

# 2016 ICF Canoe Sprint World Cup, Montemor

## MC1 200m FB Race 77

05 JUN 2016

### RACE DATA

Dist. [m]	INA		IRI		ESP		FRA		CAN		CHN		KOR		INA		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	3.2	97	3.6	74	3.8	82	3.8	88	3.6	98	3.8	89	3.7	90	3.5	82	3.7	91
180	4.5	97	4.7	74	4.8	87	4.8	89	4.7	99	5.0	90	4.7	91	4.6	83	4.6	89
170	5.0	102	5.0	74	5.1	87	5.4	90	5.2	98	5.3	90	5.2	91	4.8	83	5.1	90
160	5.0	108	5.1	75	5.2	88	5.5	91	5.4	97	5.3	90	5.3	89	4.8	83	5.3	90
150	5.2	111	5.1	76	5.4	88	5.3	92	5.6	94	5.6	90	5.1	88	5.1	82	5.4	90
140	5.1	113	4.9	77	5.2	87	5.3	90	5.3	91	5.5	90	5.3	86	5.1	82	5.3	90
130	4.9	110	4.9	76	5.4	86	5.5	88	5.4	89	5.3	88	5.2	85	4.9	81	5.1	90
120	4.9	104	4.9	73	5.4	86	5.2	88	5.4	87	5.3	88	5.1	85	5.1	81	5.1	89
110	5.0	105	4.6	70	5.2	86	5.3	87	5.4	85	5.5	87	5.3	84	5.1	81	5.3	88
100	4.8	99	4.6	68	5.3	86	5.4	86	5.3	82	5.2	86	5.0	83	4.8	81	5.2	87
90	5.1	99	4.7	66	5.2	84	5.1	84	5.3	80	5.3	86	5.0	82	5.0	81	5.0	87
80	4.8	85	4.8	63	5.2	84	5.3	84	5.2	80	5.3	86	5.2	81	4.8	79	4.9	87
70	4.9	80	4.7	61	5.2	83	5.3	84	5.0	80	5.2	86	4.8	79	4.6	79	5.0	87
60	4.8	77	4.5	60	4.9	83	5.0	84	5.2	80	5.0	86	5.0	79	4.9	78	5.1	86
50	4.6	76	4.2	59	4.9	82	5.2	83	4.8	80	5.2	86	4.7	78	4.7	77	5.1	85
40	4.9	76	4.1	58	4.9	81	5.1	82	5.0	80	5.2	85	4.6	78	4.5	75	4.9	84
30	4.6	75	4.3	57	4.7	79	4.9	81	5.0	80	5.0	85	4.9	78	4.7	75	4.6	84
20	4.8	74	4.2	56	4.4	77	5.0	79	4.6	78	4.8	85	4.7	77	4.4	74	4.5	83
10	4.6	73	4.2	55	4.6	75	4.8	76	4.7	77	4.9	85	4.5	77	4.2	74	4.5	83
0	5.0	72	4.1	55	4.7	73	4.9	75	4.0	75	5.2	84	4.9	76	4.2	73	5.0	82