

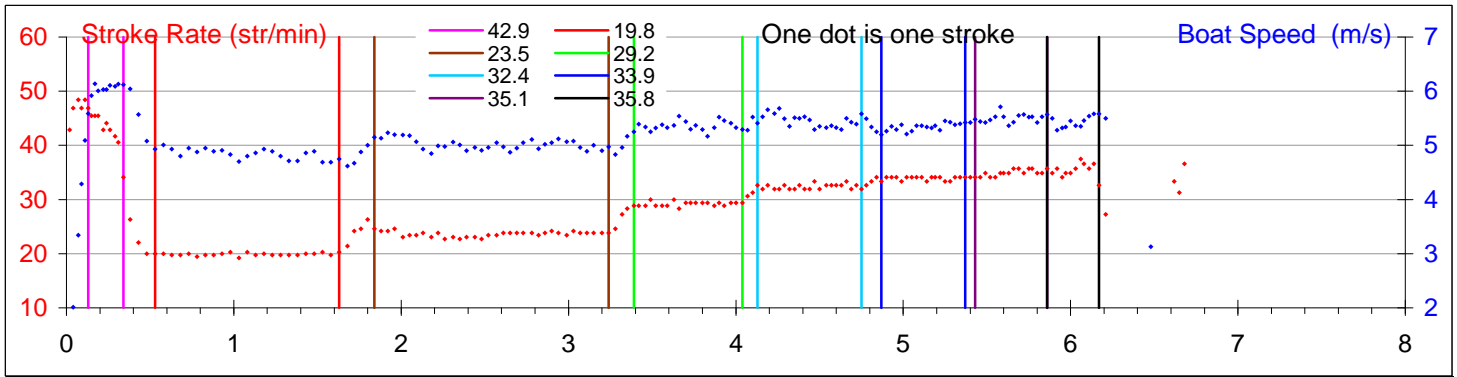
REPORT

	Session N	Place	Boat type
Date 01/11/21	1	Dorney lake	HM8+
Coach BioRow		Boat make Empacher	0
<i>Air temperature</i>	12.0 ° C	<i>Water temperature</i>	10.0 ° C

Seat	Crew list	Height (m)	Weight (kg)	Inboard (m)	Oar Length (m)	Span/ Spread (m)
Stroke	Stroke Rower	1.83	83.0	1.135	3.735	0.835
7	Seat 7	1.84	84.0	1.135	3.735	0.835
6	Seat 6	1.98	88.0	1.135	3.735	0.835
5	Seat 5	1.89	93.0	1.135	3.735	0.835
4	Seat 4	1.90	92.0	1.135	3.735	0.835
3	Seat 3	1.86	93.0	1.135	3.735	0.835
2	Seat 2	1.90	85.0	1.135	3.735	0.835
1	Bow Rower	1.83	77.0	1.125	3.715	0.815
Average		1.88	86.9	1.134	3.733	0.833

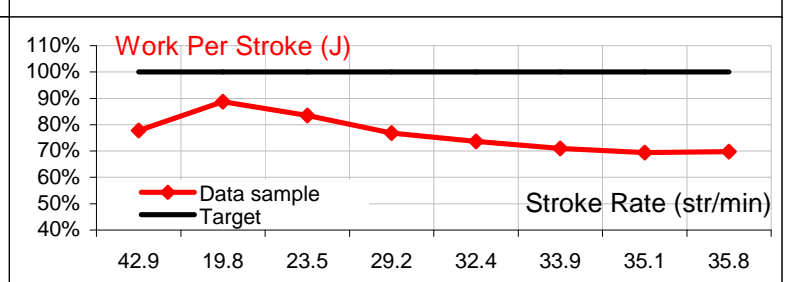
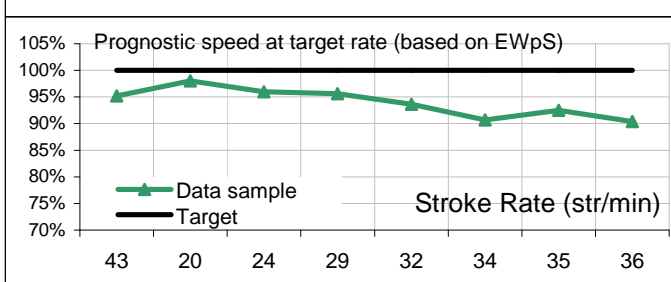
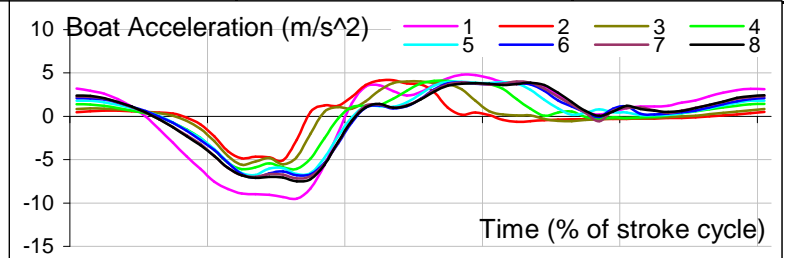
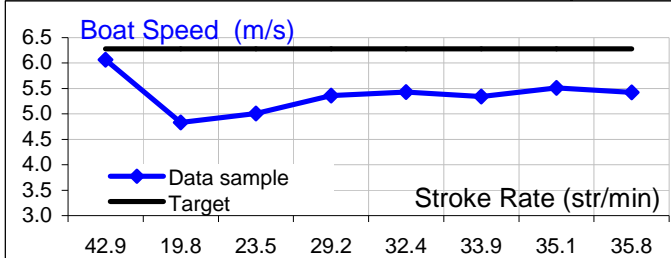
Stroke Rower, Seat 7, Seat 6, Seat 5, Seat 4, Seat 3, Seat 2, Bow Rower

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	42.9	2.91%	8.4	6	51.0	6.06	5:29.77	13.1%	98.39%	8.49	10.99
2 Sample 02	19.8	1.28%	57.5	19	277.5	4.83	6:54.01	10.9%	98.92%	14.61	11.69
3 Sample 03	23.5	1.75%	76.5	30	382.8	5.01	6:39.43	11.5%	98.79%	12.76	11.75
4 Sample 04	29.2	1.17%	32.8	16	176.1	5.36	6:13.06	12.3%	98.60%	11.00	10.73
5 Sample 05	32.4	0.99%	31.5	17	171.2	5.43	6:08.19	13.0%	98.43%	10.07	11.09
6 Sample 06	33.9	0.76%	24.8	14	132.4	5.34	6:14.51	13.6%	98.29%	9.46	11.35
7 Sample 07	35.1	1.36%	20.5	12	113.1	5.51	6:02.93	13.4%	98.33%	9.42	10.90
8 Sample 08	35.8	2.83%	13.4	8	72.8	5.42	6:08.97	13.8%	98.23%	9.09	11.54
Weighed Average	27.6	1.63%	265.4	122	1377	5.19	6:25.53	12.2%	98.6%	10.61	11.39

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	-9.51	3.59	4.80	-0.32	1.46	78.0	2.46	0.45	0.28	3252	4552
2 Empacher	-5.08	1.27	4.16	-1.58	0.54	35.0	2.41	0.68	0.36	1718	5193
3 Empacher	-5.57	-4.79	4.03	-0.96	-9.86	18.5	2.84	0.65	0.33	1919	4890
4 Empacher	-6.10	-5.45	4.09	0.01	-10.49	16.5	3.37	0.78	0.43	2190	4495
5 Empacher	-6.78	-5.98	3.98	0.03	-11.04	23.9	1.82	0.68	0.28	2328	4315
6 Empacher	-7.09	-6.36	3.92	0.05	-11.46	26.1	2.60	0.69	0.37	2345	4154
7 Empacher	-7.17	1.35	4.00	0.25	-0.77	41.5	1.62	0.67	0.28	2374	4061
8 Empacher	-7.50	1.43	3.85	0.07	-0.72	44.4	3.28	0.76	0.36	2434	4082
Weighed Average	-6.85	-1.87	4.11	-0.31	-5.29	35.5	2.55	0.67	0.34	2101	4654

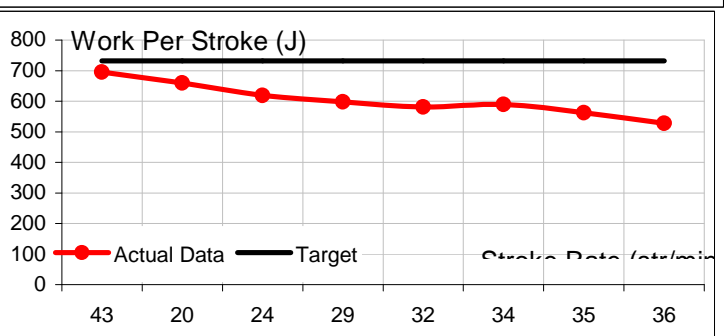
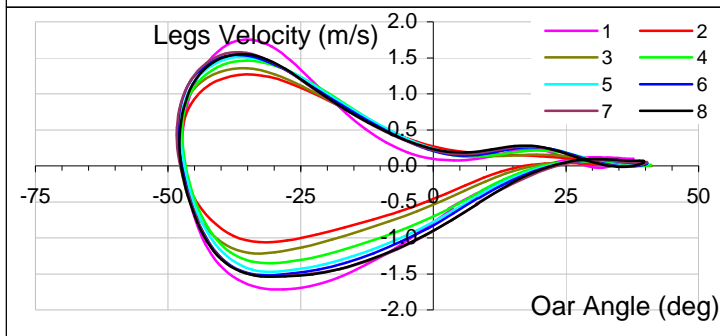
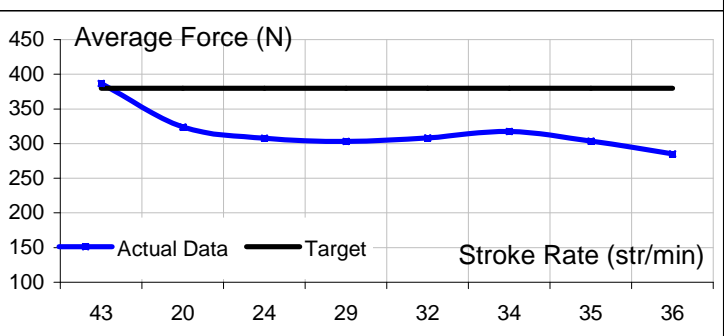
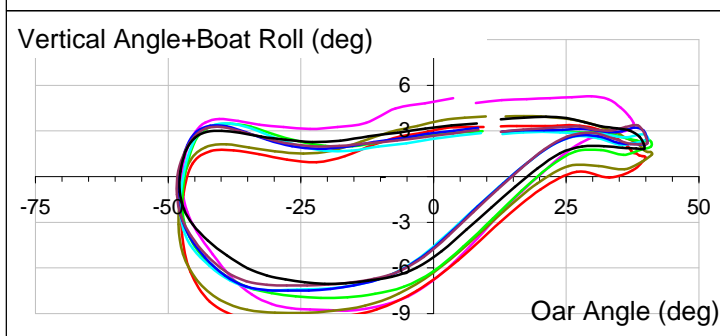
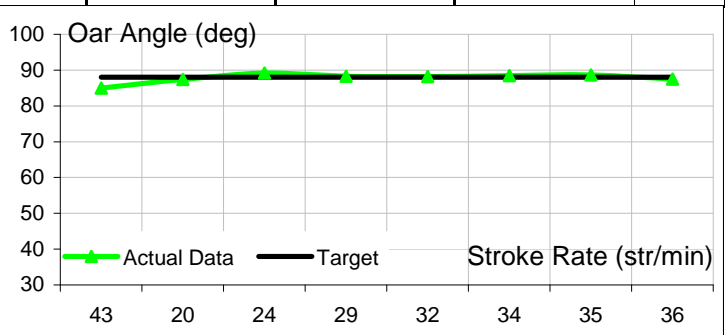
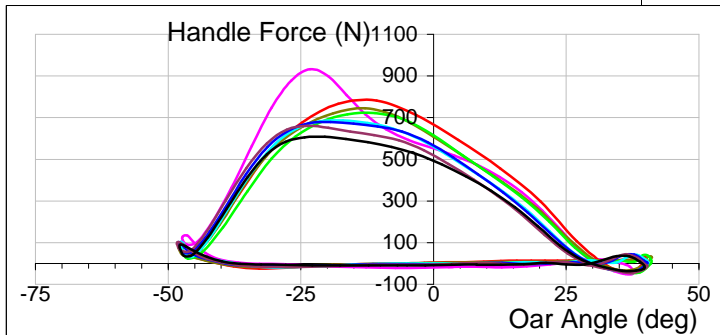


Stroke Rower

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	42.9	0.74	53.0%	-47.3	37.7	85.0	4.3	22.5	68.5%	-8.8	85.3%	497	696
2	Sample 02	19.8	1.02	33.7%	-47.4	40.0	87.4	1.1	19.9	76.0%	-9.5	82.9%	218	660
3	Sample 03	23.5	0.99	38.9%	-48.1	41.1	89.2	0.8	23.7	72.5%	-9.0	84.0%	243	619
4	Sample 04	29.2	0.90	43.7%	-47.3	41.0	88.3	2.3	25.1	69.0%	-8.0	83.4%	291	598
5	Sample 05	32.4	0.87	46.7%	-47.7	40.5	88.2	1.9	30.5	63.3%	-7.5	84.7%	313	581
6	Sample 06	33.9	0.86	48.5%	-48.1	40.3	88.5	3.1	30.3	62.2%	-7.5	83.2%	333	589
7	Sample 07	35.1	0.85	49.5%	-48.4	40.3	88.6	3.6	30.1	62.0%	-7.2	84.4%	329	562
8	Sample 08	35.8	0.85	50.6%	-47.8	39.7	87.5	4.9	27.4	63.2%	-7.0	83.5%	315	528
Average		31.57	0.88	45.6%	-47.8	40.1	87.8	2.7	26.2	67.1%	-8.05	83.9%	317	604
Variation (%)		23.1%	9.9%	14.2%	0.4	1.1	1.3	1.5	4.0	7.9%	0.11	1.0%	26.3%	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	5:29.77	933	387	41%	28.2%	14.8	47.1	2.77	61.4	0.467	1.75	-13.1	82.7%
2	6:54.01	783	324	41%	42.0%	17.0	32.7	2.27	64.4	0.552	1.26	-33.4	95.8%
3	6:39.43	745	308	41%	39.5%	16.9	35.9	2.28	61.8	0.551	1.35	-32.0	95.7%
4	6:13.06	722	303	42%	41.1%	16.9	34.7	2.41	56.5	0.541	1.46	-37.5	93.4%
5	6:08.19	687	308	45%	34.8%	14.8	35.5	2.39	55.0	0.552	1.50	-36.0	93.5%
6	6:14.51	679	317	47%	32.5%	14.3	34.7	2.39	56.4	0.554	1.54	-35.9	95.5%
7	6:02.93	661	304	46%	27.7%	13.2	36.5	2.45	53.1	0.551	1.57	-33.7	94.8%
8	6:08.97	608	285	47%	31.2%	13.1	34.2	2.50	53.1	0.548	1.55	-22.9	92.0%
Average		727.0	317.0	44%	34.6%	15.1	36.4	2.43	57.7	0.540	1.50	-30.6	92.9%
Variation (%)		13.6%	9.6%	5.8%	16.4%	10.8%	12.3%	6.5%	7.4%	5.5%	9.8%	8.4	4.3%

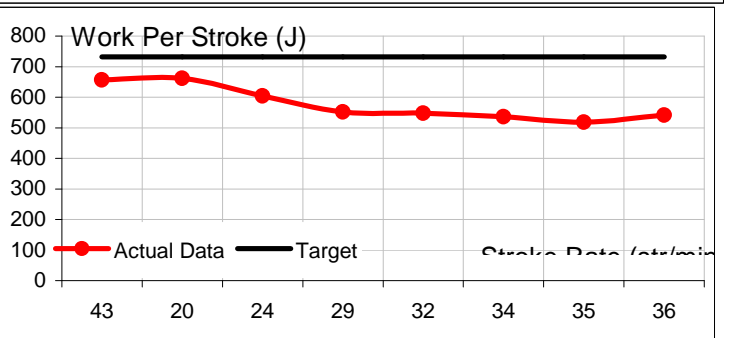
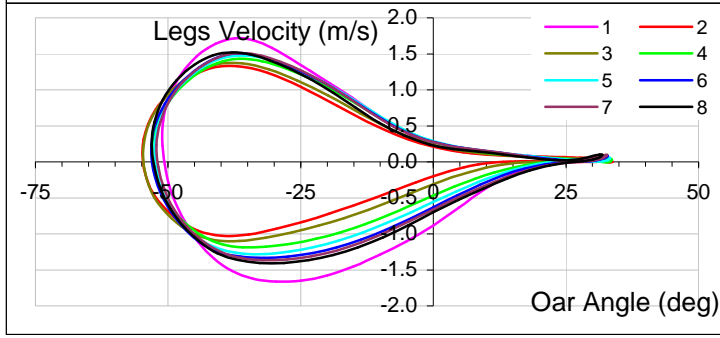
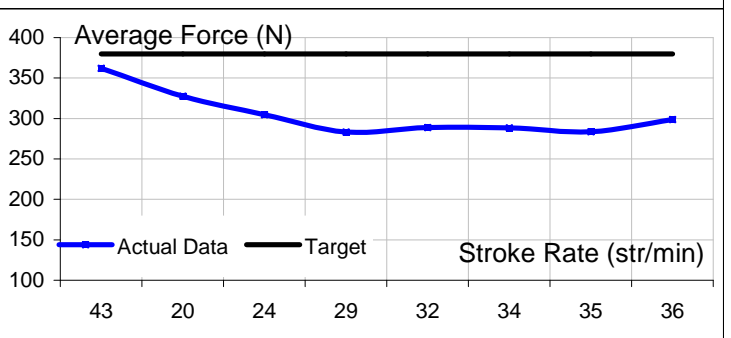
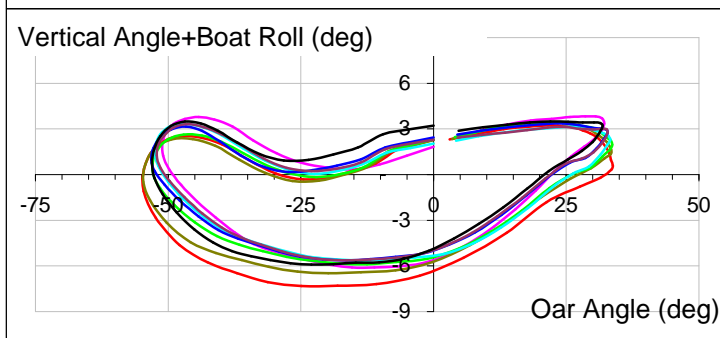
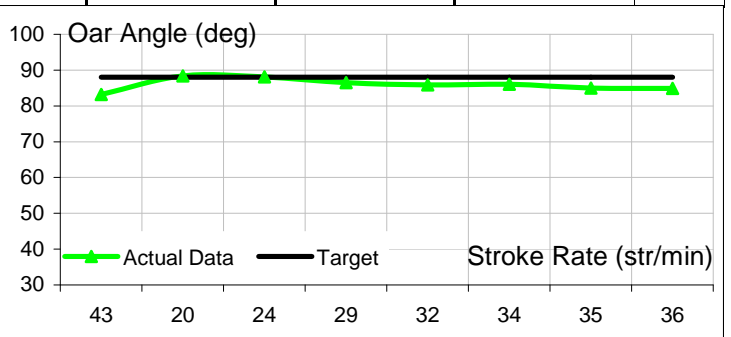
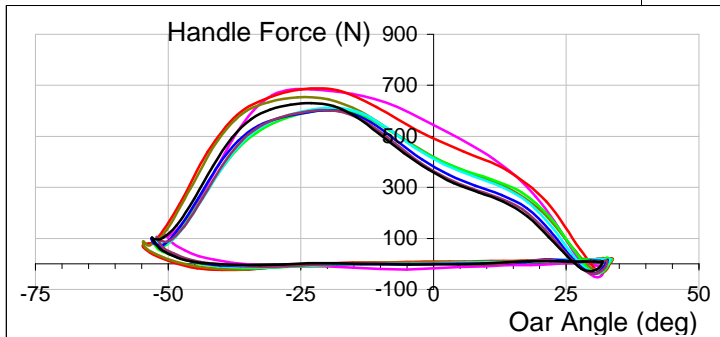


