

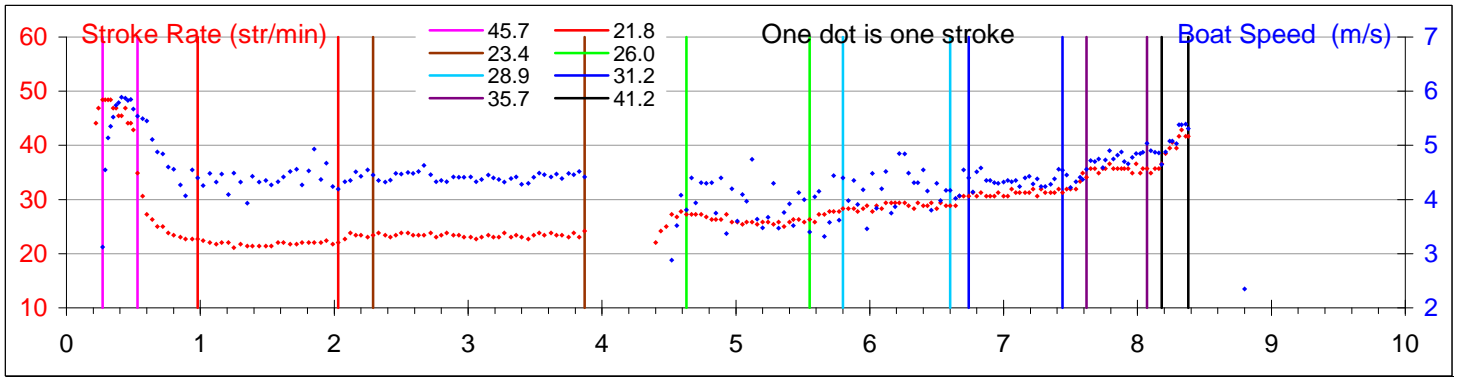
REPORT

	Session N	Place	Boat type
Date 21/10/21	3	Dorney	HM2-
Coach BioRow		Boat make Filippi	0
<i>Air temperature</i>	20.0 ° C	<i>Water temperature</i>	18.0 ° C

Seat	Crew list	Height (m)	Weight (kg)	Inboard (m)	Oar Length (m)	Span/ Spread (m)
Stroke	Stroke Rower	2.00	94.0	1.160	3.750	0.855
1	Bow Rower	1.90	97.0	1.160	3.750	0.855
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
Average		1.95	95.5	1.160	3.750	0.855

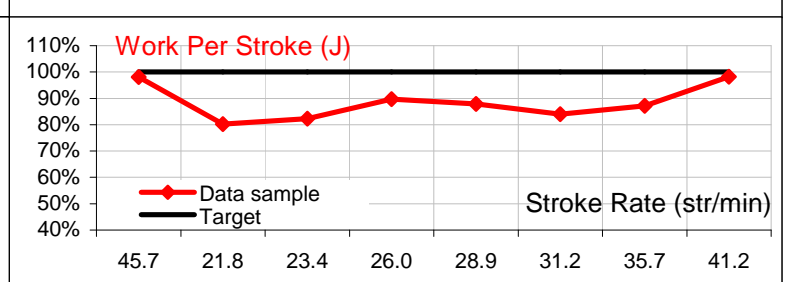
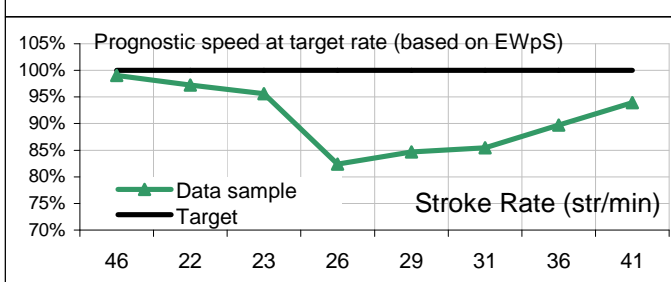
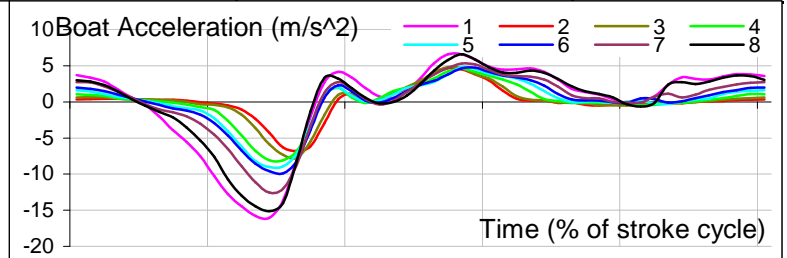
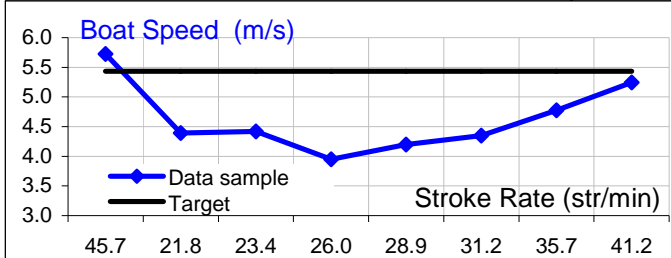
Stroke Rower, Bow Rower

Session N 3



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	45.7	3.67%	11.8	9	67.8	5.72	5:49.52	16.4%	97.53%	7.52	4.81
2 Sample 02	21.8	1.49%	55.1	20	241.7	4.39	7:35.58	12.9%	98.49%	12.08	4.34
3 Sample 03	23.4	1.39%	87.3	34	385.8	4.42	7:32.64	13.6%	98.34%	11.34	4.52
4 Sample 04	26.0	2.06%	48.4	21	191.0	3.95	8:26.62	16.6%	97.56%	9.09	7.04
5 Sample 05	28.9	1.49%	41.6	20	174.6	4.20	7:56.38	16.9%	97.43%	8.73	6.45
6 Sample 06	31.2	0.98%	36.6	19	159.1	4.35	7:39.90	17.0%	97.38%	8.37	5.91
7 Sample 07	35.7	0.59%	21.9	13	104.4	4.78	6:58.78	17.2%	97.33%	8.03	5.46
8 Sample 08	41.2	1.92%	7.3	5	38.2	5.25	6:21.30	17.6%	97.18%	7.64	5.30
Weighed Average	27.3	1.70%	309.9	141	1363	4.40	7:34.90	15.2%	97.9%	9.10	5.40

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	-16.05	4.15	6.61	-1.74	0.79	153.7	6.09	1.65	0.73	1178	1548
2 Filippi	-6.81	1.10	4.68	-1.70	-0.46	35.9	6.40	1.69	0.93	460	1267
3 Filippi	-7.79	1.04	4.82	-2.03	-0.65	43.0	5.57	1.63	1.04	506	1299
4 Filippi	-8.10	1.96	4.60	-1.44	0.16	43.7	6.13	1.81	0.93	615	1416
5 Filippi	-9.00	1.97	4.80	-1.33	-0.05	52.8	4.96	1.73	1.04	667	1388
6 Filippi	-9.90	2.28	4.75	-1.36	0.09	79.1	6.43	1.75	0.95	689	1326
7 Filippi	-12.56	2.73	5.31	-1.95	0.20	91.0	5.63	1.86	0.85	819	1377
8 Filippi	-15.12	3.33	6.57	-2.17	0.36	158.3	3.36	1.82	0.98	1064	1551
Weighed Average	-10.67	2.32	5.27	-1.71	0.06	82.2	5.57	1.74	0.93	619	1348

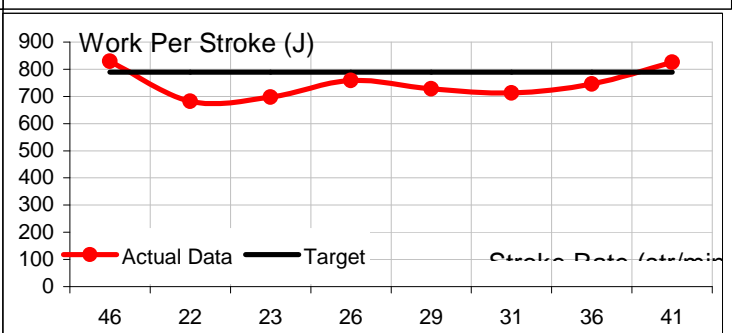
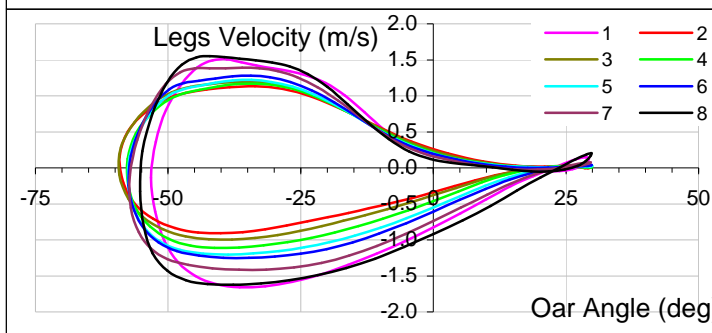
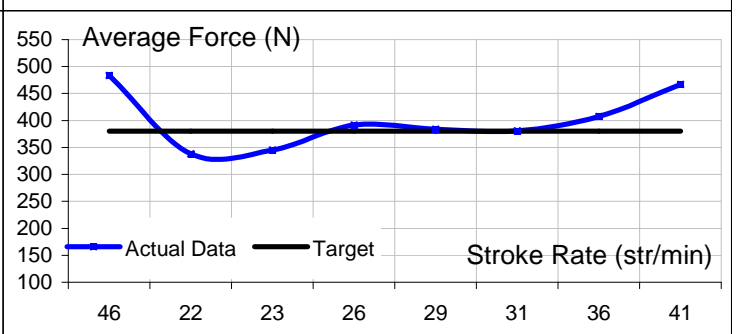
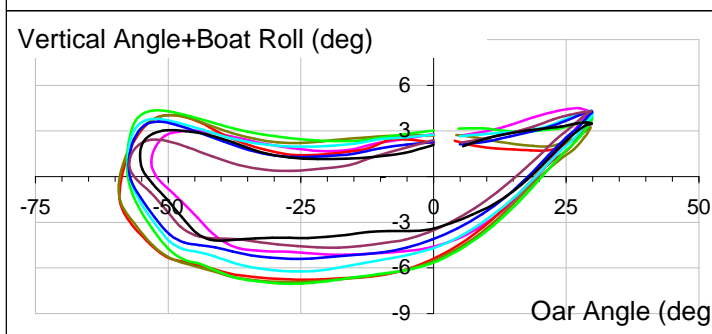
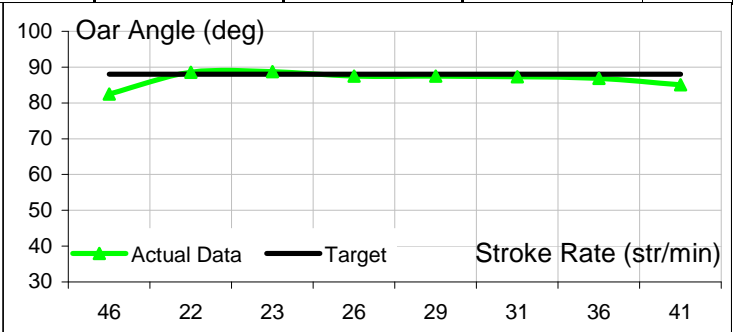
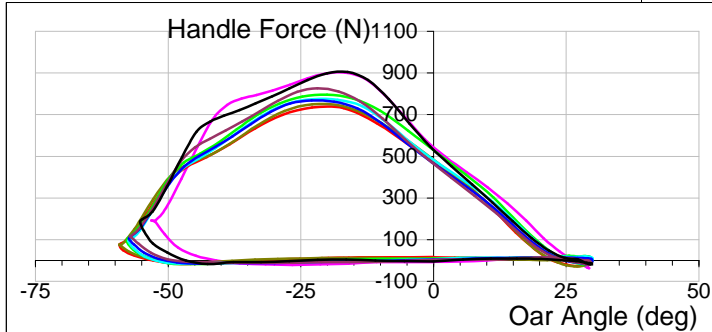


Stroke Rower

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	45.7	0.74	56.2%	-53.2	29.3	82.5	12.4	15.5	66.2%	-5.1	81.7%	631	829
2	Sample 02	21.8	1.15	41.8%	-59.1	29.4	88.5	5.6	13.0	79.0%	-6.8	81.3%	248	682
3	Sample 03	23.4	1.13	44.0%	-59.2	29.6	88.7	6.1	12.9	78.6%	-6.9	79.6%	272	698
4	Sample 04	26.0	1.14	49.3%	-57.6	29.9	87.5	7.0	13.2	76.9%	-7.0	74.8%	329	759
5	Sample 05	28.9	1.08	52.0%	-57.5	30.0	87.5	7.7	16.2	72.7%	-6.2	77.2%	350	728
6	Sample 06	31.2	1.02	53.0%	-57.4	29.9	87.3	8.5	18.8	68.8%	-5.4	75.9%	370	713
7	Sample 07	35.7	0.93	55.3%	-57.2	29.7	86.9	11.6	22.1	61.3%	-4.7	77.3%	444	745
8	Sample 08	41.2	0.84	57.4%	-55.3	29.8	85.0	11.4	22.2	60.5%	-4.2	80.0%	567	826
Average		31.72	1.00	51.1%	-57.1	29.7	86.7	8.8	16.7	70.5%	-5.79	78.5%	401	748
Variation (%)		26.9%	15.3%	11.1%	2.0	0.2	2.1	2.7	3.9	10.6%	0.19	3.2%	34.1%	7.4%

