

# 2016 ICF Canoe Sprint World Cup, Montemor

## MC2 1000m

## FA

## 05 JUN 2016

## Race 83

### RACE DATA

Dist. [m]	POL		GER		CAN		ESP		POL		UKR		POR		ESP		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	3.7	87	3.6	86	3.4	76	3.4	78										
980	4.8	86	4.8	87	4.6	79	4.7	79	1.2	78	0.9	78	1.2	78	0.8	72	0.9	74
970	5.2	85	5.3	88	5.3	80	5.1	79	2.0	78	1.7	77	1.8	77	1.7	72	1.9	74
960	5.3	84	5.4	88	5.3	80	5.4	78	2.5	77	2.7	77	2.4	77	2.6	72	2.7	74
950	5.4	83	5.7	87	5.4	80	5.3	75	3.1	77	3.3	76	3.2	77	3.1	72	3.1	74
940	5.3	82	5.3	84	5.3	80	5.2	73	5.2	76	3.6	76	3.7	77	3.3	72	3.3	74
930	5.3	79	5.3	81	5.5	79	5.1	71	5.5	74	4.6	74	3.9	76	3.6	72	3.8	74
920	5.3	77	5.4	76	5.3	77	5.0	69	5.4	73	5.3	69	4.8	76	4.3	72	4.2	74
910	5.1	74	5.1	72	4.9	75	5.2	67	5.1	71	5.4	67	5.1	74	4.9	71	4.6	74
900	5.0	72	5.1	71	5.2	73	5.1	66	5.1	69	5.4	65	5.0	72	5.2	71	5.2	74
890	5.1	72	5.0	70	5.2	70	5.2	65	5.1	69	5.4	64	5.0	70	4.9	70	5.0	73
880	5.2	70	5.2	69	5.2	69	5.2	64	5.0	67	5.2	63	5.1	68	4.7	70	5.0	71
870	5.0	69	5.1	68	4.9	68	5.1	64	5.1	67	5.2	63	5.1	65	4.8	68	5.1	70
860	4.8	68	5.1	67	4.7	67	5.0	64	5.1	66	5.1	63	5.0	65	4.7	68	4.9	69
850	4.9	67	5.0	66	4.8	67	4.8	64	5.1	65	5.0	62	4.8	64	4.5	67	4.6	69
840	5.0	66	4.8	65	4.8	67	4.6	63	5.0	64	4.8	61	4.6	63	4.8	67	4.8	68
830	5.0	65	4.9	65	4.4	66	4.5	62	4.6	64	4.8	61	4.5	62	4.6	66	4.7	67
820	4.7	65	4.8	65	4.5	66	4.7	62	4.5	63	4.6	60	4.6	62	4.3	65	4.5	67
810	4.6	64	4.8	65	4.7	65	4.7	61	4.7	62	4.6	59	4.8	62	4.6	64	4.7	67
800	4.5	63	4.5	64	4.4	65	4.7	61	4.7	62	4.4	58	4.8	62	4.6	63	4.3	67
790	4.6	63	4.6	64	4.6	65	4.6	60	4.8	61	4.5	58	4.7	62	4.3	63	4.6	66
780	4.9	62	4.8	63	4.3	65	4.4	60	4.7	61	4.7	59	4.4	62	4.6	63	4.5	65
770	4.9	62	4.7	63	4.5	65	4.3	60	4.7	60	4.7	59	4.6	62	4.6	63	4.4	65
760	4.7	62	4.4	63	4.5	64	4.3	60	4.5	60	4.8	59	4.7	61	4.3	63	4.5	64
750	4.5	61	4.5	63	4.2	64	4.5	59	4.3	60	4.8	59	4.6	60	4.5	63	4.4	63
740	4.5	61	4.5	62	4.4	64	4.6	59	4.4	60	4.7	58	4.4	60	4.7	62	4.2	63
730	4.5	60	4.5	62	4.2	64	4.4	59	4.5	59	4.7	57	4.2	60	4.5	62	4.5	63
720	4.6	60	4.2	62	4.4	64	4.3	59	4.6	59	4.7	57	4.4	60	4.3	62	4.6	62
710	4.7	59	4.5	62	4.6	64	4.2	59	4.6	59	4.7	57	4.5	60	4.5	62	4.3	62
700	4.6	59	4.4	62	4.4	63	4.5	59	4.5	59	4.6	57	4.6	59	4.6	62	4.5	62
690	4.7	59	4.2	62	4.2	62	4.5	59	4.3	59	4.4	56	4.6	59	4.5	62	4.6	62
680	4.7	59	4.4	61	4.5	62	4.4	59	4.4	58	4.3	55	4.3	58	4.3	61	4.4	61
670	4.7	58	4.6	61	4.7	62	4.2	59	4.5	58	4.3	55	4.2	57	4.4	61	4.4	61
660	4.5	58	4.2	60	4.3	62	4.3	59	4.6	58	4.3	55	4.2	57	4.6	60	4.6	61
650	4.6	58	4.3	60	4.6	62	4.5	59	4.7	58	4.3	55	4.4	57	4.6	60	4.5	61
640	4.5	58	4.5	60	4.6	62	4.5	59	4.6	57	4.3	56	4.5	57	4.2	60	4.2	61
630	4.4	58	4.5	60	4.4	62	4.6	58	4.5	57	4.3	56	4.5	57	4.2	59	4.5	61
620	4.3	57	4.2	60	4.4	62	4.3	57	4.4	57	4.3	56	4.5	56	4.4	59	4.5	61
610	4.4	57	4.4	60	4.4	62	4.2	57	4.3	57	4.4	56	4.5	56	4.4	59	4.3	61
600	4.6	57	4.2	61	4.1	62	4.2	57	4.3	57	4.5	56	4.2	56	4.2	59	4.2	61
590	4.4	57	4.3	61	4.4	62	4.2	57	4.4	57	4.6	56	4.1	56	4.3	59	4.4	60
580	4.5	57	4.4	60	4.4	62	4.4	57	4.5	57	4.5	56	4.1	56	4.4	59	4.3	60
570	4.6	57	4.1	60	4.2	62	4.1	57	4.5	57	4.5	56	4.1	56	4.3	59	4.2	60
560	4.7	57	3.9	60	4.5	62	4.0	57	4.4	57	4.3	55	4.3	55	4.0	59	4.4	60

