

2016 ICF Canoe Sprint World Cup, Montemor

MK4 1000m

S1

04 JUN 2016

Race 74

RACE DATA

| Dist. [m] | | | FRA | | USA | | POR | | ARG | | CAN | | INA | | | | | |
|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | 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 | 115 | 3.6 | 112 | 3.5 | 122 | 3.4 | 116 | 3.6 | 102 | 3.4 | 108 | | | | |
| 980 | | | 5.2 | 125 | 5.0 | 123 | 5.1 | 132 | 5.1 | 126 | 5.1 | 117 | 4.9 | 123 | | | | |
| 970 | | | 6.0 | 131 | 5.7 | 129 | 5.8 | 137 | 5.8 | 130 | 5.8 | 126 | 5.6 | 131 | | | | |
| 960 | | | 6.4 | 137 | 6.0 | 134 | 6.1 | 143 | 6.2 | 137 | 6.1 | 133 | 5.9 | 137 | | | | |
| 950 | | | 6.5 | 146 | 6.2 | 140 | 6.2 | 148 | 6.4 | 143 | 6.3 | 140 | 6.0 | 145 | | | | |
| 940 | | | 6.6 | 149 | 6.2 | 142 | 6.3 | 149 | 6.4 | 146 | 6.3 | 144 | 6.1 | 148 | | | | |
| 930 | | | 6.5 | 148 | 6.2 | 142 | 6.4 | 149 | 6.4 | 144 | 6.2 | 144 | 6.1 | 147 | | | | |
| 920 | | | 6.5 | 144 | 6.2 | 140 | 6.3 | 148 | 6.2 | 140 | 6.2 | 141 | 6.0 | 146 | | | | |
| 910 | | | 6.4 | 139 | 6.1 | 137 | 6.2 | 147 | 6.1 | 135 | 6.1 | 137 | 6.0 | 143 | | | | |
| 900 | | | 6.3 | 134 | 6.0 | 135 | 6.2 | 145 | 6.1 | 129 | 6.0 | 133 | 5.9 | 141 | | | | |
| 890 | | | 6.2 | 130 | 6.0 | 133 | 6.1 | 143 | 6.0 | 125 | 5.9 | 129 | 5.8 | 138 | | | | |
| 880 | | | 6.1 | 127 | 6.0 | 132 | 6.1 | 141 | 6.0 | 124 | 5.9 | 127 | 5.8 | 135 | | | | |
| 870 | | | 6.0 | 124 | 5.9 | 130 | 6.0 | 140 | 5.9 | 122 | 5.8 | 126 | 5.6 | 133 | | | | |
| 860 | | | 6.0 | 122 | 5.8 | 128 | 5.9 | 138 | 5.9 | 121 | 5.8 | 124 | 5.5 | 130 | | | | |
| 850 | | | 5.9 | 120 | 5.7 | 126 | 5.8 | 135 | 5.8 | 120 | 5.7 | 123 | 5.4 | 127 | | | | |
| 840 | | | 5.8 | 119 | 5.6 | 125 | 5.7 | 132 | 5.7 | 120 | 5.6 | 122 | 5.3 | 124 | | | | |
| 830 | | | 5.8 | 117 | 5.6 | 124 | 5.6 | 130 | 5.7 | 120 | 5.6 | 121 | 5.3 | 123 | | | | |
| 820 | | | 5.7 | 116 | 5.6 | 123 | 5.6 | 130 | 5.7 | 119 | 5.6 | 120 | 5.1 | 122 | | | | |
| 810 | | | 5.6 | 115 | 5.4 | 123 | 5.6 | 129 | 5.6 | 118 | 5.5 | 120 | 5.0 | 119 | | | | |
| 800 | | | 5.7 | 115 | 5.4 | 121 | 5.5 | 129 | 5.6 | 118 | 5.5 | 119 | 4.9 | 116 | | | | |
| 790 | | | 5.6 | 114 | 5.3 | 120 | 5.5 | 128 | 5.6 | 117 | 5.5 | 118 | 4.8 | 114 | | | | |
