

## RACE DATA

Dist. [m]	POL		BLR		ITA		CZE		GER		UZB		BRA		RUS		FRA	
	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	4.1	78	3.6	66	3.7	73	4.2	82	4.0	74	4.0	75	4.2	85	3.9	82	3.8	88
20	4.7	81	4.6	69	4.6	73	4.8	84	4.8	75	4.5	74	4.8	84	4.4	80	4.6	90
30	4.8	81	4.6	70	4.7	73	4.9	84	5.2	75	4.7	73	4.7	85	4.9	79	5.0	92
40	5.1	80	4.8	70	4.8	72	5.1	83	5.2	75	4.6	71	4.9	85	4.8	76	5.2	92
50	5.0	79	4.8	70	4.7	71	5.0	80	5.0	73	4.8	69	5.0	84	5.0	74	5.0	89
60	5.0	77	4.7	69	4.8	70	5.1	78	5.0	72	4.7	68	5.0	82	4.9	71	5.0	79
70	4.9	74	4.7	68	4.7	69	4.9	75	5.0	70	4.6	67	4.9	81	4.9	70	4.9	69
80	4.8	69	4.7	68	4.7	68	4.9	74	5.0	69	4.7	66	4.9	79	4.9	69	4.8	66
90	4.7	67	4.6	67	4.7	68	4.8	73	4.9	67	4.6	65	4.8	77	4.8	69	4.7	65
100	4.7	65	4.6	65	4.6	66	4.8	72	4.8	66	4.6	65	4.8	75	4.8	68	4.7	65
110	4.6	65	4.5	64	4.6	65	4.7	70	4.7	63	4.5	63	4.7	72	4.7	68	4.6	64
120	4.6	64	4.4	62	4.6	64	4.7	70	4.7	61	4.5	62	4.7	71	4.6	67	4.5	64
130	4.6	64	4.4	62	4.6	63	4.7	69	4.7	60	4.4	61	4.6	70	4.6	66	4.5	63
140	4.5	63	4.4	62	4.5	63	4.6	68	4.6	60	4.4	61	4.6	70	4.6	65	4.4	63
150	4.5	62	4.4	62	4.5	62	4.6	68	4.5	60	4.4	61	4.6	68	4.6	64	4.4	63
160	4.5	62	4.4	62	4.5	61	4.5	67	4.5	59	4.4	60	4.6	66	4.6	64	4.4	62
170	4.4	62	4.3	62	4.4	61	4.5	66	4.4	59	4.3	59	4.5	65	4.6	63	4.3	62
180	4.4	61	4.3	62	4.4	61	4.5	66	4.4	58	4.3	59	4.5	65	4.5	63	4.3	62
190	4.4	61	4.3	62	4.4	61	4.5	65	4.4	58	4.3	58	4.4	65	4.5	62	4.2	62
200	4.3	61	4.3	62	4.4	61	4.4	64	4.3	58	4.3	58	4.4	65	4.5	62	4.2	62
210	4.3	61	4.3	61	4.3	61	4.4	64	4.3	58	4.2	58	4.4	64	4.5	62	4.2	61
220	4.3	61	4.2	60	4.3	61	4.4	63	4.3	58	4.2	58	4.3	64	4.4	61	4.1	61
230	4.2	60	4.2	60	4.4	60	4.3	63	4.3	58	4.3	58	4.3	64	4.4	61	4.2	61
240	4.2	60	4.2	60	4.3	60	4.3	64	4.3	57	4.2	57	4.2	62	4.4	61	4.1	61
250	4.2	59	4.2	60	4.3	60	4.2	64	4.2	57	4.2	57	4.2	61	4.3	61	4.1	61
260	4.2	59	4.2	62	4.3	60	4.3	64	4.2	57	4.2	56	4.2	61	4.3	61	4.1	61
270	4.2	59	4.2	62	4.3	59	4.3	64	4.3	57	4.2	56	4.2	61	4.3	61	4.1	60
280	4.2	59	4.2	60	4.3	59	4.3	63	4.2	57	4.2	56	4.2	61	4.3	61	4.2	59
290	4.2	59	4.2	59	4.3	59	4.3	63	4.2	57	4.2	56	4.1	61	4.3	60	4.1	59
300	4.2	60	4.2	58	4.3	59	4.2	63	4.2	56	4.1	56	4.2	61	4.3	60	4.1	58
310	4.2	59	4.1	58	4.2	59	4.3	63	4.2	56	4.1	56	4.1	62	4.2	60	4.1	58
320	4.2	59	4.1	58	4.2	58	4.2	62	4.2	56	4.1	55	4.2	62	4.2	58	4.1	58
330	4.1	59	4.1	57	4.2	58	4.2	62	4.2	56	4.1	55	4.1	62	4.2	59	4.1	58
