

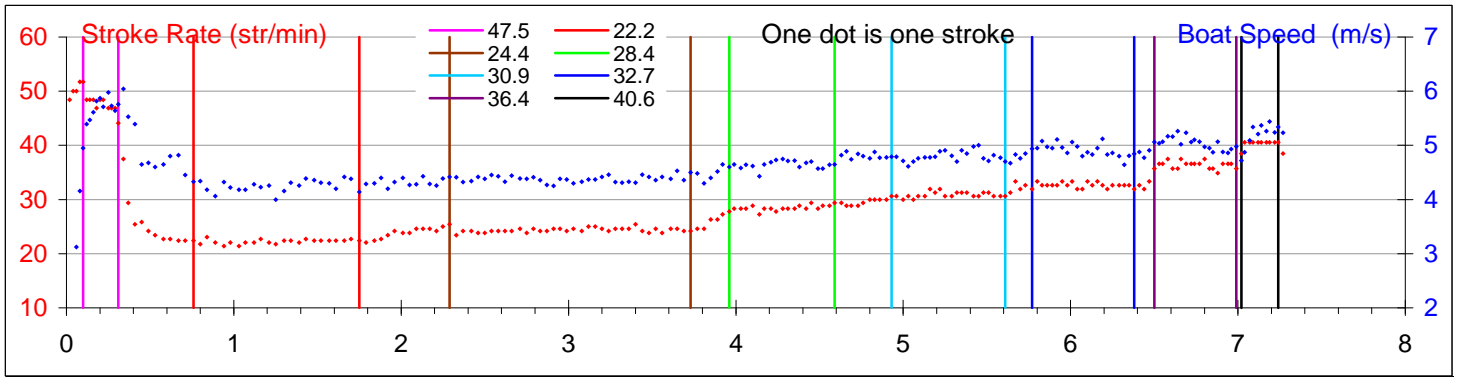
REPORT

	Session N	Place	Boat type
Date 19/10/21	2	Dorney	HM1x
Coach BioRow		Boat make Filippi	0
<i>Air temperature</i>	24.0 ° C	<i>Water temperature</i>	20.0 ° C

Seat	Crew list	Height (m)	Weight (kg)	Inboard (m)	Oar Length (m)	Span/ Spread (m)
Stroke	Single Sculler	1.91	95.0	0.875	2.885	1.600
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
Average		1.91	95.0	0.875	2.885	1.600

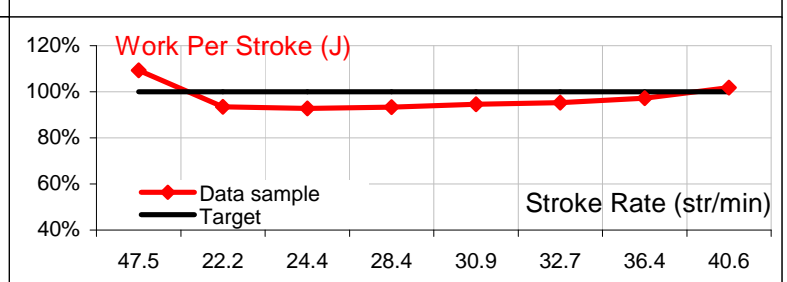
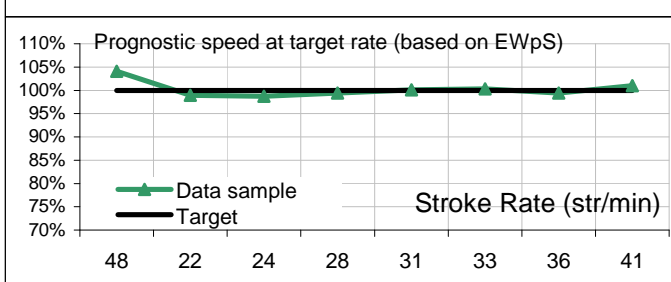
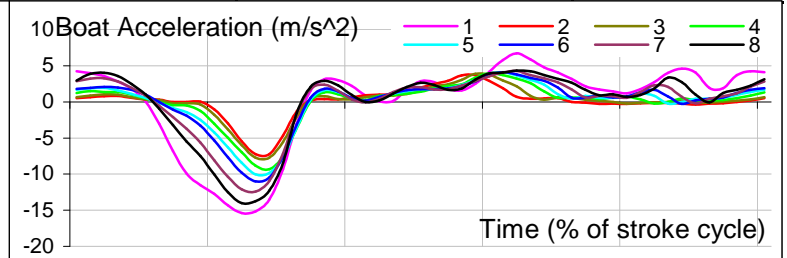
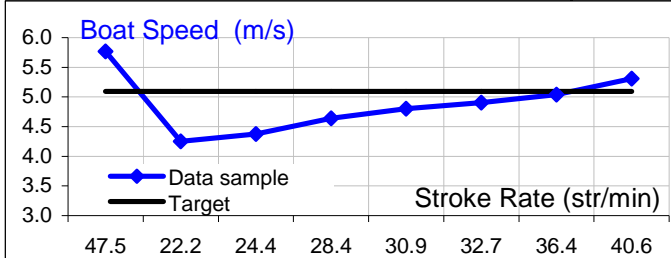
Single Sculler

Session N 2



Data sample	Stroke Rate (str/min)	Stroke Rate Variation (%)	Sample Total Time (s)	Strokes Count	Sample Distance (m)	Average Boat Speed (m/s)	Time over 2000m (m:s)	Boat Speed Variation (%)	Boat Speed Efficiency (%)	Distance per Stroke (m)	Drag Factor
1 Sample 01	47.5	1.56%	8.8	7	51.0	5.77	5:46.90	16.2%	97.54%	7.28	3.11
2 Sample 02	22.2	1.89%	51.4	19	218.4	4.25	7:50.20	13.3%	98.39%	11.49	3.29
3 Sample 03	24.4	1.41%	78.8	32	344.8	4.38	7:37.07	13.7%	98.29%	10.77	3.23
4 Sample 04	28.4	1.44%	31.6	15	146.9	4.64	7:10.83	14.1%	98.16%	9.79	3.16
5 Sample 05	30.9	1.36%	34.9	18	167.9	4.80	6:56.27	14.6%	98.03%	9.32	3.15
6 Sample 06	32.7	0.86%	31.2	17	153.1	4.90	6:47.94	14.9%	97.94%	9.00	3.16
7 Sample 07	36.4	1.48%	24.8	15	124.7	5.04	6:36.97	15.5%	97.76%	8.31	3.27
8 Sample 08	40.6	1.03%	8.9	6	47.1	5.31	6:16.73	15.7%	97.71%	7.85	3.27
Weighed Average	28.6	1.38%	270.4	129	1254	4.64	7:11.35	14.2%	98.1%	9.23	3.21

Comments	Acceleration Minimum (m/s^2):	First peak (m/s^2)	Acceleration Maximum (m/s^2):	Evaluation of Negative Peak (SD)	Evaluation of First Peak (SD)	Catch Factor (on boat acceleration)	Boat Roll Amplitude (deg)	Boat Pitch Amplitude (deg)	Boat Yaw Amplitude (deg)	Rowing Power (W)	Work Per Stroke (J)
1 Filippi	-15.41	3.12	6.71	-0.58	0.20	122.3	2.13	1.50	0.14	772	975
2 Filippi	-7.26	0.40	3.72	-2.18	-1.03	28.3	3.03	1.65	1.01	308	833
3 Filippi	-7.74	0.77	3.87	-1.71	-0.73	34.6	2.67	1.68	0.84	336	827
4 Filippi	-9.31	1.32	3.96	-1.58	-0.38	63.0	4.03	1.78	0.70	395	832
5 Filippi	-10.02	1.62	4.09	-1.32	-0.23	60.0	2.49	1.81	0.66	434	843
6 Filippi	-11.00	1.81	4.10	-1.52	-0.14	69.7	3.65	2.00	0.34	463	849
7 Filippi	-12.44	2.36	4.27	-1.45	0.16	89.7	2.88	1.79	0.37	526	867
8 Filippi	-14.00	2.91	4.33	-1.33	0.40	95.4	3.68	1.67	0.18	614	908
Weighed Average	-10.90	1.79	4.38	-1.46	-0.22	70.4	3.07	1.74	0.53	406	845

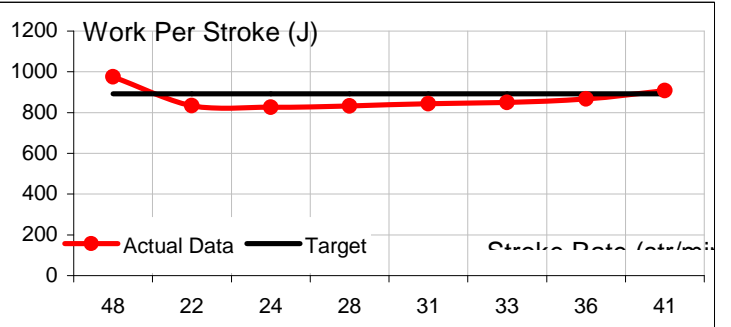
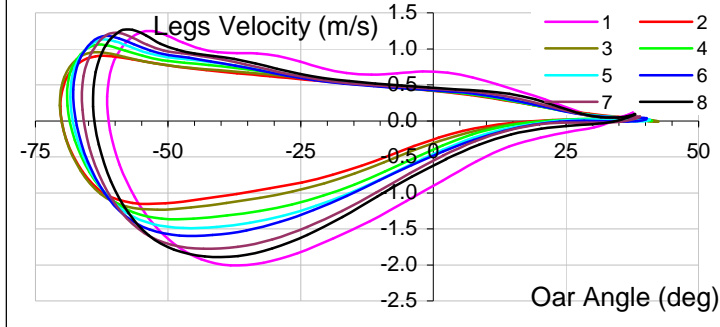
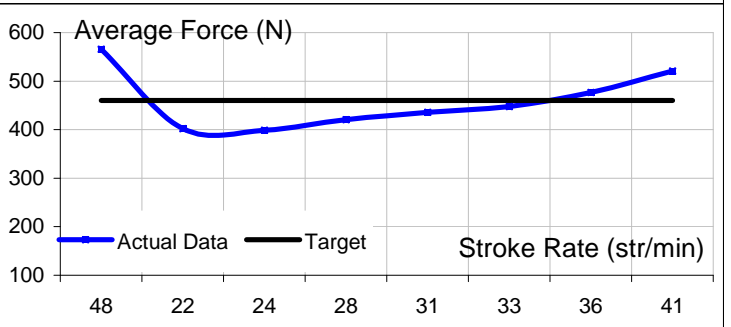
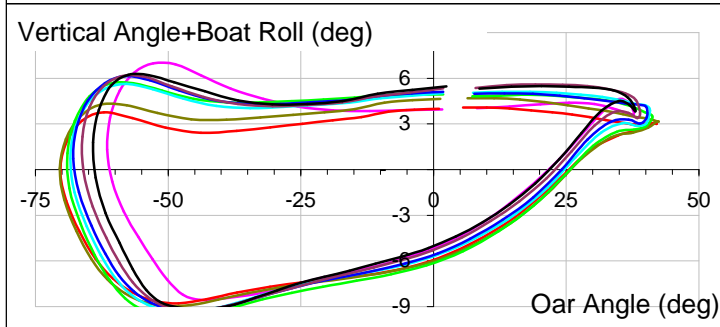
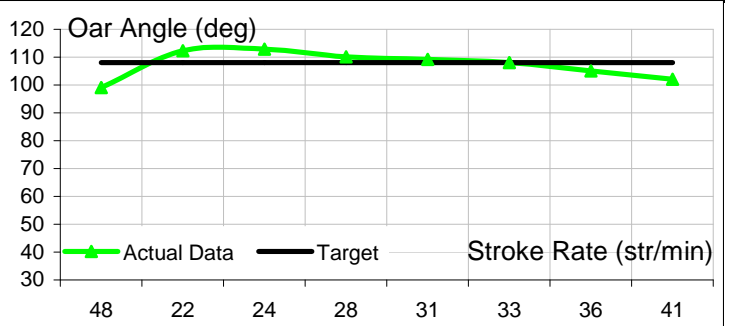
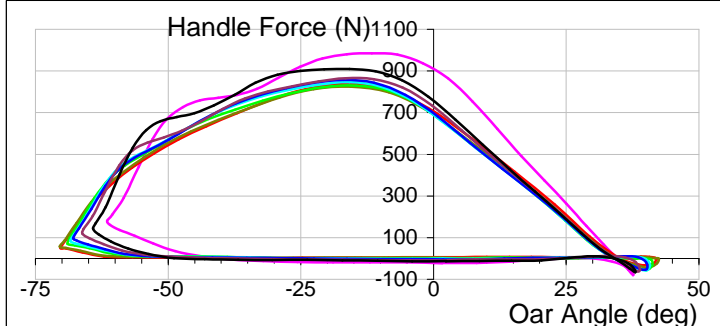


