

MK1 1000m

FC

Race 54

28 MAY 2016

RACE DATA

Dist. [m]	SWE		IRI		NOR		DEN		BEL		SUI		SVK		CAN		IRI	
	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	3.2	133	3.6	128	3.8	127	3.7	112	3.7	122	3.7	111			3.6	116	3.5	116
980	4.8	142	4.8	131	4.9	137	4.8	121	4.8	126	4.8	118			4.9	127	4.5	119
970	5.3	146	5.1	133	5.3	137	5.3	126	5.3	127	5.2	120			5.2	130	4.9	120
960	5.4	153	5.3	138	5.3	143	5.4	134	5.4	129	5.4	124			5.2	133	5.0	123
950	5.4	156	5.3	138	5.3	138	5.4	135	5.4	127	5.3	126			5.3	133	5.0	123
940	5.4	155	5.2	136	5.3	133	5.4	135	5.3	124	5.3	124			5.1	130	5.0	122
930	5.3	153	5.2	133	5.2	130	5.3	133	5.2	122	5.3	123			5.1	127	4.9	121
920	5.3	151	5.1	129	5.1	129	5.2	132	5.3	120	5.2	121			5.0	125	4.9	119
910	5.2	147	5.0	126	5.0	126	5.2	130	5.2	118	5.1	118			5.0	123	4.9	117
900	5.2	145	4.9	123	5.0	124	5.1	128	5.1	118	5.0	117			4.9	121	4.8	115
890	5.1	141	4.9	121	4.9	123	5.0	125	5.1	116	5.0	115			4.9	119	4.8	115
880	5.0	137	4.9	117	4.9	123	5.0	122	5.0	115	5.0	114			4.8	118	4.7	113
870	4.9	135	4.8	116	4.8	121	4.9	120	4.9	114	4.9	112			4.7	118	4.7	112
860	4.8	131	4.7	116	4.8	119	4.8	119	4.9	112	4.8	110			4.8	117	4.6	111
850	4.9	130	4.6	115	4.7	117	4.8	118	4.9	111	4.8	108			4.7	116	4.6	111
840	4.8	128	4.6	113	4.7	117	4.8	116	4.9	110	4.8	108			4.7	117	4.5	111
830	4.8	127	4.6	113	4.7	117	4.8	115	4.8	109	4.7	107			4.8	117	4.6	110
820	4.7	125	4.6	113	4.7	116	4.7	112	4.8	109	4.8	106			4.7	118	4.6	109
810	4.6	124	4.5	112	4.7	115	4.7	112	4.8	107	4.7	104			4.7	118	4.6	109
800	4.6	122	4.5	110	4.6	116	4.7	112	4.8	108	4.7	102			4.8	117	4.6	109
790	4.6	120	4.5	110	4.6	115	4.6	112	4.7	107	4.7	100			4.7	116	4.6	107
780	4.5	120	4.5	111	4.6	114	4.5	111	4.8	108	4.6	100			4.6	116	4.5	107
770	4.5	120	4.4	111	4.6	113	4.5	111	4.7	107	4.6	102			4.6	115	4.5	106
760	4.5	120	4.5	110	4.5	112	4.5	110	4.6	107	4.6	104			4.6	114	4.5	106
750	4.4	120	4.5	108	4.5	113	4.5	110	4.6	106	4.5	104			4.6	112	4.5	106
740	4.4	118	4.4	106	4.4	112	4.5	110	4.7	105	4.6	102			4.6	111	4.5	107
730	4.4	117	4.4	105	4.4	112	4.5	109	4.6	106	4.6	101			4.5	111	4.5	107
720	4.4	116	4.4	104	4.4	110	4.5	108	4.6	105	4.5	100			4.5	111	4.4	106
710	4.4	117	4.3	103	4.4	111	4.5	108	4.5	106	4.5	100			4.5	111	4.5	106
700	4.3	116	4.3	101	4.5	111	4.5	108	4.5	105	4.5	100			4.4	111	4.5	106
690	4.3	116	4.3	104	4.4	112	4.4	108	4.5	105	4.4	101			4.4	111	4.5	107
680	4.3	114	4.3	104	4.4	111	4.5	108	4.6	106	4.5	100			4.5	110	4.5	106
670	4.3	114	4.3	104	4.4	110	4.5	107	4.5	106	4.5	99			4.5	110	4.4	105
660	4.3	114	4.3	103	4.4	109	4.4	106	4.5	105	4.4	100			4.4	109	4.4	105
650	4.3	114	4.3	103	4.4	109	4.3	107	4.5	104	4.4	100			4.4	109	4.4	105
640	4.3	114	4.3	103	4.4	109	4.4	106	4.5	104	4.5	101			4.4	109	4.4	105
630	4.3	113	4.3	103	4.4	108	4.4	106	4.5	105	4.4	100			4.4	110	4.4	104
620	4.3	114	4.3	104	4.4	108	4.4	106	4.5	105	4.4	99			4.5	109	4.4	105
610	4.3	114	4.2	104	4.4	108	4.3	108	4.5	106	4.4	98			4.5	109	4.4	104
600	4.3	114	4.2	103	4.4	109	4.4	108	4.5	105	4.4	99			4.5	109	4.4	105
590	4.2	114	4.2	104	4.4	109	4.4	108	4.4	106	4.4	99			4.4	108	4.3	103
580	4.2	114	4.2	103	4.4	110	4.3	107	4.5	104	4.4	100			4.3	108	4.3	103
570	4.3	113	4.2	103	4.4	110	4.3	107	4.4	105	4.4	99			4.3	108	4.3	103
560	4.2	113	4.2	102	4.3	108	4.3	106	4.4	105	4.4	99			4.3	107	4.4	103