| 780 | | | 5.6 | 114 | 5.2 | 119 | 5.5 | 127 | 5.6 | 116 | 5.4 | 118 | 4.7 | 114 | | | | |
| 770 | | | 5.5 | 113 | 5.2 | 118 | 5.5 | 127 | 5.5 | 116 | 5.4 | 117 | 4.6 | 112 | | | | |
| 760 | | | 5.5 | 113 | 5.2 | 118 | 5.4 | 127 | 5.6 | 115 | 5.4 | 117 | 4.6 | 112 | | | | |
| 750 | | | 5.5 | 113 | 5.2 | 117 | 5.4 | 127 | 5.5 | 115 | 5.3 | 117 | 4.5 | 111 | | | | |
| 740 | | | 5.5 | 112 | 5.1 | 117 | 5.4 | 127 | 5.5 | 114 | 5.3 | 116 | 4.6 | 111 | | | | |
| 730 | | | 5.5 | 112 | 5.1 | 115 | 5.4 | 127 | 5.4 | 114 | 5.3 | 115 | 4.6 | 110 | | | | |
| 720 | | | 5.4 | 111 | 5.1 | 114 | 5.3 | 127 | 5.4 | 114 | 5.3 | 115 | 4.6 | 109 | | | | |
| 710 | | | 5.4 | 110 | 5.1 | 113 | 5.3 | 127 | 5.4 | 114 | 5.3 | 115 | 4.7 | 109 | | | | |
| 700 | | | 5.4 | 110 | 5.1 | 113 | 5.3 | 127 | 5.4 | 113 | 5.3 | 115 | 4.6 | 108 | | | | |
| 690 | | | 5.4 | 110 | 5.1 | 113 | 5.3 | 127 | 5.4 | 113 | 5.2 | 115 | 4.5 | 108 | | | | |
| 680 | | | 5.4 | 111 | 5.0 | 113 | 5.3 | 128 | 5.4 | 113 | 5.2 | 114 | 4.4 | 108 | | | | |
| 670 | | | 5.4 | 111 | 5.0 | 113 | 5.3 | 128 | 5.4 | 112 | 5.1 | 113 | 4.4 | 107 | | | | |
| 660 | | | 5.4 | 111 | 5.0 | 113 | 5.3 | 128 | 5.4 | 112 | 5.1 | 113 | 4.4 | 107 | | | | |
| 650 | | | 5.4 | 111 | 5.0 | 113 | 5.2 | 126 | 5.4 | 112 | 5.1 | 112 | 4.5 | 107 | | | | |
| 640 | | | 5.4 | 111 | 5.1 | 113 | 5.2 | 125 | 5.4 | 111 | 5.1 | 112 | 4.6 | 107 | | | | |
| 630 | | | 5.4 | 111 | 5.0 | 113 | 5.2 | 124 | 5.3 | 111 | 5.1 | 111 | 4.6 | 107 | | | | |
| 620 | | | 5.3 | 111 | 4.9 | 113 | 5.1 | 124 | 5.4 | 111 | 5.0 | 111 | 4.6 | 106 | | | | |
| 610 | | | 5.3 | 110 | 4.8 | 112 | 5.1 | 122 | 5.3 | 111 | 5.0 | 111 | 4.5 | 106 | | | | |
| 600 | | | 5.3 | 110 | 4.8 | 112 | 5.1 | 121 | 5.3 | 110 | 5.0 | 111 | 4.4 | 106 | | | | |
| 590 | | | 5.3 | 110 | 4.8 | 112 | 5.0 | 121 | 5.3 | 110 | 5.0 | 111 | 4.3 | 105 | | | | |
| 580 | | | 5.3 | 110 | 4.7 | 112 | 5.0 | 121 | 5.3 | 110 | 5.0 | 111 | 4.3 | 105 | | | | |
| 570 | | | 5.3 | 109 | 4.8 | 111 | 5.0 | 121 | 5.3 | 109 | 5.0 | 111 | 4.4 | 104 | | | | |
| 560 | | | 5.3 | 109 | 4.8 | 110 | 5.0 | 121 | 5.3 | 109 | 5.0 | 111 | 4.5 | 103 | | | | |

