

## RACE DATA

Dist. [m]	LAT		KAZ		MEX		SWE		RUS		AUS		POL		CZE		IND	
	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	3.8	112	3.9	121	3.9	120	3.9	128	4.1	124	3.9	124	4.0	120	3.8	129	3.3	97
20	4.6	123	4.7	131	4.8	135	4.8	135	4.9	131	4.8	138	4.7	129	4.7	140	4.1	108
30	5.0	130	5.1	135	5.2	140	5.3	141	5.2	134	5.2	146	5.1	132	5.1	143	4.4	115
40	5.2	141	5.3	141	5.4	146	5.5	147	5.4	137	5.4	156	5.4	139	5.4	151	4.6	120
50	5.3	147	5.5	144	5.5	152	5.6	151	5.5	138	5.6	161	5.5	142	5.5	154	4.6	123
60	5.3	150	5.6	146	5.6	155	5.7	152	5.6	138	5.6	162	5.6	143	5.6	155	4.7	125
70	5.3	150	5.6	145	5.6	157	5.7	152	5.6	137	5.7	161	5.6	144	5.6	155	4.7	126
80	5.3	151	5.6	145	5.6	157	5.7	152	5.6	138	5.6	159	5.6	144	5.6	154	4.8	127
90	5.3	150	5.6	144	5.6	157	5.7	151	5.7	139	5.6	158	5.6	143	5.6	153	4.8	128
100	5.3	149	5.6	144	5.6	157	5.6	151	5.7	138	5.6	157	5.5	142	5.6	153	4.8	128
110	5.2	148	5.5	143	5.5	156	5.6	150	5.6	138	5.6	155	5.5	140	5.5	152	4.8	128
120	5.2	145	5.5	143	5.5	154	5.6	149	5.6	137	5.6	154	5.5	139	5.5	151	4.7	126
130	5.2	143	5.5	143	5.5	153	5.5	149	5.6	136	5.5	153	5.5	138	5.4	150	4.7	125
140	5.1	141	5.4	143	5.4	151	5.5	148	5.5	136	5.5	152	5.4	138	5.4	147	4.6	124
150	5.1	140	5.4	143	5.4	150	5.4	148	5.5	135	5.4	151	5.4	136	5.3	146	4.6	124
160	5.0	139	5.4	143	5.4	149	5.4	146	5.4	133	5.4	150	5.4	135	5.3	145	4.5	124
170	5.0	138	5.3	143	5.3	147	5.4	145	5.4	130	5.4	149	5.4	134	5.2	145	4.5	124
180	4.9	137	5.3	142	5.3	146	5.3	144	5.3	129	5.3	148	5.3	134	5.2	144	4.5	123
190	4.9	135	5.3	142	5.3	145	5.3	143	5.3	127	5.3	148	5.3	134	5.1	143	4.5	121
200	4.8	132	5.2	141	5.2	143	5.3	143	5.2	125	5.2	147	5.3	135	5.0	142	4.4	119