

RACE DATA

Dist. [m]	SWE		IND		RSA		BUL		GER		GBR		LAT		TUN		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	3.3	104	2.9	98	2.9	110	3.0	124	3.6	116	3.0	110	3.4	107	0.0	0		
20	4.6	120	4.2	106	4.3	123	4.4	136	5.0	133	4.3	131	4.7	120	0.0	0		
30	5.1	126	4.6	108	4.9	126	4.8	137	5.5	145	5.0	139	5.1	126	0.0	0		
40	5.4	131	4.8	113	5.1	129	5.1	137	5.8	150	5.2	143	5.3	132	0.0	0		
50	5.5	139	4.9	115	5.3	131	5.1	134	5.9	156	5.3	147	5.3	138	0.0	0		
60	5.6	144	5.0	116	5.4	131	5.2	130	5.9	157	5.4	148	5.3	137	0.0	0		
70	5.7	146	5.0	117	5.4	131	5.2	127	5.9	153	5.4	146	5.3	131	0.0	0		
80	5.6	147	4.9	117	5.3	129	5.2	126	5.8	148	5.4	144	5.2	128	0.0	0		
90	5.5	141	4.9	116	5.3	126	5.1	125	5.7	143	5.4	141	5.2	126	0.0	0		
100	5.4	132	4.9	114	5.3	124	5.1	124	5.6	136	5.3	138	5.2	124	0.0	0		
110	5.4	126	4.9	114	5.3	123	5.1	123	5.5	131	5.3	136	5.1	122	0.0	0		
120	5.3	122	4.9	114	5.2	121	5.0	120	5.5	127	5.2	133	5.1	121	0.0	0		
130	5.2	120	4.9	114	5.2	120	5.0	118	5.4	122	5.2	131	5.0	119	0.0	0		
140	5.2	119	4.9	113	5.1	118	5.0	117	5.3	117	5.1	128	5.0	117	0.0	0		
150	5.1	119	4.9	112	5.1	116	4.9	116	5.2	113	5.1	127	4.9	113	0.0	0		
160	5.1	117	4.8	111	5.0	113	4.9	116	5.2	111	5.0	125	4.9	110	0.0	0		
170	5.0	117	4.8	109	5.0	113	4.9	115	5.1	109	4.9	125	4.8	108	0.0	0		
180	5.0	116	4.7	106	4.9	113	4.9	113	5.1	106	4.9	123	4.8	108	0.0	0		
190	5.0	115	4.7	104	4.9	113	4.8	113	5.0	105	4.8	122	4.8	106	0.0	0		
200	4.9	114	4.6	104	4.9	113	4.8	113	5.0	104	4.8	120	4.8	106	0.0	0		
210	4.9	113	4.5	103	4.8	113	4.8	112	4.9	103	4.8	118	4.7	106	0.0	0		
220	4.9	113	4.5	102	4.8	112	4.8	112	4.9	102	4.8	116	4.7	106	0.0	0		
230	4.8	112	4.5	102	4.8	111	4.8	111	4.8	101	4.7	114	4.7	106	0.0	0		
240	4.8	112	4.4	102	4.8	111	4.8	111	4.8	100	4.7	113	4.7	105	0.0	0		
250	4.8	111	4.4	102	4.7	111	4.8	110	4.8	100	4.7	112	4.6	104	0.0	0		
260	4.8	111	4.5	101	4.7	111	4.7	111	4.8	100	4.6	112	4.6	103	0.0	0		
270	4.8	111	4.5	101	4.7	111	4.7	110	4.8	102	4.7	113	4.6	102	0.0	0		
280	4.7	111	4.5	101	4.7	111	4.7	109	4.9	102	4.7	113	4.6	101	0.0	0		
290	4.7	110	4.5	101	4.7	110	4.7	108	4.8	102	4.7	113	4.6	101	0.0	0		
300	4.7	109	4.5	101	4.7	109	4.7	108	4.8	99	4.6	112	4.6	101	0.0	0		
310	4.7	109	4.4	101	4.7	108	4.7	108	4.8	97	4.6	111	4.6	101	0.0	0		
320	4.7	108	4.3	99	4.6	108	4.7	108	4.7	97	4.6	111	4.5	101	0.0	0		
330	4.7	107	4.2	99	4.6	108	4.7	108	4.7	96	4.6	110	4.5	99	0.0	0		
