

## RACE DATA

Dist. [m]	GRE		GER		KAZ		UKR		UZB		RUS		ESP		Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate
	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate				
10	3.9	82	4.3	89	4.2	83	4.0	70	3.6	73	3.9	81	4.0	85				
20	4.6	81	4.6	85	4.6	81	4.8	71	4.7	75	4.7	83	4.7	84				
30	4.7	80	5.0	82	4.9	80	5.0	70	5.1	77	4.8	82	5.0	84				
40	4.8	78	4.9	77	5.0	78	5.2	70	5.2	79	5.1	79	5.1	82				
50	4.8	76	5.0	74	5.0	76	5.1	68	5.3	79	5.0	76	5.1	80				
60	5.0	74	5.0	71	4.8	73	5.1	66	5.3	77	5.0	74	5.1	77				
70	4.9	74	4.9	70	4.8	71	5.1	66	5.2	73	5.0	73	5.0	75				
80	4.9	72	4.9	68	4.7	69	5.0	65	5.1	68	5.0	71	5.0	73				
90	4.8	72	4.9	66	4.7	67	5.0	63	5.1	66	4.9	70	4.9	72				
100	4.8	70	4.9	65	4.7	67	5.0	63	5.0	64	4.9	69	4.8	71				
110	4.8	69	4.8	64	4.6	65	4.9	63	4.9	62	4.8	69	4.8	71				
120	4.7	68	4.7	63	4.6	65	4.9	62	4.8	62	4.8	70	4.8	71				
130	4.7	68	4.7	63	4.6	65	4.9	61	4.8	62	4.7	70	4.8	70				
140	4.7	68	4.7	63	4.5	65	4.8	60	4.8	62	4.7	69	4.7	70				
150	4.7	67	4.7	63	4.5	63	4.8	59	4.8	62	4.7	68	4.7	69				
160	4.7	66	4.6	63	4.5	63	4.8	59	4.7	62	4.7	68	4.7	69				
170	4.6	66	4.6	63	4.5	62	4.7	60	4.7	63	4.6	68	4.7	69				
180	4.6	65	4.6	63	4.4	62	4.7	60	4.7	63	4.6	69	4.6	68				
190	4.6	65	4.6	63	4.4	61	4.6	59	4.7	63	4.6	70	4.6	67				
200	4.6	65	4.5	63	4.3	60	4.6	59	4.7	63	4.6	70	4.6	67				
210	4.6	65	4.5	63	4.3	60	4.6	58	4.6	62	4.6	69	4.5	67				
220	4.5	65	4.5	63	4.3	60	4.6	59	4.6	62	4.6	69	4.5	66				
230	4.5	65	4.5	63	4.2	60	4.6	59	4.6	62	4.6	69	4.5	66				
240	4.5	65	4.5	63	4.2	61	4.6	60	4.6	62	4.6	68	4.5	66				
250	4.5	66	4.5	62	4.3	61	4.5	61	4.5	62	4.6	68	4.4	66				
260	4.5	66	4.4	62	4.3	61	4.5	60	4.5	62	4.6	68	4.5	66				
270	4.5	65	4.5	63	4.3	61	4.4	58	4.5	62	4.6	68	4.4	66				
280	4.4	66	4.5	65	4.3	61	4.4	59	4.5	63	4.5	68	4.4	66				
290	4.4	65	4.5	66	4.3	59	4.3	59	4.5	63	4.5	68	4.3	67				
300	4.4	65	4.5	67	4.2	59	4.3	59	4.5	63	4.5	69	4.3	67				
310	4.4	65	4.4	66	4.3	59	4.3	59	4.4	62	4.4	69	4.3	68				
320	4.4	65	4.5	66	4.3	59	4.2	59	4.4	62	4.4	69	4.3	69				
330	4.4	66	4.4	66	4.3	57	4.2	59	4.4	62	4.4	68	4.3	70				
340	4.3	65	4.5	67	4.2	56	4.1	59	4.3	63	4.4	67	4.3	70				
350	4.3	65	4.4	68	4.1	56	4.1	59	4.3	64	4.4	66	4.3	69				
360	4.3	66	4.4	68	4.1	56	4.1	59	4.3	64	4.4	66	4.2	70				
370	4.3	66	4.4	68	3.9	55	4.1	59	4.3	65	4.4	66	4.3	70				
380	4.3	65	4.4	67	3.9	55	4.0	60	4.4	65	4.4	67	4.3	70				
390	4.2	65	4.3	66	3.8	55	4.0	60	4.4	65	4.4	67	4.3	71				
400	4.2	65	4.3	66	3.7	54	4.0	60	4.3	64	4.4	67	4.2	71				
410	4.2	64	4.3	66	3.6	50	4.0	59	4.4	64	4.3	67	4.1	71				
420	4.2	64	4.2	66	3.5	44	4.0	59	4.3	64	4.4	67	4.1	69				
430	4.1	64	4.2	65	3.3	42	3.9	58	4.4	65	4.3	66	4.1	69				
440	4.1	64	4.2	65	3.1	33	3.9	58	4.3	65	4.3	66	4.1	70				

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450	4.1	63	4.2	65	3.0	36	3.9	58	4.4	65	4.3	65	4.1	70				
460	4.1	63	4.1	64	2.9	39	3.9	58	4.3	65	4.3	65	4.0	70				
470	4.1	63	4.1	62	2.9	38	3.9	58	4.3	65	4.3	66	4.0	69				
480	4.0	64	4.0	59	2.9	35	3.9	59	4.3	64	4.2	66	4.0	68				
490	4.0	65	3.9	55	3.1	35	3.8	59	4.3	65	4.2	66	4.0	68				
500	4.1	66	4.0	55	3.0	32	3.9	60	4.2	65	4.2	65	4.0	68				