Single Sculler

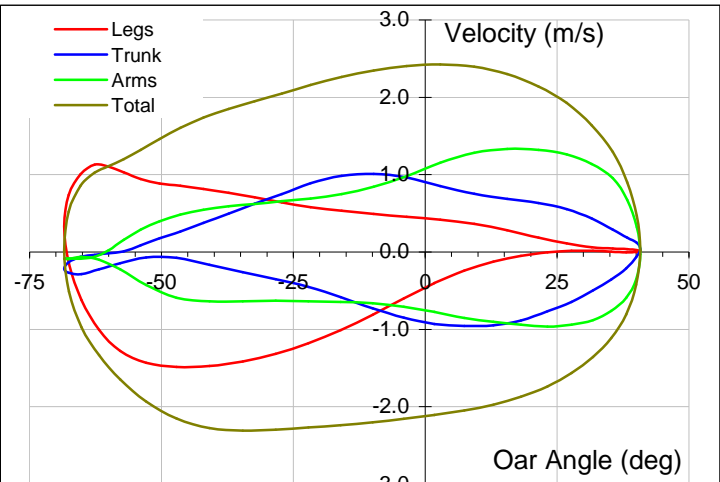
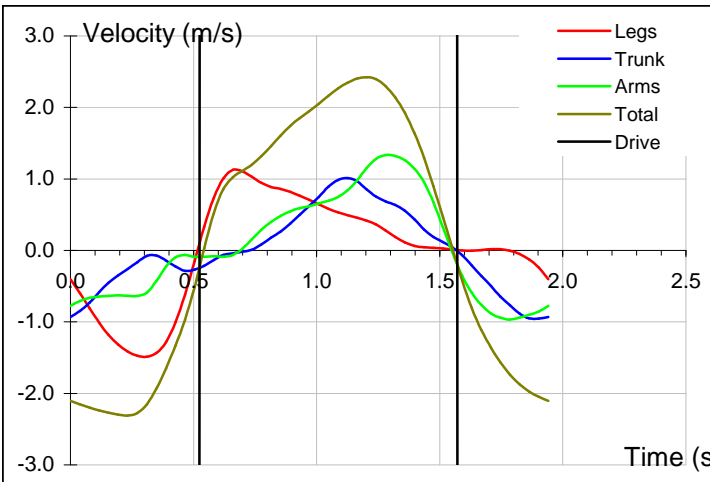
This page shows one rower data for various samples

#	Data sample	Stroke Rate (str/min)	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Max Blade Depth (deg)	Blade Efficiency (%)	Rowing Power (W)	Work Per Stroke (J)
1	Sample 01	47.5	0.72	57.4%	-61.5	37.6	99.1	6.3	21.8	71.7%	-8.6	83.4%	772	975
2	Sample 02	22.2	1.22	45.1%	-70.3	42.0	112.3	5.1	18.8	78.7%	-8.8	82.9%	308	833
3	Sample 03	24.4	1.18	47.9%	-70.4	42.4	112.8	4.6	19.1	79.0%	-9.0	82.0%	336	827
4	Sample 04	28.4	1.07	50.6%	-69.0	41.2	110.2	4.5	18.6	79.0%	-9.7	82.7%	395	832
5	Sample 05	30.9	1.01	52.2%	-68.5	40.7	109.2	4.9	19.8	77.3%	-9.3	83.3%	434	843
6	Sample 06	32.7	0.98	53.4%	-67.9	40.2	108.0	5.2	20.2	76.4%	-9.3	84.3%	463	849
7	Sample 07	36.4	0.91	55.4%	-66.1	38.9	105.1	5.1	21.3	74.9%	-9.2	84.5%	526	867
8	Sample 08	40.6	0.84	56.7%	-64.1	38.0	102.1	5.1	21.8	73.6%	-9.2	85.6%	614	908
Average		32.89	0.99	52.3%	-67.2	40.1	107.4	5.1	20.2	76.3%	-9.13	83.6%	481	867
Variation (%)		25.6%	16.8%	8.2%	3.1	1.8	4.9	0.5	1.3	3.6%	0.04	1.4%	32.0%	5.9%

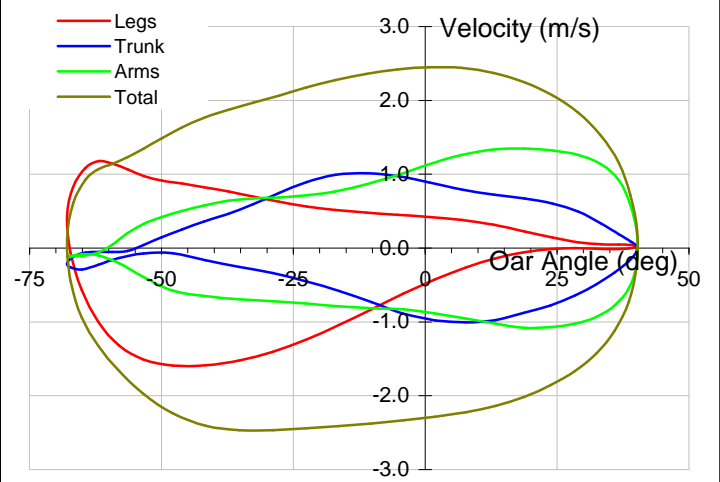
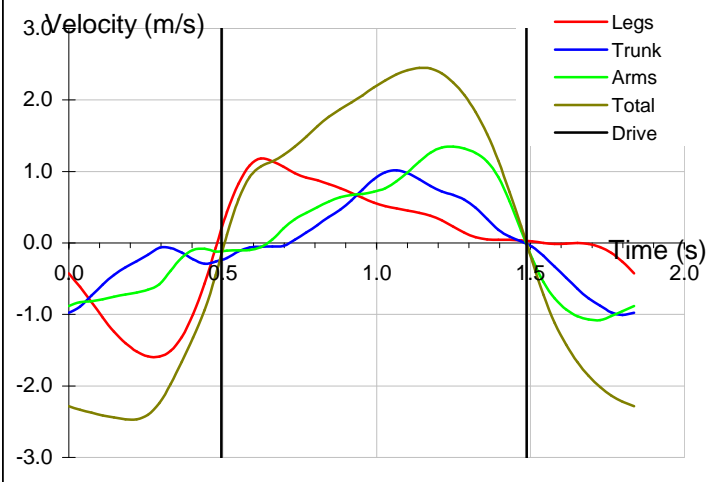
#	Time over 2000m (m:s)	Max. Force (N)	Average Force (N)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Max.Handle Velocity (m/s)	HDF	Legs drive (m)	Legs Max. Speed (m/s)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
1	5:46.90	985	566	57%	50.3%	12.3	28.0	2.83	97.4	0.489	1.25	-11.7	72.8%	-39.1
2	7:50.20	839	402	48%	47.6%	23.6	35.5	2.19	127.2	0.599	0.90	-23.8	94.1%	56.1
3	7:37.07	825	399	48%	48.6%	22.2	36.4	2.27	123.9	0.598	0.95	-25.6	94.4%	43.6
4	7:10.83	829	421	51%	49.4%	19.7	35.6	2.36	115.8	0.581	1.05	-28.3	95.1%	13.5
5	6:56.27	846	436	52%	48.2%	19.8	35.8	2.42	112.0	0.577	1.13	-24.6	95.6%	12.3
6	6:47.94	857	448	52%	47.1%	19.9	35.4	2.45	111.6	0.571	1.18	-24.3	97.8%	-6.5
7	6:36.97	866	476	55%	47.2%	18.0	33.2	2.49	111.6	0.552	1.22	-19.5	93.7%	-34.8
8	6:16.73	910	521	57%	47.3%	11.3	32.6	2.57	110.0	0.522	1.27	-14.3	86.8%	-33.5
Average		869.5	458.5	53%	48.2%	18.4	34.1	2.45	113.7	0.561	1.12	-21.5	91.3%	1.5
Variation (%)		6.2%	12.9%	7.0%	2.4%	23.9%	8.2%	8.0%	8.0%	6.8%	12.4%	5.8	8.1%	36.4



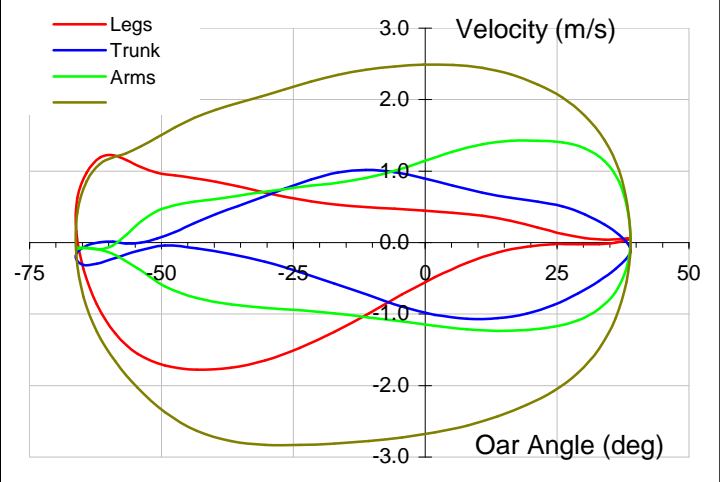
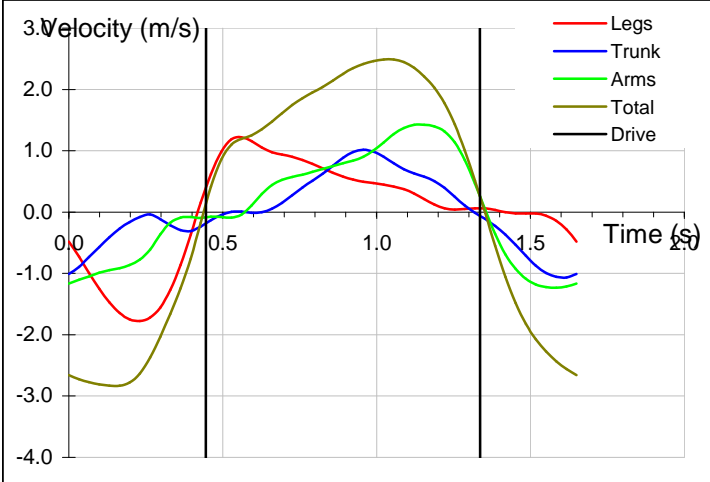
Single Sculler Rate 30.9



