

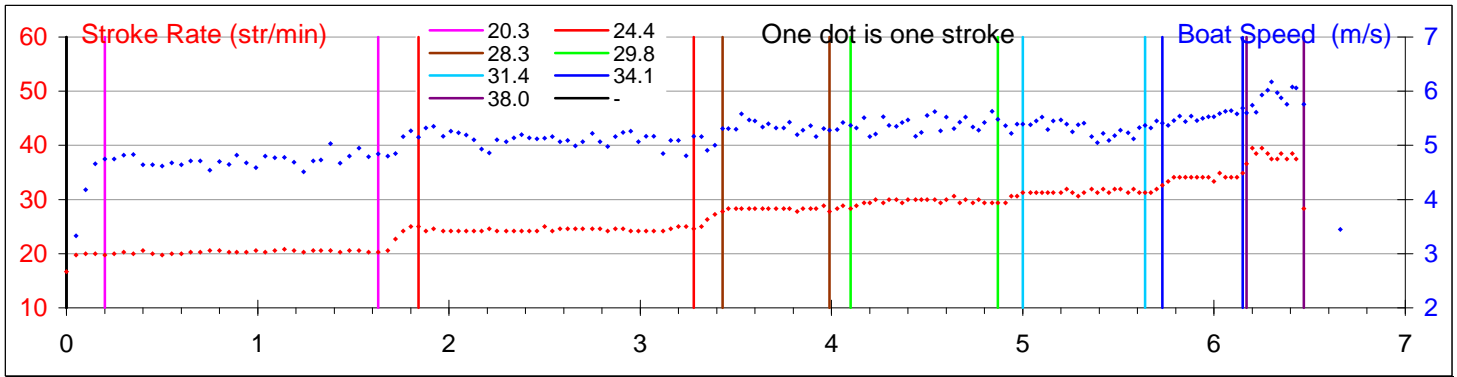
REPORT

	Session N	Place	Boat type
Date 24/10/21	1	Dorney	HM2x
Coach BioRow		Boat make Empacher	0
<i>Air temperature</i>	12.0 ° C	<i>Water temperature</i>	8.0 ° C

Seat	Crew list	Height (m)	Weight (kg)	Inboard (m)	Oar Length (m)	Span/ Spread (m)
Stroke	Stroke Sculler	1.87	87.0	0.880	2.890	1.600
1	Bow Sculler	1.85	90.0	0.880	2.890	1.600
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
Average		1.86	88.5	0.880	2.890	1.600

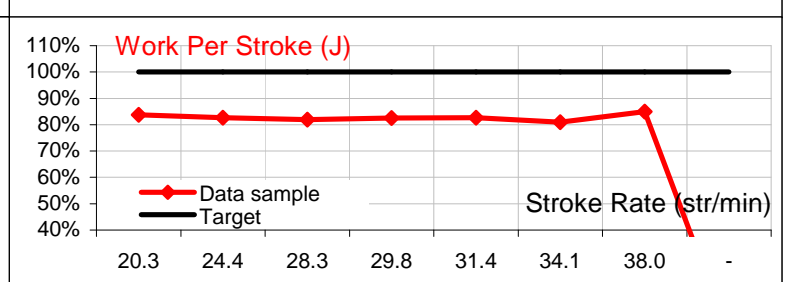
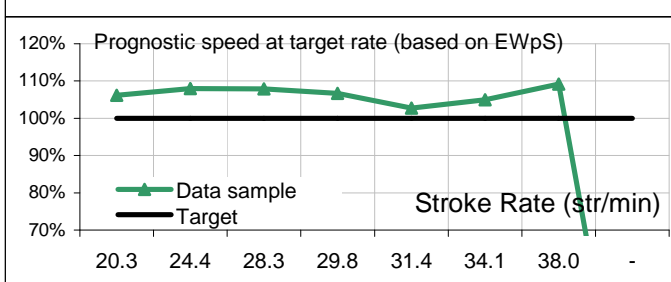
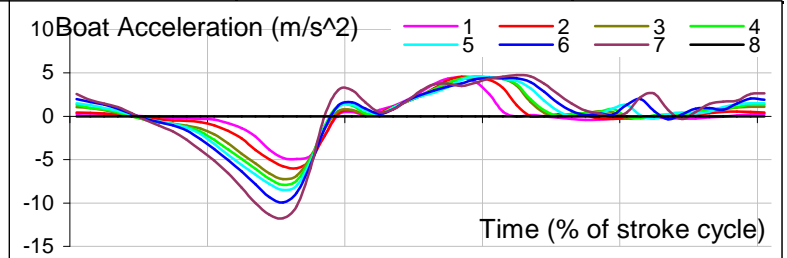
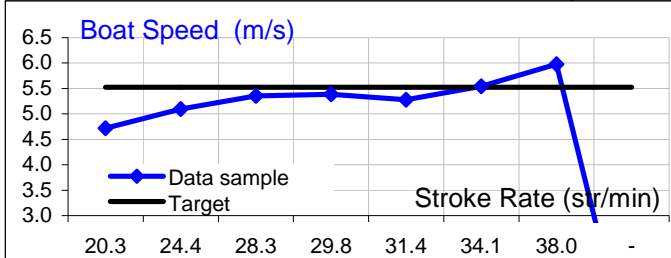
Stroke Sculler, Bow Sculler

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	20.3	1.15%	76.7	26	362.0	4.72	7:03.73	11.5%	98.78%	13.92	3.99
2 Sample 02	24.4	1.01%	78.7	32	401.4	5.10	6:32.26	11.9%	98.71%	12.54	3.74
3 Sample 03	28.3	0.72%	27.6	13	147.6	5.35	6:13.59	12.5%	98.56%	11.35	3.70
4 Sample 04	29.8	0.80%	40.3	20	217.1	5.39	6:11.25	12.8%	98.49%	10.85	3.77
5 Sample 05	31.4	0.89%	32.4	17	171.3	5.28	6:18.78	13.5%	98.31%	10.08	4.08
6 Sample 06	34.1	0.44%	19.4	11	107.4	5.54	6:00.98	13.6%	98.29%	9.76	3.77
7 Sample 07	38.0	1.46%	12.6	8	75.5	5.98	5:34.53	13.5%	98.30%	9.43	3.58
8 -	-	-	-	-	-	-	-	-	-	-	-
Weighed Average	26.5	0.92%	287.7	127	1482	5.15	6:28.25	12.3%	98.6%	11.13	3.84

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	-4.91	0.52	4.43	-0.43	-0.17	23.0	2.85	1.15	0.79	480	1417
2 Empacher	-5.98	0.66	4.59	-0.19	-0.31	33.7	3.33	1.18	0.80	569	1400
3 Empacher	-7.26	0.72	4.46	-0.20	-0.52	37.6	3.16	1.33	0.52	654	1387
4 Empacher	-7.90	1.25	4.61	-0.31	-0.04	45.4	3.64	1.25	0.78	694	1398
5 Empacher	-8.49	1.31	4.59	-0.34	-0.09	51.4	3.40	1.38	0.61	733	1398
6 Empacher	-9.93	1.61	4.43	-0.70	0.04	65.5	3.23	1.41	0.66	777	1369
7 Empacher	-11.77	3.01	4.75	-0.97	1.11	93.7	3.85	1.40	0.78	911	1438
8 -	-	-	-	-	-	-	-	-	-	-	-
Weighed Average	-8.03	1.30	4.55	-0.45	0.00	50.0	3.35	1.30	0.71	619	1402

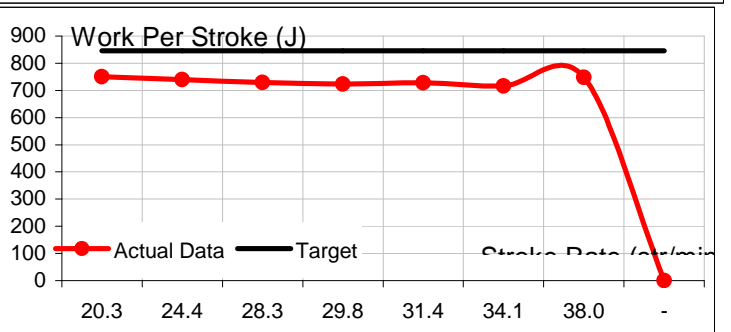
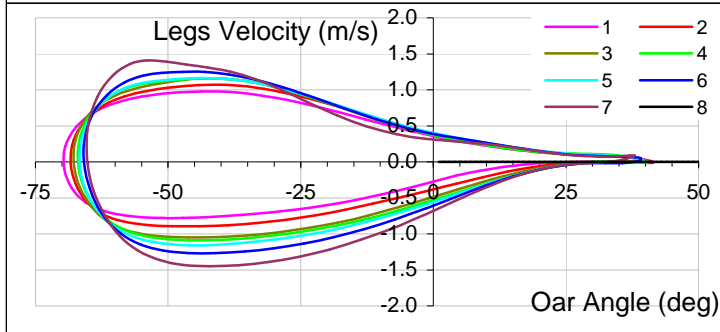
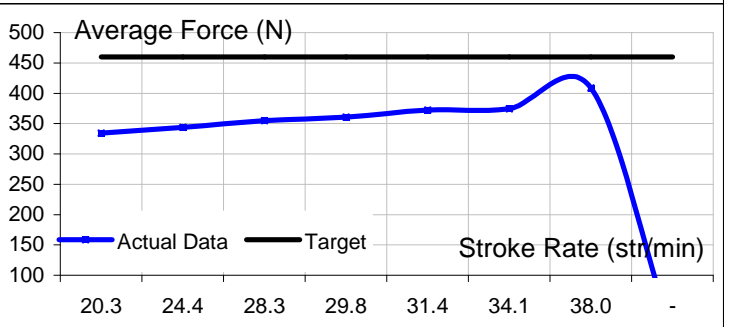
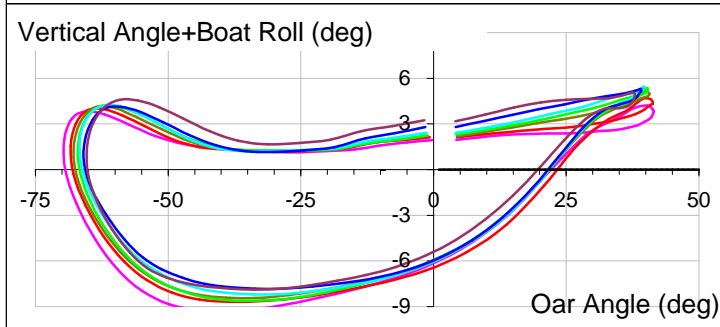
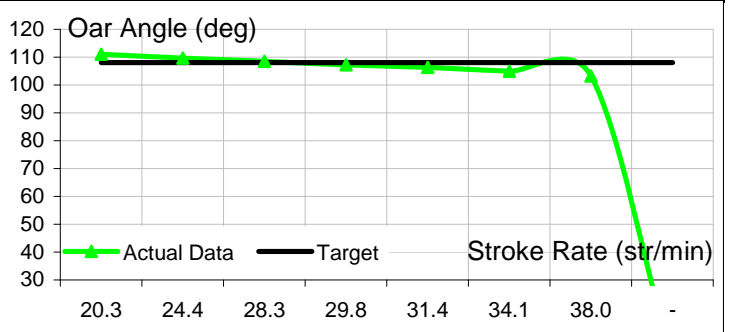
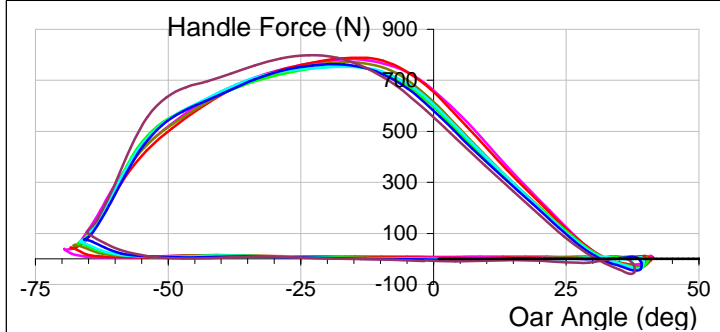


Stroke Sculler

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	20.3	1.22	41.5%	-69.6	41.4	111.0	7.2	19.5	75.9%	-9.2	87.0%	255	751
2	Sample 02	24.4	1.09	44.5%	-68.4	41.3	109.7	7.4	19.0	75.9%	-8.7	88.0%	301	740
3	Sample 03	28.3	1.01	47.6%	-67.8	40.7	108.5	7.3	20.8	74.2%	-8.4	89.0%	344	729
4	Sample 04	29.8	0.97	48.2%	-67.0	40.2	107.2	7.1	20.7	74.0%	-8.6	87.8%	359	723
5	Sample 05	31.4	0.94	49.4%	-66.6	39.6	106.3	7.7	20.3	73.7%	-8.2	85.1%	382	728
6	Sample 06	34.1	0.89	50.5%	-65.8	39.1	104.9	7.5	20.2	73.6%	-7.8	86.5%	406	716
7	Sample 07	38.0	0.82	52.1%	-65.3	37.9	103.3	6.4	22.0	72.4%	-7.9	89.3%	474	749
8	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Average		29.48	0.99	47.7%	-67.2	40.0	107.3	7.2	20.4	74.2%	-8.41	87.5%	360	734
Variation (%)		20.0%	13.4%	7.6%	1.5	1.3	2.7	0.4	1.0	1.7%	0.06	1.7%	19.8%	1.8%

