

2016 ICF Canoe Sprint World Cup, Montemor

WK1 500m

H2

04 JUN 2016

Race 56

RACE DATA

Dist. [m]			KOR		SLO		USA		RSA		CAN		POL		ESP			
	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			3.3	110	3.2	91	3.4	122			3.6	106	3.6	118	3.4	116		
480			4.2	117	4.0	97	4.2	129			4.5	129	4.4	125	4.2	123		
470			4.4	121	4.2	103	4.3	134			4.7	137	4.7	127	4.4	134		
460			4.5	125	4.2	108	4.4	135			4.7	137	4.7	129	4.4	141		
450			4.5	126	4.2	108	4.3	129			4.6	131	4.7	124	4.3	127		
440			4.4	125	4.3	108	4.2	124			4.6	123	4.7	120	4.3	41		
430			4.4	123	4.3	108	4.2	121			4.5	119	4.7	116	4.2	68		
420			4.3	123	4.2	108	4.0	116			4.5	116	4.6	113	4.1	107		
410			4.3	123	4.2	108	4.0	112			4.5	112	4.5	111	4.0	91		
400			4.3	121	4.2	107	3.9	111			4.4	110	4.4	108	4.0	102		
390			4.2	119	4.2	107	3.9	108			4.3	109	4.5	108	4.0	126		
380			4.1	117	4.2	107	3.8	107			4.3	107	4.4	107	4.0	112		
370			4.1	117	4.1	107	3.8	104			4.3	107	4.4	107	4.0	70		
360			4.1	115	4.1	107	3.7	103			4.2	106	4.4	106	4.0	97		
350			4.0	115	4.0	105	3.7	101			4.2	104	4.3	104	3.9	72		
340			4.0	114	4.0	104	3.6	101			4.1	103	4.3	104	3.8	59		
330			3.9	113	3.9	103	3.6	99			4.1	103	4.2	102	3.8	100		
320			3.9	113	3.9	103	3.6	97			4.0	102	4.1	102	3.8	115		
310			3.9	113	4.0	102	3.5	95			4.0	101	4.1	102	3.7	91		
300			3.9	112	4.0	102	3.5	95			4.0	101	4.1	102	3.6	56		
290			3.8	110	3.9	102	3.5	95			4.0	101	4.1	101	3.7	111		
280			3.9	108	4.0	102	3.5	94			3.9	99	4.1	100	3.7	111		
270			3.8	108	4.0	102	3.4	92			3.9	99	4.1	100	3.8	95		
260			3.9	108	4.0	102	3.6	95			3.8	98	4.1	101	3.7	110		
250			3.8	108	4.0	103	3.6	98			3.9	97	4.1	101	3.7	110		
240			3.7	107	4.0	103	3.6	99			3.9	97	4.1	101	3.7	110		
230			3.7	107	3.9	102	3.6	97			3.9	97	4.0	101	3.5	111		
220			3.7	106	3.9	101	3.5	95			3.8	97	3.9	102	3.4	106		
210			3.6	106	3.8	100	3.4	93			3.8	97	3.9	100	3.4	107		
200			3.5	105	3.7	96	3.3	93			3.8	98	3.8	98	3.5	107		
190			3.6	104	3.6	92	3.3	94			3.7	99	3.8	97	3.6	107		
180			3.5	104	3.5	89	3.3	94			3.7	99	3.8	97	3.8	108		
170			3.5	102	3.6	87	3.4	93			3.7	97	3.8	98	3.8	108		
160			3.5	101	3.6	87	3.4	93			3.7	96	3.8	98	3.7	108		
150			3.5	101	3.5	87	3.5	95			3.7	96	3.7	96	3.8	107		
140			3.5	100	3.5	86	3.6	96			3.7	96	3.7	95	3.7	108		
130			3.5	100	3.5	85	3.6	96			3.7	95	3.7	94	3.7	107		
120			3.5	99	3.6	85	3.6	93			3.7	93	3.8	94	3.7	107		
110			3.5	98	3.5	85	3.5	90			3.7	92	3.8	94	3.7	107		
100			3.6	98	3.6	85	3.5	89			3.7	92	3.7	93	3.8	107		
90			3.6	98	3.6	86	3.5	89			3.7	92	3.7	93	3.9	109		
80			3.6	99	3.5	85	3.5	88			3.7	92	3.6	92	4.0	111		
70			3.6	100	3.6	85	3.5	87			3.7	93	3.6	89	3.9	111		
60			3.6	101	3.6	86	3.5	87			3.6	92	3.6	89	3.9	111		

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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	102	3.5	85	3.4	85			3.6	91	3.6	89	3.9	112		
40			3.6	102	3.5	84	3.4	85			3.5	90	3.6	89	3.8	56		
30			3.6	103	3.5	84	3.3	85			3.5	89	3.6	89	3.8	85		
20			3.6	103	3.5	83	3.2	84			3.5	88	3.5	88	3.8	100		
10			3.5	103	3.5	82	3.1	84			3.5	87	3.3	86	3.7	77		
0			3.4	101	3.2	80	3.0	84			3.3	86	3.1	83	3.7	113		