

WK1 500m

H5

Race 86

28 MAY 2016

RACE DATA

Dist. [m]	BEL		CAN		SVK		JPN		SLO		SRB		KAZ		AUS			
	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
490	3.2	111	3.2	104	3.4	112	3.2	100	3.1	95			3.2	112	3.2	123		
480	4.3	119	4.5	124	4.4	119	4.2	115	4.2	103			4.4	121	4.3	130		
470	4.7	126	4.9	132	4.8	122	4.6	120	4.5	106			4.7	124	4.8	133		
460	4.7	132	5.0	132	4.8	127	4.6	126	4.6	111			4.8	129	4.9	138		
450	4.8	134	4.9	131	4.8	127	4.6	128	4.6	114			4.7	127	4.9	137		
440	4.7	132	4.8	124	4.7	126	4.6	127	4.6	115			4.7	122	4.8	132		
430	4.7	128	4.8	119	4.7	124	4.6	126	4.6	116			4.7	120	4.8	128		
420	4.7	125	4.7	115	4.7	120	4.5	125	4.6	114			4.6	119	4.7	127		
410	4.6	121	4.6	111	4.6	118	4.5	125	4.6	113			4.6	117	4.6	123		
400	4.5	117	4.6	107	4.5	116	4.5	124	4.6	113			4.6	116	4.6	121		
390	4.5	114	4.5	105	4.5	115	4.4	123	4.6	113			4.6	115	4.5	117		
380	4.4	114	4.5	104	4.5	113	4.4	122	4.6	113			4.5	115	4.5	114		
370	4.3	111	4.5	103	4.5	111	4.3	121	4.5	111			4.4	113	4.5	114		
360	4.3	110	4.5	102	4.4	110	4.2	119	4.5	110			4.4	110	4.5	100		
350	4.3	109	4.4	101	4.4	108	4.2	118	4.5	109			4.3	109	4.4	57		
340	4.3	109	4.4	100	4.3	107	4.2	117	4.5	109			4.3	109	4.4	56		
330	4.3	108	4.4	100	4.3	105	4.2	115	4.4	109			4.4	109	4.3	0		
320	4.3	107	4.4	101	4.3	103	4.1	115	4.4	108			4.3	109	4.3	106		
310	4.2	107	4.4	102	4.3	102	4.1	114	4.4	107			4.3	108	4.3	104		
300	4.3	106	4.4	102	4.3	102	4.1	113	4.4	109			4.3	108	4.3	105		
290	4.2	106	4.4	101	4.3	102	4.0	113	4.4	107			4.3	108	4.3	106		
280	4.2	105	4.4	100	4.2	100	4.0	112	4.4	107			4.3	107	4.2	104		
270	4.1	104	4.3	100	4.2	100	4.0	111	4.3	107			4.2	106	4.2	101		
260	4.1	103	4.3	100	4.2	100	4.1	111	4.3	106			4.2	106	4.2	103		
250	4.1	103	4.2	100	4.2	100	4.1	111	4.3	106			4.2	106	4.2	105		
240	4.1	102	4.2	100	4.2	100	4.0	111	4.3	106			4.1	105	4.2	104		
230	4.1	103	4.3	100	4.1	99	4.0	109	4.3	105			4.1	103	4.1	103		
220	4.1	103	4.2	101	4.1	99	4.0	109	4.3	104			4.1	102	4.2	102		
210	4.1	103	4.2	101	4.1	99	4.0	109	4.3	104			4.0	102	4.2	103		
200	4.1	101	4.2	100	4.1	99	4.0	109	4.2	105			4.0	101	4.2	106		
190	4.1	101	4.2	100	4.1	98	4.0	108	4.2	104			3.9	101	4.2	103		
180	4.1	101	4.2	100	4.1	98	4.0	107	4.2	103			4.0	101	4.1	105		
170	4.1	101	4.2	100	4.1	98	4.0	107	4.2	103			4.0	101	4.1	102		
160	4.1	100	4.2	99	4.1	98	3.9	106	4.2	103			4.0	101	4.1	101		
150	4.1	99	4.2	98	4.2	98	3.9	106	4.2	104			4.0	98	4.1	102		
140	4.0	99	4.2	98	4.1	99	3.9	106	4.2	104			4.0	98	4.1	101		
130	4.0	99	4.1	97	4.1	98	3.8	106	4.2	104			3.9	98	4.0	100		
120	4.0	99	4.1	96	4.1	97	3.8	106	4.2	104			3.9	97	4.1	100		
110	4.0	98	4.2	97	4.1	97	3.8	106	4.2	105			3.9	97	4.1	102		
100	3.9	98	4.2	104	4.1	98	3.8	106	4.2	103			4.0	97	4.1	102		
90	4.0	98	4.2	106	4.1	98	3.9	105	4.2	104			3.9	97	4.1	99		
80	4.0	98	4.2	106	4.0	98	3.9	105	4.2	102			3.8	95	4.1	97		
70	4.0	98	4.2	105	4.0	98	4.0	105	4.2	101			3.8	94	4.1	99		
60	4.0	98	4.2	106	4.0	98	4.0	105	4.1	101			3.8	93	4.0	100		

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
50	3.8	97	4.2	106	4.0	97	4.0	106	4.1	102			3.9	93	4.1	99		
40	3.9	96	4.2	106	3.9	97	4.0	106	4.1	101			3.9	93	4.1	97		
30	3.9	96	4.1	103	4.0	96	4.0	106	4.1	100			3.8	92	4.1	98		
20	3.9	97	4.1	101	4.0	96	4.1	107	4.0	100			3.7	92	4.0	97		
10	3.9	98	4.1	102	3.9	95	4.1	108	4.0	98			3.6	91	4.0	97		
0	3.8	97	3.9	101	3.9	94	4.1	109	3.9	95			3.4	90	4.1	98		