

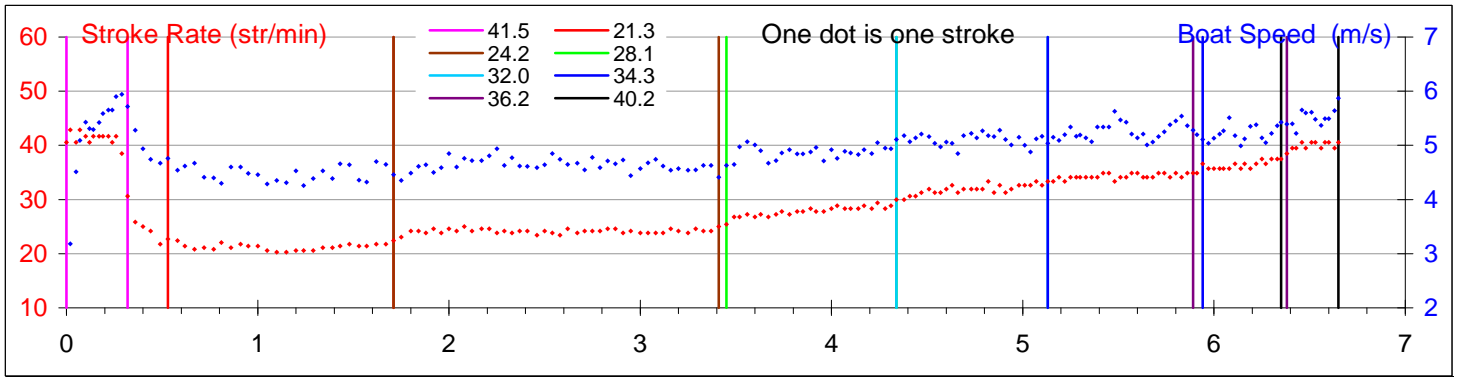
REPORT

	Session N	Place	Boat type
Date 01/11/21	1	Dorney	HM4-
Coach BioRow		Boat make Empacher	0
<i>Air temperature</i>	21.5 ° C	<i>Water temperature</i>	15.0 ° C

Seat	Crew list	Height (m)	Weight (kg)	Inboard (m)	Oar Length (m)	Span/ Spread (m)
Stroke	Stroke Rower	2.00	91.0	1.150	3.760	0.847
3	3 seat	1.92	97.0	1.150	3.760	0.847
2	2 seat	1.94	95.0	1.150	3.760	0.848
1	Bow Rower	2.00	92.5	1.150	3.760	0.848
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	-	-
Average		1.97	93.9	1.150	3.760	0.848

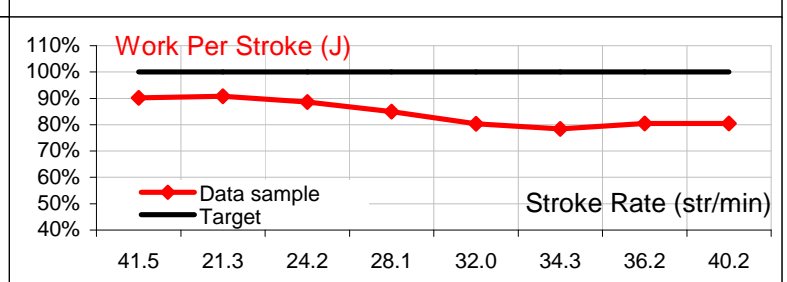
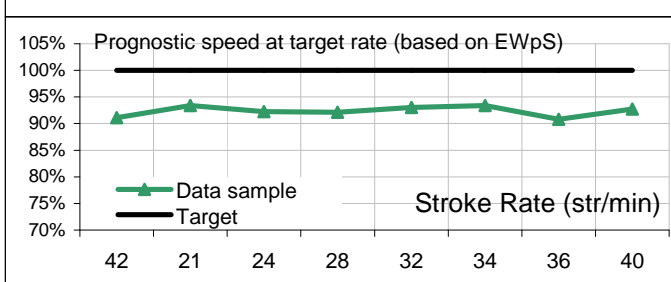
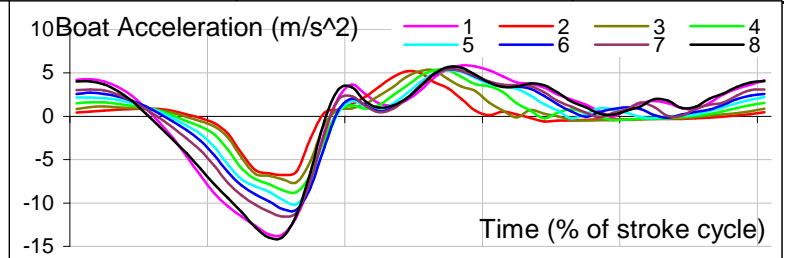
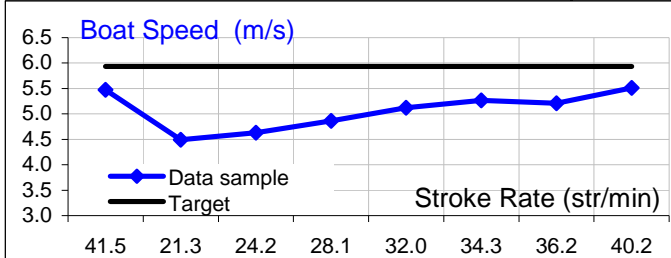
Stroke Rower, 3 seat, 2 seat, Bow Rower

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	41.5	0.66%	14.6	9	79.9	5.47	6:05.30	17.2%	97.29%	7.91	8.18
2 Sample 02	21.3	1.25%	62.5	12	280.4	4.49	7:25.55	13.5%	98.38%	12.67	7.74
3 Sample 03	24.2	0.79%	94.4	25	437.1	4.63	7:12.06	14.2%	98.20%	11.48	7.82
4 Sample 04	28.1	1.44%	47.2	15	229.6	4.86	6:51.18	14.9%	97.99%	10.37	7.55
5 Sample 05	32.0	0.82%	41.3	15	211.5	5.12	6:30.29	15.4%	97.84%	9.61	7.05
6 Sample 06	34.3	0.58%	43.6	17	229.8	5.26	6:19.88	15.7%	97.74%	9.21	6.81
7 Sample 07	36.2	1.00%	24.7	9	128.7	5.21	6:23.82	16.6%	97.49%	8.64	7.40
8 Sample 08	40.2	0.55%	13.5	6	74.2	5.51	6:02.96	17.0%	97.36%	8.23	7.07
Weighed Average	28.7	0.89%	341.8	108	1671	4.89	6:49.02	14.9%	98.0%	9.77	7.50

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	-13.64	3.64	5.87	-1.30	0.64	99.7	5.09	1.14	0.48	1874	2707
2 Empacher	-6.77	-	5.21	-1.85	-	23.6	4.95	1.19	0.47	966	2725
3 Empacher	-7.58	-	5.32	-1.58	-	26.0	4.55	1.12	0.77	1072	2660
4 Empacher	-8.73	1.25	5.35	-1.32	-0.80	58.5	4.68	1.16	0.75	1195	2548
5 Empacher	-10.12	1.75	5.31	-1.30	-0.54	79.1	5.27	1.25	0.47	1286	2412
6 Empacher	-10.76	2.01	5.47	-1.17	-0.43	91.2	4.77	1.22	0.47	1345	2354
7 Empacher	-11.56	2.34	5.40	-1.24	-0.23	83.8	5.66	1.16	0.71	1456	2415
8 Empacher	-14.00	3.34	5.67	-1.78	0.46	96.7	4.32	1.17	0.76	1615	2413
Weighed Average	-10.39	2.39	5.45	-1.44	-0.15	69.8	4.91	1.18	0.61	1214	2562

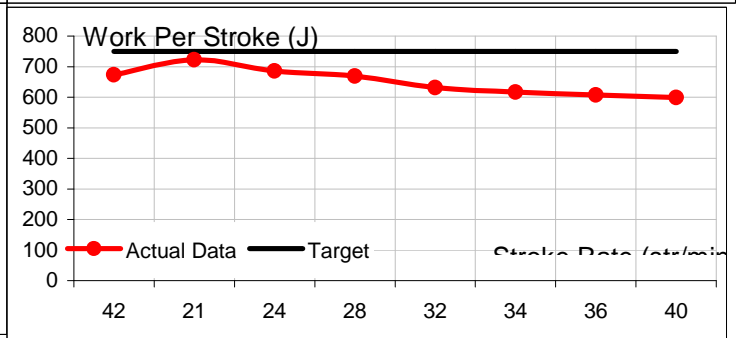
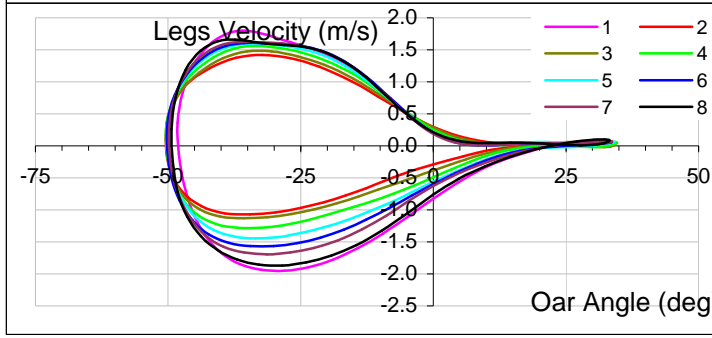
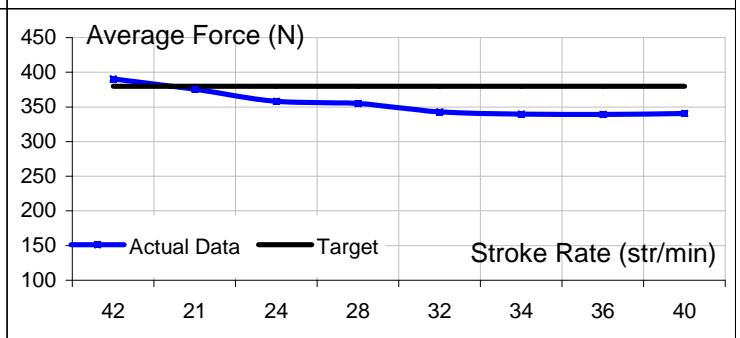
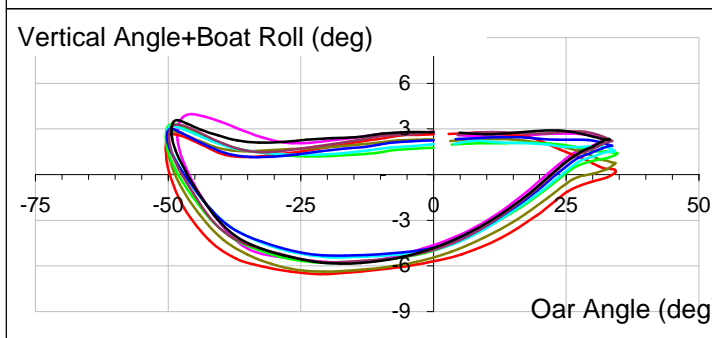
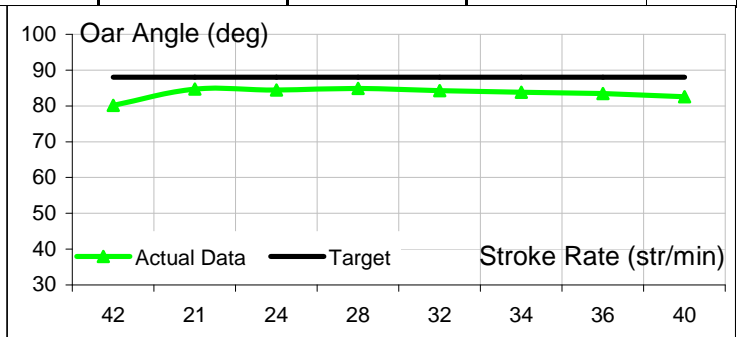
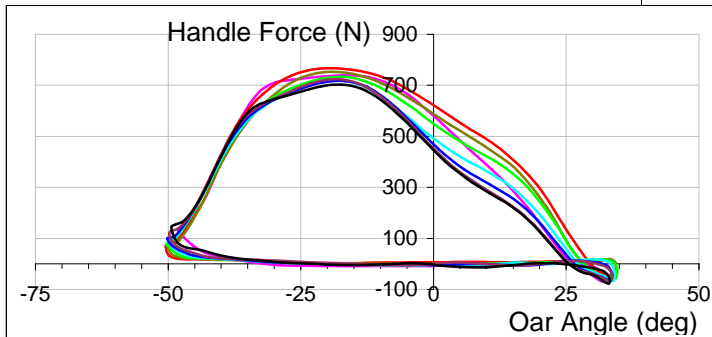


Stroke Rower

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	41.5	0.78	54.1%	-48.2	31.9	80.1	10.9	18.0	63.9%	-5.8	81.6%	466	673
2	Sample 02	21.3	1.02	36.0%	-50.5	34.2	84.7	10.1	10.2	76.1%	-6.5	77.9%	256	723
3	Sample 03	24.2	0.99	39.7%	-50.2	34.3	84.4	11.6	13.1	70.7%	-6.4	77.6%	276	685
4	Sample 04	28.1	0.93	43.7%	-50.3	34.6	84.9	12.7	16.8	65.2%	-5.8	77.9%	314	669
5	Sample 05	32.0	0.89	47.3%	-50.1	34.2	84.3	14.2	17.0	63.0%	-5.4	80.6%	336	631
6	Sample 06	34.3	0.87	49.7%	-50.2	33.7	83.8	13.9	17.5	62.6%	-5.3	82.1%	352	617
7	Sample 07	36.2	0.86	51.9%	-49.8	33.6	83.5	11.6	17.9	64.6%	-5.7	81.5%	366	607
8	Sample 08	40.2	0.81	54.4%	-49.4	33.2	82.6	12.1	18.3	63.1%	-5.8	82.9%	401	599
Average		32.22	0.89	47.1%	-49.8	33.7	83.5	12.1	16.1	66.2%	-5.85	80.3%	346	650
Variation (%)		22.6%	9.1%	14.4%	0.7	0.9	1.6	1.4	2.9	7.2%	0.07	2.7%	19.5%	6.7%

#	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 (%)
1	6:05.30	740	391	53%	39.5%	10.7	28.7	2.51	76.8	0.595	1.80	-5.3	92.5%
2	7:25.55	765	375	49%	34.3%	13.2	28.0	2.26	78.5	0.617	1.42	-7.2	88.9%
3	7:12.06	751	358	48%	35.1%	14.2	29.7	2.28	77.9	0.617	1.47	-3.2	88.6%
4	6:51.18	730	355	49%	41.3%	13.0	31.9	2.37	73.3	0.616	1.56	-4.1	87.2%
5	6:30.29	721	343	48%	36.8%	13.0	34.9	2.44	69.8	0.613	1.60	-2.9	87.1%
6	6:19.88	717	340	47%	39.8%	12.6	35.2	2.44	69.7	0.615	1.61	0.1	87.0%
7	6:23.82	723	339	47%	39.1%	11.9	36.1	2.39	71.0	0.614	1.62	-1.8	89.2%
8	6:02.96	703	341	48%	38.6%	11.1	35.4	2.50	67.6	0.602	1.66	-0.6	89.5%
Average		731.1	355.3	49%	38.1%	12.5	32.5	2.40	73.1	0.611	1.59	-3.1	88.8%
Variation (%)		2.7%	5.4%	3.8%	6.4%	9.2%	10.3%	3.9%	5.7%	1.3%	7.3%	2.4	1.8%