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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	4.2	113	4.2	101	4.4	110	4.3	106	4.4	105	4.4	100			4.3	107	4.3	104
540	4.2	113	4.2	102	4.4	110	4.3	106	4.4	105	4.4	100			4.3	107	4.4	105
530	4.2	113	4.2	101	4.3	110	4.3	106	4.4	105	4.4	99			4.3	108	4.4	105
520	4.2	113	4.3	102	4.3	109	4.3	106	4.4	105	4.3	99			4.3	109	4.4	105
510	4.2	111	4.2	102	4.3	108	4.2	106	4.4	106	4.3	99			4.3	110	4.4	105
500	4.2	110	4.4	104	4.3	109	4.3	105	4.4	106	4.3	99			4.4	110	4.4	105
490	4.2	109	4.5	106	4.3	108	4.3	106	4.4	106	4.4	99			4.5	113	4.4	106
480	4.2	109	4.5	108	4.3	109	4.3	105	4.4	106	4.3	97			4.5	112	4.5	106
470	4.2	109	4.5	110	4.3	109	4.3	105	4.4	106	4.4	97			4.4	110	4.5	106
460	4.3	111	4.6	112	4.4	110	4.4	105	4.4	106	4.4	96			4.4	108	4.4	106
450	4.3	111	4.6	112	4.4	109	4.4	105	4.4	105	4.4	97			4.4	107	4.4	106
440	4.3	111	4.6	112	4.4	109	4.4	105	4.4	105	4.4	98			4.4	108	4.5	106
430	4.3	111	4.5	112	4.4	109	4.4	105	4.4	104	4.4	98			4.4	108	4.4	106
420	4.3	112	4.5	112	4.4	109	4.4	105	4.4	105	4.4	100			4.4	109	4.5	107
410	4.3	113	4.5	111	4.3	108	4.3	106	4.4	105	4.4	99			4.4	110	4.6	108
400	4.2	113	4.5	110	4.3	108	4.3	106	4.3	105	4.4	99			4.4	110	4.5	109
390	4.2	112	4.5	113	4.3	107	4.3	105	4.3	105	4.4	98			4.4	108	4.5	109
380	4.2	112	4.6	114	4.3	108	4.3	106	4.3	104	4.4	99			4.3	108	4.5	109
370	4.3	113	4.6	114	4.4	108	4.3	106	4.3	104	4.4	99			4.3	108	4.4	110
360	4.2	113	4.5	114	4.4	108	4.3	105	4.3	104	4.4	100			4.4	108	4.4	110
350	4.2	113	4.5	111	4.4	108	4.2	105	4.3	104	4.3	100			4.4	109	4.4	109
340	4.2	112	4.4	110	4.3	108	4.2	104	4.3	105	4.3	100			4.4	109	4.5	109
330	4.3	112	4.4	111	4.3	106	4.1	103	4.3	104	4.3	99			4.4	109	4.4	109
320	4.3	115	4.4	112	4.3	106	4.1	103	4.3	104	4.3	98			4.4	109	4.4	110
310	4.3	115	4.4	113	4.3	108	4.1	103	4.3	104	4.2	98			4.5	110	4.4	110
300	4.3	115	4.4	112	4.3	109	4.1	103	4.3	105	4.2	98			4.6	112	4.4	109
290	4.3	114	4.4	111	4.3	110	4.1	102	4.2	104	4.3	99			4.4	112	4.4	110
280	4.3	114	4.4	111	4.4	110	4.1	102	4.2	105	4.3	98			4.3	109	4.5	110
270	4.3	115	4.4	111	4.4	111	4.1	102	4.2	104	4.3	98			4.2	107	4.4	110
260	4.2	114	4.4	111	4.4	111	4.1	103	4.3	105	4.3	98			4.2	106	4.4	109
250	4.2	114	4.4	109	4.4	111	4.2	102	4.2	104	4.3	98			4.3	106	4.4	111
240	4.2	113	4.4	109	4.4	111	4.1	102	4.3	105	4.3	99			4.3	107	4.4	111
230	4.2	113	4.3	109	4.3	111	4.0	103	4.3	106	4.2	98			4.3	108	4.5	112
220	4.2	114	4.4	110	4.3	111	4.0	102	4.3	106	4.2	98			4.3	108	4.4	113
210	4.2	115	4.4	110	4.3	111	4.1	104	4.3	105	4.3	97			4.4	110	4.4	114
200	4.2	115	4.4	110	4.3	110	4.2	106	4.3	106	4.3	98			4.5	112	4.4	113
190	4.2	116	4.4	111	4.4	112	4.1	106	4.3	106	4.3	99			4.5	112	4.4	113
180	4.3	117	4.3	110	4.4	113	4.1	104	4.5	109	4.4	101			4.4	111	4.3	113
170	4.3	116	4.2	109	4.4	115	4.1	103	4.5	111	4.4	102			4.3	110	4.3	112
160	4.3	116	4.2	109	4.4	115	4.1	103	4.6	113	4.5	103			4.3	109	4.3	112
150	4.4	117	4.3	109	4.4	115	4.1	103	4.5	113	4.5	105			4.3	108	4.4	113
140	4.4	117	4.3	110	4.4	114	4.2	102	4.5	112	4.5	106			4.4	109	4.3	113
130	4.4	119	4.3	110	4.4	113	4.3	103	4.5	112	4.5	108			4.4	108	4.4	113
120	4.4	119	4.3	111	4.4	113	4.4	104	4.5	112	4.5	108			4.3	108	4.4	113