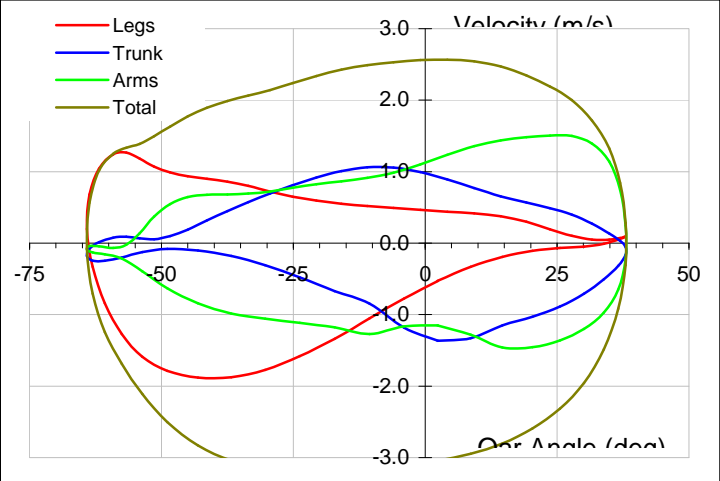
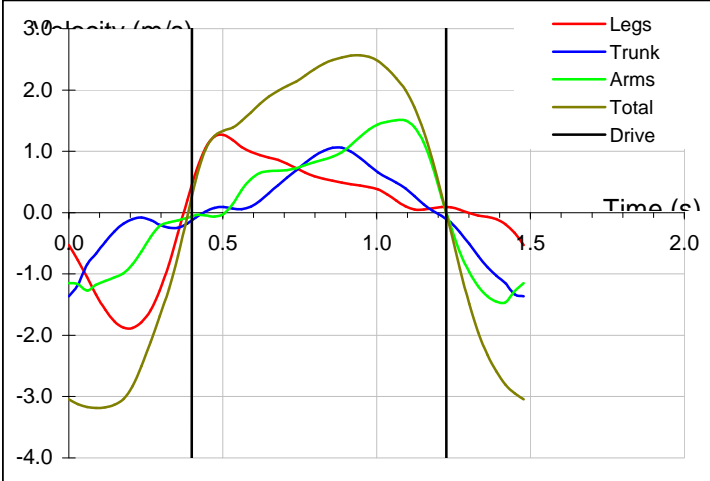
Single Sculler Rate 32.7



Single Sculler Rate 36.4



Single Sculler Rate 40.6



Single Sculler

Stroke Rate (str/min) 47.5

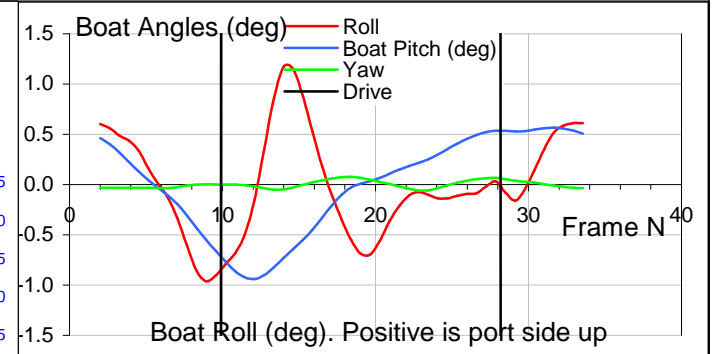
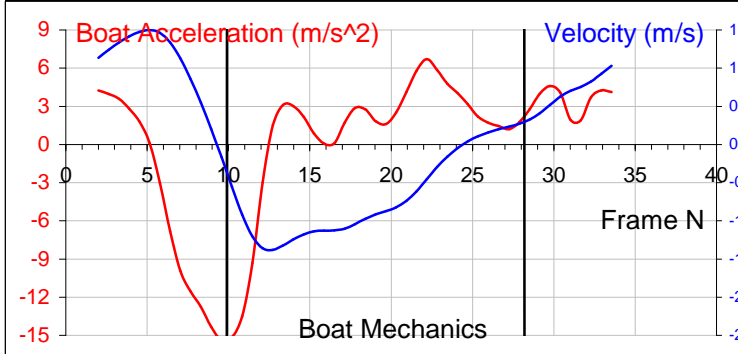
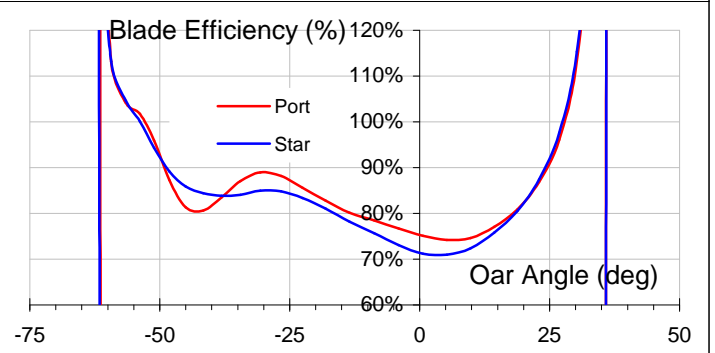
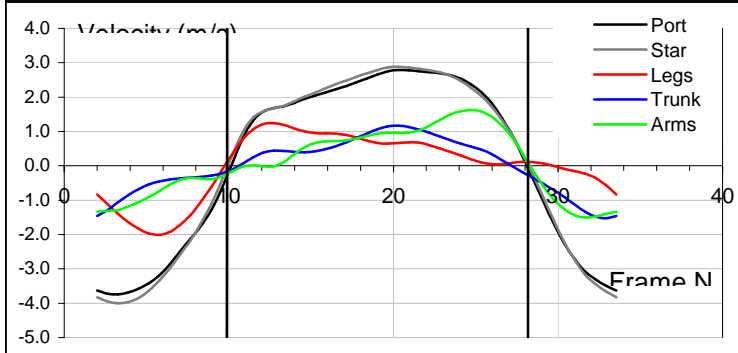
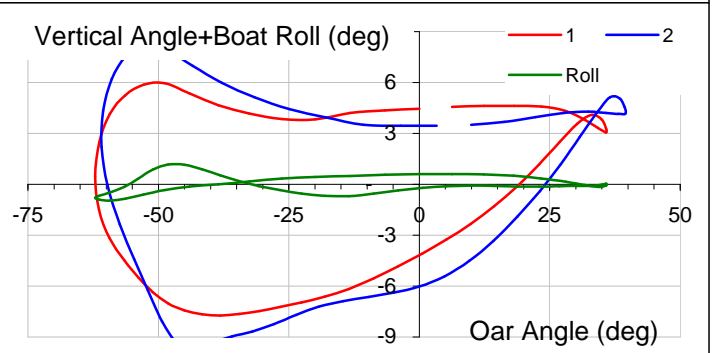
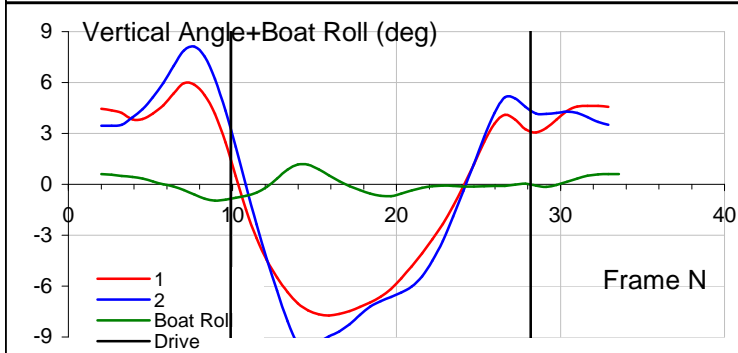
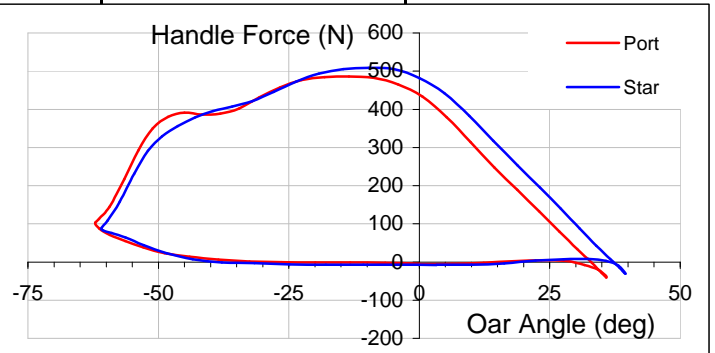
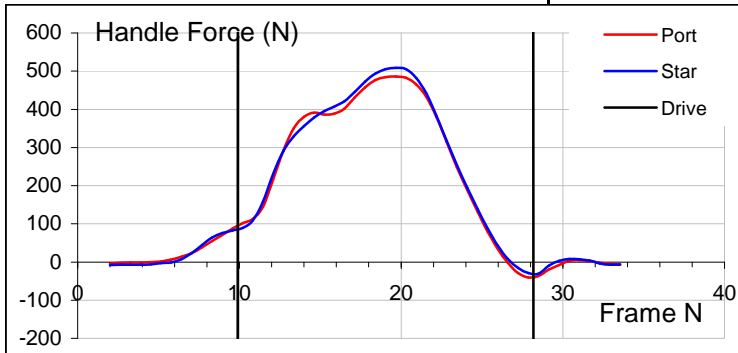
Time over 2000m (m:s) 5:46.90

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	0.719	-62.1	35.8	97.9	0.1	10.5	5.3	24.8	69.3%	84.9%	260
2 Star	0.730	-60.9	39.5	100.4	0.7	9.6	7.1	19.7	73.3%	83.1%	212

	Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver. Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)
1	2.78	1.99	486	286	0.31	59%	50%	10.5	27.8	380	480	407
2	2.88	2.00	509	290	0.31	57%	51%	14.7	28.0	404	510	424

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
0.49	0.42	0.53	1.25	1.17	1.62	40.5%	32.0%	27.5%	-11.7	72.8%	-39.2