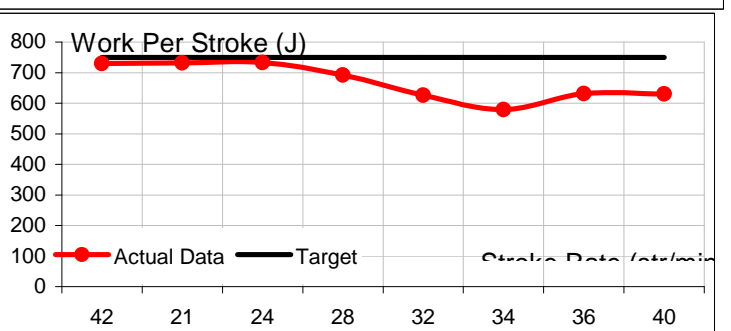
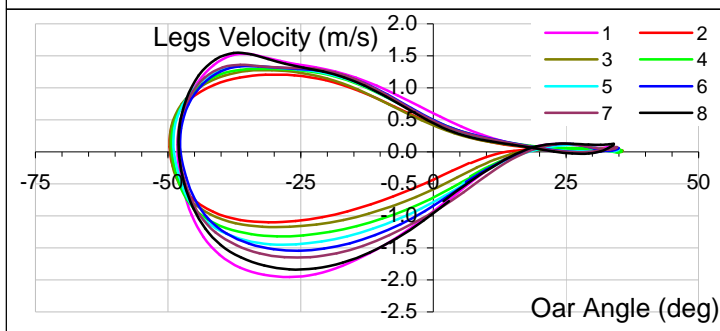
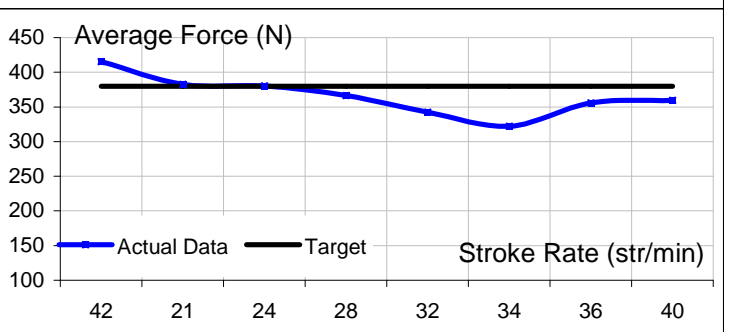
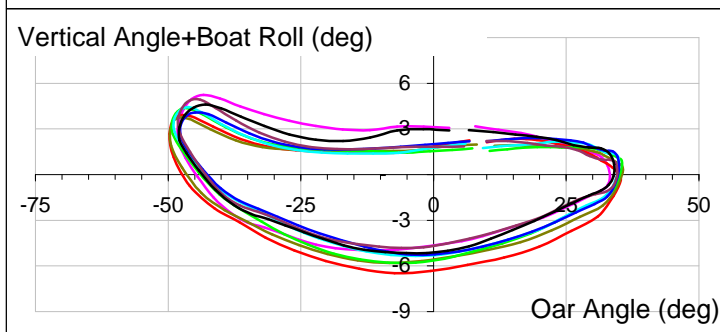
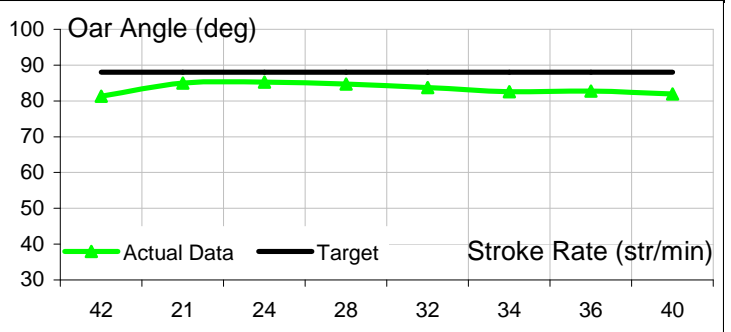
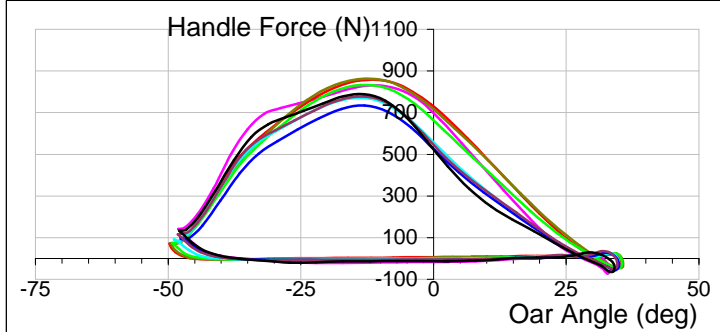


3 seat

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	41.5	0.78	53.7%	-48.1	33.2	81.3	15.5	10.8	67.7%	-5.0	78.6%	505	730
2	Sample 02	21.3	1.00	35.4%	-49.7	35.3	85.0	17.3	2.1	77.1%	-6.5	77.4%	259	732
3	Sample 03	24.2	0.97	39.1%	-49.6	35.7	85.2	18.5	4.9	72.5%	-5.8	76.6%	295	733
4	Sample 04	28.1	0.93	43.6%	-49.3	35.5	84.7	20.6	7.3	67.0%	-5.8	78.5%	325	693
5	Sample 05	32.0	0.89	47.2%	-48.9	34.9	83.8	23.4	7.4	63.1%	-5.3	80.6%	334	626
6	Sample 06	34.3	0.85	48.4%	-47.6	34.9	82.6	23.6	7.4	62.5%	-5.2	80.8%	331	579
7	Sample 07	36.2	0.84	50.8%	-48.1	34.6	82.8	22.8	12.1	57.9%	-4.8	80.9%	381	631
8	Sample 08	40.2	0.79	52.8%	-47.9	34.0	81.9	20.7	11.1	61.2%	-5.1	80.0%	422	631
Average		32.22	0.88	46.4%	-48.7	34.8	83.4	20.3	7.9	66.1%	-5.45	79.2%	357	669
Variation (%)		22.6%	9.2%	14.2%	0.8	0.8	1.5	3.0	3.4	9.5%	0.10	2.1%	21.8%	8.9%

#	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 (%)	
1	6:05.30	831	415	50%	46.0%	12.1	28.9	2.52	78.0	0.567	1.53	3.8	74.8%	
2	7:25.55	854	383	45%	42.1%	17.8	29.8	2.17	74.6	0.591	1.20	-9.4	77.5%	
3	7:12.06	860	380	44%	41.4%	18.3	30.8	2.25	77.0	0.592	1.27	-8.1	80.5%	
4	6:51.18	833	366	44%	41.8%	18.0	32.2	2.29	75.8	0.594	1.30	-3.1	77.6%	
5	6:30.29	770	342	44%	43.3%	15.1	34.1	2.33	69.8	0.582	1.34	-5.2	77.3%	
6	6:19.88	734	322	44%	41.9%	15.3	34.4	2.38	63.3	0.564	1.34	-6.6	75.8%	
7	6:23.82	778	356	46%	40.8%	14.1	34.5	2.39	71.1	0.575	1.36	-6.5	76.9%	
8	6:02.96	788	360	46%	42.6%	12.6	34.9	2.49	66.9	0.560	1.55	-3.0	80.0%	
Average		806.0	365.5	45%	42.5%	15.4	32.5	2.35	72.1	0.578	1.36	-4.8	77.5%	
Variation (%)		7.7%	5.6%	7.7%	4.4%	3.8%	15.8%	7.3%	5.0%	7.2%	2.3%	8.8%	4.1	1.9%

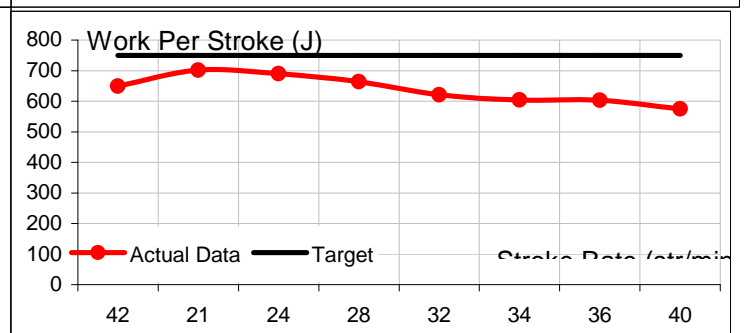
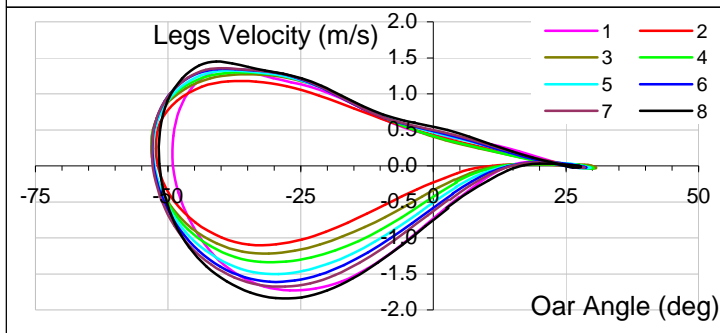
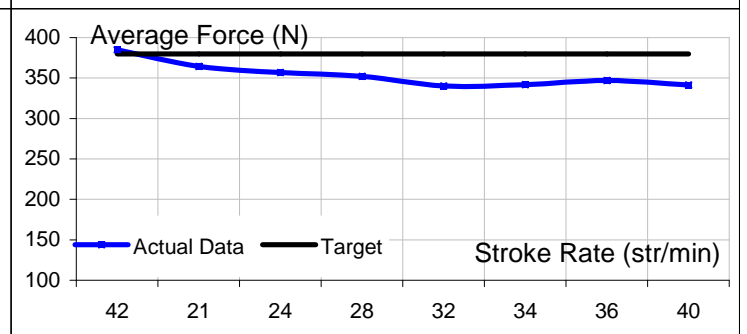
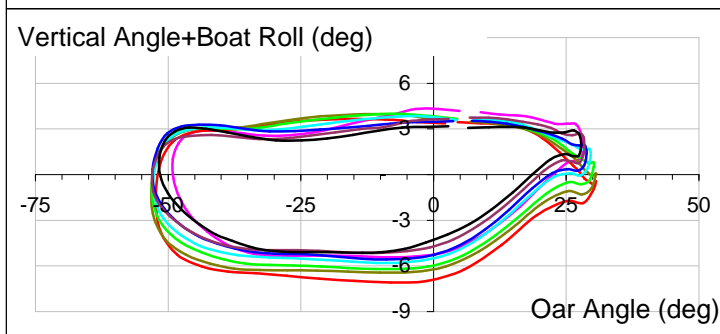
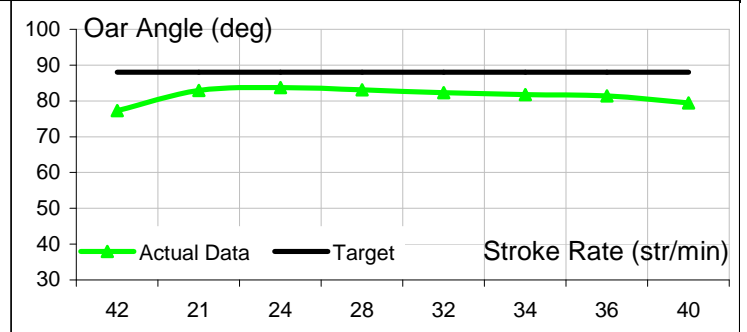
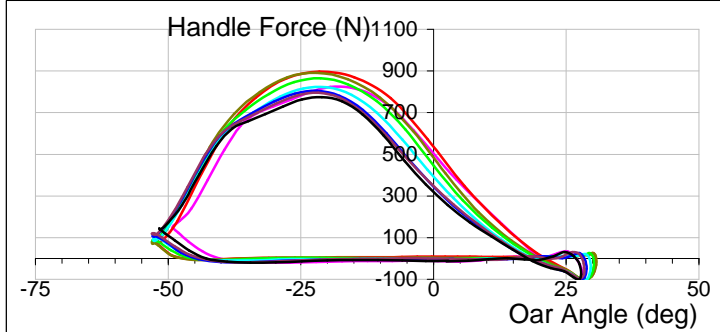


2 seat

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	41.5	0.74	51.5%	-49.1	28.2	77.3	7.2	11.2	76.1%	-5.4	76.8%	449	649
2	Sample 02	21.3	0.99	35.1%	-52.3	30.6	82.9	3.0	6.5	88.5%	-7.1	73.4%	248	701
3	Sample 03	24.2	0.97	39.2%	-53.1	30.6	83.7	3.4	8.6	85.6%	-6.4	72.4%	278	691
4	Sample 04	28.1	0.92	43.0%	-52.9	30.2	83.1	4.6	9.9	82.5%	-6.2	73.5%	311	664
5	Sample 05	32.0	0.87	46.5%	-52.7	29.6	82.3	5.4	12.0	78.9%	-5.8	76.1%	331	621
6	Sample 06	34.3	0.85	48.3%	-52.9	28.8	81.8	7.8	12.5	75.1%	-5.6	77.5%	345	604
7	Sample 07	36.2	0.83	49.9%	-53.1	28.3	81.4	7.7	14.2	73.1%	-5.2	76.8%	364	604
8	Sample 08	40.2	0.77	51.9%	-51.6	27.8	79.5	9.8	15.9	67.6%	-5.1	78.0%	385	575
Average		32.22	0.87	45.7%	-52.2	29.3	81.5	6.1	11.4	78.4%	-5.85	75.6%	339	639
Variation (%)		22.6%	10.1%	13.4%	1.3	1.1	2.1	2.4	3.0	8.8%	0.12	2.8%	18.5%	7.0%