2016 ICF Canoe Sprint World Cup, Racice

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Dist. [m]	SWE		IRI		NOR		DEN		BEL		SUI		SVK		CAN		IRI	
	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	4.3	118	4.2	111	4.4	113	4.4	105	4.5	112	4.5	109			4.3	107	4.4	113
100	4.4	118	4.2	109	4.4	113	4.4	105	4.5	111	4.5	110			4.4	108	4.3	114
90	4.3	118	4.2	104	4.4	114	4.5	104	4.5	110	4.5	111			4.4	110	4.3	114
80	4.3	117	4.2	104	4.4	114	4.4	105	4.4	111	4.6	113			4.4	110	4.3	113
70	4.4	118	4.2	105	4.4	115	4.4	105	4.4	111	4.6	114			4.3	108	4.2	112
60	4.4	119	4.3	109	4.4	114	4.4	106	4.4	112	4.5	115			4.4	108	4.3	112
50	4.3	120	4.3	111	4.4	114	4.5	106	4.4	111	4.5	115			4.5	113	4.2	112
40	4.3	120	4.3	114	4.3	112	4.5	107	4.4	110	4.5	115			4.6	118	4.3	113
30	4.2	120	4.2	111	4.3	112	4.4	107	4.4	110	4.5	117			4.6	121	4.2	112
20	4.3	120	4.2	109	4.3	112	4.3	106	4.4	110	4.5	118			4.6	122	4.2	110
10	4.3	121	4.1	107	4.3	112	4.3	104	4.3	110	4.5	118			4.4	119	4.1	109
0	3.9	120	3.6	105	4.2	111	4.1	103	4.2	109	4.5	116			4.2	115	4.0	106