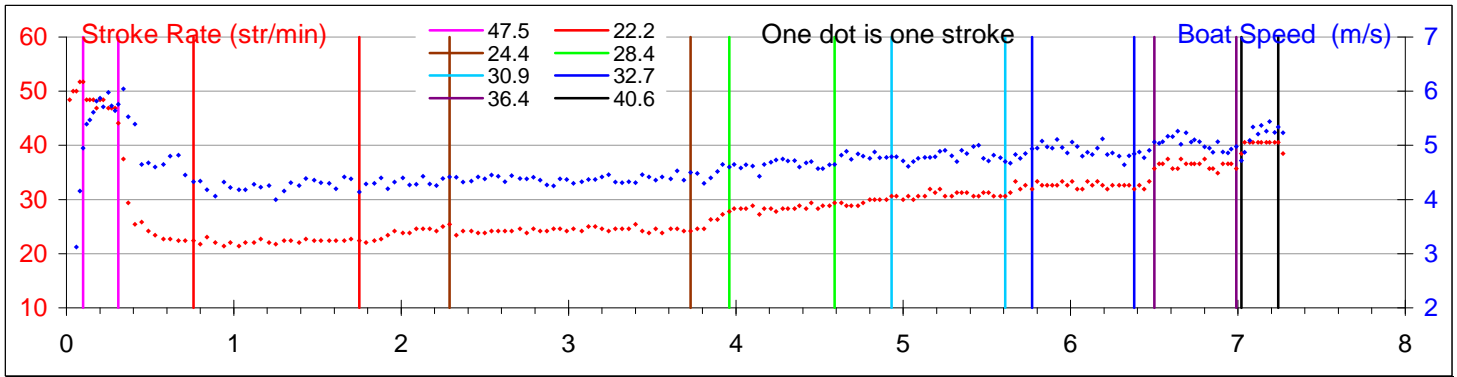


Single Sculler

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