#	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	7:03.73	779	334	43%	51.1%	21.4	35.6	2.23	108.0	0.572	0.98	4.0	74.8%	62.6
2	6:32.26	786	344	44%	46.5%	21.6	36.6	2.36	94.9	0.568	1.07	2.7	73.8%	29.4
3	6:13.59	770	355	46%	49.5%	19.4	37.1	2.43	87.8	0.563	1.15	-1.9	75.1%	10.0
4	6:11.25	751	361	48%	43.5%	15.4	36.9	2.47	84.8	0.555	1.16	-2.1	75.6%	4.8
5	6:18.78	753	372	49%	47.4%	15.6	35.8	2.50	84.3	0.553	1.16	-0.8	75.2%	-25.7
6	6:00.98	761	374	49%	46.6%	15.3	36.7	2.56	78.6	0.555	1.25	-4.0	79.4%	-66.1
7	5:34.53	799	409	51%	40.5%	11.6	38.2	2.65	76.1	0.547	1.41	-9.8	87.7%	-83.2
8	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Average		771.4	364.0	47%	46.5%	17.2	36.7	2.46	87.8	0.559	1.17	-1.7	77.4%	-9.8
Variation (%)		2.3%	6.7%	6.5%	7.7%	21.6%	2.3%	5.5%	12.3%	1.6%	11.7%	4.5	4.9%	52.0

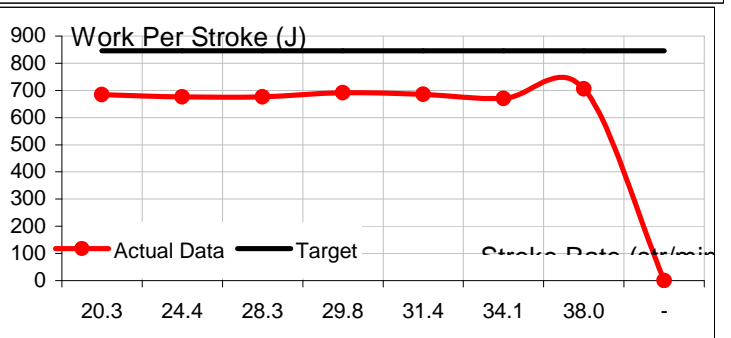
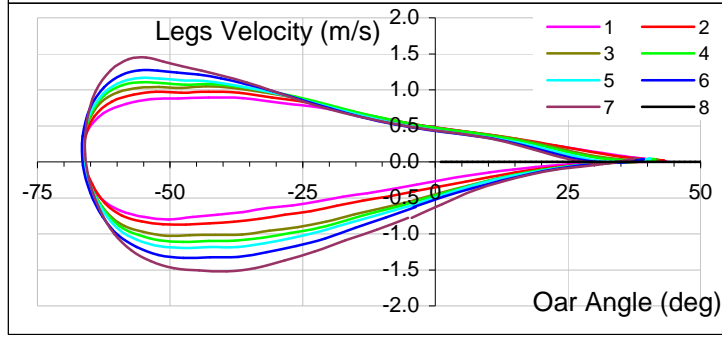
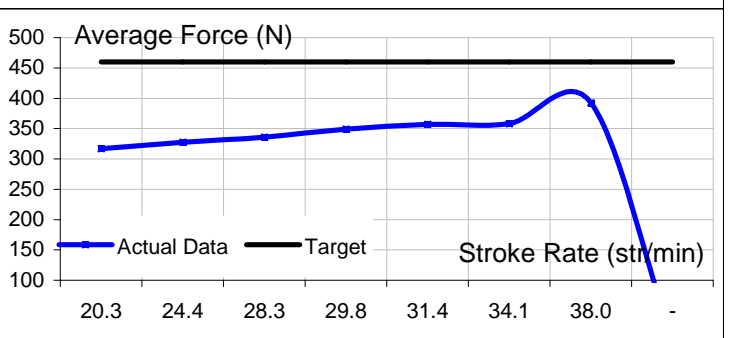
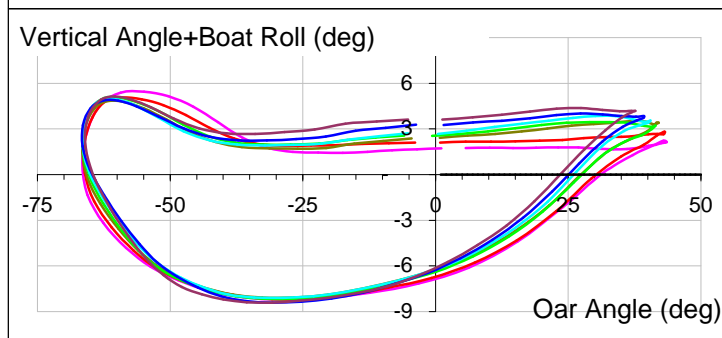
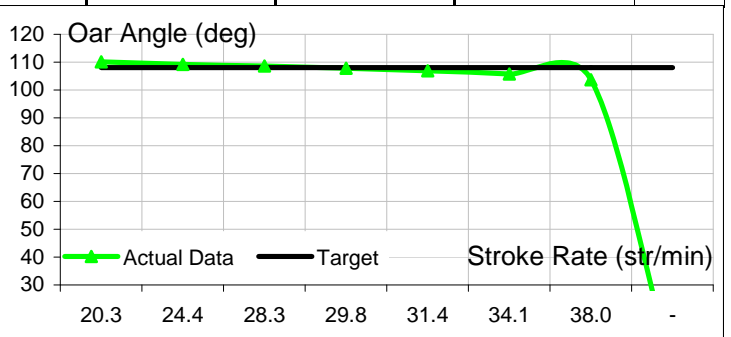
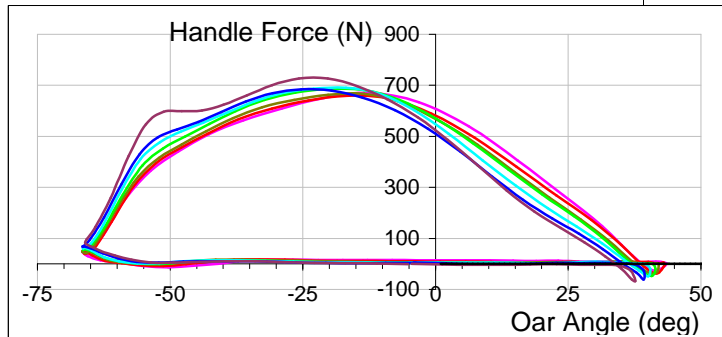


Bow Sculler

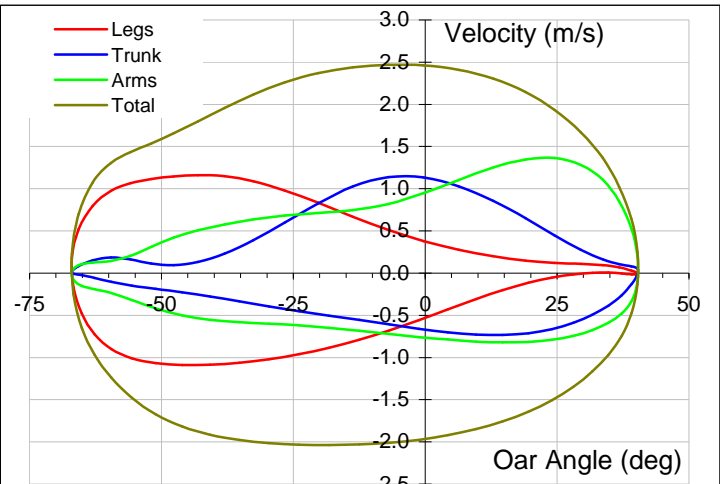
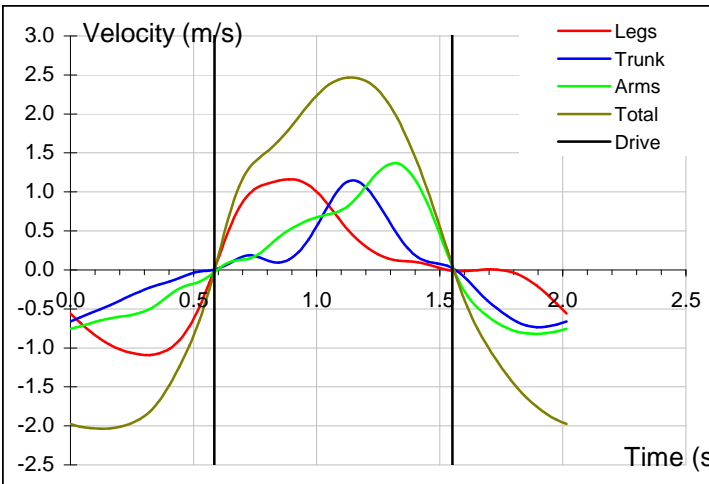
This page shows one rower data for various samples

#	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	20.3	1.16	39.4%	-66.6	43.6	110.1	7.9	15.0	79.2%	-8.2	89.1%	232	684
2	Sample 02	24.4	1.05	42.7%	-66.1	43.1	109.2	8.1	15.8	78.1%	-8.2	90.0%	275	676
3	Sample 03	28.3	0.98	46.4%	-66.6	42.0	108.6	9.3	18.0	74.8%	-8.1	90.7%	319	676
4	Sample 04	29.8	0.95	47.2%	-66.3	41.5	107.8	9.5	17.4	75.0%	-8.2	88.8%	343	691
5	Sample 05	31.4	0.93	48.7%	-66.4	40.5	106.9	10.2	17.8	73.8%	-8.1	86.7%	359	685
6	Sample 06	34.1	0.89	50.3%	-66.5	39.3	105.8	10.6	17.9	73.0%	-8.4	88.0%	381	670
7	Sample 07	38.0	0.82	51.8%	-66.0	37.6	103.6	9.6	17.9	73.5%	-8.4	90.3%	448	706
8	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Average		29.48	0.97	46.6%	-66.4	41.1	107.4	9.3	17.1	75.4%	-8.23	89.1%	337	684
Variation (%)		20.0%	11.6%	9.3%	0.2	2.1	2.2	1.0	1.2	3.2%	0.02	1.6%	21.0%	1.7%

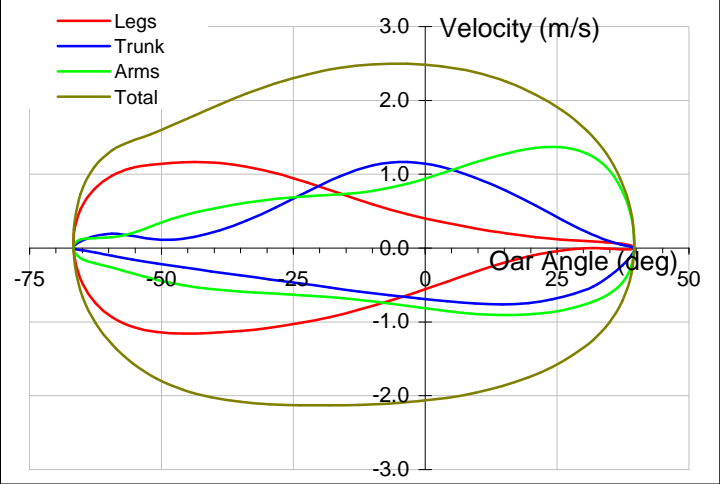
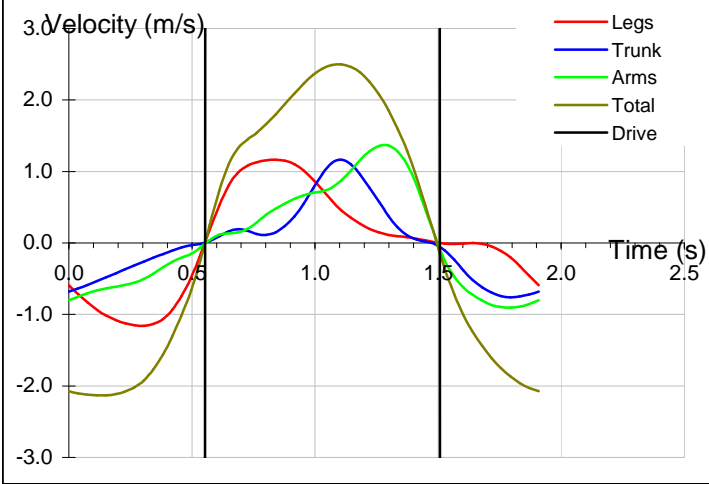
#	Time over 2000m (m:s)	Max. Force (N)	Average Force (N)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Max.Handle Velocity (m/s)	HDF	Legs drive (m)	Legs Max. Speed (m/s)	Catch Factor (ms)	Rowing Style Factor (%)	Finish Factor (ms)
1	7:03.73	670	317	47%	49.3%	20.5	32.5	2.30	86.4	0.567	0.89	-13.3	75.2%	32.8
2	6:32.26	659	327	50%	45.3%	18.7	33.4	2.41	77.5	0.568	0.97	-12.9	78.0%	2.4
3	6:13.59	667	336	50%	48.9%	18.6	34.1	2.49	75.4	0.568	1.05	-11.8	78.7%	-27.1
4	6:11.25	686	349	51%	42.9%	17.4	34.9	2.53	74.8	0.572	1.11	-12.4	82.0%	-49.2
5	6:18.78	690	357	52%	46.3%	15.0	36.4	2.52	74.8	0.569	1.17	-13.1	85.0%	-46.7
6	6:00.98	684	358	52%	39.0%	13.3	37.3	2.59	71.1	0.572	1.27	-10.0	89.0%	-48.5
7	5:34.53	727	392	54%	38.9%	10.5	36.8	2.69	69.5	0.568	1.45	-12.0	93.5%	-58.0
8	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Average		683.4	348.0	51%	44.4%	16.3	35.0	2.51	75.7	0.569	1.13	-12.2	83.0%	-27.8
Variation (%)		3.3%	7.1%	4.1%	9.7%	21.6%	5.2%	5.1%	7.2%	0.3%	16.6%	1.1	6.5%	33.5



