	94			4.4	101
680	4.5	103			4.4	110					4.4	112	4.4	95			4.4	101
670	4.4	103			4.4	110					4.4	112	4.3	95			4.4	100
660	4.4	103			4.4	110					4.4	111	4.3	94			4.4	100
650	4.4	102			4.4	110					4.4	112	4.3	93			4.4	102
640	4.4	102			4.4	110					4.4	112	4.3	93			4.3	100
630	4.4	100			4.4	110					4.3	112	4.3	94			4.3	100
620	4.3	100			4.4	110					4.3	111	4.2	94			4.3	100
610	4.3	99			4.4	109					4.3	111	4.2	94			4.3	100
600	4.3	100			4.4	109					4.3	110	4.2	94			4.3	100
590	4.3	100			4.4	109					4.3	110	4.3	94			4.3	99
580	4.3	100			4.4	110					4.3	110	4.3	94			4.3	99
570	4.3	101			4.3	109					4.3	110	4.3	93			4.3	98
560	4.4	102			4.3	108					4.3	111	4.2	92			4.2	99

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550	4.3	101			4.3	106					4.4	112	4.3	92			4.2	99
540	4.3	101			4.3	106					4.4	111	4.2	92			4.3	99
530	4.3	100			4.3	106					4.3	111	4.3	92			4.3	99
520	4.3	100			4.3	106					4.3	111	4.2	93			4.3	98
510	4.3	100			4.3	106					4.4	112	4.3	92			4.2	97
500	4.3	100			4.3	106					4.4	112	4.2	91			4.2	98
490	4.3	101			4.3	106					4.3	112	4.2	91			4.2	97
480	4.3	101			4.3	106					4.3	111	4.2	92			4.2	98
470	4.3	101			4.3	106					4.3	111	4.2	91			4.1	97
460	4.3	101			4.3	106					4.3	110	4.3	91			4.1	97
450	4.3	100			4.3	106					4.3	110	4.2	91			4.1	96
440	4.2	99			4.2	106					4.3	111	4.2	91			4.2	95
430	4.2	99			4.3	107					4.3	111	4.2	90			4.2	95
420	4.2	99			4.3	108					4.3	111	4.2	89			4.2	96
410	4.3	99			4.3	108					4.3	110	4.2	90			4.1	96
400	4.2	100			4.3	107					4.3	109	4.2	90			4.1	94
390	4.3	100			4.3	107					4.3	108	4.2	90			4.1	93
380	4.3	101			4.3	107					4.2	109	4.2	91			4.1	93
370	4.3	100			4.3	106					4.2	108	4.2	91			4.1	94
360	4.2	100			4.3	108					4.3	109	4.2	90			4.2	94
350	4.3	100			4.3	107					4.2	109	4.2	90			4.1	93
340	4.3	100			4.3	107					4.2	109	4.2	91			4.1	93
330	4.3	100			4.3	107					4.1	108	4.2	91			4.2	92
320	4.3	99			4.3	107					4.2	108	4.2	91			4.1	92
310	4.3	100			4.3	106					4.2	108	4.3	91			4.2	91
300	4.3	100			4.3	106					4.2	108	4.2	92			4.2	92
290	4.3	101			4.3	105					4.2	107	4.3	92			4.1	93
280	4.2	100			4.3	105					4.1	106	4.3	92			4.1	94
270	4.2	100			4.2	104					4.1	106	4.3	92			4.2	94
260	4.2	100			4.2	104					4.2	106	4.3	93			4.2	94
250	4.2	101			4.3	105					4.2	104	4.3	94			4.1	94
240	4.3	101			4.3	105					4.1	106	4.4	95			4.0	93
230	4.4	101			4.3	106					4.1	107	4.5	98			4.0	92
220	4.4	101			4.2	106					4.2	108	4.5	101			4.0	92
210	4.4	101			4.2	106					4.3	109	4.5	104			3.9	93
200	4.4	103			4.3	106					4.4	112	4.5	105			3.9	93
190	4.5	105			4.3	106					4.5	114	4.5	105			3.9	93
180	4.5	107			4.3	106					4.6	116	4.5	104			3.9	93
170	4.5	108			4.3	106					4.7	117	4.5	103			4.0	92
160	4.5	108			4.3	106					4.6	117	4.5	103			4.0	91
150	4.5	108			4.3	106					4.7	117	4.5	103			4.0	91
140	4.4	108			4.3	106					4.7	119	4.4	102			4.0	91
130	4.4	108			4.3	108					4.7	120	4.4	100			4.1	90
120	4.4	108			4.3	108					4.7	120	4.3	98			4.1	90

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	4.4	108			4.4	109					4.7	119	4.3	98			4.0	90
100	4.3	108			4.4	110					4.7	119	4.3	97			3.9	90
90	4.3	106			4.3	109					4.7	118	4.2	95			3.8	90
80	4.3	106			4.3	107					4.8	118	4.2	93			3.8	92
70	4.2	105			4.3	108					4.8	119	4.2	92			3.7	93
60	4.2	105			4.3	108					4.8	119	4.2	92			3.9	93
50	4.2	104			4.2	108					4.8	120	4.2	93			3.9	92
40	4.2	104			4.2	108					4.8	120	4.1	92			3.8	90
30	4.1	103			4.2	107					4.7	120	4.1	90			3.7	90
20	4.2	102			4.2	106					4.7	120	4.1	90			3.7	90
10	4.1	101			4.2	106					4.6	119	4.1	89			3.8	90
0	4.0	101			3.7	104					4.3	116	3.9	87			3.6	87