340	4.6	106	4.2	98	4.6	107	4.6	107	4.7	96	4.5	109	4.5	98	0.0	0		
350	4.6	106	4.2	97	4.6	107	4.6	107	4.6	95	4.5	108	4.5	97	0.0	0		
360	4.6	105	4.1	96	4.6	107	4.6	107	4.6	95	4.5	108	4.5	96	0.0	0		
370	4.5	105	4.1	96	4.5	107	4.6	106	4.6	95	4.5	108	4.4	96	0.0	0		
380	4.5	104	4.0	97	4.5	107	4.6	105	4.6	94	4.4	108	4.4	97	0.0	0		
390	4.5	103	4.0	97	4.5	107	4.6	105	4.6	93	4.4	106	4.4	97	0.0	0		
400	4.5	103	4.0	97	4.5	107	4.6	105	4.6	93	4.4	106	4.4	97	0.0	0		
410	4.5	102	4.0	96	4.5	107	4.6	105	4.5	93	4.4	105	4.4	96	0.0	0		
420	4.4	102	4.1	96	4.5	107	4.6	105	4.5	92	4.4	106	4.4	95	0.0	0		
430	4.4	101	4.1	96	4.5	106	4.5	105	4.5	92	4.3	106	4.3	94	0.0	0		
440	4.4	101	4.0	96	4.5	106	4.5	104	4.5	92	4.3	106	4.3	94	0.0	0		

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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		
450	4.4	101	4.0	96	4.4	106	4.5	104	4.5	92	4.3	106	4.3	94	0.0	0		
460	4.3	101	4.0	95	4.4	106	4.5	105	4.5	91	4.3	107	4.3	94	1.4	101		
470	4.3	101	4.0	95	4.4	106	4.5	106	4.5	91	4.4	107	4.3	95	2.3	101		
480	4.3	101	4.1	95	4.4	106	4.5	105	4.4	92	4.4	107	4.3	95	2.9	101		
490	4.3	101	4.1	95	4.4	107	4.5	103	4.4	92	4.4	108	4.3	96	3.3	101		
500	4.3	100	4.1	95	4.4	107	4.5	103	4.4	92	4.4	108	4.3	97	3.7	101		
510	4.3	101	4.1	94	4.4	107	4.5	103	4.5	93	4.3	107	4.3	96	3.9	100		
520	4.3	101	4.1	94	4.4	107	4.5	103	4.5	95	4.4	107	4.3	95	4.0	100		
530	4.4	102	4.0	94	4.4	107	4.5	104	4.6	97	4.4	106	4.3	95	4.1	100		
540	4.4	102	4.0	94	4.3	106	4.5	103	4.6	97	4.3	106	4.3	95	4.2	100		
550	4.4	101	4.0	94	4.3	105	4.4	102	4.6	96	4.4	106	4.3	95	4.2	101		
560	4.4	100	4.0	94	4.3	105	4.4	101	4.6	95	4.4	106	4.2	95	4.2	101		
570	4.4	100	4.0	93	4.3	106	4.4	100	4.5	94	4.3	106	4.2	95	4.2	99		
580	4.4	100	4.0	92	4.3	106	4.3	100	4.5	92	4.3	106	4.3	94	4.2	96		
590	4.4	100	4.1	93	4.3	105	4.3	100	4.5	91	4.3	106	4.3	94	4.3	98		
600	4.4	100	4.0	93	4.3	104	4.3	100	4.4	90	4.3	104	4.3	94	4.3	99		
610	4.4	100	3.9	95	4.3	103	4.3	102	4.4	90	4.3	104	4.3	95	4.2	99		
620	4.4	99	3.9	96	4.3	103	4.3	102	4.4	90	4.3	104	4.3	95	4.2	97		
630	4.4	99	3.9	95	4.3	103	4.3	101	4.4	89	4.3	104	4.3	95	4.2	96		
640	4.4	99	4.0	94	4.3	104	4.3	100	4.4	89	4.3	104	4.3	94	4.1	96		
650	4.4	99	4.1	93	4.3	103	4.3	101	4.4	88	4.3	103	4.3	95	4.1	96		
660	4.3	99	4.1	93	4.3	102	4.3	101	4.4	88	4.3	102	4.3	95	4.1	97		