#	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	5:49.52	902	484	54%	44.3%	10.6	32.7	2.75	77.8	0.492	1.51	11.1	66.3%	-88.7
2	7:35.58	734	338	46%	41.0%	17.7	31.7	2.19	93.9	0.619	1.13	-5.2	77.2%	-145.8
3	7:32.64	750	345	46%	40.9%	18.4	31.8	2.21	96.2	0.628	1.19	1.4	78.6%	-165.6
4	8:26.62	795	392	49%	42.9%	16.5	31.3	2.12	123.9	0.613	1.17	11.3	77.7%	-151.7
5	7:56.38	774	384	50%	40.1%	16.6	33.0	2.19	114.0	0.611	1.22	19.4	77.9%	-144.3
6	7:39.90	769	381	50%	39.5%	15.9	33.7	2.26	102.0	0.604	1.28	19.9	77.8%	-133.4
7	6:58.78	827	407	49%	40.7%	14.7	35.0	2.38	93.2	0.596	1.39	25.3	76.9%	-120.4
8	6:21.30	905	467	52%	45.9%	11.4	33.5	2.49	92.7	0.580	1.55	19.1	79.7%	-113.7
Average		807.0	399.6	49%	41.9%	15.2	32.8	2.33	99.2	0.593	1.31	12.8	76.5%	-132.9
Variation (%)		8.1%	13.1%	5.2%	5.4%	18.6%	3.7%	8.9%	14.3%	7.3%	12.2%	10.4	4.2%	24.5

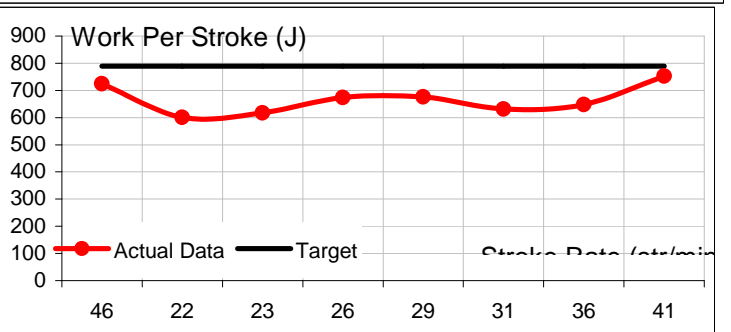
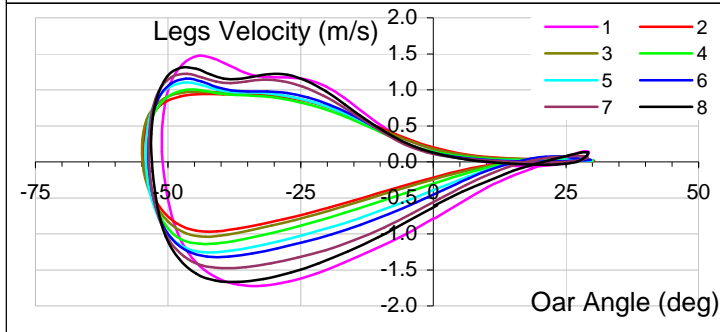
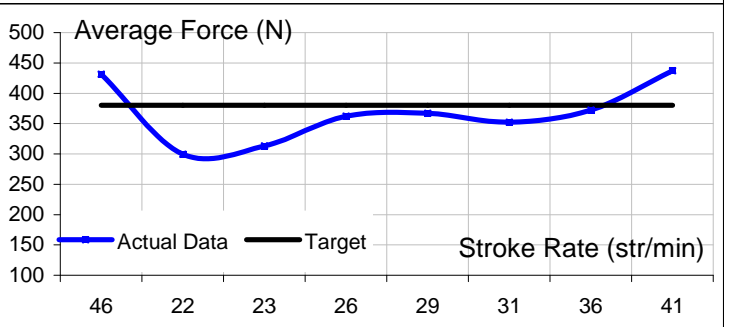
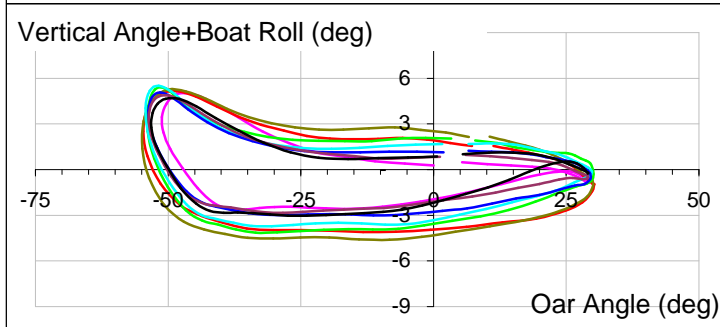
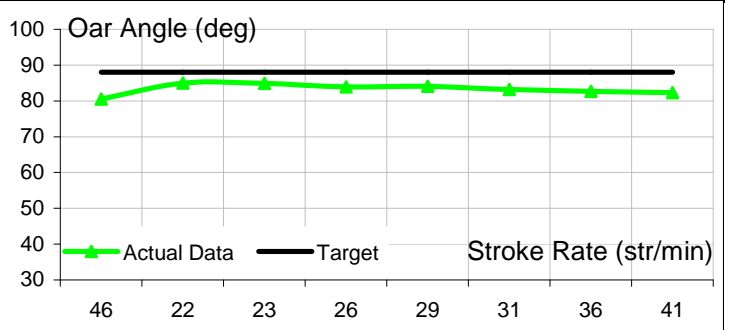
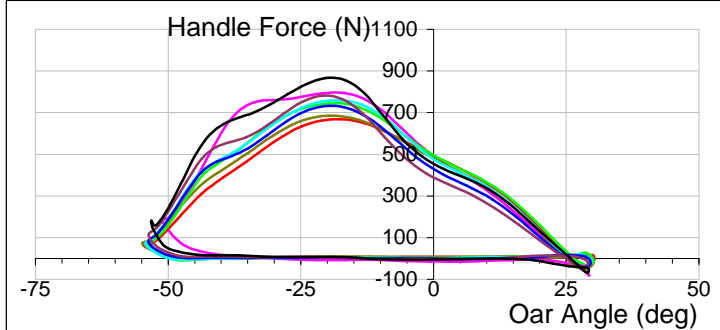


Bow Rower

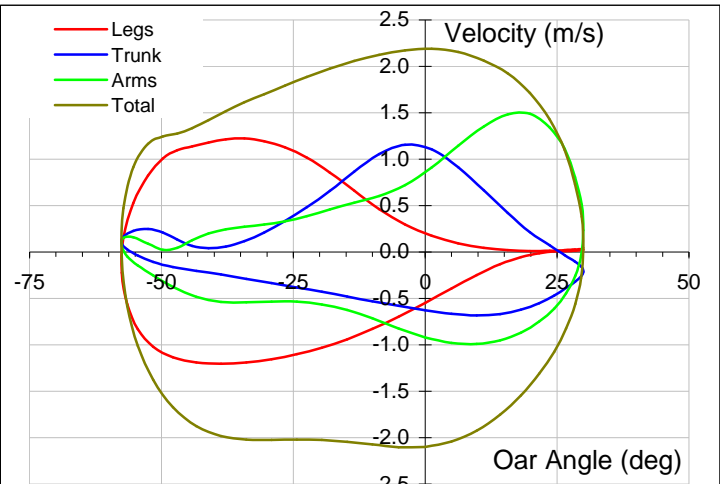
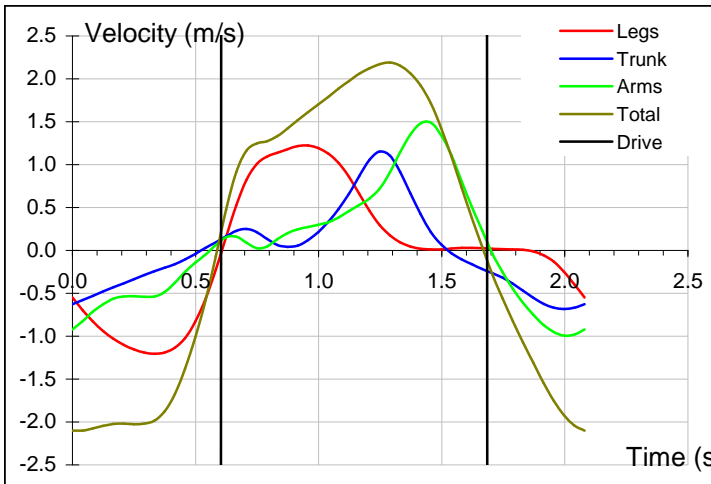
This page shows one rower data for various samples

#	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	45.7	0.73	55.7%	-51.2	29.3	80.5	##### #VALUE!	#####	-2.6	83.3%	552	725	
2	Sample 02	21.8	1.10	40.0%	-54.7	30.3	85.0	14.8	4.1	77.7%	-4.1	82.5%	218	601
3	Sample 03	23.4	1.06	41.4%	-54.9	30.0	84.9	10.2	4.6	82.6%	-4.6	80.5%	241	618
4	Sample 04	26.0	1.09	47.1%	-53.9	30.1	83.9	11.8	15.0	68.2%	-4.1	77.0%	293	674
5	Sample 05	28.9	1.04	49.9%	-54.3	29.8	84.1	13.7	20.4	59.3%	-3.7	77.8%	325	676
6	Sample 06	31.2	0.99	51.5%	-53.7	29.5	83.2	46.2	35.7	1.5%	-3.0	78.8%	328	632
7	Sample 07	35.7	0.90	53.7%	-53.7	29.0	82.7	##### #VALUE!	#####	-2.8	81.0%	386	648	
8	Sample 08	41.2	0.81	55.9%	-53.2	29.2	82.3	28.1	46.3	9.6%	-3.0	81.2%	517	753
Average		31.72	0.97	49.4%	-53.7	29.6	83.3	##### #VALUE!	#####	-3.51	80.3%	357	666	
Variation (%)		26.9%	14.1%	12.4%	1.2	0.5	1.5	##### #VALUE!	#####	0.21	2.8%	33.9%	7.9%	

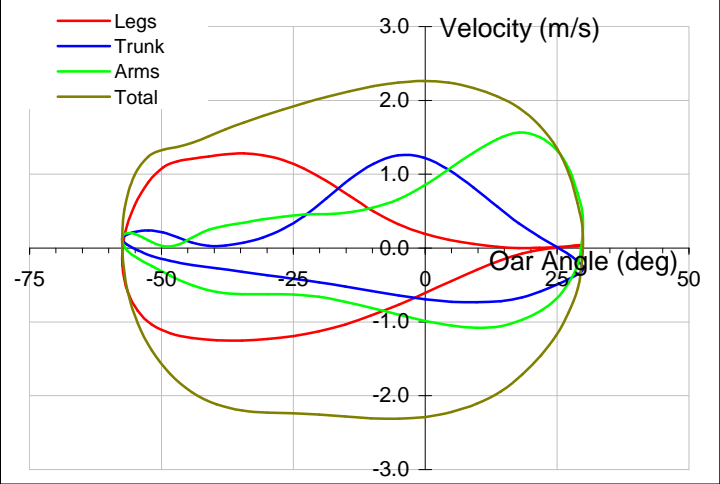
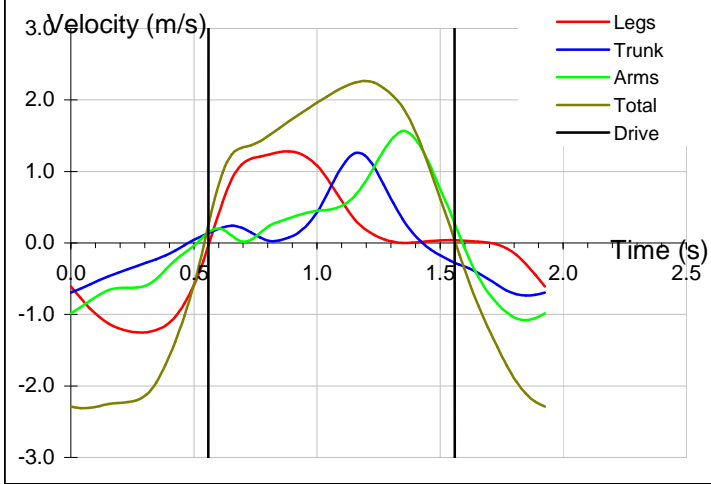
#	Time over 2000m (m:s)	Max. Force (N)	Average Force (N)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Max.Handle Velocity (m/s)	HDF	Legs drive (m)	Legs Max. Speed (m/s)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
1	5:49.52	795	432	54%	38.4%	10.1	32.4	2.69	71.5	0.475	1.47	-9.7	79.4%	-109.4
2	7:35.58	668	299	45%	41.8%	19.6	28.3	2.20	81.9	0.533	0.94	-14.2	79.5%	-193.4
3	7:32.64	686	313	46%	41.5%	18.3	30.0	2.24	81.5	0.531	0.97	-15.2	81.2%	-181.6
4	8:26.62	742	362	49%	39.5%	16.9	31.6	2.09	109.0	0.530	1.00	-3.1	84.5%	-168.1
5	7:56.38	760	367	48%	43.2%	17.9	32.5	2.15	105.4	0.543	1.10	-6.4	88.4%	-171.7
6	7:39.90	733	352	48%	41.0%	17.4	33.9	2.20	95.5	0.537	1.15	-4.8	88.4%	-157.2
7	6:58.78	782	372	48%	39.8%	14.1	36.9	2.36	86.1	0.533	1.22	-6.8	86.3%	-143.9
8	6:21.30	866	437	50%	40.0%	11.6	36.1	2.60	86.1	0.507	1.31	-4.8	81.5%	-121.4
Average		753.7	367.0	49%	40.6%	15.7	32.7	2.32	89.6	0.524	1.15	-8.1	83.6%	-155.8
Variation (%)		8.3%	13.4%	6.0%	3.8%	21.6%	8.8%	9.5%	14.2%	4.2%	15.9%	4.5	3.8%	29.2