Single Sculler

Stroke Rate (str/min) 22.2

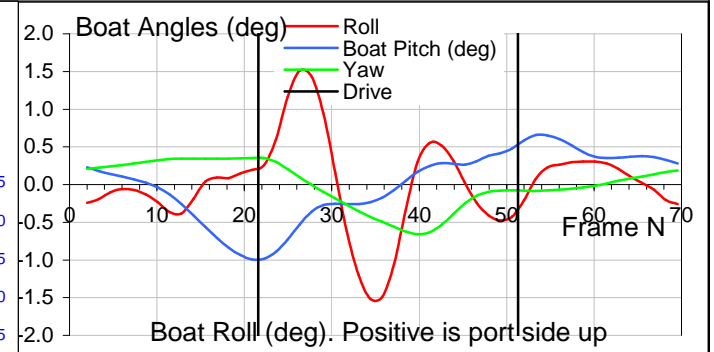
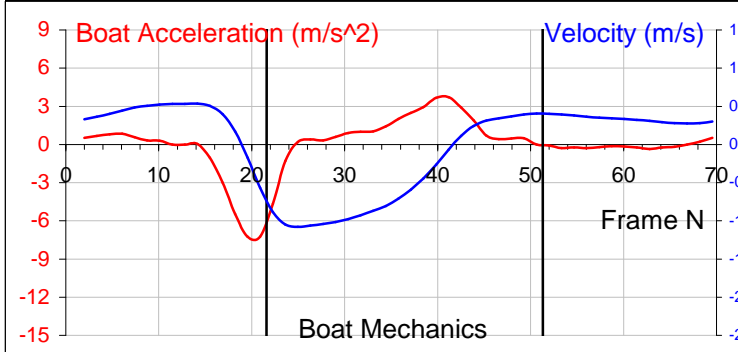
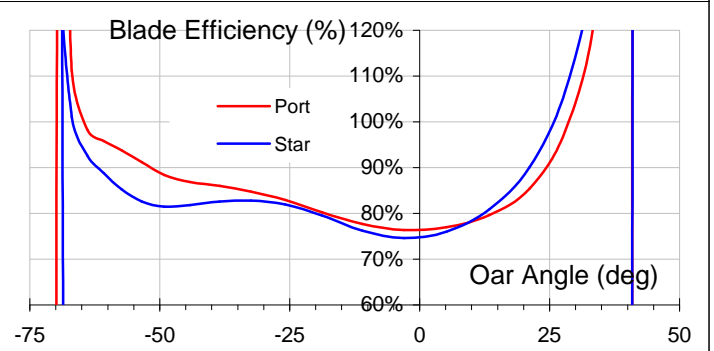
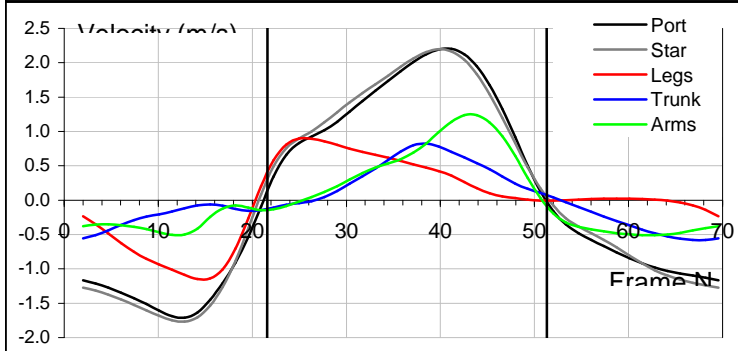
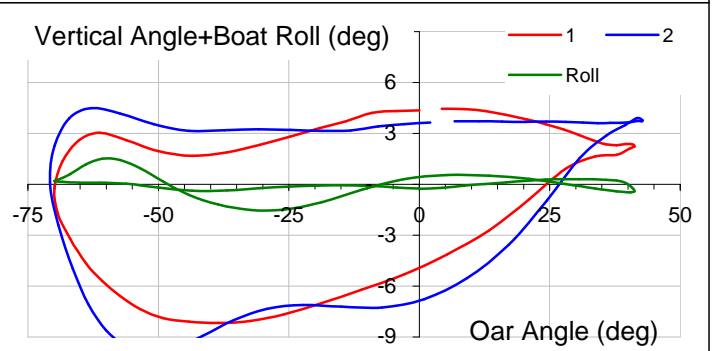
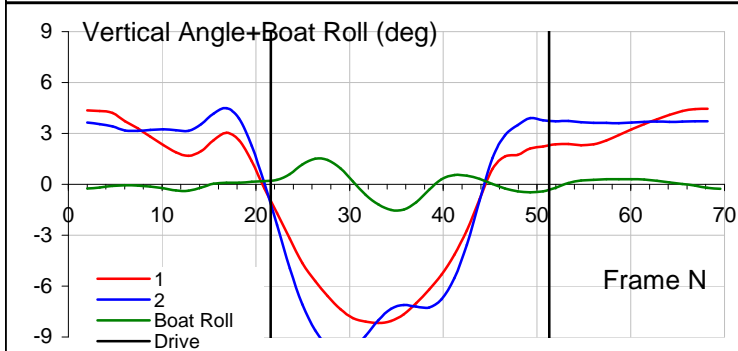
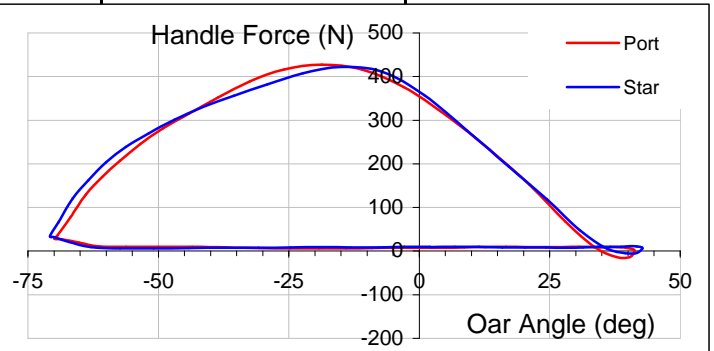
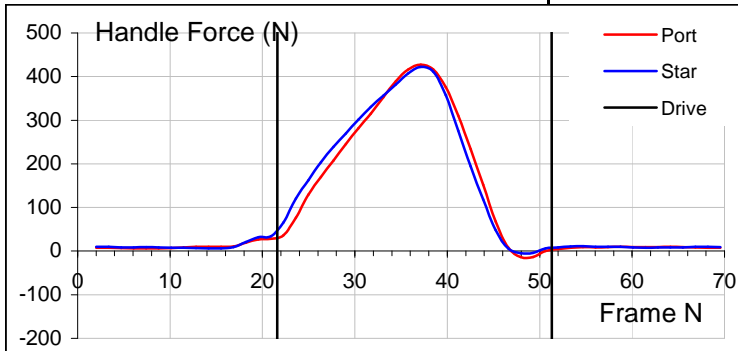
Time over 2000m (m:s) 7:50.20

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	1.201	-69.9	41.2	111.1	4.3	15.9	5.5	21.7	75.5%	84.6%	412
2 Star	1.235	-70.7	42.8	113.5	3.3	16.7	5.1	17.0	80.6%	83.4%	319

Max. Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver. Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)	
1	2.20	1.35	428	206	0.22	48%	46%	23.4	34.9	156	422	357
2	2.20	1.34	422	205	0.22	49%	49%	23.0	35.6	159	429	358

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
0.60	0.44	0.60	0.90	0.82	1.24	40.6%	30.1%	29.3%	-24.4	94.0%	55.6



Single Sculler

Stroke Rate (str/min) 24.4

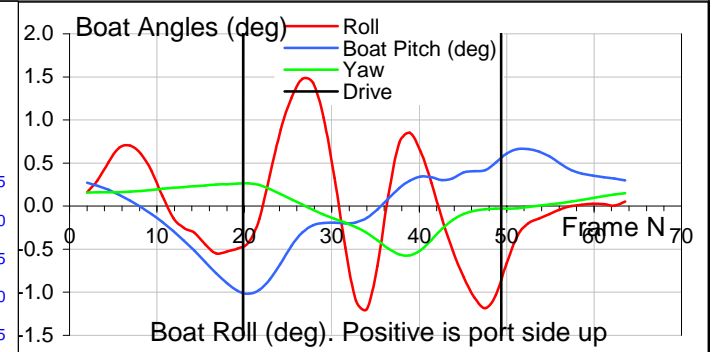
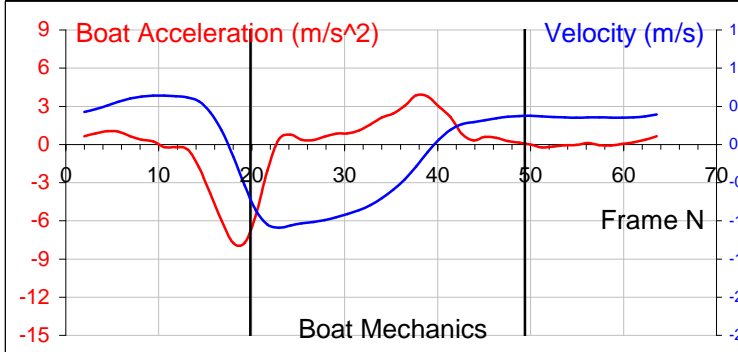
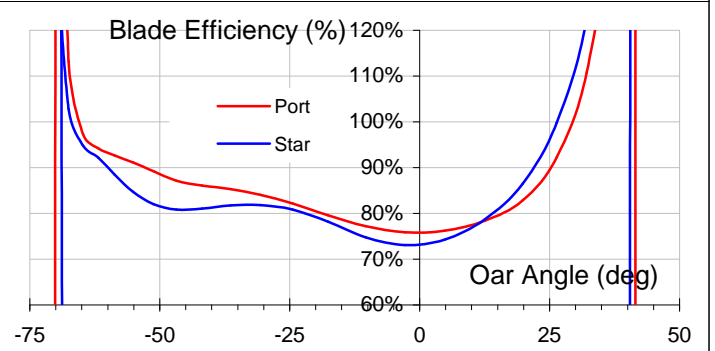
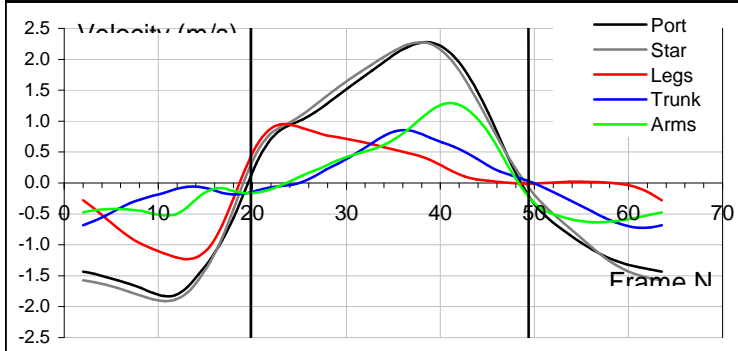
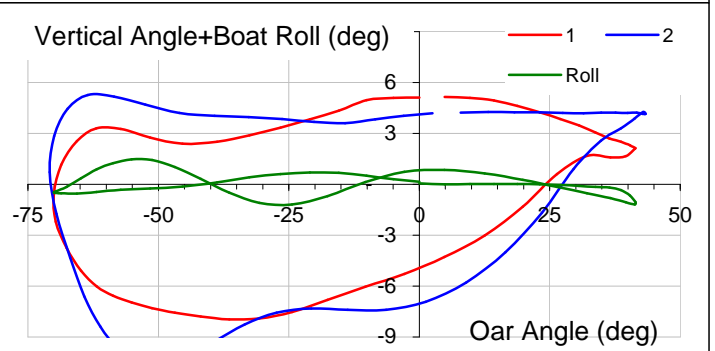
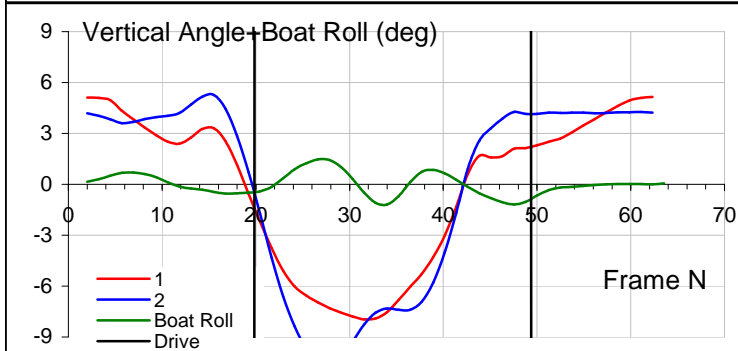
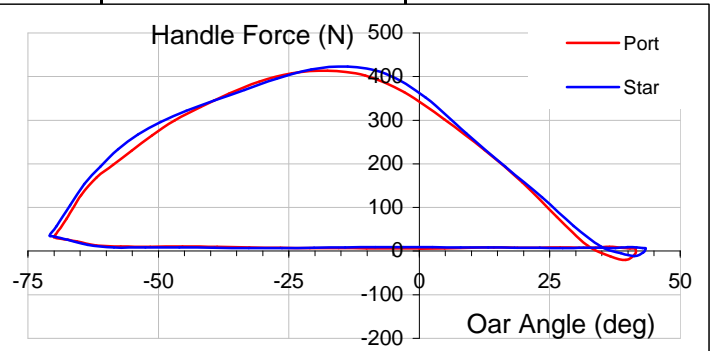
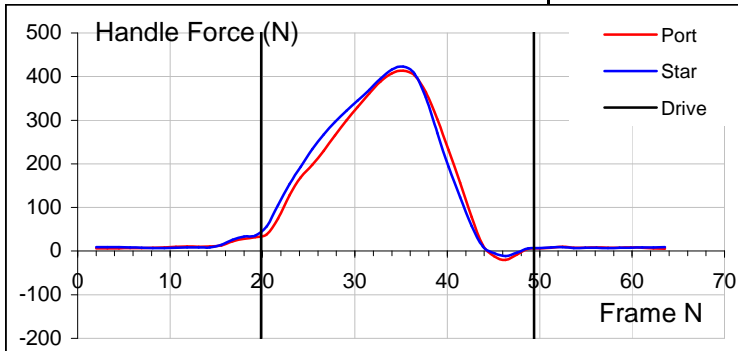
Time over 2000m (m:s) 7:37.07