Seat 7

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	42.9	0.73	52.2%	-51.0	32.1	83.2	14.3	15.3	64.5%	-6.1	83.1%	469	657
2	Sample 02	19.8	1.05	34.6%	-54.6	33.8	88.4	7.2	9.8	80.7%	-7.3	82.7%	219	662
3	Sample 03	23.5	1.01	39.5%	-54.7	33.5	88.1	8.4	12.6	76.1%	-6.5	82.9%	237	605
4	Sample 04	29.2	0.91	44.4%	-52.9	33.7	86.5	11.5	14.2	70.2%	-5.9	83.4%	269	552
5	Sample 05	32.4	0.88	47.4%	-52.5	33.3	85.8	14.2	13.8	67.4%	-5.6	83.5%	296	548
6	Sample 06	33.9	0.87	49.1%	-53.2	32.8	86.0	13.7	16.8	64.5%	-5.6	82.3%	303	536
7	Sample 07	35.1	0.85	49.8%	-52.2	32.8	84.9	14.0	17.2	63.2%	-5.6	84.6%	303	519
8	Sample 08	35.8	0.85	50.8%	-53.1	31.9	84.9	9.7	17.7	67.8%	-5.9	83.5%	323	541
Average		31.57	0.89	46.0%	-53.0	33.0	86.0	11.6	14.7	69.3%	-6.07	83.2%	302	577
Variation (%)		23.1%	11.0%	13.3%	1.2	0.7	1.7	2.9	2.6	8.9%	0.10	0.8%	25.2%	9.7%

#	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	5:29.77	684	362	53%	33.5%	13.0	26.2	2.93	58.8	0.509	1.72	-20.6	82.0%	
2	6:54.01	684	328	48%	33.6%	13.6	32.2	2.36	67.2	0.556	1.33	-10.2	84.5%	
3	6:39.43	652	304	47%	33.0%	13.2	36.4	2.40	65.4	0.555	1.37	-8.2	79.4%	
4	6:13.06	604	283	47%	40.5%	14.9	33.9	2.56	58.1	0.538	1.43	-12.1	77.7%	
5	6:08.19	613	289	47%	40.0%	14.7	34.6	2.58	58.6	0.547	1.48	-10.9	78.3%	
6	6:14.51	602	288	48%	37.6%	14.0	35.8	2.51	58.1	0.555	1.51	-12.3	77.3%	
7	6:02.93	602	283	47%	37.1%	13.7	36.8	2.53	56.5	0.546	1.51	-13.9	79.4%	
8	6:08.97	631	299	47%	35.4%	13.4	37.9	2.50	60.3	0.553	1.52	-18.8	82.9%	
Average		634.0	304.6	48%	36.3%	13.8	34.2	2.55	60.4	0.545	1.48	-13.4	80.2%	
Variation (%)		6.7%	5.6%	9.0%	4.2%	8.1%	5.0%	10.8%	6.8%	6.3%	2.9%	7.9%	4.3	2.6%

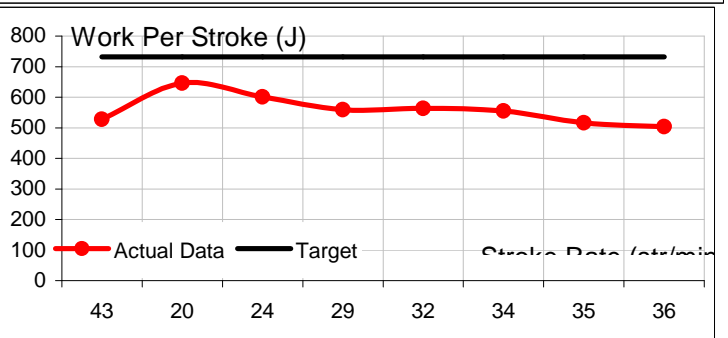
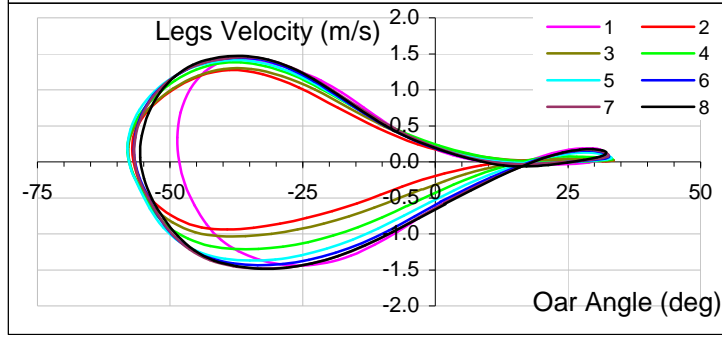
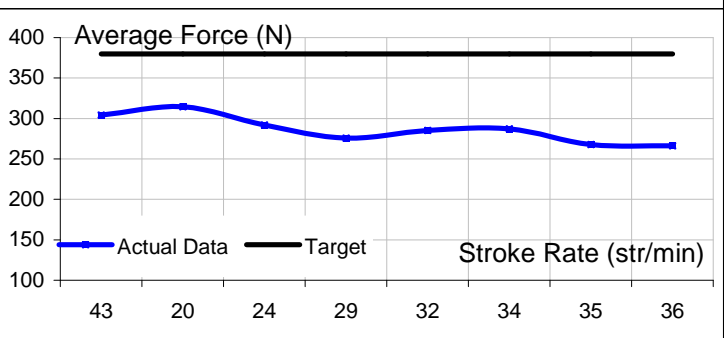
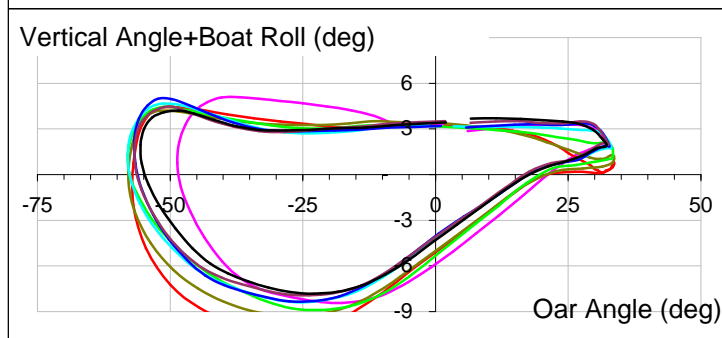
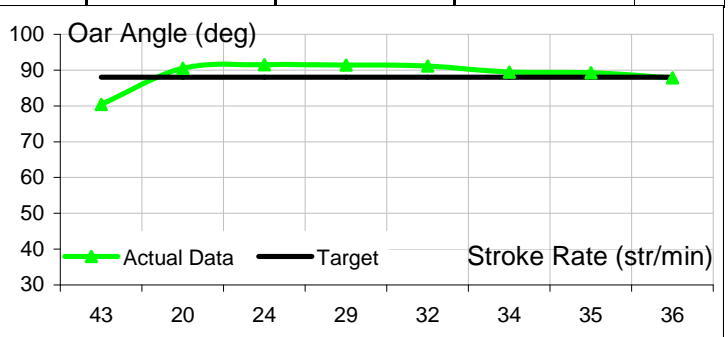
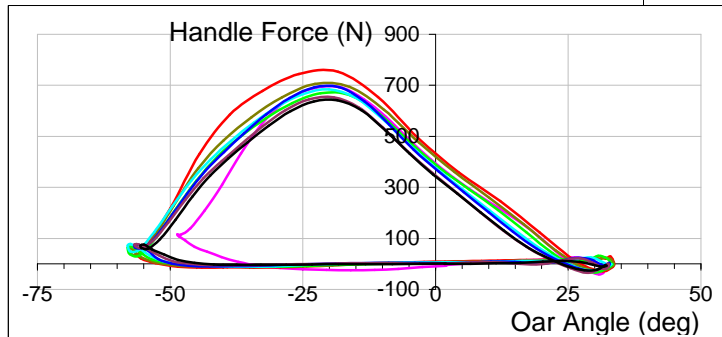


Seat 6

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	42.9	0.70	50.3%	-48.7	31.7	80.4	6.2	16.9	71.3%	-8.4	83.4%	377	528
2	Sample 02	19.8	1.04	34.3%	-56.9	33.6	90.5	3.9	18.0	75.8%	-10.1	78.9%	214	646
3	Sample 03	23.5	1.00	39.3%	-57.9	33.6	91.5	5.4	19.3	73.0%	-9.3	79.9%	236	601
4	Sample 04	29.2	0.93	45.2%	-58.0	33.4	91.4	8.4	19.5	69.4%	-8.9	80.3%	273	559
5	Sample 05	32.4	0.90	48.8%	-58.0	33.1	91.2	7.5	23.3	66.2%	-8.4	81.3%	304	564
6	Sample 06	33.9	0.89	50.4%	-56.8	32.7	89.5	7.3	23.7	65.3%	-8.3	80.6%	313	555
7	Sample 07	35.1	0.87	51.1%	-56.7	32.5	89.2	7.4	23.5	65.4%	-7.9	82.0%	302	516
8	Sample 08	35.8	0.87	51.6%	-55.6	32.2	87.8	8.7	22.6	64.4%	-7.8	81.1%	301	504
Average		31.57	0.90	46.4%	-56.1	32.9	88.9	6.9	20.9	68.8%	-8.65	80.9%	290	559
Variation (%)		23.1%	11.1%	13.8%	3.1	0.7	3.7	1.6	2.8	6.1%	0.09	1.7%	17.3%	8.3%

#	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	5:29.77	695	304	44%	33.7%	13.8	36.6	2.72	46.9	0.430	1.44	-18.8	71.8%	
2	6:54.01	753	314	42%	42.6%	16.0	38.5	2.24	59.4	0.539	1.27	-15.9	76.4%	
3	6:39.43	705	292	41%	38.5%	18.5	37.7	2.30	57.3	0.549	1.29	-16.4	71.7%	
4	6:13.06	669	276	41%	39.8%	19.6	37.7	2.43	52.8	0.558	1.38	-21.5	72.6%	
5	6:08.19	684	285	42%	41.6%	19.3	38.6	2.43	55.0	0.566	1.41	-21.4	75.8%	
6	6:14.51	693	287	41%	43.1%	19.3	38.6	2.38	57.7	0.569	1.45	-19.3	79.7%	
7	6:02.93	653	268	41%	42.0%	19.4	38.6	2.43	52.5	0.568	1.45	-13.8	77.5%	
8	6:08.97	641	266	42%	42.3%	18.6	38.0	2.41	53.4	0.560	1.47	-10.1	79.6%	
Average		686.6	286.6	42%	40.4%	18.1	38.0	2.42	54.4	0.542	1.40	-17.2	75.6%	
Variation (%)		6.7%	5.0%	5.9%	2.1%	7.7%	11.5%	1.8%	5.8%	7.2%	8.6%	5.4%	3.9	3.3%

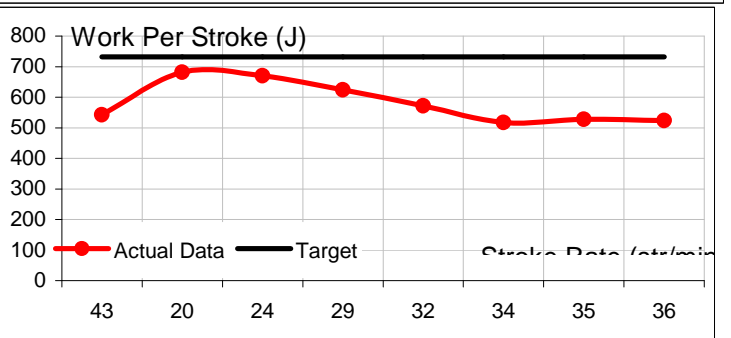
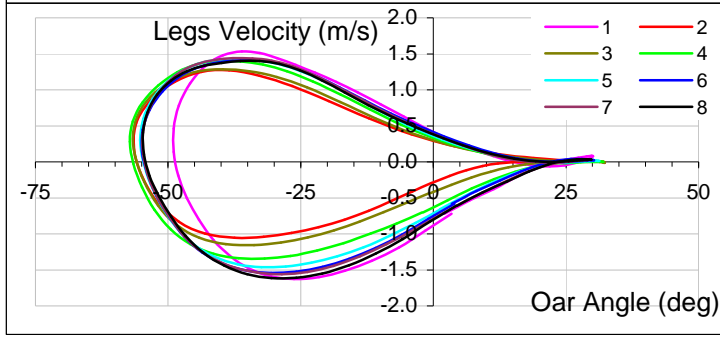
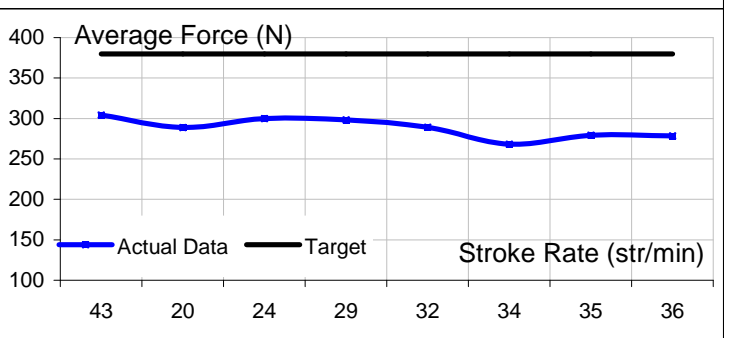
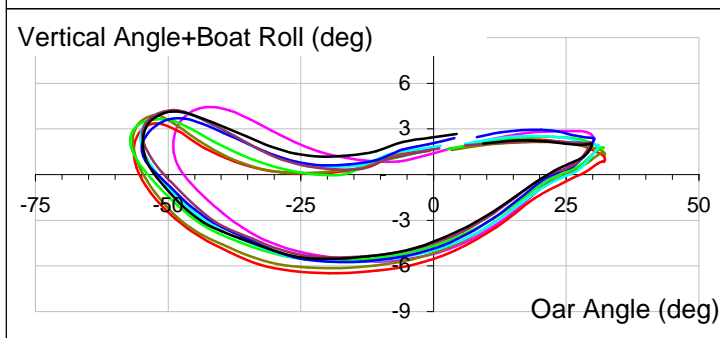
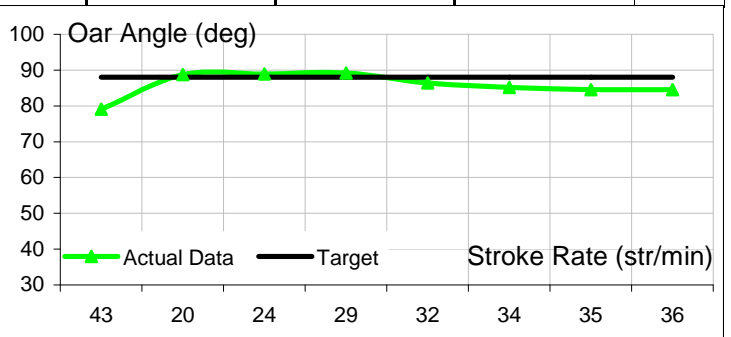
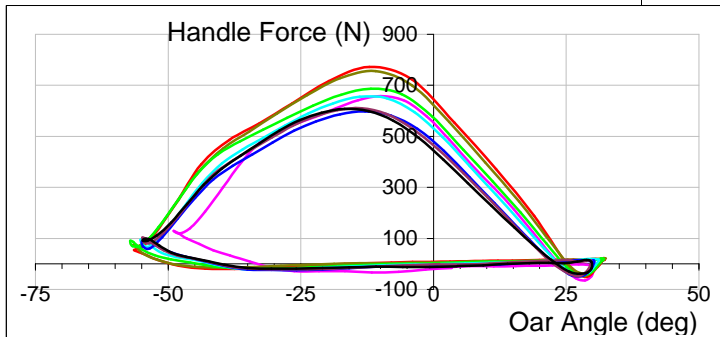


Seat 5

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	42.9	0.73	51.9%	-48.9	30.1	79.0	14.5	13.5	64.6%	-5.7	84.4%	388	543
2	Sample 02	19.8	1.21	40.2%	-56.4	32.3	88.7	13.2	11.9	71.8%	-6.5	83.1%	226	682
3	Sample 03	23.5	1.11	43.5%	-56.6	32.3	88.9	13.5	14.3	68.8%	-6.1	83.4%	263	670
4	Sample 04	29.2	0.98	47.9%	-57.2	32.0	89.2	16.3	16.1	63.8%	-5.6	84.0%	304	624
5	Sample 05	32.4	0.92	49.5%	-55.2	31.1	86.4	15.9	14.4	65.0%	-5.7	84.3%	308	572
6	Sample 06	33.9	0.90	50.6%	-54.9	30.3	85.2	16.4	15.2	63.0%	-5.7	82.4%	292	517
7	Sample 07	35.1	0.88	51.3%	-54.9	29.6	84.5	16.9	16.0	61.1%	-5.4	85.4%	309	528
8	Sample 08	35.8	0.87	52.0%	-54.7	29.8	84.5	14.2	16.9	63.2%	-5.5	83.9%	312	523
Average		31.57	0.95	48.4%	-54.9	30.9	85.8	15.1	14.8	65.1%	-5.81	83.9%	300	582
Variation (%)		23.1%	16.0%	8.9%	2.6	1.1	3.4	1.4	1.6	5.3%	0.06	1.1%	15.4%	11.6%

#	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	5:29.77	658	304	46%	49.3%	15.5	26.0	2.76	55.7	0.484	1.53	-20.3	76.2%
2	6:54.01	772	289	37%	50.0%	22.7	27.7	2.32	107.4	0.598	1.27	-37.0	91.6%
3	6:39.43	756	300	40%	51.4%	22.6	28.2	2.39	94.5	0.600	1.29	-40.9	91.6%
4	6:13.06	686	298	43%	50.8%	20.7	27.9	2.51	75.4	0.612	1.40	-33.5	87.3%
5	6:08.19	655	289	44%	47.8%	20.2	27.7	2.50	68.3	0.606	1.43	-31.6	87.2%
6	6:14.51	597	268	45%	49.3%	19.8	27.2	2.49	62.9	0.603	1.41	-25.4	82.3%
7	6:02.93	610	279	46%	48.9%	18.8	27.6	2.51	64.1	0.603	1.44	-25.7	85.7%
8	6:08.97	607	279	46%	44.9%	18.4	28.8	2.50	63.6	0.594	1.40	-28.9	84.6%
Average		667.5	288.3	43%	49.1%	19.9	27.6	2.50	74.0	0.587	1.40	-30.4	85.8%
Variation (%)		6.7%	10.0%	4.3%	7.4%	4.1%	11.9%	3.0%	5.1%	24.2%	7.2%	6.7	5.0%

