

## RACE DATA

Dist. [m]	LTU		LAT		KAZ		HUN		GER		UKR		CUB		ESP		POR	
	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	84	3.9	79	4.1	87	4.1	82	4.3	84	4.1	83	4.1	90	3.7	79	4.2	87
20	4.5	82	4.4	78	4.7	84	4.4	81	4.9	86	4.6	82	4.4	93	4.7	79	4.9	87
30	4.8	80	5.0	76	5.0	81	4.9	79	5.3	85	5.1	80	4.7	92	4.8	78	5.0	85
40	4.9	76	5.0	74	5.1	75	5.0	75	5.3	83	5.1	78	5.0	91	5.1	76	5.2	82
50	5.0	71	4.9	70	5.0	71	5.0	70	5.4	79	5.1	75	5.0	86	5.0	74	5.2	79
60	5.0	69	4.9	66	4.9	67	5.0	66	5.3	76	5.0	72	5.0	78	5.0	72	5.1	76
70	5.0	66	4.8	64	4.9	65	4.9	64	5.2	74	4.9	65	5.1	73	5.1	71	5.1	74
80	4.9	65	4.8	63	4.9	63	4.9	63	5.2	71	4.9	61	5.1	71	5.0	70	5.1	72
90	4.8	64	4.8	62	4.9	62	4.8	61	5.2	70	4.8	59	4.9	70	4.9	69	5.0	71
100	4.8	64	4.8	61	4.9	61	4.8	61	5.1	68	4.7	58	4.9	69	4.9	68	5.0	70
110	4.8	63	4.7	60	4.8	61	4.7	59	5.1	66	4.7	58	4.8	67	4.9	67	4.9	69
120	4.8	63	4.7	59	4.8	61	4.7	59	5.0	66	4.6	57	4.8	66	4.9	66	4.9	67
130	4.7	63	4.7	59	4.8	59	4.6	58	5.0	65	4.6	57	4.7	66	4.8	66	4.8	66
140	4.7	62	4.6	59	4.7	58	4.6	57	4.9	64	4.5	57	4.7	65	4.8	65	4.8	65
150	4.7	62	4.6	59	4.7	57	4.6	57	4.9	63	4.5	57	4.7	65	4.8	65	4.8	64
160	4.6	62	4.6	58	4.7	56	4.6	56	4.9	63	4.5	57	4.6	64	4.7	65	4.7	63
170	4.7	62	4.5	58	4.6	56	4.6	56	4.8	63	4.4	56	4.7	64	4.7	65	4.6	62
180	4.6	61	4.5	58	4.6	56	4.5	56	4.8	63	4.4	56	4.7	64	4.7	64	4.6	62
190	4.6	61	4.5	58	4.6	56	4.5	56	4.7	62	4.4	56	4.6	64	4.7	64	4.6	62
200	4.5	61	4.5	57	4.6	55	4.5	56	4.7	62	4.4	56	4.6	64	4.7	64	4.6	61
210	4.5	60	4.5	57	4.6	55	4.5	56	4.7	62	4.4	56	4.6	64	4.6	64	4.5	60
220	4.5	59	4.5	57	4.5	55	4.4	55	4.7	61	4.4	56	4.6	64	4.7	63	4.5	59
230	4.5	58	4.5	57	4.5	55	4.4	55	4.6	61	4.5	56	4.5	64	4.7	63	4.4	59
240	4.4	58	4.5	56	4.5	56	4.4	55	4.6	60	4.5	56	4.6	63	4.6	63	4.5	59
250	4.4	58	4.5	56	4.5	55	4.4	55	4.5	60	4.5	56	4.5	63	4.6	63	4.4	59
260	4.4	59	4.5	56	4.5	56	4.5	56	4.6	61	4.5	57	4.5	63	4.6	63	4.4	59
270	4.4	58	4.4	56	4.5	56	4.5	56	4.6	61	4.5	57	4.5	63	4.6	63	4.4	59
280	4.4	58	4.4	56	4.5	56	4.5	56	4.5	60	4.5	57	4.5	63	4.6	63	4.4	59
290	4.4	58	4.4	55	4.5	56	4.5	56	4.5	60	4.5	56	4.5	63	4.6	62	4.4	59
300	4.3	58	4.4	55	4.5	56	4.5	55	4.5	60	4.5	56	4.5	63	4.6	62	4.4	58
310	4.3	58	4.4	55	4.5	55	4.5	55	4.5	60	4.5	56	4.5	63	4.6	62	4.3	58
320	4.4	58	4.3	55	4.5	55	4.5	55	4.5	60	4.5	56	4.5	62	4.5	63	4.3	58
330	4.3	58	4.4	55	4.5	55	4.5	55	4.5	60	4.5	56	4.5	61	4.5	63	4.3	58