340	4.2	59	4.0	57	4.2	58	4.2	62	4.1	56	4.1	56	4.2	61	4.1	59	4.1	58
350	4.1	59	4.0	56	4.2	58	4.2	62	4.1	56	4.1	56	4.2	60	4.2	59	4.0	57
360	4.1	59	4.1	57	4.2	59	4.2	62	4.1	56	4.1	57	4.1	60	4.1	59	4.0	58
370	4.1	59	4.0	58	4.2	59	4.2	62	4.1	56	4.1	57	4.1	60	4.1	59	4.0	58
380	4.1	59	4.1	58	4.1	58	4.2	62	4.1	56	4.1	56	4.1	60	4.1	58	4.0	58
390	4.1	58	4.1	58	4.1	57	4.2	62	4.1	55	4.1	55	4.1	61	4.1	57	4.0	58
400	4.1	58	4.1	58	4.2	57	4.2	62	4.1	55	4.1	55	4.1	61	4.0	57	4.0	58
410	4.1	58	4.1	58	4.1	57	4.1	61	4.1	55	4.1	55	4.1	60	4.1	57	4.0	58
420	4.1	58	4.1	57	4.1	58	4.2	61	4.1	55	4.0	55	4.1	60	4.1	57	4.0	57
430	4.1	57	4.1	57	4.1	58	4.2	61	4.1	55	4.0	55	4.1	60	4.0	57	4.0	58
440	4.1	57	4.1	57	4.1	57	4.1	60	4.1	55	4.1	54	4.1	60	4.0	56	4.0	57

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Dist. [m]	POL		BLR		ITA		CZE		GER		UZB		BRA		RUS		FRA	
	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
450	4.1	58	4.1	57	4.1	57	4.2	60	4.1	55	4.0	54	4.0	60	4.0	56	4.0	57
460	4.1	58	4.2	57	4.1	57	4.1	61	4.1	55	4.0	55	4.1	61	4.0	56	4.0	57
470	4.1	58	4.1	57	4.1	57	4.2	61	4.2	55	4.0	55	4.1	60	4.0	57	4.0	57
480	4.1	58	4.1	57	4.1	57	4.2	61	4.1	55	4.0	54	4.1	60	4.1	56	4.0	57
490	4.1	58	4.2	56	4.1	58	4.2	61	4.1	55	4.0	54	4.1	60	4.1	56	4.0	58
500	4.1	58	4.1	56	4.2	58	4.2	61	4.1	55	4.0	54	4.1	60	4.0	56	4.1	58
510	4.1	58	4.1	56	4.2	58	4.2	60	4.1	54	4.0	54	4.1	61	4.1	56	4.1	58
520	4.2	59	4.1	56	4.2	58	4.2	60	4.1	55	4.0	54	4.1	60	4.1	57	4.1	58
530	4.1	59	4.1	57	4.2	58	4.2	60	4.2	54	4.0	54	4.1	60	4.0	57	4.1	57
540	4.1	59	4.1	57	4.2	57	4.1	60	4.1	54	4.0	54	4.1	60	4.1	56	4.1	57
550	4.1	58	4.1	57	4.1	56	4.1	60	4.1	54	4.0	54	4.1	60	4.1	57	4.2	57
560	4.1	58	4.1	56	4.1	57	4.1	60	4.1	53	4.0	54	4.1	60	4.0	57	4.1	57
570	4.1	57	4.1	56	4.1	57	4.1	60	4.1	53	3.9	54	4.1	60	4.0	57	4.1	57
580	4.1	56	4.1	56	4.1	56	4.1	61	4.1	53	3.9	53	4.1	60	4.1	57	4.1	57
590	4.1	56	4.1	56	4.1	56	4.1	61	4.1	53	3.9	53	4.1	60	4.1	55	4.1	57
600	4.0	57	4.1	56	4.1	56	4.1	61	4.1	53	3.9	53	4.1	60	4.1	54	4.0	57
610	4.1	57	4.1	57	4.1	56	4.1	60	4.0	54	3.9	53	4.1	61	4.0	53	4.1	57
620	4.1	57	4.1	57	4.1	57	4.1	60	4.0	54	3.8	53	4.1	62	4.1	55	4.1	57
630	4.1	58	4.1	57	4.1	57	4.2	60	4.1	54	3.9	54	4.2	62	4.1	56	4.1	58
640	4.1	58	4.1	56	4.1	57	4.1	60	4.1	53	3.9	54	4.1	61	4.1	56	4.1	58
650	4.1	58	4.1	57	4.1	57	4.2	60	4.1	53	4.0	54	4.1	60	4.0	55	4.1	58
660	4.1	58	4.1	58	4.1	57	4.2	60	4.1	54	4.0	54	4.2	60	4.0	55	4.1	58