## RACE DATA

Dist. [m]	POL		GER		CAN		ESP		POL		UKR		POR		ESP		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
550	4.7	57	4.3	60	4.3	62	4.2	57	4.1	57	4.0	55	4.3	55	4.3	58	4.2	60
540	4.7	57	4.6	61	4.2	62	4.4	57	4.1	57	4.1	55	4.1	55	4.3	58	4.0	60
530	4.7	57	4.3	62	4.5	62	4.5	57	4.3	57	4.2	55	3.9	55	4.3	58	4.3	60
520	4.6	57	4.3	62	4.4	62	4.3	57	4.4	57	4.3	55	4.1	55	4.1	58	4.1	59
510	4.4	57	4.5	62	4.3	62	4.1	57	4.4	57	4.4	56	4.2	55	4.2	58	4.1	59
500	4.5	57	4.5	62	4.5	62	4.1	57	4.1	57	4.3	56	4.4	55	4.5	58	4.5	60
490	4.3	57	4.6	62	4.2	62	4.5	57	4.1	57	4.1	56	4.5	56	4.5	58	4.4	60
480	4.2	57	4.7	62	4.4	62	4.5	57	4.2	57	4.1	56	4.4	56	4.2	58	4.1	60
470	4.4	57	4.7	62	4.5	62	4.4	57	4.3	57	4.5	56	4.4	56	4.1	57	4.4	60
460	4.5	57	4.4	63	4.2	62	4.2	57	4.5	57	4.5	56	4.1	55	4.3	57	4.3	61
450	4.6	57	4.4	63	4.4	62	4.1	58	4.5	57	4.5	56	4.1	55	4.3	58	4.1	61
440	4.7	57	4.4	62	4.5	62	4.5	58	4.6	57	4.6	56	4.4	56	4.3	58	4.4	61
430	4.7	57	4.2	62	4.1	62	4.5	58	4.5	57	4.4	57	4.6	57	4.0	58	4.2	61
420	4.7	57	4.0	62	4.3	62	4.2	59	4.4	57	4.3	57	4.6	58	4.2	58	4.1	61
410	4.8	57	4.4	62	4.4	62	4.2	59	4.3	57	4.2	57	4.2	58	4.4	57	4.4	61
400	4.7	57	4.5	61	4.1	62	4.4	59	4.2	57	4.2	57	4.2	59	4.2	59	4.2	61
390	4.6	57	4.3	61	4.5	62	4.6	59	4.5	57	4.4	57	4.4	59	4.5	61	4.1	60
380	4.5	57	4.1	61	4.3	62	4.6	59	4.6	57	4.4	57	4.5	59	4.7	62	4.4	60
370	4.3	57	4.6	61	4.2	63	4.3	59	4.6	57	4.2	57	4.4	59	4.5	63	4.5	60
360	4.3	57	4.5	61	4.6	62	4.2	59	4.5	57	4.1	57	4.3	59	4.5	63	4.1	60
350	4.2	57	4.3	62	4.4	62	4.3	59	4.5	57	4.2	57	4.2	59	4.6	63	4.2	59
340	4.4	57	4.5	62	4.3	62	4.5	59	4.2	57	4.4	57	4.3	59	4.7	64	4.4	59
330	4.3	57	4.6	62	4.5	62	4.6	59	4.2	57	4.4	58	4.5	59	4.3	64	4.0	59
320	4.6	57	4.5	62	4.4	62	4.3	59	4.3	57	4.1	58	4.6	59	4.4	63	4.1	59
310	4.5	57	4.3	61	4.5	62	4.2	59	4.4	57	4.3	58	4.5	58	4.6	63	4.3	60
300	4.6	57	4.7	61	4.6	62	4.3	59	4.5	57	4.4	58	4.4	58	4.2	63	3.9	60
290	4.6	57	4.6	61	4.2	63	4.5	59	4.7	57	4.4	58	4.3	58	4.4	63	4.3	61
280	4.6	57	4.6	61	4.4	63	4.6	60	4.4	57	4.1	58	4.4	58	4.2	63	4.1	61
270	4.4	57	4.4	61	4.5	63	4.3	60	4.3	57	4.2	59	4.4	58	4.1	62	4.3	61
260	4.3	57	4.3	61	4.2	64	4.2	60	4.2	57	4.3	59	4.4	58	4.4	62	4.3	61
250	4.2	57	4.5	61	4.5	64	4.5	60	4.4	58	4.0	59	4.0	58	4.1	62	4.0	61
240	4.4	57	4.2	62	4.1	64	4.3	60	4.6	59	4.1	59	4.0	58	4.3	62	4.4	61
230	4.5	58	4.5	63	4.5	64	4.3	61	4.7	60	4.2	58	4.3	58	4.3	62	4.3	61
220	4.7	59	4.5	64	4.3	65	4.7	62	4.4	61	4.0	57	4.4	58	4.2	62	4.2	61
210	4.6	59	4.3	65	4.5	66	4.5	63	4.4	61	4.1	58	4.1	59	4.4	62	4.5	61
200	4.3	61	4.6	65	4.5	67	4.5	64	4.7	61	4.3	59	4.4	61	4.2	63	4.1	62
190	4.6	61	4.4	65	4.4	67	4.8	64	4.8	62	4.0	59	4.6	61	4.5	63	4.3	62
180	4.7	61	4.6	65	4.7	67	4.7	65	4.6	62	4.1	59	4.3	61	4.6	64	4.2	62
170	4.8	62	4.7	65	4.6	67	4.6	65	4.5	63	4.3	59	4.4	61	4.3	64	4.3	63
160	4.4	62	4.3	65	4.7	67	4.7	65	4.6	64	4.1	59	4.6	62	4.6	65	4.4	63
150	4.6	62	4.6	65	4.3	67	4.6	66	4.7	64	4.1	59	4.5	62	4.3	65	4.2	63
140	4.6	63	4.3	66	4.6	66	4.6	66	4.4	64	4.1	59	4.3	61	4.6	65	4.6	63
130	4.7	63	4.5	66	4.3	65	4.8	66	4.8	64	3.6	57	4.2	61	4.5	65	4.3	64
120	4.4	63	4.4	66	4.5	65	4.7	65	4.8	64	4.0	56	4.5	61	4.3	65	4.5	65