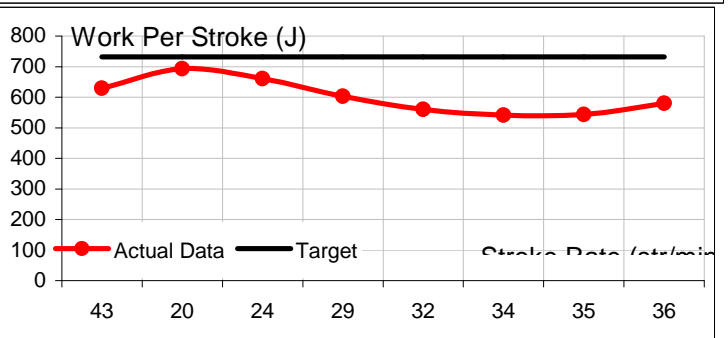
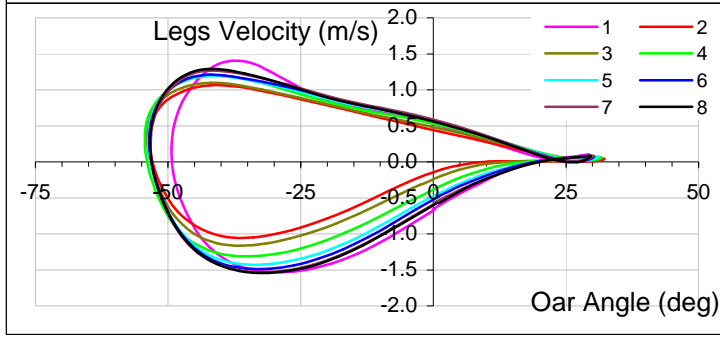
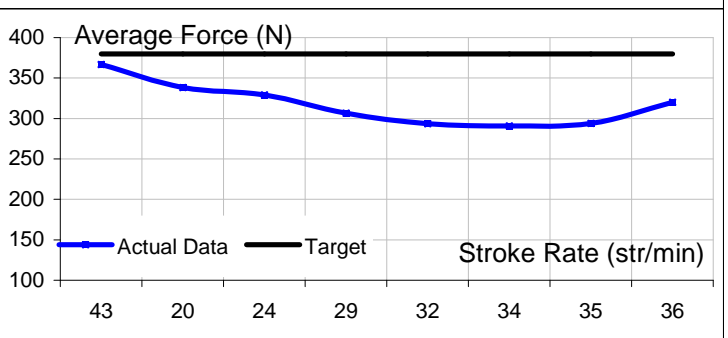
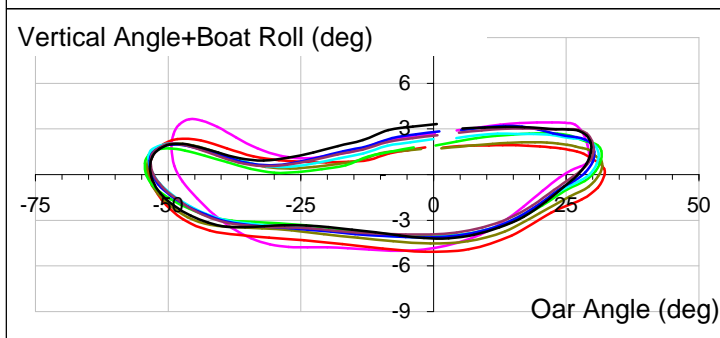
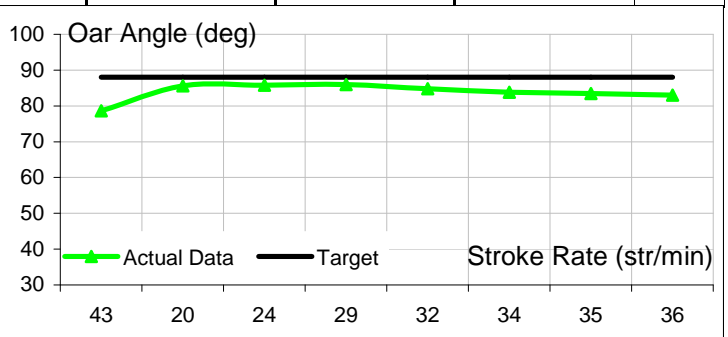
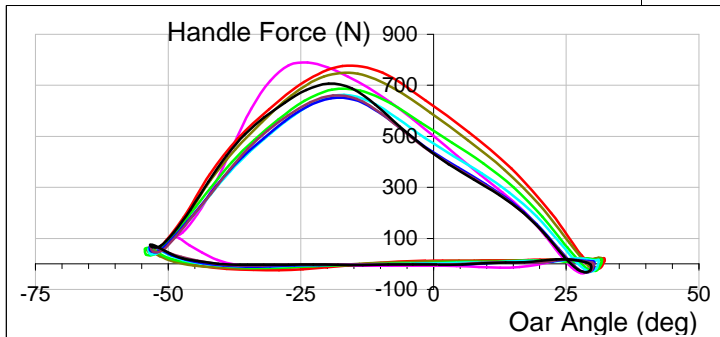


Seat 4

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	42.9	0.72	51.1%	-49.3	29.3	78.7	12.9	11.9	68.4%	-5.0	85.4%	449	629
2	Sample 02	19.8	1.03	34.1%	-53.4	32.2	85.6	11.6	6.2	79.2%	-5.1	82.3%	229	693
3	Sample 03	23.5	0.97	38.1%	-54.0	31.8	85.8	13.9	8.4	74.0%	-4.5	82.3%	259	660
4	Sample 04	29.2	0.90	43.7%	-54.4	31.6	86.0	20.1	10.8	64.1%	-4.0	82.8%	294	603
5	Sample 05	32.4	0.87	46.7%	-53.7	31.1	84.8	18.7	11.4	64.6%	-4.1	83.8%	302	560
6	Sample 06	33.9	0.85	48.1%	-53.5	30.3	83.8	17.1	10.8	66.7%	-4.1	82.0%	305	541
7	Sample 07	35.1	0.84	49.3%	-53.3	30.2	83.5	16.3	12.4	65.7%	-3.9	84.9%	317	543
8	Sample 08	35.8	0.83	49.6%	-53.4	29.6	83.0	13.2	9.8	72.3%	-4.2	83.0%	346	580
Average		31.57	0.88	45.1%	-53.1	30.8	83.9	15.5	10.2	69.4%	-4.37	83.3%	313	601
Variation (%)		23.1%	10.8%	13.5%	1.6	1.1	2.4	3.0	2.0	7.7%	0.10	1.5%	21.0%	9.3%

#	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	5:29.77	789	367	46%	32.6%	13.7	32.4	2.71	62.8	0.453	1.41	-8.8	67.1%
2	6:54.01	776	338	44%	42.3%	19.1	27.4	2.34	74.1	0.556	1.06	-35.8	86.2%
3	6:39.43	745	329	44%	46.3%	20.0	27.7	2.42	69.8	0.567	1.10	-36.8	85.7%
4	6:13.06	682	307	45%	40.9%	20.2	28.4	2.52	61.9	0.569	1.20	-29.5	81.8%
5	6:08.19	663	294	44%	43.5%	20.4	30.5	2.55	59.6	0.566	1.20	-26.5	80.6%
6	6:14.51	650	291	45%	40.7%	19.4	31.5	2.51	59.5	0.567	1.21	-25.5	80.1%
7	6:02.93	661	294	45%	41.2%	18.9	32.2	2.52	60.7	0.570	1.27	-17.4	79.2%
8	6:08.97	707	320	45%	40.5%	17.3	33.5	2.51	64.5	0.564	1.29	-19.6	80.3%
Average		709.0	317.4	45%	41.0%	18.6	30.4	2.51	64.1	0.552	1.22	-25.0	80.1%
Variation (%)		7.7%	8.4%	1.9%	9.5%	12.0%	7.7%	4.2%	8.2%	7.3%	9.0%	9.5	5.9%

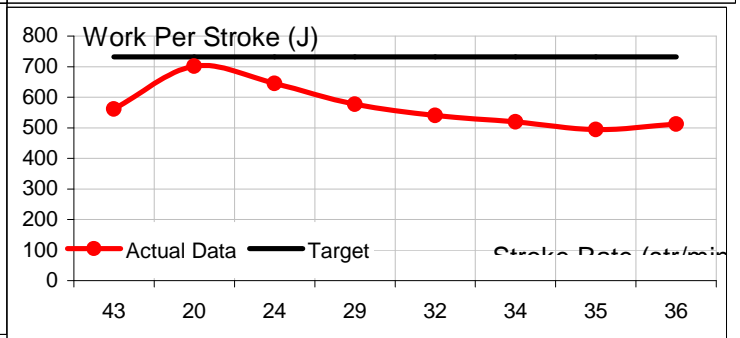
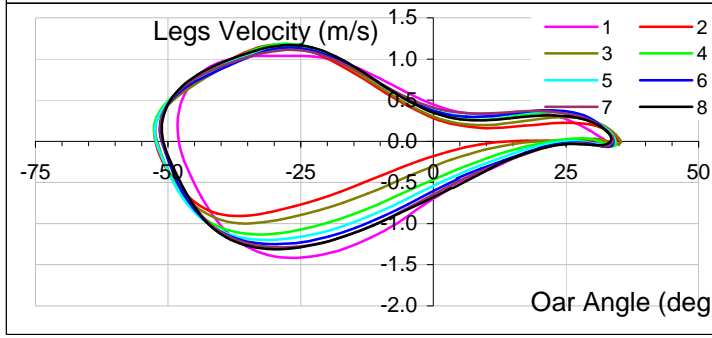
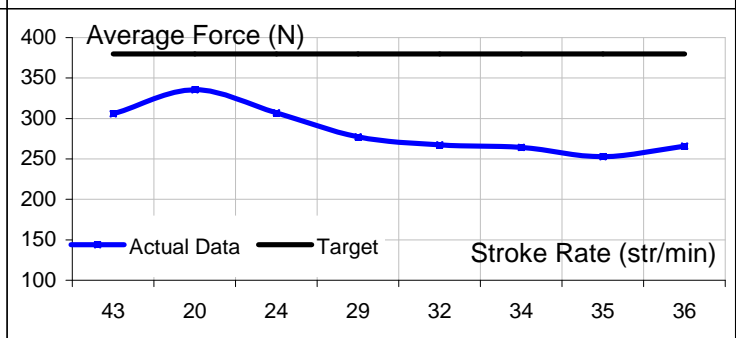
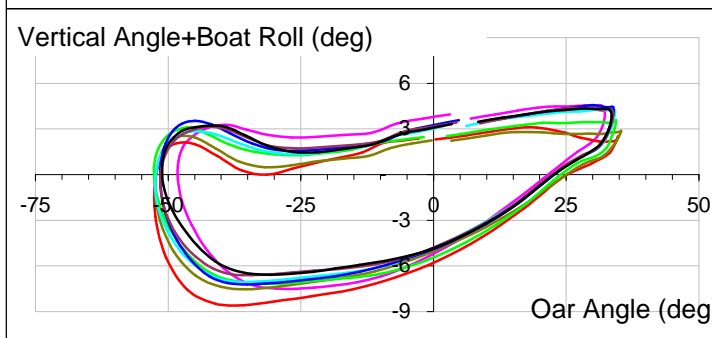
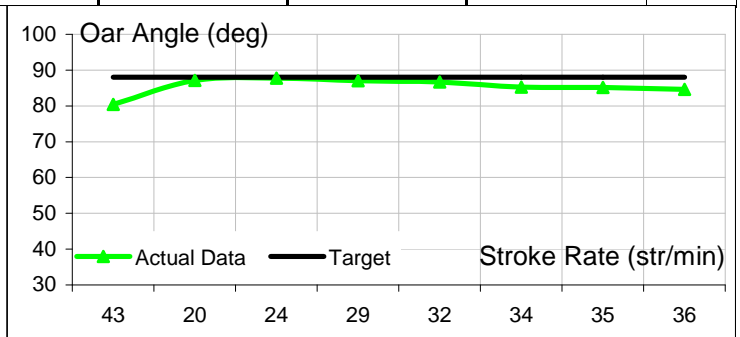
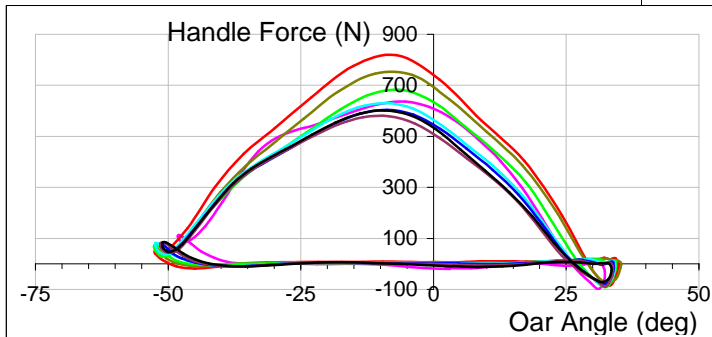


Seat 3

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	42.9	0.71	51.0%	-48.2	32.3	80.4	4.7	17.9	72.0%	-7.5	83.0%	401	562
2	Sample 02	19.8	0.99	32.9%	-52.4	34.7	87.2	2.3	13.5	81.8%	-8.6	80.0%	232	701
3	Sample 03	23.5	0.96	37.7%	-52.5	35.3	87.8	3.6	16.6	77.0%	-7.5	80.0%	253	645
4	Sample 04	29.2	0.90	43.9%	-52.6	34.4	87.0	5.0	15.9	76.0%	-7.2	80.5%	281	577
5	Sample 05	32.4	0.88	47.3%	-52.5	34.2	86.7	3.8	18.9	73.9%	-7.0	81.3%	291	540
6	Sample 06	33.9	0.87	48.9%	-51.4	33.8	85.3	3.7	18.0	74.6%	-7.2	81.4%	293	519
7	Sample 07	35.1	0.84	49.4%	-51.4	33.7	85.2	3.9	18.5	73.8%	-6.6	82.0%	289	494
8	Sample 08	35.8	0.84	50.3%	-51.1	33.5	84.7	5.8	18.1	71.8%	-6.6	81.2%	305	512
Average		31.57	0.88	45.2%	-51.5	34.0	85.5	4.1	17.2	75.1%	-7.27	81.2%	293	569
Variation (%)		23.1%	9.7%	14.6%	1.5	0.9	2.3	1.0	1.8	4.3%	0.09	1.3%	17.0%	12.5%

#	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	5:29.77	637	306	48%	53.2%	15.4	21.8	2.92	51.9	0.415	1.04	-17.3	52.9%
2	6:54.01	818	335	41%	52.2%	24.8	26.2	2.35	63.9	0.501	1.17	-19.5	57.1%
3	6:39.43	746	307	41%	47.2%	25.2	25.6	2.43	61.7	0.493	1.16	-19.7	52.8%
4	6:13.06	682	277	41%	53.7%	26.0	25.0	2.57	57.9	0.502	1.19	-24.5	52.7%
5	6:08.19	631	267	42%	50.0%	23.1	26.5	2.56	55.9	0.495	1.15	-16.3	50.5%
6	6:14.51	604	264	44%	50.0%	21.8	25.9	2.52	57.0	0.493	1.14	-20.4	52.5%
7	6:02.93	579	253	44%	50.5%	20.2	26.9	2.56	52.2	0.488	1.11	-22.6	52.6%
8	6:08.97	602	266	44%	49.4%	20.7	26.9	2.54	56.0	0.491	1.17	-19.7	55.8%
Average		662.0	284.5	43%	50.8%	22.2	25.6	2.56	57.1	0.485	1.14	-20.0	53.4%
Variation (%)		12.4%	10.0%	5.6%	4.2%	15.6%	6.6%	6.5%	7.3%	5.9%	4.1%	2.6	2.1%

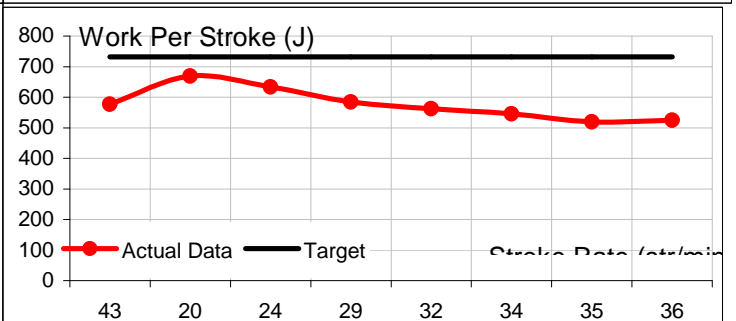
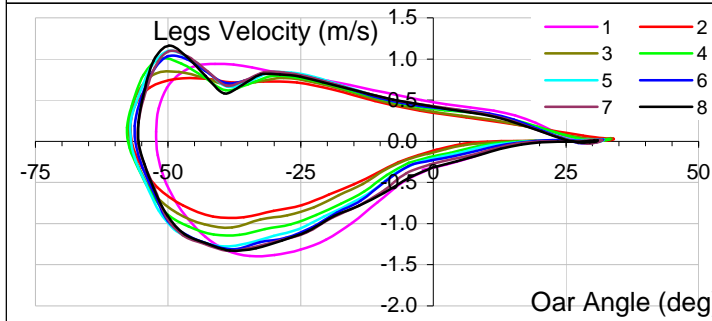
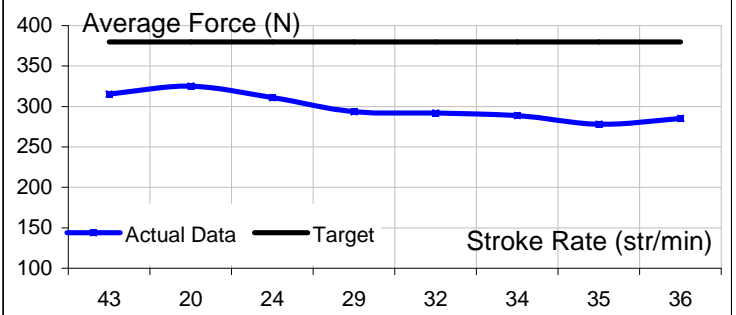
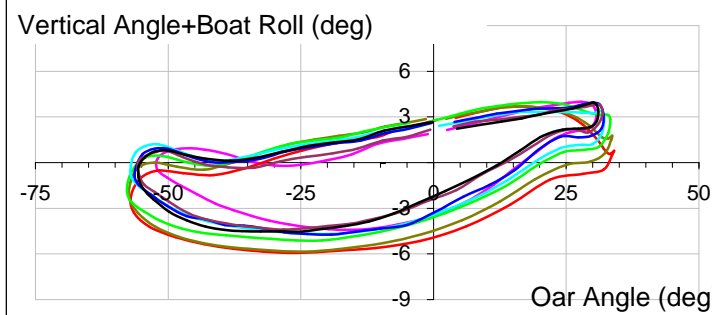
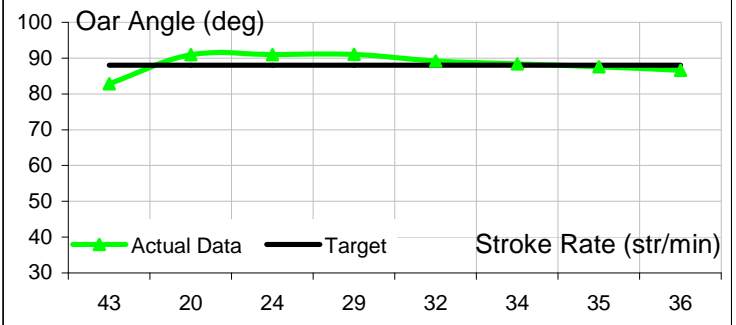
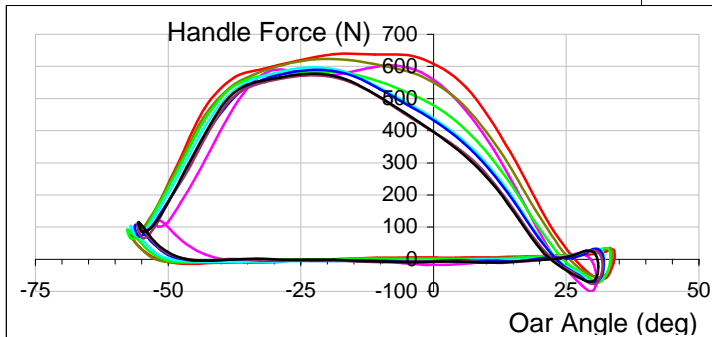


Seat 2

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	42.9	0.72	51.6%	-52.3	30.6	82.9	17.0	22.6	52.2%	-4.4	81.4%	412	577
2	Sample 02	19.8	1.03	34.0%	-57.0	34.0	91.0	2.7	13.3	82.4%	-5.9	78.7%	221	669
3	Sample 03	23.5	0.99	38.9%	-57.3	33.6	90.9	3.8	16.9	77.2%	-5.8	79.3%	249	634
4	Sample 04	29.2	0.92	44.9%	-57.8	33.3	91.1	5.2	22.9	69.1%	-5.1	80.4%	285	584
5	Sample 05	32.4	0.89	47.8%	-57.1	32.1	89.2	11.6	23.5	60.7%	-4.7	80.0%	303	562
6	Sample 06	33.9	0.87	49.1%	-56.3	32.0	88.3	10.6	25.3	59.3%	-4.7	79.2%	308	545
7	Sample 07	35.1	0.86	50.1%	-55.7	31.8	87.5	11.7	31.4	50.9%	-4.4	81.4%	304	520
8	Sample 08	35.8	0.85	50.9%	-55.6	31.0	86.6	8.2	31.4	54.3%	-4.5	80.9%	313	525
Average		31.57	0.89	45.9%	-56.1	32.3	88.4	8.9	23.4	63.3%	-4.96	80.2%	299	577
Variation (%)		23.1%	10.5%	13.8%	1.7	1.2	2.8	4.8	6.3	18.7%	0.12	1.3%	18.7%	9.0%