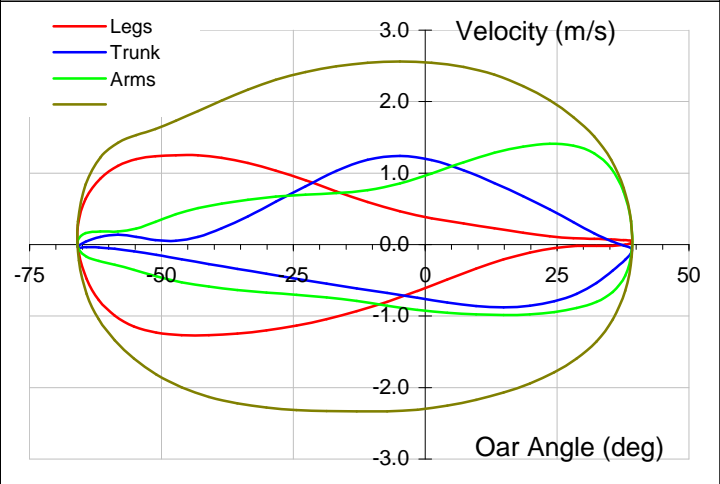
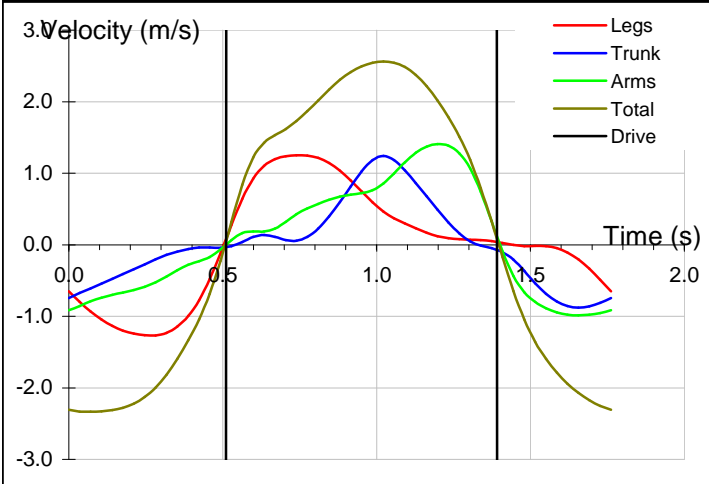
Stroke Sculler Rate 29.8



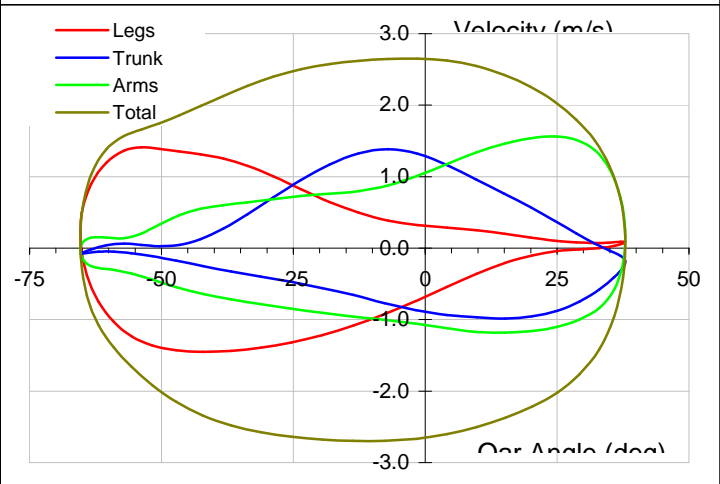
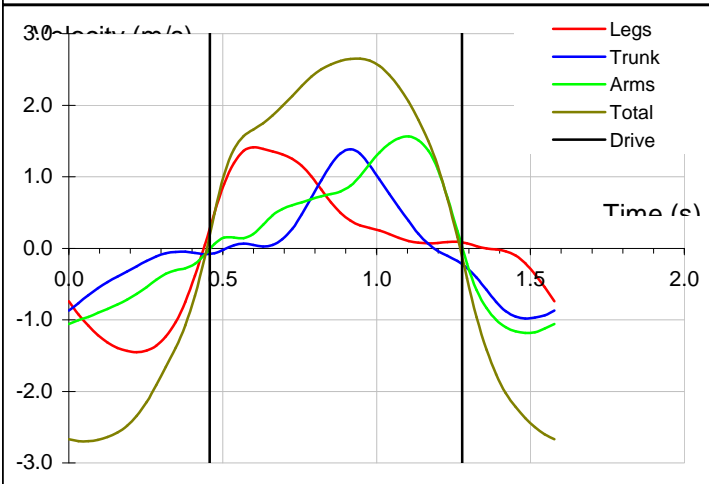
Stroke Sculler Rate 31.4



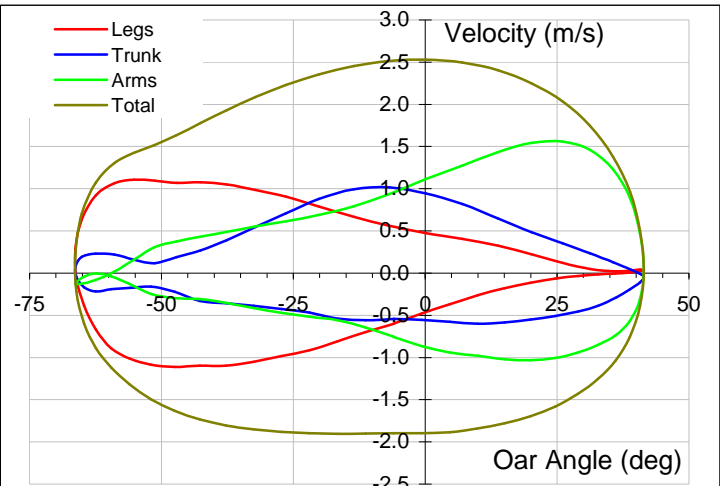
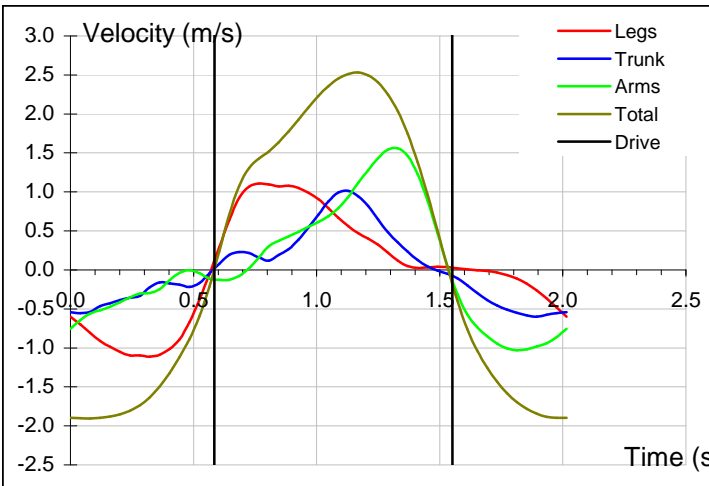
Stroke Sculler Rate 34.1



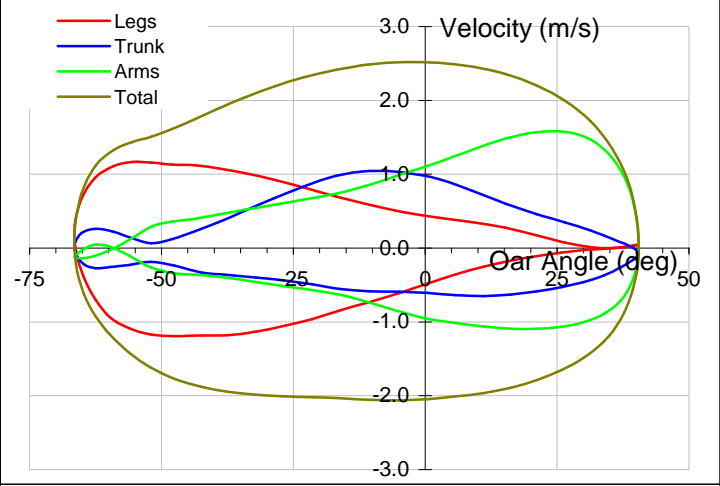
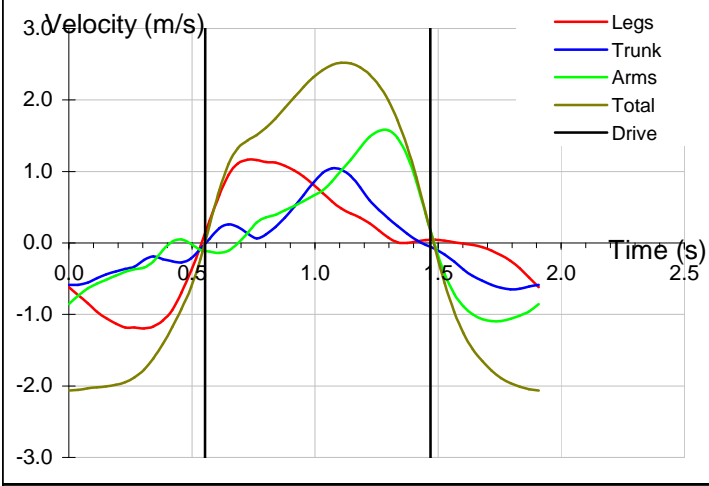
Stroke Sculler Rate 38.0



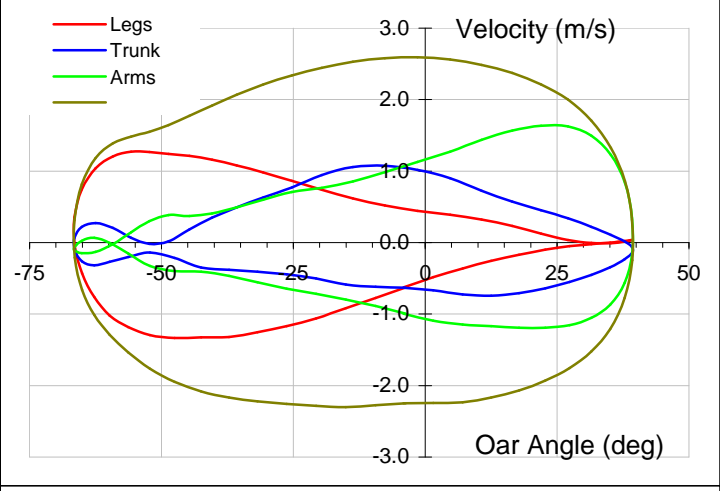
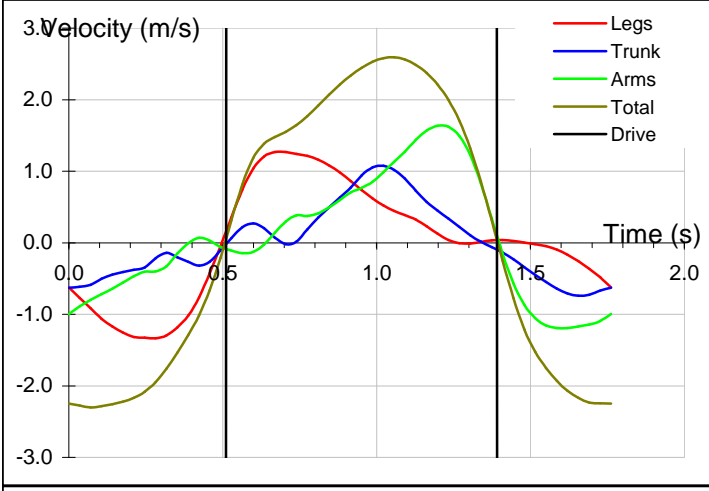
Bow Sculler Rate 29.8