340	4.3	58	4.4	55	4.5	55	4.5	55	4.5	59	4.5	56	4.5	61	4.5	63	4.4	58
350	4.3	58	4.4	55	4.5	55	4.5	55	4.4	59	4.5	57	4.5	61	4.5	62	4.3	58
360	4.3	58	4.4	54	4.5	55	4.5	55	4.5	58	4.5	57	4.4	62	4.5	62	4.3	58
370	4.4	59	4.4	54	4.5	55	4.5	55	4.5	58	4.5	57	4.5	62	4.5	62	4.3	57
380	4.3	58	4.4	54	4.5	55	4.5	55	4.5	58	4.5	57	4.5	62	4.5	62	4.3	56
390	4.3	57	4.4	54	4.5	55	4.5	54	4.5	58	4.5	57	4.5	62	4.5	62	4.3	56
400	4.3	57	4.4	55	4.4	54	4.5	54	4.4	58	4.5	57	4.4	61	4.5	62	4.3	56
410	4.3	57	4.3	54	4.4	54	4.5	54	4.4	58	4.5	57	4.5	61	4.5	61	4.3	56
420	4.3	57	4.3	54	4.4	54	4.5	54	4.4	58	4.5	57	4.5	62	4.4	61	4.3	57
430	4.3	57	4.4	54	4.4	54	4.4	54	4.4	58	4.5	56	4.5	62	4.4	61	4.3	56
440	4.4	57	4.3	54	4.4	54	4.4	54	4.4	58	4.5	56	4.4	61	4.4	61	4.3	56

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	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	4.3	57	4.3	54	4.4	53	4.4	54	4.4	58	4.4	56	4.5	61	4.4	61	4.3	56
460	4.3	57	4.3	54	4.4	53	4.4	54	4.4	59	4.4	56	4.5	61	4.4	61	4.3	56
470	4.3	57	4.3	53	4.4	53	4.4	54	4.4	59	4.4	56	4.4	61	4.5	61	4.3	56
480	4.3	57	4.3	53	4.4	54	4.4	54	4.4	58	4.5	56	4.4	61	4.5	61	4.3	56
490	4.3	57	4.3	53	4.4	54	4.4	54	4.4	58	4.5	57	4.5	61	4.5	61	4.2	56
500	4.3	58	4.3	54	4.4	53	4.4	54	4.4	58	4.5	57	4.4	62	4.5	61	4.2	56
510	4.3	58	4.3	54	4.4	54	4.4	55	4.4	59	4.5	58	4.5	63	4.5	61	4.3	56
520	4.3	58	4.4	55	4.4	55	4.4	56	4.4	59	4.5	59	4.5	64	4.5	61	4.3	56
530	4.3	58	4.4	55	4.4	55	4.4	56	4.4	59	4.4	59	4.5	64	4.5	61	4.3	56
540	4.3	58	4.4	55	4.4	55	4.4	55	4.4	59	4.4	58	4.5	63	4.4	61	4.3	56
550	4.3	58	4.4	55	4.4	55	4.4	55	4.4	59	4.5	58	4.5	62	4.4	61	4.3	56
560	4.3	57	4.4	55	4.4	55	4.4	55	4.4	59	4.4	58	4.4	62	4.4	60	4.3	56
570	4.3	57	4.4	55	4.4	55	4.4	55	4.3	58	4.4	58	4.4	62	4.4	60	4.3	56
580	4.3	58	4.4	55	4.4	54	4.3	55	4.4	58	4.4	58	4.4	62	4.3	60	4.3	56
590	4.2	58	4.3	54	4.4	54	4.3	55	4.4	58	4.4	58	4.4	62	4.3	60	4.3	56
600	4.2	58	4.3	54	4.4	54	4.3	56	4.3	58	4.4	58	4.3	62	4.3	60	4.3	56
610	4.2	58	4.3	54	4.3	54	4.3	56	4.3	58	4.4	57	4.4	62	4.2	60	4.2	56
620	4.1	59	4.3	54	4.3	55	4.3	55	4.3	58	4.4	57	4.3	62	4.2	60	4.2	56
630	4.2	59	4.3	55	4.3	55	4.3	55	4.3	59	4.4	57	4.3	61	4.3	59	4.2	56
640	4.1	59	4.3	55	4.3	55	4.3	55	4.3	59	4.3	57	4.4	61	4.3	59	4.2	55
650	4.2	60	4.3	55	4.3	55	4.3	55	4.3	59	4.3	57	4.4	61	4.3	60	4.2	55
660	4.2	60	4.3	55	4.3	54	4.3	55	4.3	59	4.4	58	4.3	61	4.3	60	4.2	55