#	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	5:29.77	602	315	52%	54.8%	12.9	22.7	2.94	50.6	0.374	0.94	-4.6	47.8%	
2	6:54.01	638	325	51%	42.1%	13.2	24.2	2.45	58.9	0.444	0.76	-22.4	56.7%	
3	6:39.43	622	311	50%	38.4%	13.8	25.9	2.51	59.7	0.449	0.84	-19.3	57.9%	
4	6:13.06	582	294	50%	40.4%	13.8	27.8	2.61	54.8	0.444	1.01	-16.6	56.2%	
5	6:08.19	598	292	49%	38.9%	14.2	30.5	2.62	54.9	0.451	1.10	-13.7	59.4%	
6	6:14.51	589	289	49%	36.8%	14.4	30.4	2.59	54.4	0.435	1.03	-11.6	55.4%	
7	6:02.93	572	278	49%	36.0%	13.5	32.4	2.60	52.7	0.436	1.10	-11.9	57.4%	
8	6:08.97	577	285	49%	40.1%	13.0	31.7	2.57	55.4	0.432	1.16	-11.9	57.8%	
Average		597.5	298.7	50%	40.9%	13.6	28.2	2.61	55.2	0.433	0.99	-14.0	56.1%	
Variation (%)		6.7%	3.8%	5.5%	2.5%	14.5%	4.1%	12.9%	5.6%	5.4%	5.7%	13.7%	5.5	3.6%

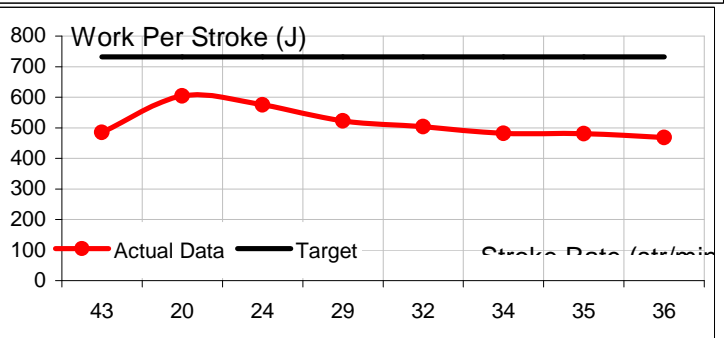
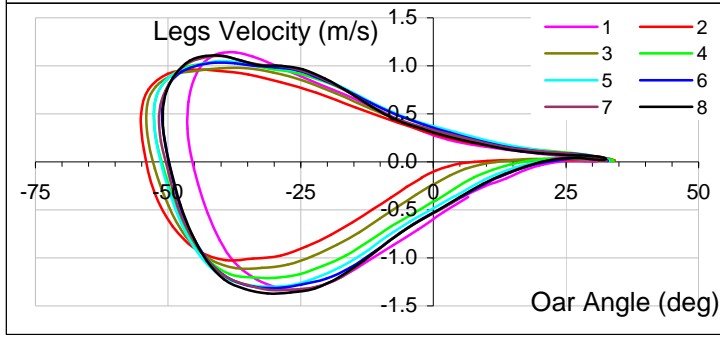
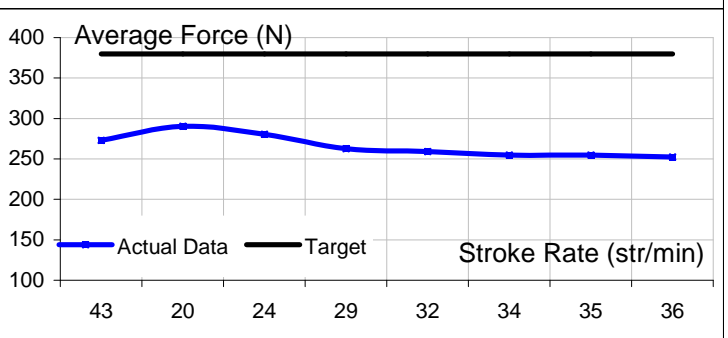
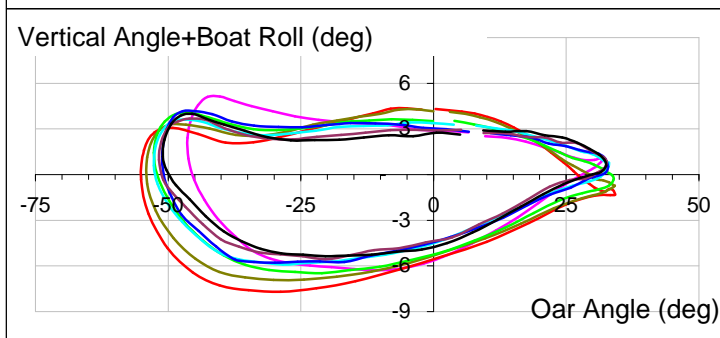
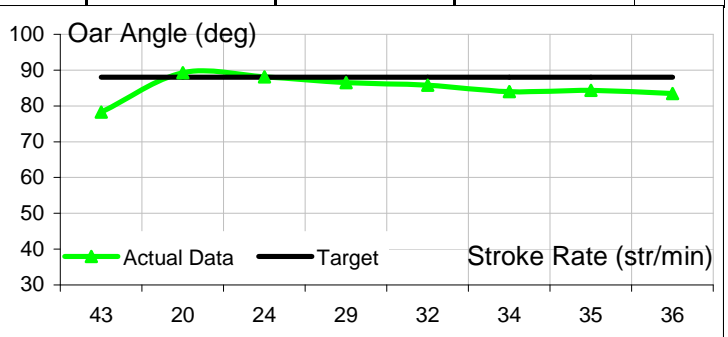
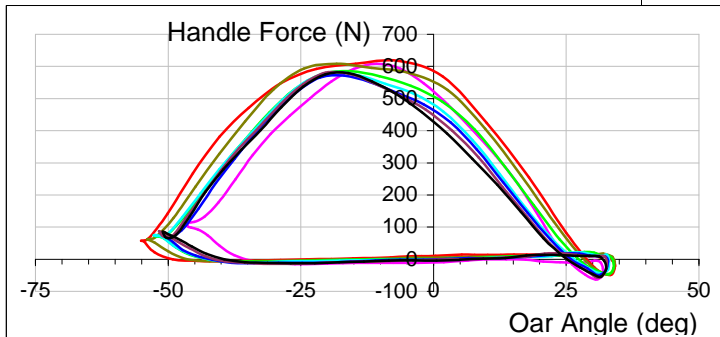


Bow Rower

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	42.9	0.70	49.8%	-46.3	31.9	78.2	9.1	13.0	71.7%	-6.3	83.2%	346	485
2	Sample 02	19.8	1.03	34.2%	-55.1	34.2	89.3	5.9	8.5	83.9%	-7.7	83.0%	200	604
3	Sample 03	23.5	0.97	38.3%	-54.0	34.1	88.1	6.4	10.3	81.0%	-6.9	82.2%	225	574
4	Sample 04	29.2	0.90	43.7%	-52.7	33.9	86.5	9.1	12.5	75.0%	-6.5	83.4%	254	522
5	Sample 05	32.4	0.87	46.8%	-52.7	33.1	85.8	8.4	17.4	69.8%	-5.9	83.0%	271	503
6	Sample 06	33.9	0.85	48.1%	-51.1	32.9	84.0	7.9	16.3	71.2%	-5.8	82.0%	272	482
7	Sample 07	35.1	0.84	49.0%	-51.7	32.6	84.4	10.9	17.9	66.0%	-5.5	83.3%	281	480
8	Sample 08	35.8	0.83	49.6%	-51.0	32.5	83.5	12.4	16.2	65.8%	-5.4	82.6%	279	468
Average		31.57	0.87	44.9%	-51.8	33.1	85.0	8.8	14.0	73.1%	-6.24	82.8%	266	515
Variation (%)		23.1%	11.5%	13.0%	2.6	0.8	3.4	2.1	3.5	9.0%	0.12	0.6%	16.2%	9.6%

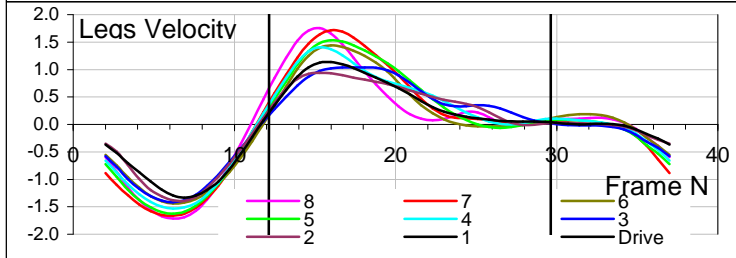
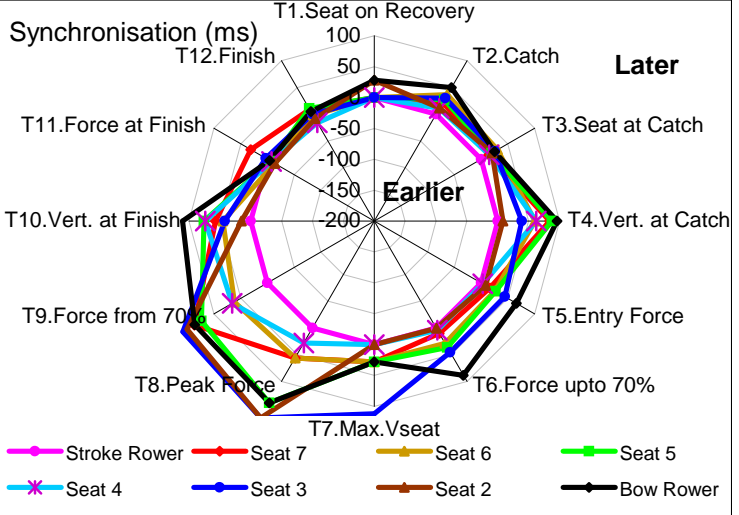
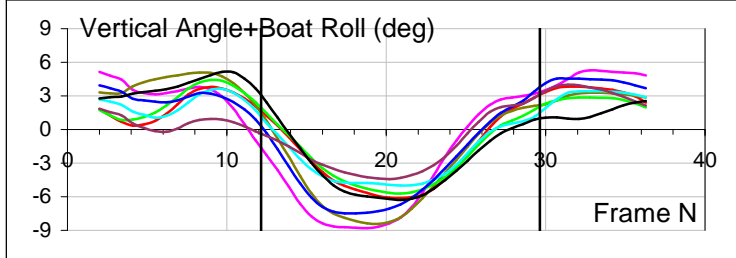
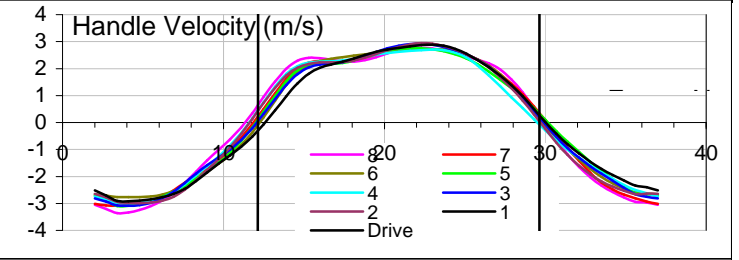
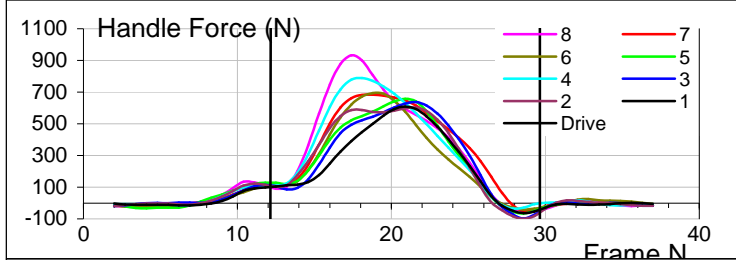
#	Time over 2000m (m:s)	Max. Force (N)	Average Force (N)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Max. Handle Velocity (m/s)	HDF	Legs drive (m)	Legs Max. Speed (m/s)	Catch Factor (ms)	Rowing Style Factor (%)
1	5:29.77	608	273	45%	45.5%	17.9	25.9	2.89	45.4	0.366	1.14	-38.0	71.4%
2	6:54.01	618	290	47%	54.3%	17.9	24.6	2.39	57.4	0.534	0.96	-55.3	86.2%
3	6:39.43	608	280	46%	40.5%	18.3	25.5	2.45	56.6	0.522	0.98	-60.7	82.9%
4	6:13.06	585	263	45%	42.7%	19.2	26.6	2.56	52.4	0.507	1.05	-60.3	81.2%
5	6:08.19	581	259	45%	39.2%	19.2	28.0	2.59	52.2	0.497	1.05	-54.1	78.1%
6	6:14.51	572	255	45%	40.9%	18.0	28.2	2.54	52.7	0.482	1.03	-55.0	78.6%
7	6:02.93	580	255	44%	37.2%	18.6	29.6	2.58	50.9	0.474	1.10	-46.1	76.4%
8	6:08.97	580	253	44%	41.8%	18.6	31.0	2.53	51.2	0.472	1.10	-45.5	79.0%
Average		591.6	265.9	45%	42.8%	18.5	27.4	2.57	52.3	0.482	1.05	-51.9	79.2%
Variation (%)		2.9%	5.2%	2.5%	12.3%	2.9%	7.9%	5.7%	7.0%	10.7%	5.9%	7.9	4.4%



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.743	53.0%	-47.3	37.7	85.0	4.3	22.5	68.5%	-13.1	82.7%	61.4
7	Seat 7	0.730	52.2%	-51.0	32.1	83.2	14.3	15.3	64.5%	-20.6	82.0%	58.8
6	Seat 6	0.704	50.3%	-48.7	31.7	80.4	6.2	16.9	71.3%	-18.8	71.8%	46.9
5	Seat 5	0.726	51.9%	-48.9	30.1	79.0	14.5	13.5	64.6%	-20.3	76.2%	55.7
4	Seat 4	0.716	51.1%	-49.3	29.3	78.7	12.9	11.9	68.4%	-8.8	67.1%	62.8
3	Seat 3	0.713	51.0%	-48.2	32.3	80.4	4.7	17.9	72.0%	-17.3	52.9%	51.9
2	Seat 2	0.723	51.6%	-52.3	30.6	82.9	17.0	22.6	52.2%	-4.6	47.8%	50.6
1	Bow Rower	0.697	49.8%	-46.3	31.9	78.2	9.1	13.0	71.7%	-38.0	71.4%	45.4
Average		0.719	51.4%	-49.0	32.0	81.0	10.4	16.7	66.6%	-17.7	69.0%	54.2
±SD		0.015	1.0%	1.9	2.5	2.4	5.0	4.1	6.6%	10.0	12.7%	0.1

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	497	933	387	0.48	41%	28.2%	14.8	47.1	0.47	1.75	0.0	0.0
7	469	684	362	0.44	53%	33.5%	13.0	26.2	0.51	1.72	38.5	39.4
6	377	695	304	0.35	44%	33.7%	13.8	36.6	0.43	1.44	29.6	24.8
5	388	658	304	0.33	46%	49.3%	15.5	26.0	0.48	1.53	47.3	48.1
4	449	789	367	0.41	46%	32.6%	13.7	32.4	0.45	1.41	19.8	30.6
3	401	637	306	0.34	48%	53.2%	15.4	21.8	0.42	1.04	55.4	58.5
2	412	602	315	0.38	52%	54.8%	12.9	22.7	0.37	0.94	32.2	60.4
1	346	608	273	0.36	45%	45.5%	17.9	25.9	0.37	1.14	63.9	49.7
Average		417	701	327	0.39	47%	14.6	29.8	0.44	1.37	35.8	38.9
±SD		50.5	111	39	0.05	4%	1.7	8.5	0.05	0.30	20.4	20.1

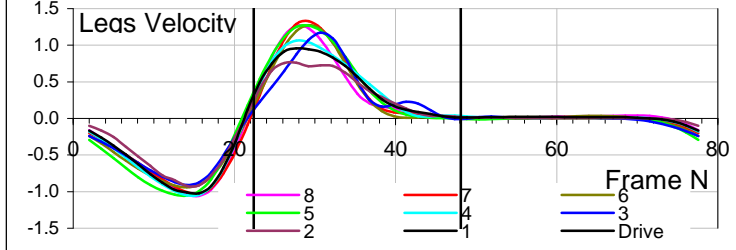
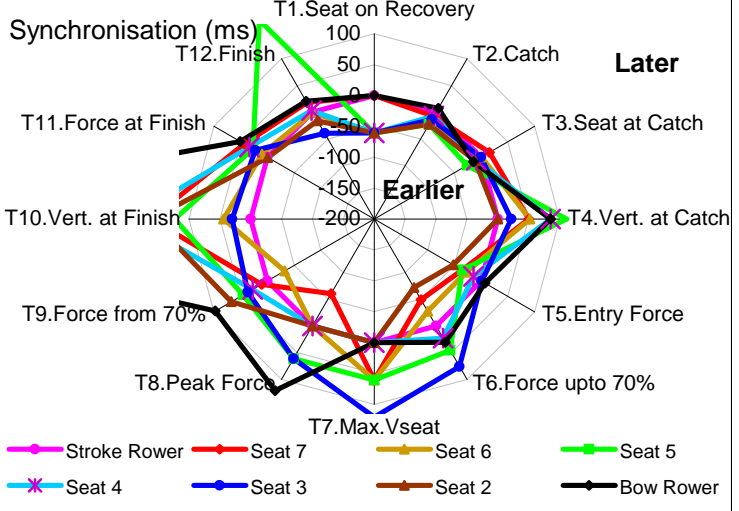
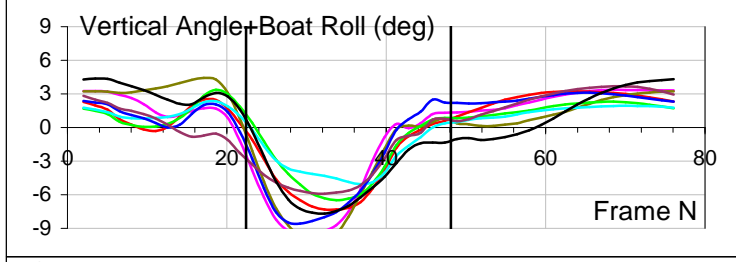
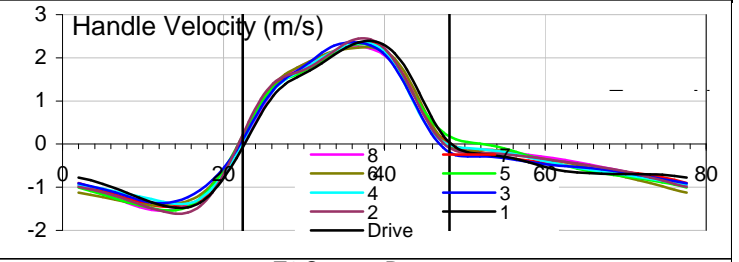
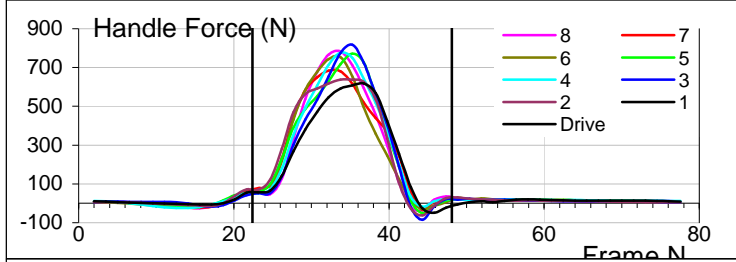
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h		
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
7	0.0	21.4	13.9	84.1	16.0	9.6	28.0	56.0	136.5	57.0	31.1	9.0		
6	0.0	36.5	30.8	60.0	25.2	28.4	28.0	56.0	61.4	44.9	-14.1	-2.3		
5	0.0	26.8	19.6	87.8	27.0	36.5	28.0	140.0	123.2	75.7	-7.0	10.4		
4	0.0	10.4	14.8	62.1	2.6	4.2	0.0	28.0	65.6	73.4	-7.8	-16.3		
3	0.0	29.3	25.2	39.1	44.2	45.1	112.0	168.0	157.9	42.0	2.4	0.0		
2	28.0	11.5	20.0	8.5	8.4	0.6	0.0	168.0	149.6	15.0	-14.2	-8.5		
1	28.0	49.9	25.0	95.9	65.8	87.9	28.0	140.0	135.8	110.4	-4.3	4.8		
Average		40.97	8.0	26.5	21.3	62.5	27.0	30.3	32.0	108.0	118.6	59.8	-2.0	-0.4
±SD		25.7	13.7	14.0	6.1	30.8	21.9	30.5	37.7	59.2	39.2	30.4	15.7	9.6