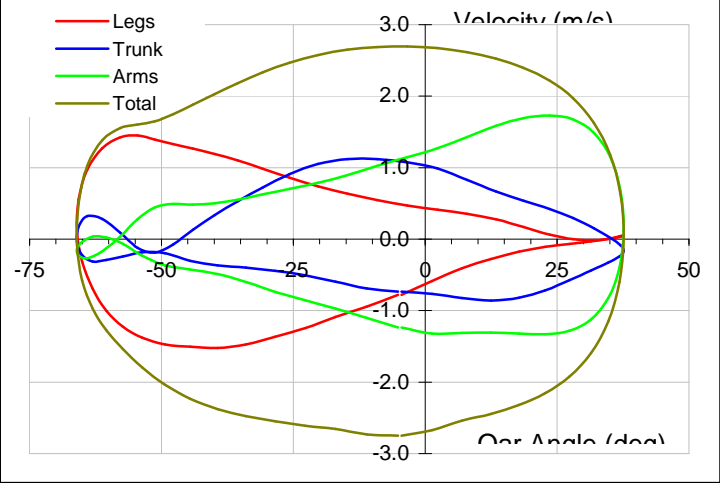
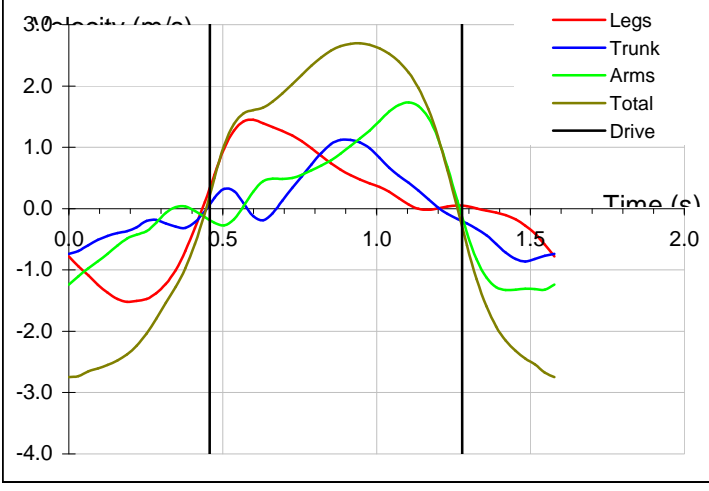
Bow Sculler Rate 31.4



Bow Sculler Rate 34.1

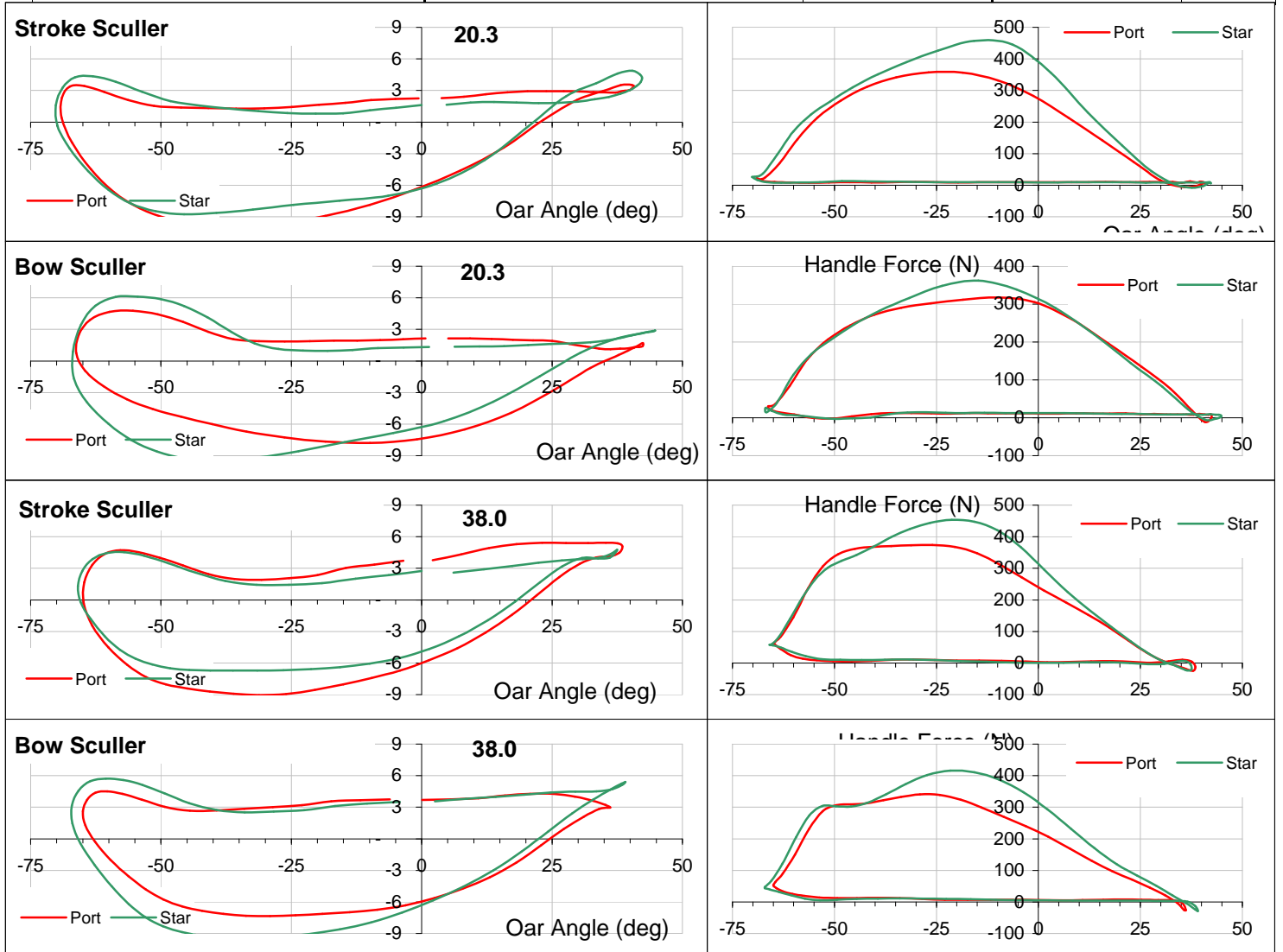


Bow Sculler Rate 38.0



#	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 Sculler Port	20.3	1.20	40.5%	-69.0	40.8	109.9	1.61	7.4	19.5	75.6%
2	Stroke Sculler Star	20.3	1.25	42.5%	-70.2	42.3	112.4	1.65	7.1	20.4	75.5%
3	Bow Sculler Port	20.3	1.14	38.8%	-66.3	42.4	108.6	1.59	12.1	10.8	78.9%
4	Bow Sculler Star	20.3	1.17	39.7%	-66.9	44.8	111.6	1.64	5.1	19.3	78.2%
5	Stroke Sculler Port	38.0	0.81	51.1%	-64.8	38.5	103.3	1.51	5.7	20.8	74.3%
6	Stroke Sculler Star	38.0	0.84	53.3%	-65.9	37.5	103.4	1.52	7.2	23.2	70.6%
7	Bow Sculler Port	38.0	0.82	51.9%	-65.0	36.2	101.1	1.48	10.9	15.8	73.7%
8	Bow Sculler Star	38.0	0.82	51.7%	-67.1	39.1	106.2	1.56	8.4	19.9	73.3%
	Port		0.99	45.6%	-66.3	39.5	105.7	1.55	9.0	16.7	75.6%
	Star		1.02	46.8%	-67.5	40.9	108.4	1.59	7.0	20.7	74.4%

#	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	116	342	357	156	44%	38.3%	18.7	38.0	2.16	1.35	82.7%
2	145	427	457	186	41%	48.4%	26.2	36.7	2.31	1.31	85.9%
3	116	342	317	166	52%	51.9%	17.0	28.9	2.24	1.39	87.5%
4	122	358	362	161	44%	46.7%	22.9	35.7	2.36	1.40	84.8%
5	227	358	374	198	53%	37.6%	9.7	41.4	2.60	1.88	85.2%
6	261	412	454	222	49%	43.2%	16.8	37.8	2.71	1.80	90.1%
7	207	327	341	191	56%	35.5%	9.2	39.0	2.57	1.81	91.3%
8	255	402	416	214	51%	42.8%	12.8	36.7	2.83	1.91	86.0%
Port	167	342	347	178	51%	40.8%	13.6	36.8	2.39	1.61	86.7%
Star	196	400	422	196	46%	45.3%	19.7	36.7	2.55	1.61	86.7%



Stroke Rate (str/min)

20.3

Time over 2000m (m:s)

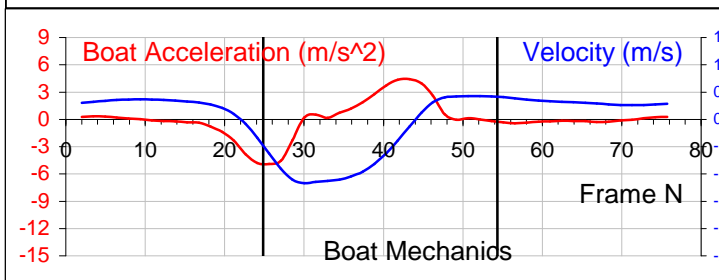
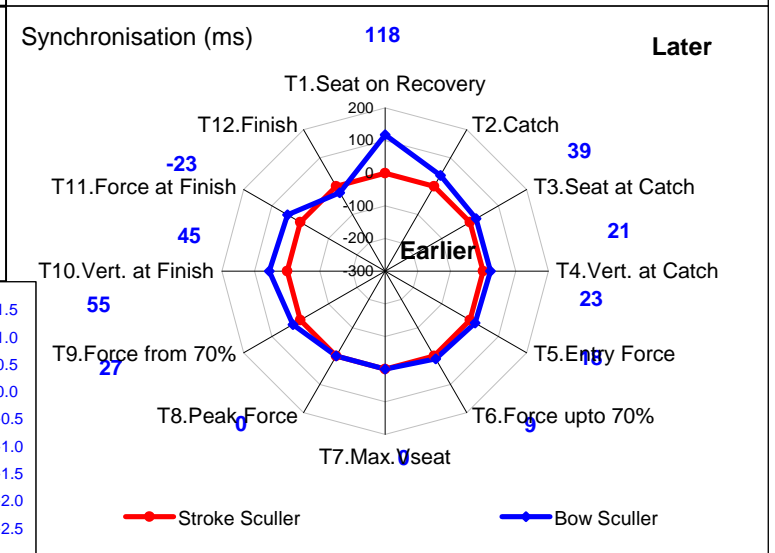
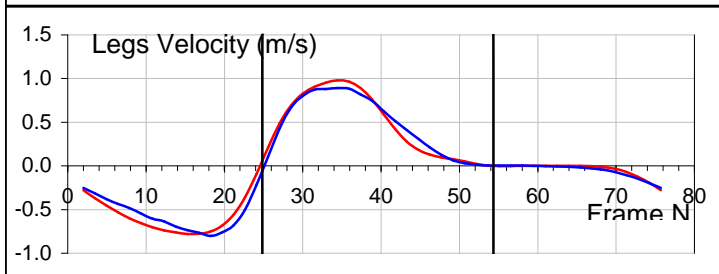
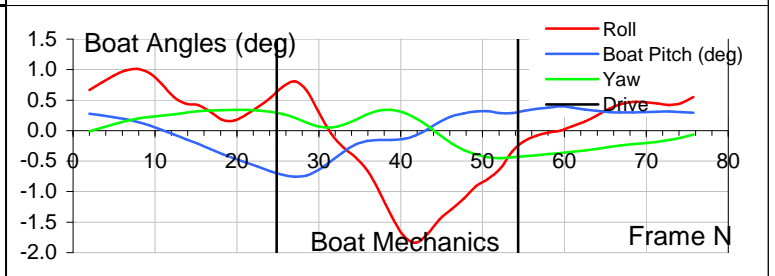
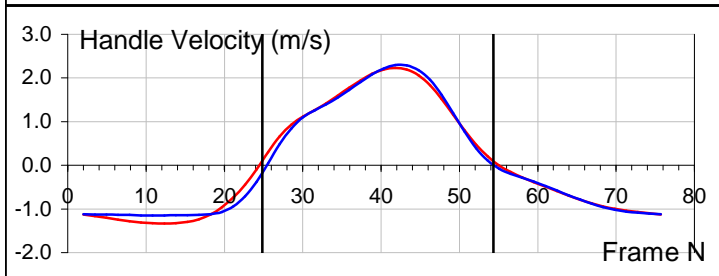
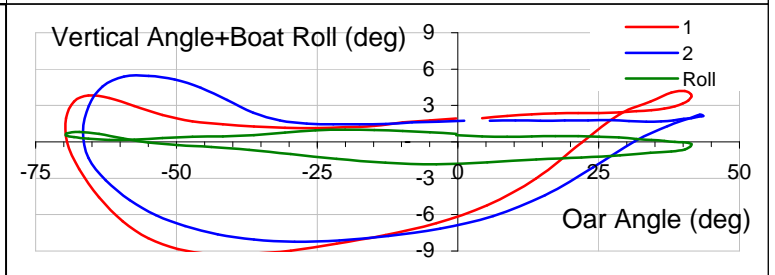
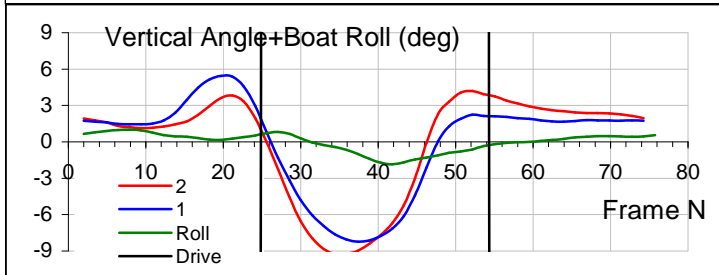
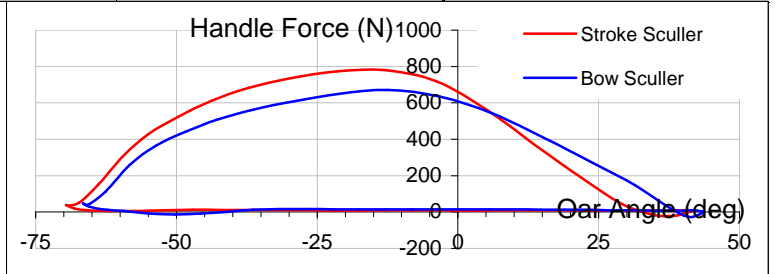
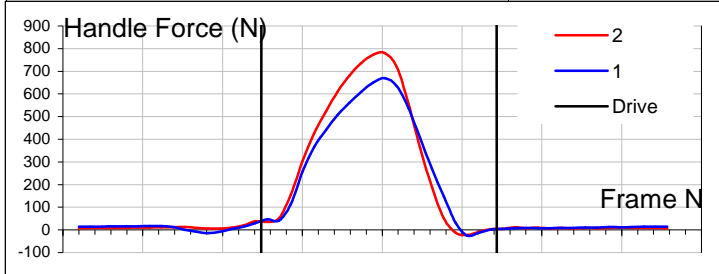
7:03.73

