

Stroke Sculler

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

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

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

