



## RACE DATA

### Race 70

Dist. [m]					POL		RUS		CUB		AUS		UZB			
	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					3.7	73	3.5	74	3.9	91	3.4	71	3.9	81		
980					4.5	74	4.6	74	4.7	93	4.5	72	4.7	82		
970					5.0	74	4.8	73	5.0	92	4.7	72	5.0	82		
960					5.1	74	5.0	71	5.2	90	4.9	70	5.2	83		
950					5.1	73	5.1	69	5.1	84	5.0	68	5.3	83		
940					5.2	72	5.1	67	5.2	79	4.9	67	5.3	81		
930					5.2	72	5.1	66	5.2	76	4.9	65	5.3	80		
920					5.2	71	5.1	65	5.2	74	4.8	63	5.2	78		
910					5.1	70	5.1	64	5.1	72	4.8	62	5.1	76		
900					5.1	69	5.1	63	5.1	72	4.7	62	5.1	75		
890					5.1	68	5.1	63	5.1	71	4.8	62	5.0	74		
880					5.0	68	5.0	63	5.0	70	4.7	62	4.9	73		
870					5.0	66	5.0	62	5.0	70	4.7	62	4.9	71		
860					4.9	65	5.0	62	4.9	68	4.6	61	4.8	69		
850					4.9	64	4.9	62	4.8	68	4.6	60	4.8	68		
840					4.9	63	4.9	62	4.8	67	4.6	59	4.8	68		
830					4.8	63	4.9	62	4.8	67	4.6	58	4.8	67		
820					4.8	61	4.9	62	4.8	67	4.6	58	4.8	67		
810					4.8	61	4.8	62	4.8	67	4.6	58	4.7	66		
800					4.7	61	4.8	61	4.8	67	4.6	58	4.7	66		
790					4.7	61	4.7	61	4.7	67	4.6	58	4.6	65		
780					4.6	61	4.7	61	4.7	67	4.6	58	4.7	65		
770					4.6	61	4.7	61	4.6	67	4.6	58	4.7	64		
760					4.6	61	4.6	61	4.6	67	4.5	58	4.6	64		
750					4.6	61	4.6	60	4.6	67	4.5	59	4.6	62		
740					4.5	60	4.5	60	4.6	67	4.5	59	4.6	62		
730					4.5	59	4.5	60	4.5	67	4.5	58	4.6	62		
720					4.5	59	4.5	60	4.5	66	4.5	58	4.5	62		
710					4.4	59	4.5	60	4.5	66	4.4	57	4.5	61		
700					4.4	58	4.5	61	4.5	66	4.3	57	4.5	61		
690					4.4	57	4.5	61	4.5	66	4.3	57	4.4	61		
680					4.3	56	4.5	61	4.5	66	4.4	57	4.4	61		
670					4.3	55	4.5	61	4.4	65	4.4	57	4.4	61		
660					4.3	55	4.4	61	4.5	65	4.4	57	4.4	60		
650					4.3	56	4.4	61	4.4	65	4.2	56	4.3	60		
640					4.3	57	4.5	61	4.5	65	4.0	54	4.3	60		
630					4.3	57	4.5	61	4.5	65	3.8	53	4.3	60		
620					4.3	57	4.5	61	4.4	65	3.8	53	4.3	60		
610					4.3	57	4.5	61	4.5	65	3.7	53	4.3	59		
600					4.3	57	4.5	61	4.5	65	3.7	51	4.3	59		
590					4.3	57	4.5	59	4.5	65	3.7	51	4.3	60		
580					4.3	56	4.5	60	4.5	65	3.7	51	4.3	60		
570					4.2	56	4.5	60	4.5	65	3.7	51	4.2	60		
560					4.2	56	4.4	60	4.5	65	3.6	49	4.3	60		
550					4.2	56	4.5	60	4.5	65	3.5	49	4.3	59		
540					4.2	56	4.5	60	4.5	65	3.6	49	4.3	59		
530					4.2	56	4.5	60	4.5	65	3.7	50	4.3	59		
520					4.2	56	4.5	60	4.5	65	3.7	49	4.4	59		
510					4.2	56	4.4	59	4.5	66	3.7	49	4.4	59		
500					4.2	57	4.4	59	4.5	66	3.6	49	4.4	58		
490					4.3	57	4.4	59	4.5	66	3.5	49	4.3	58		
480					4.3	58	4.4	59	4.5	67	3.5	47	4.4	59		
470					4.3	58	4.4	59	4.5	67	3.5	48	4.4	59		
460					4.4	58	4.4	59	4.5	65	3.4	48	4.4	59		
450					4.4	58	4.4	59	4.4	64	3.4	48	4.4	59		
440					4.4	58	4.4	59	4.4	64	3.4	47	4.4	59		
430					4.4	58	4.4	59	4.4	64	3.4	47	4.4	59		
420					4.4	57	4.3	59	4.4	64	3.3	47	4.4	59		
410					4.3	57	4.4	59	4.4	63	3.3	47	4.4	60		



