

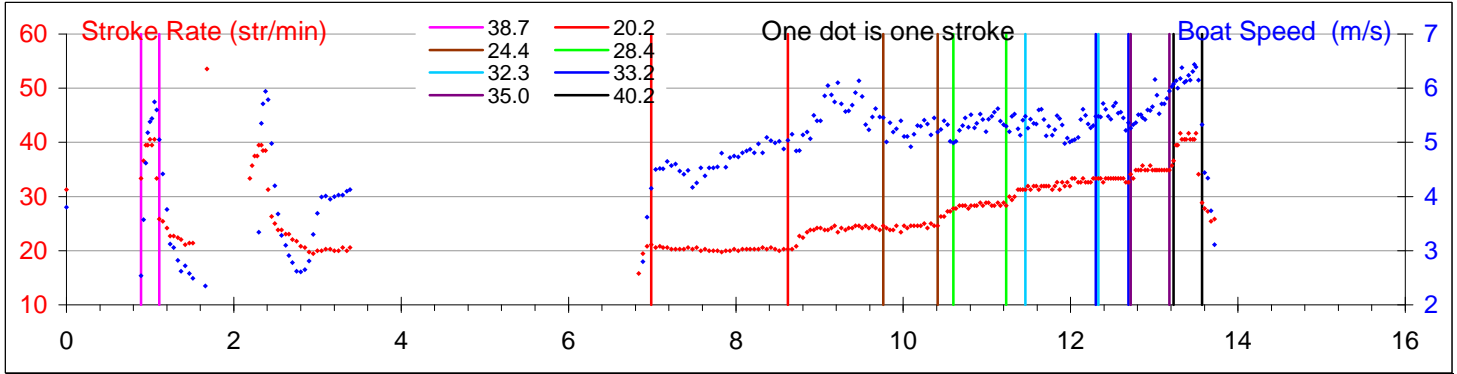
# REPORT

	Session N	Place	Boat type
Date 22/10/21	1	Dorney	HM4x
Coach BioRow		Boat make Empacher	0
<i>Air temperature</i>	24.0 ° C	<i>Water temperature</i>	24.0 ° C

Seat	Crew list	Height (m)	Weight (kg)	Inboard (m)	Oar Length (m)	Span/ Spread (m)
Stroke	Stroke	1.84	90.0	0.880	2.900	1.580
3	3 seat	1.87	87.0	0.880	2.900	1.580
2	2 seat	1.95	96.0	0.880	2.900	1.580
1	Bow	1.87	87.0	0.880	2.900	1.580
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
<b>Average</b>		<b>1.88</b>	<b>90.0</b>	<b>0.880</b>	<b>2.900</b>	<b>1.580</b>

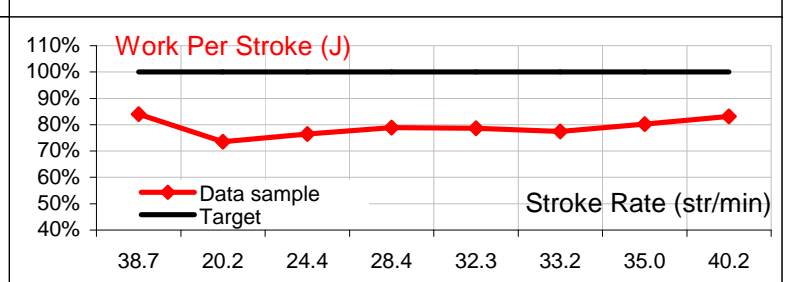
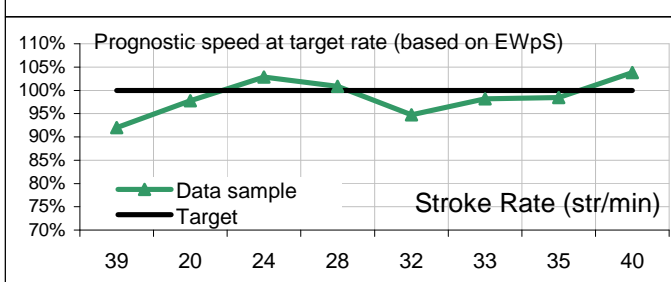
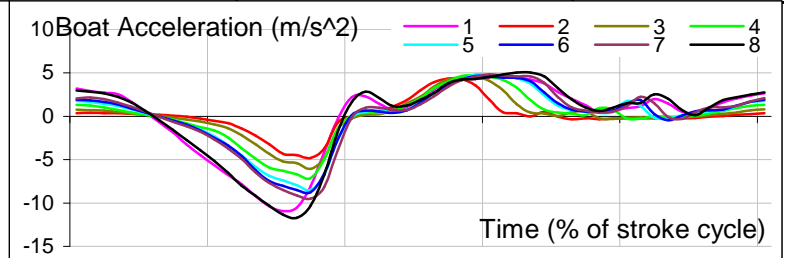
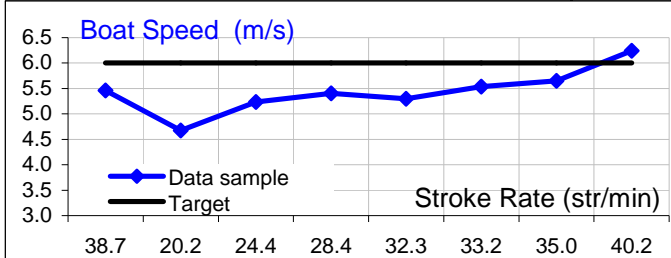
Stroke, 3 seat, 2 seat, Bow

Session N 1



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	38.7	6.82%	7.8	5	42.5	5.46	6:06.27	15.2%	97.86%	8.47	8.18
2 Sample 02	20.2	1.03%	88.9	30	415.9	4.68	7:07.72	11.4%	98.81%	13.86	7.00
3 Sample 03	24.4	1.42%	31.9	13	167.3	5.24	6:21.90	11.5%	98.78%	12.86	6.51
4 Sample 04	28.4	0.83%	31.7	15	171.1	5.40	6:10.05	12.5%	98.57%	11.40	6.75
5 Sample 05	32.3	1.84%	46.4	25	245.9	5.30	6:17.47	13.9%	98.23%	9.83	7.38
6 Sample 06	33.2	0.95%	18.1	10	100.1	5.54	6:01.08	13.5%	98.32%	10.01	6.81
7 Sample 07	35.0	0.80%	22.3	13	126.1	5.65	5:53.78	13.8%	98.25%	9.70	6.90
8 Sample 08	40.2	4.78%	15.0	10	93.4	6.24	5:20.29	13.7%	98.25%	9.31	6.38
<b>Weighed Average</b>	<b>27.7</b>	<b>2.31%</b>	<b>262.1</b>	<b>121</b>	<b>1362</b>	<b>5.20</b>	<b>6:24.76</b>	<b>12.6%</b>	<b>98.5%</b>	<b>10.68</b>	<b>6.96</b>

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 Empacher	-10.95	2.28	4.54	-0.37	0.41	71.1	2.52	0.83	0.23	1787	2771
2 Empacher	-4.83	-	4.35	-0.38	-	15.5	2.37	1.17	0.35	819	2428
3 Empacher	-6.07	-	4.59	-0.26	-	18.1	1.53	1.07	0.29	1027	2523
4 Empacher	-7.12	-	4.70	-0.07	-	23.3	2.28	1.01	0.33	1234	2604
5 Empacher	-8.51	0.72	4.83	-0.16	-0.87	49.7	2.43	1.00	0.28	1398	2595
6 Empacher	-8.76	0.65	4.65	-0.13	-1.00	65.1	2.36	0.83	0.28	1414	2555
7 Empacher	-9.51	1.00	4.82	-0.24	-0.71	76.6	2.31	1.01	0.28	1543	2646
8 Empacher	-11.73	2.84	5.06	-0.52	0.87	97.6	2.70	1.03	0.25	1841	2746
<b>Weighed Average</b>	<b>-8.43</b>	<b>1.50</b>	<b>4.69</b>	<b>-0.27</b>	<b>-0.26</b>	<b>52.1</b>	<b>2.31</b>	<b>0.99</b>	<b>0.28</b>	<b>1187</b>	<b>2546</b>

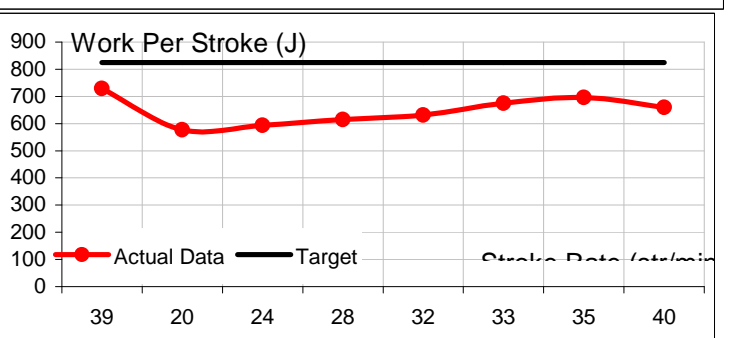
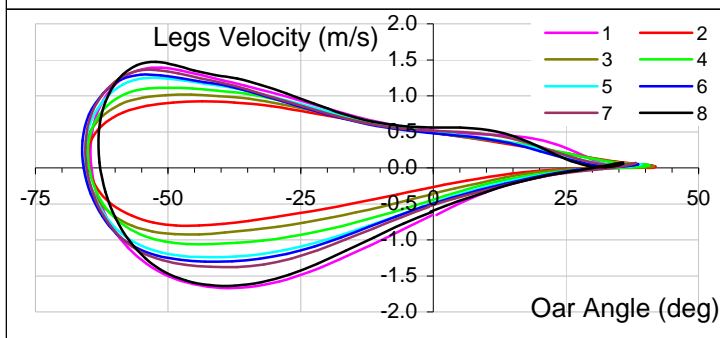
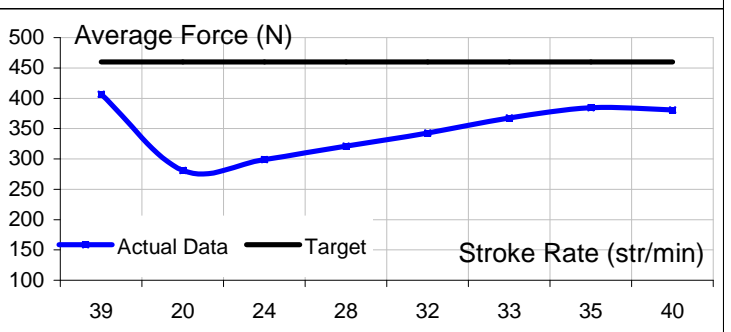
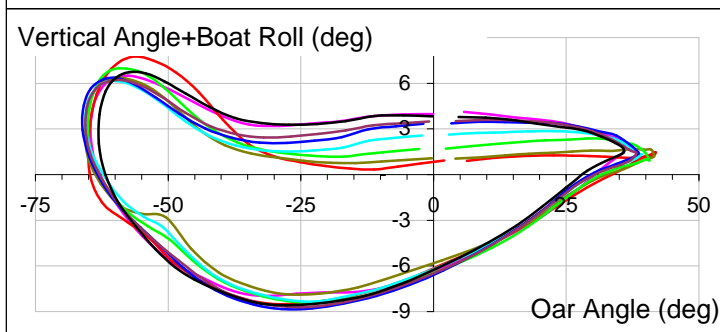
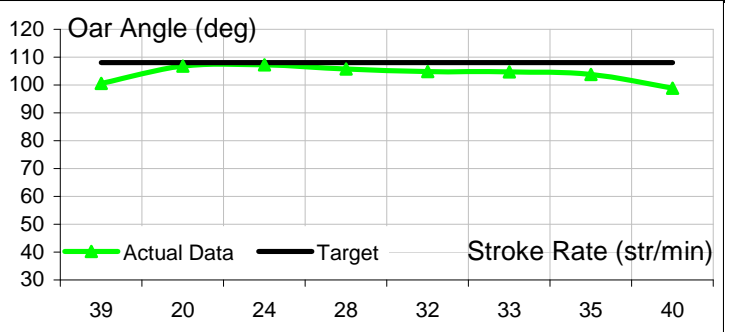
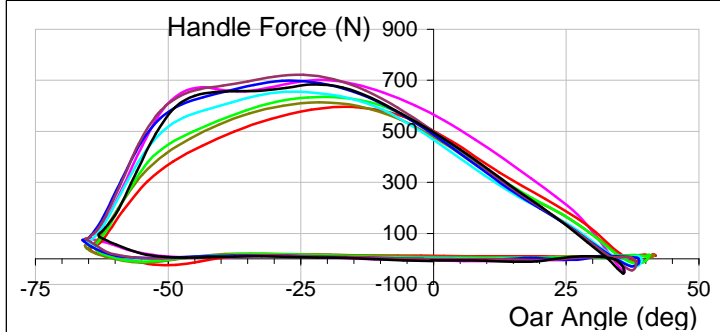


## Stroke

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	38.7	0.80	51.4%	-64.6	35.9	100.6	10.8	12.1	77.2%	-8.0	81.4%	471	730
2	Sample 02	20.2	1.14	38.6%	-64.9	41.9	106.7	11.3	15.1	75.3%	-8.5	90.2%	195	577
3	Sample 03	24.4	1.05	42.6%	-65.6	41.6	107.2	20.5	16.1	65.9%	-7.8	93.8%	242	594
4	Sample 04	28.4	0.95	44.9%	-65.1	40.7	105.8	13.7	15.1	72.7%	-8.4	90.7%	291	614
5	Sample 05	32.3	0.88	47.5%	-65.6	39.2	104.8	16.1	15.5	69.9%	-8.3	83.5%	340	631
6	Sample 06	33.2	0.87	48.2%	-66.1	38.6	104.7	13.2	15.2	72.9%	-8.8	86.3%	373	675
7	Sample 07	35.0	0.83	48.6%	-65.6	38.2	103.8	12.7	14.6	73.6%	-8.7	85.7%	406	696
8	Sample 08	40.2	0.75	50.2%	-63.0	35.8	98.8	9.6	14.0	76.0%	-8.6	91.0%	443	660
Average		31.57	0.91	46.5%	-65.1	39.0	104.0	13.5	14.7	72.9%	-8.39	87.8%	345	647
Variation (%)		21.7%	14.5%	9.1%	0.9	2.3	2.9	3.4	1.2	5.0%	0.04	4.8%	28.1%	8.1%

#	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 (%)
1	6:06.27	701	407	58%	43.8%	11.0	29.8	2.75	74.5	0.578	1.39	-10.2	83.9%
2	7:07.72	596	281	47%	47.0%	19.0	35.2	2.24	76.2	0.577	0.93	-17.1	78.3%
3	6:21.90	614	299	49%	41.1%	16.6	37.9	2.36	71.5	0.581	1.02	-12.1	79.2%
4	6:10.05	632	321	51%	39.2%	14.9	37.1	2.48	66.6	0.583	1.11	-16.2	82.6%
5	6:17.47	655	343	52%	36.1%	12.9	38.7	2.57	64.2	0.583	1.24	-12.5	85.0%
6	6:01.08	698	368	53%	35.8%	12.3	38.8	2.59	68.2	0.583	1.29	-15.9	88.3%
7	5:53.78	722	385	53%	39.6%	11.8	38.5	2.65	67.0	0.587	1.35	-13.9	87.8%
8	5:20.29	684	381	56%	41.0%	10.4	34.5	2.78	61.1	0.568	1.47	-16.6	88.7%
Average		662.9	347.9	52%	40.5%	13.6	36.3	2.55	68.7	0.580	1.23	-14.3	84.2%
Variation (%)		8.1%	6.9%	12.8%	6.7%	9.3%	21.9%	8.5%	7.5%	1.0%	15.5%	2.5	4.0%