Empacher

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 Sculler	1.223	41.5%	-69.6	41.4	111.0	1.63	87.1%	7.2	19.5	75.9%	87.0%
1	Bow Sculler	1.162	39.4%	-66.6	43.6	110.1	1.61	87.3%	7.9	15.0	79.2%	89.1%

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	2.23	1.33	779	334	0.39	43%	51%	21.4	35.6	255	751	108.0
1	2.30	1.39	670	317	0.36	47%	49%	20.5	32.5	232	684	86.4

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	0.57	0.44	0.61	0.98	0.97	1.19	44.5%	28.3%	27.2%	4.0	74.8%	62.6
1	0.57	0.40	0.65	0.89	0.82	1.41	42.4%	27.6%	30.0%	-13.3	75.2%	32.8



Stroke Rate (str/min)

24.4

Time over 2000m (m:s)

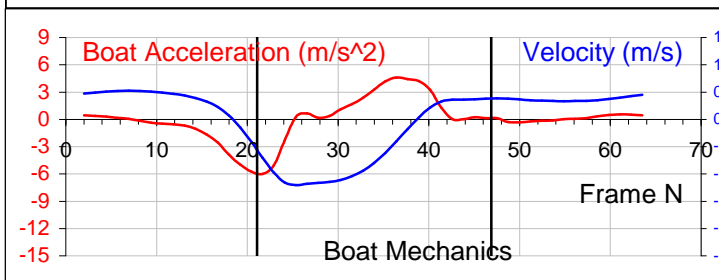
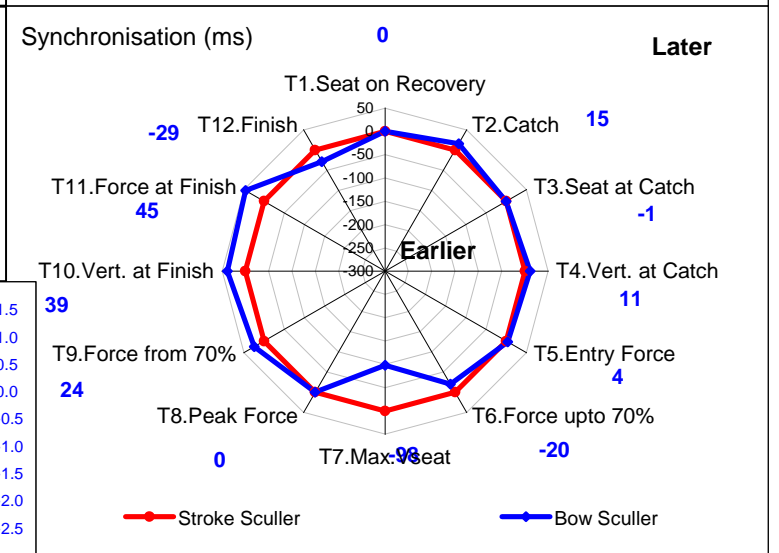
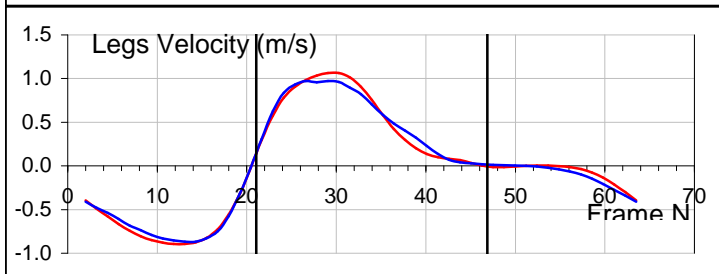
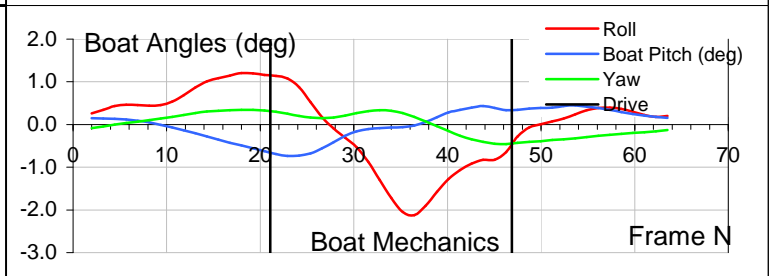
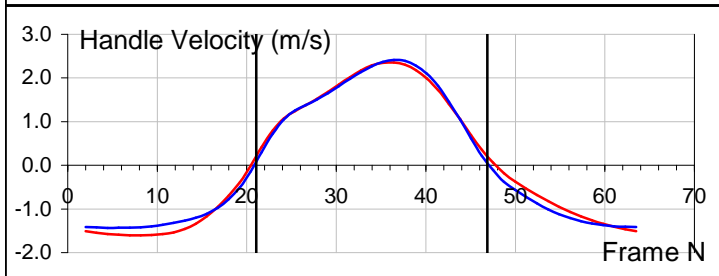
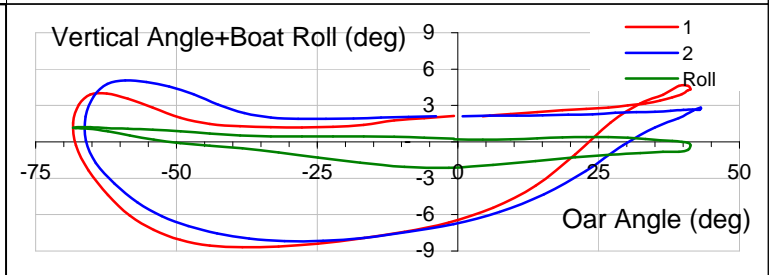
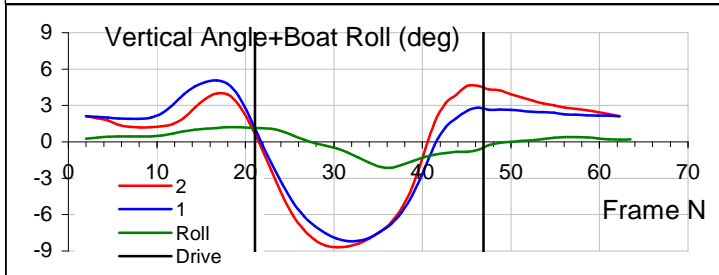
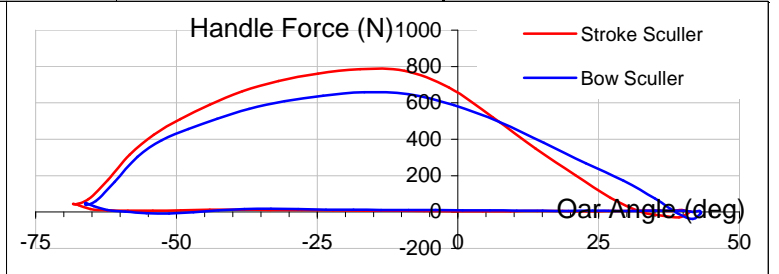
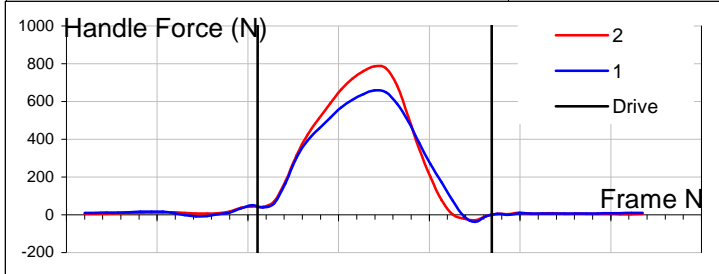
6:32.26

Empacher

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 Sculler	1.094	44.5%	-68.4	41.3	109.7	1.61	86.0%	7.4	19.0	75.9%	88.0%
1	Bow Sculler	1.050	42.7%	-66.1	43.1	109.2	1.60	86.6%	8.1	15.8	78.1%	90.0%

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	2.36	1.47	786	344	0.40	44%	46%	21.6	36.6	301	740	94.9
1	2.41	1.53	659	327	0.37	50%	45%	18.7	33.4	275	676	77.5

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	0.57	0.43	0.61	1.07	1.09	1.25	45.2%	28.6%	26.2%	2.7	73.8%	29.4
1	0.57	0.39	0.64	0.97	0.93	1.49	42.8%	28.0%	29.2%	-12.9	78.0%	2.4



Stroke Rate (str/min)

28.3

Time over 2000m (m:s)

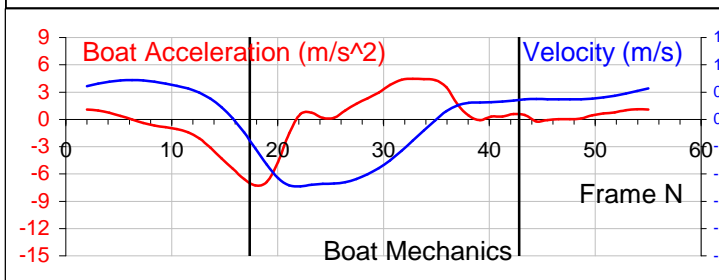
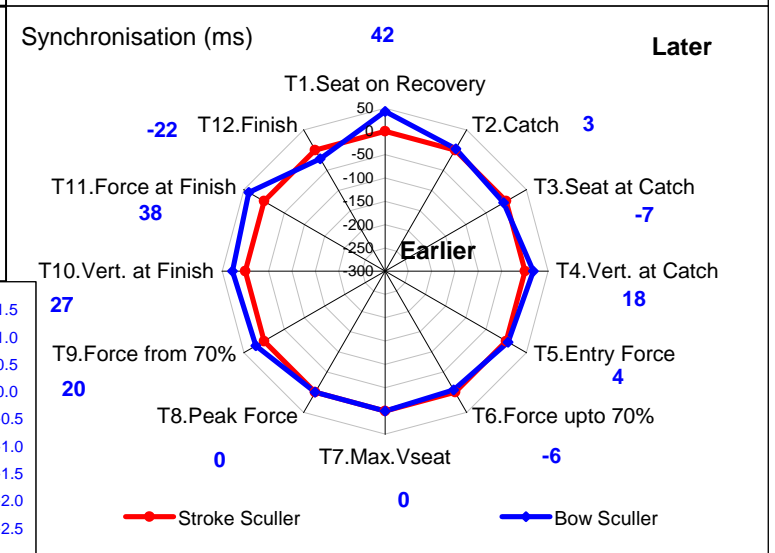
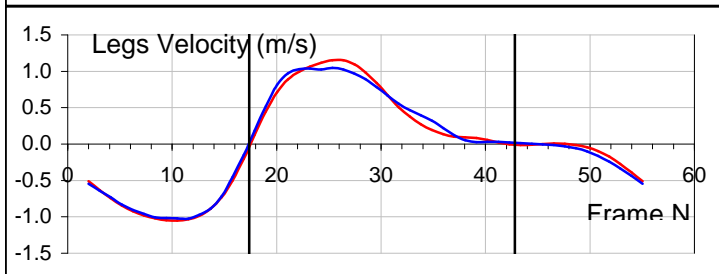
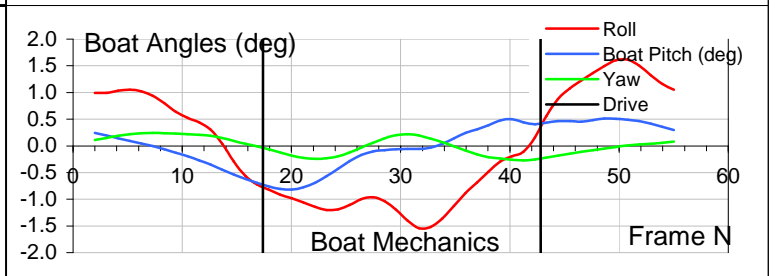
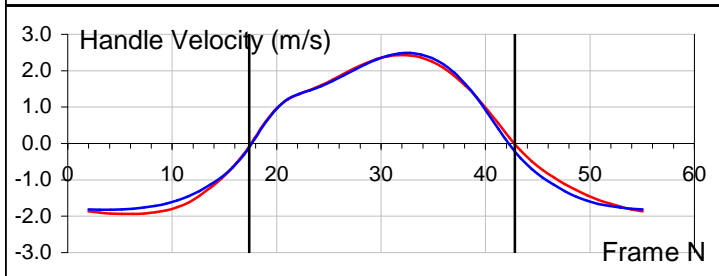
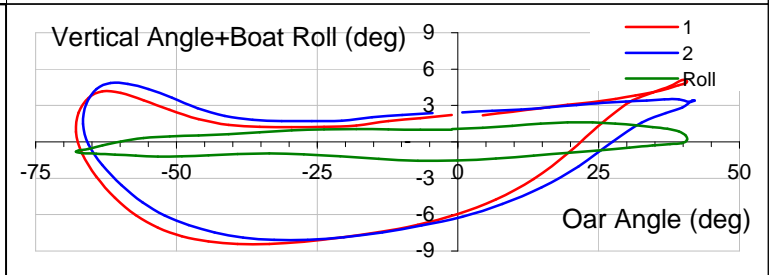
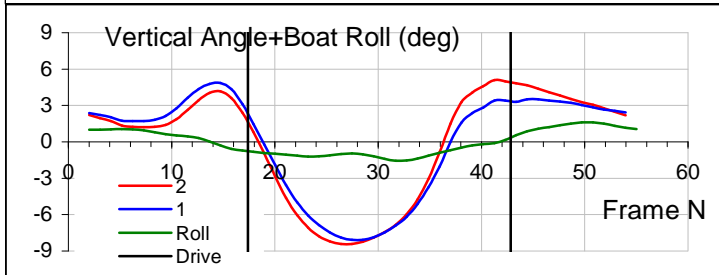
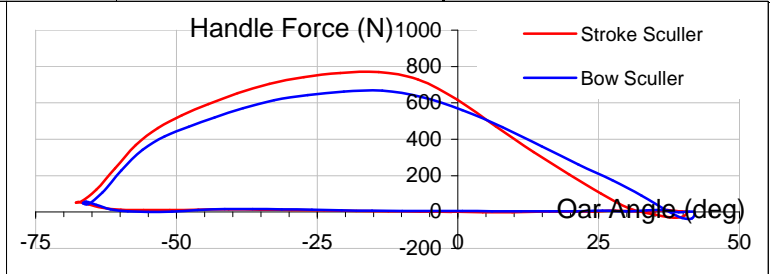
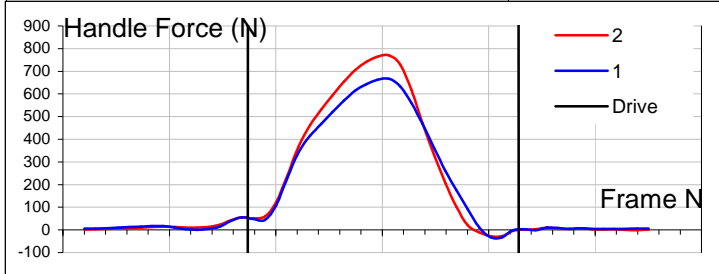
6:13.59