## RACE DATA

### Race 70

Dist. [m]					POL		RUS		CUB		AUS		UZB			
	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
400					4.3	57	4.4	59	4.4	63	3.4	47	4.4	60		
390					4.3	58	4.4	58	4.4	63	3.5	46	4.4	60		
380					4.4	58	4.4	58	4.4	63	3.5	46	4.4	60		
370					4.3	58	4.3	59	4.3	63	3.4	45	4.4	60		
360					4.3	58	4.3	59	4.4	63	3.4	45	4.4	60		
350					4.3	58	4.3	59	4.3	64	3.4	45	4.4	60		
340					4.4	58	4.3	59	4.3	64	3.5	44	4.4	60		
330					4.4	58	4.3	59	4.3	64	3.5	46	4.4	60		
320					4.4	58	4.3	59	4.3	64	3.6	46	4.4	60		
310					4.3	58	4.3	59	4.4	64	3.6	46	4.4	60		
300					4.3	58	4.3	59	4.3	64	3.7	46	4.4	60		
290					4.3	57	4.3	59	4.4	65	3.7	45	4.4	60		
280					4.3	57	4.3	59	4.3	64	3.8	45	4.4	60		
270					4.3	58	4.3	59	4.3	64	3.8	46	4.4	61		
260					4.3	58	4.2	59	4.2	64	3.8	46	4.4	61		
250					4.3	57	4.2	59	4.3	64	3.7	45	4.4	61		
240					4.3	57	4.2	59	4.3	64	3.7	46	4.4	60		
230					4.3	58	4.2	60	4.3	65	3.7	46	4.4	60		
220					4.3	59	4.3	60	4.4	67	3.8	46	4.4	60		
210					4.3	59	4.3	60	4.4	68	3.8	46	4.4	61		
200					4.4	60	4.3	60	4.4	68	3.8	46	4.5	61		
190					4.4	61	4.3	60	4.5	68	3.7	46	4.5	62		
180					4.4	61	4.4	60	4.4	68	3.7	47	4.5	62		
170					4.4	62	4.4	60	4.5	68	3.8	47	4.4	62		
160					4.5	62	4.3	60	4.4	67	3.8	46	4.5	62		
150					4.5	62	4.4	60	4.4	67	3.9	46	4.5	62		
140					4.5	62	4.4	60	4.4	67	3.9	46	4.5	62		
130					4.5	63	4.4	60	4.5	67	4.0	47	4.5	62		
120					4.5	63	4.4	61	4.4	67	3.9	47	4.6	62		
110					4.5	63	4.4	61	4.5	68	3.8	47	4.6	63		
100					4.5	63	4.5	61	4.5	69	3.7	46	4.5	63		
90					4.5	63	4.4	61	4.6	70	3.8	46	4.6	63		
80					4.5	63	4.4	60	4.5	70	3.8	46	4.6	63		
70					4.5	64	4.5	60	4.6	69	3.8	46	4.6	63		
60					4.5	64	4.5	61	4.5	69	3.9	47	4.6	64		
50					4.5	64	4.4	62	4.5	68	3.9	48	4.7	65		
40					4.5	64	4.4	62	4.5	68	3.9	48	4.6	65		
30					4.5	64	4.4	61	4.5	69	3.9	47	4.6	65		
20					4.4	64	4.4	61	4.5	71	3.9	47	4.6	65		
10					4.4	63	4.4	61	4.5	71	3.9	47	4.6	65		
0					4.4	63	4.4	60	4.5	69	3.9	47	4.6	65		