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	1.020	33.7%	-47.4	40.0	87.4	1.1	19.9	76.0%	-33.4	95.8%	64.4
7	Seat 7	1.046	34.6%	-54.6	33.8	88.4	7.2	9.8	80.7%	-10.2	84.5%	67.2
6	Seat 6	1.036	34.3%	-56.9	33.6	90.5	3.9	18.0	75.8%	-15.9	76.4%	59.4
5	Seat 5	1.215	40.2%	-56.4	32.3	88.7	13.2	11.9	71.8%	-37.0	91.6%	107.4
4	Seat 4	1.030	34.1%	-53.4	32.2	85.6	11.6	6.2	79.2%	-35.8	86.2%	74.1
3	Seat 3	0.995	32.9%	-52.4	34.7	87.2	2.3	13.5	81.8%	-19.5	57.1%	63.9
2	Seat 2	1.027	34.0%	-57.0	34.0	91.0	2.7	13.3	82.4%	-22.4	56.7%	58.9
1	Bow Rower	1.033	34.2%	-55.1	34.2	89.3	5.9	8.5	83.9%	-55.3	86.2%	57.4
Average		1.050	34.7%	-54.2	34.3	88.5	6.0	12.6	79.0%	-28.7	79.3%	69.1
±SD		0.068	2.3%	3.2	2.4	1.8	4.4	4.6	4.1%	14.5	14.9%	0.2

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	218	783	324	0.40	41%	42.0%	17.0	32.7	0.55	1.26	0.0	0.0
7	219	684	328	0.40	48%	33.6%	13.6	32.2	0.56	1.33	17.3	59.3
6	214	753	314	0.36	42%	42.6%	16.0	38.5	0.54	1.27	-0.1	36.8
5	226	772	289	0.32	37%	50.0%	22.7	27.7	0.60	1.27	41.6	70.5
4	229	776	338	0.38	44%	42.3%	19.1	27.4	0.56	1.06	23.1	65.0
3	232	818	335	0.37	41%	52.2%	24.8	26.2	0.50	1.17	21.2	49.8
2	221	638	325	0.39	51%	42.1%	13.2	24.2	0.44	0.76	-0.7	65.7
1	200	618	290	0.38	47%	54.3%	17.9	24.6	0.53	0.96	93.2	200.3
220		730	318	0.37	44%	44.9%	18.0	29.2	0.54	1.14	24.4	68.4
10.1		74	19	0.03	4%	6.8%	4.1	4.9	0.05	0.20	31.4	58.0

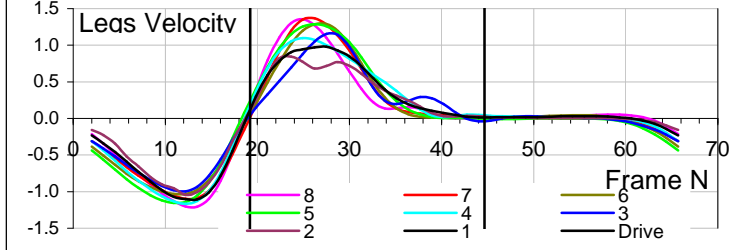
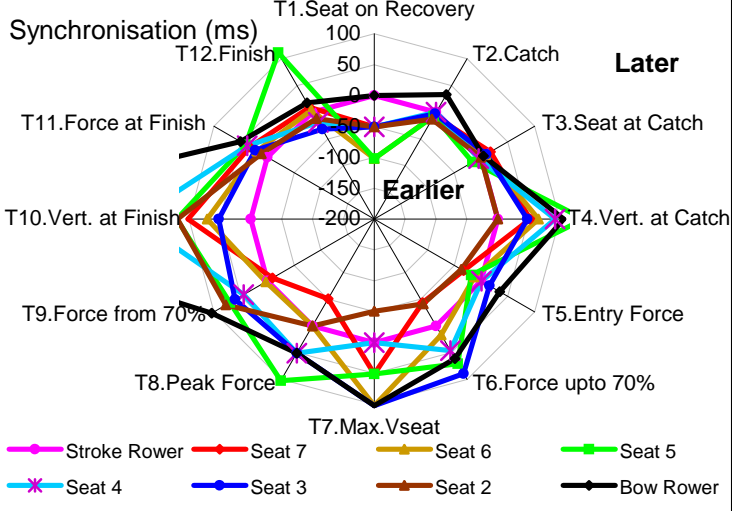
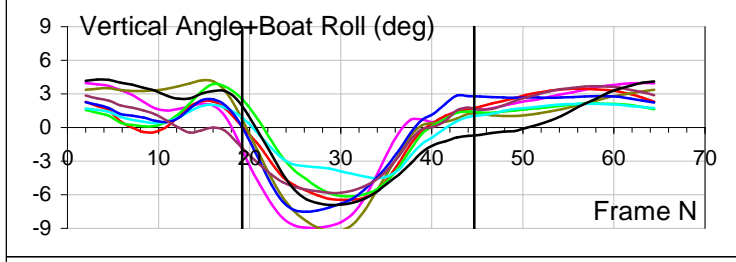
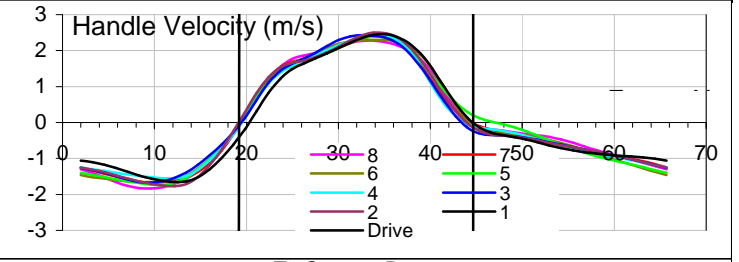
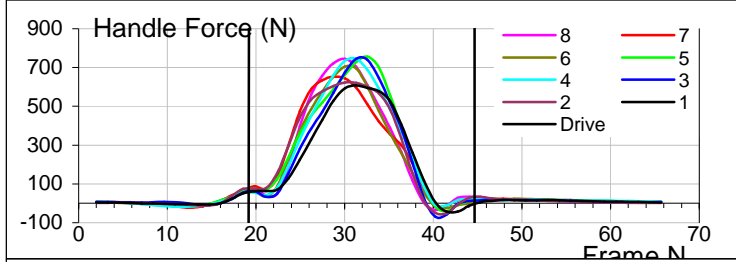
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h	
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	0.0	-7.7	15.5	50.2	-35.7	-49.0	60.5	-60.5	11.1	161.9	43.2	17.8	
6	-60.5	-17.1	0.5	51.8	-28.6	-27.3	60.5	0.0	-32.6	43.8	9.6	-1.3	
5	-60.5	-22.9	-26.4	111.6	-36.0	45.6	60.5	60.5	45.1	123.4	27.1	171.7	
4	-60.5	-7.0	-9.4	85.5	-14.6	22.2	0.0	0.0	27.5	198.2	33.1	2.6	
3	-60.5	-14.2	-0.3	22.0	1.1	75.6	120.9	60.5	36.3	29.9	22.4	-39.6	
2	-60.5	-22.6	-11.5	-	-52.3	-72.3	0.0	0.0	67.1	161.6	-0.8	-16.3	
1	0.0	7.2	-14.6	85.5	6.5	29.9	0.0	120.9	97.6	713.9	51.0	20.0	
28.76		-43.2	-12.0	-6.6	67.7	-22.8	3.5	43.2	25.9	36.0	204.7	26.5	22.1
52.3		29.5	10.6	13.3	32.3	21.4	53.9	45.7	59.0	41.3	233.1	18.1	69.1



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.991	38.9%	-48.1	41.1	89.2	0.8	23.7	72.5%	-32.0	95.7%	61.8
7	Seat 7	1.006	39.5%	-54.7	33.5	88.1	8.4	12.6	76.1%	-8.2	79.4%	65.4
6	Seat 6	1.001	39.3%	-57.9	33.6	91.5	5.4	19.3	73.0%	-16.4	71.7%	57.3
5	Seat 5	1.109	43.5%	-56.6	32.3	88.9	13.5	14.3	68.8%	-40.9	91.6%	94.5
4	Seat 4	0.971	38.1%	-54.0	31.8	85.8	13.9	8.4	74.0%	-36.8	85.7%	69.8
3	Seat 3	0.962	37.7%	-52.5	35.3	87.8	3.6	16.6	77.0%	-19.7	52.8%	61.7
2	Seat 2	0.991	38.9%	-57.3	33.6	90.9	3.8	16.9	77.2%	-19.3	57.9%	59.7
1	Bow Rower	0.975	38.3%	-54.0	34.1	88.1	6.4	10.3	81.0%	-60.7	82.9%	56.6
Average		1.001	39.3%	-54.4	34.4	88.8	7.0	15.3	75.0%	-29.2	77.2%	65.8
±SD		0.046	1.8%	3.2	2.9	1.8	4.7	5.0	3.7%	16.8	15.4%	0.2

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	243	745	308	0.38	41%	39.5%	16.9	35.9	0.55	1.35	0.0	0.0
7	237	652	304	0.37	47%	33.0%	13.2	36.4	0.56	1.37	5.7	47.8
6	236	705	292	0.34	41%	38.5%	18.5	37.7	0.55	1.29	14.0	51.1
5	263	756	300	0.33	40%	51.4%	22.6	28.2	0.60	1.29	46.7	71.0
4	259	745	329	0.36	44%	46.3%	20.0	27.7	0.57	1.10	32.0	62.2
3	253	746	307	0.34	41%	47.2%	25.2	25.6	0.49	1.16	30.2	45.7
2	249	622	311	0.37	50%	38.4%	13.8	25.9	0.45	0.84	0.1	53.8
1	225	608	280	0.37	46%	40.5%	18.3	25.5	0.52	0.98	92.3	146.9
Average		246	697	304	0.36	44%	18.6	30.4	0.54	1.17	27.6	59.8
±SD		12.7	61	14	0.02	4%	4.1	5.3	0.05	0.19	31.1	41.0

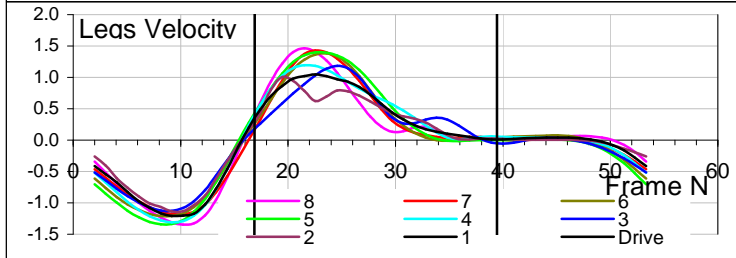
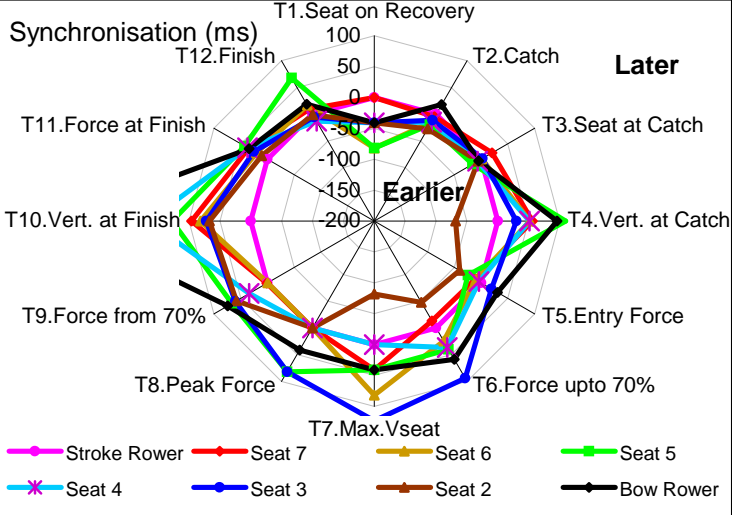
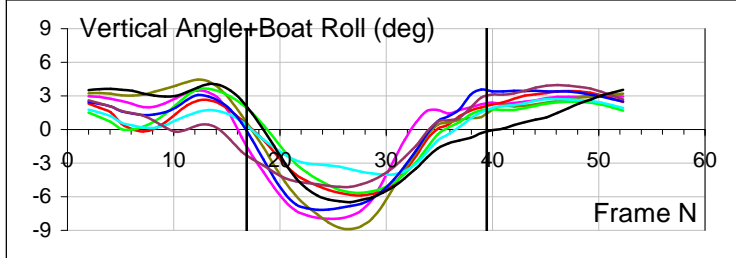
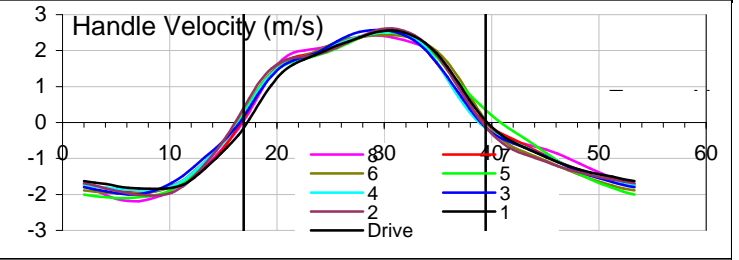
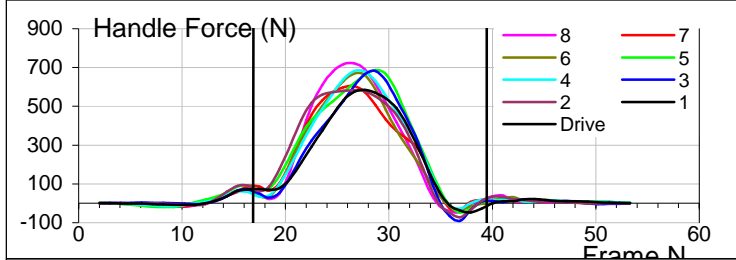
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h	
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	-51.0	-6.5	17.3	52.2	-33.0	-43.9	51.0	-51.0	-10.1	101.7	32.0	8.9	
6	-101.9	-7.1	8.5	65.7	-12.8	16.7	101.9	0.0	3.1	70.4	19.6	3.7	
5	-101.9	-7.0	-15.9	139.6	-18.8	70.3	51.0	101.9	69.8	119.8	40.5	110.9	
4	-51.0	-0.1	-4.9	93.0	0.3	46.3	0.0	51.0	43.9	187.4	37.1	-19.3	
3	-51.0	-3.0	9.4	47.6	15.6	89.0	101.9	51.0	59.9	51.7	22.1	-31.9	
2	-51.0	-13.2	-0.5	-	-37.2	-41.5	-51.0	0.0	77.9	118.8	11.2	-12.5	
1	0.0	32.9	4.3	106.9	34.6	60.9	101.9	51.0	104.0	543.5	50.2	16.9	
Average		-58.2	-0.6	2.6	84.2	-7.3	28.3	51.0	29.1	49.8	170.5	30.5	10.9
±SD		46.4	35.2	15.3	35.7	26.0	53.3	58.8	49.7	40.9	170.1	13.5	47.2



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.896	43.7%	-47.3	41.0	88.3	2.3	25.1	69.0%	-37.5	93.4%	56.5
7	Seat 7	0.911	44.4%	-52.9	33.7	86.5	11.5	14.2	70.2%	-12.1	77.7%	58.1
6	Seat 6	0.928	45.2%	-58.0	33.4	91.4	8.4	19.5	69.4%	-21.5	72.6%	52.8
5	Seat 5	0.983	47.9%	-57.2	32.0	89.2	16.3	16.1	63.8%	-33.5	87.3%	75.4
4	Seat 4	0.898	43.7%	-54.4	31.6	86.0	20.1	10.8	64.1%	-29.5	81.8%	61.9
3	Seat 3	0.901	43.9%	-52.6	34.4	87.0	5.0	15.9	76.0%	-24.5	52.7%	57.9
2	Seat 2	0.922	44.9%	-57.8	33.3	91.1	5.2	22.9	69.1%	-16.6	56.2%	54.8
1	Bow Rower	0.897	43.7%	-52.7	33.9	86.5	9.1	12.5	75.0%	-60.3	81.2%	52.4
Average		0.917	44.7%	-54.1	34.2	88.2	9.7	17.1	69.6%	-29.4	75.4%	58.7
±SD		0.029	1.4%	3.6	2.9	2.1	6.0	5.0	4.4%	15.1	14.3%	0.1

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	291	722	303	0.37	42%	41.1%	16.9	34.7	0.54	1.46	0.0	0.0
7	269	604	283	0.34	47%	40.5%	14.9	33.9	0.54	1.43	19.0	32.7
6	273	669	276	0.32	41%	39.8%	19.6	37.7	0.56	1.38	14.1	44.8
5	304	686	298	0.33	43%	50.8%	20.7	27.9	0.61	1.40	36.1	61.3
4	294	682	307	0.34	45%	40.9%	20.2	28.4	0.57	1.20	20.4	53.3
3	281	682	277	0.30	41%	53.7%	26.0	25.0	0.50	1.19	37.4	49.0
2	285	582	294	0.35	50%	40.4%	13.8	27.8	0.44	1.01	-15.0	45.8
1	254	585	263	0.35	45%	42.7%	19.2	26.6	0.51	1.05	57.0	89.9
Average		281	652	288	0.34	44%	18.9	30.3	0.53	1.26	21.1	47.1
±SD		15.7	53	15	0.02	3%	3.8	4.6	0.05	0.18	22.6	25.4

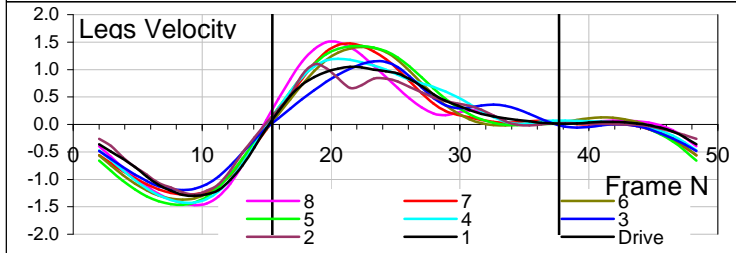
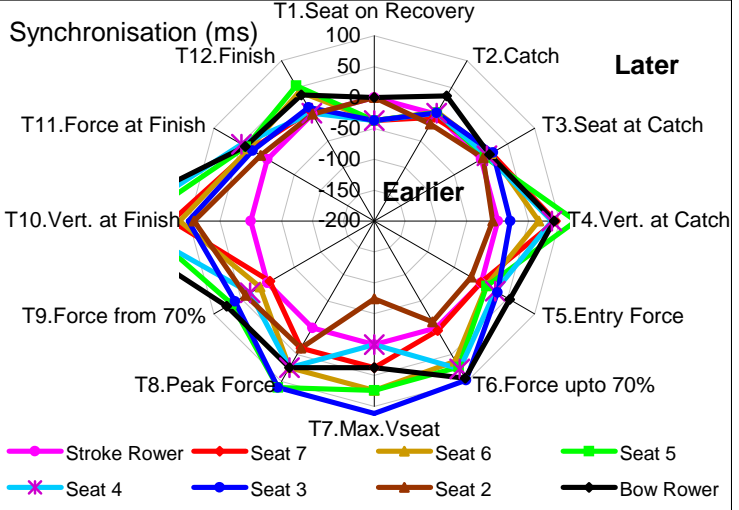
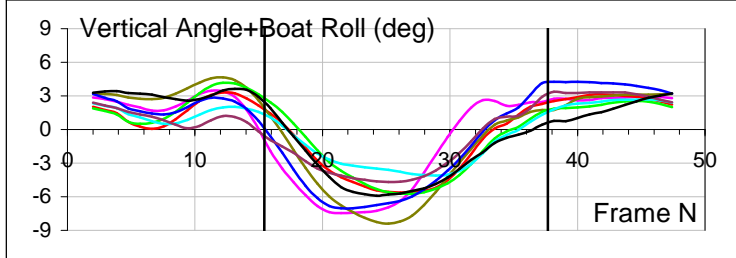
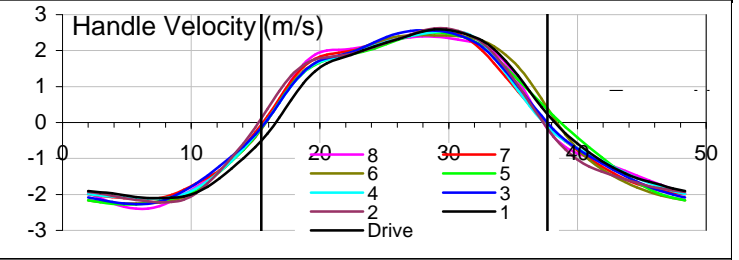
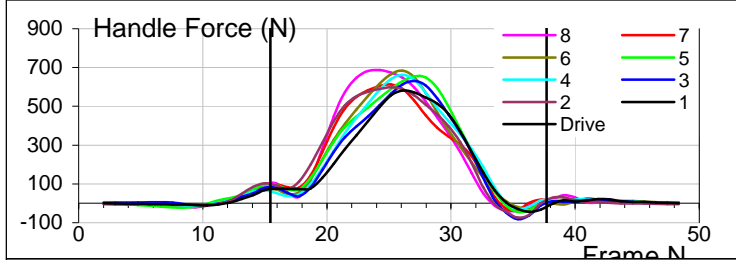
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h	
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	0.0	-5.3	20.2	55.8	-11.6	-13.6	41.0	0.0	0.8	96.1	35.4	9.3	
6	-82.1	-15.1	1.0	51.9	-10.6	24.1	82.1	0.0	-0.4	81.6	20.3	16.7	
5	-82.1	-19.9	-15.9	109.8	-25.0	39.9	41.0	82.1	66.5	127.4	42.4	67.2	
4	-41.0	-14.8	-6.8	51.2	-4.0	36.3	0.0	0.0	34.1	166.4	37.0	-13.4	
3	-41.0	-11.2	1.9	30.1	19.2	93.6	123.1	82.1	59.7	72.1	25.0	-5.9	
2	-41.0	-27.3	-6.4	-68.4	-40.4	-48.1	-82.1	0.0	58.1	66.7	10.8	-1.5	
1	-41.0	17.8	-5.1	95.8	30.4	58.3	41.0	41.0	74.1	319.3	34.2	18.2	
Average		-46.9	-10.8	-1.6	46.6	-6.0	27.2	35.2	29.3	41.8	132.8	29.3	12.9
±SD		37.0	28.3	14.4	57.8	24.4	46.5	64.6	39.0	31.0	89.4	11.0	26.6