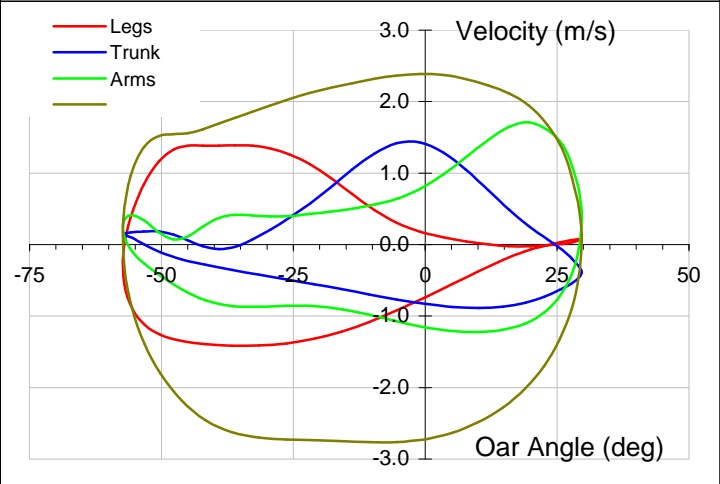
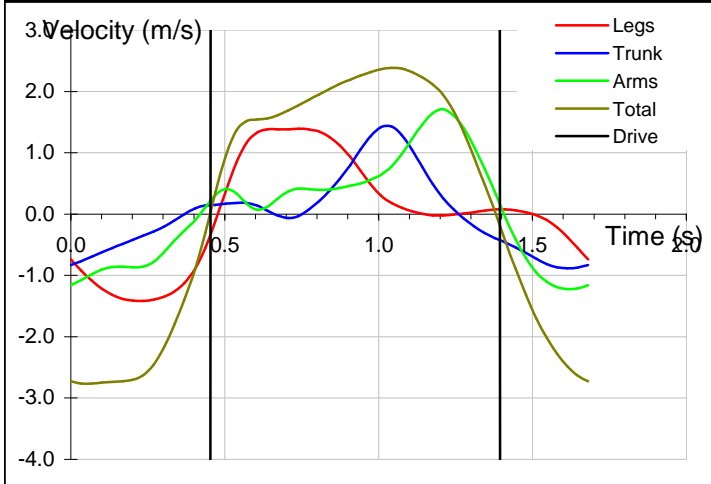
Stroke Rower Rate 28.9



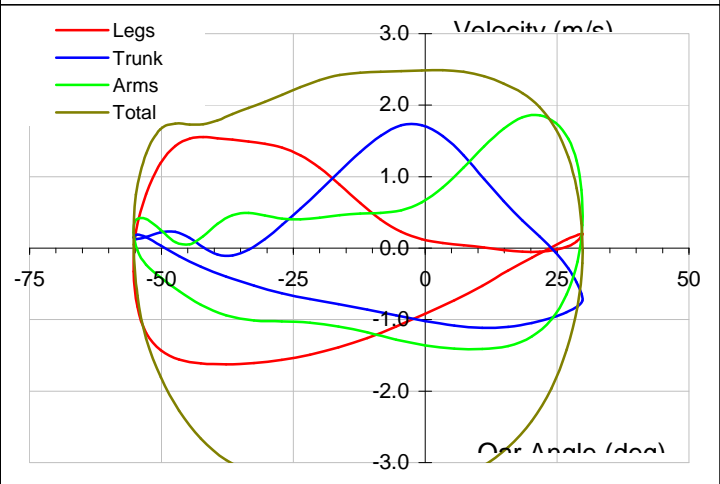
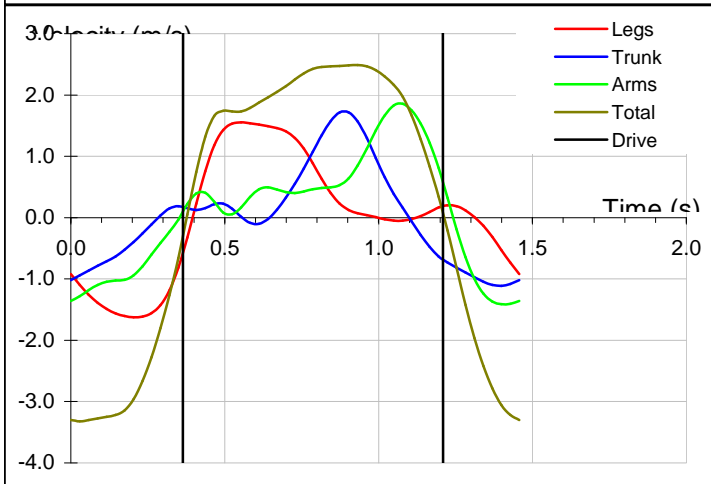
Stroke Rower Rate 31.2

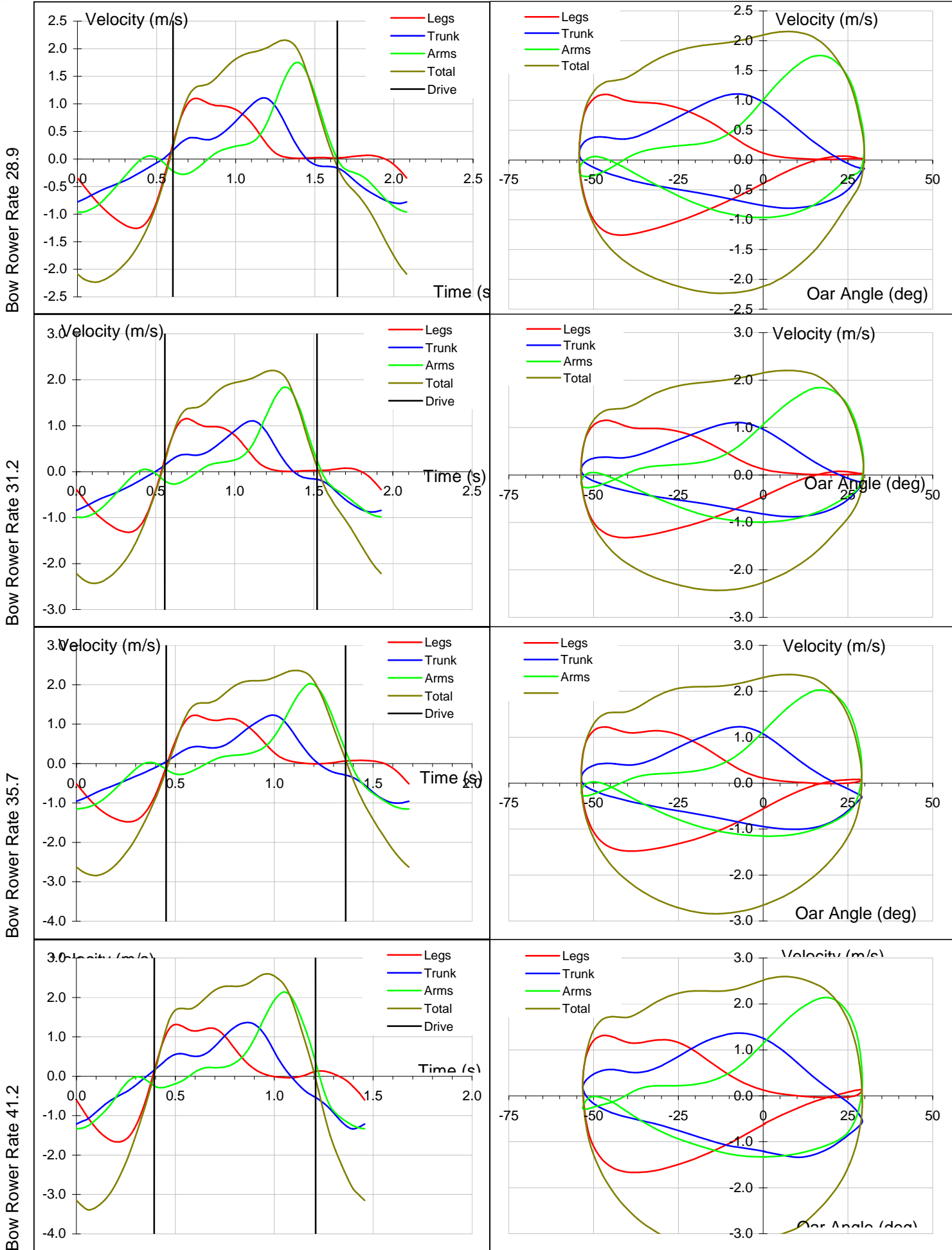


Stroke Rower Rate 35.7



Stroke Rower Rate 41.2





Stroke Rate (str/min)

45.7

Time over 2000m (m:s)

