

MC1 200m

H3

Race 80

28 MAY 2016

RACE DATA

Dist. [m]	INA		UKR				AZE		CHN		ECU		LTU		GER			
	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	3.1	76	3.5	81			3.4	90	3.7	94	3.2	92	3.2	88	3.2	85		
180	4.2	78	5.0	82			4.5	95	4.9	92	4.4	92	4.8	90	4.6	89		
170	4.6	78	5.0	80			4.9	95	5.2	92	4.9	92	5.0	90	5.1	89		
160	4.9	79	5.3	79			5.1	95	5.4	92	5.1	92	5.2	90	5.4	90		
150	4.7	78	5.4	76			5.1	94	5.3	91	5.2	90	5.5	89	5.5	89		
140	4.9	77	5.5	74			5.3	92	5.3	91	5.2	90	5.3	87	5.4	88		
130	4.9	76	5.2	72			5.3	90	5.3	90	5.0	88	5.5	85	5.6	87		
120	4.9	76	5.0	71			5.0	89	5.2	89	4.9	88	5.4	84	5.3	85		
110	4.8	76	5.1	70			5.0	89	5.2	88	4.9	86	5.3	82	5.4	84		
100	4.7	76	5.3	68			5.0	88	5.1	88	4.9	85	5.3	81	5.1	82		
90	4.9	76	5.2	68			4.9	88	5.2	87	4.8	84	5.3	79	5.3	81		
80	4.8	76	5.1	68			5.0	86	5.1	86	4.8	84	5.1	79	5.0	79		
70	4.6	75	4.7	66			4.9	84	4.9	84	4.8	83	5.0	79	5.2	79		
60	4.8	74	4.8	66			4.7	82	4.7	83	4.6	82	4.9	78	5.0	79		
50	4.5	73	4.8	64			4.7	81	4.9	81	4.4	80	4.8	77	5.0	78		
40	4.8	73	4.8	63			4.7	78	4.8	80	4.3	79	5.0	76	4.9	77		
30	4.5	72	4.8	62			4.5	76	4.4	77	4.1	78	4.7	75	4.8	77		
20	4.4	72	4.7	61			4.3	75	4.6	74	4.1	77	4.8	75	4.7	76		
10	4.5	72	4.5	60			4.6	74	4.2	72	4.2	76	4.5	74	4.5	75		
0	4.4	72	4.3	59			4.3	72	4.5	69	4.6	76	4.6	74	4.6	76		