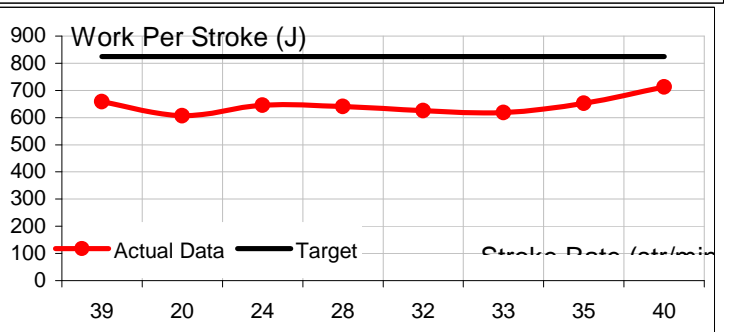
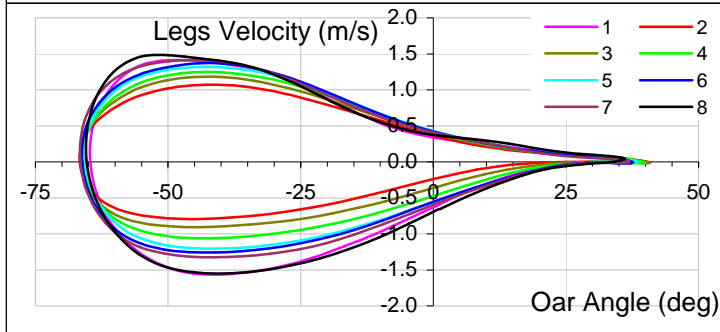
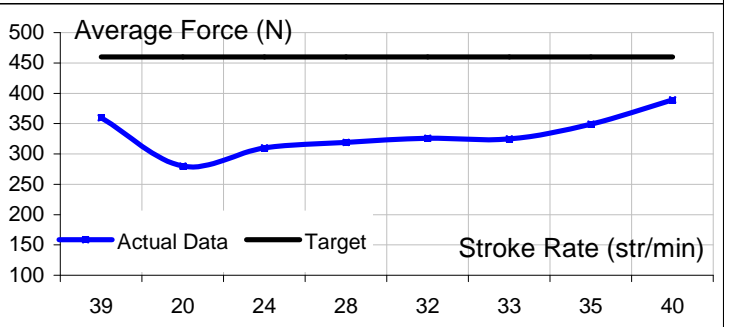
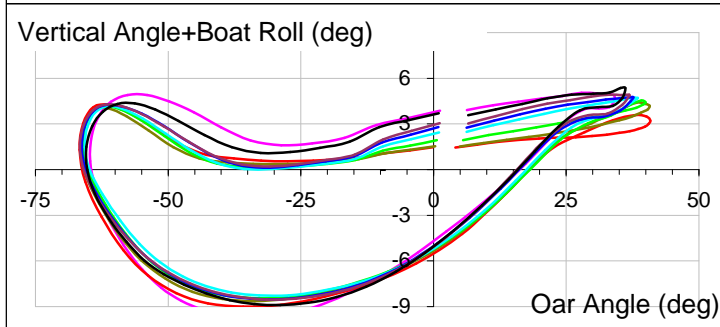
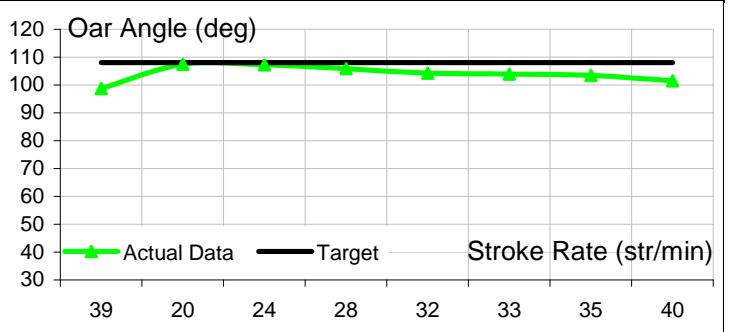
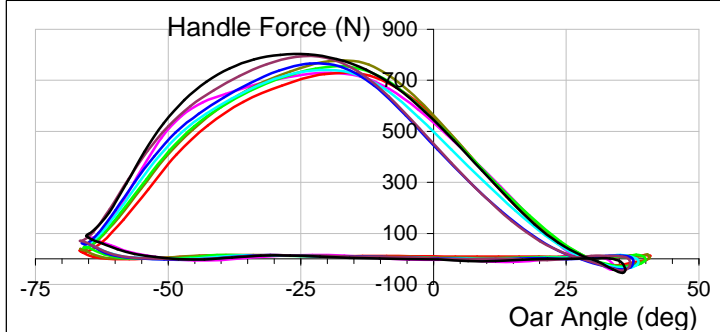


3 seat

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	38.7	0.80	51.9%	-64.7	34.1	98.8	6.1	22.7	70.8%	-9.7	80.3%	425	658
2	Sample 02	20.2	1.18	39.8%	-66.7	40.8	107.5	8.1	23.5	70.6%	-9.0	87.3%	204	606
3	Sample 03	24.4	1.06	43.2%	-66.6	40.7	107.3	8.9	24.4	69.0%	-8.6	91.2%	263	646
4	Sample 04	28.4	0.97	45.9%	-65.9	39.9	105.9	9.3	24.6	68.0%	-8.4	88.4%	304	640
5	Sample 05	32.3	0.89	48.2%	-65.7	38.5	104.2	9.6	24.1	67.7%	-8.3	82.4%	337	626
6	Sample 06	33.2	0.88	48.7%	-66.2	37.6	103.9	8.8	24.4	68.0%	-8.5	84.9%	343	619
7	Sample 07	35.0	0.85	49.4%	-66.6	36.9	103.5	9.0	24.1	68.0%	-8.5	84.4%	381	653
8	Sample 08	40.2	0.77	51.4%	-65.4	36.1	101.5	7.0	23.9	69.5%	-8.9	88.1%	477	712
Average		31.57	0.93	47.3%	-66.0	38.1	104.1	8.3	24.0	69.0%	-8.74	85.9%	342	645
Variation (%)		21.7%	14.9%	8.8%	0.7	2.4	2.9	1.2	0.6	1.8%	0.05	4.2%	25.5%	5.0%

#	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 (%)
1	6:06.27	730	359	49%	45.9%	15.0	32.9	2.63	72.9	0.545	1.41	-4.8	81.2%
2	7:07.72	724	280	39%	42.9%	23.3	38.7	2.15	85.8	0.576	1.07	1.6	76.4%
3	6:21.90	775	310	40%	43.6%	23.4	39.9	2.28	80.8	0.581	1.18	1.9	77.3%
4	6:10.05	752	319	42%	47.6%	21.3	39.0	2.40	73.5	0.574	1.24	-0.5	76.4%
5	6:17.47	741	326	44%	42.5%	19.7	39.5	2.49	67.6	0.577	1.32	-3.7	78.4%
6	6:01.08	766	325	42%	41.3%	20.1	41.7	2.49	66.1	0.587	1.37	-3.7	79.8%
7	5:53.78	792	349	44%	39.3%	18.5	41.5	2.56	66.4	0.590	1.41	-6.3	83.8%
8	5:20.29	802	389	49%	41.1%	15.8	37.0	2.77	65.4	0.562	1.48	-9.7	85.5%
Average		760.2	332.1	44%	43.0%	19.6	38.8	2.47	72.3	0.574	1.31	-3.1	79.8%
Variation (%)		8.1%	3.7%	10.0%	8.5%	6.3%	15.9%	7.2%	10.4%	2.5%	10.5%	4.0	3.4%

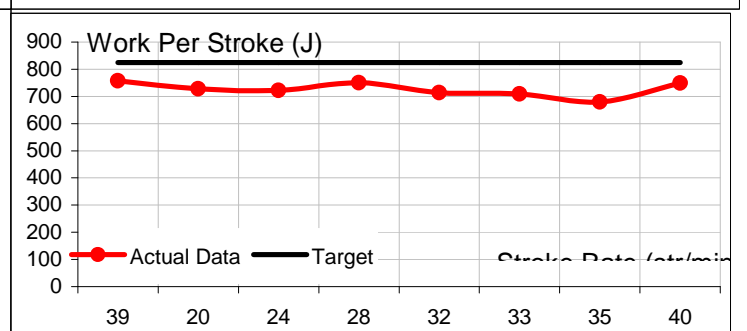
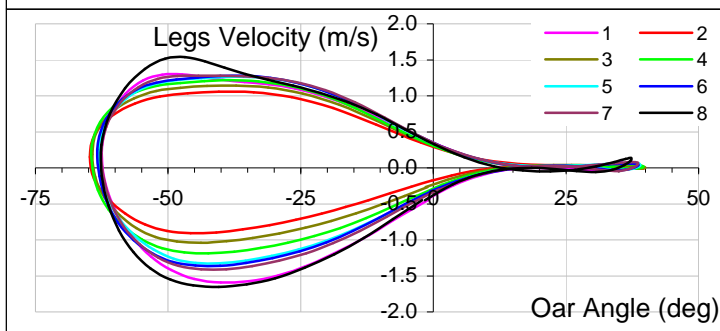
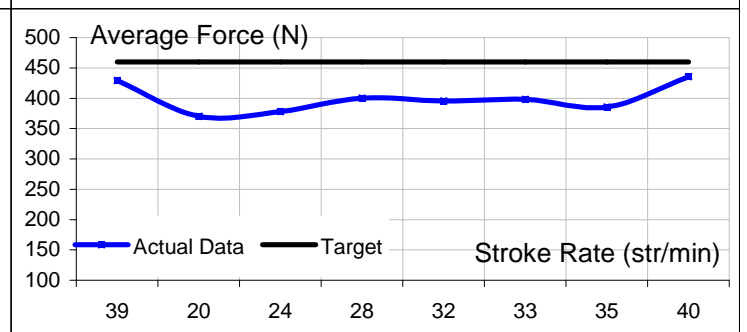
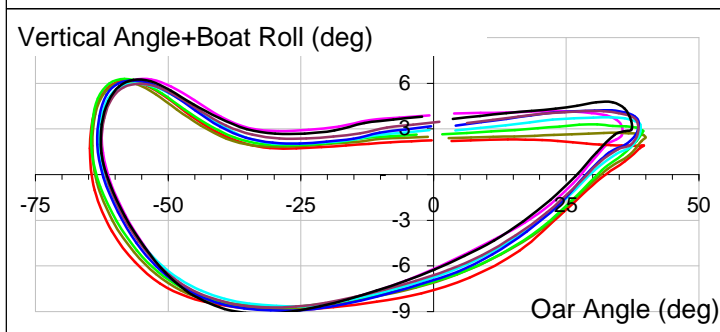
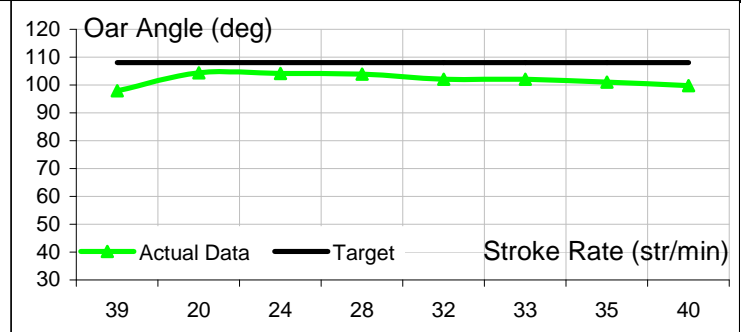
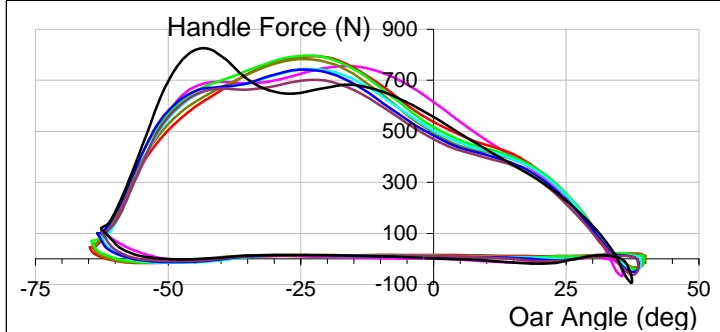


2 seat

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	38.7	0.79	50.8%	-62.4	35.5	97.9	8.3	12.9	78.3%	-8.8	82.2%	489	757
2	Sample 02	20.2	1.11	37.5%	-64.7	39.7	104.4	7.3	9.8	83.6%	-8.9	89.2%	246	728
3	Sample 03	24.4	1.02	41.5%	-64.3	39.9	104.2	7.8	11.3	81.7%	-8.8	94.1%	294	722
4	Sample 04	28.4	0.94	44.7%	-64.4	39.5	103.9	8.4	11.7	80.7%	-8.7	90.9%	356	751
5	Sample 05	32.3	0.87	46.6%	-63.1	39.0	102.0	8.8	13.1	78.6%	-8.6	85.0%	384	713
6	Sample 06	33.2	0.85	47.1%	-63.4	38.6	102.0	8.4	13.0	79.0%	-8.9	87.9%	393	710
7	Sample 07	35.0	0.82	47.9%	-62.6	38.5	101.1	8.2	13.6	78.4%	-8.7	88.0%	396	679
8	Sample 08	40.2	0.75	50.5%	-62.6	37.3	99.8	8.6	15.0	76.4%	-9.1	90.9%	502	749
Average		31.57	0.89	45.8%	-63.4	38.5	101.9	8.2	12.5	79.6%	-8.83	88.5%	382	726
Variation (%)		21.7%	13.6%	9.9%	0.9	1.5	2.3	0.5	1.6	2.9%	0.02	4.2%	22.8%	3.6%

#	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 (%)
1	6:06.27	755	429	57%	48.0%	11.2	29.9	2.66	80.7	0.498	1.30	-8.4	77.1%
2	7:07.72	787	370	47%	36.5%	17.3	40.7	2.22	93.8	0.579	1.06	-20.8	83.0%
3	6:21.90	783	378	48%	38.0%	15.4	43.8	2.36	87.3	0.576	1.14	-14.3	82.6%
4	6:10.05	792	400	50%	41.8%	14.1	42.2	2.51	84.4	0.570	1.22	-11.4	81.7%
5	6:17.47	745	395	53%	38.2%	12.2	40.4	2.61	74.4	0.549	1.26	-8.3	77.9%
6	6:01.08	741	398	54%	37.3%	11.2	41.6	2.63	72.5	0.550	1.28	-7.1	78.3%
7	5:53.78	700	385	55%	41.7%	10.4	40.0	2.69	67.4	0.536	1.28	-5.7	77.5%
8	5:20.29	826	436	53%	19.5%	10.2	39.1	2.78	68.3	0.522	1.54	-1.0	79.7%
Average		766.2	399.0	52%	37.6%	12.8	39.7	2.56	78.6	0.548	1.26	-9.6	79.7%
Variation (%)		8.1%	5.1%	5.8%	6.4%	21.8%	20.3%	7.2%	12.1%	5.1%	11.1%	6.0	2.4%