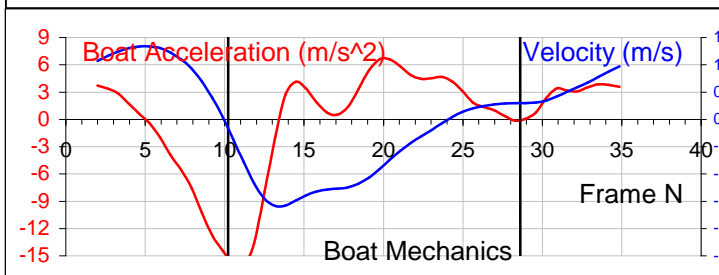
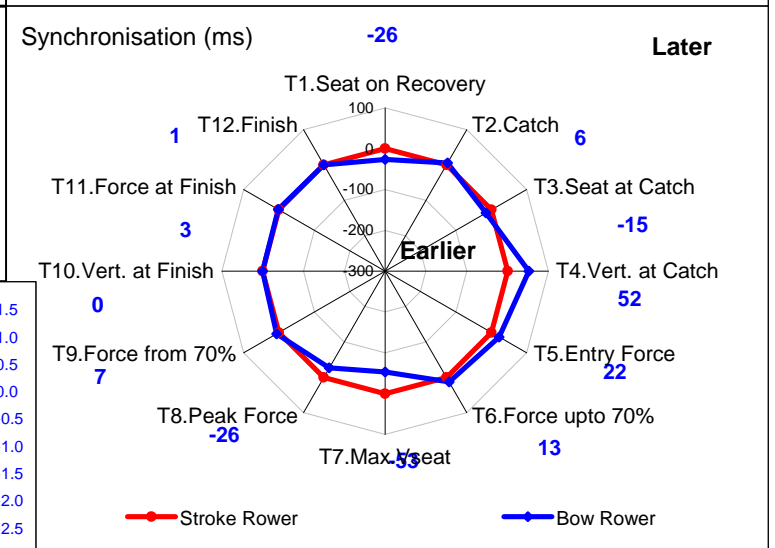
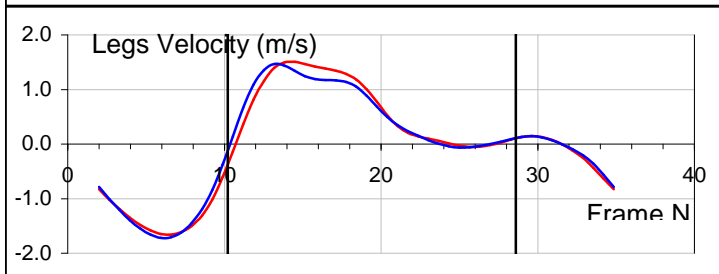
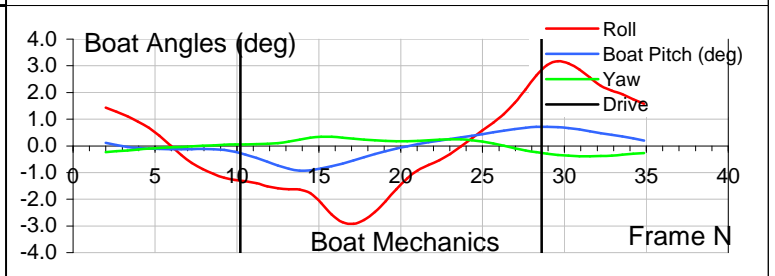
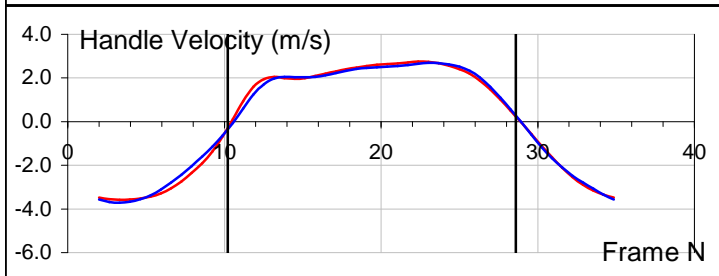
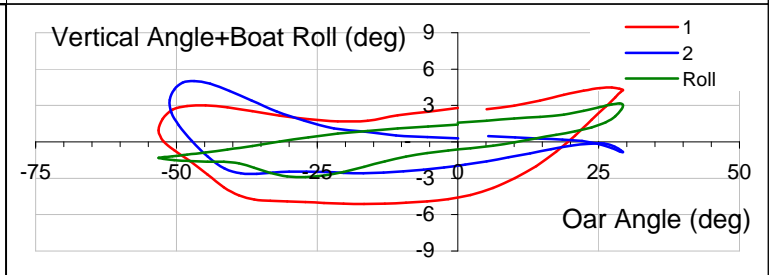
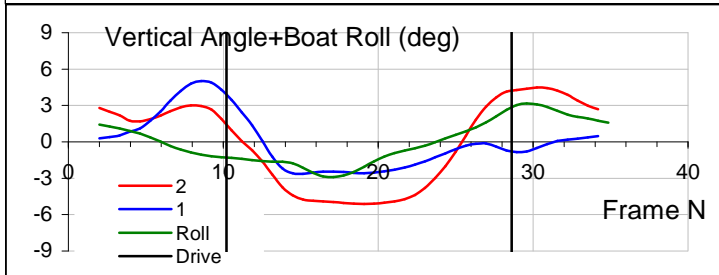
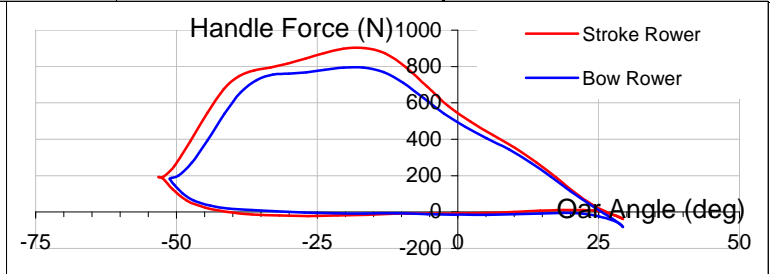
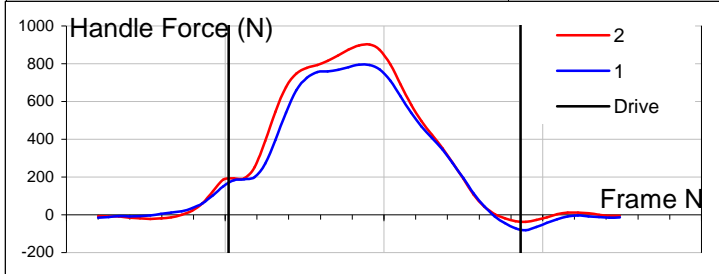
5:49.52

Filippi

Seat	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2	Stroke Rower	0.738	56.2%	-53.2	29.3	82.5	1.48	74.1%	12.4	15.5	66.2%	81.7%
1	Bow Rower	0.732	55.7%	-51.2	29.3	80.5	1.45	76.2%	#VALUE!	#VALUE!	#VALUE!	83.3%

Seat	Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF
2	2.75	2.01	902	484	0.52	54%	44%	10.6	32.7	631	829	77.8
1	2.69	1.98	795	432	0.45	54%	38%	10.1	32.4	552	725	71.5

Seat	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)
2	0.49	0.46	0.55	1.51	1.70	1.92	46.6%	32.1%	21.3%	11.1	66.3%	-88.7
1	0.48	0.49	0.50	1.47	1.45	2.26	42.9%	38.8%	18.3%	-9.7	79.4%	-109.4



Stroke Rate (str/min)

21.8

Time over 2000m (m:s)

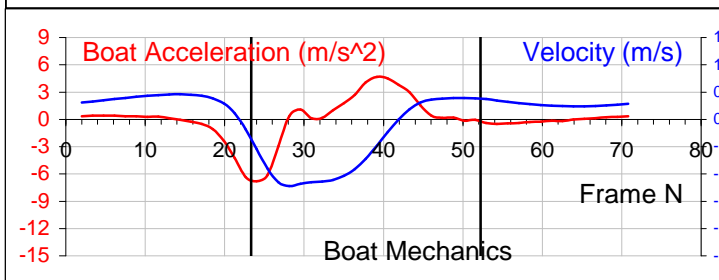
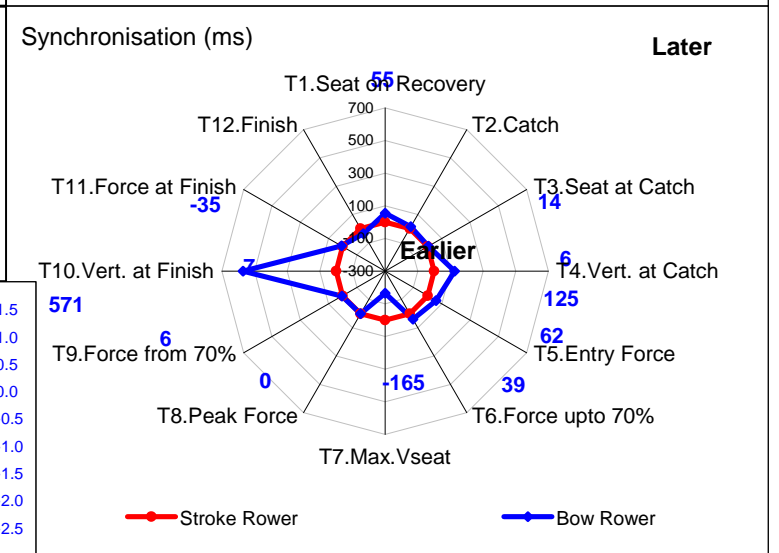
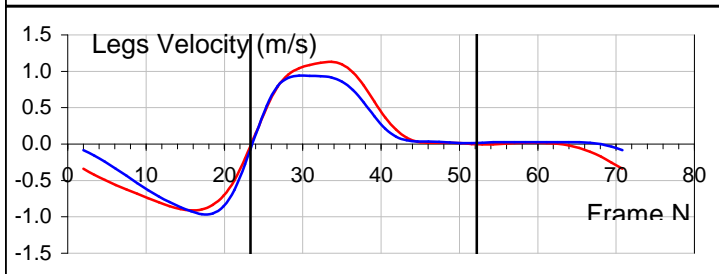
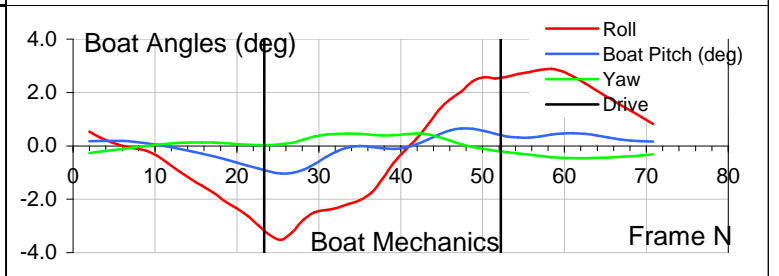
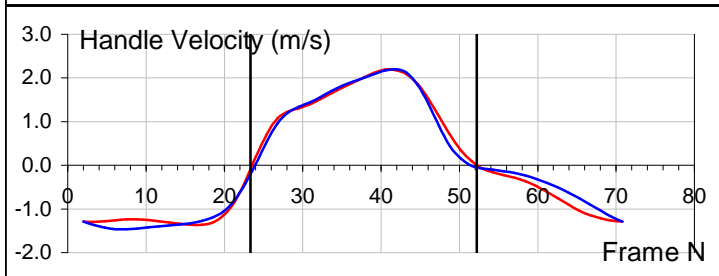
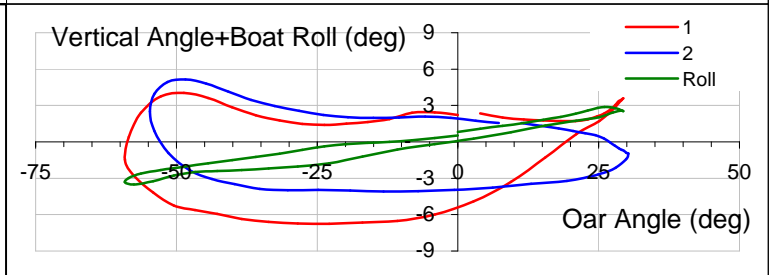
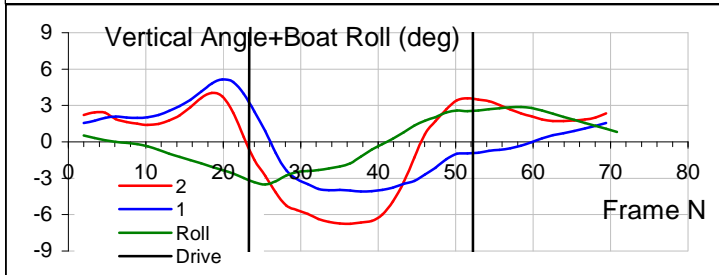
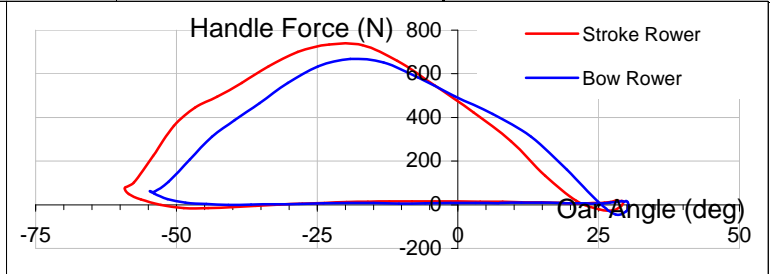
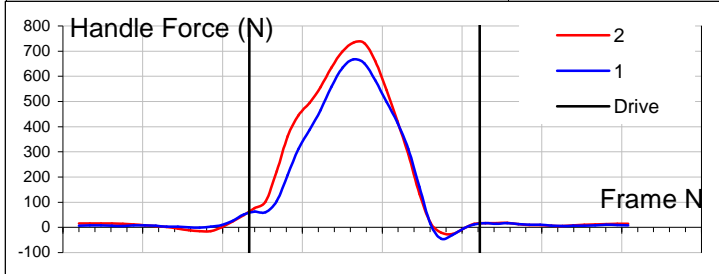
7:35.58

Filippi

Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2 Stroke Rower	1.151	41.8%	-59.1	29.4	88.5	1.59	79.6%	5.6	13.0	79.0%	81.3%
1 Bow Rower	1.102	40.0%	-54.7	30.3	85.0	1.53	80.4%	14.8	4.1	77.7%	82.5%

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF	
2	2.19	1.38	734	338	0.37	46%	41%	17.7	31.7	248	682	93.9
1	2.20	1.39	668	299	0.31	45%	42%	19.6	28.3	218	601	81.9

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)	
2	0.62	0.35	0.63	1.13	0.98	1.43	52.8%	24.2%	23.0%	-5.2	77.2%	-145.8
1	0.53	0.50	0.52	0.94	1.01	1.62	39.8%	38.2%	22.0%	-14.2	79.5%	-193.4



Stroke Rate (str/min)

23.4

Time over 2000m (m:s)

