

2016 ICF Canoe Sprint World Cup, Montemor

WK1 500m

H3

Race 57

04 JUN 2016

RACE DATA

Dist. [m]			USA		UKR		POL		SIN		GER		CAN		KOR			
	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
490			3.2	100	3.3	109	3.4	101	3.1	84	3.4	112	3.6	115	3.2	104		
480			4.1	121	4.2	114	4.3	106	3.8	89	4.2	119	4.3	124	4.0	111		
470			4.3	128	4.4	117	4.5	111	3.9	96	4.5	131	4.6	129	4.2	120		
460			4.4	131	4.5	119	4.6	116	4.0	99	4.6	136	4.6	134	4.4	126		
450			4.4	130	4.5	117	4.6	116	4.0	100	4.5	136	4.6	133	4.4	127		
440			4.3	127	4.3	117	4.5	116	4.0	101	4.5	134	4.5	128	4.3	126		
430			4.2	124	4.3	116	4.4	113	3.9	100	4.4	132	4.5	124	4.3	125		
420			4.2	120	4.3	114	4.4	112	3.9	99	4.3	127	4.4	120	4.2	124		
410			4.1	117	4.3	113	4.3	111	3.8	98	4.3	125	4.3	116	4.2	124		
400			4.1	115	4.2	113	4.4	110	3.7	98	4.2	123	4.2	114	4.2	123		
390			4.1	113	4.3	113	4.3	108	3.7	97	4.3	123	4.2	114	4.0	120		
380			4.1	111	4.2	111	4.3	105	3.6	96	4.3	124	4.2	112	4.0	118		
370			4.0	109	4.1	110	4.3	100	3.6	96	4.3	124	4.3	109	3.9	114		
360			4.0	107	4.1	109	4.2	98	3.6	95	4.2	122	4.2	106	3.8	107		
350			3.9	106	4.0	107	4.2	97	3.7	94	4.2	121	4.2	106	3.8	99		
340			3.8	105	3.9	107	4.1	97	3.7	93	4.3	123	4.1	105	3.6	97		
330			3.8	104	4.0	105	4.2	97	3.5	92	4.2	122	4.1	104	3.6	96		
320			3.9	102	3.9	105	4.2	96	3.4	93	4.1	122	4.0	102	3.5	95		
310			3.9	102	3.9	105	4.1	96	3.3	92	4.1	117	4.0	102	3.5	95		
300			3.9	102	3.9	104	4.0	96	3.4	91	3.9	114	4.0	103	3.5	95		
290			3.9	103	3.8	103	4.0	96	3.4	90	3.9	111	4.0	103	3.5	95		
280			3.9	102	3.9	103	4.1	97	3.2	90	3.9	111	4.0	104	3.5	95		
270			3.9	100	3.8	104	4.0	97	3.3	90	3.9	110	4.0	104	3.5	96		
260			3.8	100	3.7	103	4.0	96	3.4	90	3.9	111	4.0	104	3.6	95		
250			3.9	101	3.7	103	4.0	96	3.3	89	3.9	110	4.0	104	3.6	95		
240			3.9	102	3.8	103	4.0	97	3.4	89	3.9	110	4.0	104	3.5	94		
230			3.9	102	3.7	102	4.0	97	3.4	89	3.9	110	3.9	103	3.4	95		
220			3.9	102	3.7	101	4.0	96	3.4	89	3.9	110	3.9	102	3.5	95		
210			3.9	100	3.6	101	3.9	95	3.4	89	3.8	109	4.0	102	3.5	93		
200			3.9	99	3.6	100	3.9	95	3.4	89	3.8	107	4.0	103	3.5	93		
190			3.9	99	3.6	99	4.0	96	3.3	89	3.9	106	4.0	104	3.6	94		
180			3.8	98	3.5	99	4.0	96	3.3	89	3.9	106	3.9	105	3.6	96		
170			3.8	98	3.5	98	4.0	96	3.3	89	3.8	106	3.9	104	3.6	96		
160			3.7	98	3.4	97	3.9	96	3.3	87	3.5	101	3.9	103	3.4	96		
150			3.6	98	3.4	95	3.8	97	3.2	87	3.4	93	3.8	103	3.3	96		
140			3.6	97	3.4	95	3.8	97	3.2	87	3.3	90	3.7	101	3.3	96		
130			3.6	96	3.3	94	3.8	96	3.3	87	3.1	86	3.6	99	3.4	97		
120			3.5	96	3.2	93	3.8	96	3.2	87	3.0	84	3.7	98	3.4	97		
110			3.5	95	3.3	93	3.7	95	3.2	87	3.0	83	3.6	99	3.4	96		
100			3.5	95	3.3	93	3.6	95	3.2	87	3.0	83	3.7	99	3.4	97		
90			3.6	95	3.4	93	3.7	95	3.3	86	3.1	82	3.7	99	3.5	99		
80			3.7	96	3.4	92	3.7	95	3.4	85	3.3	82	3.7	99	3.5	100		
70			3.6	95	3.4	92	3.7	94	3.3	86	3.5	86	3.7	99	3.5	101		
60			3.6	95	3.3	92	3.8	93	3.2	86	3.5	88	3.7	99	3.5	103		

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	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
50			3.6	95	3.2	91	3.8	93	3.3	86	3.5	89	3.7	99	3.5	103		
40			3.5	95	3.2	91	3.8	94	3.4	86	3.5	91	3.7	98	3.4	104		
30			3.5	94	3.4	91	3.7	94	3.5	86	3.5	91	3.6	98	3.4	103		
20			3.6	94	3.3	90	3.7	94	3.5	86	3.4	88	3.4	95	3.4	103		
10			3.6	93	3.3	91	3.7	95	3.4	88	3.4	86	3.5	93	3.5	102		
0			3.6	94	3.3	92	3.7	95	3.3	88	3.0	84	3.2	91	3.4	100		