

2016 ICF Canoe Sprint World Cup, Montemor

WK1 500m

H1

04 JUN 2016

Race 55

RACE DATA

Dist. [m]			SIN		IRL		AUT		NZL		UKR				POR			
	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			2.9	101	3.4	113	3.5	106	3.8	126	3.4	107						
480			3.9	105	4.4	122	4.4	113	4.7	133	4.3	111						
470			4.2	111	4.7	124	4.8	117	5.0	135	4.5	113						
460			4.4	116	4.8	127	4.8	122	5.1	141	4.5	115						
450			4.3	116	4.7	127	4.8	124	5.1	142	4.5	115						
440			4.3	115	4.8	125	4.7	123	4.9	139	4.5	115						
430			4.3	113	4.8	123	4.7	120	4.8	134	4.5	114						
420			4.2	110	4.7	120	4.6	117	4.8	129	4.5	112						
410			4.1	109	4.6	118	4.6	115	4.7	126	4.4	111						
400			4.2	106	4.5	115	4.6	114	4.7	125	4.4	111						
390			4.2	104	4.4	113	4.5	114	4.7	125	4.3	111						
380			4.1	102	4.4	113	4.5	112	4.7	123	4.2	109						
370			4.1	102	4.4	113	4.6	112	4.6	121	4.2	107						
360			4.1	103	4.3	113	4.5	111	4.5	119	4.2	104						
350			4.0	102	4.3	112	4.5	111	4.5	119	4.2	103						
340			4.0	102	4.3	111	4.4	109	4.4	118	4.2	104						
330			3.9	101	4.2	111	4.3	108	4.4	117	4.0	104						
320			3.9	98	4.2	110	4.3	106	4.4	115	4.0	104						
310			3.9	97	4.1	109	4.3	105	4.3	114	4.0	102						
300			3.9	95	4.1	109	4.2	104	4.3	113	3.9	100						
290			3.8	94	4.0	109	4.2	103	4.2	113	3.9	99						
280			3.8	93	4.0	109	4.2	103	4.2	113	3.8	99						
270			3.8	93	4.0	108	4.2	103	4.2	113	3.8	97						
260			3.7	93	3.9	108	4.1	103	4.2	112	3.7	97						
250			3.7	93	3.9	107	4.2	103	4.1	111	3.7	96						
240			3.7	93	4.0	106	4.1	103	4.1	111	3.8	95						
230			3.7	93	3.9	105	4.1	103	4.1	110	3.7	95						
220			3.7	93	4.0	105	4.1	101	4.1	110	3.6	93						
210			3.7	95	3.9	104	4.1	101	4.1	110	3.7	92						
200			3.6	95	3.8	104	4.1	101	4.1	110	3.5	92						
190			3.6	95	3.9	104	4.1	101	4.1	110	3.5	92						
180			3.6	95	3.8	104	4.1	101	4.0	110	3.7	93						
170			3.5	95	3.8	104	4.0	101	4.0	109	3.6	93						
160			3.4	92	3.7	104	4.0	99	4.0	108	3.4	93						
150			3.4	90	3.7	103	4.0	99	4.0	108	3.4	92						
140			3.3	89	3.7	103	3.9	98	4.0	108	3.5	93						
130			3.4	89	3.7	101	3.9	98	3.9	108	3.5	91						
120			3.4	89	3.7	101	3.8	98	3.9	108	3.4	91						
110			3.4	88	3.5	100	3.8	98	3.9	107	3.4	91						
100			3.4	88	3.5	99	3.7	97	3.8	107	3.4	92						
90			3.3	88	3.4	99	3.7	96	3.8	106	3.4	91						
80			3.3	88	3.5	99	3.6	95	3.7	105	3.4	89						
70			3.2	87	3.5	98	3.6	93	3.7	104	3.4	87						
60			3.2	86	3.5	97	3.6	92	3.7	104	3.4	86						

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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			3.4	88	3.5	96	3.6	92	3.7	103	3.4	87						
40			3.5	92	3.5	96	3.6	91	3.7	101	3.4	86						
30			3.6	96	3.5	96	3.6	90	3.6	99	3.3	85						
20			3.6	96	3.4	94	3.5	90	3.5	97	3.4	85						
10			3.7	96	3.4	94	3.4	89	3.4	91	3.2	85						
0			3.7	95	3.3	94	3.3	87	3.1	86	3.2	84						