

MK4 1000m

H2

Race 91

28 MAY 2016

RACE DATA

Dist. [m]	SRB		INA		HUN		ARG		DEN		CZE		GER		SVK			
	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	3.3	115	3.3	114	3.6	117	3.8	119	3.7	121	4.0	127	3.8	118	3.7	125		
980	5.0	123	4.9	126	5.1	125	5.2	128	5.2	133	5.4	137	5.4	131	5.2	133		
970	5.7	127	5.7	133	5.9	130	5.9	134	5.8	138	6.1	142	6.2	137	6.1	137		
960	6.1	132	6.0	142	6.2	135	6.4	142	6.1	144	6.5	148	6.7	144	6.5	143		
950	6.2	135	6.1	149	6.4	141	6.5	147	6.2	149	6.6	155	6.9	152	6.8	147		
940	6.2	135	6.1	150	6.5	143	6.6	150	6.3	151	6.7	156	6.9	155	6.9	149		
930	6.2	134	6.1	146	6.6	143	6.5	147	6.2	151	6.6	153	6.9	155	6.9	148		
920	6.1	132	6.1	141	6.5	143	6.4	142	6.2	151	6.6	148	6.9	154	6.8	145		
910	6.1	130	6.0	134	6.5	142	6.4	136	6.2	150	6.5	141	6.9	151	6.7	142		
900	6.1	128	5.9	128	6.5	141	6.3	129	6.2	150	6.4	136	6.8	149	6.6	139		
890	6.1	128	5.9	126	6.3	140	6.2	126	6.1	147	6.3	131	6.8	147	6.6	135		
880	6.0	126	5.8	123	6.3	138	6.1	124	6.0	145	6.3	128	6.7	143	6.5	130		
870	6.0	124	5.8	121	6.2	135	6.1	123	6.0	143	6.2	125	6.6	139	6.3	126		
860	5.9	123	5.7	119	6.2	134	6.0	121	5.9	141	6.1	123	6.5	135	6.3	122		
850	5.9	123	5.6	118	6.1	133	6.0	121	5.8	139	6.1	121	6.4	130	6.2	118		
840	5.9	122	5.6	117	6.1	131	5.9	120	5.8	137	6.0	120	6.4	127	6.2	117		
830	5.8	121	5.6	116	6.0	129	5.8	118	5.7	136	6.0	118	6.3	125	6.1	117		
820	5.7	120	5.5	115	6.0	128	5.8	117	5.7	134	5.9	118	6.2	122	6.0	116		
810	5.7	119	5.4	114	5.9	126	5.8	116	5.6	133	5.9	117	6.2	120	6.0	114		
800	5.7	119	5.3	112	5.9	126	5.7	115	5.6	132	5.8	116	6.2	118	6.0	114		
790	5.6	118	5.3	112	5.9	126	5.7	115	5.5	130	5.9	115	6.1	117	6.0	113		
780	5.6	118	5.3	112	5.9	126	5.8	115	5.5	130	5.8	114	6.0	117	5.9	112		
770	5.7	118	5.2	112	5.8	125	5.7	115	5.5	130	5.8	114	6.0	117	5.9	112		
760	5.6	117	5.2	111	5.8	123	5.7	115	5.4	129	5.8	114	6.0	117	5.9	112		
750	5.6	117	5.1	109	5.8	122	5.7	115	5.4	127	5.8	114	5.9	117	5.8	111		
740	5.6	117	5.2	109	5.7	120	5.7	115	5.4	126	5.7	113	5.9	116	5.8	110		
730	5.6	116	5.1	109	5.7	119	5.6	115	5.3	125	5.7	112	5.9	115	5.8	110		
720	5.6	116	5.1	108	5.7	119	5.6	114	5.3	125	5.7	112	5.8	114	5.8	110		
710	5.5	116	5.0	109	5.6	118	5.6	114	5.3	125	5.7	112	5.8	114	5.7	110		
700	5.5	116	5.0	109	5.7	117	5.6	114	5.3	125	5.7	111	5.8	113	5.7	110		
690	5.5	116	4.9	108	5.6	117	5.6	114	5.3	124	5.7	111	5.8	113	5.7	109		
680	5.5	116	4.9	107	5.6	116	5.6	114	5.4	124	5.6	111	5.8	112	5.7	109		
670	5.5	115	4.8	106	5.6	116	5.6	114	5.4	124	5.7	111	5.8	112	5.7	109		
660	5.5	114	4.9	107	5.6	115	5.6	114	5.4	124	5.7	111	5.7	111	5.6	109		
650	5.5	114	4.9	107	5.6	115	5.6	114	5.4	125	5.7	111	5.7	111	5.6	108		
640	5.5	114	5.0	107	5.6	115	5.5	114	5.5	125	5.7	111	5.7	111	5.6	108		
630	5.5	114	5.1	108	5.6	114	5.5	113	5.5	125	5.6	111	5.7	111	5.6	108		
620	5.4	114	5.1	108	5.6	114	5.5	112	5.5	125	5.6	110	5.6	110	5.6	108		
610	5.3	114	5.2	109	5.6	115	5.4	110	5.4	125	5.6	110	5.6	110	5.6	107		
600	5.4	113	5.1	109	5.6	114	5.4	109	5.5	125	5.6	110	5.6	110	5.5	107		
590	5.3	112	5.0	109	5.5	114	5.4	109	5.5	125	5.6	110	5.6	109	5.5	107		
580	5.3	111	4.9	108	5.5	113	5.4	109	5.5	125	5.6	110	5.6	109	5.5	107		
570	5.3	109	4.7	107	5.5	112	5.4	109	5.4	125	5.6	109	5.6	109	5.5	106		
560	5.2	107	4.6	106	5.5	112	5.3	109	5.5	125	5.6	109	5.6	109	5.5	106		