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.866	46.7%	-47.7	40.5	88.2	1.9	30.5	63.3%	-36.0	93.5%	55.0
7	Seat 7	0.878	47.4%	-52.5	33.3	85.8	14.2	13.8	67.4%	-10.9	78.3%	58.6
6	Seat 6	0.904	48.8%	-58.0	33.1	91.2	7.5	23.3	66.2%	-21.4	75.8%	55.0
5	Seat 5	0.917	49.5%	-55.2	31.1	86.4	15.9	14.4	65.0%	-31.6	87.2%	68.3
4	Seat 4	0.866	46.7%	-53.7	31.1	84.8	18.7	11.4	64.6%	-26.5	80.6%	59.6
3	Seat 3	0.877	47.3%	-52.5	34.2	86.7	3.8	18.9	73.9%	-16.3	50.5%	55.9
2	Seat 2	0.885	47.8%	-57.1	32.1	89.2	11.6	23.5	60.7%	-13.7	59.4%	54.9
1	Bow Rower	0.868	46.8%	-52.7	33.1	85.8	8.4	17.4	69.8%	-54.1	78.1%	52.2
Average		0.883	47.6%	-53.7	33.6	87.3	10.2	19.1	66.4%	-26.3	75.4%	57.5
±SD		0.019	1.0%	3.2	3.0	2.1	5.9	6.3	4.1%	14.2	14.1%	0.1

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	313	687	308	0.38	45%	34.8%	14.8	35.5	0.55	1.50	0.0	0.0
7	296	613	289	0.35	47%	40.0%	14.7	34.6	0.55	1.48	25.5	45.5
6	304	684	285	0.33	42%	41.6%	19.3	38.6	0.57	1.41	39.7	41.0
5	308	655	289	0.32	44%	47.8%	20.2	27.7	0.61	1.43	59.2	61.3
4	302	663	294	0.33	44%	43.5%	20.4	30.5	0.57	1.20	44.1	63.2
3	291	631	267	0.29	42%	50.0%	23.1	26.5	0.49	1.15	46.5	48.8
2	303	598	292	0.35	49%	38.9%	14.2	30.5	0.45	1.10	4.5	40.1
1	271	581	259	0.34	45%	39.2%	19.2	28.0	0.50	1.05	66.9	64.8
299		639	285	0.34	45%	42.0%	18.2	31.5	0.53	1.29	35.8	45.6
12.9		39	15	0.03	2%	5.0%	3.3	4.3	0.05	0.18	24.1	20.9

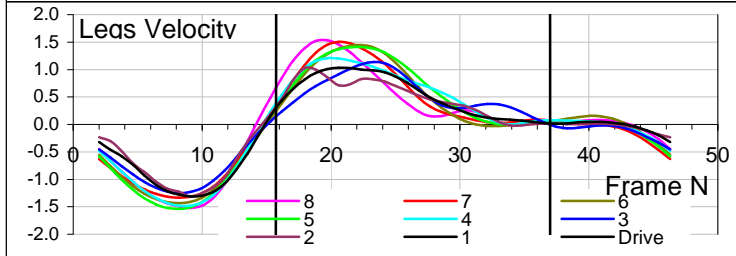
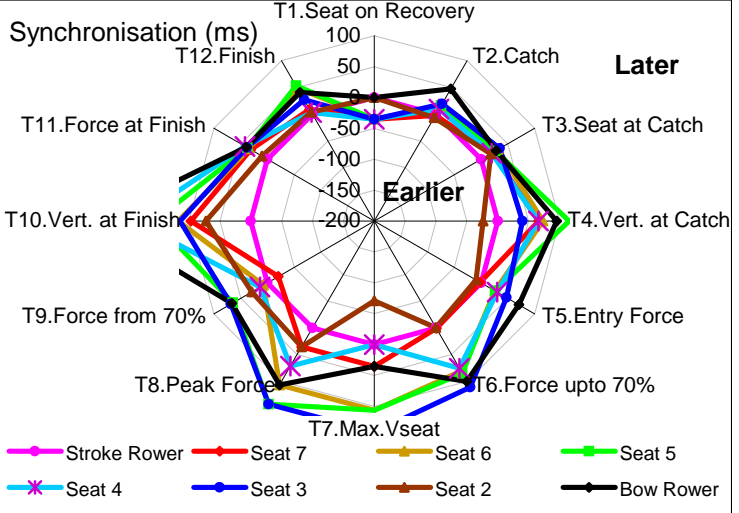
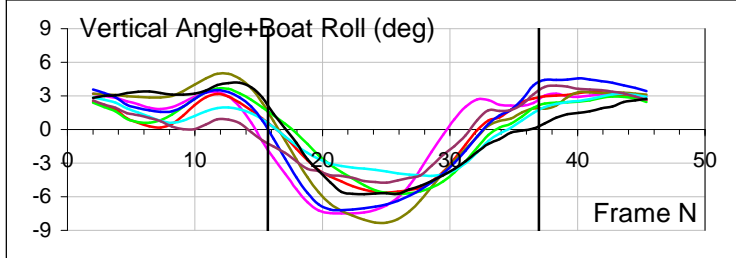
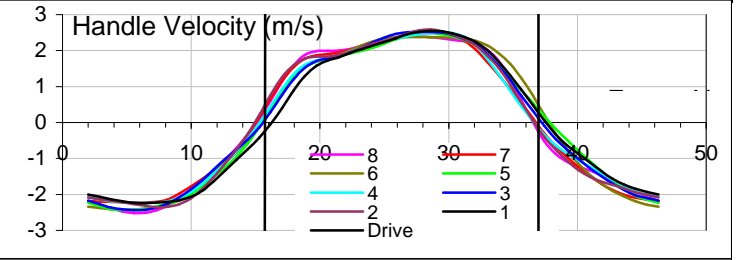
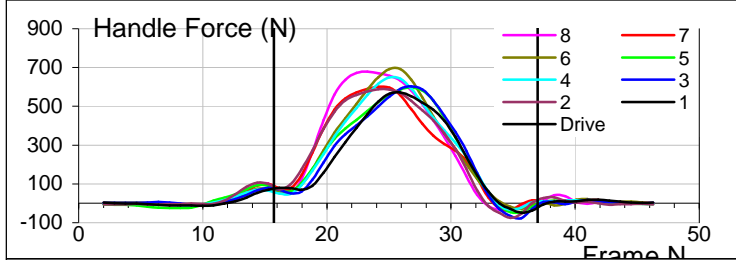
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h	
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	-37.1	-6.1	19.1	93.1	-0.9	4.7	37.1	37.1	-5.3	128.0	31.1	5.6	
6	-37.1	4.1	18.7	66.5	9.4	62.0	74.2	74.2	13.3	115.2	34.0	41.9	
5	-37.1	2.4	6.9	126.5	9.9	72.8	74.2	111.2	66.6	183.8	40.0	52.9	
4	-37.1	1.6	11.1	87.6	26.6	76.3	0.0	74.2	32.3	206.6	48.1	1.5	
3	-37.1	2.0	21.7	20.1	30.4	97.3	111.2	111.2	59.9	100.9	27.3	12.4	
2	0.0	-18.8	3.5	-8.4	-18.7	-11.2	-74.2	37.1	40.6	91.5	12.4	0.0	
1	0.0	33.9	15.8	91.2	53.6	93.6	37.1	74.2	75.9	250.8	41.1	35.8	
40.90		-26.5	2.7	13.8	68.1	15.7	56.5	37.1	74.2	40.5	153.8	33.4	21.4
30.6		18.1	15.9	6.8	46.7	23.5	42.8	60.5	30.3	29.5	60.5	11.5	21.6



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.859	48.5%	-48.1	40.3	88.5	3.1	30.3	62.2%	-35.9	95.5%	56.4
7	Seat 7	0.870	49.1%	-53.2	32.8	86.0	13.7	16.8	64.5%	-12.3	77.3%	58.1
6	Seat 6	0.893	50.4%	-56.8	32.7	89.5	7.3	23.7	65.3%	-19.3	79.7%	57.7
5	Seat 5	0.896	50.6%	-54.9	30.3	85.2	16.4	15.2	63.0%	-25.4	82.3%	62.9
4	Seat 4	0.852	48.1%	-53.5	30.3	83.8	17.1	10.8	66.7%	-25.5	80.1%	59.5
3	Seat 3	0.867	48.9%	-51.4	33.8	85.3	3.7	18.0	74.6%	-20.4	52.5%	57.0
2	Seat 2	0.869	49.1%	-56.3	32.0	88.3	10.6	25.3	59.3%	-11.6	55.4%	54.4
1	Bow Rower	0.853	48.1%	-51.1	32.9	84.0	7.9	16.3	71.2%	-55.0	78.6%	52.7
Average		0.870	49.1%	-53.2	33.2	86.3	10.0	19.6	65.8%	-25.7	75.2%	57.3
±SD		0.017	0.9%	2.9	3.2	2.2	5.4	6.4	5.0%	14.2	14.3%	0.1

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	333	679	317	0.39	47%	32.5%	14.3	34.7	0.55	1.54	0.0	0.0
7	303	602	288	0.35	48%	37.6%	14.0	35.8	0.56	1.51	19.6	36.9
6	313	693	287	0.33	41%	43.1%	19.3	38.6	0.57	1.45	50.8	46.7
5	292	597	268	0.29	45%	49.3%	19.8	27.2	0.60	1.41	65.9	56.6
4	305	650	291	0.32	45%	40.7%	19.4	31.5	0.57	1.21	40.3	57.5
3	293	604	264	0.29	44%	50.0%	21.8	25.9	0.49	1.14	62.2	54.3
2	308	589	289	0.35	49%	36.8%	14.4	30.4	0.43	1.03	4.6	34.7
1	272	572	255	0.34	45%	40.9%	18.0	28.2	0.48	1.03	73.3	64.6
Average		302	623	282	0.33	45%	17.6	31.5	0.53	1.29	39.6	43.9
±SD		17.7	45	20	0.03	2%	6.0%	3.0	4.5	0.06	28.4	20.5

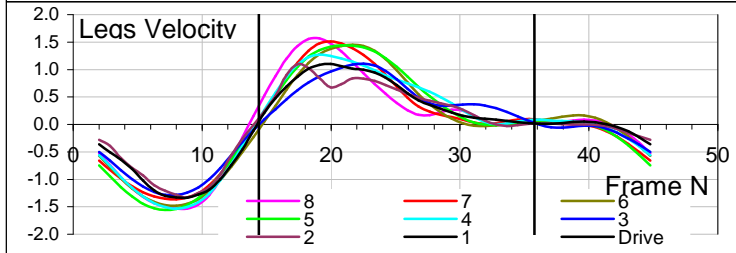
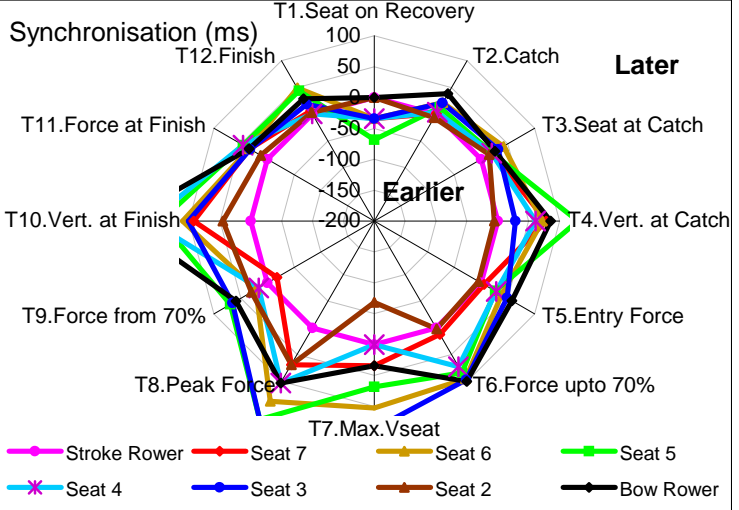
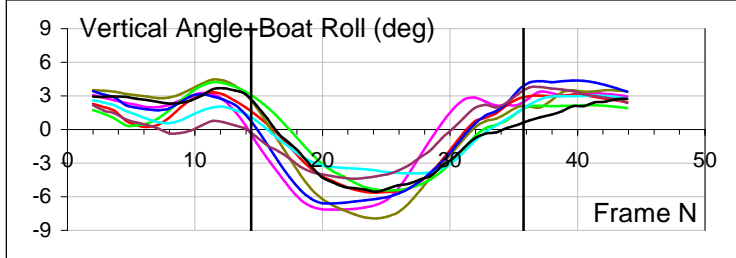
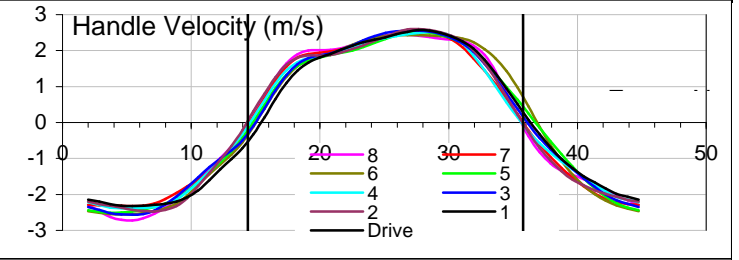
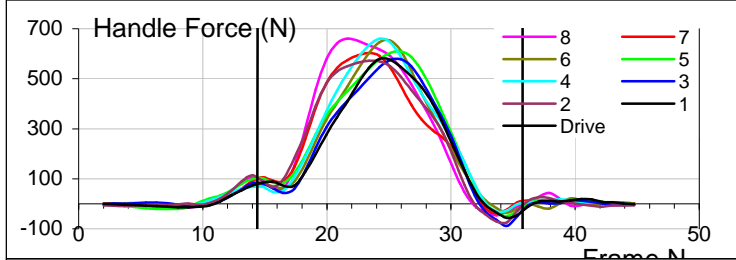
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h		
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
7	-35.4	-2.6	21.0	66.3	-2.3	0.4	35.4	35.4	-20.7	97.1	31.0	8.9		
6	-35.4	14.9	31.5	73.0	25.2	80.8	106.3	106.3	6.5	117.8	34.2	48.9		
5	-35.4	15.9	26.4	115.7	25.8	84.7	106.3	141.7	64.2	156.0	36.9	52.7		
4	-35.4	9.4	19.8	65.8	29.6	75.1	0.0	70.9	13.7	190.7	41.3	2.3		
3	-35.4	19.0	34.6	39.8	47.4	110.1	141.7	141.7	68.1	114.5	37.9	27.2		
2	0.0	-6.8	17.4	-23.7	-9.8	-1.3	-70.9	35.4	29.1	72.4	10.1	3.7		
1	0.0	47.0	27.9	95.2	70.3	99.4	35.4	106.3	66.5	251.8	39.4	40.6		
Average		-25.3	13.8	25.5	61.7	26.6	64.2	50.6	91.1	32.5	142.9	33.0	26.3	
±SD		33.9	17.3	17.5	6.4	44.7	27.4	45.7	73.3	45.1	34.9	61.7	10.7	21.6



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

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

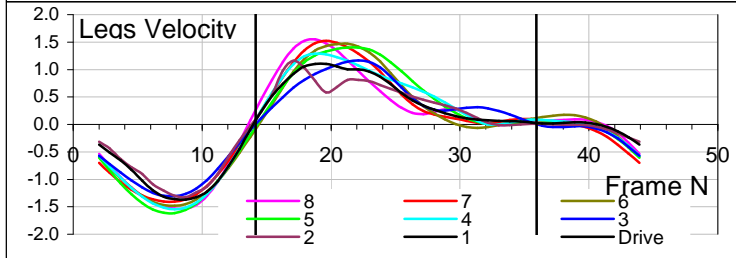
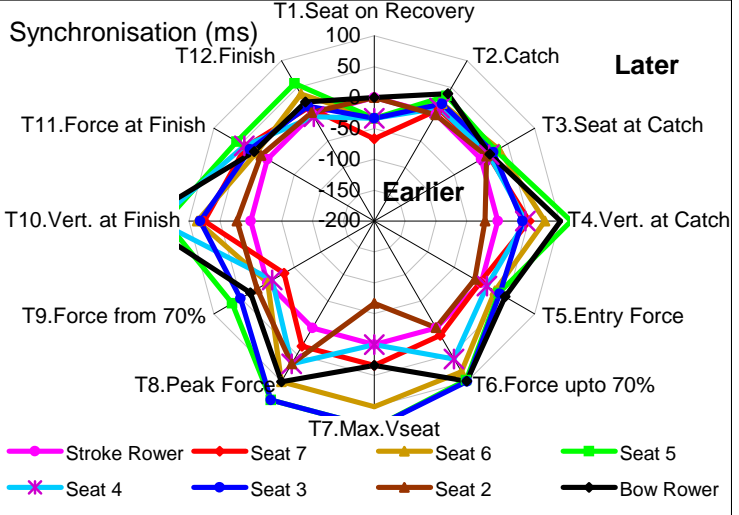
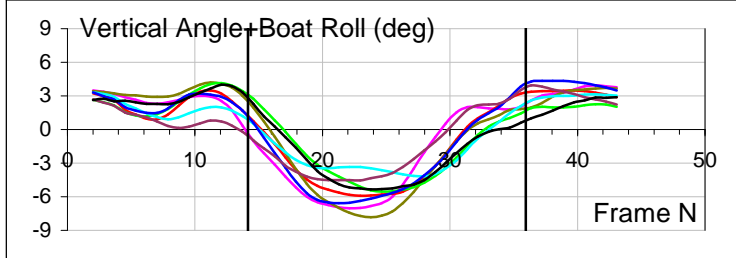
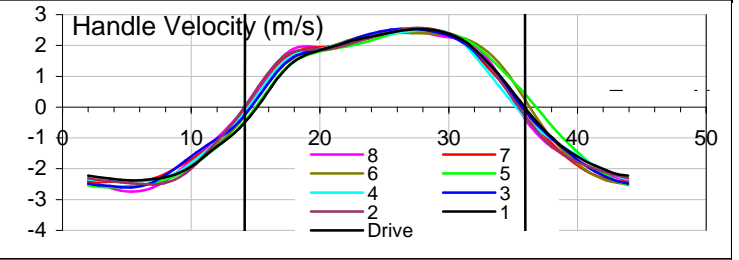
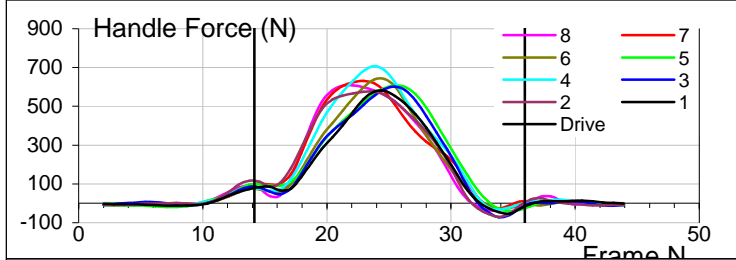
#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Force at Finish	T12.Finish	
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	-34.2	1.2	21.0	78.2	5.4	11.8	34.2	68.4	-18.2	92.1	33.2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



