

#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.846	49.5%	-48.4	40.3	88.6	3.6	30.1	62.0%	-33.7	94.8%	53.1
7	Seat 7	0.851	49.8%	-52.2	32.8	84.9	14.0	17.2	63.2%	-13.9	79.4%	56.5
6	Seat 6	0.874	51.1%	-56.7	32.5	89.2	7.4	23.5	65.4%	-13.8	77.5%	52.5
5	Seat 5	0.878	51.3%	-54.9	29.6	84.5	16.9	16.0	61.1%	-25.7	85.7%	64.1
4	Seat 4	0.843	49.3%	-53.3	30.2	83.5	16.3	12.4	65.7%	-17.4	79.2%	60.7
3	Seat 3	0.844	49.4%	-51.4	33.7	85.2	3.9	18.5	73.8%	-22.6	52.6%	52.2
2	Seat 2	0.857	50.1%	-55.7	31.8	87.5	11.7	31.4	50.9%	-11.9	57.4%	52.7
1	Bow Rower	0.838	49.0%	-51.7	32.6	84.4	10.9	17.9	66.0%	-46.1	76.4%	50.9
Average		0.854	49.9%	-53.0	33.0	86.0	10.6	20.9	63.5%	-23.2	75.4%	55.3
±SD		0.015	0.9%	2.7	3.3	2.2	5.2	6.8	6.4%	11.8	13.9%	0.1

#	Rowing Power (W)	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)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	329	661	304	0.37	46%	27.7%	13.2	36.5	0.55	1.57	0.0	0.0
7	303	602	283	0.34	47%	37.1%	13.7	36.8	0.55	1.51	24.9	38.4
6	302	653	268	0.31	41%	42.0%	19.4	38.6	0.57	1.45	57.2	47.7
5	309	610	279	0.31	46%	48.9%	18.8	27.6	0.60	1.44	62.2	65.5
4	317	661	294	0.33	45%	41.2%	18.9	32.2	0.57	1.27	39.9	53.8
3	289	579	253	0.28	44%	50.5%	20.2	26.9	0.49	1.11	59.6	57.3
2	304	572	278	0.33	49%	36.0%	13.5	32.4	0.44	1.10	7.5	33.1
1	281	580	255	0.34	44%	37.2%	18.6	29.6	0.47	1.10	64.2	55.0
304		615	277	0.33	45%	40.1%	17.0	32.6	0.53	1.32	39.4	43.9
15.1		38	18	0.03	2%	7.4%	3.0	4.4	0.06	0.20	25.7	20.6

#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish	
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	-34.2	1.2	21.0	78.2	5.4	11.8	34.2	68.4	-18.2	92.1	33.2	5.5	
6	-34.2	21.3	41.2	71.9	37.7	94.8	102.6	136.8	21.2	110.5	33.6	48.8	
5	-68.4	12.2	20.2	129.7	25.7	83.2	68.4	171.0	69.6	145.9	45.1	43.4	
4	-34.2	3.6	19.9	60.9	27.9	72.3	0.0	102.6	16.2	163.8	45.7	0.4	
3	-34.2	20.5	31.6	28.3	48.4	96.7	136.8	171.0	65.1	100.8	32.1	18.3	
2	0.0	-6.8	15.0	-5.5	-4.7	1.6	-68.4	68.4	29.5	45.0	12.7	3.3	
1	0.0	37.6	25.2	85.7	57.6	99.3	34.2	102.6	58.4	207.5	33.6	28.6	
45.07		-29.3	12.8	24.9	64.2	28.3	65.7	44.0	117.3	34.5	123.7	33.7	21.2
31.8		23.6	15.0	8.9	43.2	22.3	41.4	67.6	43.5	31.8	53.2	11.0	19.6