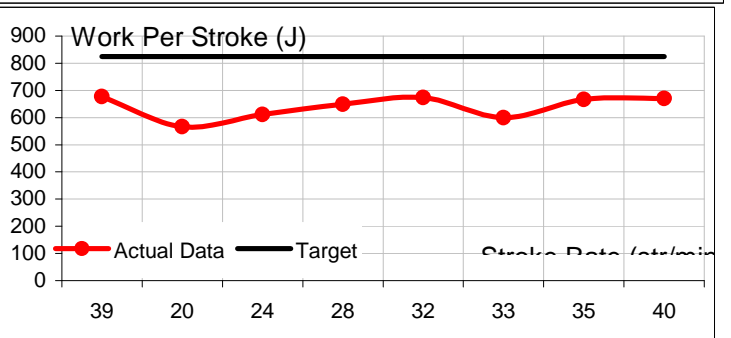
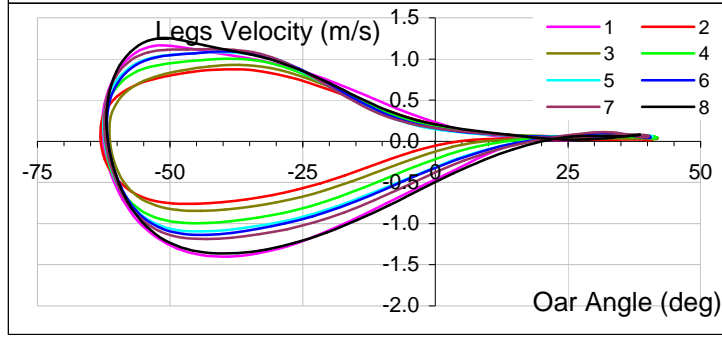
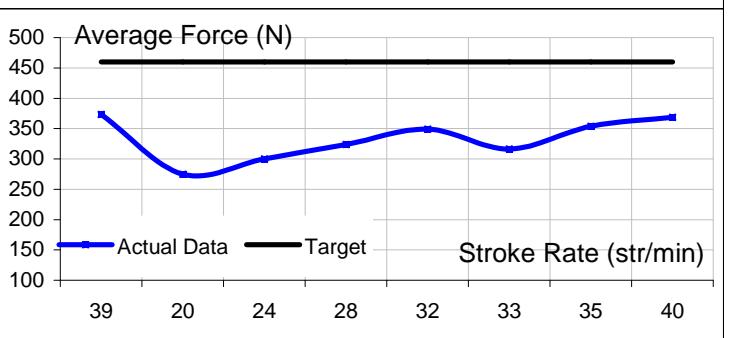
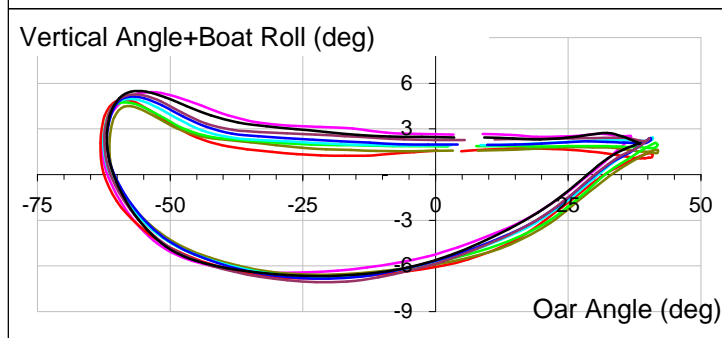
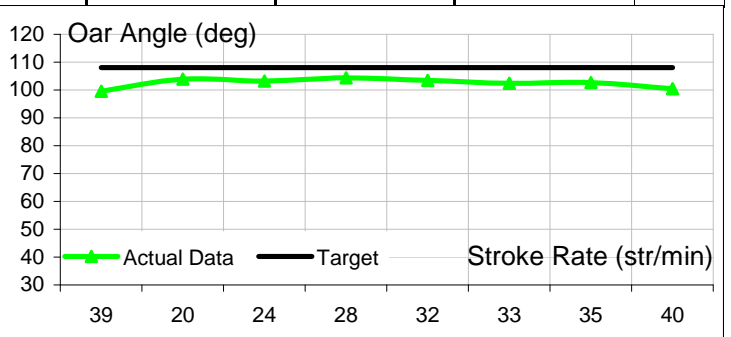
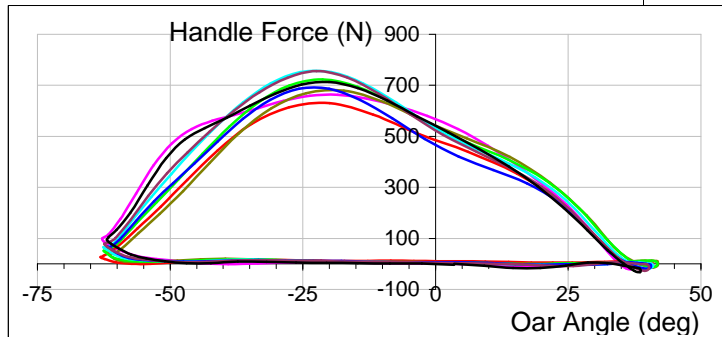


## Bow

This page shows one rower data for various samples

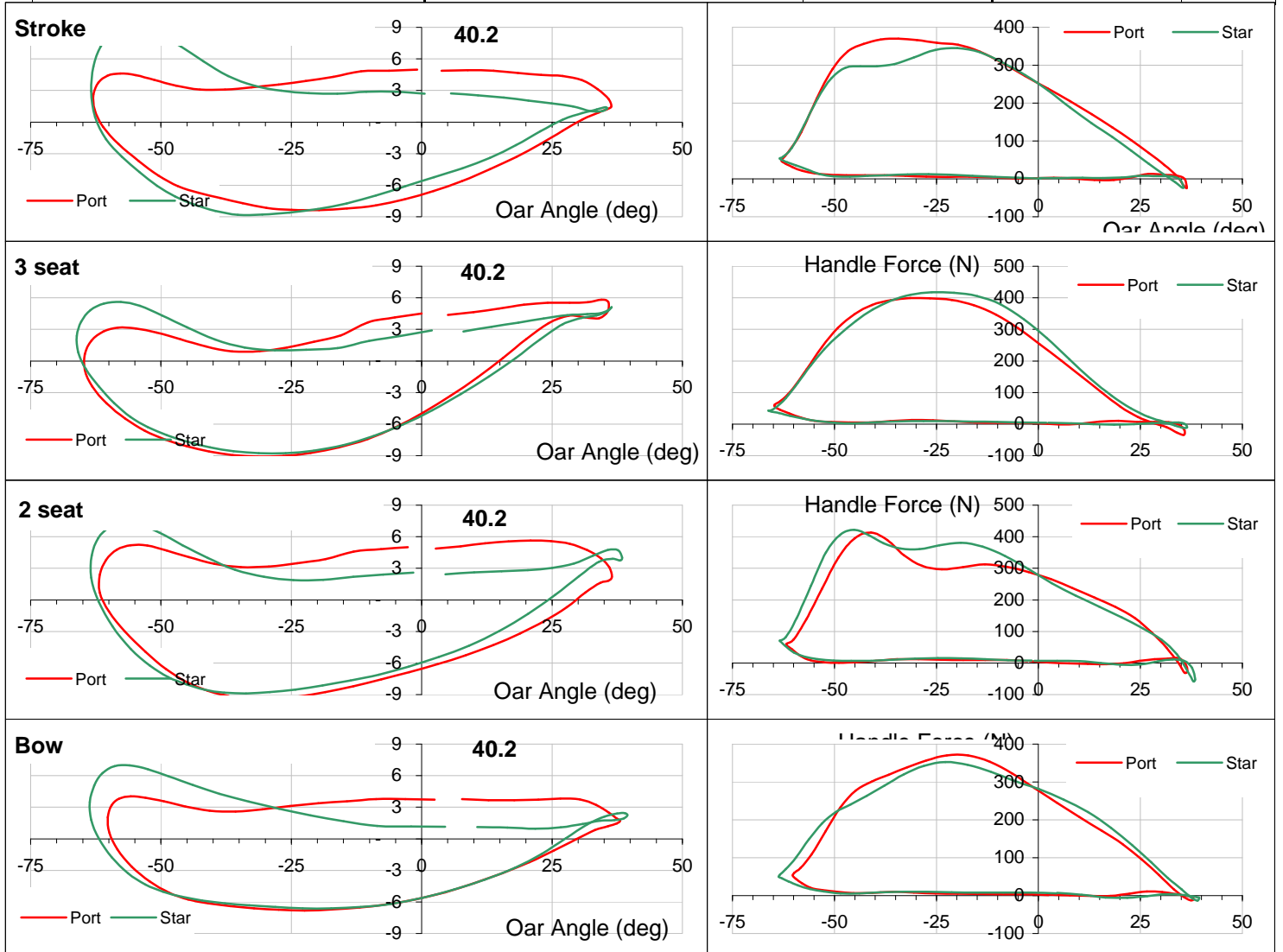
#	Data sample	Stroke Rate (str/min)	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Max Blade Depth (deg)	Blade Efficiency (%)	Rowing Power (W)	Work Per Stroke (J)
1	Sample 01	38.7	0.81	52.0%	-62.7	36.8	99.5	9.2	15.4	75.2%	-6.5	82.8%	437	678
2	Sample 02	20.2	1.13	38.1%	-63.1	40.8	103.9	10.6	12.7	77.6%	-6.8	90.7%	191	567
3	Sample 03	24.4	1.02	41.5%	-61.4	41.9	103.3	10.9	12.9	76.9%	-6.6	94.0%	249	611
4	Sample 04	28.4	0.95	45.2%	-62.5	41.8	104.3	11.3	14.2	75.6%	-6.7	90.8%	307	649
5	Sample 05	32.3	0.88	47.5%	-62.6	40.9	103.5	11.1	15.6	74.2%	-6.8	84.2%	363	674
6	Sample 06	33.2	0.87	48.0%	-61.9	40.5	102.4	10.7	15.9	74.0%	-6.8	88.4%	332	600
7	Sample 07	35.0	0.84	48.8%	-62.4	40.2	102.6	10.1	15.8	74.8%	-7.1	87.0%	389	667
8	Sample 08	40.2	0.76	51.0%	-61.9	38.5	100.5	9.6	16.7	73.8%	-6.7	90.2%	449	670
Average		31.57	0.91	46.5%	-62.3	40.2	102.5	10.4	14.9	75.3%	-6.73	88.5%	340	639
Variation (%)		21.7%	13.4%	10.1%	0.6	1.7	1.7	0.7	1.5	1.8%	0.03	4.2%	26.3%	6.5%

#	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 (%)	
1	6:06.27	662	373	56%	44.5%	12.8	26.9	2.76	73.7	0.443	1.16	-9.8	72.6%	
2	7:07.72	630	275	44%	41.6%	21.9	34.8	2.23	78.1	0.474	0.87	-7.2	69.9%	
3	6:21.90	679	300	44%	42.7%	22.6	34.1	2.39	76.2	0.446	0.93	-6.9	67.2%	
4	6:10.05	723	324	45%	39.5%	22.2	38.9	2.54	74.4	0.458	1.00	-9.3	70.6%	
5	6:17.47	752	349	46%	41.5%	20.6	40.3	2.63	71.4	0.455	1.08	-13.2	72.9%	
6	6:01.08	687	316	46%	35.3%	20.9	41.7	2.63	64.0	0.453	1.09	-12.5	72.8%	
7	5:53.78	755	354	47%	39.0%	20.4	40.6	2.71	66.8	0.455	1.12	-14.5	74.9%	
8	5:20.29	713	369	52%	41.7%	15.6	34.6	2.87	62.1	0.438	1.25	-14.2	76.2%	
Average		700.2	332.4	47%	40.7%	19.6	36.5	2.60	70.8	0.453	1.06	-11.0	72.2%	
Variation (%)		8.1%	6.2%	10.4%	9.2%	6.8%	17.9%	13.4%	7.9%	8.3%	2.5%	11.7%	3.1	2.9%



#	Names	Stroke Rate (str/min)	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)
1	Stroke Port	40.2	0.74	49.9%	-62.9	36.4	99.3	1.46	10.8	12.5	76.6%
2	Stroke Star	40.2	0.75	50.4%	-63.4	35.6	99.0	1.45	8.7	16.0	75.1%
3	3 seat Port	40.2	0.76	50.6%	-64.6	35.8	100.4	1.47	5.5	24.3	70.4%
4	3 seat Star	40.2	0.78	52.4%	-66.2	36.4	102.6	1.50	8.3	23.1	69.3%
5	2 seat Port	40.2	0.74	49.8%	-61.8	36.5	98.2	1.44	8.7	12.2	78.7%
6	2 seat Star	40.2	0.76	51.1%	-63.4	38.4	101.8	1.49	8.4	18.1	73.9%
7	Bow Port	40.2	0.75	50.2%	-60.2	38.1	98.3	1.44	9.0	16.2	74.4%
8	Bow Star	40.2	0.77	51.8%	-63.7	39.5	103.1	1.51	10.0	17.6	73.2%
	Port		0.75	50.1%	-62.4	36.7	99.1	1.45	8.5	16.3	75.0%
	Star		0.77	51.4%	-64.1	37.5	101.6	1.49	8.9	18.7	72.9%

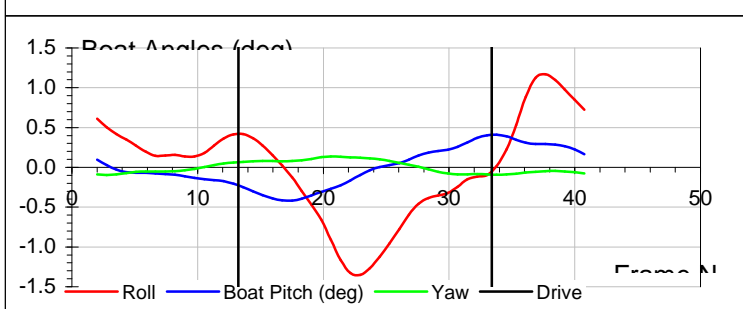
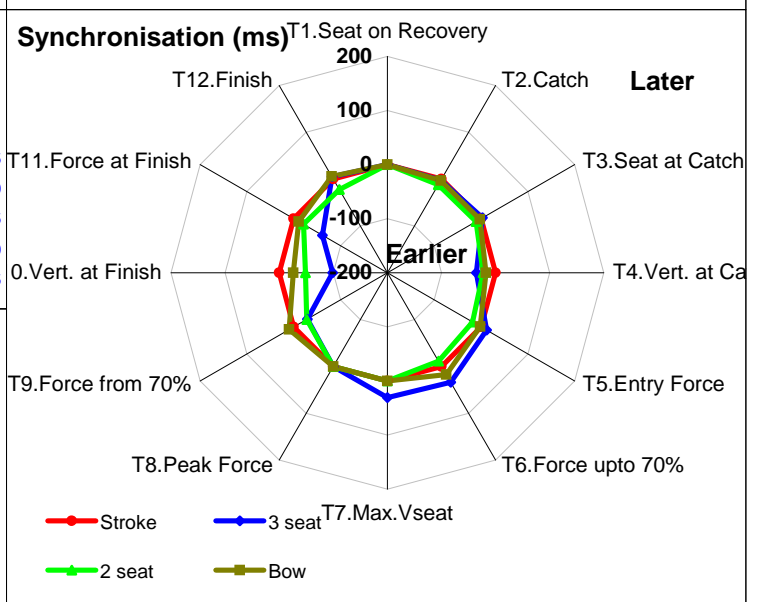
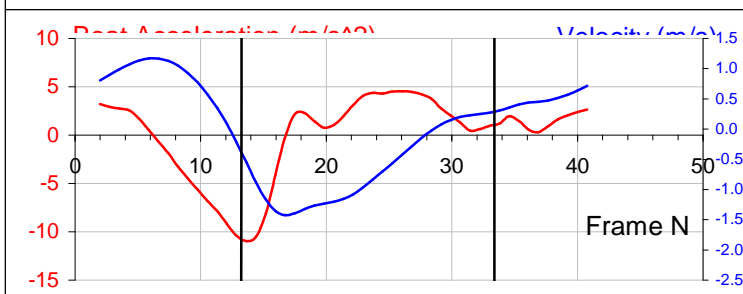
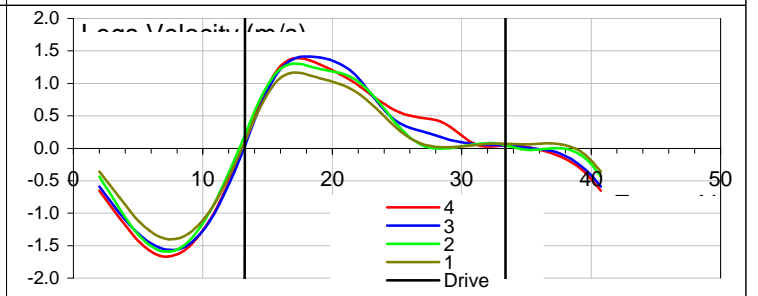
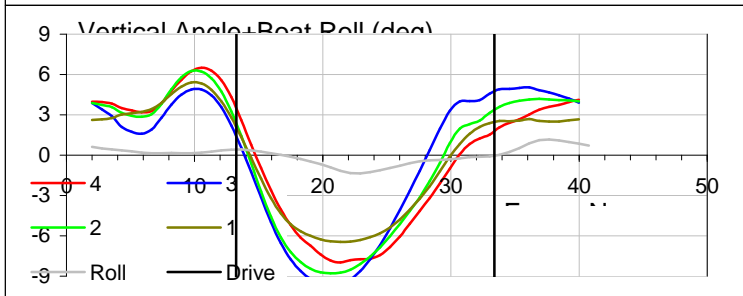
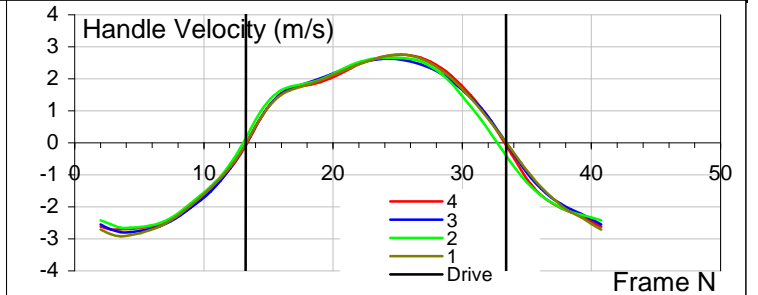
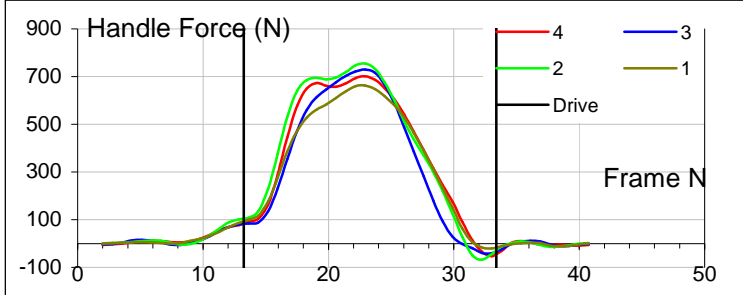
#	Rowing Power (W)	Work Per Stroke (J)	Max. Force (N)	Average Force (N)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Max. Handle Velocity (m/s)	Average Handle Velocity (m/s)	Blade Efficiency (%)
1	237	354	370	205	55%	28.8%	11.0	37.6	2.76	1.96	87.6%
2	217	323	345	186	54%	43.9%	11.1	34.4	2.79	1.93	88.7%
3	237	354	399	198	50%	33.0%	13.9	38.2	2.71	1.95	85.7%
4	251	375	418	200	48%	39.0%	18.2	36.3	2.85	1.93	86.5%
5	244	364	414	214	52%	21.1%	10.9	39.4	2.69	1.94	88.7%
6	268	400	422	230	54%	17.9%	9.4	40.6	2.89	1.96	88.7%
7	228	340	370	194	52%	38.4%	13.9	35.5	2.75	1.92	89.6%
8	232	346	353	185	52%	39.6%	18.6	32.1	3.00	1.96	86.5%
Port	237	353	388	203	52%	30.3%	12.4	37.7	2.73	1.94	87.9%
Star	242	361	385	200	52%	35.1%	14.3	35.8	2.88	1.94	87.6%