#	Names	Drive time (s)	Rhythm (%)	Catch Angle (deg)	Finish Angle (deg)	Total angle (deg)	Catch Slip (Deg)	Release Slip (deg)	Effective Angle (%)	Catch Factor (ms)	Rowing Style Factor (%)	HDF
8	Stroke Rower	0.848	50.6%	-47.8	39.7	87.5	4.9	27.4	63.2%	-22.9	92.0%	53.1
7	Seat 7	0.852	50.8%	-53.1	31.9	84.9	9.7	17.7	67.8%	-18.8	82.9%	60.3
6	Seat 6	0.866	51.6%	-55.6	32.2	87.8	8.7	22.6	64.4%	-10.1	79.6%	53.4
5	Seat 5	0.872	52.0%	-54.7	29.8	84.5	14.2	16.9	63.2%	-28.9	84.6%	63.6
4	Seat 4	0.832	49.6%	-53.4	29.6	83.0	13.2	9.8	72.3%	-19.6	80.3%	64.5
3	Seat 3	0.844	50.3%	-51.1	33.5	84.7	5.8	18.1	71.8%	-19.7	55.8%	56.0
2	Seat 2	0.853	50.9%	-55.6	31.0	86.6	8.2	31.4	54.3%	-11.9	57.8%	55.4
1	Bow Rower	0.832	49.6%	-51.0	32.5	83.5	12.4	16.2	65.8%	-45.5	79.0%	51.2
Average		0.850	50.7%	-52.8	32.5	85.3	9.6	20.0	65.4%	-22.2	76.5%	57.2
±SD		0.014	0.9%	2.7	3.2	1.8	3.4	6.8	5.7%	11.1	12.8%	0.1

#	Rowing Power (W)	Max. Force (N)	Average Force (N)	Aver. Force / Weight (N/kg)	Ratio Aver / Max Force (%)	Position of peak force (% of SL)	Catch force gradient (deg)	Finish force gradient (deg)	Legs drive (m)	Legs Max. Speed (m/s)	Synchroni sation Average (ms)	Synchroni sation SD (ms)
8	315	608	285	0.35	47%	31.2%	13.1	34.2	0.55	1.55	0.0	0.0
7	323	631	299	0.36	47%	35.4%	13.4	37.9	0.55	1.52	15.1	37.5
6	301	641	266	0.31	42%	42.3%	18.6	38.0	0.56	1.47	45.6	43.0
5	312	607	279	0.31	46%	44.9%	18.4	28.8	0.59	1.40	71.9	53.5
4	346	707	320	0.35	45%	40.5%	17.3	33.5	0.56	1.29	29.4	48.5
3	305	602	266	0.29	44%	49.4%	20.7	26.9	0.49	1.17	52.5	50.6
2	313	577	285	0.34	49%	40.1%	13.0	31.7	0.43	1.16	2.6	31.0
1	279	580	253	0.33	44%	41.8%	18.6	31.0	0.47	1.10	57.5	51.8
Average		312	619	282	0.33	46%	16.6	32.7	0.53	1.33	34.3	39.5
±SD		19.0	42	21	0.03	2%	5.6%	3.0	4.0	0.18	26.7	17.7

#	T1.Seat on Recovery	T2.Catch	T3.Seat at Catch	T4.Vert. at Catch	T5.Entry Force	T6.Force upto 70%	T7.Max.V seat	T8.Peak Force	T9.Force from 70%	T10.Vert. at Finish	T11.Forc e at Finish	T12.Finis h
8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7	-67.1	8.9	13.1	50.7	-2.2	13.6	33.5	33.5	-31.1	75.2	40.5	12.5
6	-33.5	19.7	32.5	76.2	25.4	82.0	100.6	100.6	-0.4	86.5	20.9	37.2
5	-33.5	33.5	27.6	118.7	32.9	97.7	134.2	134.2	66.0	137.8	56.8	57.4
4	-33.5	11.4	14.6	44.5	10.5	57.8	0.0	67.1	-9.3	151.2	43.1	-4.8
3	-33.5	19.2	22.5	40.1	34.7	100.1	134.2	134.2	50.1	81.7	32.1	14.6
2	0.0	-1.4	9.6	-20.9	-12.0	-0.3	-67.1	67.1	19.0	22.4	11.8	3.2
1	0.0	38.5	15.9	101.5	44.4	98.9	33.5	100.6	31.6	179.1	24.2	22.2
Average		-28.7	18.6	19.4	58.7	19.1	64.3	91.0	18.0	104.8	32.8	20.4
±SD		32.6	23.1	13.9	46.0	20.9	42.2	37.3	34.2	53.7	15.3	21.2



Stroke Rower

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

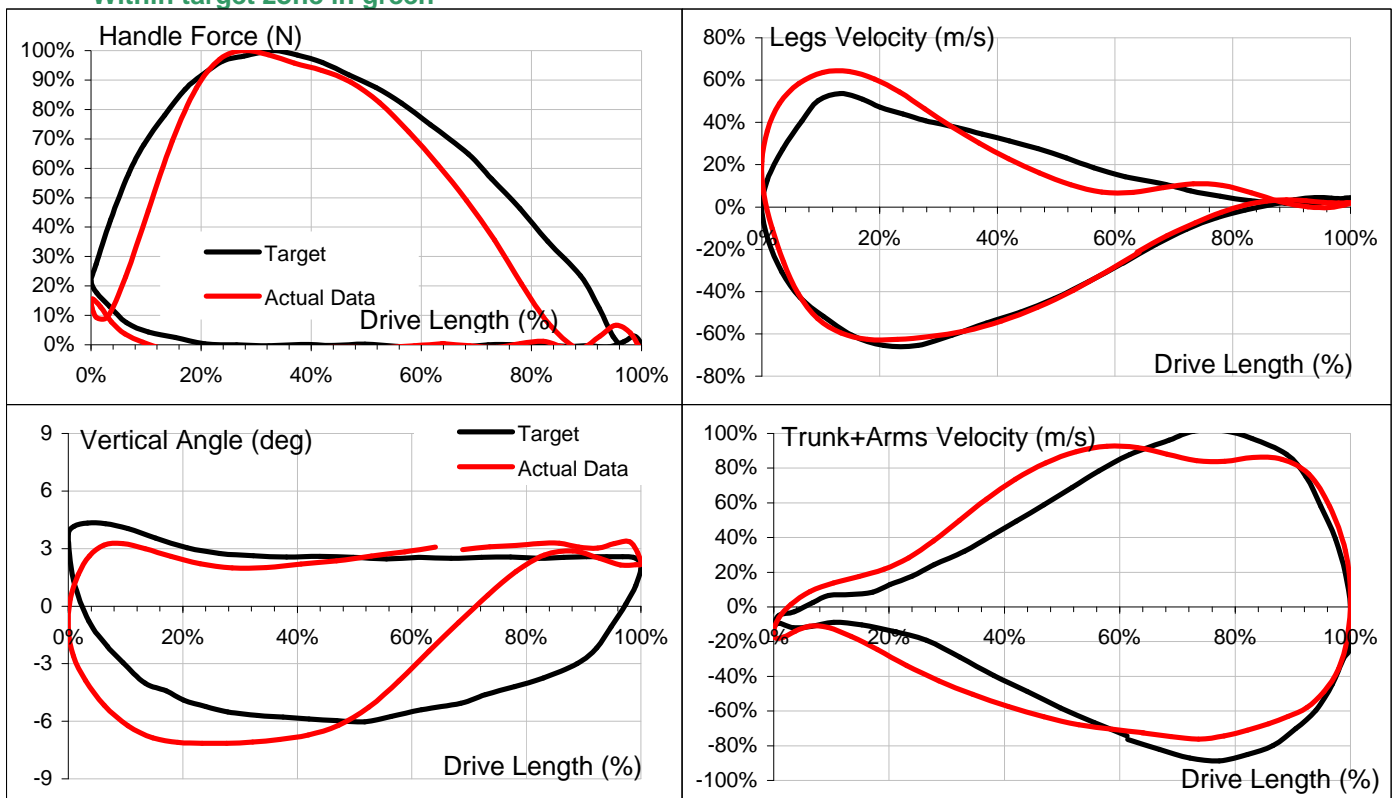
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	88.6	100.7%	64%
5	Average Force (N)	380.0	303.7	79.9%	60%
6	Work Per Stroke (J)	732	562.5	76.9%	60%
7	Rowing Power (W)	500	328.9	65.8%	54%
8	Catch Angle (deg)	-56.0	-48.4	-13.6%	27%
9	Finish Angle (deg)	32.0	40.3	25.8%	96%
10	Catch Slip (Deg)	9.0	3.6	-60.3%	26%
11	Release Slip (deg)	9.0	30.1	234.9%	78%
12	Effective Angle (deg)	80%	62.0%	-22.1%	48%
13	Max.Blade Depth (deg)	-6.0	-7.2	19.2%	34%
14	Max. Force (N)	760.0	660.9	-13.0%	60%
15	Ratio Aver / Max Force (%)	55%	45.9%	-16.5%	48%
16	Position of peak force (% of SL)	33%	27.7%	-16.1%	29%
17	Catch force gradient (deg)	9.2	13.2	43.8%	44%
18	Finish force gradient (deg)	31.3	36.5	16.6%	55%
19	Legs drive (m)	0.60	0.55	-8.1%	53%
20	Legs Max. Speed (m/s)	1.50	1.57	4.5%	53%
21	Catch Factor (ms)	-25.0	-33.7		41%
22	Rowing Style Factor (%)	90%	94.8%		76%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Seat 7

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

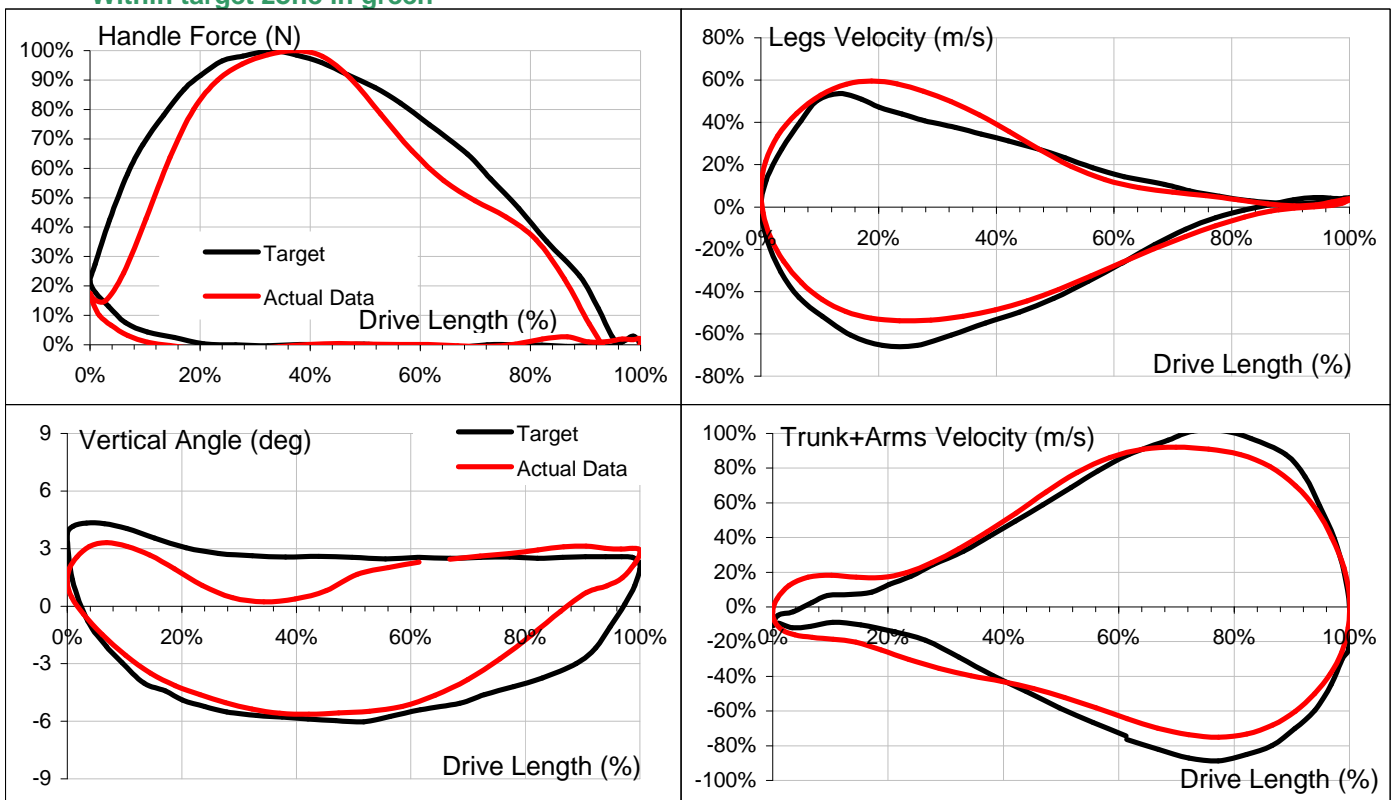
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	84.9	96.5%	49%
5	Average Force (N)	380.0	283.5	74.6%	52%
6	Work Per Stroke (J)	732	518.6	70.9%	52%
7	Rowing Power (W)	500	303.2	60.6%	48%
8	Catch Angle (deg)	-56.0	-52.2	-6.8%	46%
9	Finish Angle (deg)	32.0	32.8	2.4%	53%
10	Catch Slip (Deg)	9.0	14.0	56.0%	49%
11	Release Slip (deg)	9.0	17.2	90.9%	51%
12	Effective Angle (deg)	80%	63.2%	-20.5%	49%
13	Max.Blade Depth (deg)	-6.0	-5.6	-6.1%	51%
14	Max. Force (N)	760.0	602.4	-20.7%	50%
15	Ratio Aver / Max Force (%)	55%	47.1%	-14.4%	52%
16	Position of peak force (% of SL)	33%	37.1%	12.5%	48%
17	Catch force gradient (deg)	9.2	13.7	49.1%	46%
18	Finish force gradient (deg)	31.3	36.8	17.8%	55%
19	Legs drive (m)	0.60	0.55	-8.9%	51%
20	Legs Max. Speed (m/s)	1.50	1.51	0.8%	52%
21	Catch Factor (ms)	-25.0	-13.9		55%
22	Rowing Style Factor (%)	90%	79.4%		54%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Seat 6

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

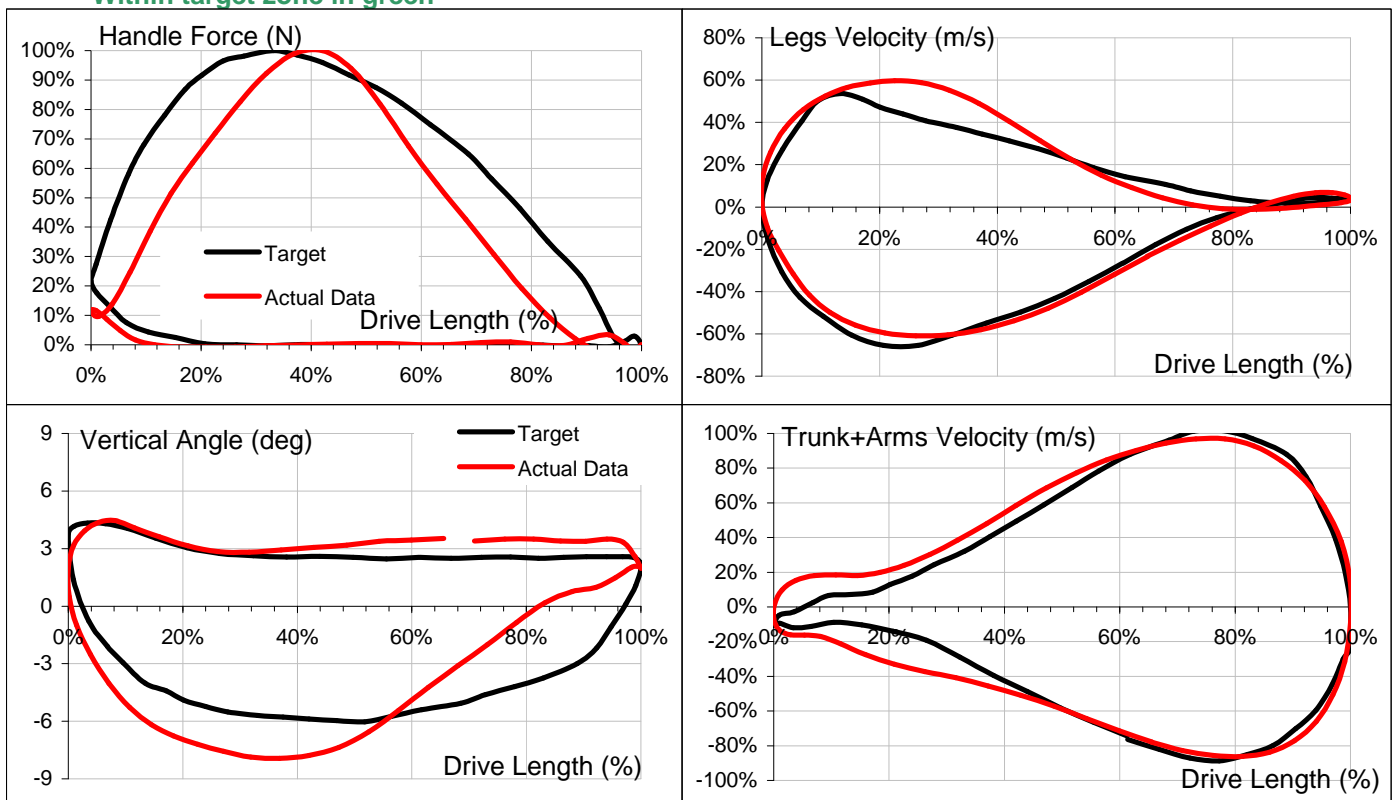
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	89.2	101.4%	66%
5	Average Force (N)	380.0	267.8	70.5%	47%
6	Work Per Stroke (J)	732	516.1	70.5%	51%
7	Rowing Power (W)	500	301.8	60.4%	48%
8	Catch Angle (deg)	-56.0	-56.7	1.2%	67%
9	Finish Angle (deg)	32.0	32.5	1.7%	52%
10	Catch Slip (Deg)	9.0	7.4	-18.1%	34%
11	Release Slip (deg)	9.0	23.5	161.6%	64%
12	Effective Angle (deg)	80%	65.4%	-17.8%	52%
13	Max.Blade Depth (deg)	-6.0	-7.9	32.3%	25%
14	Max. Force (N)	760.0	652.8	-14.1%	59%
15	Ratio Aver / Max Force (%)	55%	41.0%	-25.4%	31%
16	Position of peak force (% of SL)	33%	42.0%	27.4%	57%
17	Catch force gradient (deg)	9.2	19.4	111.1%	70%
18	Finish force gradient (deg)	31.3	38.6	23.3%	60%
19	Legs drive (m)	0.60	0.57	-5.4%	58%
20	Legs Max. Speed (m/s)	1.50	1.45	-3.2%	51%
21	Catch Factor (ms)	-25.0	-13.8		55%
22	Rowing Style Factor (%)	90%	77.5%		51%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Seat 5