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	1.161	-70.0	41.4	111.5	3.8	16.9	3.9	21.5	77.2%	84.1%	370
2 Star	1.200	-70.8	43.4	114.2	3.6	17.7	5.2	17.2	80.3%	82.4%	288

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)	
1	2.27	1.40	413	204	0.22	49%	47%	21.9	35.3	168	414	348
2	2.27	1.39	423	205	0.22	48%	50%	21.4	36.8	175	432	356

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms) (Δt 0 Vseat - Catch (ms))	Rowing Style Factor (%)	Finish Factor (ms)
0.60	0.45	0.60	0.95	0.85	1.29	41.1%	30.2%	28.7%	-25.9	94.6%	42.0



Single Sculler

Stroke Rate (str/min) 28.4

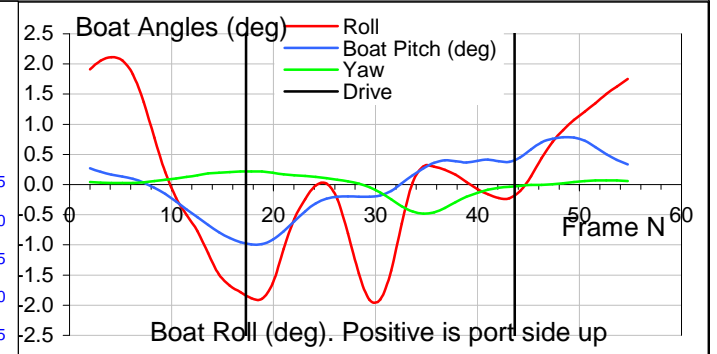
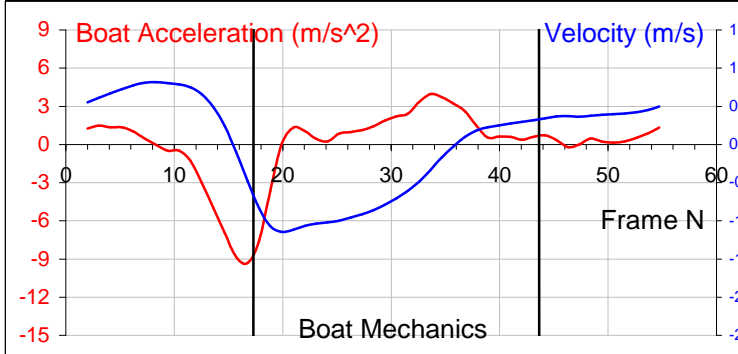
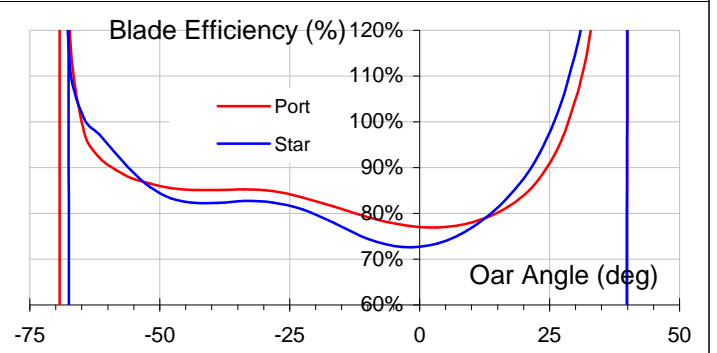
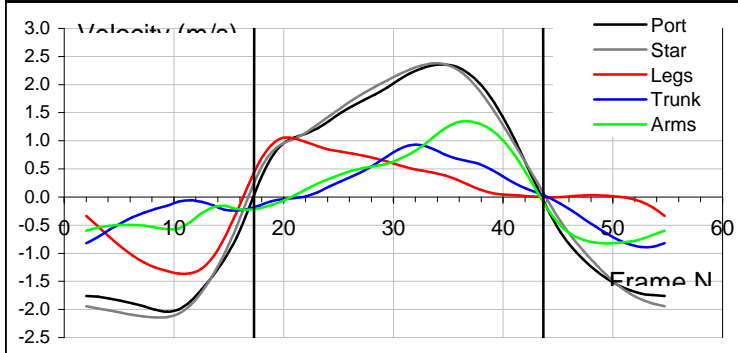
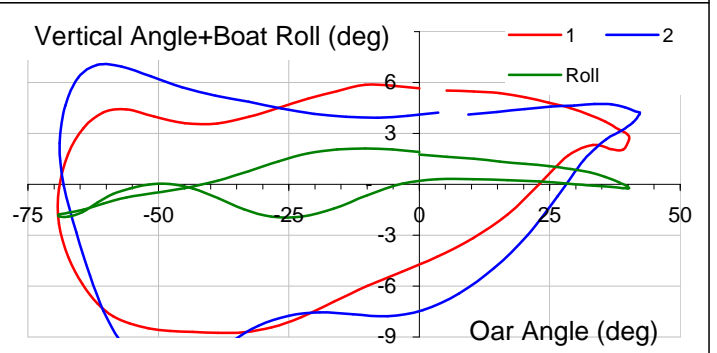
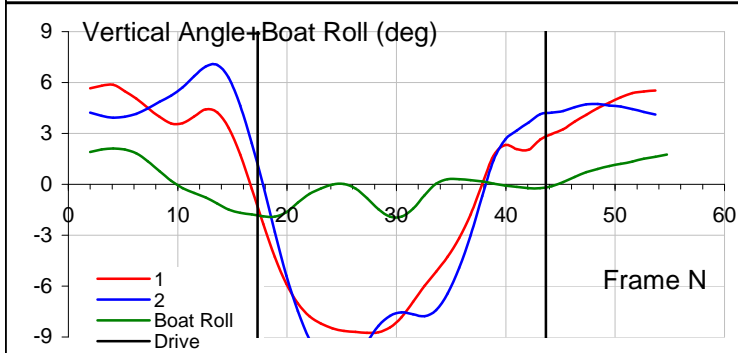
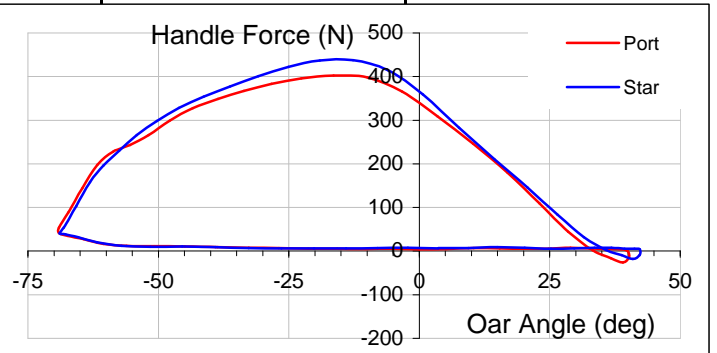
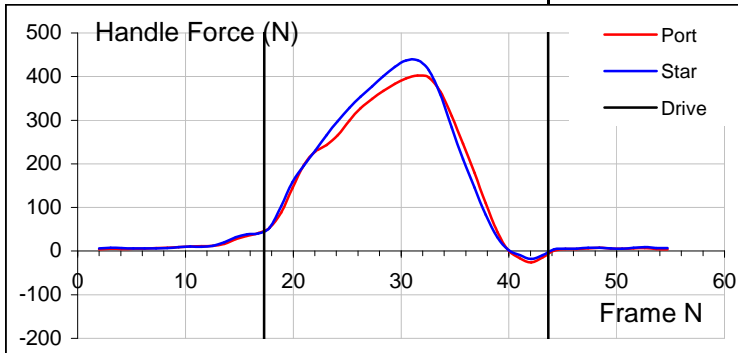
Time over 2000m (m:s) 7:10.83

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	1.051	-69.1	40.2	109.2	2.3	16.3	2.7	22.5	76.9%	84.5%	349
2 Star	1.085	-68.9	42.3	111.2	3.0	17.3	6.0	15.8	80.4%	83.1%	296