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	0.798	51.4%	-64.6	35.9	100.6	10.8	12.1	77.2%	78.6%	-10.2	83.9%
3	3 seat	0.805	51.9%	-64.7	34.1	98.8	6.1	22.7	70.8%	78.2%	-4.8	81.2%
2	2 seat	0.787	50.8%	-62.4	35.5	97.9	8.3	12.9	78.3%	79.6%	-8.4	77.1%
1	Bow	0.806	52.0%	-62.7	36.8	99.5	9.2	15.4	75.2%	79.7%	-9.8	72.6%
Average		0.799	51.5%	-63.6	35.6	99.2	8.6	15.8	75.4%	79.0%	-8.3	78.7%
±SD		0.009	0.6%	1.2	1.1	1.1	2.0	4.8	3.3%	0.8%	2.5	4.9%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	471	730	701	407	0.46	58%	43.8%	11.0	29.8	0.58	1.39	119.0
3	425	658	730	359	0.42	49%	45.9%	15.0	32.9	0.55	1.41	111.0
2	489	757	755	429	0.46	57%	48.0%	11.2	29.9	0.50	1.30	129.2
1	437	678	662	373	0.44	56%	44.5%	12.8	26.9	0.44	1.16	113.9
Average		455	706	712	392	0.44	45.6%	12.5	29.9	0.52	1.32	118.3
±SD		29.5	45.7	40	32	0.02	4%	1.8	2.4	0.06	0.12	8.0

Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
-11.9	0.0	-2.3	3.1	-35.3	11.9	33.7	31.0	0.0	-28.8	-99.1	-61.6	4.9
-16.2	0.0	-12.5	-10.6	-23.2	-18.4	-11.1	0.0	0.0	-27.5	-48.3	-20.5	-22.7
-2.5	0.0	-2.9	-2.5	-17.8	-1.7	16.9	0.0	0.0	9.2	-25.7	-10.4	5.4
-10.2	0.0	-5.9	-3.3	-25.4	-2.7	13.2	10.3	0.0	-15.7	-57.7	-30.8	-4.2
15.0	0.0	5.7	6.9	8.9	15.2	22.6	17.9	0.0	21.6	37.6	27.1	16.1

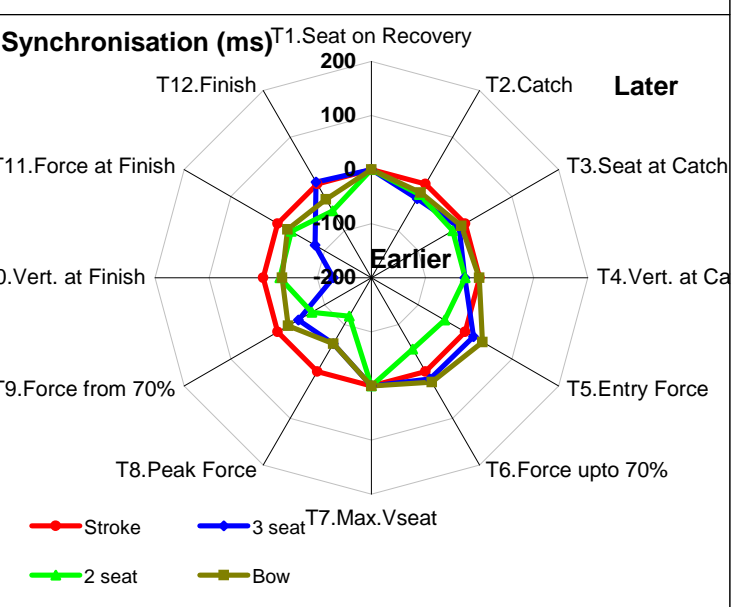
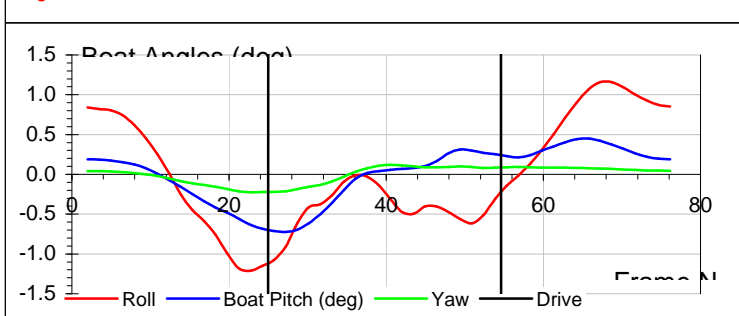
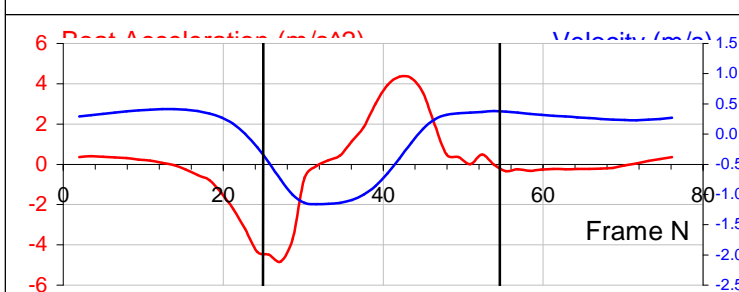
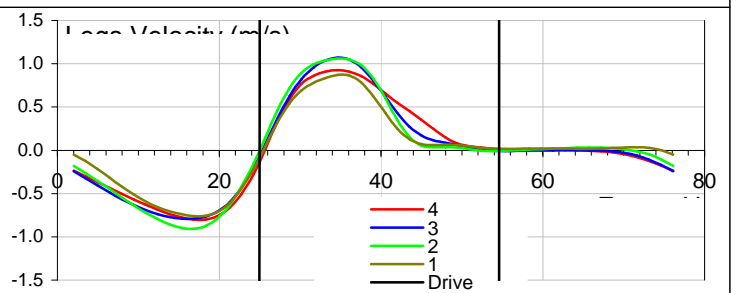
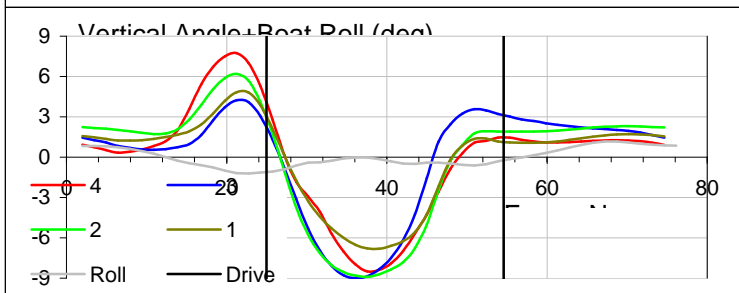
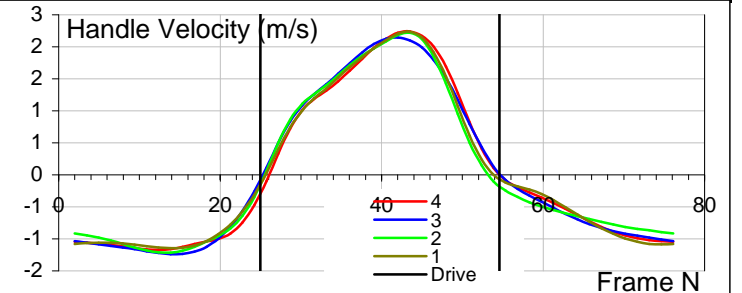
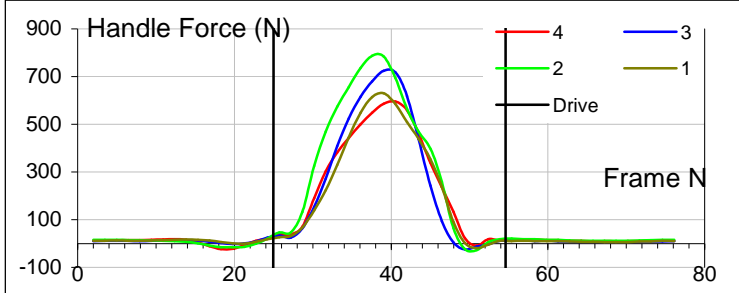




#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	1.145	38.6%	-64.9	41.9	106.7	11.3	15.1	75.3%	87.1%	-17.1	78.3%
3	3 seat	1.180	39.8%	-66.7	40.8	107.5	8.1	23.5	70.6%	85.1%	1.6	76.4%
2	2 seat	1.110	37.5%	-64.7	39.7	104.4	7.3	9.8	83.6%	87.0%	-20.8	83.0%
1	Bow	1.130	38.1%	-63.1	40.8	103.9	10.6	12.7	77.6%	88.0%	-7.2	69.9%
Average		1.141	38.5%	-64.9	40.8	105.6	9.3	15.3	76.8%	86.8%	-10.9	76.9%
±SD		0.029	1.0%	1.5	0.9	1.8	1.9	5.9	5.4%	1.3%	10.1	5.4%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	195	577	596	281	0.32	47%	47.0%	19.0	35.2	0.58	0.93	150.4
3	204	606	724	280	0.33	39%	42.9%	23.3	38.7	0.58	1.07	156.9
2	246	728	787	370	0.39	47%	36.5%	17.3	40.7	0.58	1.06	195.0
1	191	567	630	275	0.32	44%	41.6%	21.9	34.8	0.47	0.87	151.2
Average		209	620	684	302	0.34	44.0%	20.4	37.4	0.55	0.98	163.4
±SD		25.1	74.3	87	46	0.04	4.4%	2.7	2.8	0.05	0.10	21.3

