

## RACE DATA

Dist. [m]	MDA		KAZ		JPN		ESP		CZE		UKR		CAN		LAT		LTU	
	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	71	4.3	84	3.7	84	4.0	81	3.9	76	4.3	82	4.0	79	4.0	77	3.9	86
20	4.8	70	4.6	80	4.6	85	4.8	81	4.7	80	4.9	82	4.9	82	4.6	77	4.7	85
30	5.1	69	5.0	77	5.1	84	5.1	79	4.9	79	5.0	81	5.1	82	5.1	77	4.8	83
40	5.2	68	5.2	72	5.1	83	5.2	78	5.1	79	5.2	79	5.2	83	5.1	77	5.0	79
50	5.2	66	5.2	70	5.2	82	5.2	76	5.1	77	5.3	77	5.2	83	5.2	77	5.2	74
60	5.2	65	5.2	68	5.2	81	5.3	74	5.1	73	5.3	74	5.4	82	5.2	75	5.2	71
70	5.2	64	5.2	67	5.2	81	5.3	73	5.0	70	5.2	70	5.2	79	5.2	74	5.1	69
80	5.2	63	5.2	65	5.1	79	5.3	72	4.9	67	5.1	63	5.3	77	5.1	73	5.1	67
90	5.2	63	5.2	64	5.1	78	5.2	71	4.9	65	5.0	61	5.3	74	5.2	70	5.1	66
100	5.1	62	5.1	62	5.1	77	5.1	70	4.9	63	5.0	59	5.1	72	5.1	68	5.1	65
110	5.1	62	5.1	60	5.0	75	5.2	70	4.9	62	5.0	59	5.0	70	5.1	66	5.0	64
120	5.1	61	5.0	59	4.9	72	5.2	69	4.8	61	4.9	58	5.0	68	5.0	65	5.0	63
130	5.0	61	5.0	59	4.9	69	5.1	69	4.8	60	4.9	58	5.0	66	5.0	65	5.0	63
140	5.0	60	4.9	58	4.8	67	5.1	68	4.7	59	4.8	58	4.9	65	5.0	65	4.9	63
150	4.9	59	4.9	57	4.8	66	5.0	68	4.6	58	4.8	57	4.9	64	5.0	65	4.9	63
160	4.9	58	4.8	57	4.7	65	5.0	67	4.6	58	4.7	57	4.8	63	4.9	64	4.8	63
170	4.9	58	4.8	56	4.7	64	5.0	66	4.5	58	4.7	57	4.8	62	5.0	63	4.8	63
180	4.8	57	4.7	56	4.7	64	4.9	66	4.5	58	4.7	57	4.7	62	4.9	63	4.8	63
190	4.8	57	4.7	55	4.6	64	4.9	65	4.6	59	4.7	57	4.7	62	4.9	62	4.7	63
200	4.7	57	4.6	54	4.6	63	4.8	64	4.6	59	4.6	57	4.7	62	4.8	62	4.7	62
210	4.7	56	4.6	54	4.6	63	4.8	64	4.6	60	4.6	56	4.6	62	4.8	62	4.6	62
220	4.7	55	4.6	54	4.5	62	4.8	63	4.6	60	4.6	56	4.5	61	4.8	61	4.6	61
230	4.7	55	4.6	55	4.5	62	4.7	63	4.6	60	4.6	56	4.5	61	4.8	61	4.6	61
240	4.7	55	4.6	54	4.5	62	4.7	63	4.6	59	4.5	56	4.5	61	4.7	60	4.6	61
250	4.6	55	4.6	55	4.5	63	4.7	63	4.6	58	4.5	56	4.5	61	4.7	60	4.5	61
260	4.7	56	4.6	55	4.5	63	4.7	63	4.6	58	4.5	56	4.5	61	4.6	60	4.6	62
270	4.7	57	4.6	56	4.5	63	4.7	62	4.6	58	4.5	56	4.5	62	4.6	60	4.5	63
280	4.8	58	4.6	56	4.5	62	4.7	62	4.6	57	4.5	56	4.5	61	4.6	60	4.5	63
290	4.8	58	4.6	56	4.6	62	4.6	61	4.6	57	4.5	56	4.4	61	4.6	60	4.5	63
300	4.8	57	4.6	55	4.5	62	4.6	61	4.6	56	4.4	56	4.4	61	4.6	59	4.5	63
310	4.7	57	4.5	55	4.5	62	4.6	61	4.6	56	4.4	56	4.4	60	4.6	59	4.4	63
320	4.7	56	4.5	55	4.6	61	4.6	61	4.6	56	4.4	55	4.4	60	4.5	59	4.4	63
330	4.7	56	4.5	55	4.6	61	4.5	61	4.5	56	4.4	55	4.4	60	4.5	58	4.4	63
340	4.7	56	4.5	55	4.6	61	4.5	61	4.5	56	4.4	55	4.4	60	4.5	58	4.4	62