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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	5.1	104	4.6	105	5.5	111	5.3	109	5.5	124	5.6	109	5.6	109	5.5	106		
540	5.0	102	4.5	104	5.4	111	5.3	109	5.4	124	5.6	110	5.6	109	5.5	106		
530	4.9	101	4.7	103	5.5	113	5.2	108	5.4	124	5.7	110	5.5	110	5.5	106		
520	4.8	100	4.9	103	5.6	114	5.2	108	5.4	122	5.7	111	5.5	110	5.4	106		
510	4.8	99	4.9	102	5.5	116	5.2	108	5.3	122	5.6	111	5.6	110	5.4	106		
500	4.8	99	4.8	102	5.5	116	5.2	107	5.3	122	5.6	111	5.5	110	5.4	106		
490	4.8	99	4.9	102	5.5	116	5.1	107	5.3	122	5.6	110	5.6	110	5.5	107		
480	4.8	99	4.8	102	5.5	115	5.1	107	5.4	123	5.6	110	5.8	112	5.6	108		
470	4.9	99	4.7	102	5.4	115	5.2	106	5.4	124	5.6	109	5.8	113	5.6	108		
460	4.9	99	4.7	102	5.4	114	5.2	106	5.4	125	5.6	109	5.8	114	5.5	108		
450	4.8	99	4.6	101	5.4	113	5.1	106	5.3	125	5.6	109	5.7	114	5.5	107		
440	4.9	99	4.6	101	5.3	113	5.1	105	5.3	124	5.6	109	5.7	114	5.5	107		
430	4.9	99	4.5	101	5.4	112	5.1	105	5.3	124	5.6	109	5.7	113	5.5	107		
420	4.9	99	4.5	100	5.3	111	5.1	105	5.3	124	5.6	109	5.6	113	5.5	107		
410	4.9	99	4.5	100	5.3	111	5.2	104	5.2	124	5.6	109	5.6	113	5.5	107		
400	4.9	101	4.5	100	5.2	109	5.2	104	5.2	124	5.6	109	5.6	113	5.5	107		
390	4.8	101	4.5	99	5.2	108	5.2	104	5.2	124	5.6	109	5.6	112	5.5	107		
380	4.8	100	4.5	99	5.2	108	5.2	104	5.2	124	5.6	109	5.5	112	5.5	107		
370	4.8	99	4.4	99	5.2	108	5.2	104	5.2	123	5.6	109	5.5	112	5.5	107		
360	4.7	98	4.4	99	5.2	107	5.2	103	5.2	123	5.5	109	5.5	112	5.5	107		
350	4.7	98	4.5	98	5.1	106	5.2	103	5.3	123	5.5	109	5.4	110	5.5	107		
340	4.6	97	4.5	98	5.1	105	5.2	104	5.3	123	5.5	109	5.4	110	5.5	107		
330	4.6	97	4.6	98	5.1	105	5.1	104	5.3	124	5.5	109	5.4	110	5.5	107		
320	4.6	97	4.6	98	5.1	105	5.2	104	5.3	125	5.5	109	5.4	109	5.4	107		
310	4.7	97	4.6	98	5.1	105	5.1	103	5.3	125	5.5	108	5.5	108	5.4	107		
300	4.6	96	4.4	98	5.1	105	5.1	103	5.3	124	5.4	108	5.4	108	5.4	107		
290	4.7	96	4.4	98	5.0	105	5.1	103	5.4	124	5.4	108	5.4	108	5.4	107		
280	4.7	96	4.5	98	5.1	104	5.1	102	5.4	125	5.5	108	5.4	107	5.5	108		
270	4.7	96	4.6	98	5.0	103	5.0	102	5.3	125	5.5	108	5.4	107	5.6	109		
260	4.7	96	4.7	99	5.0	103	5.0	102	5.3	125	5.4	108	5.4	107	5.6	109		
250	4.7	97	4.8	100	5.0	103	5.0	102	5.3	125	5.4	109	5.4	107	5.6	111		
240	4.8	98	4.8	101	5.0	103	4.9	102	5.2	125	5.4	109	5.4	107	5.6	111		
230	4.8	98	4.7	101	5.2	104	5.0	102	5.3	125	5.5	110	5.4	107	5.6	112		
220	4.7	97	4.6	101	5.2	105	5.0	102	5.3	126	5.5	111	5.4	108	5.6	112		
210	4.7	96	4.7	101	5.1	105	5.0	102	5.3	126	5.6	113	5.4	107	5.6	113		
200	4.7	96	4.8	101	5.2	105	5.1	103	5.3	127	5.6	114	5.4	108	5.6	114		
190	4.6	95	4.8	101	5.2	104	5.2	104	5.2	128	5.6	115	5.4	109	5.6	114		
180	4.6	95	4.7	101	5.1	103	5.3	105	5.2	127	5.6	116	5.4	109	5.6	115		
170	4.6	95	4.6	102	5.2	103	5.3	106	5.2	126	5.6	116	5.5	109	5.6	116		
160	4.7	95	4.5	101	5.2	103	5.4	107	5.1	126	5.6	117	5.7	113	5.6	116		
150	4.7	95	4.5	101	5.2	103	5.4	107	5.0	126	5.6	118	5.9	117	5.6	116		
140	4.6	94	4.5	99	5.2	103	5.4	107	5.0	125	5.6	118	5.9	119	5.6	115		
130	4.7	93	4.7	99	5.2	102	5.4	107	4.9	125	5.6	118	6.0	122	5.6	115		
120	4.7	93	4.8	101	5.2	102	5.4	106	5.0	125	5.6	118	5.9	123	5.6	115		

