

#	Date	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 (%)	Blade Efficiency (%)	Blade DF	Rowing Power (W)	HDF
1	21/07/19	32.2	1.03	55.3%	-70.1	39.3	109.4	7.3	23.9	71.5%	78.9%	420.9	445.3	120.2
2	28/01/20	33.0	0.99	54.7%	-69.4	41.0	110.4	7.2	26.1	69.8%	81.0%	465.2	489.2	115.1
3	19/08/20	32.5	1.00	54.0%	-68.9	40.4	109.3	6.4	22.7	73.4%	81.4%	511.5	459.9	112.5
4	27/10/21	32.0	1.00	53.1%	-68.1	41.0	109.1	6.5	19.9	75.8%	81.4%	472.8	431.6	106.6
Average/Sum		32.4	1.00	54.3%	-69.1	40.4	109.5	6.8	23.2	72.6%	80.7%	467.6	456.5	113.6

#	Boat type	Time over 2000m (m:s)	Drag Factor	Max. Force (N)	Average Force (N)	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)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
1	1x	7:18.0	3.45	835	432	51.7%	49.8%	20.1	36.5	0.62	1.16	-16.2	103.2%	-42.3
2	1x	6:51.9	3.25	873	454	52.1%	48.7%	19.3	36.4	0.60	1.18	-15.6	94.8%	-52.3
3	1x	6:59.9	3.29	854	442	51.8%	46.4%	20.1	36.5	0.58	1.17	-22.5	97.4%	-28.2
4	1x	6:57.7	3.05	817	417	51.0%	47.6%	20.8	35.5	0.60	1.13	-29.8	107.5%	-6.5
Average/Sum		7:01.9	3.26	845	436	51.6%	48.1%	20.1	36.2	0.60	1.16	-21.0	100.7%	-32.3