Empacher

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 Sculler	1.010	47.6%	-67.8	40.7	108.5	1.59	85.1%	7.3	20.8	74.2%	89.0%
1	Bow Sculler	0.985	46.4%	-66.6	42.0	108.6	1.59	86.0%	9.3	18.0	74.8%	90.7%

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	2.43	1.58	770	355	0.42	46%	50%	19.4	37.1	344	729	87.8
1	2.49	1.62	667	336	0.38	50%	49%	18.6	34.1	319	676	75.4

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	0.56	0.42	0.61	1.15	1.14	1.33	45.9%	28.3%	25.8%	-1.9	75.1%	10.0
1	0.57	0.39	0.64	1.05	0.97	1.54	43.7%	27.8%	28.5%	-11.8	78.7%	-27.1



Stroke Rate (str/min)

29.8

Time over 2000m (m:s)

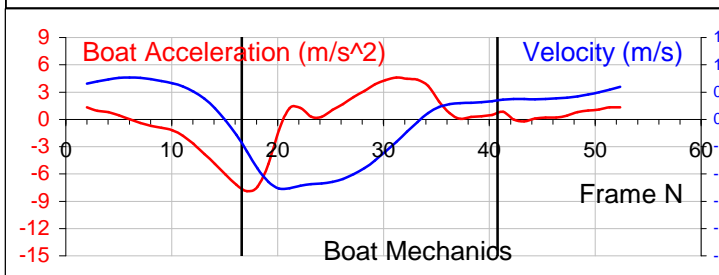
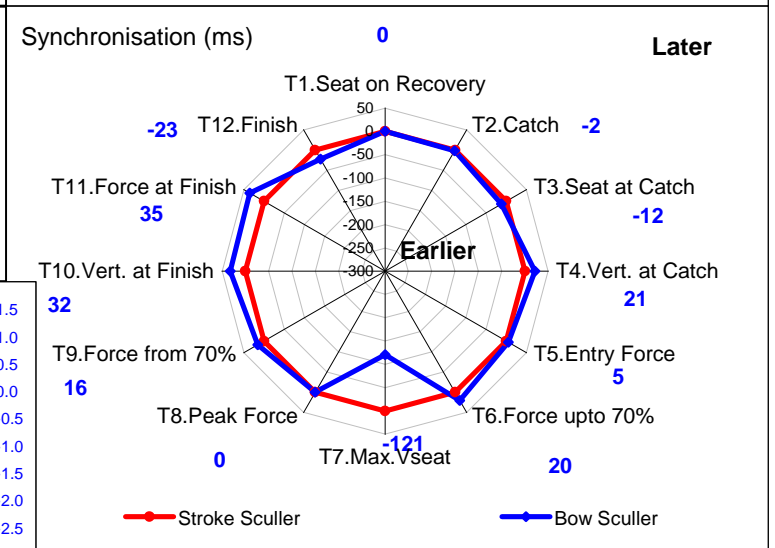
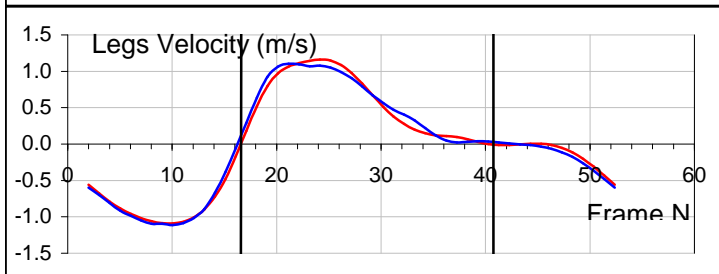
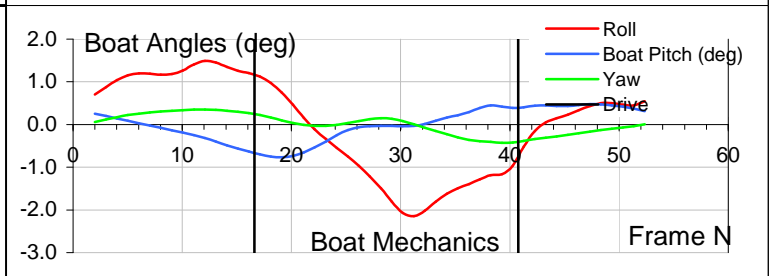
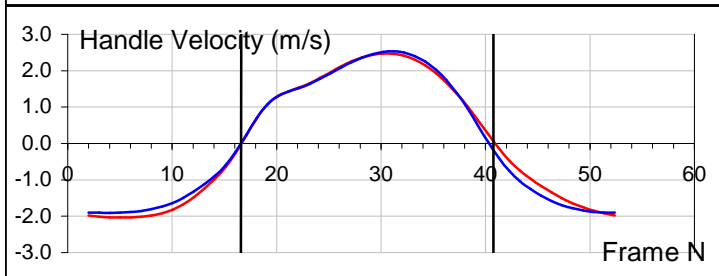
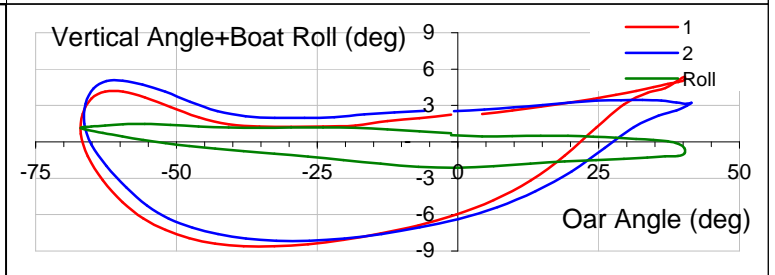
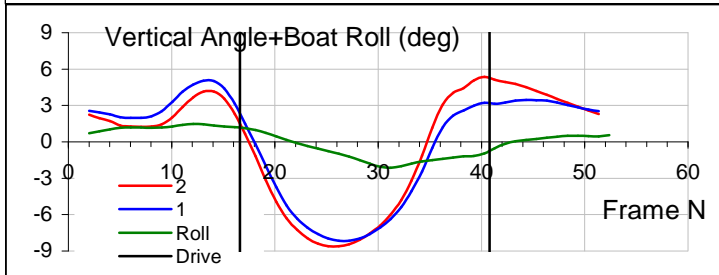
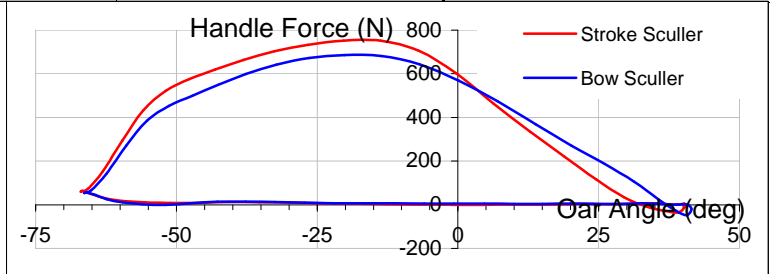
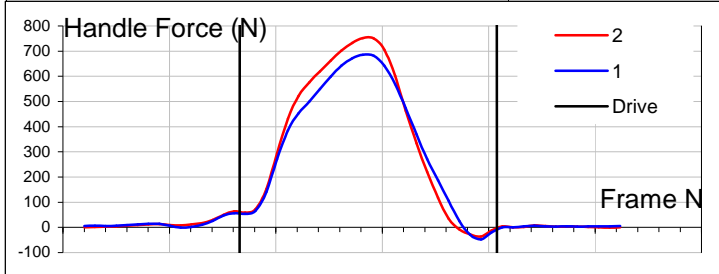
6:11.25

Empacher

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 Sculler	0.972	48.2%	-67.0	40.2	107.2	1.57	84.1%	7.1	20.7	74.0%	87.8%
1	Bow Sculler	0.951	47.2%	-66.3	41.5	107.8	1.58	85.4%	9.5	17.4	75.0%	88.8%

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	2.47	1.62	751	361	0.42	48%	44%	15.4	36.9	359	723	84.8
1	2.53	1.66	686	349	0.40	51%	43%	17.4	34.9	343	691	74.8

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	0.56	0.40	0.61	1.16	1.14	1.37	46.3%	27.8%	25.9%	-2.1	75.6%	4.8
1	0.57	0.39	0.62	1.11	1.02	1.56	44.3%	28.1%	27.6%	-12.4	82.0%	-49.2



Stroke Rate (str/min)

31.4

Time over 2000m (m:s)