2016 ICF Canoe Sprint World Cup, Racice

MK4 1000m

H2

28 MAY 2016

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RACE DATA

Dist. [m]	SRB		INA		HUN		ARG		DEN		CZE		GER		SVK			
	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	4.7	93	4.8	102	5.2	102	5.4	106	5.1	124	5.6	118	5.9	123	5.6	115		
100	4.6	93	4.9	104	5.2	102	5.4	106	5.2	124	5.6	118	5.9	123	5.6	116		
90	4.6	93	4.9	104	5.1	101	5.4	106	5.2	124	5.6	117	5.8	123	5.6	116		
80	4.6	93	5.0	106	5.2	101	5.3	106	5.1	125	5.6	117	5.8	122	5.7	116		
70	4.6	93	5.0	107	5.2	101	5.2	106	5.1	125	5.6	117	5.7	121	5.7	117		
60	4.6	93	4.9	107	5.2	101	5.2	105	5.1	124	5.6	116	5.6	117	5.6	117		
50	4.6	93	4.8	107	5.1	101	5.0	104	5.0	124	5.6	116	5.5	111	5.6	117		
40	4.6	94	4.7	106	5.1	100	5.0	104	5.0	123	5.5	116	5.4	106	5.6	116		
30	4.6	93	4.7	106	5.0	100	4.9	104	5.0	124	5.5	116	5.3	104	5.5	115		
20	4.6	93	4.7	106	4.9	98	4.9	103	5.0	123	5.5	116	5.2	101	5.4	115		
10	4.5	92	4.6	106	4.9	98	4.9	102	4.9	123	5.5	115	5.1	99	5.4	114		
0	4.5	92	4.5	106	4.4	96	4.7	102	4.8	123	5.4	114	4.8	96	5.3	114		