#	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 (%)
1	6:05.30	823	385	47%	38.4%	11.2	30.6	2.53	71.2	0.490	1.34	-11.0	74.2%
2	7:25.55	898	364	41%	37.2%	13.6	33.6	2.20	74.9	0.566	1.17	-31.0	81.8%
3	7:12.06	892	357	40%	37.2%	13.5	35.0	2.24	77.2	0.586	1.27	-26.7	81.4%
4	6:51.18	864	352	41%	38.1%	13.2	35.0	2.30	73.8	0.570	1.30	-22.5	79.3%
5	6:30.29	822	340	41%	39.6%	12.7	35.6	2.36	69.9	0.569	1.32	-16.1	77.9%
6	6:19.88	805	342	42%	37.9%	11.9	36.4	2.41	67.7	0.576	1.34	-15.6	78.6%
7	6:23.82	795	347	44%	38.5%	11.8	36.1	2.42	67.8	0.571	1.36	-11.1	75.8%
8	6:02.96	775	341	44%	38.5%	10.8	35.7	2.49	63.3	0.564	1.45	-9.3	79.6%
Average		834.3	353.6	42%	38.2%	12.3	34.8	2.37	70.7	0.561	1.32	-17.9	78.6%
Variation (%)		5.4%	4.3%	5.3%	2.1%	8.6%	5.4%	4.9%	6.4%	5.2%	5.9%	8.0	2.6%

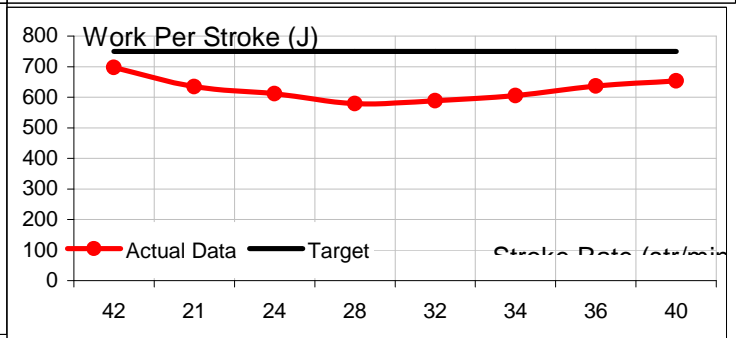
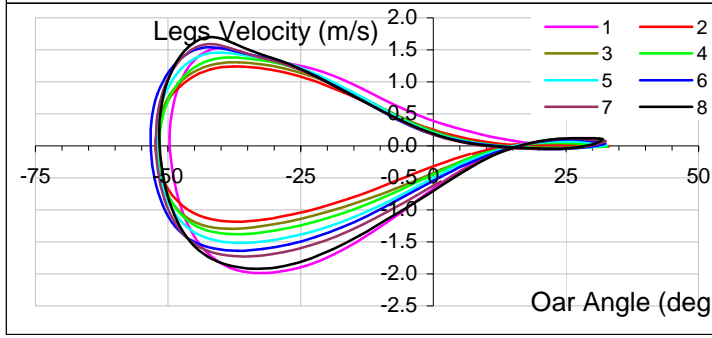
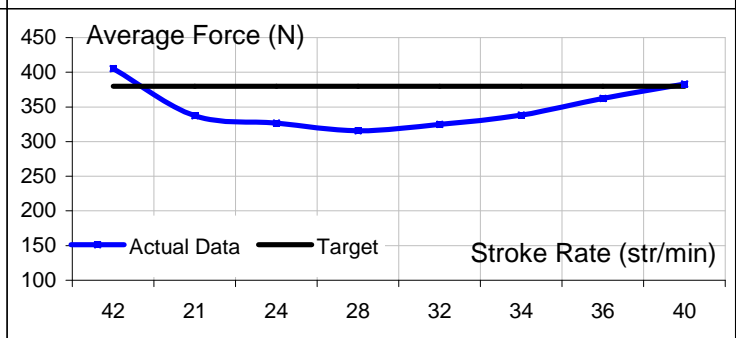
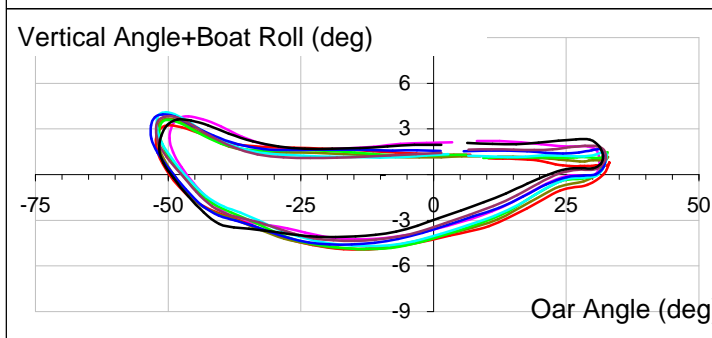
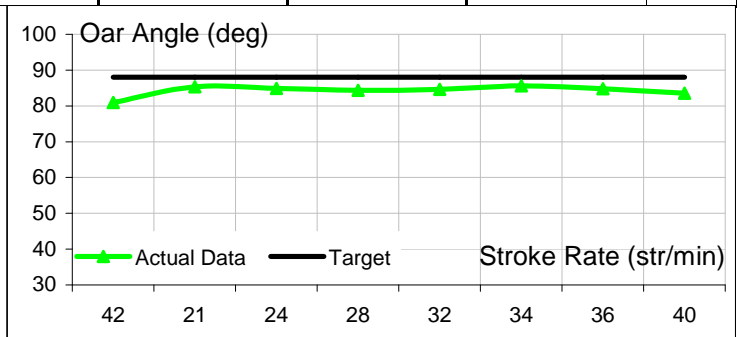
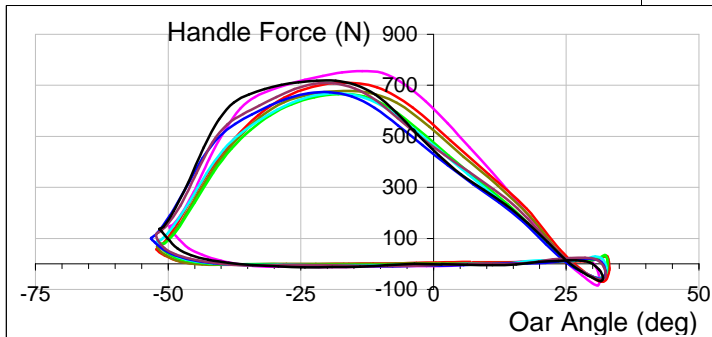


Bow Rower

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	41.5	0.78	54.3%	-49.7	31.3	81.0	16.4	20.8	54.0%	-4.2	82.5%	483	697
2	Sample 02	21.3	1.04	36.7%	-52.2	33.1	85.4	20.2	13.5	60.4%	-4.9	81.7%	225	634
3	Sample 03	24.2	1.02	41.0%	-52.0	32.9	84.9	19.0	15.1	59.8%	-4.9	83.1%	246	611
4	Sample 04	28.1	0.97	45.5%	-51.6	32.7	84.3	20.6	17.2	55.2%	-4.9	84.2%	272	579
5	Sample 05	32.0	0.92	49.2%	-52.1	32.6	84.7	22.6	18.5	51.5%	-4.7	85.6%	314	588
6	Sample 06	34.3	0.90	51.4%	-53.2	32.4	85.6	19.0	22.4	51.7%	-4.6	85.3%	346	605
7	Sample 07	36.2	0.88	53.1%	-52.3	32.5	84.8	20.9	24.1	46.9%	-4.3	84.6%	384	636
8	Sample 08	40.2	0.82	54.7%	-51.7	31.9	83.5	13.2	27.9	50.8%	-4.1	85.4%	437	653
Average		32.22	0.92	48.2%	-51.9	32.4	84.3	19.0	19.9	53.8%	-4.58	84.1%	338	626
Variation (%)		22.6%	9.8%	13.7%	1.0	0.6	1.5	3.0	4.8	8.5%	0.07	1.7%	27.2%	6.1%

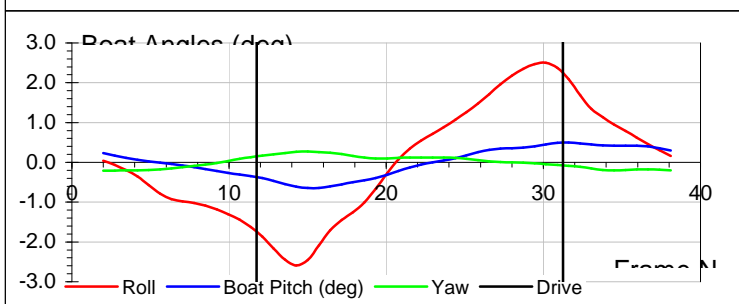
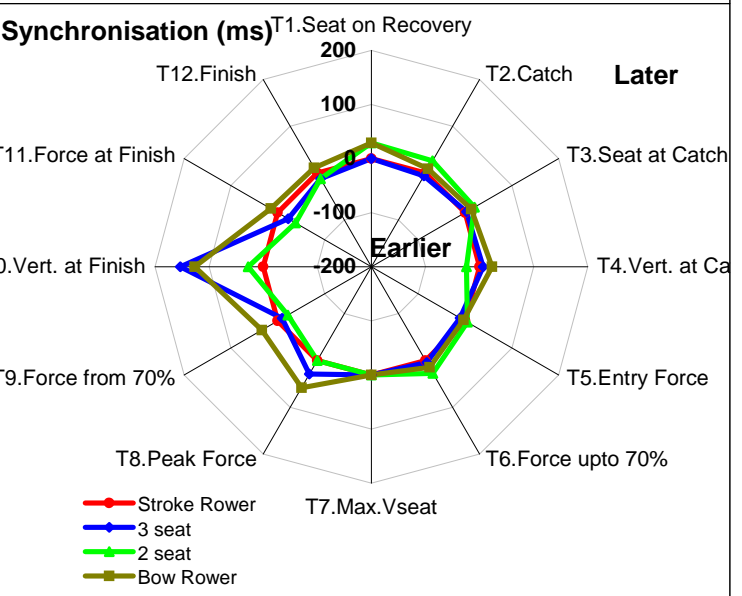
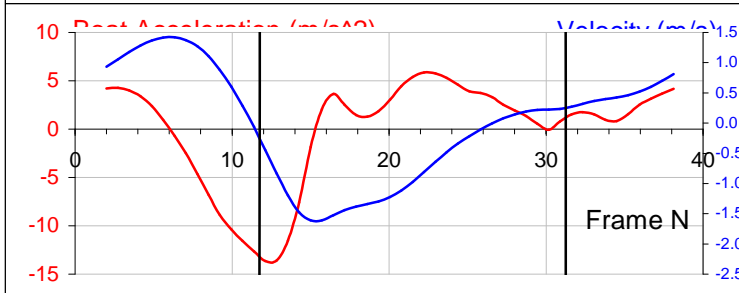
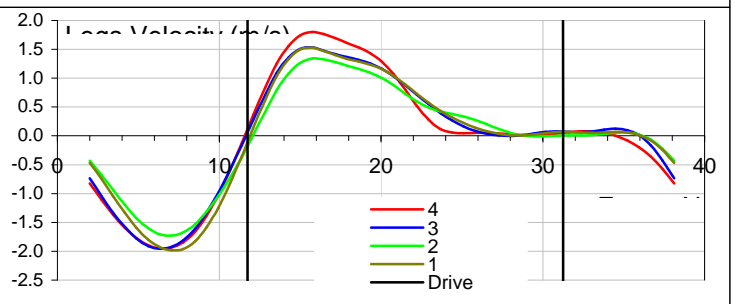
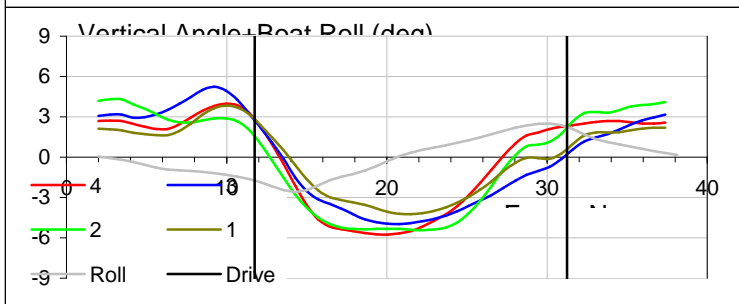
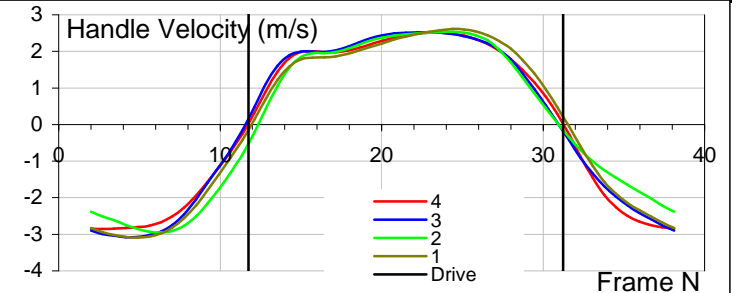
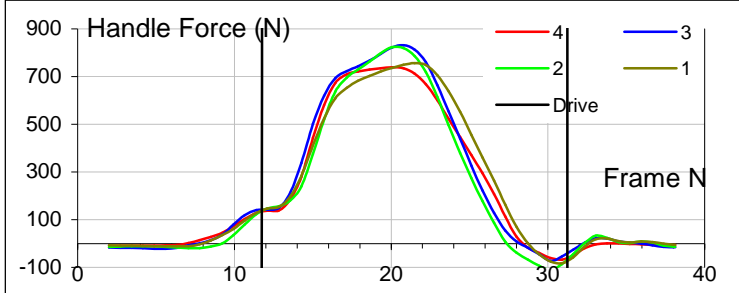
#	Time over 2000m (m:s)	Max. Force (N)	Average Force (N)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Max. Handle Velocity (m/s)	HDF	Legs drive (m)	Legs Max. Speed (m/s)	Catch Factor (ms)	Rowing Style Factor (%)
1	6:05.30	756	405	54%	44.8%	10.6	27.6	2.61	77.6	0.559	1.53	-1.2	87.3%
2	7:25.55	710	337	47%	41.3%	15.0	30.7	2.25	71.3	0.598	1.24	-0.3	90.6%
3	7:12.06	676	327	48%	39.7%	14.4	30.1	2.29	75.2	0.600	1.30	4.8	92.6%
4	6:51.18	666	316	47%	39.9%	14.2	32.2	2.34	73.0	0.587	1.38	6.7	92.3%
5	6:30.29	668	325	49%	40.9%	13.6	32.7	2.41	72.1	0.595	1.45	2.3	94.9%
6	6:19.88	673	338	50%	39.3%	11.8	34.9	2.47	71.1	0.606	1.53	0.2	97.0%
7	6:23.82	708	362	51%	39.5%	11.4	34.8	2.49	76.2	0.599	1.59	1.0	98.6%
8	6:02.96	718	383	53%	39.8%	9.5	34.7	2.55	72.4	0.581	1.69	-3.3	97.9%
Average		696.9	349.2	50%	40.7%	12.6	32.2	2.43	73.6	0.591	1.46	1.3	93.9%
Variation (%)		4.6%	9.0%	5.0%	4.5%	15.9%	8.1%	5.3%	3.3%	2.5%	10.2%	3.2	3.9%