670	4.3	98	4.2	93	4.2	103	4.3	100	4.3	88	4.3	103	4.3	95	4.1	97		
680	4.3	97	4.2	93	4.2	103	4.2	99	4.3	88	4.3	103	4.3	95	4.1	96		
690	4.3	97	4.3	95	4.2	103	4.2	99	4.3	88	4.3	102	4.3	96	4.1	96		
700	4.3	97	4.3	95	4.2	103	4.2	101	4.3	88	4.3	102	4.3	96	4.1	97		
710	4.2	96	4.3	95	4.2	104	4.3	103	4.3	88	4.3	102	4.3	97	4.0	97		
720	4.2	96	4.3	94	4.2	104	4.3	103	4.3	88	4.3	102	4.3	97	4.0	97		
730	4.2	96	4.3	94	4.2	105	4.3	103	4.3	88	4.3	102	4.3	98	4.0	97		
740	4.2	96	4.3	94	4.2	105	4.3	102	4.2	87	4.3	102	4.3	99	4.0	97		
750	4.2	95	4.3	95	4.2	105	4.2	101	4.2	88	4.3	103	4.3	101	3.9	95		
760	4.2	95	4.3	94	4.2	105	4.2	101	4.3	89	4.3	104	4.3	101	3.9	95		
770	4.2	97	4.2	94	4.2	105	4.2	101	4.3	92	4.3	104	4.3	103	3.9	96		
780	4.2	98	4.2	94	4.2	105	4.2	101	4.4	94	4.3	104	4.3	104	4.0	96		
790	4.2	99	4.3	96	4.2	106	4.2	100	4.4	95	4.3	104	4.4	105	4.0	96		
800	4.3	100	4.3	97	4.2	106	4.1	100	4.4	94	4.3	105	4.4	106	4.0	95		
810	4.3	100	4.3	98	4.2	105	4.2	100	4.4	93	4.3	106	4.4	107	4.1	97		
820	4.3	100	4.3	99	4.2	106	4.2	101	4.4	92	4.4	107	4.4	108	4.1	98		
830	4.3	100	4.2	99	4.2	107	4.3	104	4.4	91	4.5	109	4.4	109	4.1	99		
840	4.3	100	4.2	100	4.2	107	4.4	107	4.4	90	4.6	111	4.4	109	4.0	99		
850	4.3	100	4.2	99	4.2	106	4.4	108	4.4	89	4.6	111	4.4	109	3.9	98		
860	4.4	100	4.1	98	4.3	106	4.5	107	4.4	88	4.6	111	4.4	109	3.9	97		
870	4.4	100	4.1	97	4.3	106	4.5	106	4.3	88	4.6	111	4.4	110	3.9	96		
880	4.4	100	4.1	96	4.3	106	4.5	106	4.3	88	4.6	112	4.4	110	3.9	96		

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890	4.3	99	4.1	96	4.3	105	4.5	105	4.3	88	4.6	112	4.4	110	4.0	97		
900	4.3	99	4.1	96	4.3	106	4.4	106	4.3	88	4.5	112	4.4	110	4.0	97		
910	4.3	98	4.1	97	4.2	106	4.4	105	4.3	89	4.5	111	4.4	110	4.0	99		
920	4.3	99	4.1	97	4.2	106	4.4	106	4.3	90	4.4	111	4.4	109	3.9	98		
930	4.3	101	4.1	97	4.2	105	4.4	107	4.4	91	4.4	111	4.4	110	3.8	94		
940	4.3	102	4.1	97	4.2	105	4.4	108	4.4	90	4.4	110	4.5	111	3.8	94		
950	4.3	102	4.2	97	4.2	106	4.4	107	4.4	88	4.4	110	4.5	112	3.8	93		
960	4.3	101	4.2	98	4.2	106	4.4	107	4.3	87	4.4	110	4.5	112	3.8	94		
970	4.3	100	4.3	100	4.2	107	4.4	107	4.3	85	4.3	109	4.5	113	3.8	94		
980	4.2	99	4.3	103	4.1	106	4.4	106	4.2	82	4.3	109	4.5	113	3.8	93		
990	4.2	98	4.3	104	4.1	106	4.4	108	4.1	78	4.3	109	4.5	114	3.9	94		
1000	4.2	98	4.3	104	4.0	105	4.4	109	4.0	74	4.4	111	4.6	115	3.9	97		