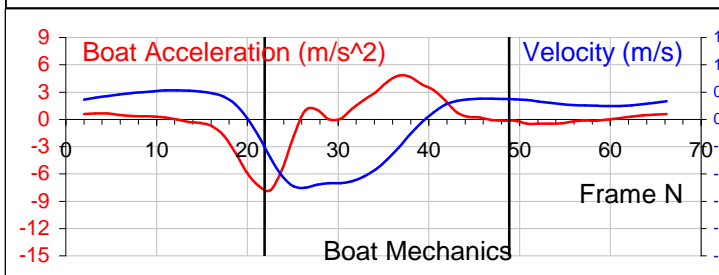
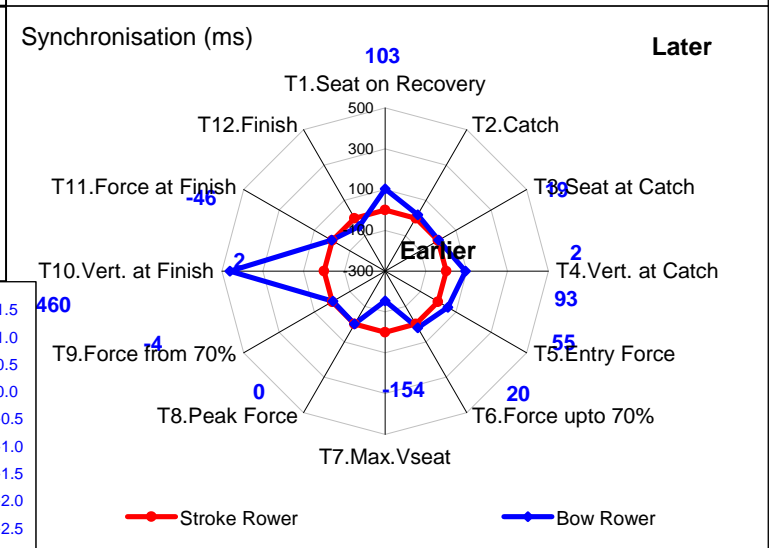
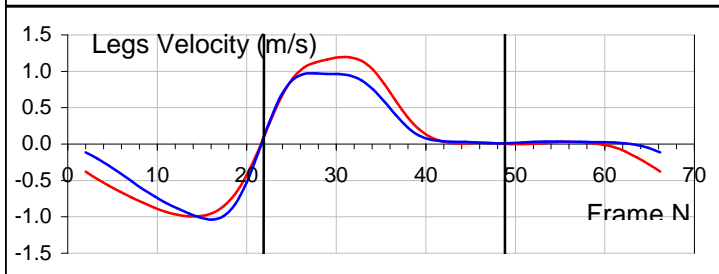
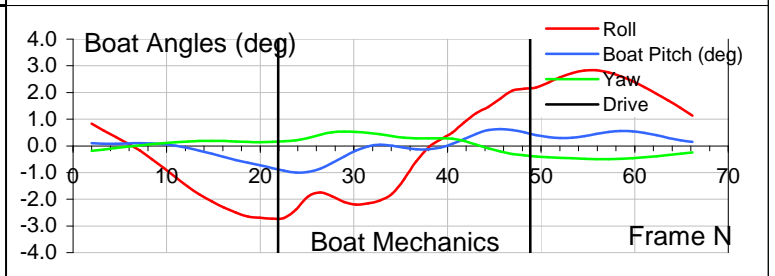
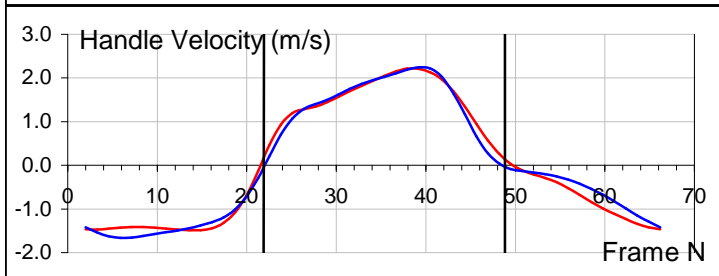
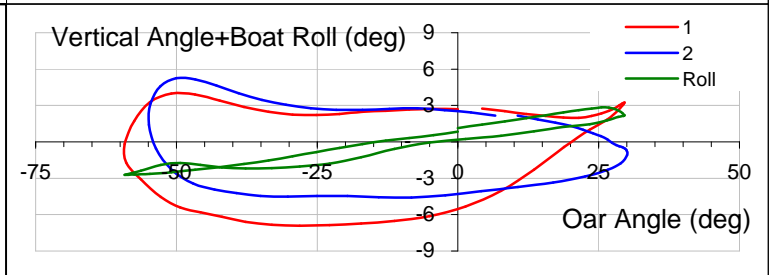
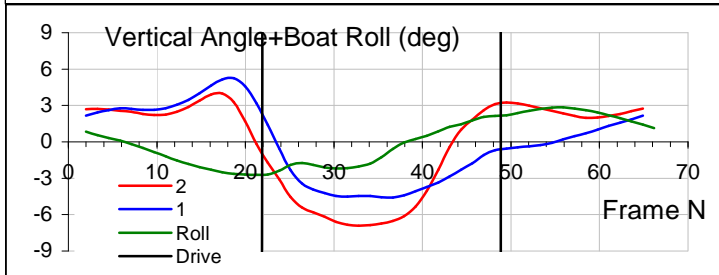
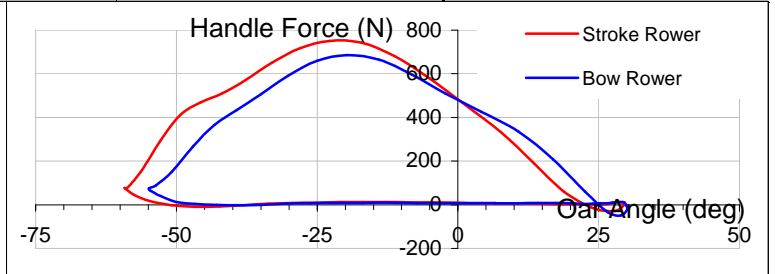
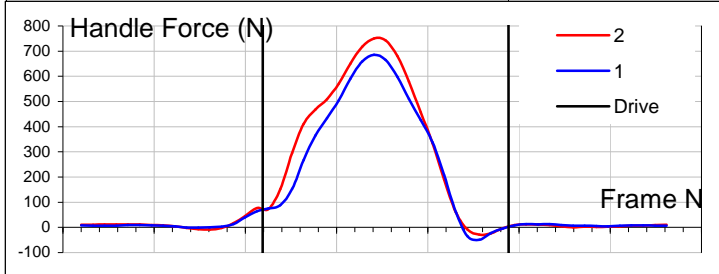
7:32.64

Filippi

Seat	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2	Stroke Rower	1.129	44.0%	-59.2	29.6	88.7	1.60	79.8%	6.1	12.9	78.6%	79.6%
1	Bow Rower	1.064	41.4%	-54.9	30.0	84.9	1.53	80.3%	10.2	4.6	82.6%	80.5%

Seat	Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF
2	2.21	1.41	750	345	0.37	46%	41%	18.4	31.8	272	698	96.2
1	2.24	1.43	686	313	0.33	46%	41%	18.3	30.0	241	618	81.5

Seat	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)
2	0.63	0.36	0.62	1.19	1.06	1.44	53.3%	24.8%	21.9%	1.4	78.6%	-165.6
1	0.53	0.50	0.52	0.97	1.06	1.71	40.6%	38.1%	21.3%	-15.2	81.2%	-181.6



Stroke Rate (str/min)

26.0

Time over 2000m (m:s)

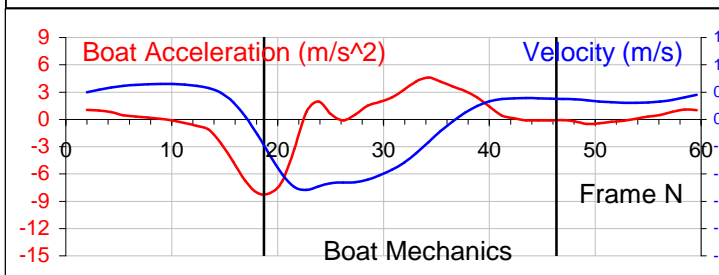
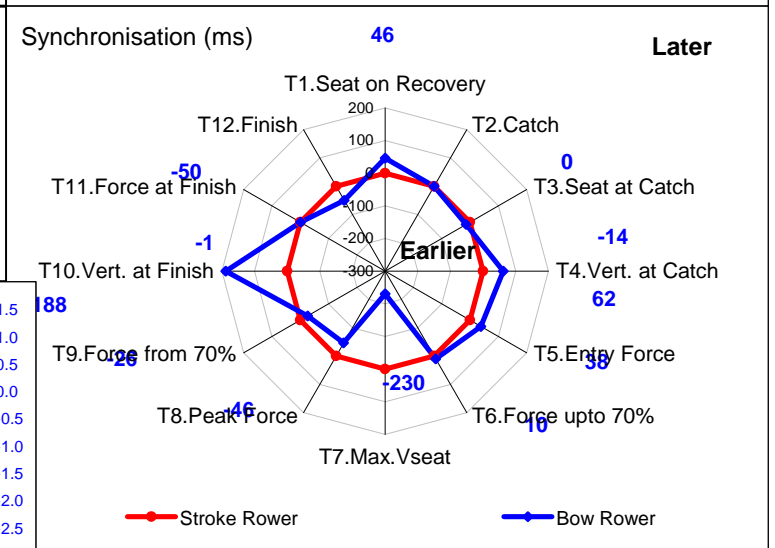
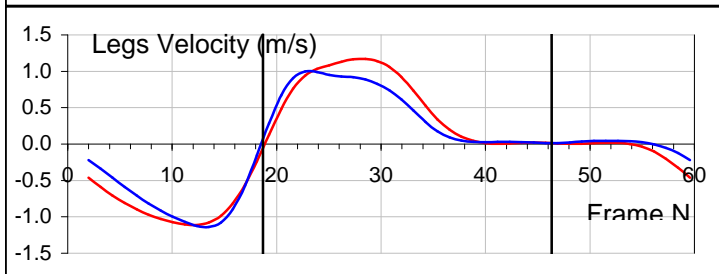
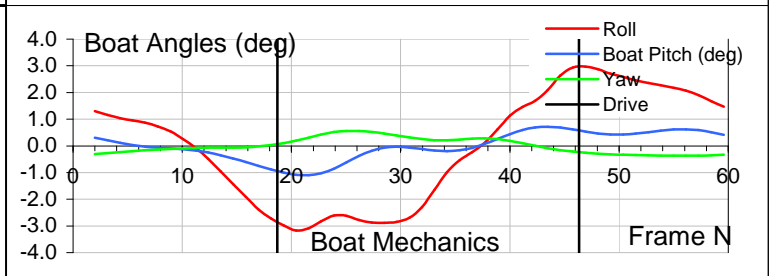
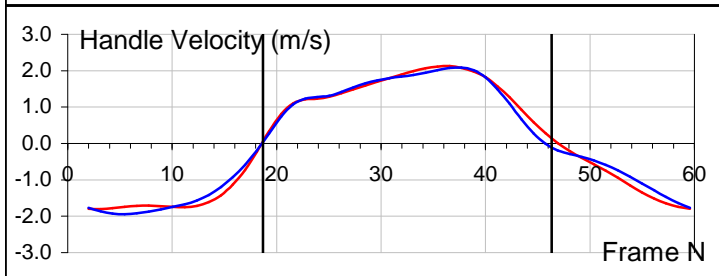
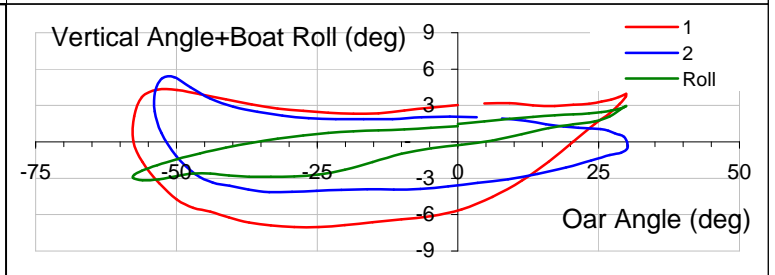
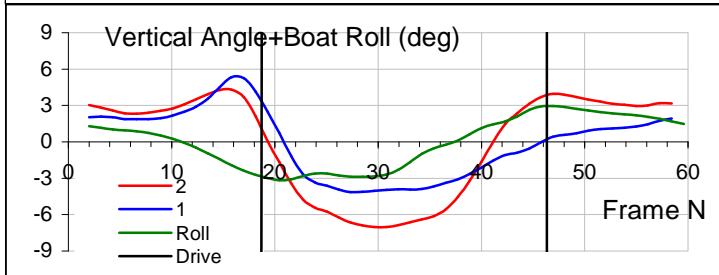
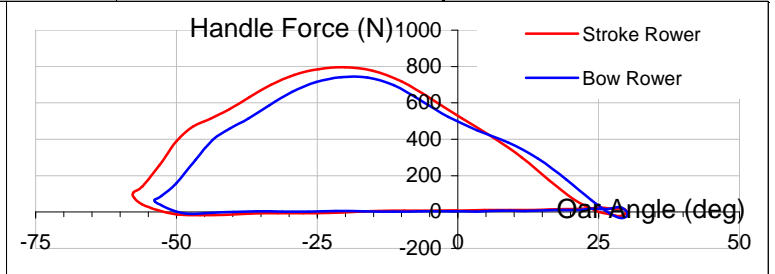
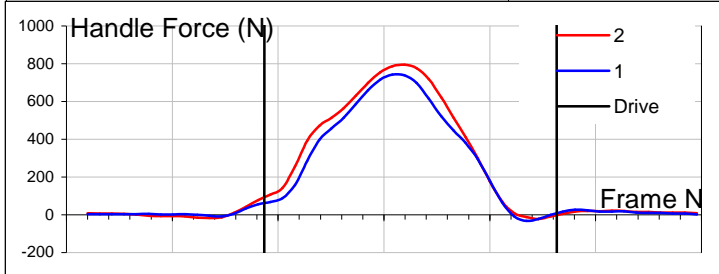
8:26.62