670	4.1	58	4.1	57	4.1	57	4.2	60	4.1	54	4.0	54	4.1	60	4.1	55	4.1	58
680	4.1	58	4.1	57	4.1	57	4.2	61	4.1	54	4.0	54	4.1	60	4.0	55	4.1	58
690	4.1	58	4.2	56	4.1	57	4.2	62	4.1	54	4.1	54	4.1	60	4.0	55	4.0	58
700	4.1	58	4.1	57	4.1	57	4.2	62	4.2	57	4.1	54	4.1	61	4.0	55	4.1	57
710	4.0	59	4.1	58	4.1	58	4.2	62	4.2	59	4.1	54	4.1	62	4.0	55	4.1	58
720	4.1	59	4.2	58	4.1	58	4.2	62	4.3	61	4.1	54	4.2	63	4.0	55	4.1	58
730	4.1	60	4.2	59	4.1	58	4.2	62	4.4	62	4.1	54	4.1	64	4.0	55	4.1	58
740	4.1	60	4.2	60	4.2	59	4.2	62	4.4	63	4.1	55	4.2	64	4.0	55	4.1	58
750	4.1	60	4.3	60	4.2	59	4.3	63	4.4	63	4.1	55	4.2	65	4.0	57	4.1	59
760	4.1	60	4.2	60	4.2	59	4.2	63	4.4	63	4.1	54	4.2	67	4.0	57	4.1	59
770	4.2	61	4.3	61	4.2	60	4.2	64	4.4	63	4.1	55	4.3	67	4.0	56	4.1	60
780	4.1	61	4.3	61	4.2	60	4.2	65	4.5	63	4.1	54	4.3	68	4.0	56	4.1	60
790	4.2	62	4.3	61	4.3	61	4.3	65	4.5	64	4.1	53	4.3	68	4.0	56	4.2	60
800	4.2	63	4.3	60	4.3	62	4.3	65	4.5	65	4.1	52	4.3	69	4.0	56	4.2	61
810	4.2	64	4.3	60	4.3	63	4.3	66	4.5	65	4.0	52	4.3	70	4.1	57	4.2	62
820	4.2	65	4.3	61	4.4	64	4.3	67	4.5	66	3.9	53	4.4	71	4.1	57	4.2	62
830	4.3	67	4.3	62	4.3	64	4.4	67	4.6	66	3.9	55	4.4	71	4.0	55	4.2	63
840	4.3	66	4.3	63	4.3	63	4.4	68	4.6	66	3.9	55	4.4	72	4.0	56	4.2	63
850	4.4	66	4.3	64	4.4	62	4.4	68	4.5	66	3.9	54	4.5	72	4.1	55	4.2	63
860	4.3	67	4.4	65	4.3	63	4.4	69	4.6	67	3.9	54	4.4	72	4.0	55	4.2	64
870	4.4	66	4.3	65	4.3	64	4.3	68	4.5	67	3.9	53	4.4	73	4.0	56	4.2	64
880	4.3	67	4.4	65	4.3	64	4.3	68	4.6	67	3.9	49	4.5	72	4.1	58	4.2	65

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890	4.4	67	4.3	64	4.3	63	4.3	69	4.6	67	3.7	51	4.4	72	4.0	59	4.2	65
900	4.3	67	4.3	63	4.4	64	4.3	68	4.6	67	3.6	50	4.4	72	4.0	59	4.2	65
910	4.3	68	4.3	63	4.4	64	4.3	68	4.6	67	3.6	47	4.4	72	4.0	60	4.2	65
920	4.4	68	4.3	64	4.4	64	4.3	67	4.6	67	3.7	50	4.4	71	4.0	60	4.2	66
930	4.3	67	4.3	65	4.3	64	4.2	66	4.5	67	3.7	48	4.4	71	4.1	62	4.2	66
940	4.4	65	4.3	65	4.4	64	4.3	65	4.5	67	3.8	51	4.3	71	4.1	62	4.3	68
950	4.3	66	4.3	65	4.3	65	4.2	64	4.5	66	3.8	50	4.3	71	4.1	62	4.3	67
960	4.4	67	4.3	66	4.3	64	4.2	62	4.5	65	3.8	47	4.3	71	4.1	62	4.3	67
970	4.4	67	4.3	67	4.3	64	4.2	62	4.5	64	3.8	49	4.3	71	4.1	62	4.3	67
980	4.4	67	4.3	66	4.3	64	4.2	61	4.5	63	3.8	48	4.3	70	4.1	63	4.3	68
990	4.3	67	4.3	66	4.4	64	4.2	61	4.5	62	3.8	49	4.2	68	4.2	64	4.3	69
1000	4.3	67	4.4	64	4.3	64	4.2	59	4.4	61	3.8	52	4.2	68	4.3	62	4.3	69