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)	
1	2.36	1.51	402	214	0.23	53%	48%	19.1	33.7	195	412	348
2	2.38	1.49	438	217	0.23	50%	51%	19.8	36.8	208	439	365

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
0.58	0.44	0.60	1.05	0.92	1.35	41.6%	29.6%	28.8%	-27.9	95.0%	12.9



Single Sculler

Stroke Rate (str/min) 30.9

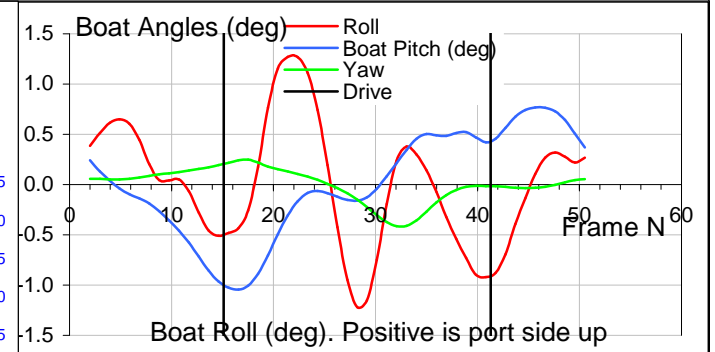
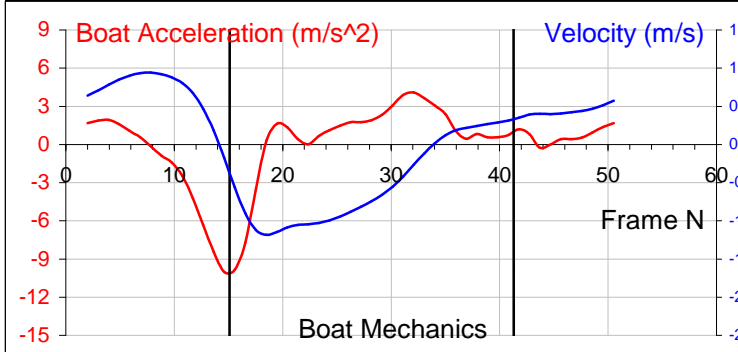
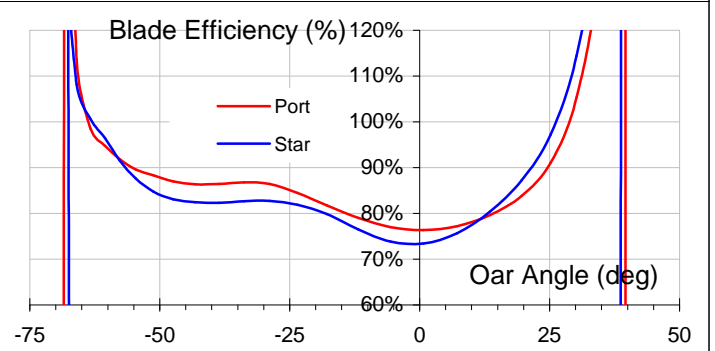
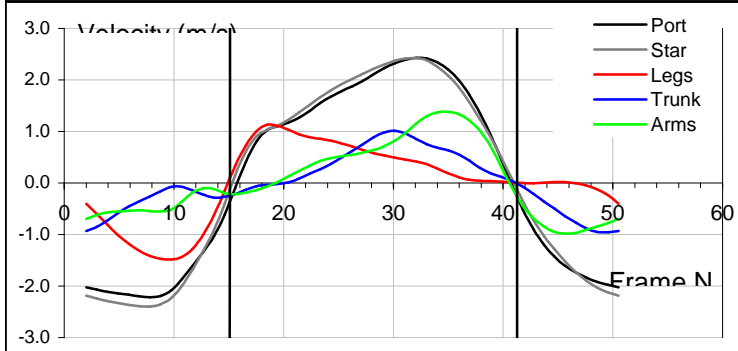
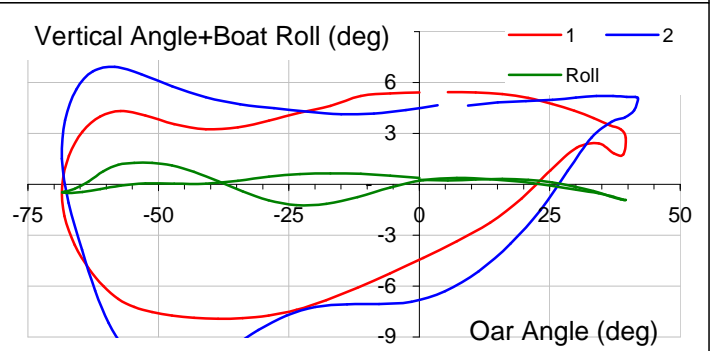
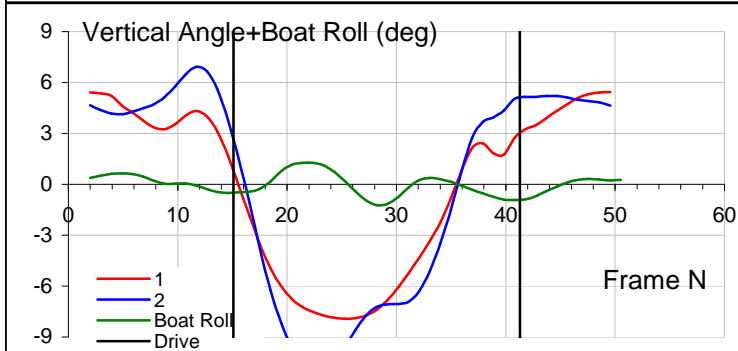
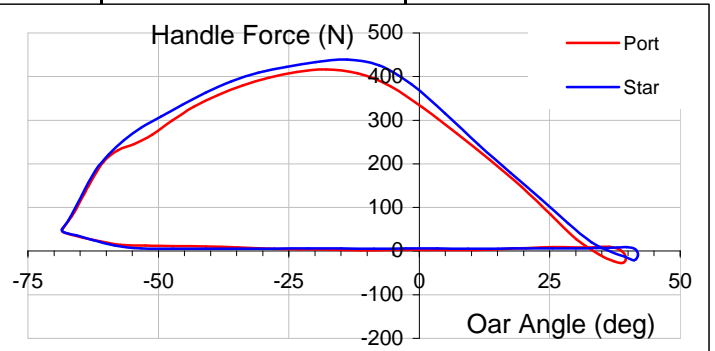
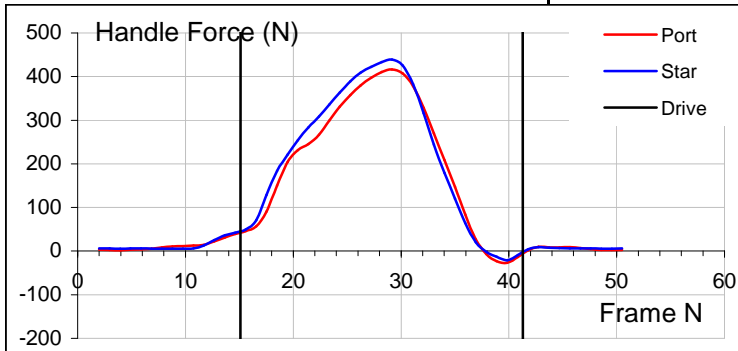
Time over 2000m (m:s) 6:56.27

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	0.999	-68.4	39.6	108.0	2.8	15.8	4.2	24.0	73.9%	85.0%	354
2 Star	1.027	-68.5	41.9	110.4	2.6	16.8	5.6	17.4	79.2%	83.2%	298

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)	
1	2.43	1.58	416	219	0.24	53%	47%	20.1	34.8	213	414	352
2	2.42	1.57	439	226	0.24	51%	49%	18.8	36.2	229	445	371

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms) (Δt 0 Vseat - Catch (ms))	Rowing Style Factor (%)	Finish Factor (ms)
0.58	0.44	0.58	1.13	1.01	1.38	41.4%	30.7%	27.8%	-25.0	95.6%	12.0