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.782	54.1%	-48.2	31.9	80.1	10.9	18.0	63.9%	79.8%	-5.3	92.5%
3	3 seat	0.776	53.7%	-48.1	33.2	81.3	15.5	10.8	67.7%	77.7%	3.8	74.8%
2	2 seat	0.745	51.5%	-49.1	28.2	77.3	7.2	11.2	76.1%	77.2%	-11.0	74.2%
1	Bow Rower	0.784	54.3%	-49.7	31.3	81.0	16.4	20.8	54.0%	80.8%	-1.2	87.3%
Average		0.772	53.4%	-48.8	31.1	79.9	12.5	15.2	65.4%	78.9%	-3.4	82.2%
±SD		0.018	1.3%	0.8	2.1	1.8	4.3	5.0	9.2%	1.7%	6.3	9.1%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	466	673	740	391	0.44	53%	39.5%	10.7	28.7	0.60	1.80	117.5
3	505	730	831	415	0.44	50%	46.0%	12.1	28.9	0.57	1.53	119.4
2	449	649	823	385	0.41	47%	38.4%	11.2	30.6	0.49	1.34	112.7
1	483	697	756	405	0.45	54%	44.8%	10.6	27.6	0.56	1.53	119.9
Average		476	687	788	399	0.43	51%	11.1	29.0	0.55	1.55	117.4
±SD		24.1	34.8	47	14	0.01	3%	0.7	1.3	0.04	0.19	3.3

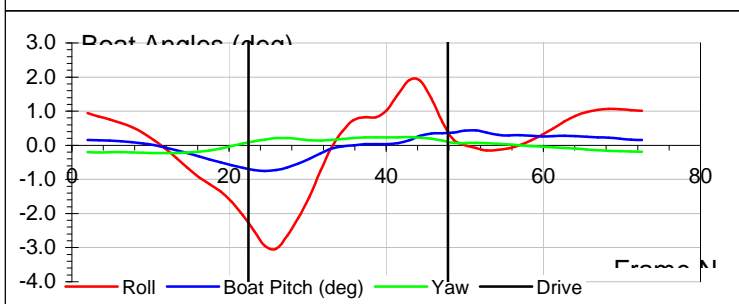
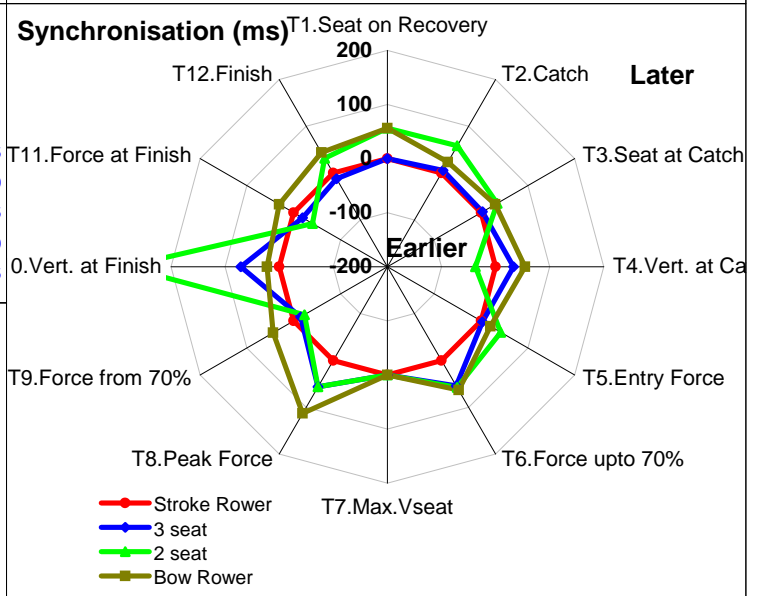
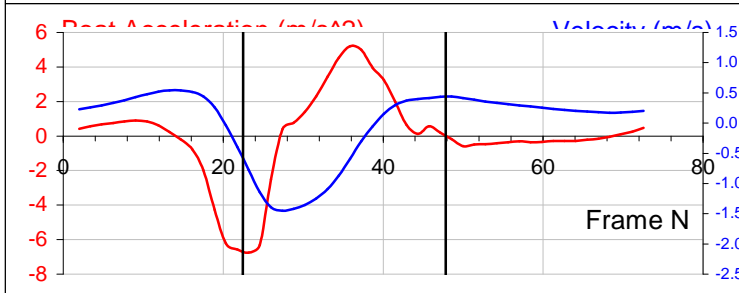
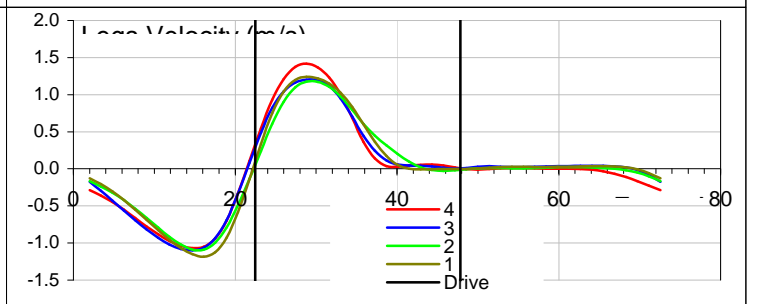
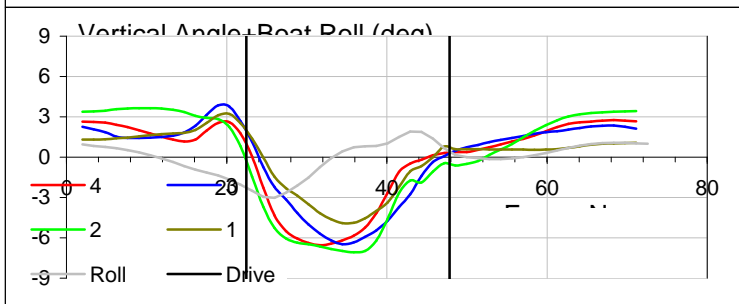
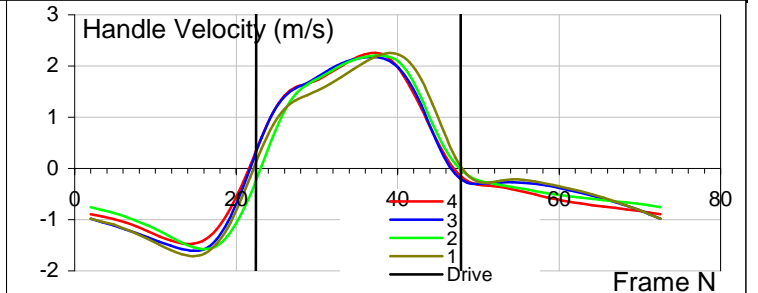
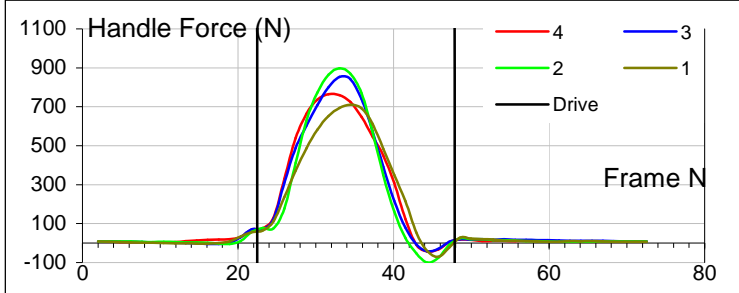
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11.2	0.0	-6.1	3.0	6.7	-10.7	3.9	0.0	28.9	-9.5	153.1	-22.5	-11.8
3.3	28.9	25.8	20.1	-24.4	4.7	27.0	0.0	0.0	-21.7	28.1	-37.7	-11.7
27.5	28.9	9.1	13.2	23.3	-3.6	15.0	0.0	57.8	33.7	126.6	14.9	11.0
14.0	19.3	9.6	12.1	1.8	-3.2	15.3	0.0	28.9	0.8	102.6	-15.1	-4.2
20.7	16.7	16.0	8.6	24.2	7.7	11.6	0.0	28.9	29.1	65.9	27.1	13.1



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	1.016	36.0%	-50.5	34.2	84.7	10.1	10.2	76.1%	74.7%	-7.2	88.9%
3	3 seat	0.999	35.4%	-49.7	35.3	85.0	17.3	2.1	77.1%	74.6%	-9.4	77.5%
2	2 seat	0.990	35.1%	-52.3	30.6	82.9	3.0	6.5	88.5%	72.4%	-31.0	81.8%
1	Bow Rower	1.037	36.7%	-52.2	33.1	85.4	20.2	13.5	60.4%	80.3%	-0.3	90.6%
Average		1.010	35.8%	-51.2	33.3	84.5	12.7	8.1	75.5%	75.5%	-12.0	84.7%
±SD		0.021	0.7%	1.3	2.0	1.1	7.7	4.9	11.5%	3.4%	13.3	6.1%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	256	723	765	375	0.42	49%	34.3%	13.2	28.0	0.62	1.42	170.6
3	259	732	854	383	0.40	45%	42.1%	17.8	29.8	0.59	1.20	166.8
2	248	701	898	364	0.39	41%	37.2%	13.6	33.6	0.57	1.17	163.8
1	225	634	710	337	0.37	47%	41.3%	15.0	30.7	0.60	1.24	156.9
Average		247	697	807	365	0.40	45%	14.9	30.5	0.59	1.26	164.5
±SD		15.6	44.1	85	20	0.02	4%	2.1	2.4	0.02	0.11	5.8

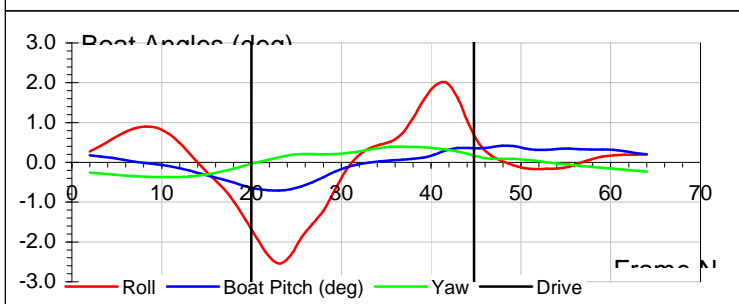
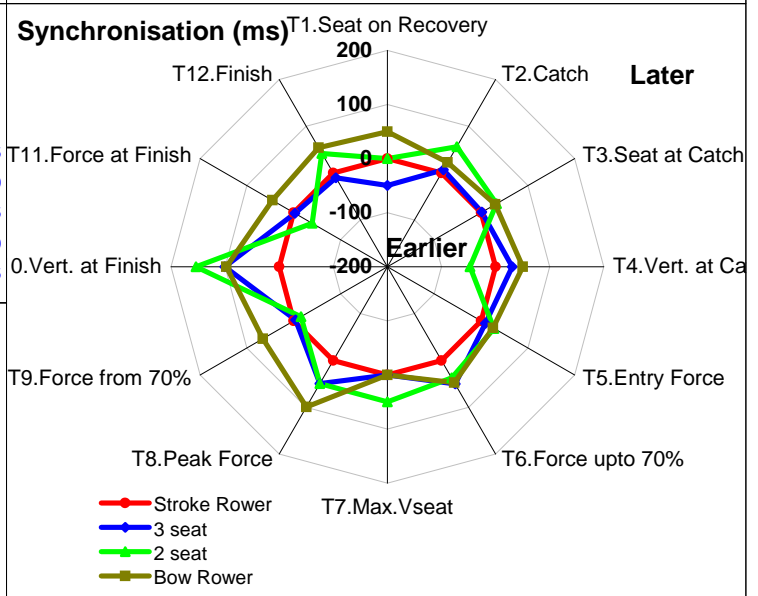
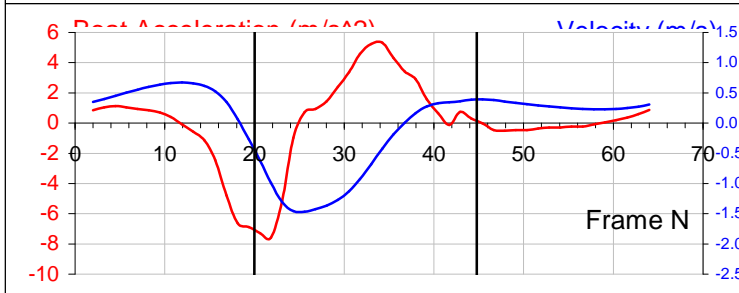
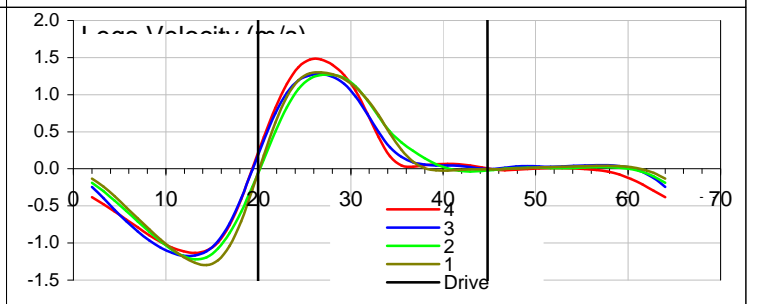
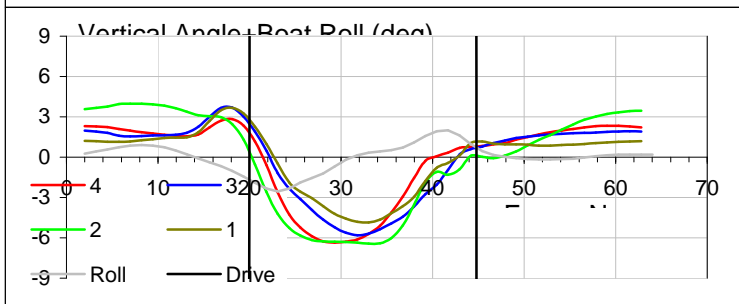
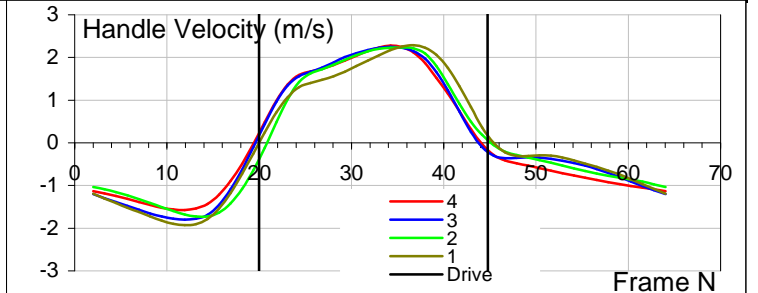
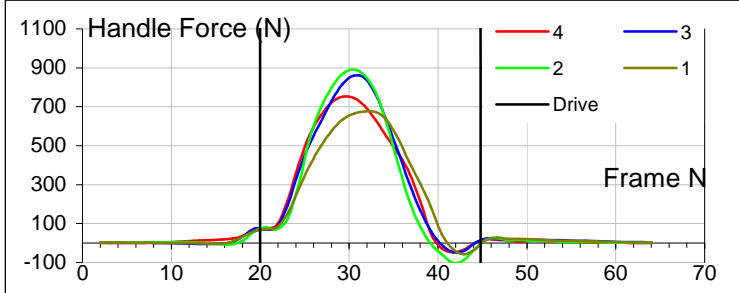
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15.1	0.0	5.4	3.1	33.0	3.1	54.5	0.0	56.4	-14.6	70.8	-18.8	-11.9
43.3	56.4	58.1	34.3	-37.6	42.0	57.2	0.0	56.4	-23.1	284.4	-40.3	31.5
41.8	56.4	23.5	30.4	54.2	20.0	63.1	0.0	112.9	43.7	22.6	30.7	43.8
33.4	37.6	29.0	22.6	16.5	21.7	58.3	0.0	75.3	2.0	125.9	-9.5	21.2
35.2	32.6	26.8	17.0	48.0	19.5	4.4	0.0	32.6	36.3	139.3	36.4	29.3