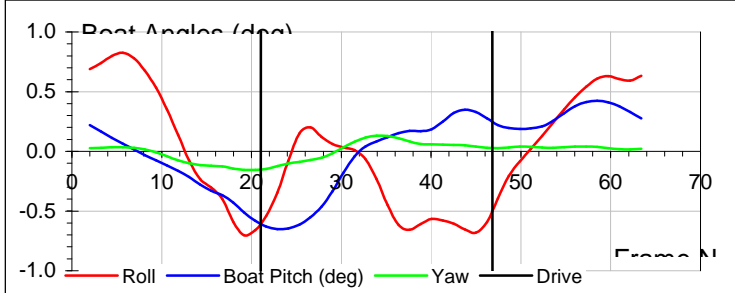
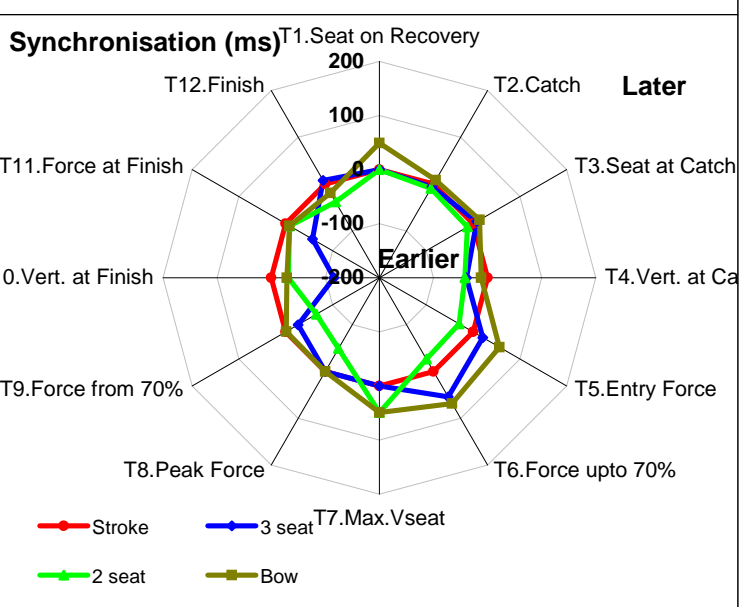
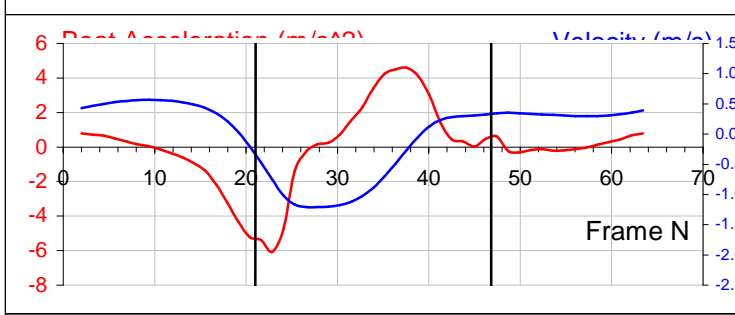
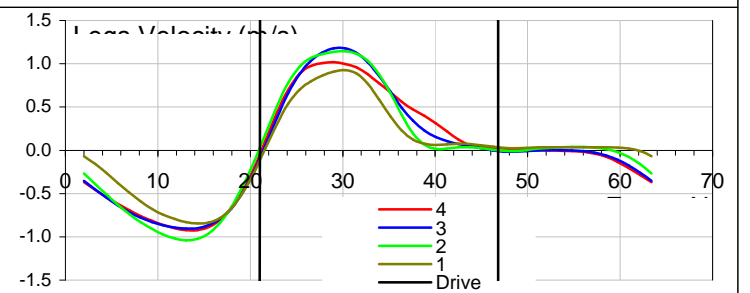
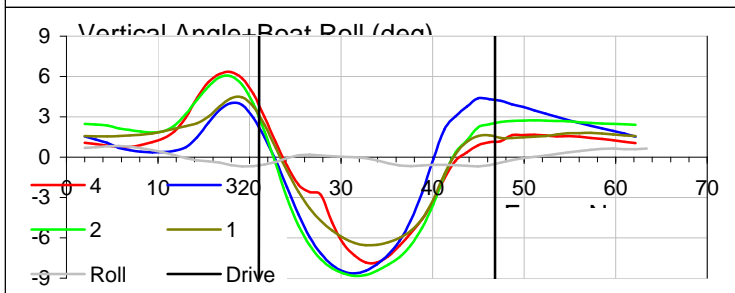
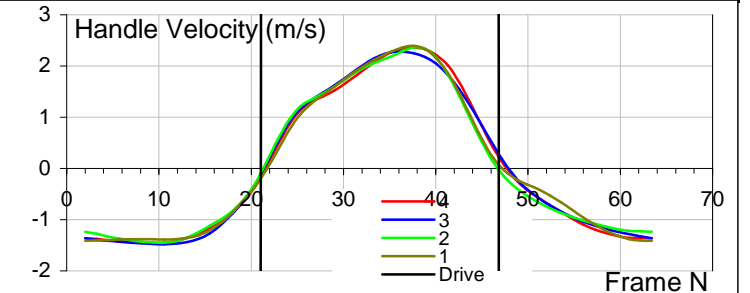
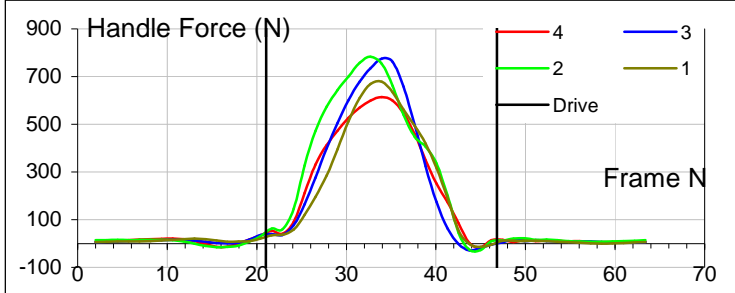
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
-28.8	0.0	-31.5	-12.7	-26.9	18.0	16.2	0.0	-59.3	-44.5	-129.5	-79.9	3.9
-39.6	0.0	-22.7	-26.5	-26.5	-43.8	-47.3	0.0	-118.6	-72.9	-30.9	-28.8	-57.2
-11.4	0.0	-18.1	-8.2	-0.4	37.4	23.2	0.0	-59.3	-22.6	-35.0	-21.6	-32.5
-26.6	0.0	-24.1	-15.8	-18.0	3.9	-2.7	0.0	-79.1	-46.6	-65.1	-43.4	-28.6
24.2	0.0	6.8	9.5	15.2	42.4	38.9	0.0	34.2	25.2	55.8	31.8	30.8



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	1.047	42.6%	-65.6	41.6	107.2	20.5	16.1	65.9%	90.9%	-12.1	79.2%
3	3 seat	1.061	43.2%	-66.6	40.7	107.3	8.9	24.4	69.0%	89.7%	1.9	77.3%
2	2 seat	1.019	41.5%	-64.3	39.9	104.2	7.8	11.3	81.7%	92.1%	-14.3	82.6%
1	Bow	1.020	41.5%	-61.4	41.9	103.3	10.9	12.9	76.9%	92.0%	-6.9	67.2%
Average		1.037	42.2%	-64.5	41.0	105.5	12.0	16.2	73.4%	91.2%	-7.9	76.6%
±SD		0.021	0.8%	2.3	0.9	2.1	5.8	5.8	7.2%	1.1%	7.2	6.6%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	242	594	614	299	0.34	49%	41.1%	16.6	37.9	0.58	1.02	132.7	
3	263	646	775	310	0.36	40%	43.6%	23.4	39.9	0.58	1.18	141.1	
2	294	722	783	378	0.40	48%	38.0%	15.4	43.8	0.58	1.14	168.3	
1	249	611	679	300	0.35	44%	42.7%	22.6	34.1	0.45	0.93	136.2	
Average		262	643	322	0.36	45%	41.4%	19.5	38.9	0.55	1.07	144.6	
±SD		23.1	56.7	81	38	0.03	4%	4.1	4.0	0.07	0.12	16.2	

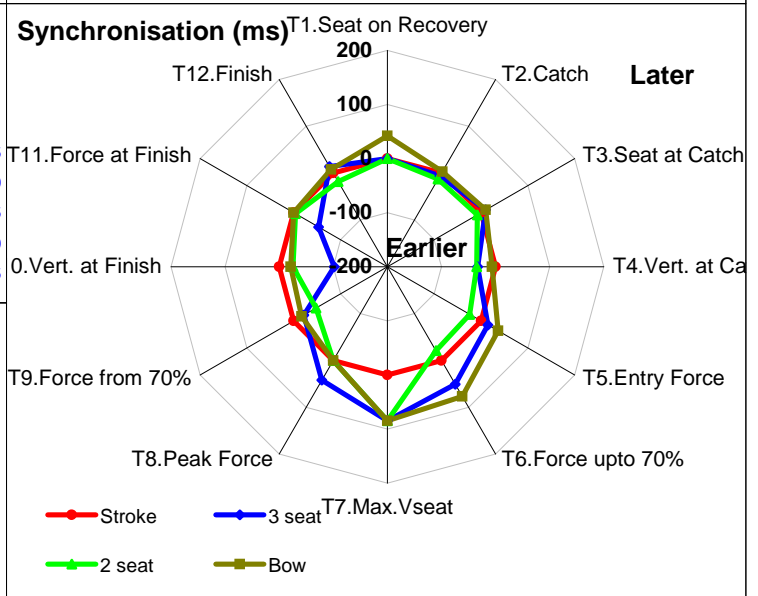
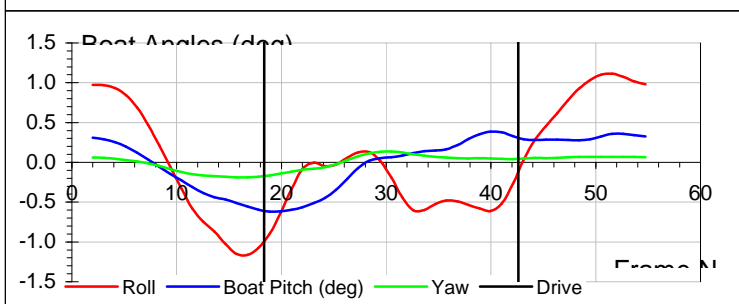
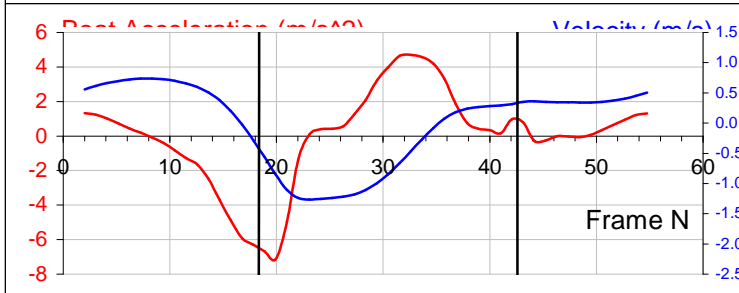
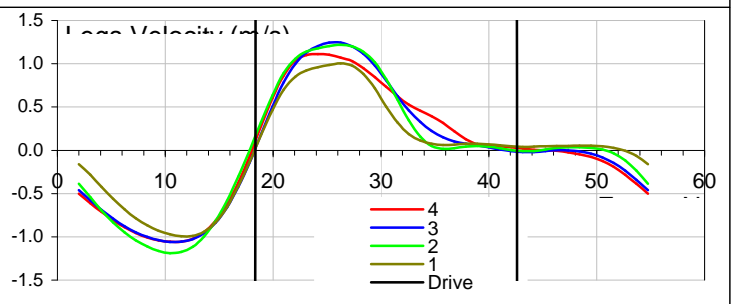
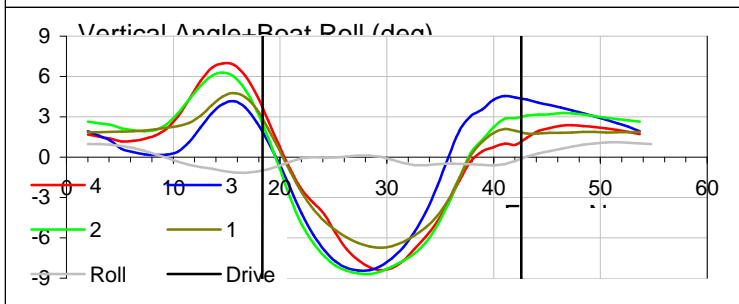
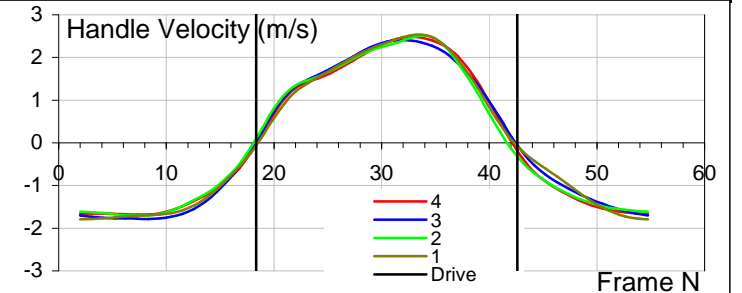
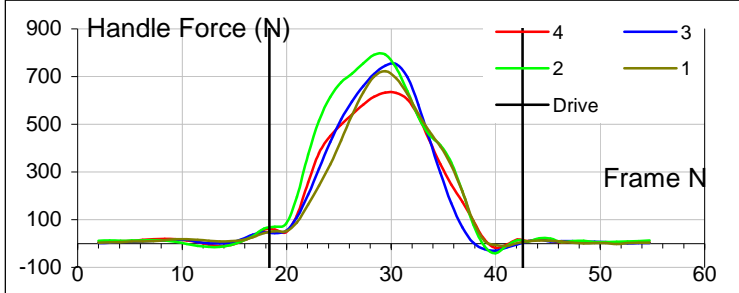
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
-12.9	0.0	-6.1	7.8	-38.9	20.7	53.9	0.0	0.0	-26.6	-115.7	-57.2	7.6
-22.0	0.0	-9.5	-11.6	-42.2	-29.6	-26.7	49.1	-49.1	-65.4	-31.6	-9.0	-37.8
14.6	49.1	8.2	13.4	-11.6	56.1	68.4	49.1	0.0	-1.2	-29.1	-8.2	-18.9
-6.7	16.4	-2.5	3.2	-30.9	15.8	31.9	32.7	-16.4	-31.1	-58.8	-24.8	-16.4
29.3	28.4	9.4	13.1	16.8	43.1	51.3	28.4	28.4	32.4	49.3	28.1	22.8



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	0.948	44.9%	-65.1	40.7	105.8	13.7	15.1	72.7%	88.1%	-16.2	82.6%
3	3 seat	0.968	45.9%	-65.9	39.9	105.9	9.3	24.6	68.0%	86.9%	-0.5	76.4%
2	2 seat	0.943	44.7%	-64.4	39.5	103.9	8.4	11.7	80.7%	89.2%	-11.4	81.7%
1	Bow	0.953	45.2%	-62.5	41.8	104.3	11.3	14.2	75.6%	88.6%	-9.3	70.6%
Average		0.953	45.2%	-64.5	40.5	105.0	10.7	16.4	74.2%	88.2%	-9.3	77.8%
±SD		0.011	0.5%	1.5	1.0	1.0	2.4	5.6	5.3%	1.0%	6.6	5.5%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	291	614	632	321	0.36	51%	39.2%	14.9	37.1	0.58	1.11	120.1
3	304	640	752	319	0.37	42%	47.6%	21.3	39.0	0.57	1.24	124.0
2	356	751	792	400	0.43	50%	41.8%	14.1	42.2	0.57	1.22	153.3
1	307	649	723	324	0.38	45%	39.5%	22.2	38.9	0.46	1.00	125.6
Average		315	664	725	341	0.39	47%	18.1	39.3	0.55	1.15	130.7
±SD		28.4	60.0	68	39	0.03	4%	4.2	2.1	0.06	0.11	15.2

