

2016 ICF Canoe Sprint World Cup, Montemor

MC2 1000m

S1

04 JUN 2016

Race 73

RACE DATA

Dist. [m]	AUS		USA		IRI		ESP		POL		KOR		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	3.2	73	3.3	78	3.3	73	3.3	75	3.4	75	3.3	73	3.3	86				
980	4.2	73	4.3	76	4.2	73	4.4	76	4.3	73	4.4	70	4.1	92				
970	4.6	73	4.7	73	4.8	73	4.7	76	4.7	72	4.5	67	4.3	92				
960	4.6	71	4.9	70	4.8	71	4.7	75	4.4	69	4.6	64	4.5	89				
950	4.8	69	4.6	68	4.7	70	4.7	73	4.8	68	4.5	61	4.2	79				
940	4.6	67	4.5	66	5.0	69	4.9	71	4.8	67	4.6	60	4.5	72				
930	4.3	65	4.7	64	5.1	69	4.5	70	4.6	65	4.5	59	4.1	68				
920	4.5	63	4.7	62	4.8	69	4.8	69	4.5	64	4.5	58	4.3	66				
910	4.6	63	4.7	60	4.9	68	4.6	68	4.6	63	4.4	58	4.1	65				
900	4.4	62	4.5	59	4.9	68	4.5	68	4.8	63	4.4	57	4.2	64				
890	4.3	61	4.4	59	4.7	68	4.7	68	4.7	61	4.3	57	4.0	63				
880	4.5	61	4.2	58	4.8	68	4.3	67	4.4	61	4.3	55	4.2	62				
870	4.5	60	4.3	58	4.8	68	4.6	66	4.3	60	4.3	55	3.9	61				
860	4.2	59	4.4	58	4.4	68	4.2	66	4.3	59	4.2	55	4.3	61				
850	4.1	59	4.5	57	4.7	68	4.6	65	4.3	58	4.2	55	4.0	61				
840	4.2	59	4.5	57	4.4	67	4.4	65	4.5	57	4.4	55	4.1	60				
830	4.5	59	4.2	56	4.6	66	4.2	65	4.5	57	4.4	55	4.2	60				
820	4.5	59	4.2	56	4.5	66	4.5	65	4.6	57	4.3	54	4.0	60				
810	4.1	59	4.1	56	4.2	65	4.2	64	4.5	57	4.4	53	4.1	60				
800	4.3	59	4.1	56	4.6	64	4.4	64	4.2	57	4.3	53	3.8	60				
790	4.4	59	4.3	55	4.5	63	4.2	64	4.2	56	4.2	53	3.8	59				
780	4.3	59	4.3	55	4.2	63	4.2	64	4.1	56	4.3	53	3.6	58				
770	4.0	59	4.2	55	4.4	63	4.4	63	4.4	56	4.2	53	3.5	58				
760	4.1	59	4.0	54	4.1	63	4.1	63	4.4	56	4.2	52	3.8	58				
750	4.4	59	3.9	54	4.3	62	4.4	62	4.3	56	4.1	52	3.8	58				
740	4.1	59	4.4	56	4.3	62	4.4	62	4.5	55	4.2	52	4.0	58				
730	4.1	58	4.5	57	4.1	61	4.1	62	4.5	54	4.2	52	3.8	58				
720	4.3	58	4.4	58	4.3	61	4.3	61	4.5	54	4.1	51	3.9	59				
710	4.3	58	4.2	57	4.2	61	4.3	61	4.5	54	4.1	51	3.6	58				
700	4.0	58	3.9	56	4.0	61	4.1	61	4.3	54	4.3	52	3.8	58				
690	4.1	58	3.9	55	4.4	60	4.3	60	4.3	54	4.1	52	3.5	58				
680	4.3	58	4.0	54	4.4	60	4.3	60	4.2	54	4.2	52	3.8	56				
670	4.1	58	4.2	54	4.0	60	4.0	60	4.1	54	4.2	52	3.7	56				
660	4.0	58	4.0	54	4.3	60	4.3	59	4.1	54	4.2	52	3.7	56				
650	4.1	58	3.9	54	4.2	60	4.3	59	4.2	54	4.2	52	3.3	56				
640	4.3	57	3.8	54	4.0	59	4.0	59	4.1	54	4.3	52	3.3	56				
630	4.2	57	4.0	54	4.2	59	4.3	59	4.3	54	4.3	52	3.7	56				
620	4.0	57	4.3	54	4.1	59	4.3	60	4.2	54	4.3	51	3.5	56				
610	4.1	57	4.1	54	4.1	59	4.1	60	4.3	53	4.3	51	3.7	57				
600	4.2	57	3.9	54	4.3	59	4.2	59	4.3	52	4.3	51	3.5	55				
590	3.9	57	3.7	53	4.0	59	4.3	59	4.2	52	4.3	51	3.8	55				
580	4.0	57	3.8	53	4.2	59	4.4	58	4.3	52	4.3	51	3.6	57				
570	4.2	57	4.0	53	4.3	59	4.0	58	4.4	52	4.2	51	3.9	57				
560	4.2	56	4.2	53	4.0	58	4.0	58	4.3	52	4.0	51	3.7	57				