350	4.7	56	4.5	54	4.6	61	4.5	61	4.5	56	4.4	55	4.3	60	4.5	58	4.4	62
360	4.6	55	4.5	54	4.6	61	4.5	61	4.5	55	4.4	55	4.3	61	4.5	58	4.4	60
370	4.6	55	4.5	54	4.6	60	4.5	61	4.5	54	4.4	55	4.3	60	4.4	58	4.4	59
380	4.6	55	4.5	54	4.6	60	4.5	61	4.5	54	4.4	55	4.3	60	4.5	57	4.3	59
390	4.6	55	4.5	54	4.6	60	4.5	61	4.5	54	4.5	55	4.3	60	4.4	57	4.3	59
400	4.5	55	4.5	54	4.5	60	4.5	61	4.5	55	4.5	55	4.3	59	4.4	58	4.4	59
410	4.5	55	4.4	53	4.5	60	4.5	61	4.5	55	4.4	55	4.3	59	4.4	58	4.4	59
420	4.5	54	4.4	53	4.5	59	4.4	60	4.5	55	4.4	54	4.3	59	4.4	58	4.3	59
430	4.5	54	4.4	53	4.5	59	4.5	59	4.4	55	4.4	54	4.3	59	4.4	58	4.3	58
440	4.4	53	4.4	53	4.5	59	4.5	59	4.4	55	4.4	54	4.3	59	4.4	58	4.3	58

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Dist. [m]	MDA		KAZ		JPN		ESP		CZE		UKR		CAN		LAT		LTU	
	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	4.4	53	4.4	53	4.5	59	4.5	59	4.4	55	4.4	54	4.3	59	4.4	58	4.4	59
460	4.4	53	4.4	53	4.4	59	4.4	60	4.4	55	4.4	54	4.3	58	4.4	58	4.3	59
470	4.3	52	4.4	53	4.4	59	4.4	60	4.3	55	4.4	54	4.2	58	4.4	58	4.3	59
480	4.3	52	4.4	54	4.4	59	4.4	60	4.3	54	4.4	54	4.2	58	4.4	57	4.4	59
490	4.4	52	4.4	54	4.5	59	4.4	59	4.3	54	4.4	54	4.2	59	4.4	57	4.4	59
500	4.3	52	4.4	54	4.5	59	4.4	59	4.3	55	4.3	55	4.2	59	4.4	57	4.3	60
510	4.4	53	4.5	55	4.4	59	4.4	59	4.3	56	4.4	56	4.2	59	4.4	57	4.4	61
520	4.4	53	4.5	55	4.4	59	4.4	59	4.3	56	4.4	56	4.3	59	4.4	57	4.4	62
530	4.4	53	4.5	55	4.4	59	4.5	60	4.3	55	4.4	57	4.2	59	4.4	57	4.4	61
540	4.4	53	4.5	55	4.4	59	4.5	60	4.3	55	4.4	56	4.2	59	4.4	57	4.4	61
550	4.4	53	4.5	54	4.4	59	4.5	60	4.3	55	4.4	56	4.2	59	4.4	57	4.4	60
560	4.4	53	4.4	54	4.4	59	4.4	60	4.2	54	4.4	55	4.3	58	4.4	57	4.4	61
570	4.3	52	4.4	54	4.4	59	4.4	60	4.2	54	4.4	55	4.2	58	4.4	58	4.3	61
580	4.3	52	4.4	54	4.4	59	4.4	59	4.3	54	4.4	55	4.2	58	4.3	58	4.4	61
590	4.3	52	4.4	54	4.4	59	4.4	59	4.3	55	4.4	55	4.3	59	4.3	58	4.4	61
600	4.3	52	4.4	53	4.3	59	4.4	58	4.3	55	4.4	55	4.2	59	4.3	57	4.3	61
610	4.3	52	4.4	53	4.3	59	4.3	59	4.3	55	4.4	55	4.2	59	4.3	57	4.4	62
620	4.3	52	4.4	53	4.4	59	4.4	59	4.3	55	4.4	55	4.3	59	4.3	57	4.4	62
630	4.3	52	4.4	53	4.4	60	4.4	59	4.3	55	4.3	55	4.2	59	4.3	57	4.4	62
640	4.3	51	4.4	54	4.4	59	4.4	59	4.3	55	4.3	55	4.2	59	4.3	57	4.4	61
650	4.2	51	4.4	54	4.4	59	4.3	58	4.3	55	4.3	55	4.2	59	4.3	57	4.4	62
660	4.2	51	4.4	54	4.4	59	4.3	58	4.3	56	4.4	55	4.3	58	4.3	57	4.3	63
