

2016 ICF Canoe Sprint World Cup, Montemor

**MC1 200m**

**H2**

04 JUN 2016

**Race 48**

**RACE DATA**

Dist. [m]	ESP		FRA		IRI		POL		USA		POR		CAN			
	Speed [m/s]	Paddle Rate														
190			3.7	82	3.5	91	3.8	86					3.5	87	3.8	85
180			4.6	85	4.6	91	4.8	86					4.6	87	4.6	87
170			5.0	85	5.0	92	5.0	85					4.9	88	4.9	89
160			5.0	85	5.2	94	5.2	83					5.1	90	5.1	89
150			5.0	86	5.1	94	5.0	80					5.2	92	5.2	89
140			4.9	86	5.1	91	5.0	78					5.1	92	5.1	87
130			4.6	85	4.8	89	5.0	78					5.0	91	4.9	86
120			4.5	82	4.6	86	4.6	77					5.0	90	4.8	85
110			4.5	81	4.6	85	4.9	77					5.0	90	4.8	84
100			4.5	81	4.4	82	4.6	76					5.0	90	4.9	83
90			4.6	81	4.6	80	4.6	75					4.9	89	4.7	81
80			4.5	81	4.7	79	4.8	75					4.9	89	4.5	80
70			4.3	81	4.6	79	4.3	73					4.7	88	4.7	79
60			4.3	80	4.3	78	4.7	71					4.5	87	4.7	79
50			4.3	78	4.2	76	4.1	70					4.2	84	4.5	78
40			4.2	75	4.2	74	4.3	68					4.1	81	4.4	77
30			4.1	73	4.1	71	4.1	66					4.1	79	4.2	75
20			4.1	72	3.8	67	4.1	64					4.0	79	4.0	74
10			3.9	71	3.8	65	4.0	64					4.1	79	4.2	73
0			4.3	69	3.8	63	3.9	64					4.3	77	4.1	70