Filippi

Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2 Stroke Rower	1.136	49.3%	-57.6	29.9	87.5	1.57	78.7%	7.0	13.2	76.9%	74.8%
1 Bow Rower	1.085	47.1%	-53.9	30.1	83.9	1.51	79.4%	11.8	15.0	68.2%	77.0%

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF	
2	2.12	1.39	795	392	0.43	49%	43%	16.5	31.3	329	759	123.9
1	2.09	1.39	742	362	0.38	49%	40%	16.9	31.6	293	674	109.0

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)	
2	0.61	0.38	0.59	1.17	0.98	1.42	52.8%	25.3%	21.8%	11.3	77.7%	-151.7
1	0.53	0.50	0.50	1.00	1.02	1.61	41.3%	37.9%	20.9%	-3.1	84.5%	-168.1



Stroke Rate (str/min)

28.9

Time over 2000m (m:s)

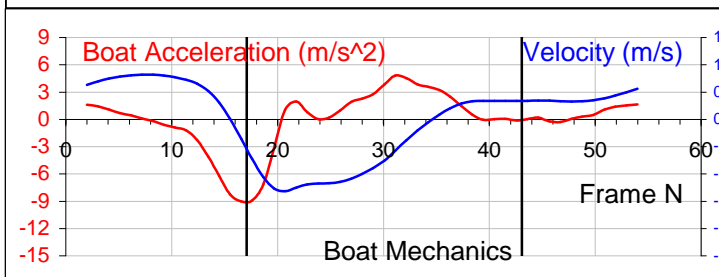
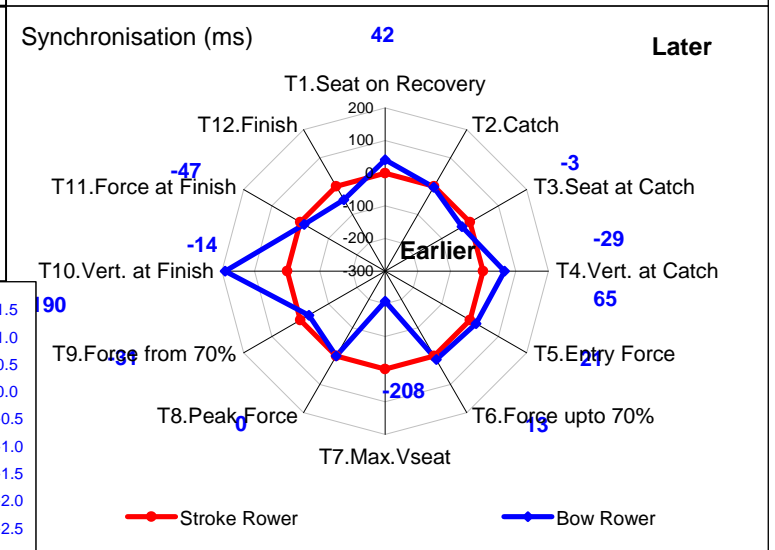
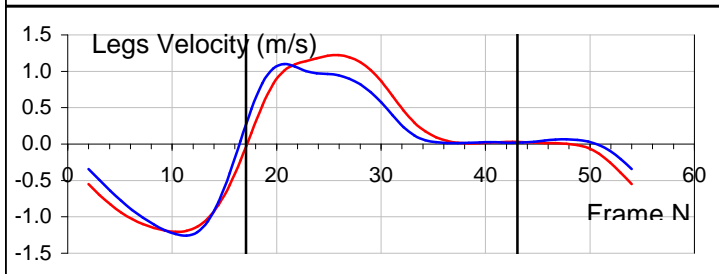
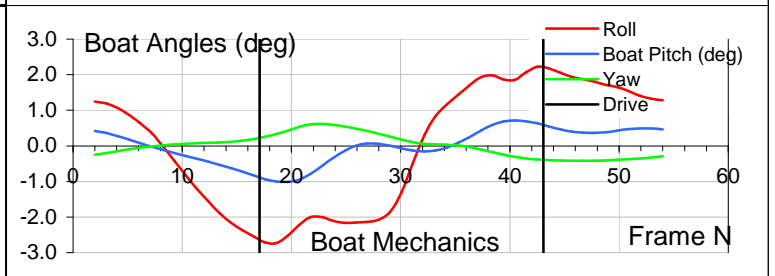
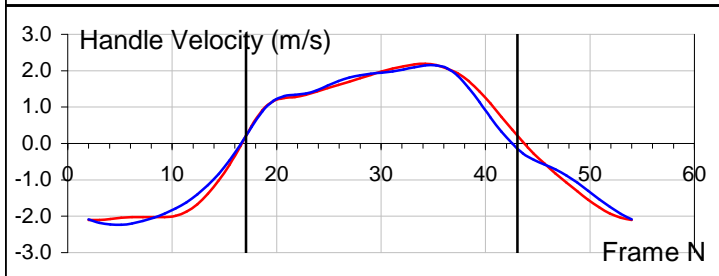
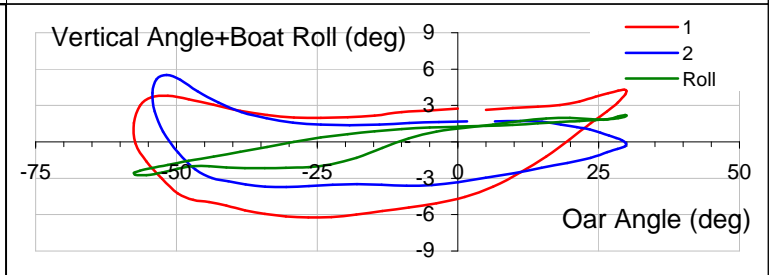
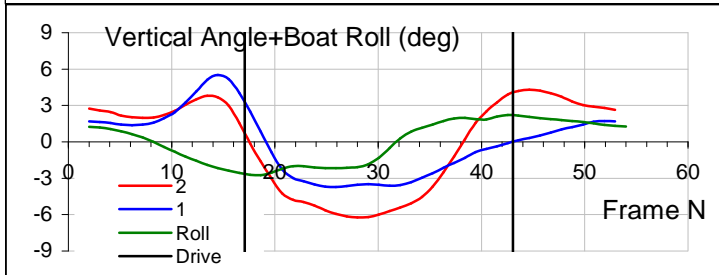
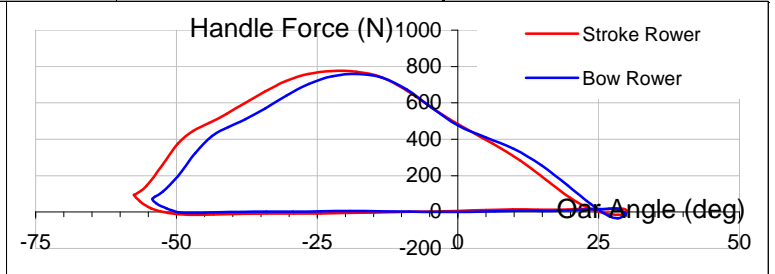
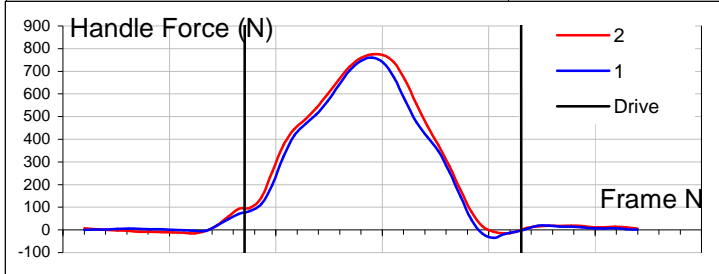
7:56.38

Filippi

Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2 Stroke Rower	1.082	52.0%	-57.5	30.0	87.5	1.57	78.6%	7.7	16.2	72.7%	77.2%
1 Bow Rower	1.038	49.9%	-54.3	29.8	84.1	1.51	79.5%	13.7	20.4	59.3%	77.8%

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF	
2	2.19	1.45	774	384	0.42	50%	40%	16.6	33.0	350	728	114.0
1	2.15	1.46	760	367	0.39	48%	43%	17.9	32.5	325	676	105.4

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)	
2	0.61	0.40	0.57	1.22	1.15	1.49	53.1%	26.6%	20.3%	19.4	77.9%	-144.3
1	0.54	0.50	0.49	1.10	1.10	1.74	42.3%	38.4%	19.3%	-6.4	88.4%	-171.7



Stroke Rate (str/min)

31.2

Time over 2000m (m:s)

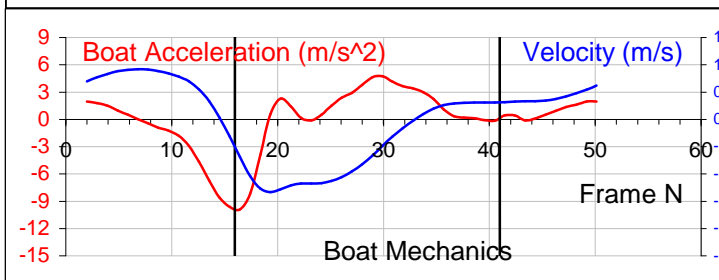
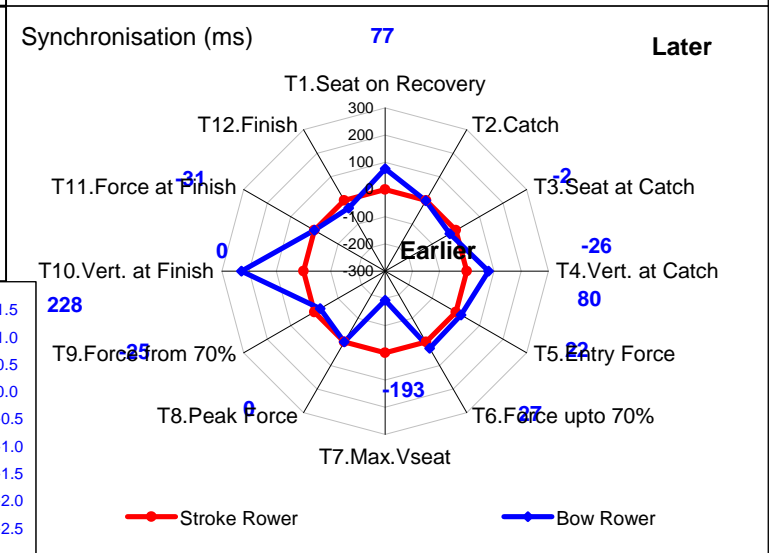
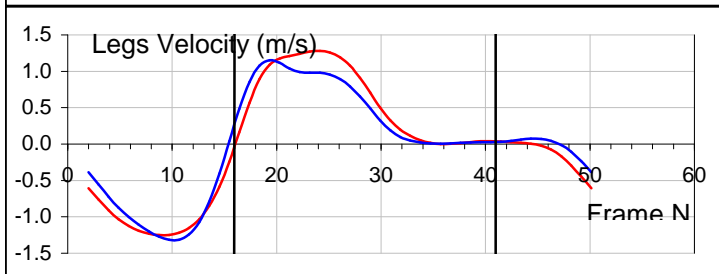
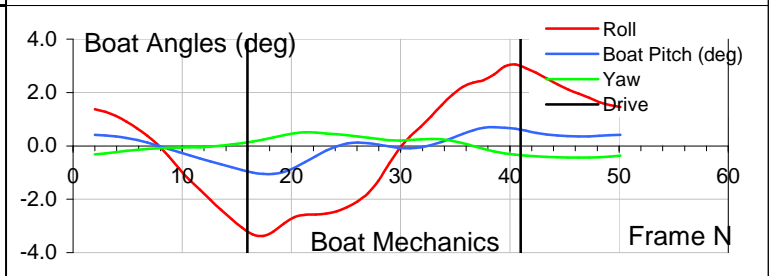
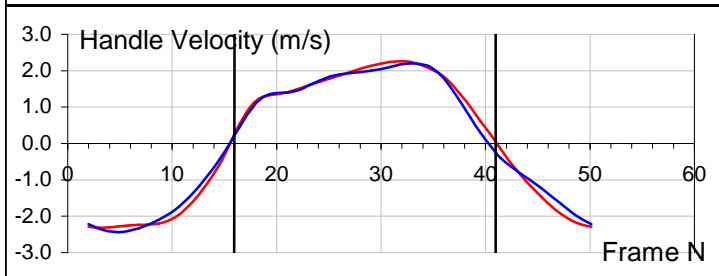
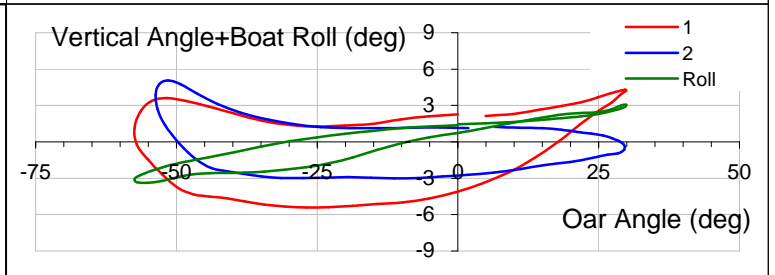
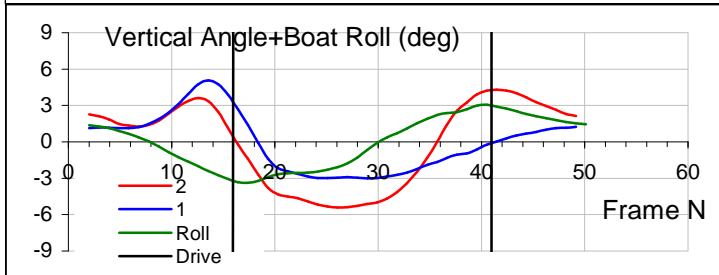
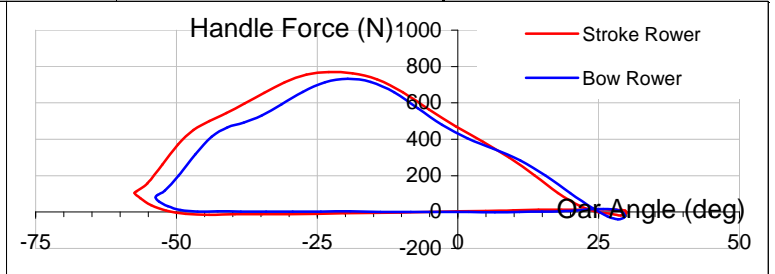
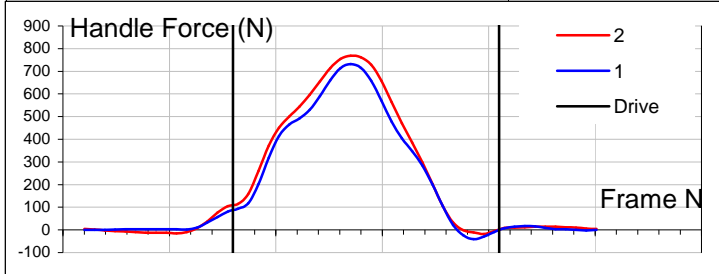
7:39.90