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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
550	3.9	56	3.9	53	4.1	58	4.3	58	4.3	52	4.1	52	3.9	57				
540	4.0	56	3.9	54	4.2	58	3.9	58	4.3	52	4.1	52	3.4	56				
530	4.2	56	4.0	56	4.0	58	4.1	58	4.2	52	3.9	52	3.5	56				
520	4.0	56	4.1	56	3.9	58	4.2	58	4.1	52	3.8	52	3.5	56				
510	3.8	56	3.9	57	4.3	58	3.9	58	4.1	51	3.9	52	3.6	56				
500	4.0	56	3.9	57	3.8	58	4.0	58	4.0	50	3.9	52	3.8	55				
490	4.0	56	3.9	56	4.2	58	4.1	58	3.8	50	4.0	52	3.9	55				
480	3.7	56	4.1	55	4.2	59	3.8	58	3.8	51	4.0	51	3.5	55				
470	4.0	55	4.0	55	3.9	59	4.0	58	4.0	51	4.1	51	3.5	56				
460	4.0	55	3.7	54	4.3	59	4.0	58	4.0	50	4.1	51	3.5	56				
450	3.6	54	3.8	54	3.9	59	3.9	57	3.9	50	4.1	51	3.2	55				
440	3.8	54	4.0	54	4.1	59	4.1	56	4.2	50	4.0	52	3.6	55				
430	4.0	54	3.7	53	3.9	59	3.7	56	4.1	50	4.0	52	3.6	55				
420	3.7	54	3.6	53	4.1	59	3.9	56	4.1	50	4.0	52	3.8	54				
410	3.8	54	3.8	53	4.2	59	4.1	56	4.2	50	3.9	51	3.9	53				
400	3.9	54	4.1	53	4.2	60	3.8	56	4.2	50	3.8	51	3.6	52				
390	3.9	54	3.8	53	4.2	60	4.0	57	4.0	50	3.9	51	3.8	52				
380	3.8	54	3.7	53	3.9	59	4.0	57	4.0	50	4.1	51	3.8	53				
370	4.0	54	3.9	53	4.2	59	4.1	58	3.9	52	4.1	51	3.6	54				
360	4.0	54	4.0	52	4.0	59	4.3	59	4.0	52	4.0	52	3.7	54				
350	3.8	54	3.9	52	4.0	59	3.9	60	4.0	52	4.0	51	3.3	54				
340	3.9	55	3.6	52	4.2	59	4.2	60	4.0	52	4.0	51	3.6	54				
330	4.1	55	3.8	52	4.0	59	4.3	60	4.1	51	3.8	51	3.5	54				
320	3.8	55	4.0	52	4.3	60	4.1	61	4.2	51	3.8	51	3.9	54				
310	3.8	55	3.8	52	3.9	61	4.4	61	4.3	52	3.8	51	3.6	54				
300	4.0	55	3.7	52	4.2	61	4.0	61	4.3	53	3.9	51	3.8	54				
290	4.0	55	3.9	52	4.0	61	4.2	61	4.1	54	4.1	51	4.0	54				
280	3.8	55	4.2	54	4.0	61	4.2	62	4.0	54	4.2	51	3.6	54				
270	4.0	55	4.2	54	4.1	61	4.2	62	4.2	54	4.2	52	3.8	54				
260	4.1	55	3.9	55	4.0	61	4.3	62	4.3	55	4.2	52	3.8	54				
250	3.7	55	3.9	55	4.0	61	4.0	62	4.4	56	4.2	52	3.4	54				
240	4.0	56	4.3	56	3.9	61	4.3	62	4.2	56	4.1	53	3.3	54				
230	4.0	57	4.3	58	4.3	61	4.1	62	4.0	56	4.0	53	3.4	54				
220	3.7	57	4.0	59	4.0	61	4.3	62	4.1	56	3.9	53	3.6	54				
210	4.1	57	4.2	58	4.2	61	4.4	62	4.4	56	4.1	53	3.6	54				
200	3.9	58	4.4	58	4.1	61	4.1	62	4.3	56	4.3	53	3.9	54				
190	4.1	58	4.3	58	4.2	61	4.4	62	4.4	55	4.2	54	3.8	52				
180	4.3	58	4.3	59	4.1	61	4.1	63	4.4	55	4.3	54	3.5	52				
170	3.9	58	4.3	59	4.1	62	4.4	63	4.3	56	4.3	54	3.5	52				
160	4.1	58	4.5	59	4.2	62	4.3	63	4.0	56	4.1	54	3.4	54				
150	4.2	58	4.3	59	4.0	62	4.2	63	4.1	56	4.2	55	3.6	54				
140	3.9	58	4.0	59	4.5	62	4.2	62	4.1	55	4.2	55	3.6	54				
130	4.2	58	4.3	59	4.1	62	4.2	62	4.3	55	4.4	55	3.5	54				
120	4.0	58	4.2	58	4.2	62	4.4	63	4.4	55	4.4	56	3.7	55				