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.986	39.7%	-50.2	34.3	84.4	11.6	13.1	70.7%	75.3%	-3.2	88.6%
3	3 seat	0.969	39.1%	-49.6	35.7	85.2	18.5	4.9	72.5%	74.6%	-8.1	80.5%
2	2 seat	0.971	39.2%	-53.1	30.6	83.7	3.4	8.6	85.6%	72.4%	-26.7	81.4%
1	Bow Rower	1.017	41.0%	-52.0	32.9	84.9	19.0	15.1	59.8%	81.8%	4.8	92.6%
Average		0.986	39.7%	-51.2	33.3	84.6	13.1	10.4	72.2%	76.0%	-8.3	85.8%
±SD		0.022	0.9%	1.6	2.1	0.7	7.3	4.6	10.6%	4.0%	13.4	5.8%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	276	685	751	358	0.40	48%	35.1%	14.2	29.7	0.62	1.47	154.0
3	295	733	860	380	0.40	44%	41.4%	18.3	30.8	0.59	1.27	155.2
2	278	691	892	357	0.38	40%	37.2%	13.5	35.0	0.59	1.27	151.7
1	246	611	676	327	0.36	48%	39.7%	14.4	30.1	0.60	1.30	148.1
Average		274	680	795	0.39	45%	38.3%	15.1	31.4	0.60	1.33	152.2
±SD		20.4	50.5	99	22	4%	2.8%	2.2	2.4	0.01	0.10	3.1

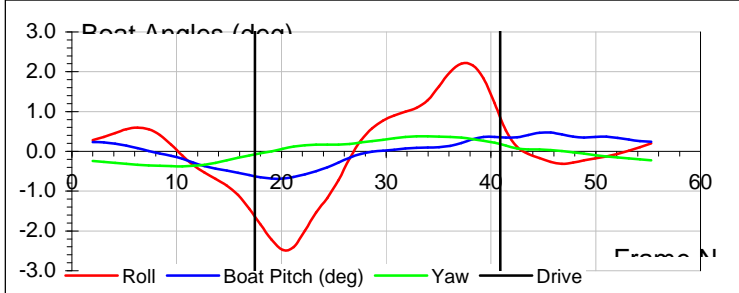
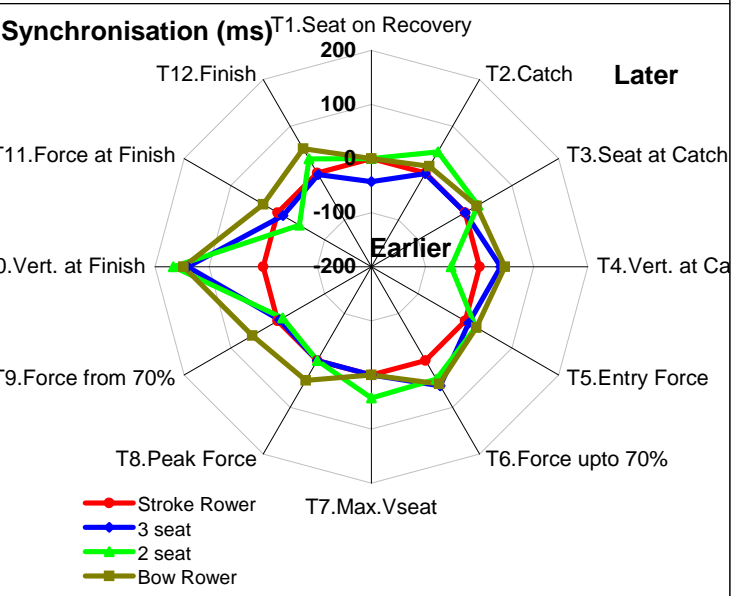
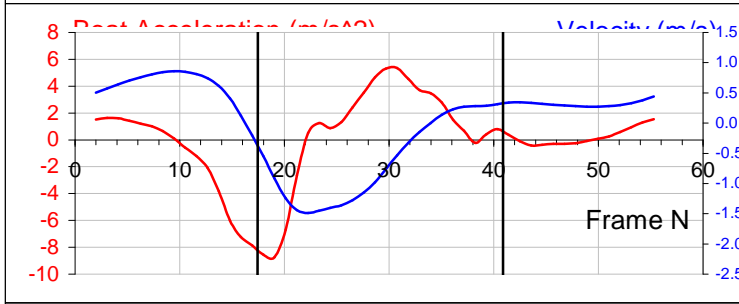
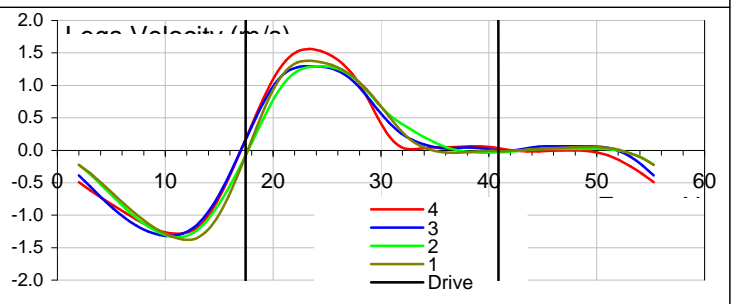
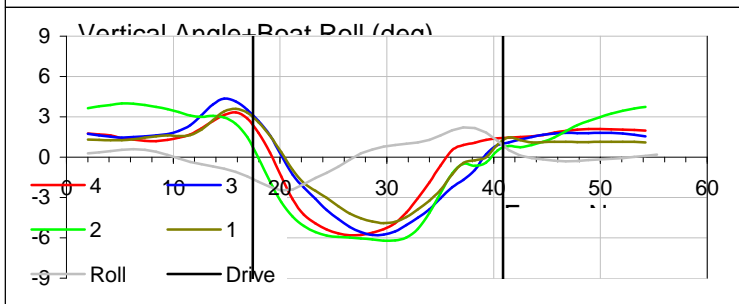
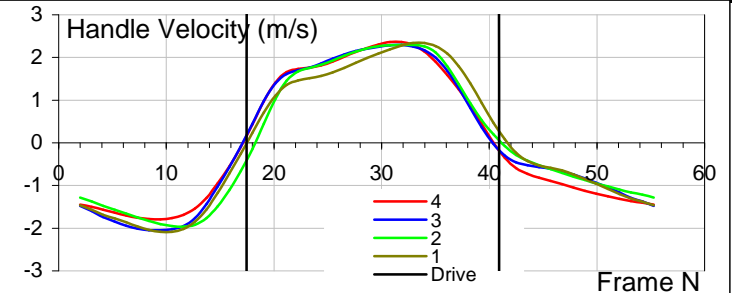
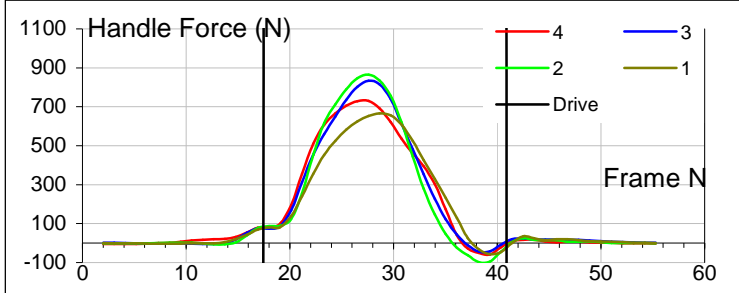
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15.3	-49.6	6.8	1.9	30.9	8.7	50.1	0.0	49.6	-4.0	100.8	-2.2	-9.9
29.0	0.0	56.3	32.9	-47.4	27.6	37.2	49.6	49.6	-15.1	154.0	-39.4	42.2
48.9	49.6	22.3	30.3	50.4	25.5	47.2	0.0	99.2	65.4	97.6	45.5	53.6
31.0	0.0	28.5	21.7	11.3	20.6	44.8	16.5	66.2	15.5	117.5	1.3	28.6
30.8	49.6	25.3	17.2	51.7	10.4	6.8	28.6	28.6	43.6	31.7	42.6	33.8



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.931	43.7%	-50.3	34.6	84.9	12.7	16.8	65.2%	76.4%	-4.1	87.2%
3	3 seat	0.929	43.6%	-49.3	35.5	84.7	20.6	7.3	67.0%	76.7%	-3.1	77.6%
2	2 seat	0.916	43.0%	-52.9	30.2	83.1	4.6	9.9	82.5%	73.7%	-22.5	79.3%
1	Bow Rower	0.969	45.5%	-51.6	32.7	84.3	20.6	17.2	55.2%	83.1%	6.7	92.3%
Average		0.936	43.9%	-51.0	33.3	84.3	14.6	12.8	67.5%	77.5%	-5.8	84.1%
±SD		0.023	1.1%	1.6	2.4	0.8	7.7	5.0	11.3%	4.0%	12.2	6.9%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	314	669	730	355	0.40	49%	41.3%	13.0	31.9	0.62	1.56	134.7
3	325	693	833	366	0.39	44%	41.8%	18.0	32.2	0.59	1.30	138.9
2	311	664	864	352	0.38	41%	38.1%	13.2	35.0	0.57	1.30	135.0
1	272	579	666	316	0.35	47%	39.9%	14.2	32.2	0.59	1.38	131.5
305		651	773	347	0.38	45%	40.3%	14.6	32.8	0.59	1.38	135.0
23.3		49.7	92	22	0.02	4%	1.7%	2.3	1.5	0.02	0.13	3.0

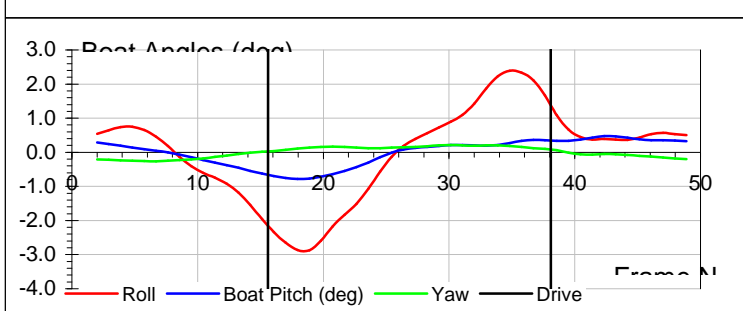
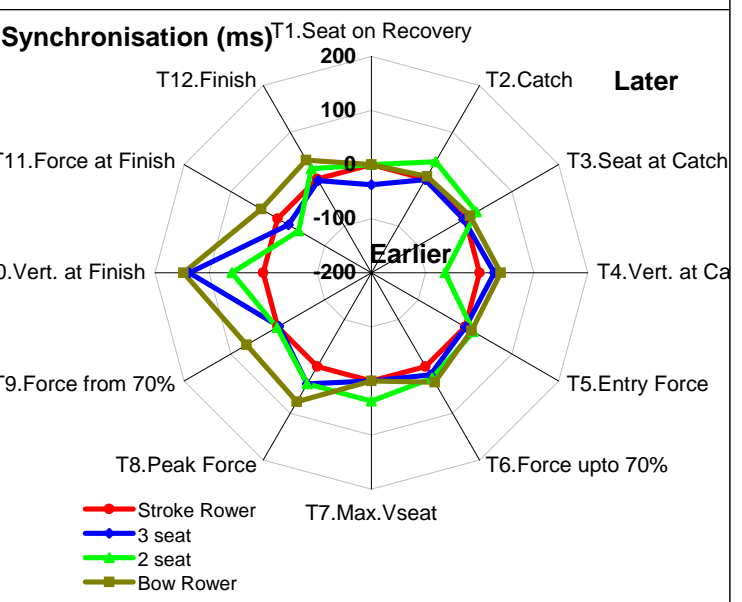
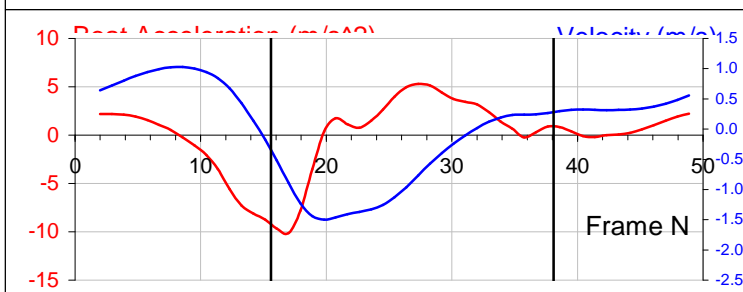
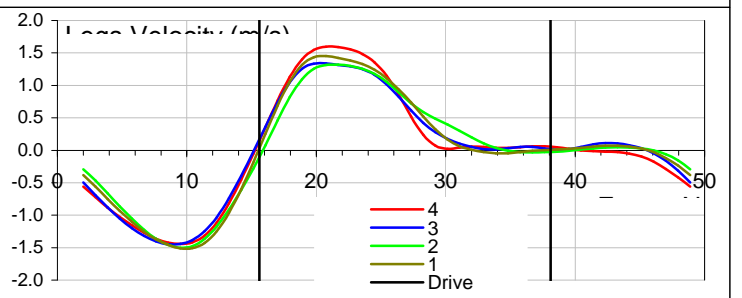
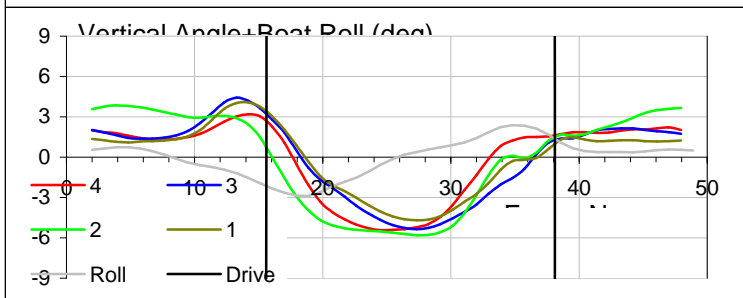
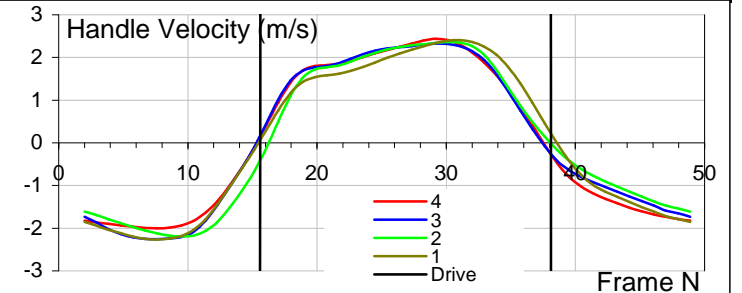
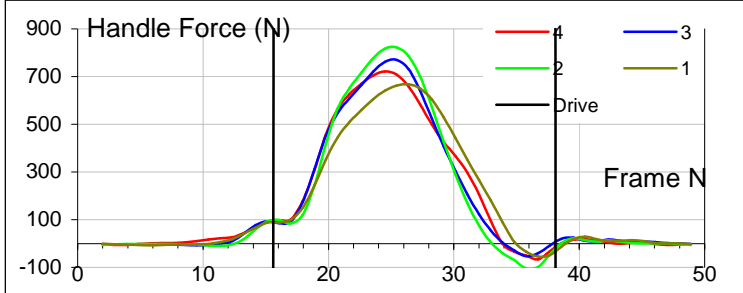
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14.8	-42.6	-1.1	-0.1	38.8	7.8	54.0	0.0	0.0	-4.3	139.6	-11.5	-3.3
22.1	0.0	45.4	26.9	-52.9	23.4	39.7	42.6	0.0	-10.7	166.3	-45.9	29.9
40.6	0.0	14.2	25.0	46.9	24.2	50.3	0.0	42.6	53.8	147.4	30.9	52.3
25.8	-14.2	19.5	17.3	10.9	18.4	48.0	14.2	14.2	12.9	151.1	-8.8	26.3
25.0	24.6	23.7	15.1	55.4	9.2	7.4	24.6	24.6	35.5	13.7	38.5	28.0