Filippi

Seat	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2	Stroke Rower	1.021	53.0%	-57.4	29.9	87.3	1.57	78.5%	8.5	18.8	68.8%	75.9%
1	Bow Rower	0.991	51.5%	-53.7	29.5	83.2	1.50	78.7%	46.2	35.7	1.5%	78.8%

Seat	Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF
2	2.26	1.54	769	381	0.41	50%	39%	15.9	33.7	370	713	102.0
1	2.20	1.51	733	352	0.37	48%	41%	17.4	33.9	328	632	95.5

Seat	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)
2	0.60	0.40	0.58	1.28	1.26	1.57	53.3%	26.4%	20.4%	19.9	77.8%	-133.4
1	0.54	0.48	0.49	1.15	1.11	1.84	43.8%	37.8%	18.4%	-4.8	88.4%	-157.2



Stroke Rate (str/min)

35.7

Time over 2000m (m:s)

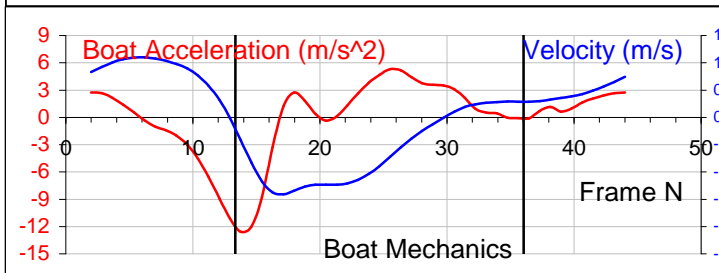
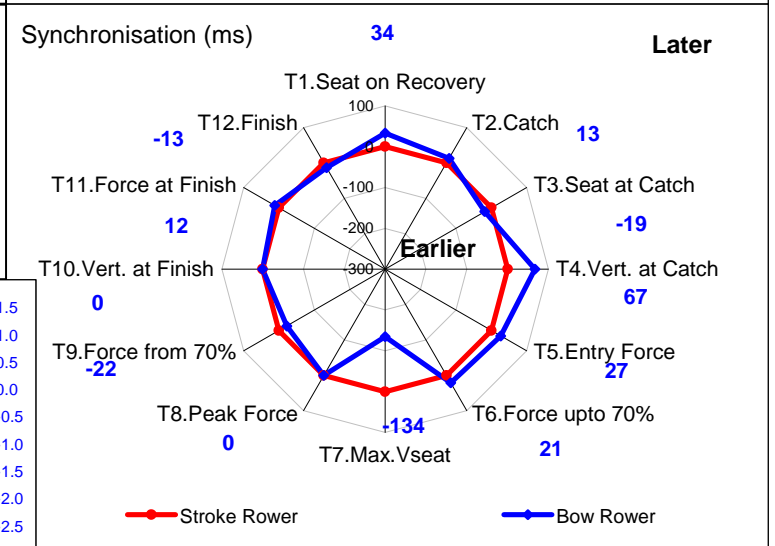
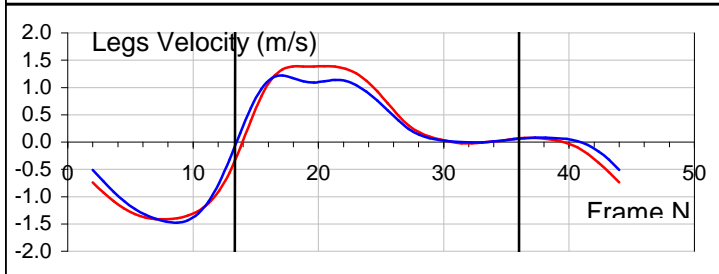
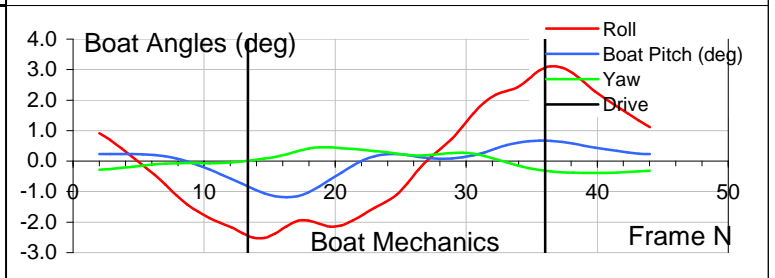
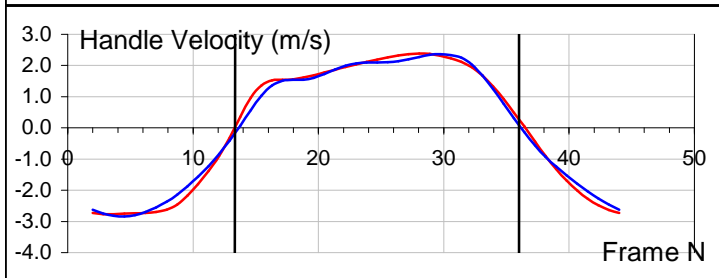
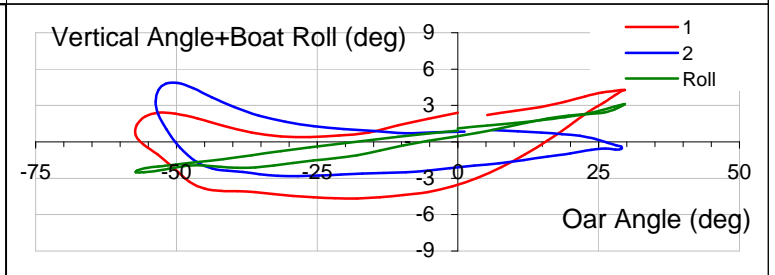
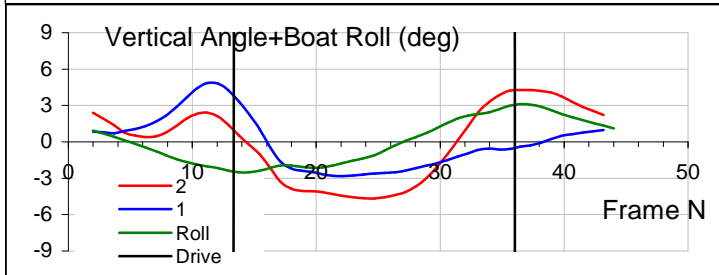
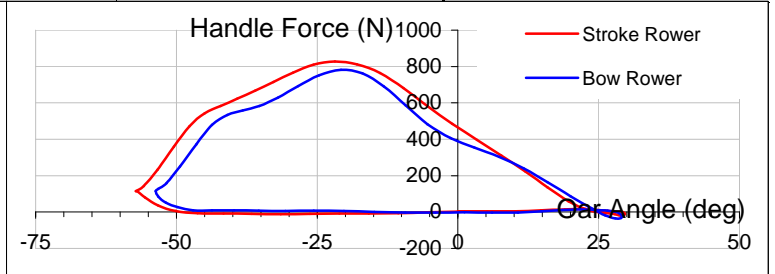
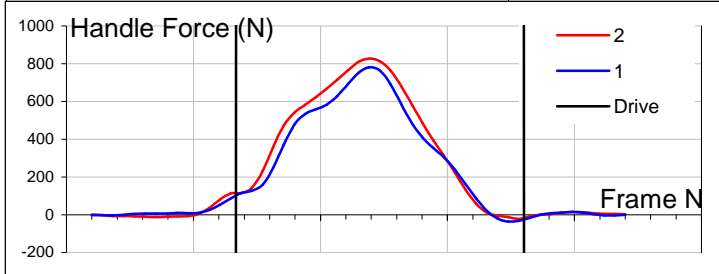
6:58.78

Filippi

Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2 Stroke Rower	0.929	55.3%	-57.2	29.7	86.9	1.56	78.1%	11.6	22.1	61.3%	77.3%
1 Bow Rower	0.902	53.7%	-53.7	29.0	82.7	1.49	78.2%	#VALUE!	#VALUE!	#VALUE!	81.0%

Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF	
2	2.38	1.68	827	407	0.44	49%	41%	14.7	35.0	444	745	93.2
1	2.36	1.65	782	372	0.39	48%	40%	14.1	36.9	386	648	86.1

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)	
2	0.60	0.41	0.58	1.39	1.43	1.71	53.9%	26.4%	19.7%	25.3	76.9%	-120.4
1	0.53	0.48	0.49	1.22	1.22	2.02	46.4%	36.9%	16.7%	-6.8	86.3%	-143.9



Stroke Rate (str/min)

41.2

Time over 2000m (m:s)