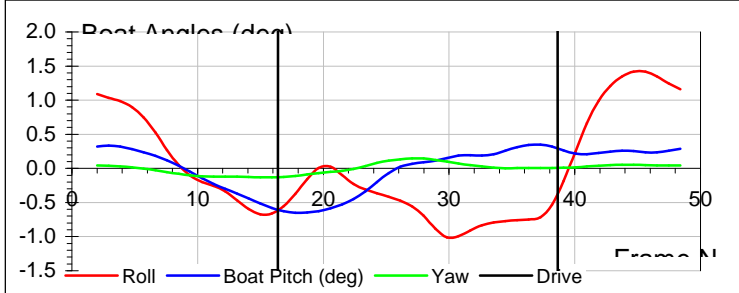
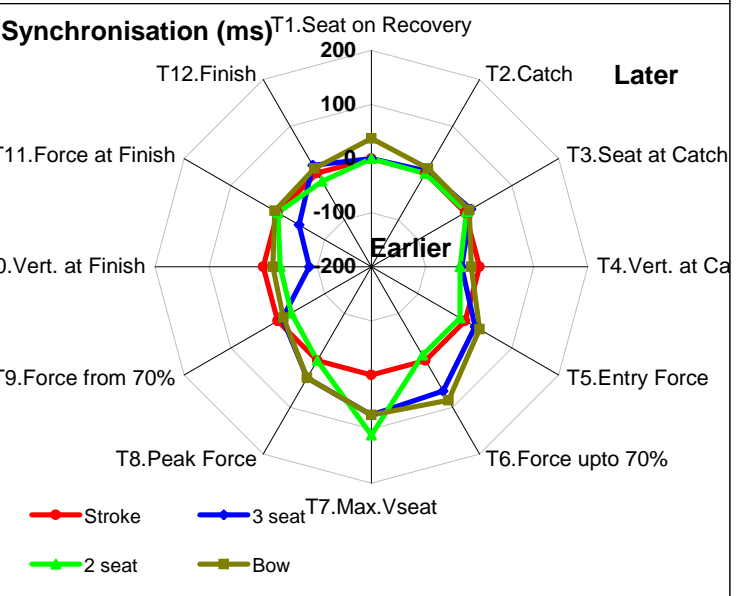
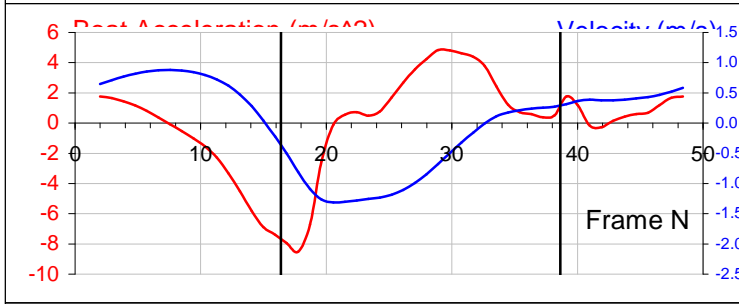
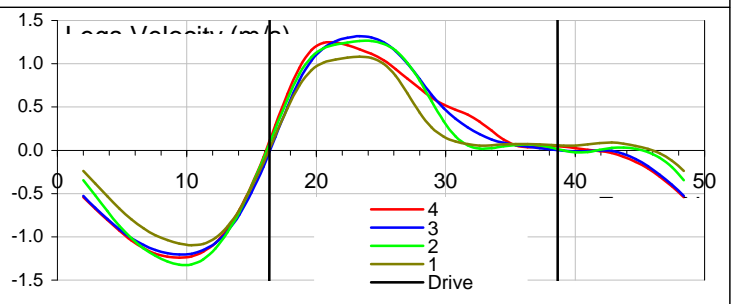
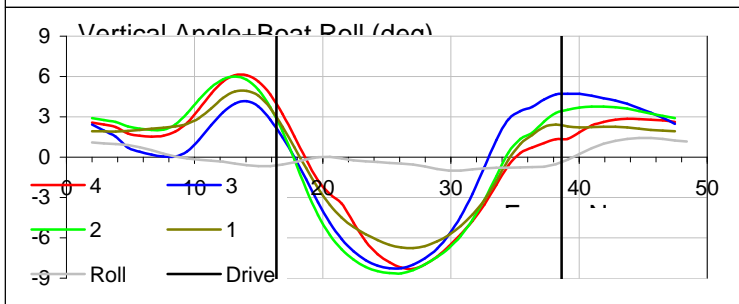
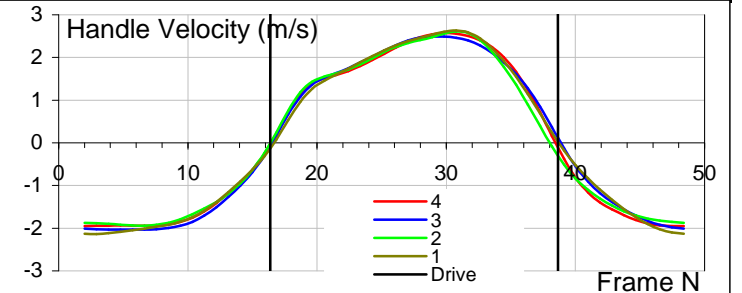
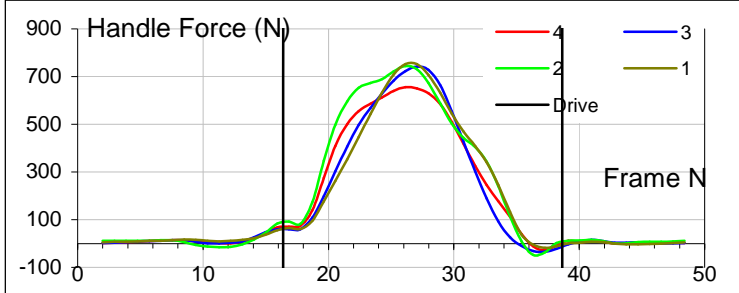
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
0.0	0.0	-5.6	10.1	-33.1	14.9	50.8	84.4	42.2	-22.1	-102.0	-53.1	13.8
-9.3	0.0	-13.0	-8.2	-35.0	-24.3	-20.6	84.4	0.0	-47.8	-25.3	-3.9	-18.2
18.0	42.2	3.1	10.0	-6.4	36.7	76.7	84.4	0.0	-16.7	-21.3	-0.2	7.9
2.9	14.1	-5.2	4.0	-24.9	9.1	35.6	84.4	14.1	-28.9	-49.5	-19.0	1.1
22.8	24.4	8.0	10.5	16.0	30.9	50.4	0.0	24.4	16.6	45.5	29.5	17.0



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	0.881	47.5%	-65.6	39.2	104.8	16.1	15.5	69.9%	81.4%	-12.5	85.0%
3	3 seat	0.894	48.2%	-65.7	38.5	104.2	9.6	24.1	67.7%	80.6%	-3.7	78.4%
2	2 seat	0.865	46.6%	-63.1	39.0	102.0	8.8	13.1	78.6%	83.1%	-8.3	77.9%
1	Bow	0.882	47.5%	-62.6	40.9	103.5	11.1	15.6	74.2%	82.0%	-13.2	72.9%
Average		0.881	47.5%	-64.2	39.4	103.6	11.4	17.1	72.6%	81.8%	-9.4	78.6%
±SD		0.012	0.6%	1.7	1.1	1.2	3.3	4.8	4.8%	1.1%	4.4	4.9%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	340	631	655	343	0.39	52%	36.1%	12.9	38.7	0.58	1.24	112.9
3	337	626	741	326	0.38	44%	42.5%	19.7	39.5	0.58	1.32	111.5
2	384	713	745	395	0.42	53%	38.2%	12.2	40.4	0.55	1.26	132.3
1	363	674	752	349	0.41	46%	41.5%	20.6	40.3	0.45	1.08	118.1
Average		356	661	723	353	0.40	49%	16.4	39.8	0.54	1.23	118.7
±SD		22.1	41.0	46	30	0.02	4%	4.4	0.8	0.06	0.10	9.5

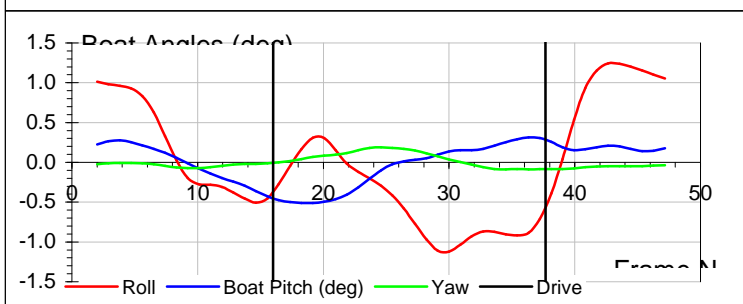
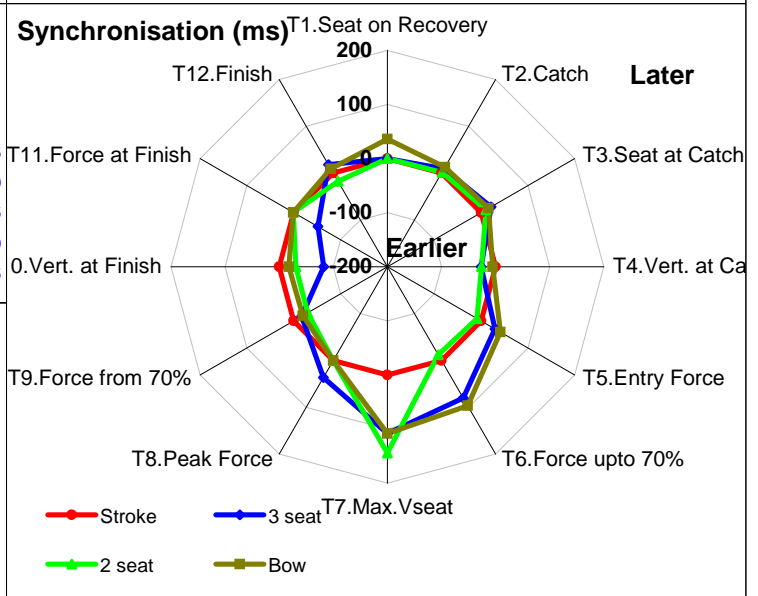
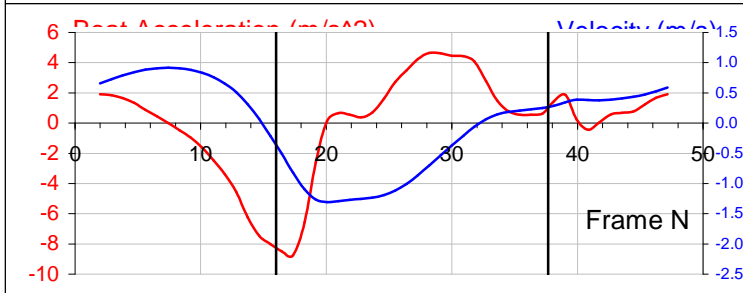
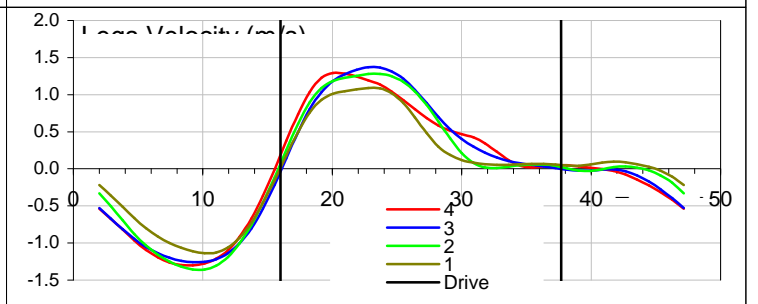
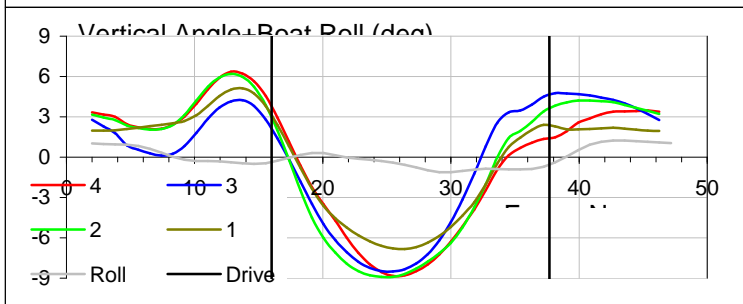
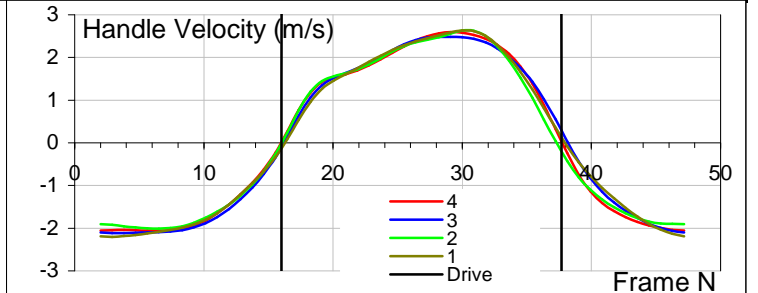
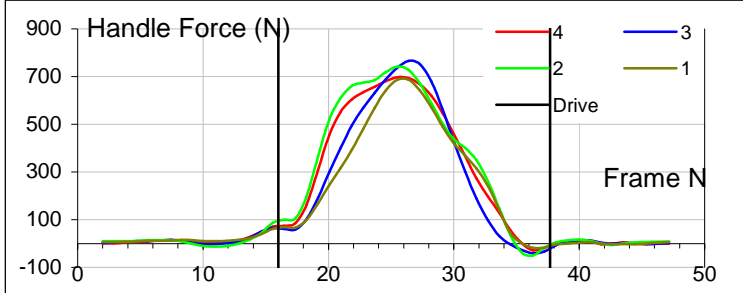
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4.7	0.0	3.9	12.7	-33.2	21.1	65.0	74.2	37.1	-10.3	-85.3	-45.6	16.4
-2.0	0.0	-1.4	2.7	-36.2	-10.8	-11.4	111.3	0.0	-29.0	-31.2	-0.8	-17.6
21.1	37.1	9.4	8.7	-15.6	30.7	84.9	74.2	37.1	-11.8	-17.9	6.6	10.3
7.9	12.4	3.9	8.0	-28.3	13.7	46.2	86.6	24.7	-17.0	-44.8	-13.3	3.0
20.9	21.4	5.4	5.0	11.1	21.7	50.8	21.4	21.4	10.4	35.7	28.3	18.1



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	0.871	48.2%	-66.1	38.6	104.7	13.2	15.2	72.9%	84.1%	-15.9	88.3%
3	3 seat	0.880	48.7%	-66.2	37.6	103.9	8.8	24.4	68.0%	83.5%	-3.7	79.8%
2	2 seat	0.851	47.1%	-63.4	38.6	102.0	8.4	13.0	79.0%	86.3%	-7.1	78.3%
1	Bow	0.867	48.0%	-61.9	40.5	102.4	10.7	15.9	74.0%	86.1%	-12.5	72.8%
Average		0.868	48.0%	-64.4	38.9	103.3	10.3	17.1	73.5%	85.0%	-9.8	79.8%
±SD		0.012	0.7%	2.1	1.2	1.3	2.2	5.0	4.5%	1.4%	5.5	6.4%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	373	675	698	368	0.42	53%	35.8%	12.3	38.8	0.58	1.29	118.4
3	343	619	766	325	0.38	42%	41.3%	20.1	41.7	0.59	1.37	108.5
2	393	710	741	398	0.42	54%	37.3%	11.2	41.6	0.55	1.28	129.0
1	332	600	687	316	0.37	46%	35.3%	20.9	41.7	0.45	1.09	105.5
Average		360	651	723	352	0.40	49%	16.1	40.9	0.54	1.26	115.3
±SD		28.0	50.5	37	38	0.03	5%	5.1	1.4	0.06	0.12	10.6

