

**WK1 500m
FC
Race 155**

22 MAY 2016

RACE DATA

Dist. [m]	DEN2		BEL2		ESP2		RSA		CHN2		ESP		SWE2		NOR		KAZ2	
	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke
490	2.7	100.0			3.1	116.0			3.2	111.0	3.1	115.0	3.2	102.0	2.7	104.0		
480	4.4	116.0			4.5	129.0			4.4	121.0	4.5	129.0	4.3	110.0	4.2	110.0		
470	4.8	123.0			5.0	134.0			4.8	126.0	4.9	133.0	4.8	116.0	4.7	115.0		
460	4.9	126.0			5.1	142.0			5.0	133.0	5.0	137.0	4.9	123.0	4.8	119.0		
450	4.8	122.0			5.1	142.0			5.0	135.0	5.0	137.0	4.9	126.0	4.8	121.0		
440	4.8	117.0			5.0	139.0			5.0	136.0	5.0	136.0	4.9	125.0	4.9	122.0		
430	4.7	114.0			5.0	137.0			5.0	136.0	4.9	134.0	4.9	124.0	4.8	122.0		
420	4.7	117.0			5.0	136.0			4.9	135.0	4.9	134.0	4.8	122.0	4.8	121.0		
410	4.6	118.0			4.9	138.0			4.8	133.0	4.9	133.0	4.8	120.0	4.8	121.0		
400	4.6	119.0			4.8	136.0			4.8	131.0	4.8	132.0	4.8	119.0	4.7	121.0		
390	4.6	119.0			4.8	137.0			4.8	129.0	4.7	131.0	4.7	117.0	4.6	120.0		
380	4.5	120.0			4.8	135.0			4.7	127.0	4.8	130.0	4.7	115.0	4.6	118.0		
370	4.6	121.0			4.8	132.0			4.7	125.0	4.7	129.0	4.7	114.0	4.6	118.0		
360	4.5	121.0			4.8	132.0			4.6	124.0	4.7	130.0	4.7	114.0	4.6	117.0		
350	4.5	120.0			4.7	131.0			4.5	122.0	4.6	130.0	4.6	114.0	4.6	116.0		
340	4.5	120.0			4.7	130.0			4.5	122.0	4.7	130.0	4.6	113.0	4.5	115.0		
330	4.5	120.0			4.6	130.0			4.4	121.0	4.6	129.0	4.6	113.0	4.5	115.0		
320	4.4	118.0			4.6	131.0			4.4	119.0	4.5	128.0	4.5	112.0	4.5	114.0		
310	4.4	114.0			4.6	131.0			4.4	119.0	4.6	127.0	4.5	111.0	4.5	114.0		
300	4.3	115.0			4.5	130.0			4.4	119.0	4.5	126.0	4.5	111.0	4.5	113.0		
290	4.3	116.0			4.5	128.0			4.3	119.0	4.5	126.0	4.6	111.0	4.4	113.0		
280	4.3	119.0			4.5	126.0			4.3	118.0	4.4	126.0	4.5	111.0	4.4	114.0		
270	4.3	120.0			4.5	124.0			4.3	118.0	4.5	126.0	4.5	110.0	4.4	113.0		
260	4.2	119.0			4.4	123.0			4.2	116.0	4.4	126.0	4.6	109.0	4.4	112.0		
250	4.3	119.0			4.3	124.0			4.2	114.0	4.4	125.0	4.5	109.0	4.4	112.0		
240	4.2	119.0			4.4	125.0			4.2	114.0	4.4	125.0	4.5	109.0	4.3	112.0		
230	4.2	121.0			4.4	125.0			4.2	113.0	4.4	125.0	4.5	110.0	4.4	113.0		
220	4.2	119.0			4.3	124.0			4.2	111.0	4.4	125.0	4.5	110.0	4.3	113.0		
210	4.2	119.0			4.3	121.0			4.2	110.0	4.4	125.0	4.5	110.0	4.3	112.0		
200	4.1	117.0			4.3	120.0			4.2	110.0	4.4	125.0	4.4	109.0	4.2	112.0		
190	4.3	121.0			4.3	120.0			4.2	111.0	4.3	124.0	4.4	109.0	4.3	114.0		
180	4.3	123.0			4.3	121.0			4.3	113.0	4.4	125.0	4.4	109.0	4.3	114.0		
170	4.3	124.0			4.3	122.0			4.3	113.0	4.3	125.0	4.4	109.0	4.3	116.0		
160	4.2	122.0			4.2	123.0			4.2	114.0	4.3	126.0	4.4	109.0	4.2	116.0		
150	4.2	121.0			4.2	122.0			4.3	114.0	4.2	127.0	4.3	110.0	4.3	117.0		
140	4.2	122.0			4.2	122.0			4.2	115.0	4.2	127.0	4.3	109.0	4.3	117.0		
130	4.2	122.0			4.2	120.0			4.1	115.0	4.1	124.0	4.3	109.0	4.3	117.0		
120	4.2	122.0			4.1	119.0			4.0	113.0	4.1	123.0	4.3	110.0	4.3	119.0		
110	4.2	121.0			4.1	118.0			4.0	112.0	4.1	122.0	4.3	110.0	4.3	119.0		
100	4.1	121.0			4.0	118.0			3.9	110.0	4.1	122.0	4.3	109.0	4.3	119.0		
90	4.1	121.0			4.0	117.0			3.9	109.0	4.0	121.0	4.2	109.0	4.2	118.0		
80	4.1	121.0			4.0	116.0			4.0	109.0	3.9	120.0	4.2	108.0	4.2	118.0		
70	4.1	120.0			4.0	114.0			3.9	108.0	4.0	119.0	4.3	108.0	4.2	118.0		
60	4.1	119.0			4.0	114.0			3.8	105.0	3.9	119.0	4.2	106.0	4.2	117.0		

RACE DATA

Dist. [m]	DEN2		BEL2		ESP2		RSA		CHN2		ESP		SWE2		NOR		KAZ2	
	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke
50	4.1	119.0			4.0	115.0			3.8	103.0	3.9	119.0	4.3	107.0	4.2	117.0		
40	4.1	120.0			4.0	114.0			3.8	103.0	3.9	119.0	4.2	107.0	4.1	117.0		
30	4.0	120.0			3.9	113.0			3.7	102.0	4.0	120.0	4.2	107.0	4.1	117.0		
20	4.0	120.0			3.9	112.0			3.7	100.0	4.0	121.0	4.2	108.0	4.1	116.0		
10	4.0	120.0			3.9	111.0			3.5	97.0	4.1	120.0	4.2	108.0	4.0	116.0		
0	4.0	120.0			3.9	109.0			3.4	94.0	4.0	120.0	4.1	107.0	4.0	115.0		