RACE DATA

| Dist. [m] | | | FRA | | USA | | POR | | ARG | | CAN | | INA | | | | | |
|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | 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 | | | 5.3 | 109 | 4.9 | 110 | 5.0 | 121 | 5.3 | 109 | 5.0 | 111 | 4.5 | 103 | | | | |
| 540 | | | 5.3 | 109 | 4.9 | 110 | 4.9 | 121 | 5.3 | 109 | 5.0 | 111 | 4.3 | 103 | | | | |
| 530 | | | 5.3 | 109 | 5.0 | 109 | 4.9 | 120 | 5.2 | 108 | 5.1 | 111 | 4.2 | 102 | | | | |
| 520 | | | 5.3 | 109 | 5.0 | 109 | 4.9 | 119 | 5.2 | 108 | 5.2 | 111 | 4.2 | 101 | | | | |
| 510 | | | 5.2 | 109 | 5.0 | 109 | 4.9 | 119 | 5.2 | 108 | 5.2 | 111 | 4.2 | 101 | | | | |
| 500 | | | 5.2 | 108 | 5.0 | 109 | 4.9 | 119 | 5.2 | 108 | 5.2 | 112 | 4.3 | 101 | | | | |
| 490 | | | 5.2 | 108 | 5.2 | 110 | 4.9 | 119 | 5.2 | 108 | 5.1 | 112 | 4.4 | 101 | | | | |
| 480 | | | 5.3 | 109 | 5.2 | 112 | 4.9 | 119 | 5.2 | 108 | 5.1 | 111 | 4.4 | 101 | | | | |
| 470 | | | 5.3 | 110 | 5.2 | 112 | 4.9 | 119 | 5.2 | 109 | 5.1 | 111 | 4.5 | 101 | | | | |
| 460 | | | 5.3 | 111 | 5.1 | 112 | 4.9 | 119 | 5.2 | 109 | 5.1 | 111 | 4.5 | 101 | | | | |
| 450 | | | 5.3 | 112 | 5.1 | 113 | 4.9 | 119 | 5.2 | 109 | 5.1 | 110 | 4.4 | 101 | | | | |
| 440 | | | 5.3 | 112 | 5.1 | 113 | 5.0 | 119 | 5.2 | 109 | 5.1 | 110 | 4.3 | 101 | | | | |
| 430 | | | 5.3 | 112 | 5.0 | 113 | 5.0 | 119 | 5.1 | 108 | 5.1 | 110 | 4.2 | 100 | | | | |
| 420 | | | 5.3 | 112 | 5.1 | 112 | 5.0 | 119 | 5.1 | 108 | 5.1 | 110 | 4.1 | 99 | | | | |
| 410 | | | 5.3 | 112 | 5.0 | 112 | 5.0 | 119 | 5.1 | 108 | 5.1 | 110 | 4.2 | 99 | | | | |
| 400 | | | 5.3 | 112 | 5.0 | 112 | 5.0 | 118 | 5.1 | 107 | 5.1 | 110 | 4.4 | 99 | | | | |
| 390 | | | 5.3 | 112 | 5.0 | 112 | 5.1 | 118 | 5.1 | 107 | 5.2 | 110 | 4.5 | 99 | | | | |
| 380 | | | 5.3 | 112 | 4.9 | 112 | 5.1 | 118 | 5.1 | 107 | 5.2 | 110 | 4.6 | 99 | | | | |
| 370 | | | 5.3 | 112 | 4.8 | 112 | 5.1 | 119 | 5.1 | 107 | 5.2 | 110 | 4.4 | 100 | | | | |
| 360 | | | 5.3 | 112 | 4.7 | 112 | 5.2 | 119 | 5.1 | 107 | 5.2 | 110 | 4.4 | 100 | | | | |
| 350 | | | 5.3 | 112 | 4.7 | 110 | 5.1 | 119 | 5.1 | 107 | 5.2 | 110 | 4.4 | 100 | | | | |
| 340 | | | 5.3 | 112 | 4.7 | 109 | 5.1 | 119 | 5.1 | 106 | 5.1 | 110 | 4.4 | 99 | | | | |
| 330 | | | 5.2 | 111 | 4.8 | 109 | 5.1 | 120 | 5.1 | 106 | 5.1 | 110 | 4.4 | 99 | | | | |
| 320 | | | 5.2 | 111 | 4.8 | 109 | 5.1 | 120 | 5.1 | 105 | 5.2 | 110 | 4.5 | 99 | | | | |
| 310 | | | 5.2 | 111 | 4.8 | 109 | 5.1 | 121 | 5.1 | 105 | 5.2 | 109 | 4.4 | 99 | | | | |
| 300 | | | 5.2 | 111 | 4.9 | 109 | 5.1 | 121 | 5.1 | 105 | 5.2 | 108 | 4.4 | 100 | | | | |
| 290 | | | 5.2 | 111 | 5.0 | 109 | 5.1 | 121 | 5.1 | 105 | 5.2 | 108 | 4.3 | 100 | | | | |
| 280 | | | 5.1 | 111 | 5.0 | 110 | 5.1 | 120 | 5.1 | 105 | 5.2 | 108 | 4.2 | 100 | | | | |
| 270 | | | 5.1 | 110 | 4.9 | 112 | 5.1 | 119 | 5.1 | 105 | 5.1 | 108 | 4.2 | 99 | | | | |
| 260 | | | 5.1 | 109 | 4.8 | 112 | 5.1 | 119 | 5.1 | 105 | 5.1 | 108 | 4.2 | 99 | | | | |
| 250 | | | 5.0 | 109 | 4.8 | 111 | 5.1 | 119 | 5.0 | 105 | 5.1 | 108 | 4.3 | 99 | | | | |
| 240 | | | 5.0 | 108 | 4.7 | 110 | 5.1 | 119 | 5.0 | 105 | 5.1 | 108 | 4.2 | 99 | | | | |
| 230 | | | 4.9 | 107 | 4.6 | 110 | 5.1 | 119 | 5.0 | 105 | 5.0 | 108 | 4.2 | 99 | | | | |
| 220 | | | 4.9 | 107 | 4.6 | 109 | 5.1 | 119 | 5.1 | 106 | 5.0 | 109 | 4.3 | 99 | | | | |
| 210 | | | 4.9 | 107 | 4.5 | 109 | 5.1 | 118 | 5.1 | 106 | 5.0 | 110 | 4.4 | 99 | | | | |
| 200 | | | 4.8 | 105 | 4.5 | 108 | 5.1 | 118 | 5.0 | 106 | 5.0 | 110 | 4.5 | 99 | | | | |
| 190 | | | 4.8 | 105 | 4.7 | 109 | 5.1 | 119 | 5.1 | 106 | 5.1 | 110 | 4.5 | 101 | | | | |
| 180 | | | 4.8 | 105 | 4.8 | 110 | 5.1 | 121 | 5.1 | 107 | 5.2 | 110 | 4.5 | 101 | | | | |
| 170 | | | 4.8 | 104 | 4.8 | 111 | 5.1 | 122 | 5.1 | 107 | 5.2 | 111 | 4.5 | 103 | | | | |
| 160 | | | 4.8 | 104 | 4.8 | 112 | 5.1 | 124 | 5.1 | 107 | 5.2 | 112 | 4.6 | 104 | | | | |
| 150 | | | 4.8 | 104 | 4.7 | 112 | 5.2 | 124 | 5.1 | 106 | 5.2 | 113 | 4.7 | 106 | | | | |
| 140 | | | 4.8 | 104 | 4.7 | 112 | 5.2 | 124 | 5.1 | 105 | 5.1 | 114 | 4.7 | 107 | | | | |
| 130 | | | 4.8 | 103 | 4.7 | 112 | 5.2 | 124 | 5.1 | 105 | 5.1 | 114 | 4.5 | 108 | | | | |
| 120 | | | 4.8 | 103 | 4.7 | 112 | 5.2 | 124 | 5.0 | 105 | 5.1 | 114 | 4.4 | 107 | | | | |