670	4.2	60	4.3	55	4.3	55	4.3	55	4.4	59	4.3	57	4.4	61	4.3	60	4.2	55
680	4.2	60	4.2	54	4.3	54	4.3	55	4.4	59	4.3	57	4.4	61	4.3	60	4.2	55
690	4.2	60	4.3	55	4.4	54	4.3	55	4.3	59	4.3	57	4.4	61	4.3	59	4.2	55
700	4.2	60	4.3	55	4.4	54	4.4	55	4.4	59	4.3	57	4.4	61	4.3	59	4.2	54
710	4.2	60	4.3	55	4.3	54	4.4	56	4.4	59	4.3	57	4.4	61	4.2	59	4.2	54
720	4.2	60	4.3	55	4.3	55	4.3	56	4.4	60	4.3	57	4.3	61	4.2	59	4.2	53
730	4.2	59	4.3	54	4.3	55	4.3	56	4.3	60	4.3	57	4.3	61	4.2	58	4.2	53
740	4.2	59	4.3	54	4.3	55	4.3	56	4.3	60	4.3	57	4.3	62	4.2	58	4.1	53
750	4.2	60	4.3	54	4.3	55	4.2	56	4.4	60	4.3	57	4.3	62	4.2	59	4.1	53
760	4.1	60	4.3	55	4.3	54	4.3	56	4.3	60	4.3	58	4.3	61	4.2	59	4.0	54
770	4.1	59	4.3	55	4.3	55	4.3	56	4.3	61	4.3	58	4.3	61	4.3	59	4.0	54
780	4.0	59	4.3	54	4.3	55	4.3	56	4.4	61	4.3	58	4.3	61	4.2	59	4.0	54
790	4.1	59	4.3	54	4.3	56	4.3	56	4.4	61	4.3	59	4.3	61	4.3	59	4.0	54
800	4.1	61	4.3	54	4.3	57	4.3	56	4.3	61	4.3	59	4.4	63	4.3	59	4.0	54
810	4.1	62	4.3	55	4.3	57	4.3	57	4.4	61	4.4	60	4.4	65	4.3	60	4.0	54
820	4.1	63	4.4	56	4.3	57	4.5	59	4.4	63	4.4	60	4.5	66	4.3	61	4.0	53
830	4.2	63	4.4	57	4.3	57	4.6	61	4.4	63	4.4	60	4.5	67	4.4	62	4.1	52
840	4.1	62	4.4	58	4.4	57	4.6	63	4.4	63	4.4	60	4.5	67	4.4	63	4.1	53
850	4.2	62	4.5	58	4.4	57	4.7	64	4.4	64	4.4	60	4.6	67	4.4	63	4.1	54
860	4.2	61	4.5	58	4.3	58	4.7	64	4.4	64	4.4	60	4.5	66	4.4	62	4.1	54
870	4.1	61	4.5	58	4.3	58	4.7	63	4.4	64	4.3	61	4.5	66	4.4	61	4.1	53
880	4.2	61	4.4	57	4.3	58	4.7	63	4.4	64	4.4	61	4.5	66	4.4	61	4.1	53

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890	4.1	61	4.4	58	4.3	58	4.6	63	4.4	63	4.4	61	4.5	66	4.4	61	4.1	53
900	4.1	61	4.4	58	4.3	57	4.6	63	4.4	63	4.4	61	4.6	66	4.4	62	4.1	52
910	4.0	60	4.4	59	4.3	57	4.6	63	4.4	63	4.4	61	4.5	66	4.3	62	4.1	51
920	3.9	59	4.5	59	4.3	58	4.6	64	4.4	63	4.5	60	4.5	65	4.4	62	4.0	50
930	3.9	59	4.4	60	4.3	59	4.6	64	4.4	63	4.5	61	4.5	65	4.4	63	3.8	49
940	4.0	61	4.4	60	4.3	59	4.6	63	4.4	63	4.5	61	4.5	65	4.4	63	3.5	48
950	3.9	63	4.5	60	4.3	58	4.7	64	4.4	64	4.4	61	4.5	65	4.4	63	3.2	45
960	3.8	58	4.5	60	4.3	57	4.7	64	4.4	63	4.4	60	4.5	64	4.4	62	3.0	39
970	3.7	56	4.5	60	4.3	56	4.7	64	4.4	63	4.4	60	4.5	64	4.4	62	2.8	39
980	3.7	57	4.5	61	4.3	56	4.6	64	4.4	63	4.4	60	4.5	64	4.4	62	2.7	41
990	3.7	60	4.5	61	4.3	55	4.5	63	4.4	63	4.4	60	4.4	64	4.4	61	2.5	32
1000	3.8	61	4.5	62	4.2	54	4.5	63	4.4	62	4.4	59	4.4	63	4.4	60	2.4	34