Single Sculler

Stroke Rate (str/min) 32.7

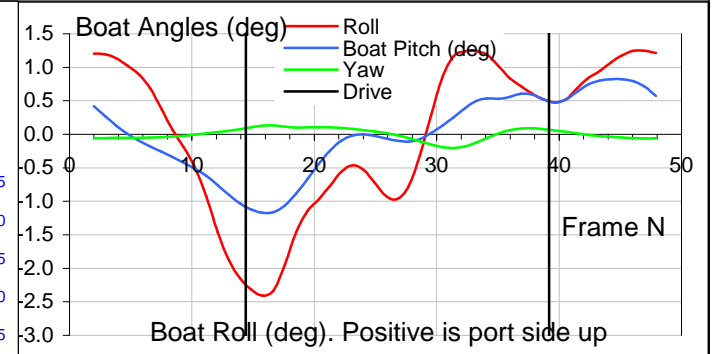
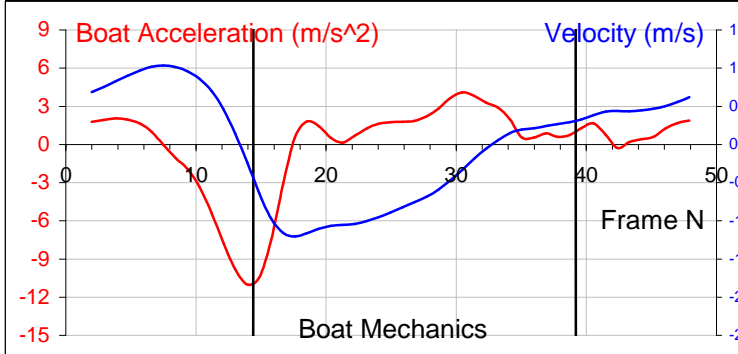
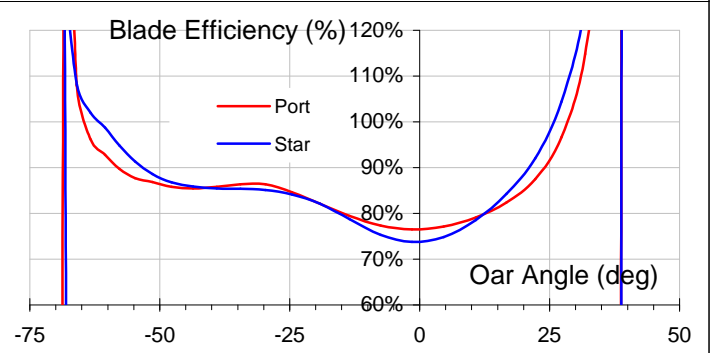
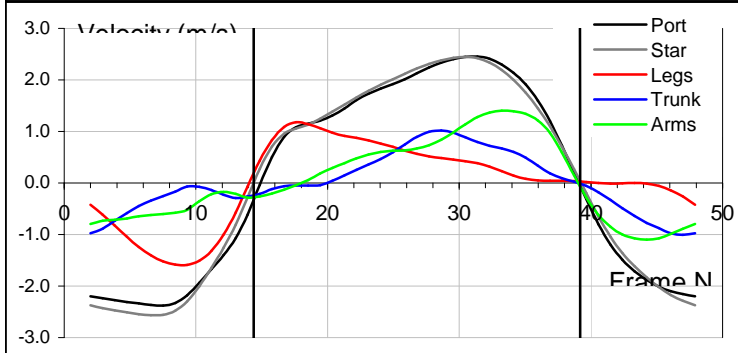
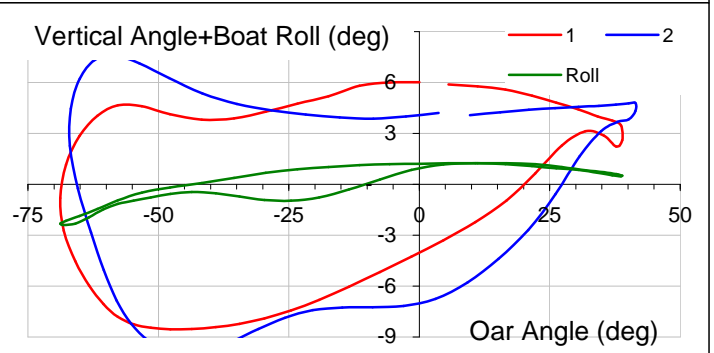
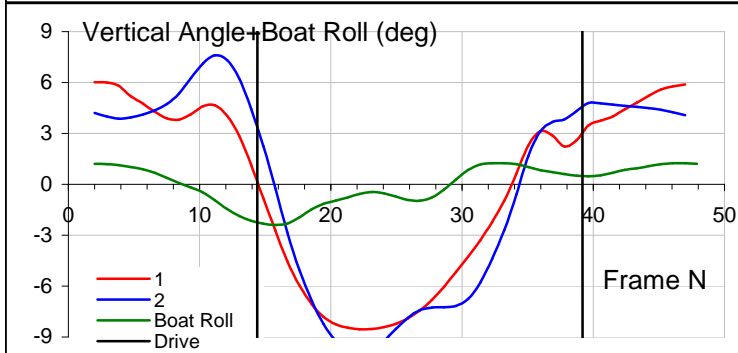
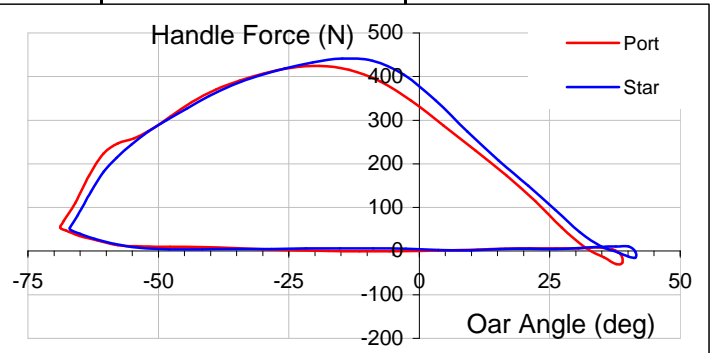
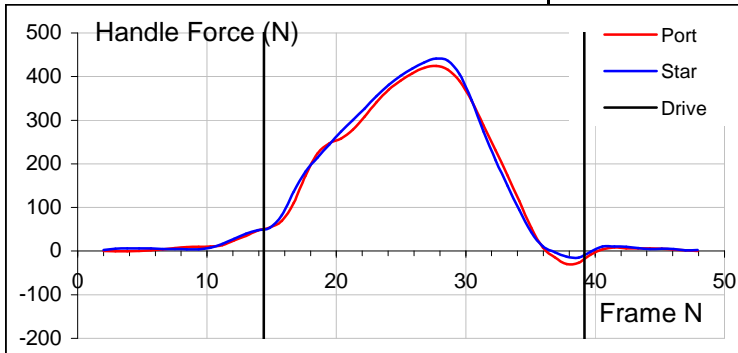
Time over 2000m (m:s) 6:47.94

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	0.967	-68.8	38.9	107.7	2.3	15.4	3.2	26.5	72.4%	84.4%	336
2 Star	0.994	-67.0	41.4	108.4	2.4	15.8	6.7	16.2	78.9%	85.1%	358

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver. Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)	
1	2.45	1.62	424	228	0.24	54%	46%	19.6	35.3	231	424	358
2	2.45	1.59	441	228	0.24	52%	48%	19.8	35.2	239	439	374

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms) (Δt 0 Vseat - Catch (ms))	Rowing Style Factor (%)	Finish Factor (ms)
0.57	0.42	0.60	1.18	1.02	1.40	41.2%	29.8%	29.0%	-24.2	97.8%	-6.7



Single Sculler

Stroke Rate (str/min) 36.4

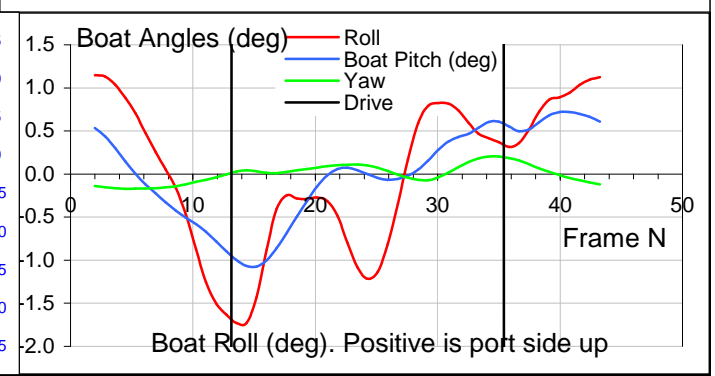
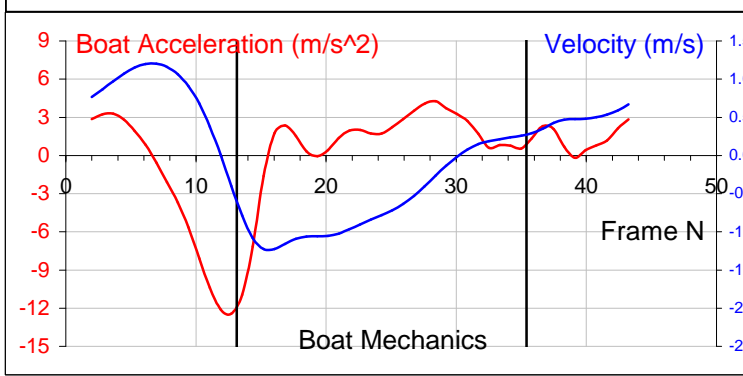
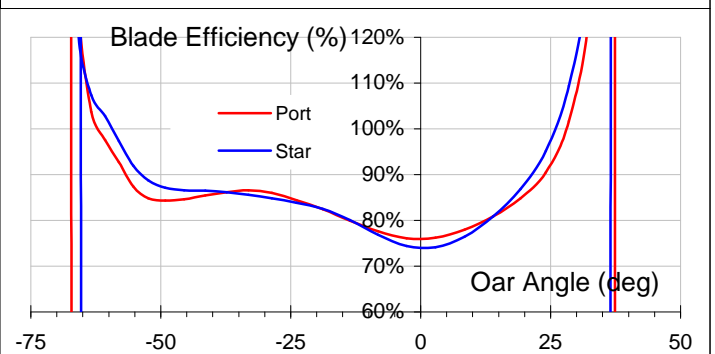
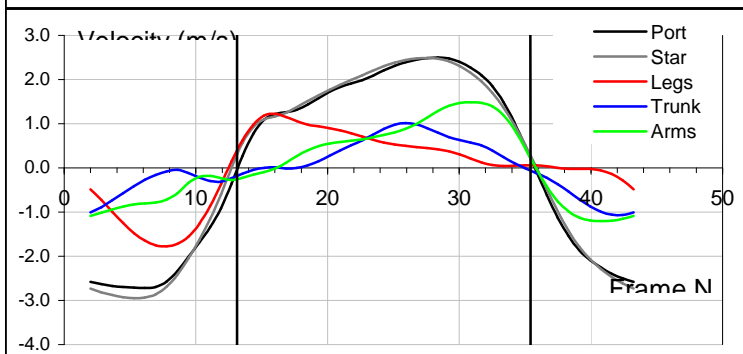
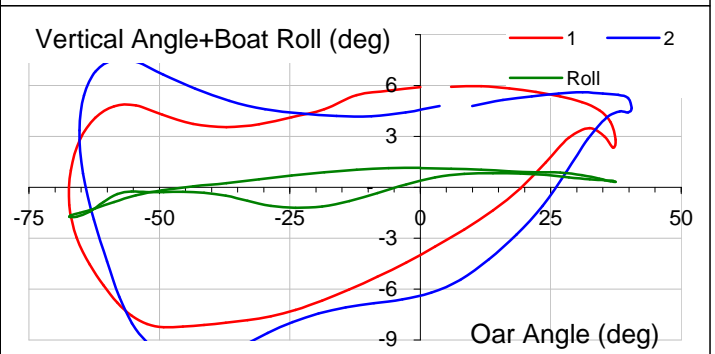
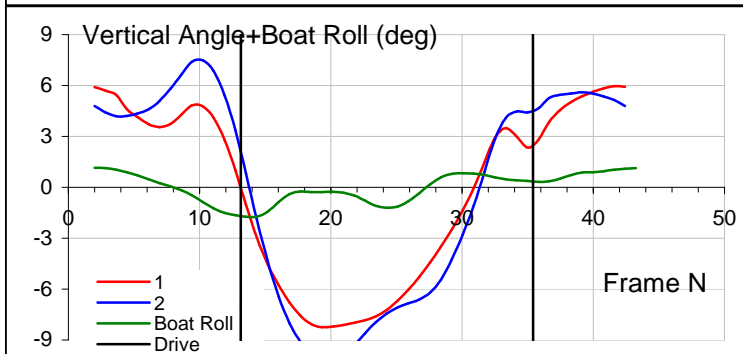
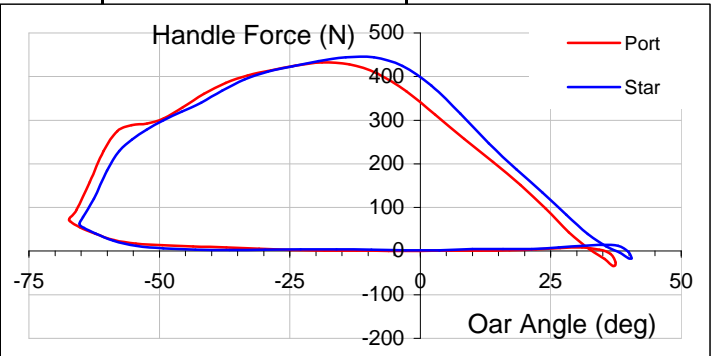
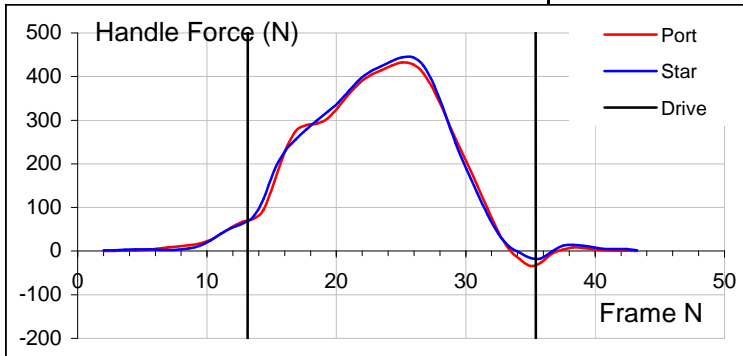
Time over 2000m (m:s) 6:36.97