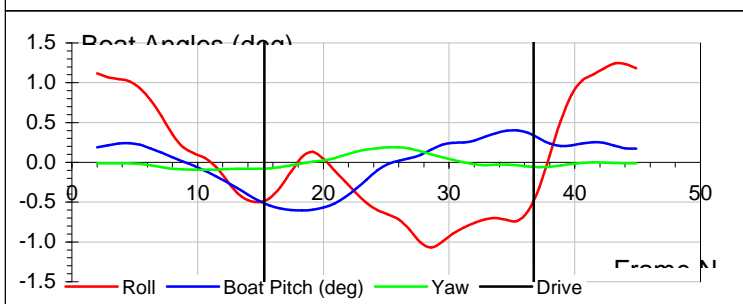
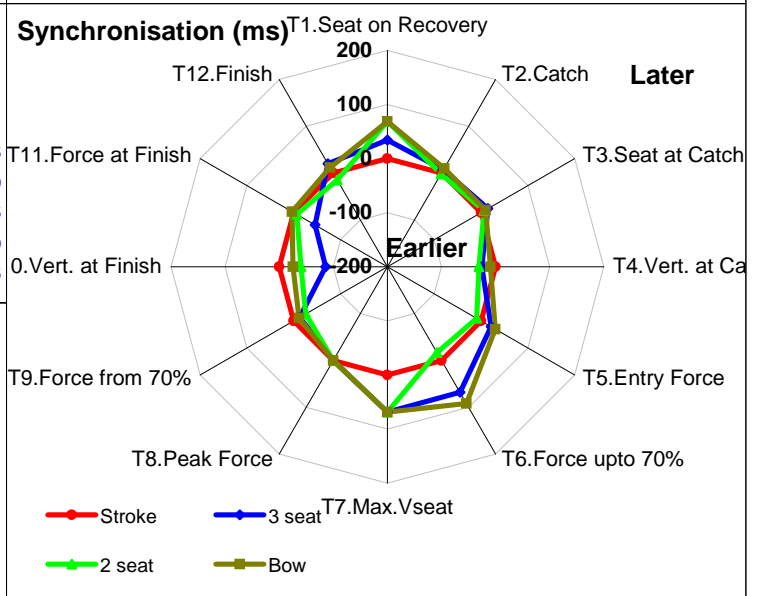
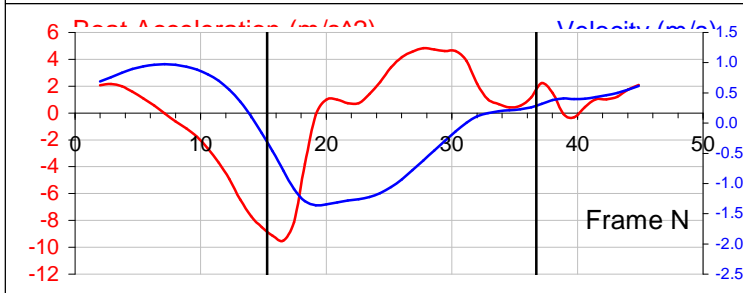
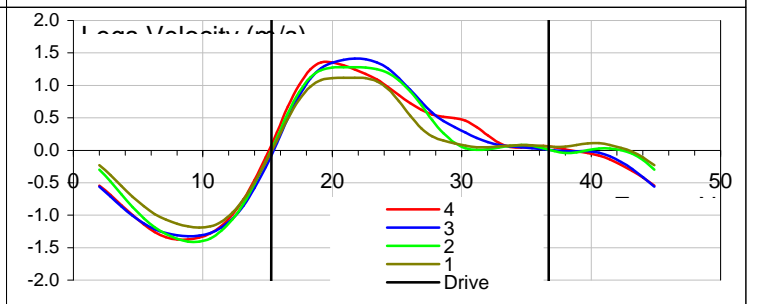
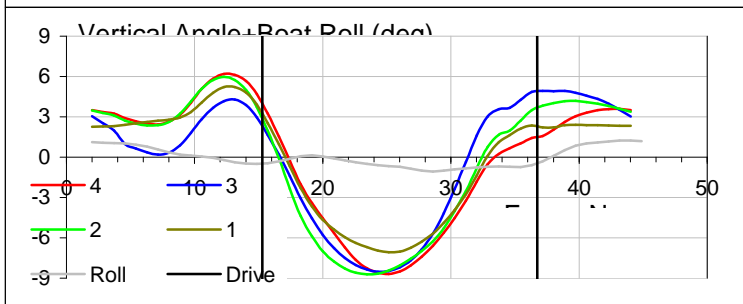
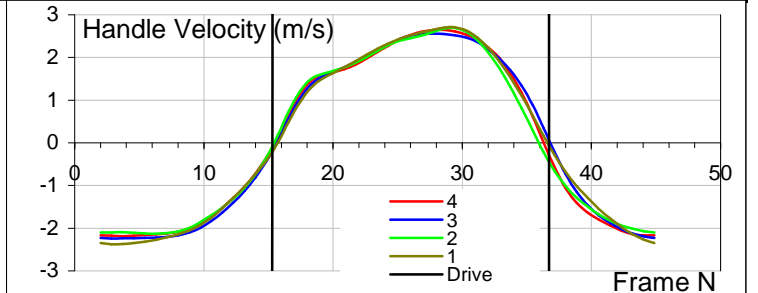
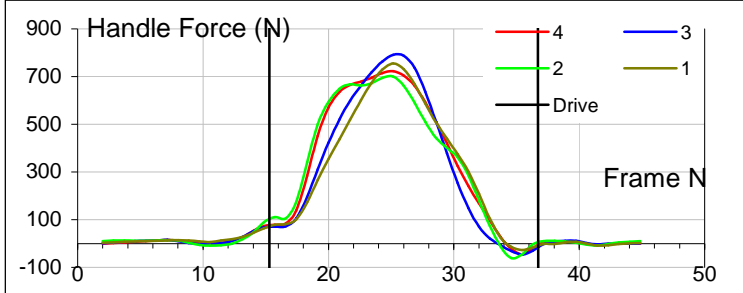
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10.4	0.0	8.8	21.1	-26.9	29.7	79.8	108.4	36.1	-16.8	-82.0	-51.5	17.8
2.7	0.0	1.9	10.7	-26.3	-8.7	-12.2	144.5	0.0	-30.4	-30.8	1.2	-17.8
23.2	36.1	12.6	16.0	-5.2	41.6	96.4	108.4	0.0	-19.3	-17.6	0.8	8.9
12.1	12.0	7.8	15.9	-19.5	20.9	54.7	120.4	12.0	-22.2	-43.5	-16.5	2.9
21.7	20.9	5.4	5.2	12.3	26.3	58.5	20.9	20.9	7.3	34.0	30.3	18.5



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	0.834	48.6%	-65.6	38.2	103.8	12.7	14.6	73.6%	83.7%	-13.9	87.8%
3	3 seat	0.848	49.4%	-66.6	36.9	103.5	9.0	24.1	68.0%	82.7%	-6.3	83.8%
2	2 seat	0.821	47.9%	-62.6	38.5	101.1	8.2	13.6	78.4%	86.1%	-5.7	77.5%
1	Bow	0.836	48.8%	-62.4	40.2	102.6	10.1	15.8	74.8%	84.8%	-14.5	74.9%
Average		0.835	48.7%	-64.3	38.4	102.7	10.0	17.1	73.7%	84.3%	-10.1	81.0%
±SD		0.011	0.6%	2.1	1.4	1.2	2.0	4.8	4.3%	1.5%	4.8	5.9%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	406	696	722	385	0.44	53%	39.6%	11.8	38.5	0.59	1.35	115.7
3	381	653	792	349	0.41	44%	39.3%	18.5	41.5	0.59	1.41	109.0
2	396	679	700	385	0.41	55%	41.7%	10.4	40.0	0.54	1.28	118.4
1	389	667	755	354	0.41	47%	39.0%	20.4	40.6	0.45	1.12	109.3
Average		393	674	742	368	0.42	50%	15.3	40.2	0.54	1.29	113.1
±SD		10.7	18.3	40	20	0.01	5%	4.9	1.2	0.06	0.13	4.7

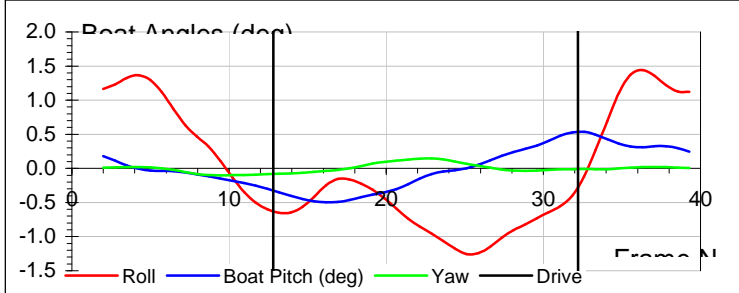
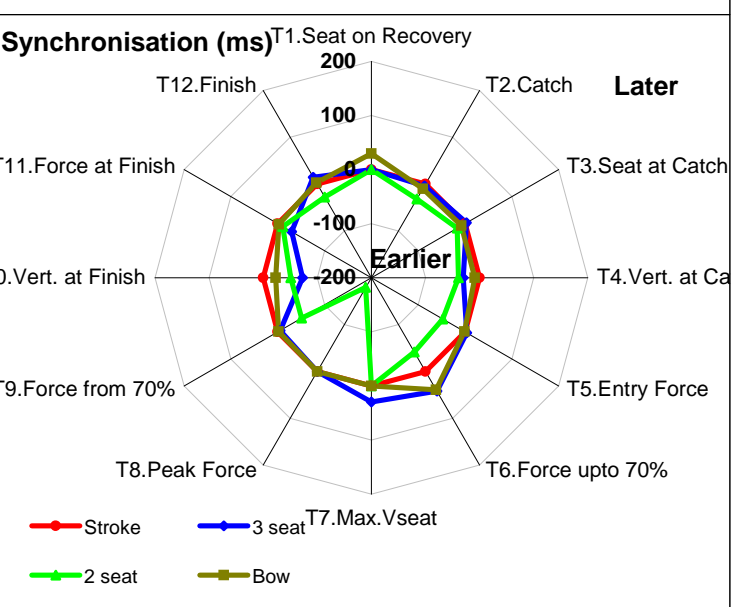
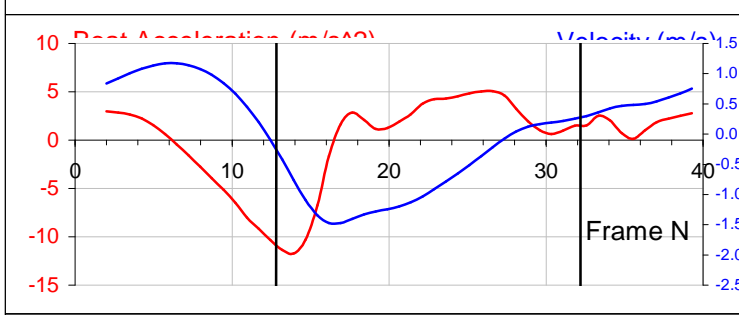
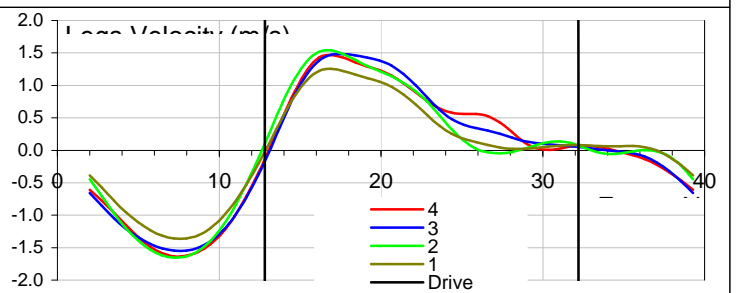
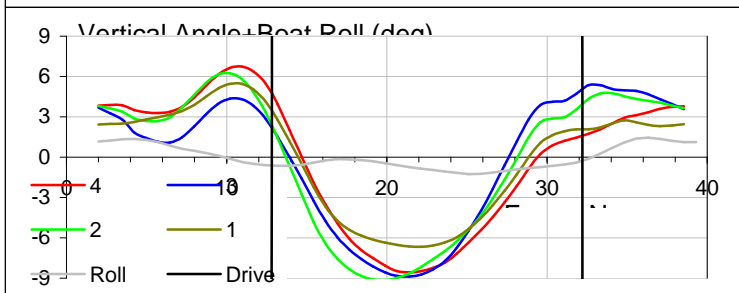
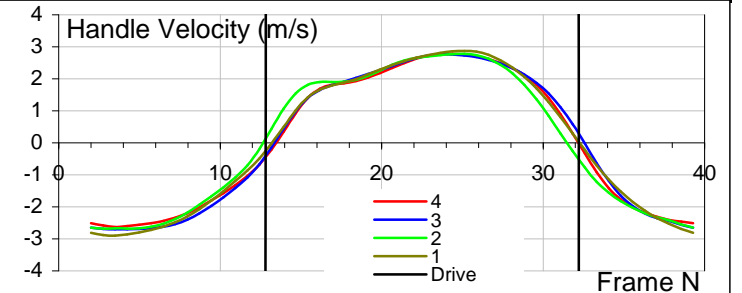
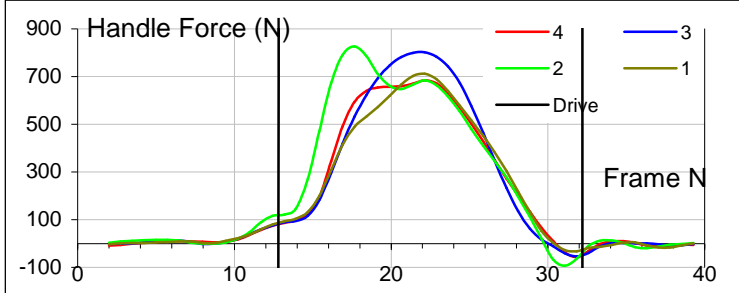
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5.4	34.3	6.9	14.5	-25.3	21.5	68.2	68.6	0.0	-13.3	-85.6	-45.6	20.3
-0.2	68.6	-1.6	6.6	-30.9	-9.2	-17.4	68.6	0.0	-25.4	-40.0	-6.7	-14.9
20.7	68.6	9.9	9.2	-9.4	30.1	91.9	68.6	0.0	-11.0	-25.7	3.7	11.9
8.6	57.2	5.1	10.1	-21.8	14.1	47.5	68.6	0.0	-16.6	-50.4	-16.2	5.8
16.9	19.8	6.0	4.0	11.2	20.7	57.5	0.0	0.0	7.8	31.3	26.0	18.4



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke	0.749	50.2%	-63.0	35.8	98.8	9.6	14.0	76.0%	88.3%	-16.6	88.7%
3	3 seat	0.767	51.4%	-65.4	36.1	101.5	7.0	23.9	69.5%	86.4%	-9.7	85.5%
2	2 seat	0.753	50.5%	-62.6	37.3	99.8	8.6	15.0	76.4%	89.0%	-1.0	79.7%
1	Bow	0.761	51.0%	-61.9	38.5	100.5	9.6	16.7	73.8%	88.2%	-14.2	76.2%
Average		0.758	50.8%	-63.2	36.9	100.1	8.7	17.4	73.9%	88.0%	-10.4	82.5%
±SD		0.008	0.6%	1.5	1.2	1.1	1.2	4.5	3.2%	1.1%	6.9	5.6%

#	Rowing Power (W)	Work Per Stroke (J)	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)	Legs drive (m)	Legs Max. Speed (m/s)	HDF(F)
4	443	660	684	381	0.43	56%	41.0%	10.4	34.5	0.57	1.47	101.7
3	477	712	802	389	0.46	49%	41.1%	15.8	37.0	0.56	1.48	103.4
2	502	749	826	436	0.46	53%	19.5%	10.2	39.1	0.52	1.54	115.3
1	449	670	713	369	0.43	52%	41.7%	15.6	34.6	0.44	1.25	98.5
Average		468	698	756	393	0.45	52%	13.0	36.3	0.52	1.44	104.7
±SD		27.4	40.9	68	29	0.02	3%	3.1	2.2	0.06	0.13	7.3

Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
-4.1	0.0	-3.9	3.0	-30.2	3.8	42.0	29.8	0.0	-5.5	-72.6	-29.9	14.7
-41.4	0.0	-32.2	-16.6	-39.3	-47.9	-41.4	0.0	-179.0	-50.7	-50.8	-10.9	-28.1
1.5	29.8	-9.8	-7.4	-9.0	-0.9	39.3	0.0	0.0	-1.6	-23.0	-2.5	2.9
-14.7	9.9	-15.3	-7.0	-26.2	-15.0	13.3	9.9	-59.7	-19.3	-48.8	-14.4	-3.5
28.5	17.2	14.9	9.8	15.5	28.6	47.4	17.2	103.3	27.3	24.8	14.0	22.1