RACE DATA

Dist. [m]	AUS		USA		IRI		ESP		POL		KOR		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	4.0	59	3.9	57	4.0	63	4.1	63	4.4	56	4.4	57	3.9	56				
100	4.4	59	4.3	57	4.2	63	4.2	63	4.1	57	4.1	57	3.6	55				
90	3.9	59	4.1	57	3.9	63	4.1	63	4.3	58	4.2	58	3.7	54				
80	4.2	59	4.2	58	4.2	63	4.4	63	4.3	58	4.2	57	3.4	53				
70	4.0	60	4.3	58	4.0	64	4.2	63	4.4	58	4.3	57	3.8	54				
60	4.1	60	4.1	58	4.1	64	4.3	63	4.3	56	4.1	57	3.5	55				
50	4.2	60	4.4	58	4.3	64	4.1	63	4.0	55	4.2	57	3.9	54				
40	3.8	60	4.0	58	4.3	64	4.1	63	3.9	54	4.3	58	4.1	54				
30	4.2	60	4.2	58	4.5	66	4.2	63	3.9	54	4.3	58	3.8	55				
20	3.8	60	4.2	58	4.2	67	4.0	64	4.2	54	4.1	59	4.1	55				
10	4.2	60	3.9	56	4.3	68	4.3	65	4.2	56	4.3	59	4.1	55				
0	4.2	60	3.8	56	4.3	68	4.3	65	4.6	59	4.2	59	4.3	54				