RACE DATA

| Dist. [m] | | | FRA | | USA | | POR | | ARG | | CAN | | INA | | | | | |
|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | 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 | | | 4.8 | 103 | 4.6 | 112 | 5.2 | 125 | 5.1 | 106 | 5.1 | 114 | 4.3 | 106 | | | | |
| 100 | | | 4.8 | 103 | 4.6 | 111 | 5.3 | 125 | 5.0 | 106 | 5.0 | 114 | 4.4 | 105 | | | | |
| 90 | | | 4.8 | 102 | 4.8 | 112 | 5.2 | 125 | 5.0 | 106 | 5.0 | 114 | 4.4 | 105 | | | | |
| 80 | | | 4.8 | 101 | 4.7 | 112 | 5.2 | 125 | 5.0 | 106 | 5.1 | 114 | 4.5 | 107 | | | | |
| 70 | | | 4.7 | 100 | 4.6 | 113 | 5.2 | 125 | 5.0 | 105 | 5.2 | 114 | 4.6 | 107 | | | | |
| 60 | | | 4.7 | 99 | 4.6 | 112 | 5.2 | 125 | 4.9 | 104 | 5.2 | 116 | 4.7 | 108 | | | | |
| 50 | | | 4.6 | 97 | 4.5 | 112 | 5.2 | 125 | 4.9 | 103 | 5.2 | 117 | 4.7 | 109 | | | | |
| 40 | | | 4.5 | 95 | 4.6 | 111 | 5.2 | 125 | 4.8 | 102 | 5.1 | 117 | 4.7 | 109 | | | | |
| 30 | | | 4.5 | 94 | 4.6 | 110 | 5.1 | 125 | 4.8 | 102 | 5.1 | 117 | 4.6 | 110 | | | | |
| 20 | | | 4.4 | 93 | 4.7 | 110 | 5.0 | 124 | 4.6 | 101 | 5.0 | 117 | 4.5 | 111 | | | | |
| 10 | | | 4.4 | 93 | 4.7 | 110 | 4.9 | 124 | 4.6 | 101 | 4.9 | 117 | 4.5 | 111 | | | | |
| 0 | | | 4.4 | 95 | 4.6 | 110 | 4.9 | 123 | 4.3 | 101 | 4.9 | 117 | 4.3 | 108 | | | | |