## Stroke

Stroke Rate (str/min) **35.0** HM4x **22/10/21**

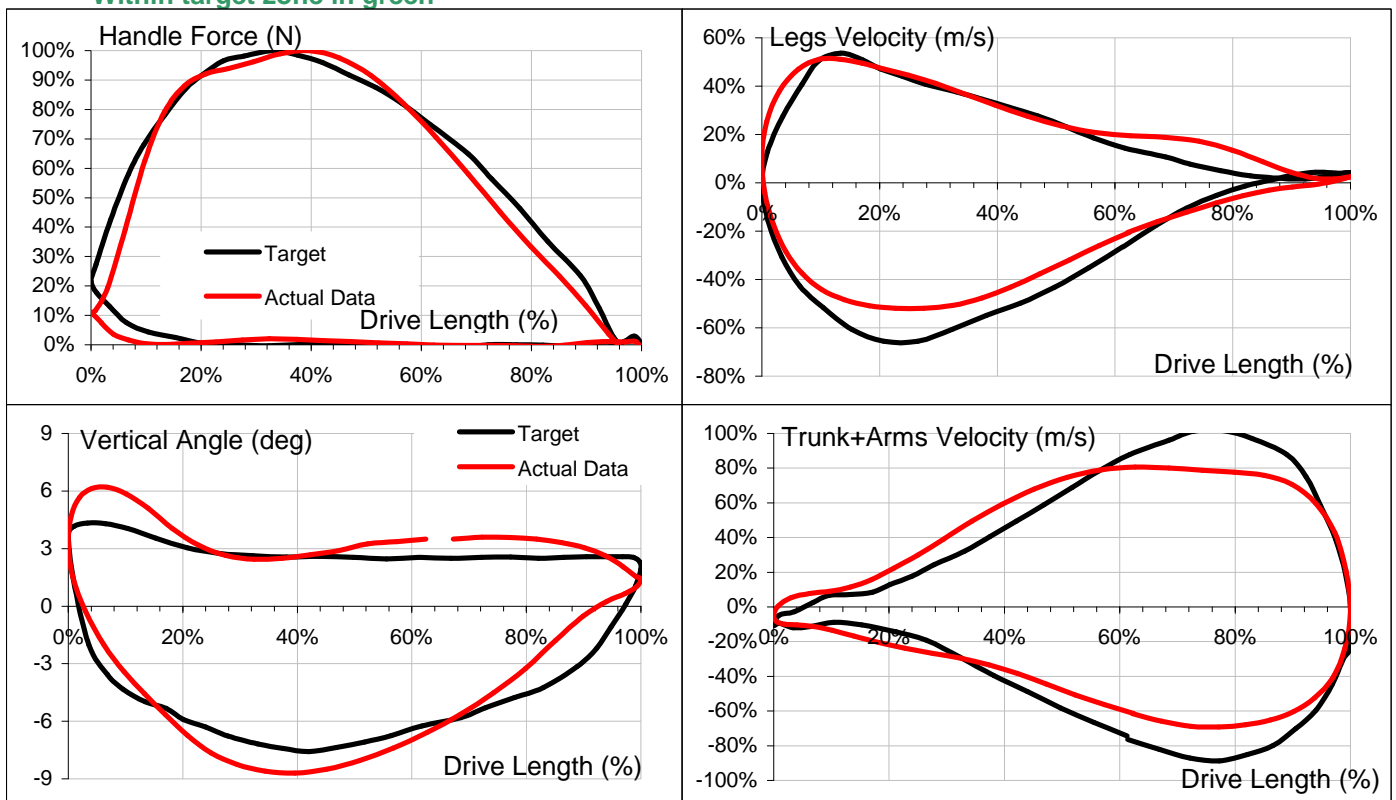
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:33.2	<b>05:53.8</b>	-6.2%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:33.2	<b>05:38.3</b>	-1.5%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	<b>35.0</b>	-12.5%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	<b>103.8</b>	96.1%	45%
5	Average Force (N)	460.0	<b>384.7</b>	83.6%	53%
6	Work Per Stroke (J)	825	<b>696.1</b>	84.4%	50%
7	Rowing Power (W)	550	<b>405.8</b>	73.8%	47%
8	Catch Angle (deg)	-68.0	<b>-65.6</b>	-3.5%	55%
9	Finish Angle (deg)	40.0	<b>38.2</b>	-4.6%	36%
10	Catch Slip (Deg)	6.0	<b>12.7</b>	111.7%	63%
11	Release Slip (deg)	12.0	<b>14.6</b>	22.1%	43%
12	Effective Angle (deg)	83%	<b>73.6%</b>	-11.6%	47%
13	Max.Blade Depth (deg)	-7.5	<b>-8.7</b>	16.0%	40%
14	Max. Force (N)	850.0	<b>722.3</b>	-15.0%	52%
15	Ratio Aver / Max Force (%)	55%	<b>53.3%</b>	-3.2%	52%
16	Position of peak force (% of SL)	33%	<b>39.6%</b>	20.0%	53%
17	Catch force gradient (deg)	11.4	<b>11.8</b>	3.1%	43%
18	Finish force gradient (deg)	38.8	<b>38.5</b>	-0.6%	51%
19	Legs drive (m)	0.58	<b>0.59</b>	1.3%	66%
20	Legs Max. Speed (m/s)	1.50	<b>1.35</b>	-9.7%	51%
21	Catch Factor (ms)	-15.0	<b>-13.9</b>		43%
22	Rowing Style Factor (%)	90%	<b>87.8%</b>		62%

### Targets:

Below target zone in blue

Above target zone in red

Within target zone in green





3 seat

Stroke Rate (str/min) **35.0** HM4x **22/10/21**

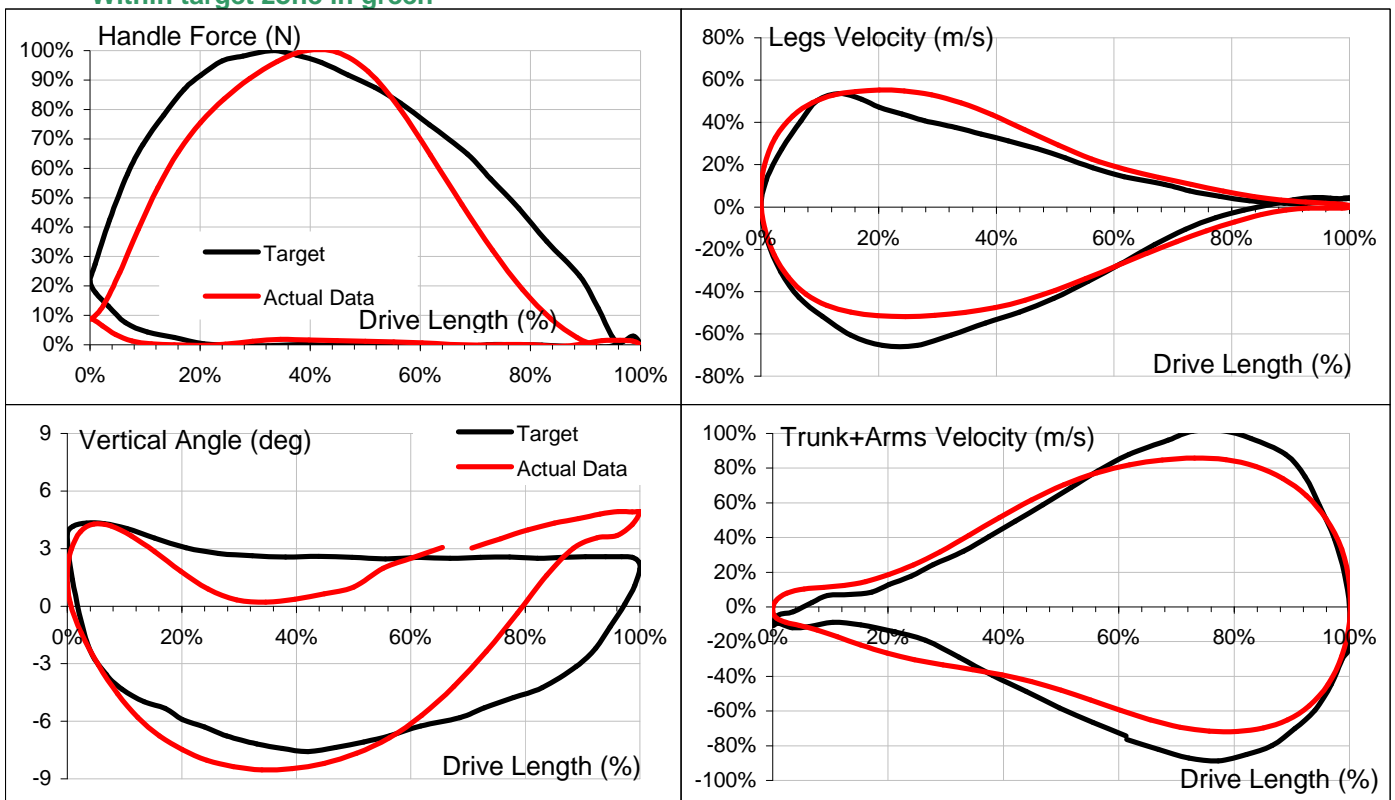
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:33.2	<b>05:53.8</b>	-6.2%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:33.2	<b>05:38.3</b>	-1.5%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	<b>35.0</b>	-12.5%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	<b>103.5</b>	95.8%	44%
5	Average Force (N)	460.0	<b>349.2</b>	75.9%	44%
6	Work Per Stroke (J)	825	<b>652.9</b>	79.1%	45%
7	Rowing Power (W)	550	<b>380.7</b>	69.2%	44%
8	Catch Angle (deg)	-68.0	<b>-66.6</b>	-2.1%	58%
9	Finish Angle (deg)	40.0	<b>36.9</b>	-7.8%	31%
10	Catch Slip (Deg)	6.0	<b>9.0</b>	49.5%	44%
11	Release Slip (deg)	12.0	<b>24.1</b>	101.1%	73%
12	Effective Angle (deg)	83%	<b>68.0%</b>	-18.4%	28%
13	Max.Blade Depth (deg)	-7.5	<b>-8.5</b>	13.7%	42%
14	Max. Force (N)	850.0	<b>791.9</b>	-6.8%	62%
15	Ratio Aver / Max Force (%)	55%	<b>44.1%</b>	-19.8%	19%
16	Position of peak force (% of SL)	33%	<b>39.3%</b>	19.0%	53%
17	Catch force gradient (deg)	11.4	<b>18.5</b>	61.9%	63%
18	Finish force gradient (deg)	38.8	<b>41.5</b>	7.0%	56%
19	Legs drive (m)	0.58	<b>0.59</b>	1.7%	67%
20	Legs Max. Speed (m/s)	1.50	<b>1.41</b>	-5.8%	52%
21	Catch Factor (ms)	-15.0	<b>-6.3</b>		51%
22	Rowing Style Factor (%)	90%	<b>83.8%</b>		56%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



2 seat

Stroke Rate (str/min) **35.0** HM4x **22/10/21**

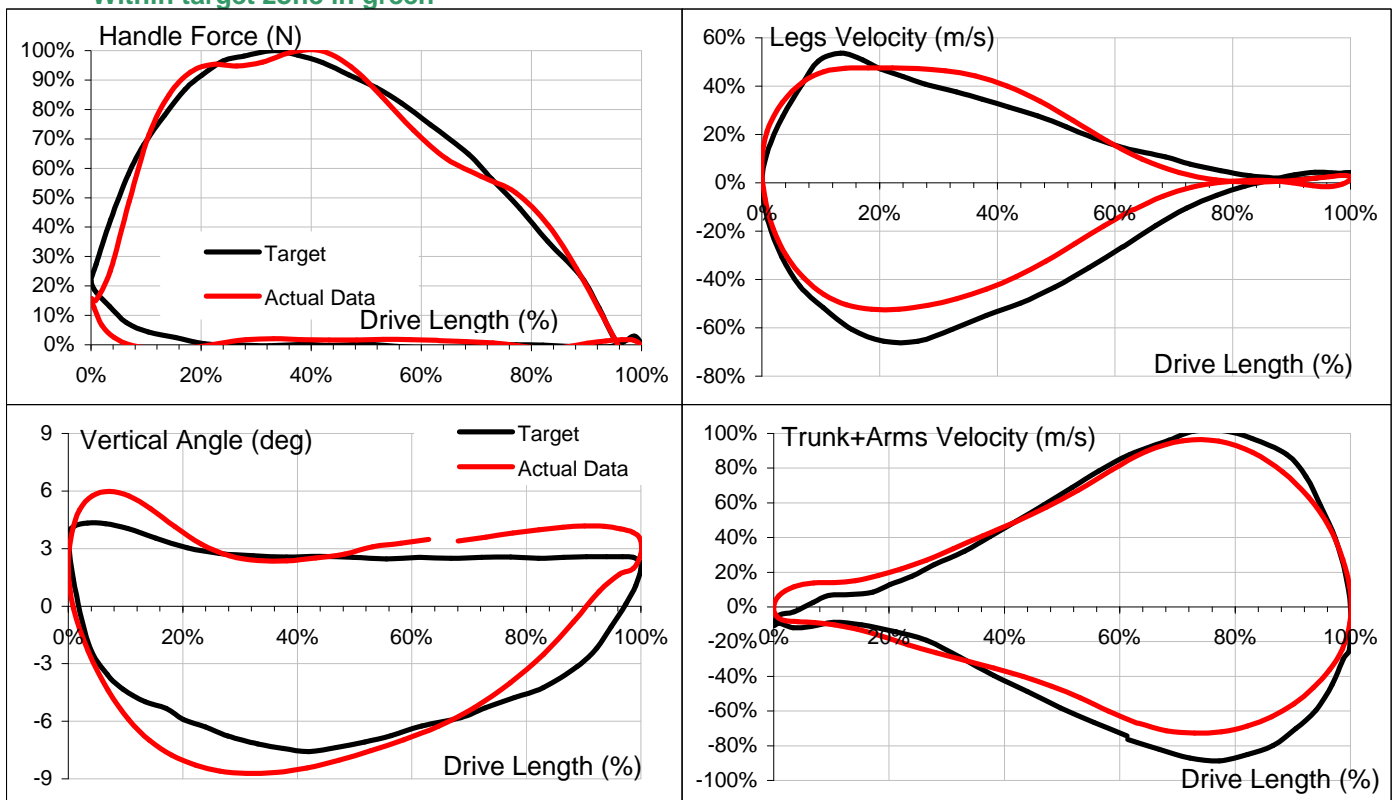
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:33.2	<b>05:53.8</b>	-6.2%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:33.2	<b>05:38.3</b>	-1.5%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	<b>35.0</b>	-12.5%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	101.1	93.6%	37%
5	Average Force (N)	460.0	385.5	83.8%	53%
6	Work Per Stroke (J)	825	679.2	82.3%	48%
7	Rowing Power (W)	550	396.0	72.0%	46%
8	Catch Angle (deg)	-68.0	-62.6	-8.0%	44%
9	Finish Angle (deg)	40.0	38.5	-3.7%	38%
10	Catch Slip (Deg)	6.0	8.2	36.1%	40%
11	Release Slip (deg)	12.0	13.6	13.7%	40%
12	Effective Angle (deg)	83%	78.4%	-5.9%	63%
13	Max.Blade Depth (deg)	-7.5	-8.7	16.3%	40%
14	Max. Force (N)	850.0	699.8	-17.7%	48%
15	Ratio Aver / Max Force (%)	55%	55.1%	0.2%	58%
16	Position of peak force (% of SL)	33%	41.7%	26.4%	57%
17	Catch force gradient (deg)	11.4	10.4	-8.7%	39%
18	Finish force gradient (deg)	38.8	40.0	3.3%	54%
19	Legs drive (m)	0.58	0.54	-7.5%	54%
20	Legs Max. Speed (m/s)	1.50	1.28	-14.7%	50%
21	Catch Factor (ms)	-15.0	-5.7		51%
22	Rowing Style Factor (%)	90%	77.5%		48%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



**Bow**

Stroke Rate (str/min) **35.0** HM4x **22/10/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:33.2	05:53.8	-6.2%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:33.2	05:38.3	-1.5%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	35.0	-12.5%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	102.6	95.0%	42%
5	Average Force (N)	460.0	353.7	76.9%	45%
6	Work Per Stroke (J)	825	667.3	80.9%	46%
7	Rowing Power (W)	550	389.0	70.7%	45%
8	Catch Angle (deg)	-68.0	-62.4	-8.2%	43%
9	Finish Angle (deg)	40.0	40.2	0.6%	45%
10	Catch Slip (Deg)	6.0	10.1	68.1%	50%
11	Release Slip (deg)	12.0	15.8	31.7%	47%
12	Effective Angle (deg)	83%	74.8%	-10.3%	51%
13	Max.Blade Depth (deg)	-7.5	-7.1	-5.7%	57%
14	Max. Force (N)	850.0	755.5	-11.1%	57%
15	Ratio Aver / Max Force (%)	55%	46.8%	-14.9%	29%
16	Position of peak force (% of SL)	33%	39.0%	18.2%	52%
17	Catch force gradient (deg)	11.4	20.4	79.2%	69%
18	Finish force gradient (deg)	38.8	40.6	4.7%	55%
19	Legs drive (m)	0.58	0.45	-21.6%	35%
20	Legs Max. Speed (m/s)	1.50	1.12	-25.4%	48%
21	Catch Factor (ms)	-15.0	-14.5		42%
22	Rowing Style Factor (%)	90%	74.9%		45%

**Targets:**

Below target zone in blue

Above target zone in red

Within target zone in green