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.888	47.3%	-50.1	34.2	84.3	14.2	17.0	63.0%	78.8%	-2.9	87.1%
3	3 seat	0.885	47.2%	-48.9	34.9	83.8	23.4	7.4	63.1%	79.2%	-5.2	77.3%
2	2 seat	0.872	46.5%	-52.7	29.6	82.3	5.4	12.0	78.9%	77.0%	-16.1	77.9%
1	Bow Rower	0.923	49.2%	-52.1	32.6	84.7	22.6	18.5	51.5%	84.3%	2.3	94.9%
Average		0.892	47.6%	-50.9	32.8	83.7	16.4	13.7	64.1%	79.8%	-5.4	84.3%
±SD		0.022	1.2%	1.8	2.3	1.0	8.4	5.1	11.2%	3.1%	7.7	8.4%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	336	631	721	343	0.38	48%	36.8%	13.0	34.9	0.61	1.60	120.2
3	334	626	770	342	0.36	44%	43.3%	15.1	34.1	0.58	1.34	120.6
2	331	621	822	340	0.37	41%	39.6%	12.7	35.6	0.57	1.32	120.6
1	314	588	668	325	0.36	49%	40.9%	13.6	32.7	0.59	1.45	121.9
Average		329	617	745	338	0.37	46%	13.6	34.4	0.59	1.43	120.8
±SD		10.3	19.4	66	9	0.01	3%	1.1	1.3	0.02	0.13	0.7

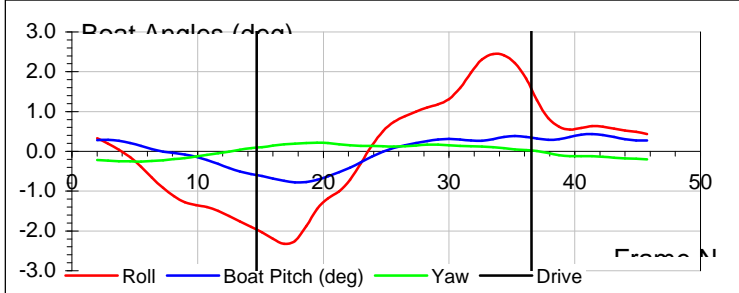
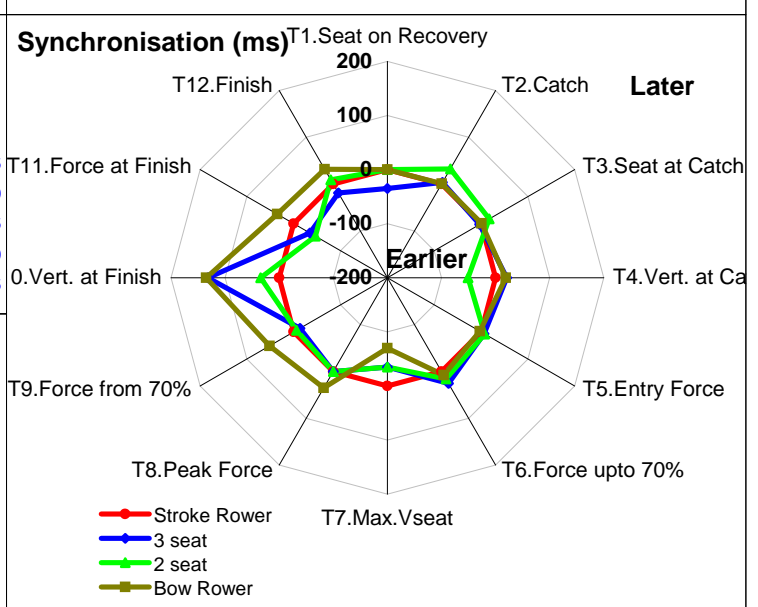
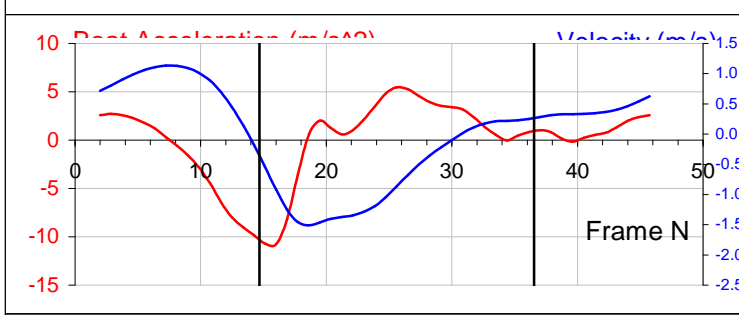
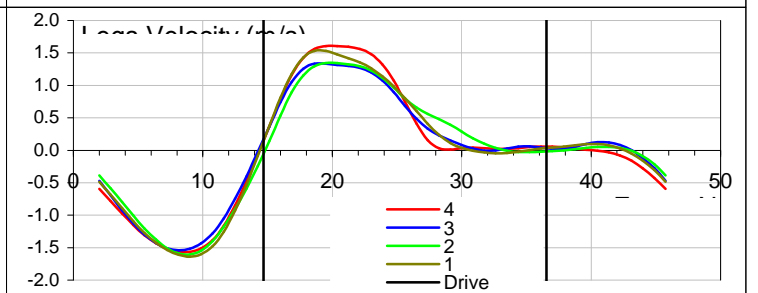
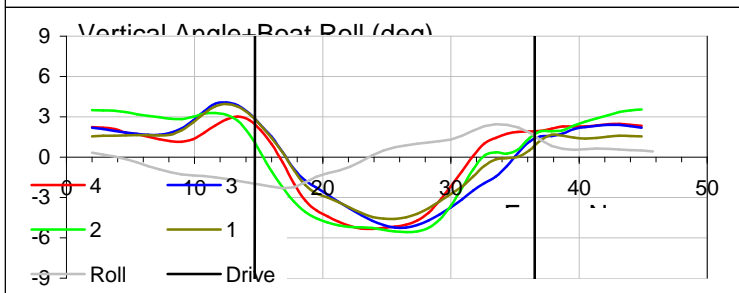
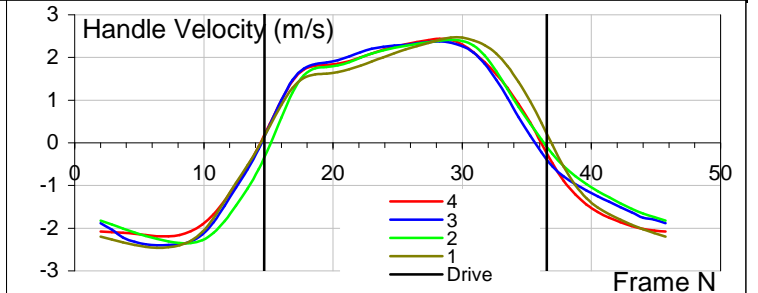
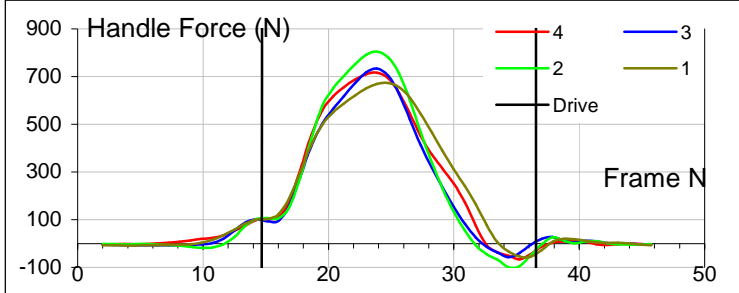
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12.4	-37.5	-0.9	-3.2	27.0	0.6	18.0	0.0	37.5	-2.5	136.7	-22.8	-3.6
12.6	0.0	37.3	24.1	-63.8	17.5	24.7	37.5	37.5	1.7	58.2	-45.0	21.6
38.9	0.0	5.5	10.7	39.3	13.8	33.5	0.0	75.0	66.4	147.4	34.9	40.9
21.3	-12.5	14.0	10.5	0.8	10.6	25.4	12.5	50.0	21.9	114.1	-11.0	19.6
26.9	21.7	20.4	13.7	56.3	8.9	7.8	21.7	21.7	38.6	48.7	41.3	22.3



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.869	49.7%	-50.2	33.7	83.8	13.9	17.5	62.6%	80.4%	0.1	87.0%
3	3 seat	0.847	48.4%	-47.6	34.9	82.6	23.6	7.4	62.5%	79.7%	-6.6	75.8%
2	2 seat	0.846	48.3%	-52.9	28.8	81.8	7.8	12.5	75.1%	78.5%	-15.6	78.6%
1	Bow Rower	0.900	51.4%	-53.2	32.4	85.6	19.0	22.4	51.7%	84.2%	0.2	97.0%
Average		0.865	49.5%	-51.0	32.5	83.4	16.1	14.9	63.0%	80.7%	-5.5	84.6%
±SD		0.025	1.5%	2.6	2.6	1.7	6.8	6.5	9.6%	2.4%	7.4	9.6%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	352	617	717	340	0.38	47%	39.8%	12.6	35.2	0.62	1.61	115.3
3	331	579	734	322	0.34	44%	41.9%	15.3	34.4	0.56	1.34	106.8
2	345	604	805	342	0.37	42%	37.9%	11.9	36.4	0.58	1.34	115.4
1	346	605	673	338	0.37	50%	39.3%	11.8	34.9	0.61	1.53	117.9
Average		344	601	732	336	0.37	46%	12.9	35.2	0.59	1.45	113.9
±SD		8.9	15.6	55	9	0.02	4%	1.7	0.9	0.02	0.14	4.8

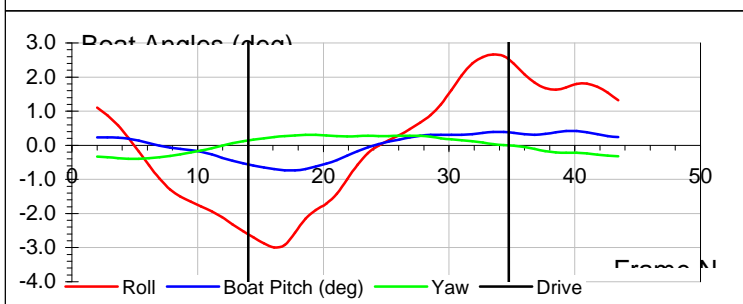
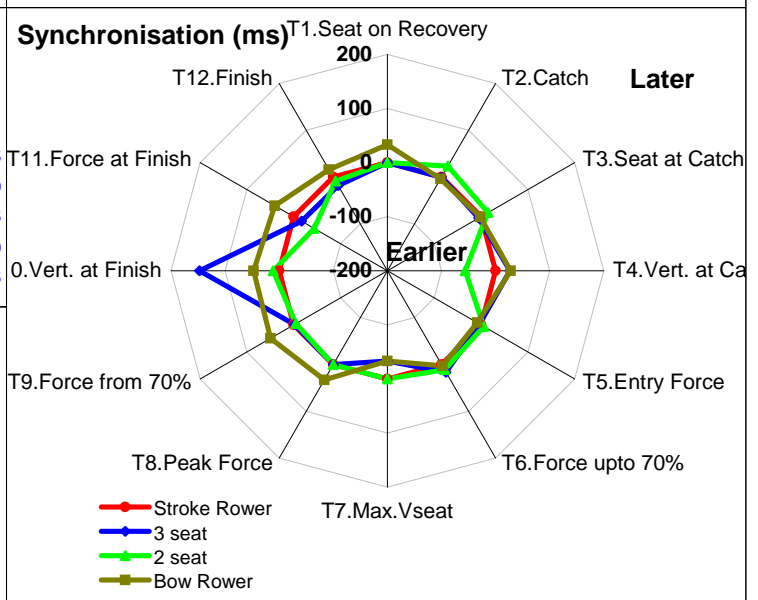
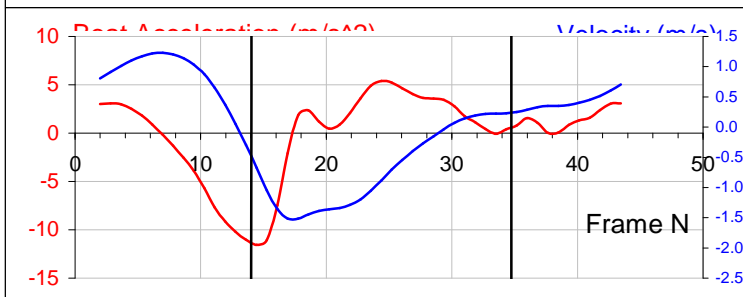
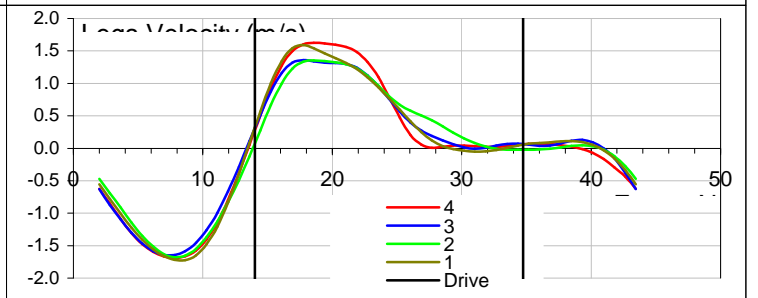
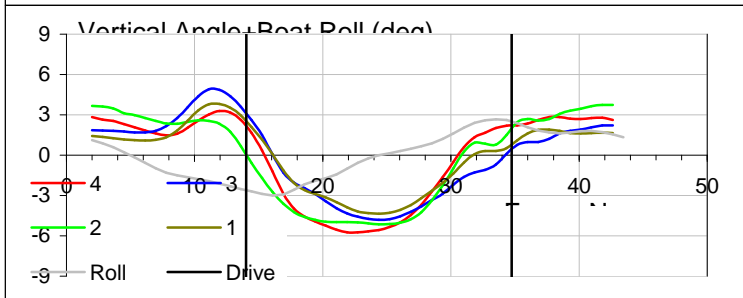
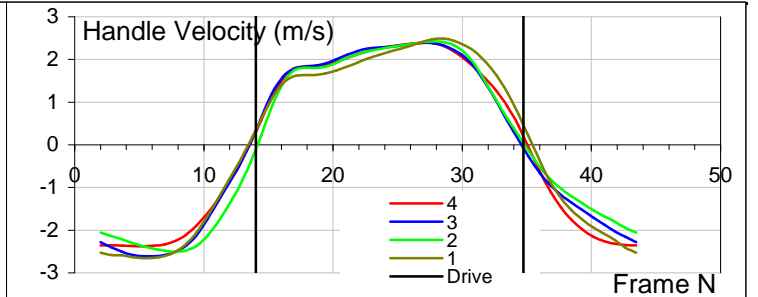
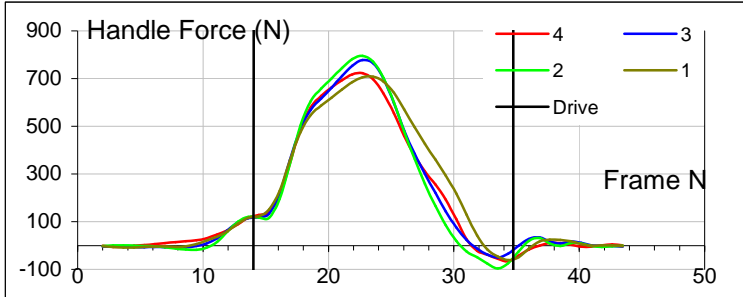
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
4.0	-35.0	3.6	-3.1	20.5	6.4	25.6	-35.0	0.0	-13.7	132.1	-34.5	-19.2
-1.8	0.0	32.5	16.9	-50.9	7.7	15.7	-35.0	0.0	-6.0	34.3	-46.0	8.8
20.4	0.0	1.2	1.3	18.9	-2.6	7.9	-70.0	35.0	51.5	134.9	35.2	31.6
7.5	-11.7	12.5	5.0	-3.8	3.8	16.4	-46.7	11.7	10.6	100.4	-15.1	7.1
25.5	20.2	17.4	10.5	40.8	5.6	8.8	20.2	20.2	35.6	57.3	43.9	25.4