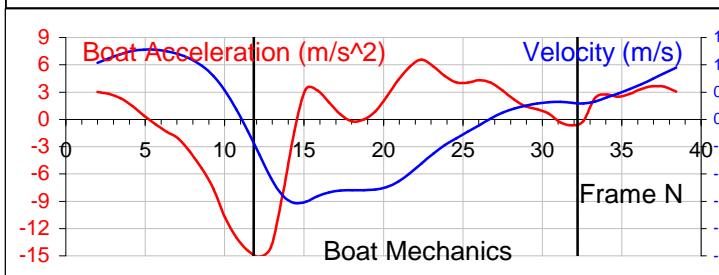
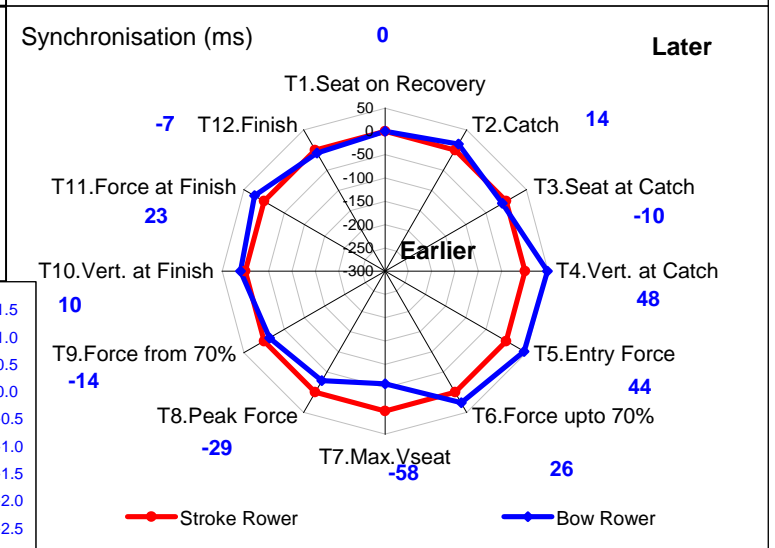
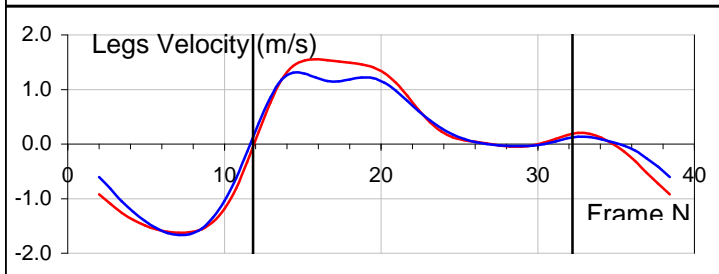
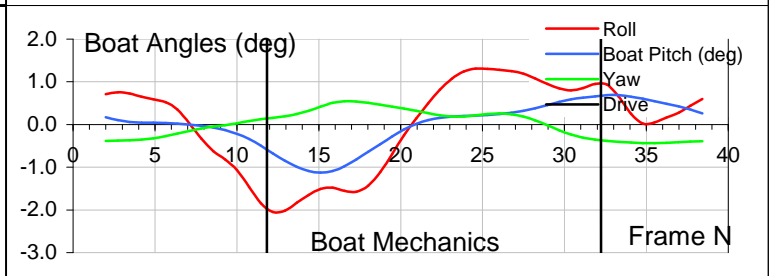
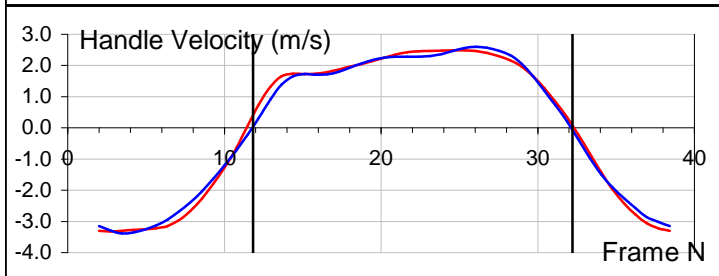
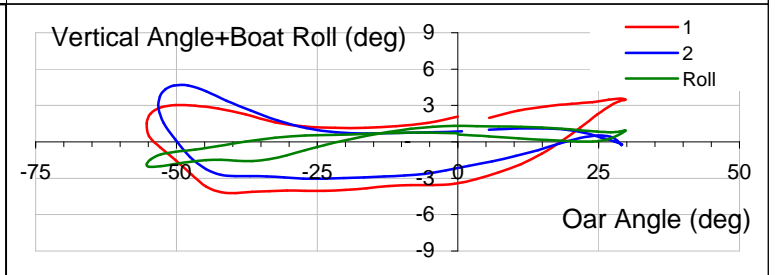
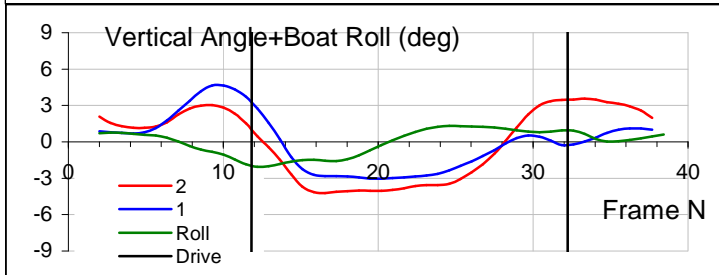
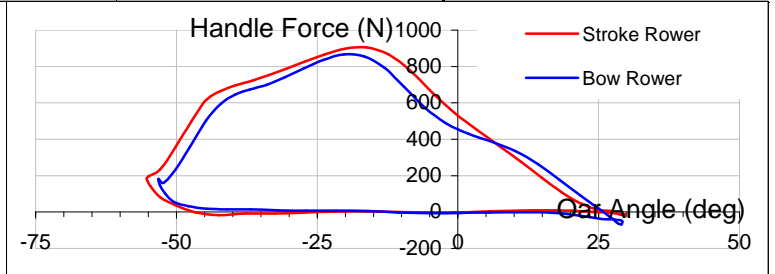
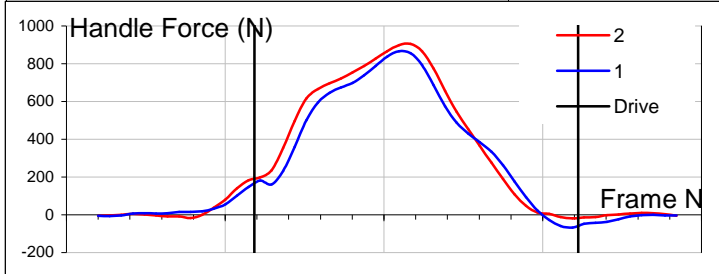
6:21.30

Filippi

Seat	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Arc Length (m)	Arc Length /Height (%)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (deg)	Blade Efficiency (%)
2	Stroke Rower	0.836	57.4%	-55.3	29.8	85.0	1.53	76.4%	11.4	22.2	60.5%	80.0%
1	Bow Rower	0.814	55.9%	-53.2	29.2	82.3	1.48	77.9%	28.1	46.3	9.6%	81.2%

Seat	Max.Handle Velocity (m/s)	Average Handle Velocity (m/s)	Max. Force (N)	Average Force (N)	Aver.Force/W eight (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)	HDF
2	2.49	1.83	905	467	0.51	52%	46%	11.4	33.5	567	826	92.7
1	2.60	1.82	866	437	0.46	50%	40%	11.6	36.1	517	753	86.1

Seat	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)
2	0.58	0.46	0.54	1.55	1.72	1.86	51.8%	30.0%	18.3%	19.1	79.7%	-113.7
1	0.51	0.52	0.47	1.31	1.36	2.14	44.5%	39.3%	16.2%	-4.8	81.5%	-121.4

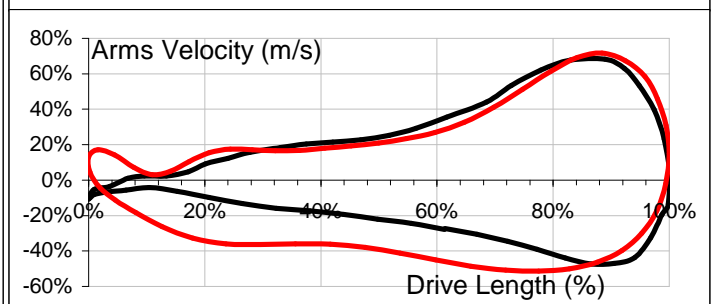
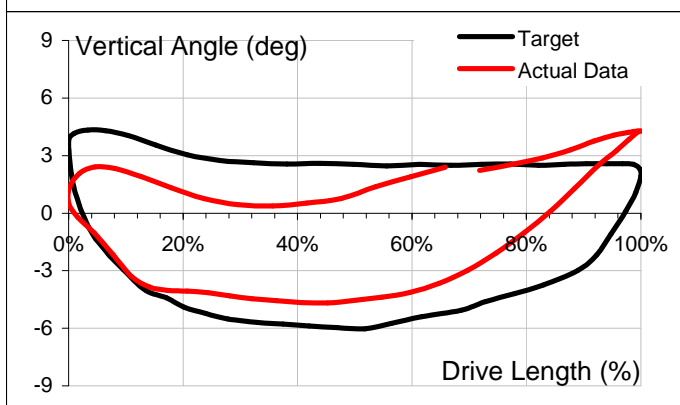
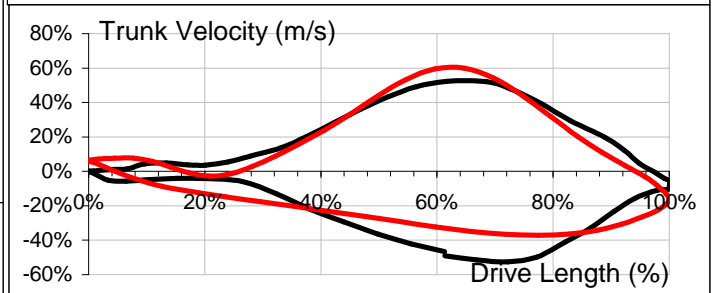
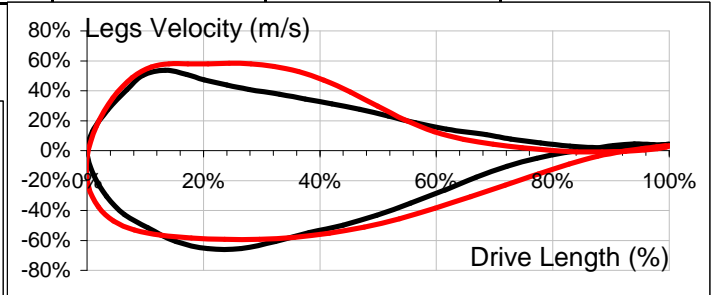
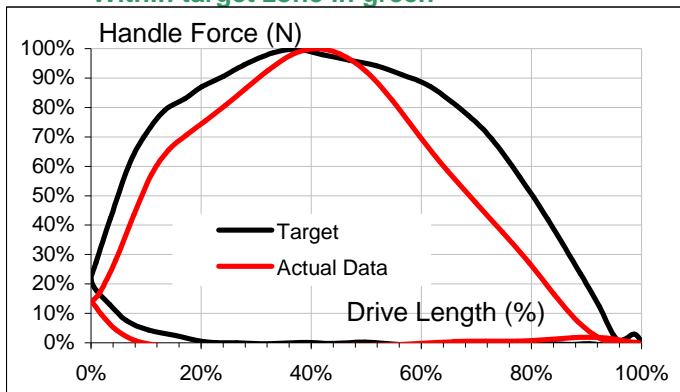


Stroke Rower

Stroke Rate (str/min) **35.7** HM2- **21/10/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	06:08.0	06:58.8	-13.8%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	06:08.0	06:50.2	-11.5%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	38.0	35.7	-6.0%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	86.9	98.7%	60%
5	Average Force (N)	380.0	407.2	107.2%	79%
6	Work Per Stroke (J)	789	745.3	94.4%	79%
7	Rowing Power (W)	500	443.5	88.7%	66%
8	Catch Angle (deg)	-56.0	-57.2	2.2%	73%
9	Finish Angle (deg)	32.0	29.7	-7.3%	34%
10	Catch Slip (Deg)	9.0	11.6	28.4%	40%
11	Release Slip (deg)	9.0	22.1	145.7%	51%
12	Effective Angle (deg)	80%	61.3%	-23.0%	58%
13	Max.Blade Depth (deg)	-6.0	-4.7	-22.1%	50%
14	Max. Force (N)	760.0	827.2	8.8%	84%
15	Ratio Aver / Max Force (%)	55%	49.2%	-10.5%	47%
16	Position of peak force (% of SL)	42%	40.7%	-3.1%	55%
17	Catch force gradient (deg)	9.2	14.7	60.2%	60%
18	Finish force gradient (deg)	27.6	35.0	26.7%	54%
19	Legs drive (m)	0.60	0.60	-0.7%	63%
20	Legs Max. Speed (m/s)	1.40	1.39	-0.7%	51%
21	Catch Factor (ms)	-25.0	25.3		84%
22	Rowing Style Factor (%)	90%	76.9%		45%
23	Finish Factor (ms)	-50.0	-120.4		

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



Bow Rower

Stroke Rate (str/min) **35.7** HM2- **21/10/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	06:08.0	06:58.8	-13.8%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	06:08.0	06:50.2	-11.5%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	38.0	35.7	-6.0%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	82.7	94.0%	45%
5	Average Force (N)	380.0	372.4	98.0%	67%
6	Work Per Stroke (J)	789	648.3	82.1%	62%
7	Rowing Power (W)	500	385.8	77.2%	56%
8	Catch Angle (deg)	-56.0	-53.7	-4.2%	57%
9	Finish Angle (deg)	32.0	29.0	-9.3%	29%
10	Catch Slip (Deg)	9.0	#VALUE!	#VALUE!	#VALUE!
11	Release Slip (deg)	9.0	#VALUE!	#VALUE!	#VALUE!
12	Effective Angle (deg)	80%	#VALUE!	#VALUE!	#VALUE!
13	Max.Blade Depth (deg)	-6.0	-2.8	-52.8%	71%
14	Max. Force (N)	760.0	781.5	2.8%	75%
15	Ratio Aver / Max Force (%)	55%	47.7%	-13.4%	41%
16	Position of peak force (% of SL)	42%	39.8%	-5.3%	53%
17	Catch force gradient (deg)	9.2	14.1	53.6%	57%
18	Finish force gradient (deg)	27.6	36.9	33.6%	59%
19	Legs drive (m)	0.60	0.53	-11.1%	50%
20	Legs Max. Speed (m/s)	1.40	1.22	-12.7%	49%
21	Catch Factor (ms)	-25.0	-6.8		57%
22	Rowing Style Factor (%)	90%	86.3%		58%
23	Finish Factor (ms)	-50.0	-143.9		

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