670	4.2	51	4.3	53	4.4	59	4.3	58	4.3	56	4.4	55	4.2	58	4.3	57	4.4	63
680	4.2	51	4.4	53	4.4	59	4.3	58	4.3	56	4.4	55	4.2	58	4.3	57	4.4	63
690	4.2	51	4.4	53	4.4	59	4.3	57	4.3	56	4.4	55	4.2	58	4.3	57	4.3	62
700	4.2	51	4.4	54	4.3	59	4.3	57	4.3	56	4.4	55	4.2	59	4.3	57	4.4	62
710	4.2	51	4.4	54	4.4	59	4.3	57	4.2	55	4.4	55	4.2	59	4.3	57	4.3	62
720	4.2	51	4.4	54	4.4	59	4.3	57	4.2	55	4.4	55	4.2	59	4.3	57	4.3	62
730	4.2	50	4.4	54	4.3	59	4.3	57	4.2	55	4.3	55	4.2	58	4.3	57	4.3	61
740	4.2	50	4.4	54	4.3	59	4.3	57	4.3	55	4.3	55	4.2	58	4.3	57	4.3	61
750	4.2	50	4.4	55	4.3	59	4.3	57	4.3	56	4.3	55	4.2	58	4.3	57	4.3	61
760	4.2	50	4.4	55	4.3	59	4.3	58	4.3	56	4.3	55	4.2	59	4.3	58	4.3	62
770	4.2	51	4.4	54	4.3	59	4.4	59	4.3	56	4.2	55	4.2	59	4.3	59	4.2	62
780	4.3	52	4.4	54	4.3	59	4.4	59	4.3	57	4.3	56	4.2	59	4.3	60	4.3	62
790	4.4	53	4.4	54	4.3	59	4.4	59	4.4	57	4.4	56	4.2	59	4.4	60	4.2	62
800	4.4	55	4.4	55	4.3	60	4.3	60	4.4	58	4.4	56	4.2	59	4.4	60	4.2	62
810	4.4	56	4.4	55	4.3	60	4.4	60	4.5	58	4.3	57	4.1	59	4.3	60	4.3	62
820	4.4	56	4.4	56	4.4	61	4.4	61	4.5	58	4.3	57	4.1	59	4.4	60	4.2	63
830	4.5	56	4.4	56	4.3	63	4.4	61	4.5	58	4.4	59	4.0	57	4.4	61	4.3	63
840	4.5	56	4.4	56	4.4	64	4.4	60	4.5	58	4.5	59	4.0	57	4.4	61	4.3	64
850	4.5	56	4.4	56	4.4	65	4.4	60	4.5	58	4.5	59	4.0	57	4.4	61	4.3	64
860	4.5	56	4.4	57	4.4	65	4.4	60	4.5	58	4.5	60	4.1	58	4.4	62	4.3	64
870	4.5	57	4.4	57	4.5	65	4.4	60	4.6	60	4.5	60	4.1	58	4.5	62	4.4	65
880	4.5	57	4.4	57	4.5	65	4.4	62	4.6	60	4.5	60	4.2	57	4.4	62	4.4	65

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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
890	4.5	56	4.4	58	4.5	65	4.5	62	4.6	61	4.5	60	4.2	56	4.5	63	4.4	65
900	4.5	56	4.4	59	4.5	67	4.5	62	4.6	61	4.5	61	4.2	55	4.5	63	4.4	65
910	4.5	56	4.5	59	4.6	68	4.5	61	4.5	61	4.6	61	4.1	56	4.5	63	4.4	65
920	4.4	56	4.5	60	4.5	69	4.5	61	4.6	61	4.5	61	4.1	57	4.5	64	4.4	66
930	4.4	56	4.5	60	4.6	69	4.5	61	4.6	61	4.6	61	4.0	57	4.5	64	4.4	66
940	4.4	56	4.5	60	4.5	69	4.5	60	4.6	61	4.6	61	3.9	58	4.5	65	4.4	66
950	4.3	55	4.5	60	4.6	70	4.5	60	4.6	61	4.6	61	4.0	56	4.5	65	4.3	65
960	4.3	54	4.5	59	4.5	70	4.5	60	4.6	61	4.6	61	4.0	55	4.5	66	4.3	65
970	4.3	54	4.5	60	4.6	70	4.4	60	4.6	60	4.6	60	4.0	55	4.5	66	4.3	64
980	4.3	54	4.5	60	4.5	70	4.4	60	4.6	60	4.5	60	4.0	55	4.5	67	4.4	63
990	4.3	54	4.5	59	4.6	70	4.4	59	4.6	60	4.4	60	3.8	55	4.5	67	4.3	62
1000	4.3	54	4.4	57	4.5	69	4.4	59	4.5	60	4.5	60	3.3	55	4.4	68	4.3	62