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	0.902	-67.3	37.4	104.7	1.6	13.6	4.0	26.3	71.1%	84.9%	331
2 Star	0.926	-65.3	40.5	105.8	1.7	14.0	6.3	17.7	77.3%	85.7%	360

	Max. Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver. Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)
1	2.50	1.69	432	244	0.26	56%	46%	17.6	33.5	263	435	369
2	2.49	1.66	445	244	0.26	55%	48%	18.1	32.5	273	450	386

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms) (Δt 0 Vseat - Catch (ms))	Rowing Style Factor (%)	Finish Factor (ms)
0.55	0.38	0.61	1.22	1.02	1.48	41.9%	28.2%	29.8%	-19.0	93.3%	-34.9



Boat Roll (deg). Positive is port side up

Single Sculler

Stroke Rate (str/min) 40.6

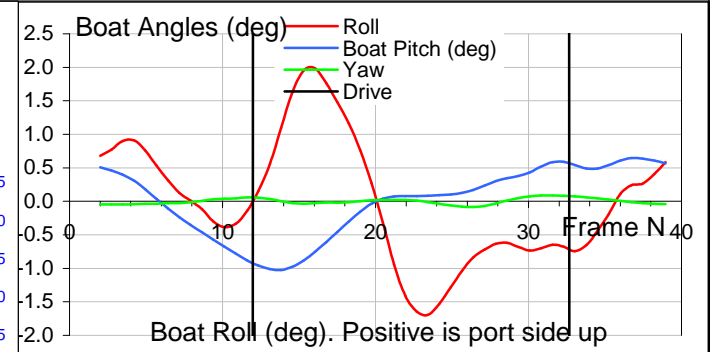
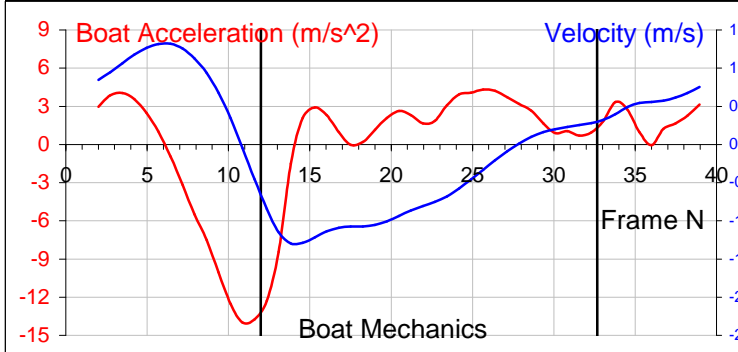
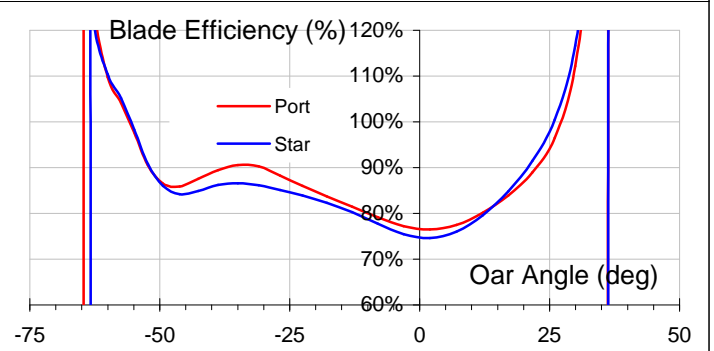
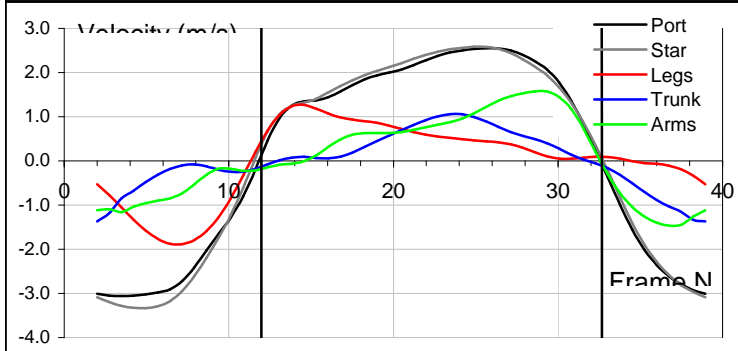
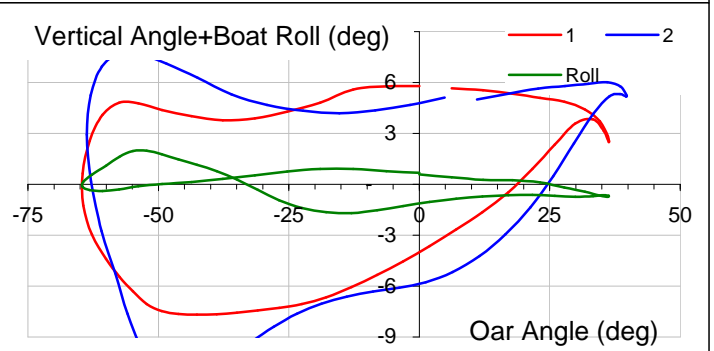
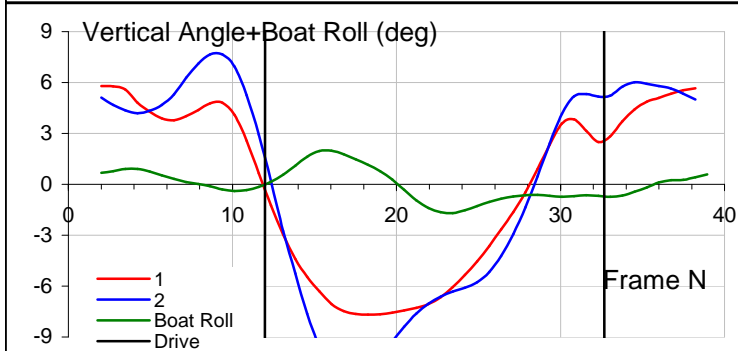
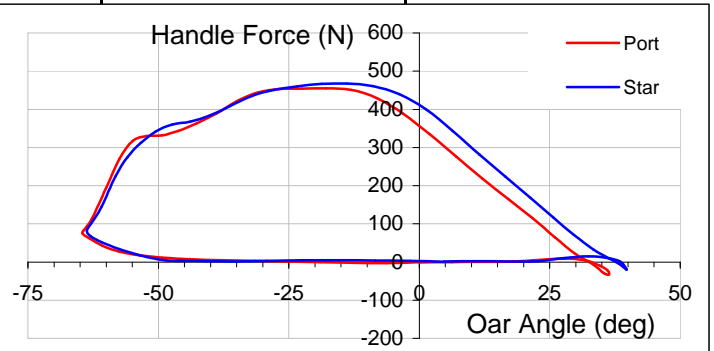
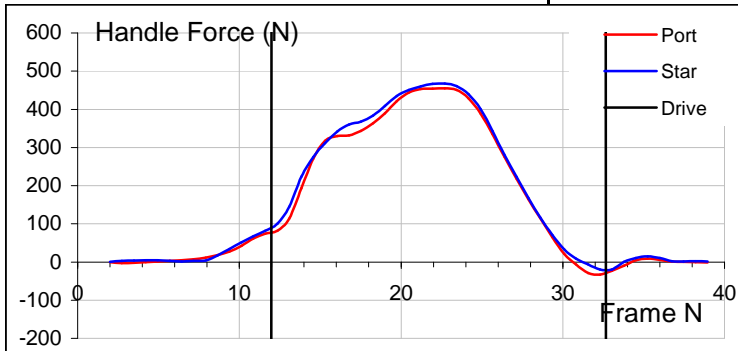
Time over 2000m (m:s) 6:16.73

Filippi

Side	Drive time (s)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Grad (deg)	Finish Grad (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)	Blade DF
1 Port	0.830	-64.5	36.3	100.9	1.1	13.4	4.5	25.9	69.8%	86.8%	446
2 Star	0.848	-63.7	39.8	103.5	0.8	12.6	5.7	18.7	76.4%	86.3%	361

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver. Force/Weight (N/kg)	Ratio Aver/Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Rowing Power (W)	Work Per Stroke (J)	Propulsive Work (J)	
1	2.55	1.77	455	263	0.28	58%	46%	9.9	32.9	302	447	388
2	2.58	1.78	468	271	0.29	58%	48%	11.8	32.1	325	480	415

Legs drive (m)	Trunk drive (m)	Arms drive (m)	Legs Max. Speed (m/s)	Trunk Max. Speed (m/s)	Arms Max. Speed (m/s)	Legs power (%)	Trunk power (%)	Arms power (%)	Catch Factor (ms) (Δt 0 Vseat - Catch (ms))	Rowing Style Factor (%)	Finish Factor (ms)
0.52	0.38	0.58	1.27	1.06	1.57	41.9%	29.2%	29.0%	-14.2	86.8%	-33.6



Boat Roll (deg). Positive is port side up

Single Sculler

Stroke Rate (str/min) **36.4** HM1x **19/10/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	06:32.5	06:37.0	-1.1%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	06:32.5	06:34.7	-0.6%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	37.0	36.4	-1.7%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	105.1	97.3%	54%
5	Average Force (N)	460.0	476.4	103.6%	70%
6	Work Per Stroke (J)	892	867.4	97.3%	69%
7	Rowing Power (W)	550	525.7	95.6%	64%
8	Catch Angle (deg)	-68.0	-66.1	-2.7%	62%
9	Finish Angle (deg)	40.0	38.9	-2.7%	43%
10	Catch Slip (Deg)	6.0	5.1	-14.4%	24%
11	Release Slip (deg)	12.0	21.3	77.4%	50%
12	Effective Angle (deg)	83%	74.9%	-10.2%	63%
13	Max.Blade Depth (deg)	-7.5	-9.2	23.3%	26%
14	Max. Force (N)	850.0	865.6	1.8%	70%
15	Ratio Aver / Max Force (%)	55%	55.0%	0.1%	51%
16	Position of peak force (% of SL)	42%	47.2%	12.4%	70%
17	Catch force gradient (deg)	11.4	18.0	57.7%	69%
18	Finish force gradient (deg)	29.6	33.2	12.0%	41%
19	Legs drive (m)	0.58	0.55	-4.8%	61%
20	Legs Max. Speed (m/s)	1.40	1.22	-12.7%	51%
21	Catch Factor (ms)	-15.0	-19.5		32%
22	Rowing Style Factor (%)	90%	93.7%		67%
23	Finish Factor (ms)	-50.0	-34.8		

Below target zone in blue
 Above target zone in red
 Within target zone in green