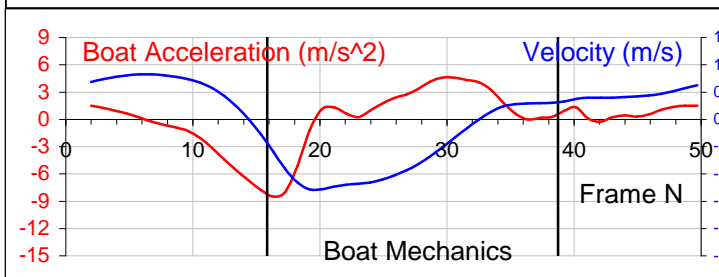
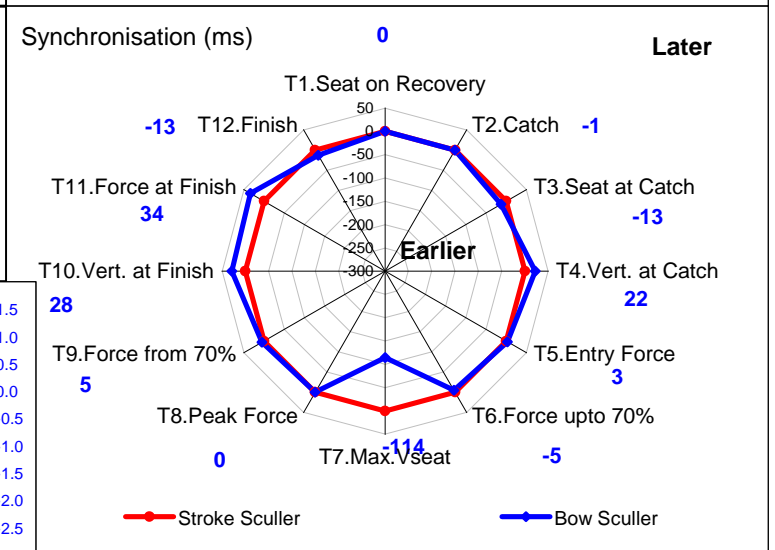
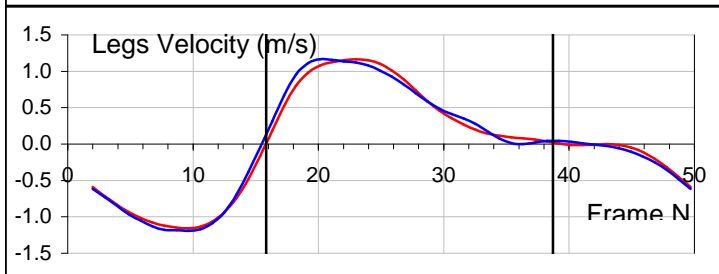
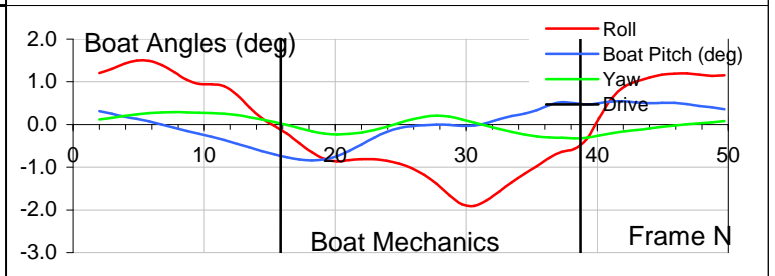
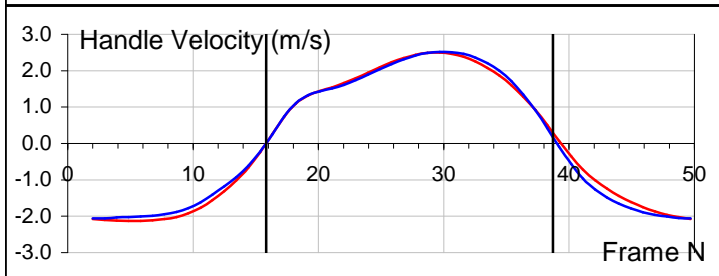
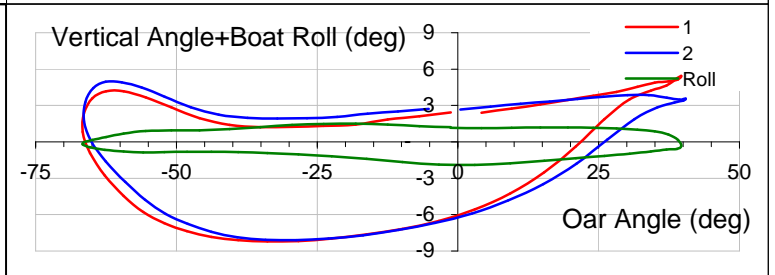
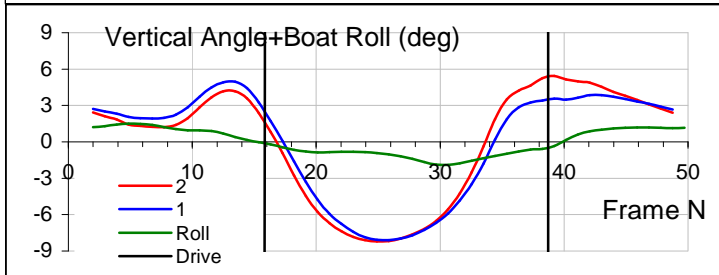
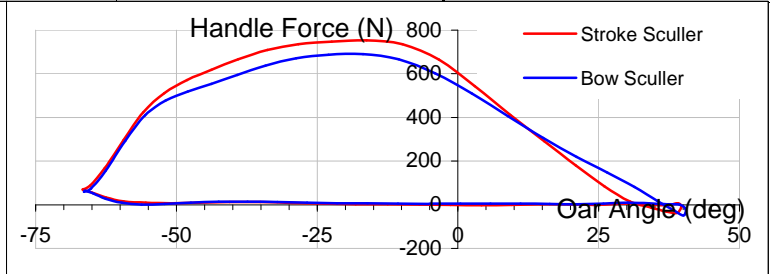
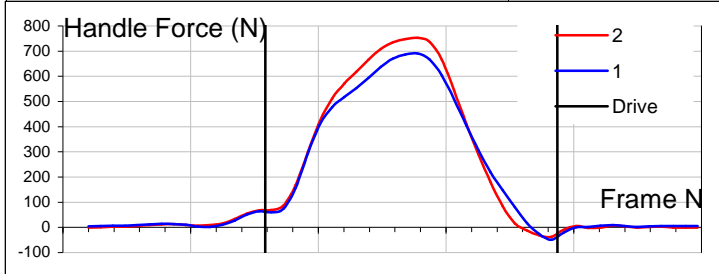
6:18.78

Empacher

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 Sculler	0.942	49.4%	-66.6	39.6	106.3	1.56	83.3%	7.7	20.3	73.7%	85.1%
1	Bow Sculler	0.929	48.7%	-66.4	40.5	106.9	1.57	84.7%	10.2	17.8	73.8%	86.7%

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	2.50	1.65	753	372	0.44	49%	47%	15.6	35.8	382	728	84.3
1	2.52	1.69	690	357	0.40	52%	46%	15.0	36.4	359	685	74.8

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	0.55	0.40	0.61	1.16	1.16	1.37	46.4%	28.2%	25.4%	-0.8	75.2%	-25.7
1	0.57	0.40	0.61	1.17	1.05	1.58	45.3%	28.1%	26.6%	-13.1	85.0%	-46.7



Stroke Rate (str/min)

34.1

Time over 2000m (m:s)

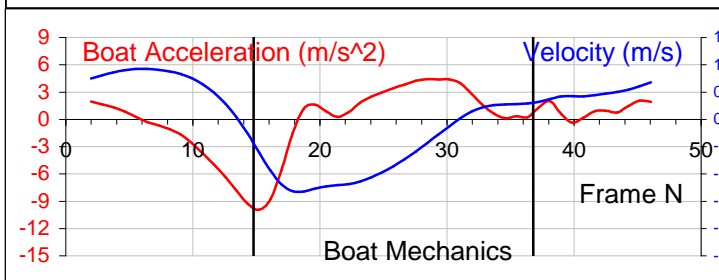
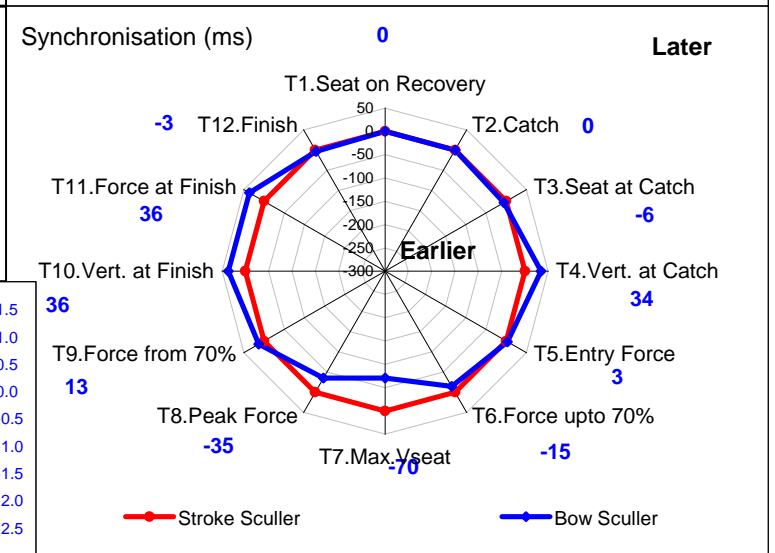
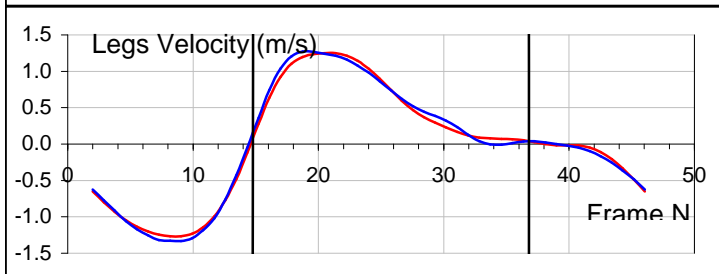
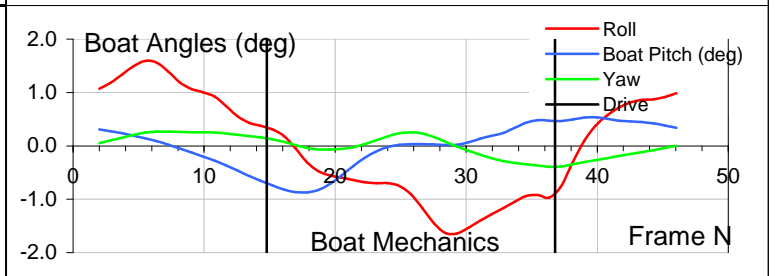
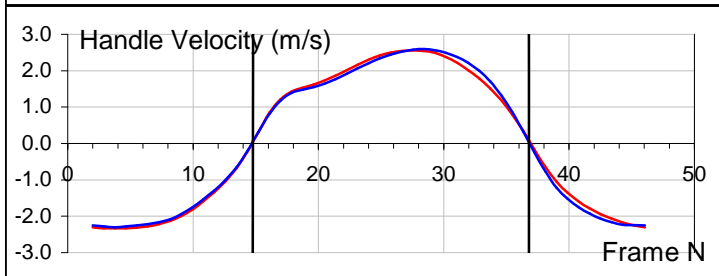
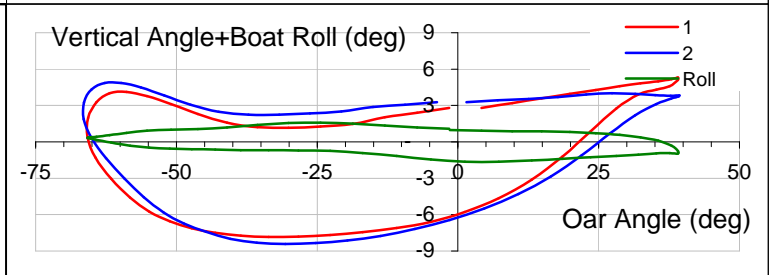
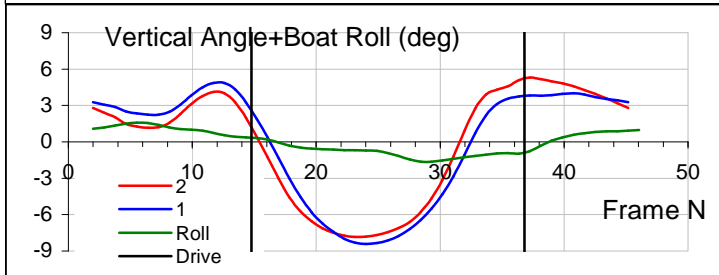
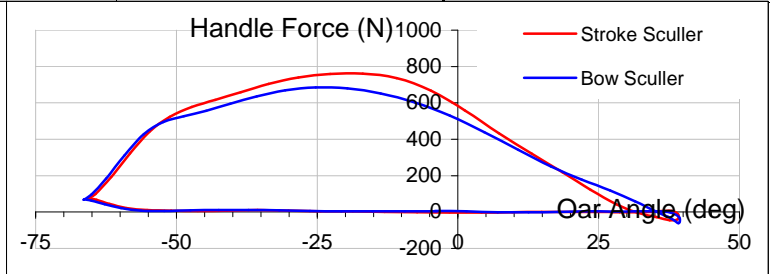
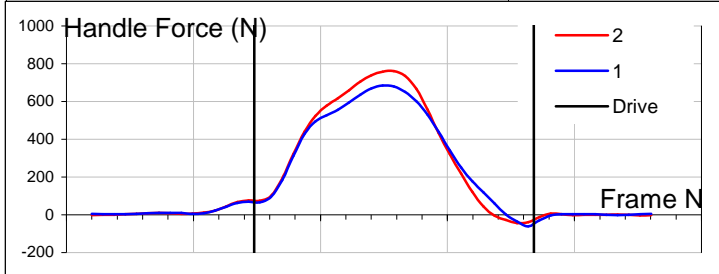
6:00.98

Empacher

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 Sculler	0.890	50.5%	-65.8	39.1	104.9	1.54	82.3%	7.5	20.2	73.6%	86.5%
1	Bow Sculler	0.887	50.3%	-66.5	39.3	105.8	1.55	83.8%	10.6	17.9	73.0%	88.0%

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	2.56	1.73	761	374	0.44	49%	47%	15.3	36.7	406	716	78.6
1	2.59	1.75	684	358	0.41	52%	39%	13.3	37.3	381	670	71.1

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	0.56	0.39	0.60	1.25	1.24	1.41	46.7%	28.2%	25.1%	-4.0	79.4%	-66.1
1	0.57	0.38	0.61	1.27	1.07	1.64	46.9%	26.8%	26.3%	-10.0	89.0%	-48.5



Stroke Rate (str/min)

38.0

Time over 2000m (m:s)