## RACE DATA

Dist. [m]	POL		GER		CAN		ESP		POL		UKR		POR		ESP		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	4.6	63	4.5	67	4.6	65	4.4	64	4.5	65	3.8	56	4.4	61	4.6	65	4.6	65
100	4.7	63	4.4	67	4.4	65	4.7	64	4.7	65	4.1	57	4.2	61	4.3	65	4.3	65
90	4.4	63	4.6	68	4.7	66	4.7	65	4.8	65	4.1	58	4.2	61	4.5	65	4.6	66
80	4.4	63	4.5	69	4.4	68	4.4	65	4.5	65	3.4	56	4.5	61	4.5	65	4.2	65
70	4.5	62	4.3	69	4.6	68	4.7	65	4.5	65	3.4	53	4.1	61	4.5	65	4.5	63
60	4.5	62	4.2	68	4.3	66	4.4	65	4.7	65	3.3	51	4.0	60	4.5	65	4.5	63
50	4.3	62	4.4	67	4.4	66	4.5	65	4.6	65	3.3	51	4.4	59	4.1	65	4.2	63
40	4.4	62	4.3	67	4.5	65	4.6	65	4.5	66	3.8	49	4.1	59	4.4	65	4.4	63
30	4.6	62	4.2	69	4.3	65	4.3	65	4.8	66	3.4	49	4.3	60	4.1	65	4.4	63
20	4.3	63	4.5	69	4.4	65	4.5	65	4.5	66	3.5	51	4.3	60	4.5	65	4.2	63
10	4.6	64	4.1	69	4.1	64	4.2	66	4.8	67	3.6	50	4.0	59	4.2	65	4.2	63
0	4.7	65	4.6	69	4.2	64	4.6	66	4.8	67	3.4	50	4.4	57	4.3	63	4.3	63