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

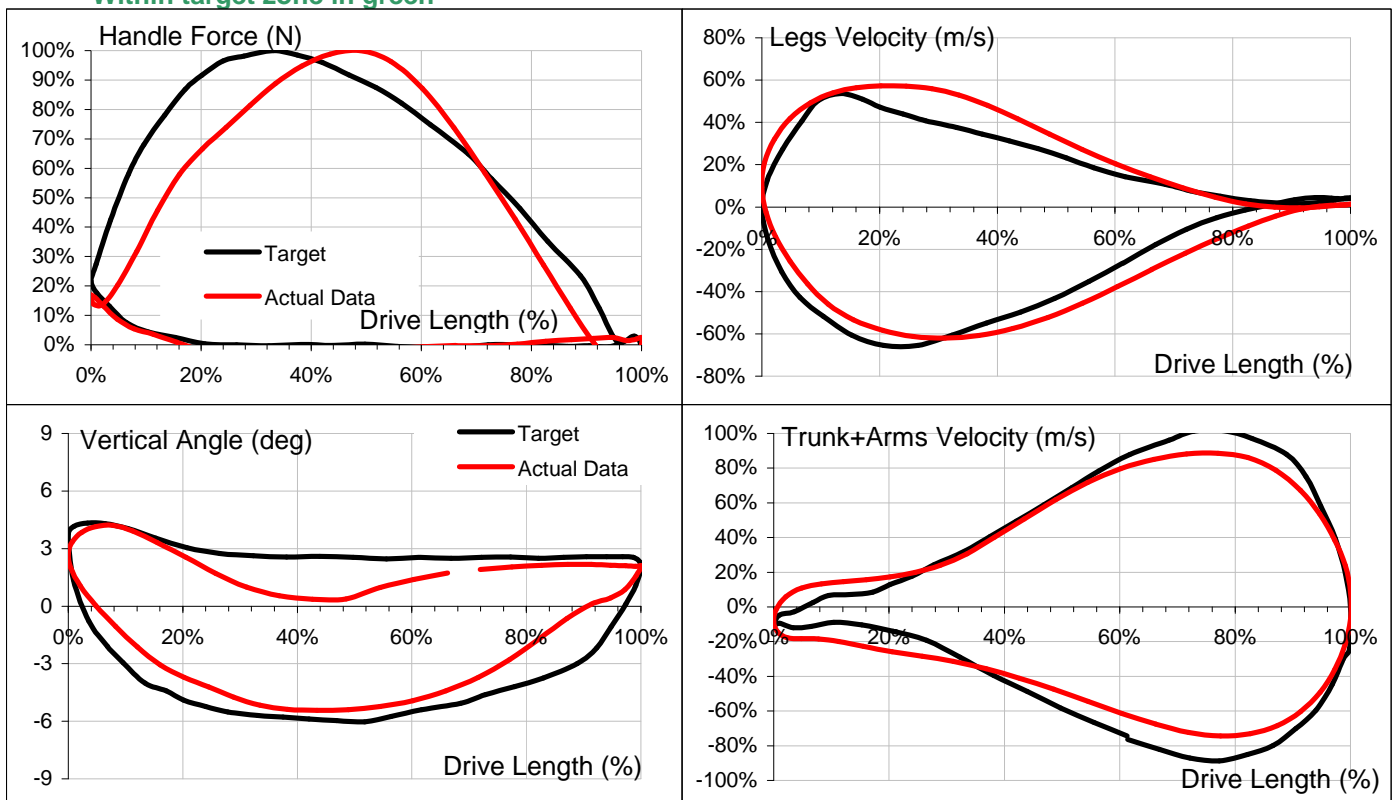
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	84.5	96.0%	47%
5	Average Force (N)	380.0	279.4	73.5%	51%
6	Work Per Stroke (J)	732	527.8	72.1%	54%
7	Rowing Power (W)	500	308.6	61.7%	49%
8	Catch Angle (deg)	-56.0	-54.9	-2.0%	59%
9	Finish Angle (deg)	32.0	29.6	-7.4%	36%
10	Catch Slip (Deg)	9.0	16.9	87.3%	56%
11	Release Slip (deg)	9.0	16.0	78.1%	49%
12	Effective Angle (deg)	80%	61.1%	-23.2%	47%
13	Max.Blade Depth (deg)	-6.0	-5.4	-9.4%	53%
14	Max. Force (N)	760.0	609.6	-19.8%	52%
15	Ratio Aver / Max Force (%)	55%	45.8%	-16.6%	48%
16	Position of peak force (% of SL)	33%	48.9%	48.2%	71%
17	Catch force gradient (deg)	9.2	18.8	104.3%	67%
18	Finish force gradient (deg)	31.3	27.6	-11.7%	34%
19	Legs drive (m)	0.60	0.60	0.5%	69%
20	Legs Max. Speed (m/s)	1.50	1.44	-4.1%	51%
21	Catch Factor (ms)	-25.0	-25.7		47%
22	Rowing Style Factor (%)	90%	85.7%		63%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Seat 4

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

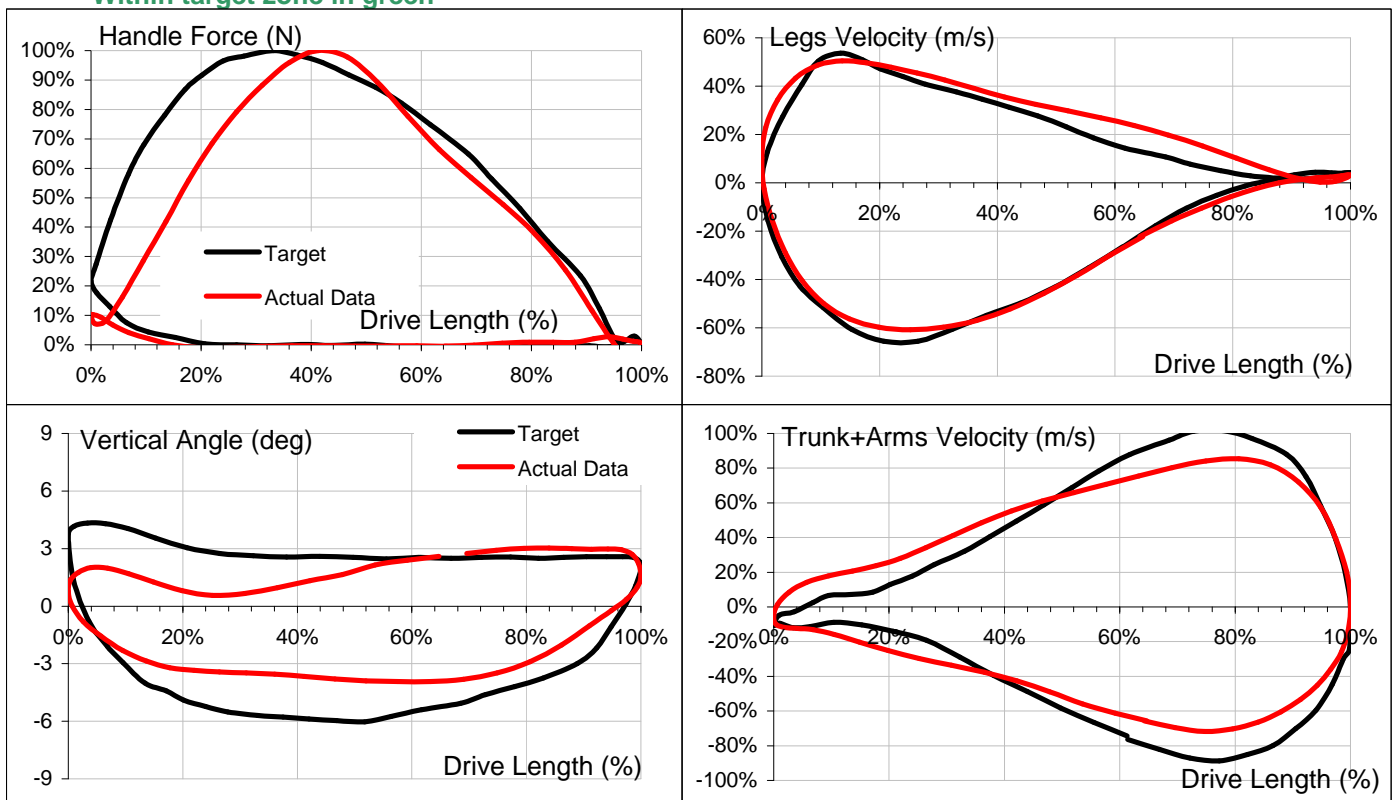
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	83.5	94.8%	43%
5	Average Force (N)	380.0	294.0	77.4%	56%
6	Work Per Stroke (J)	732	543.0	74.2%	57%
7	Rowing Power (W)	500	317.5	63.5%	51%
8	Catch Angle (deg)	-56.0	-53.3	-4.8%	51%
9	Finish Angle (deg)	32.0	30.2	-5.7%	39%
10	Catch Slip (Deg)	9.0	16.3	80.6%	54%
11	Release Slip (deg)	9.0	12.4	37.3%	41%
12	Effective Angle (deg)	80%	65.7%	-17.4%	52%
13	Max.Blade Depth (deg)	-6.0	-3.9	-34.6%	70%
14	Max. Force (N)	760.0	660.5	-13.1%	60%
15	Ratio Aver / Max Force (%)	55%	44.5%	-19.1%	43%
16	Position of peak force (% of SL)	33%	41.2%	24.9%	56%
17	Catch force gradient (deg)	9.2	18.9	105.2%	67%
18	Finish force gradient (deg)	31.3	32.2	2.9%	44%
19	Legs drive (m)	0.60	0.57	-5.0%	59%
20	Legs Max. Speed (m/s)	1.50	1.27	-15.4%	49%
21	Catch Factor (ms)	-25.0	-17.4		52%
22	Rowing Style Factor (%)	90%	79.2%		54%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Seat 3

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

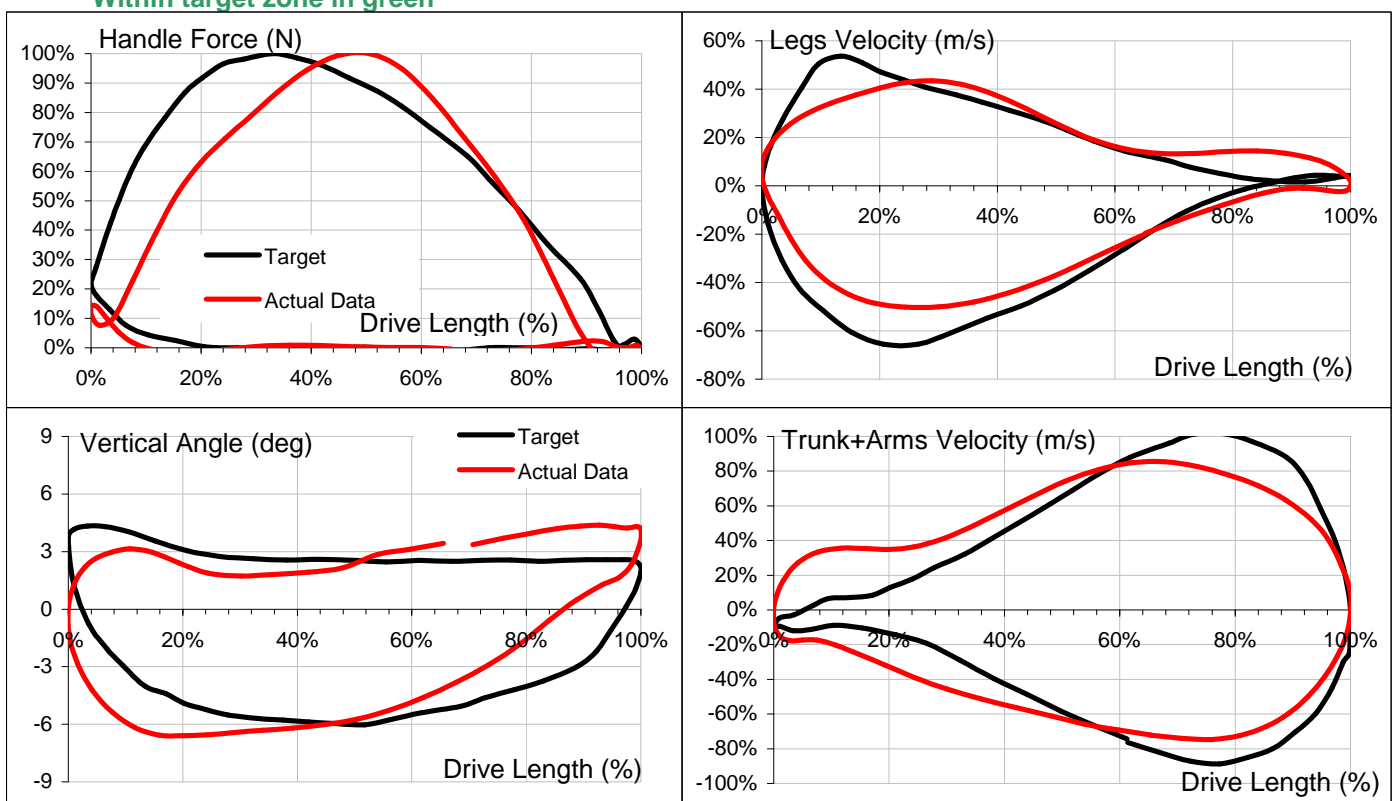
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	85.2	96.8%	50%
5	Average Force (N)	380.0	252.9	66.6%	41%
6	Work Per Stroke (J)	732	494.4	67.6%	47%
7	Rowing Power (W)	500	289.1	57.8%	45%
8	Catch Angle (deg)	-56.0	-51.4	-8.2%	42%
9	Finish Angle (deg)	32.0	33.7	5.5%	59%
10	Catch Slip (Deg)	9.0	3.9	-56.9%	26%
11	Release Slip (deg)	9.0	18.5	105.2%	54%
12	Effective Angle (deg)	80%	73.8%	-7.3%	63%
13	Max.Blade Depth (deg)	-6.0	-6.6	10.0%	40%
14	Max. Force (N)	760.0	578.5	-23.9%	46%
15	Ratio Aver / Max Force (%)	55%	43.7%	-20.5%	40%
16	Position of peak force (% of SL)	33%	50.5%	53.0%	74%
17	Catch force gradient (deg)	9.2	20.2	119.5%	73%
18	Finish force gradient (deg)	31.3	26.9	-14.0%	32%
19	Legs drive (m)	0.60	0.49	-18.7%	33%
20	Legs Max. Speed (m/s)	1.50	1.11	-26.0%	47%
21	Catch Factor (ms)	-25.0	-22.6		49%
22	Rowing Style Factor (%)	90%	52.6%		15%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Seat 2

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

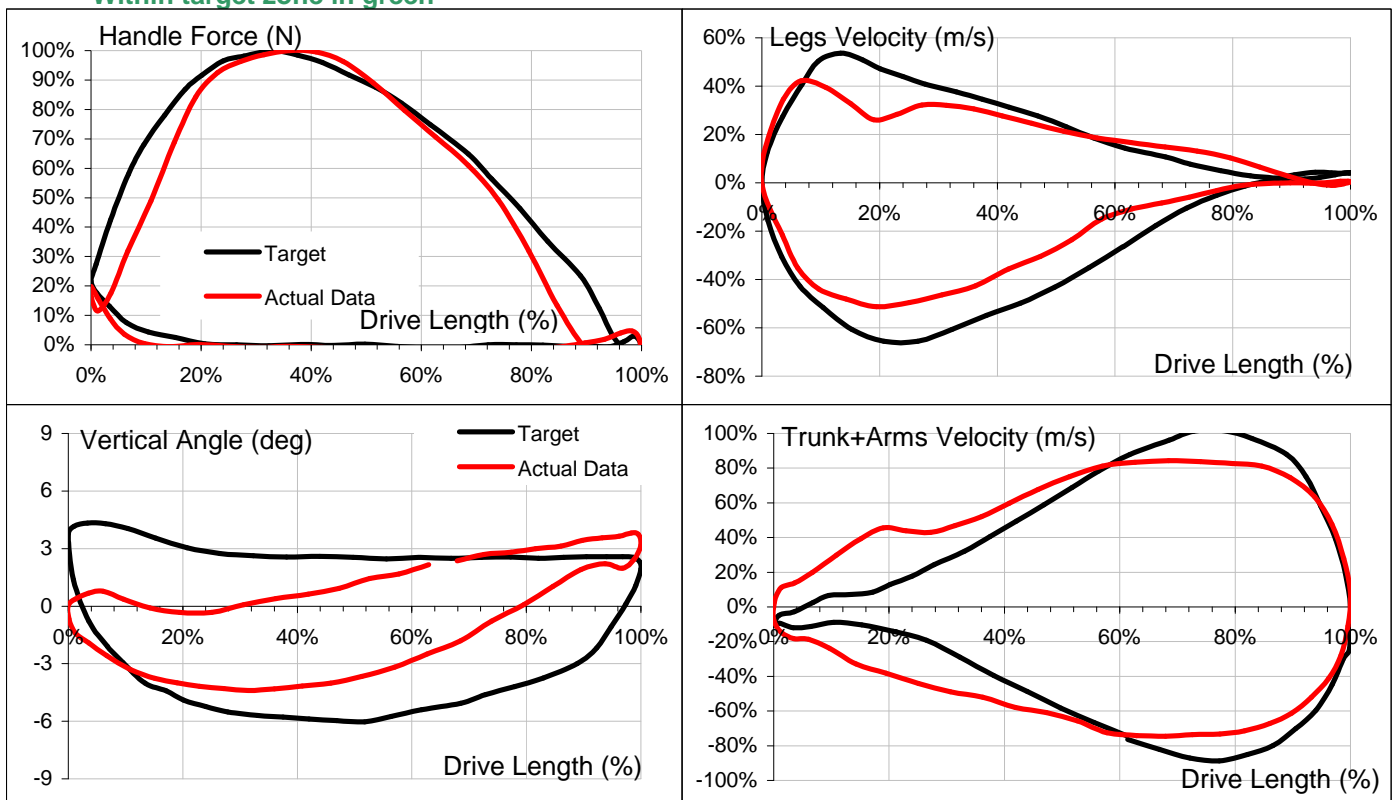
	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	87.5	99.5%	59%
5	Average Force (N)	380.0	278.2	73.2%	50%
6	Work Per Stroke (J)	732	519.6	71.0%	52%
7	Rowing Power (W)	500	303.8	60.8%	48%
8	Catch Angle (deg)	-56.0	-55.7	-0.6%	62%
9	Finish Angle (deg)	32.0	31.8	-0.5%	48%
10	Catch Slip (Deg)	9.0	11.7	29.5%	44%
11	Release Slip (deg)	9.0	31.4	248.5%	80%
12	Effective Angle (deg)	80%	50.9%	-36.1%	33%
13	Max.Blade Depth (deg)	-6.0	-4.4	-26.7%	65%
14	Max. Force (N)	760.0	571.9	-24.8%	45%
15	Ratio Aver / Max Force (%)	55%	48.7%	-11.5%	58%
16	Position of peak force (% of SL)	33%	36.0%	9.2%	45%
17	Catch force gradient (deg)	9.2	13.5	46.7%	45%
18	Finish force gradient (deg)	31.3	32.4	3.4%	45%
19	Legs drive (m)	0.60	0.44	-27.4%	16%
20	Legs Max. Speed (m/s)	1.50	1.10	-26.9%	47%
21	Catch Factor (ms)	-25.0	-11.9		56%
22	Rowing Style Factor (%)	90%	57.4%		22%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green



Bow Rower

Stroke Rate (str/min) **35.1** **HM8+** **01/11/21**

	Criteria	Target	Actual Data	%% Difference	To Population Range (%)
1	Time over 2000m (m:s)	05:18.6	06:02.9	-13.9%	Below Average (V<-1SD)
2	Prognostic speed at target rate (based on EWpS)	05:18.6	05:44.6	-8.1%	Average (-1SD<V<+1SD)
3	Racing Stroke Rate (1/min)	41.0	35.1	-14.4%	Above Average (+1SD<V)
4	Total angle (deg)	88.0	84.4	95.9%	46%
5	Average Force (N)	380.0	254.7	67.0%	42%
6	Work Per Stroke (J)	732	480.2	65.6%	45%
7	Rowing Power (W)	500	280.8	56.2%	43%
8	Catch Angle (deg)	-56.0	-51.7	-7.6%	43%
9	Finish Angle (deg)	32.0	32.6	2.0%	53%
10	Catch Slip (Deg)	9.0	10.9	20.6%	42%
11	Release Slip (deg)	9.0	17.9	98.5%	53%
12	Effective Angle (deg)	80%	66.0%	-17.1%	53%
13	Max.Blade Depth (deg)	-6.0	-5.5	-7.6%	52%
14	Max. Force (N)	760.0	580.2	-23.7%	47%
15	Ratio Aver / Max Force (%)	55%	43.9%	-20.2%	41%
16	Position of peak force (% of SL)	33%	37.2%	12.7%	48%
17	Catch force gradient (deg)	9.2	18.6	102.2%	66%
18	Finish force gradient (deg)	31.3	29.6	-5.5%	38%
19	Legs drive (m)	0.60	0.47	-21.1%	28%
20	Legs Max. Speed (m/s)	1.50	1.10	-26.5%	47%
21	Catch Factor (ms)	-25.0	-46.1		33%
22	Rowing Style Factor (%)	90%	76.4%		50%

Targets:

Below target zone in blue

Above target zone in red

Within target zone in green