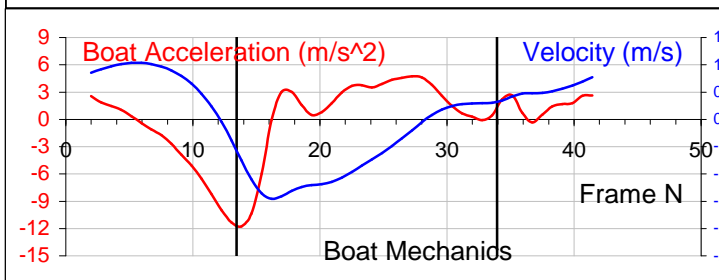
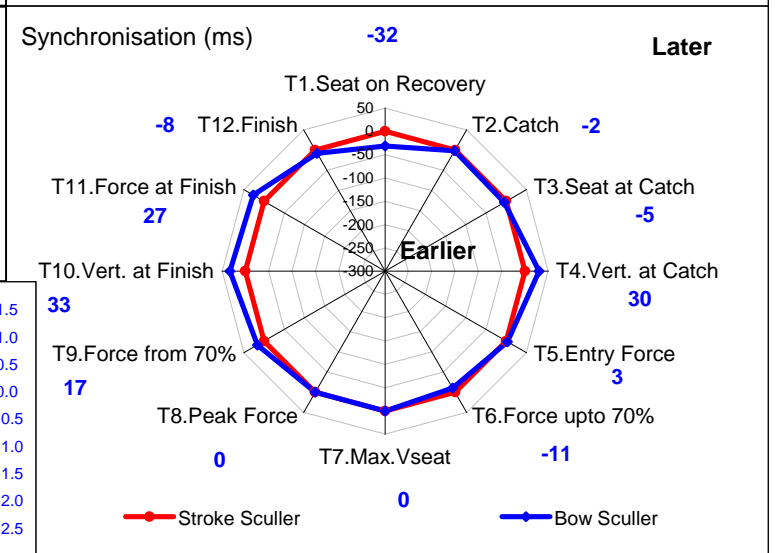
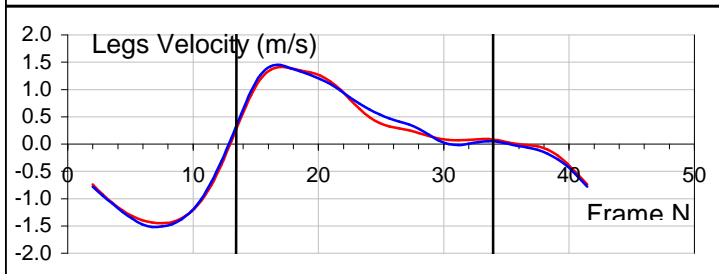
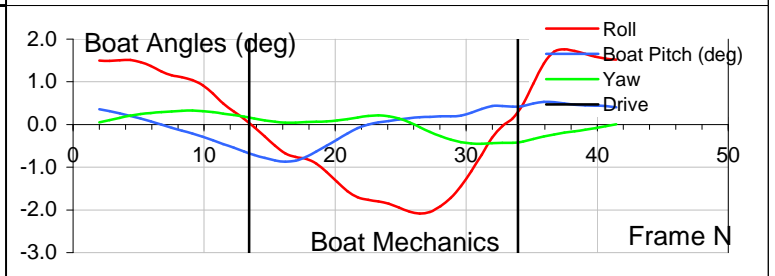
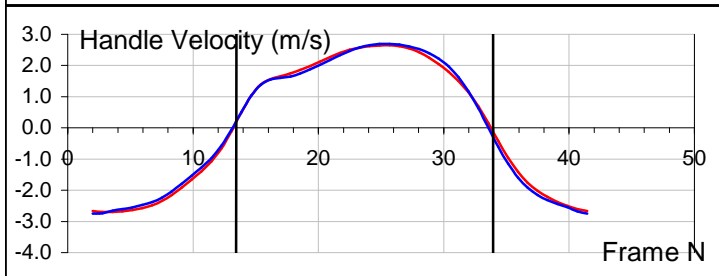
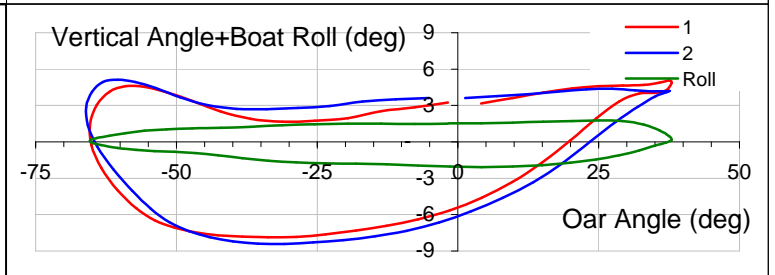
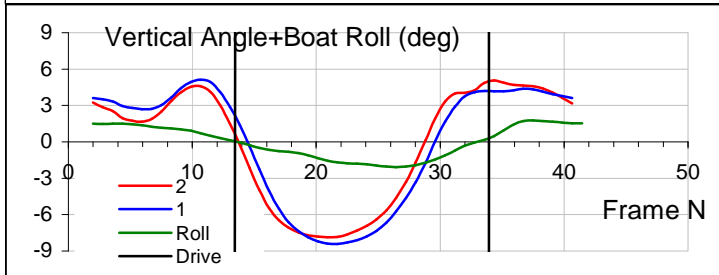
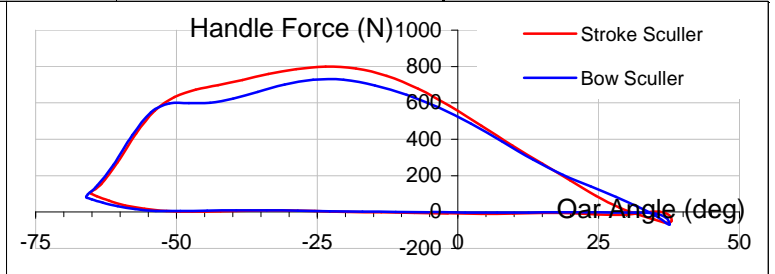
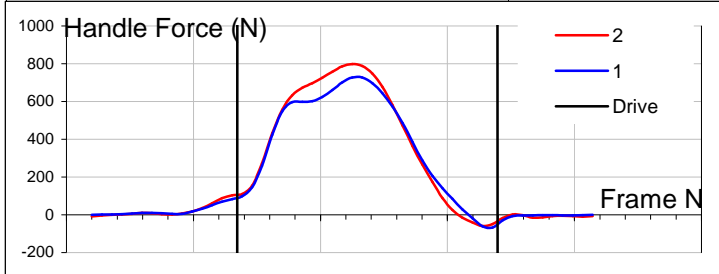
5:34.53

Empacher

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 Sculler	0.823	52.1%	-65.3	37.9	103.3	1.51	81.0%	6.4	22.0	72.4%	89.3%
1	Bow Sculler	0.817	51.8%	-66.0	37.6	103.6	1.52	82.1%	9.6	17.9	73.5%	90.3%

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	2.65	1.84	799	409	0.48	51%	40%	11.6	38.2	474	749	76.1
1	2.69	1.86	727	392	0.44	54%	39%	10.5	36.8	448	706	69.5

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	0.55	0.38	0.60	1.41	1.38	1.56	46.6%	28.8%	24.6%	-9.8	87.7%	-83.2
1	0.57	0.36	0.59	1.45	1.12	1.73	48.0%	25.7%	26.3%	-12.0	93.5%	-58.0

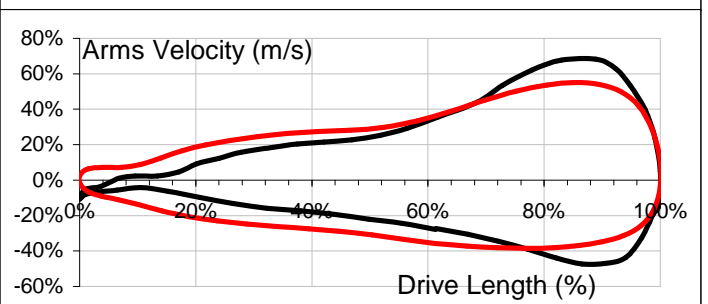
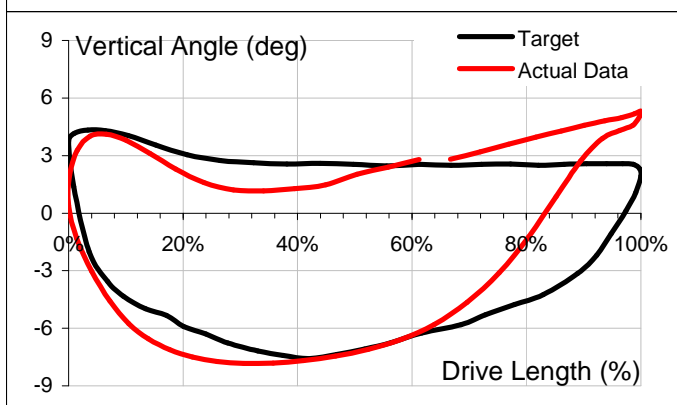
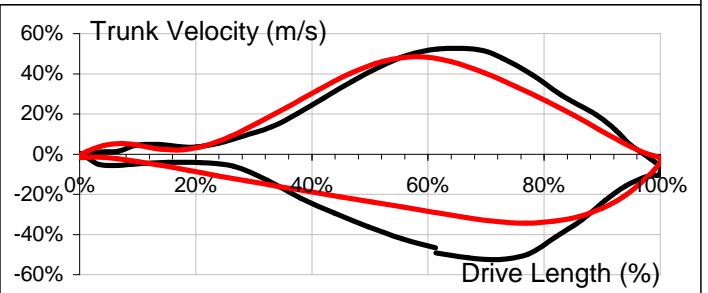
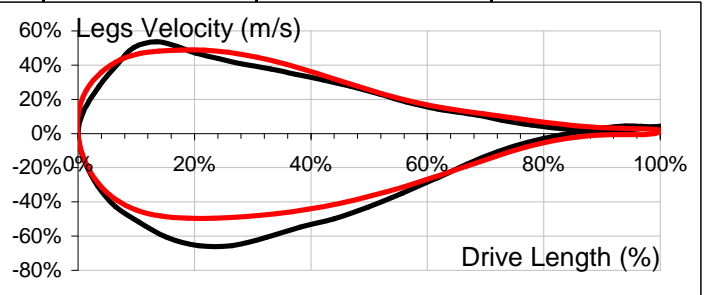
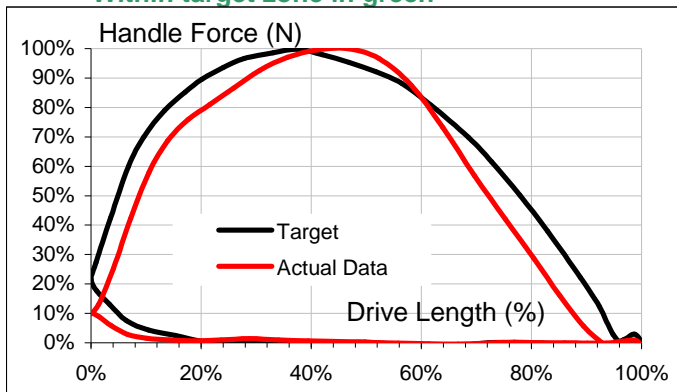


Stroke Sculler

Stroke Rate (str/min) **34.1** HM2x **24/10/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	06:02.1	06:01.0	0.3%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	06:02.1	05:45.0	4.7%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	39.0	34.1	-12.7%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	104.9	97.2%	52%
5	Average Force (N)	460.0	374.2	81.3%	53%
6	Work Per Stroke (J)	846	715.9	84.6%	57%
7	Rowing Power (W)	550	406.3	73.9%	52%
8	Catch Angle (deg)	-68.0	-65.8	-3.2%	62%
9	Finish Angle (deg)	40.0	39.1	-2.2%	40%
10	Catch Slip (Deg)	6.0	7.5	25.5%	40%
11	Release Slip (deg)	12.0	20.2	68.5%	53%
12	Effective Angle (deg)	83%	73.6%	-11.7%	52%
13	Max.Blade Depth (deg)	-7.5	-7.8	4.4%	46%
14	Max. Force (N)	850.0	761.4	-10.4%	64%
15	Ratio Aver / Max Force (%)	55%	49.1%	-10.6%	32%
16	Position of peak force (% of SL)	37%	46.6%	26.0%	65%
17	Catch force gradient (deg)	11.4	15.3	34.2%	56%
18	Finish force gradient (deg)	34.2	36.7	7.3%	51%
19	Legs drive (m)	0.58	0.56	-4.3%	61%
20	Legs Max. Speed (m/s)	1.45	1.25	-13.7%	51%
21	Catch Factor (ms)	-15.0	-4.0		52%
22	Rowing Style Factor (%)	90%	79.4%		49%
23	Finish Factor (ms)	-50.0	-66.1		

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



Bow Sculler

Stroke Rate (str/min) **34.1** HM2x **24/10/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	06:02.1	06:01.0	0.3%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	06:02.1	05:45.0	4.7%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	39.0	34.1	-12.7%	Above Average (+1SD<V)
4	Total angle (deg)	108.0	105.8	97.9%	54%
5	Average Force (N)	460.0	358.1	77.8%	48%
6	Work Per Stroke (J)	846	670.4	79.2%	50%
7	Rowing Power (W)	550	380.5	69.2%	48%
8	Catch Angle (deg)	-68.0	-66.5	-2.2%	65%
9	Finish Angle (deg)	40.0	39.3	-1.8%	41%
10	Catch Slip (Deg)	6.0	10.6	77.0%	58%
11	Release Slip (deg)	12.0	17.9	49.1%	46%
12	Effective Angle (deg)	83%	73.0%	-12.3%	51%
13	Max.Blade Depth (deg)	-7.5	-8.4	12.3%	39%
14	Max. Force (N)	850.0	684.4	-19.5%	51%
15	Ratio Aver / Max Force (%)	55%	52.3%	-4.9%	44%
16	Position of peak force (% of SL)	37%	39.0%	5.3%	51%
17	Catch force gradient (deg)	11.4	13.3	16.7%	49%
18	Finish force gradient (deg)	34.2	37.3	9.0%	52%
19	Legs drive (m)	0.58	0.57	-1.4%	66%
20	Legs Max. Speed (m/s)	1.45	1.27	-12.4%	51%
21	Catch Factor (ms)	-15.0	-10.0		46%
22	Rowing Style Factor (%)	90%	89.0%		62%
23	Finish Factor (ms)	-50.0	-48.5		

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