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.860	51.9%	-49.8	33.6	83.5	11.6	17.9	64.6%	79.0%	-1.8	89.2%
3	3 seat	0.842	50.8%	-48.1	34.6	82.8	22.8	12.1	57.9%	78.9%	-6.5	76.9%
2	2 seat	0.828	49.9%	-53.1	28.3	81.4	7.7	14.2	73.1%	76.7%	-11.1	75.8%
1	Bow Rower	0.880	53.1%	-52.3	32.5	84.8	20.9	24.1	46.9%	83.0%	1.0	98.6%
Average		0.852	51.4%	-50.8	32.3	83.1	15.7	17.1	60.6%	79.4%	-4.6	85.1%
±SD		0.023	1.4%	2.3	2.8	1.4	7.2	5.3	11.0%	2.7%	5.3	10.8%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	366	607	723	339	0.38	47%	39.1%	11.9	36.1	0.61	1.62	113.7
3	381	631	778	356	0.37	46%	40.8%	14.1	34.5	0.57	1.36	116.3
2	364	604	795	347	0.37	44%	38.5%	11.8	36.1	0.57	1.36	113.2
1	384	636	708	362	0.40	51%	39.5%	11.4	34.8	0.60	1.59	123.3
Average		374	620	751	351	0.38	47%	12.3	35.4	0.59	1.48	116.6
±SD		10.0	16.6	42	10	0.01	3%	1.2	0.8	0.02	0.14	4.7

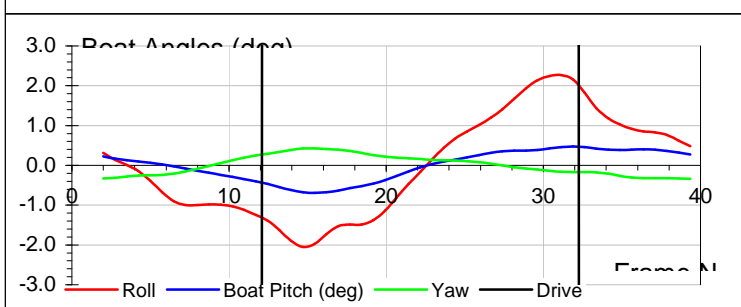
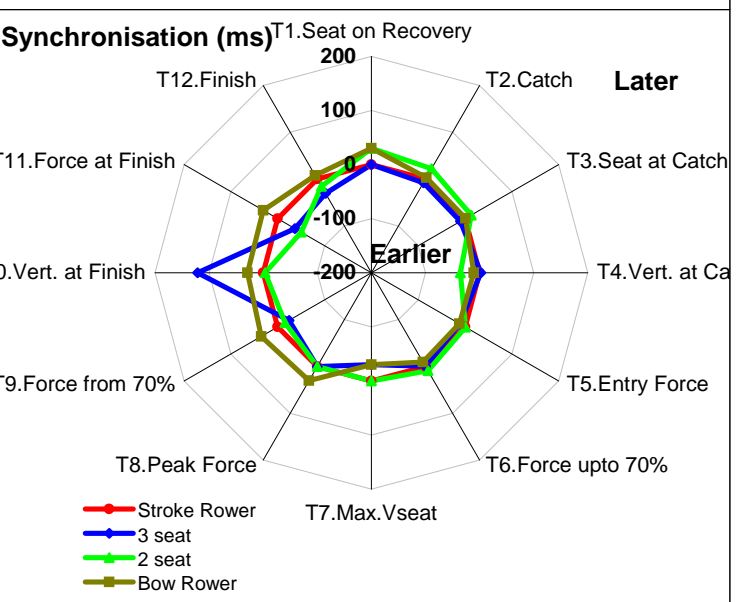
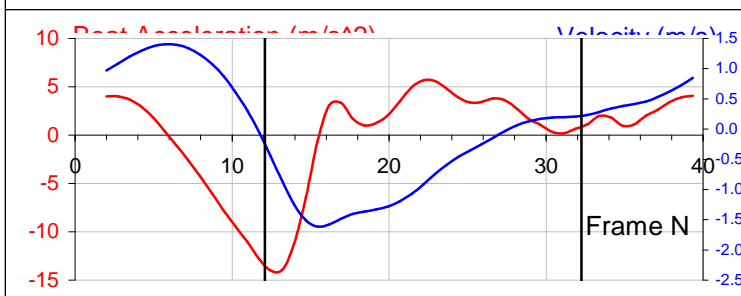
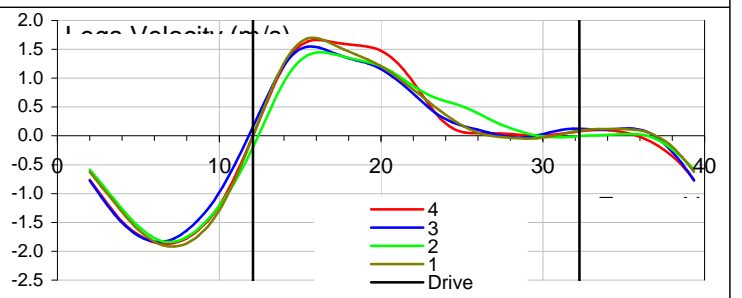
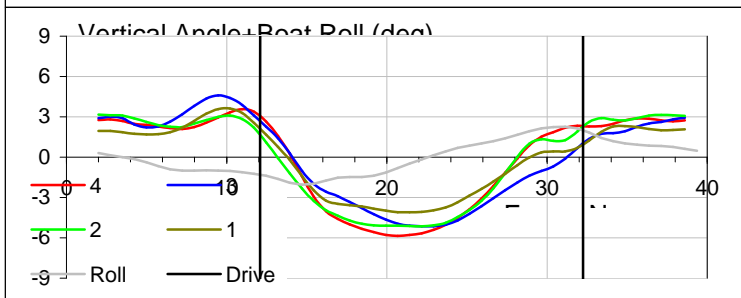
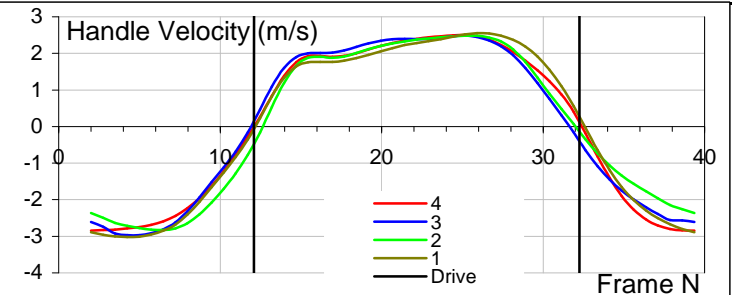
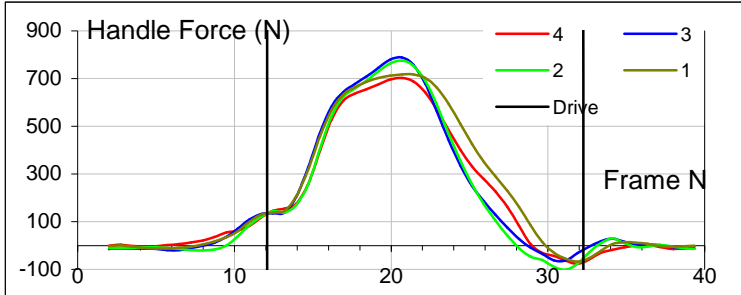
Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
9.3	0.0	-0.6	-5.3	26.6	-3.5	16.8	-33.2	0.0	-1.7	147.1	-16.3	-18.1
-4.0	0.0	23.8	14.5	-56.2	5.1	11.0	0.0	0.0	-5.0	11.0	-43.6	-8.6
16.9	33.2	-4.4	-1.5	27.8	-8.1	3.1	-33.2	33.2	49.6	47.3	39.9	16.0
7.4	11.1	6.3	2.6	-0.6	-2.2	10.3	-22.1	11.1	14.3	68.4	-6.7	-3.6
25.5	19.1	15.3	10.5	48.1	6.7	6.9	19.1	19.1	30.6	70.4	42.6	17.6



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Blade Efficiency (%)	Catch Factor (ms)	Rowing Style Factor (%)
4	Stroke Rower	0.812	54.4%	-49.4	33.2	82.6	12.1	18.3	63.1%	81.0%	-0.6	89.5%
3	3 seat	0.789	52.8%	-47.9	34.0	81.9	20.7	11.1	61.2%	78.8%	-3.0	80.0%
2	2 seat	0.775	51.9%	-51.6	27.8	79.5	9.8	15.9	67.6%	79.0%	-9.3	79.6%
1	Bow Rower	0.817	54.7%	-51.7	31.9	83.5	13.2	27.9	50.8%	83.8%	-3.3	97.9%
Average		0.798	53.4%	-50.1	31.7	81.9	14.0	18.3	60.7%	80.6%	-4.0	86.7%
±SD		0.020	1.3%	1.8	2.7	1.7	4.7	7.1	7.1%	2.3%	3.7	8.8%

#	Rowing Power (W)	Work Per Stroke (J)	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)	HDF(F)
4	401	599	703	341	0.38	48%	38.6%	11.1	35.4	0.60	1.66	104.0
3	422	631	788	360	0.38	46%	42.6%	12.6	34.9	0.56	1.55	105.3
2	385	575	775	341	0.37	44%	38.5%	10.8	35.7	0.56	1.45	102.4
1	437	653	718	383	0.42	53%	39.8%	9.5	34.7	0.58	1.69	115.5
Average		411	615	746	0.39	48%	39.9%	11.0	35.2	0.58	1.59	106.8
±SD		23.0	34.4	42	20	4%	1.9%	1.3	0.5	0.02	0.11	5.9

Average synchronisation	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.Vseat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
-2.2	0.0	-7.5	-9.9	2.3	-11.2	-0.3	-29.9	0.0	-24.1	121.3	-36.8	-30.6
-3.8	29.9	21.8	13.1	-35.7	1.3	8.8	0.0	0.0	-15.3	-3.3	-50.4	-15.5
8.6	29.9	3.1	0.4	-10.9	-12.6	-9.7	-29.9	29.9	34.9	29.1	30.8	7.7
0.9	19.9	5.8	1.2	-14.8	-7.5	-0.4	-19.9	10.0	-1.5	49.0	-18.8	-12.8
22.8	17.3	14.9	11.6	19.3	7.6	9.2	17.3	17.3	31.8	64.6	43.5	19.3



Stroke Rower

Stroke Rate (str/min) **36.2** HM4- **01/11/21**

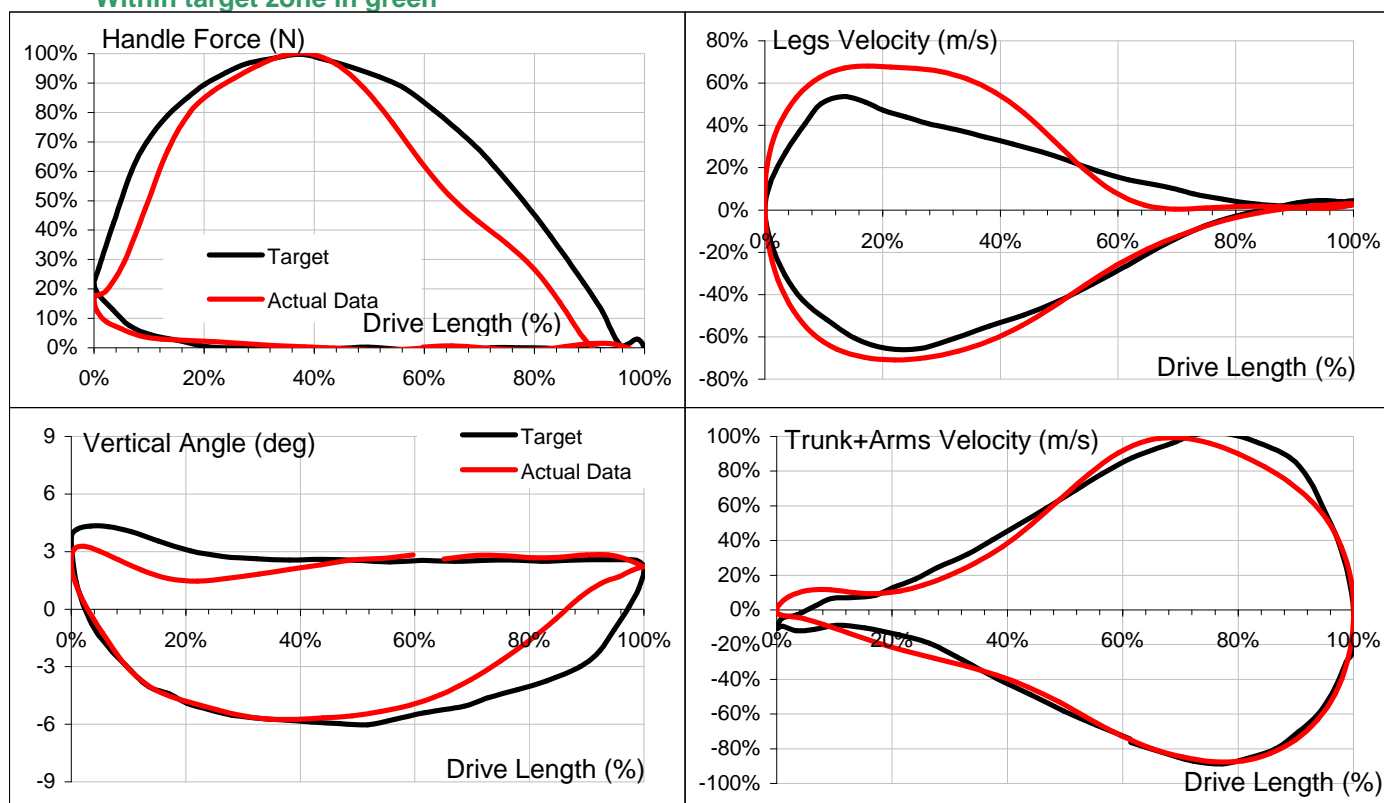
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:37.0	06:23.8	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:37.0	06:11.2	-10.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	36.2	-9.5%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	83.5	94.8%	46%
5	Average Force (N)	380.0	339.4	89.3%	67%
6	Work Per Stroke (J)	750	607.1	80.9%	64%
7	Rowing Power (W)	500	366.1	73.2%	57%
8	Catch Angle (deg)	-56.0	-49.8	-11.0%	38%
9	Finish Angle (deg)	32.0	33.6	5.1%	61%
10	Catch Slip (Deg)	9.0	11.6	29.1%	43%
11	Release Slip (deg)	9.0	17.9	99.4%	50%
12	Effective Angle (deg)	80%	64.6%	-18.8%	54%
13	Max.Blade Depth (deg)	-6.0	-5.7	-4.3%	45%
14	Max. Force (N)	760.0	722.6	-4.9%	73%
15	Ratio Aver / Max Force (%)	55%	47.0%	-14.6%	39%
16	Position of peak force (% of SL)	37%	39.1%	5.7%	52%
17	Catch force gradient (deg)	9.2	11.9	29.3%	48%
18	Finish force gradient (deg)	27.6	36.1	30.7%	57%
19	Legs drive (m)	0.60	0.61	2.4%	74%
20	Legs Max. Speed (m/s)	1.45	1.62	11.9%	54%
21	Catch Factor (ms)	-25.0	-1.8		63%
22	Rowing Style Factor (%)	90%	89.2%		65%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



3 seat

Stroke Rate (str/min) **36.2** HM4- **01/11/21**

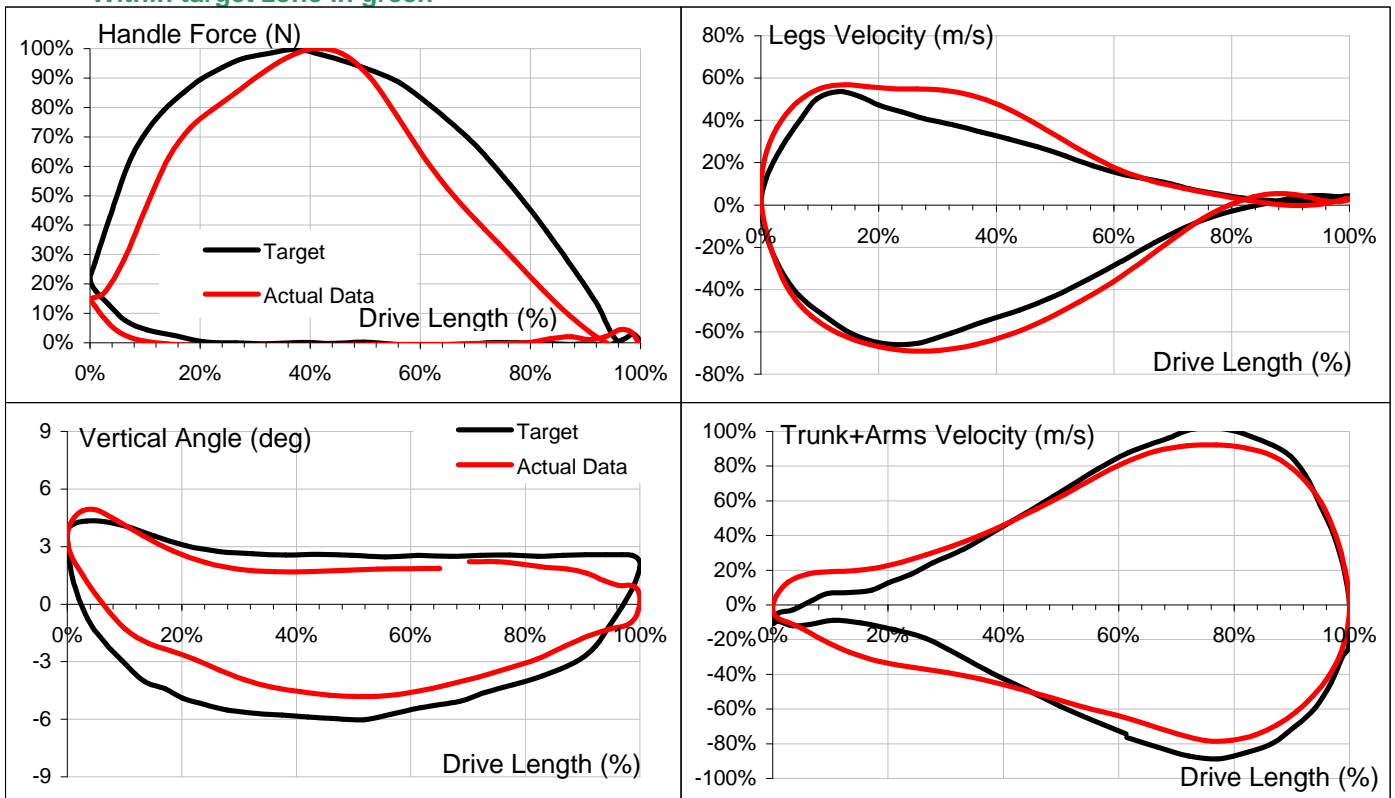
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:37.0	06:23.8	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:37.0	06:11.2	-10.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	36.2	-9.5%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	82.8	94.1%	43%
5	Average Force (N)	380.0	355.8	93.6%	73%
6	Work Per Stroke (J)	750	631.1	84.1%	69%
7	Rowing Power (W)	500	380.6	76.1%	59%
8	Catch Angle (deg)	-56.0	-48.1	-14.0%	30%
9	Finish Angle (deg)	32.0	34.6	8.2%	68%
10	Catch Slip (Deg)	9.0	22.8	153.0%	68%
11	Release Slip (deg)	9.0	12.1	34.2%	37%
12	Effective Angle (deg)	80%	57.9%	-27.2%	46%
13	Max.Blade Depth (deg)	-6.0	-4.8	-19.7%	56%
14	Max. Force (N)	760.0	777.8	2.3%	84%
15	Ratio Aver / Max Force (%)	55%	45.7%	-16.8%	35%
16	Position of peak force (% of SL)	37%	40.8%	10.2%	55%
17	Catch force gradient (deg)	9.2	14.1	53.1%	57%
18	Finish force gradient (deg)	27.6	34.5	25.2%	53%
19	Legs drive (m)	0.60	0.57	-4.2%	64%
20	Legs Max. Speed (m/s)	1.45	1.36	-6.1%	51%
21	Catch Factor (ms)	-25.0	-6.5		59%
22	Rowing Style Factor (%)	90%	76.9%		49%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



2 seat

Stroke Rate (str/min) **36.2** HM4- 01/11/21

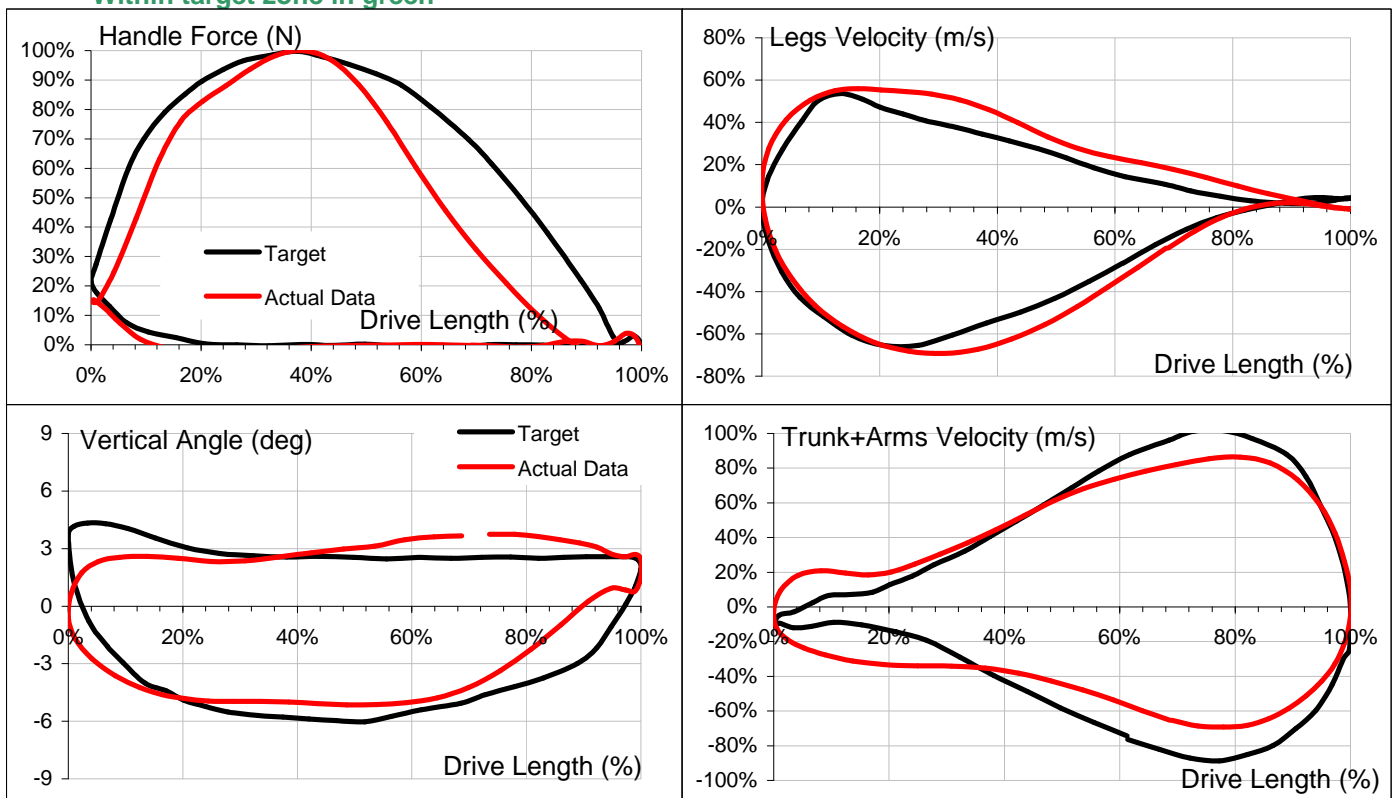
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:37.0	06:23.8	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:37.0	06:11.2	-10.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	36.2	-9.5%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	81.4	92.5%	38%
5	Average Force (N)	380.0	346.9	91.3%	69%
6	Work Per Stroke (J)	750	603.6	80.5%	63%
7	Rowing Power (W)	500	364.0	72.8%	56%
8	Catch Angle (deg)	-56.0	-53.1	-5.3%	53%
9	Finish Angle (deg)	32.0	28.3	-11.5%	23%
10	Catch Slip (Deg)	9.0	7.7	-14.5%	34%
11	Release Slip (deg)	9.0	14.2	57.8%	42%
12	Effective Angle (deg)	80%	73.1%	-8.1%	66%
13	Max.Blade Depth (deg)	-6.0	-5.2	-14.1%	52%
14	Max. Force (N)	760.0	795.3	4.6%	87%
15	Ratio Aver / Max Force (%)	55%	43.6%	-20.7%	26%
16	Position of peak force (% of SL)	37%	38.5%	4.0%	51%
17	Catch force gradient (deg)	9.2	11.8	28.4%	48%
18	Finish force gradient (deg)	27.6	36.1	30.6%	57%
19	Legs drive (m)	0.60	0.57	-4.9%	62%
20	Legs Max. Speed (m/s)	1.45	1.36	-6.5%	51%
21	Catch Factor (ms)	-25.0	-11.1		56%
22	Rowing Style Factor (%)	90%	75.8%		47%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Bow Rower

Stroke Rate (str/min) **36.2** HM4- **01/11/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:37.0	06:23.8	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:37.0	06:11.2	-10.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	40.0	36.2	-9.5%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	84.8	96.3%	51%
5	Average Force (N)	380.0	362.3	95.3%	75%
6	Work Per Stroke (J)	750	636.3	84.8%	70%
7	Rowing Power (W)	500	383.7	76.7%	60%
8	Catch Angle (deg)	-56.0	-52.3	-6.6%	50%
9	Finish Angle (deg)	32.0	32.5	1.5%	53%
10	Catch Slip (Deg)	9.0	20.9	132.1%	64%
11	Release Slip (deg)	9.0	24.1	167.7%	63%
12	Effective Angle (deg)	80%	46.9%	-41.0%	32%
13	Max.Blade Depth (deg)	-6.0	-4.3	-27.5%	61%
14	Max. Force (N)	760.0	708.2	-6.8%	71%
15	Ratio Aver / Max Force (%)	55%	51.2%	-7.0%	56%
16	Position of peak force (% of SL)	37%	39.5%	6.7%	53%
17	Catch force gradient (deg)	9.2	11.4	24.1%	46%
18	Finish force gradient (deg)	27.6	34.8	26.2%	54%
19	Legs drive (m)	0.60	0.60	-0.2%	70%
20	Legs Max. Speed (m/s)	1.45	1.59	9.6%	54%
21	Catch Factor (ms)	-25.0	1.0		65%
22	Rowing Style Factor (%)	90%	98.6%		78%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green

