



ECH Montemor-o-Velho, Portugal

10 - 12 Sept. 2010

18

**GPS RACE DATA**

**LM1x**

(Event)

**Men's Lightweight Single Sculls - Heat 1**

**H1**

FRI 10 SEP 2010

**Race 3**

Dist. [m]	DEN		ITA		GRE		POR		FRA		POL	
	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke	Speed [m/s]	Stroke
50	3.7	40.0	3.0	41.1			3.4	39.2				
100	4.9	38.7	4.3	38.1			4.5	40.3				
150	5.1	38.1	4.7	35.3			4.7	38.3				
200	4.8	33.6	4.7	35.5			4.7	35.8				
250	4.7	32.4	4.8	32.2			4.6	33.3				
300	4.7	31.5	4.6	30.9			4.8	36.6				
350	4.7	31.0	4.5	30.5			4.6	40.3				
400	4.7	30.9	4.6	29.0			4.6	40.5				
450	4.7	30.4	4.5	28.6			4.6	39.7				
500	4.5	29.6	4.5	31.2			4.5	41.7				
550	4.6	29.2	4.4	32.0			4.5	42.0				
600	4.5	28.8	4.4	29.9			4.4	41.5				
650	4.5	28.8	4.3	29.7			4.4	40.4				
700	4.6	29.2	4.3	29.4			4.4	39.5				
750	4.6	29.0	4.3	29.2			4.5	41.7				
800	4.4	28.8	4.2	31.3			4.5	40.8				
850	4.5	28.6	4.0	34.0			4.4	41.4				
900	4.3	28.6	4.1	31.2			4.3	41.4				
950	4.3	28.7	4.1	35.9			4.3	42.0				
1000	4.3	28.6	4.1	32.9			4.3	42.1				
1050	4.3	27.8	4.1	31.8			4.4	42.3				
1100	4.4	26.6	4.1	30.1			4.4	41.5				
1150	4.2	26.9	4.1	28.1			4.4	41.3				
1200	4.3	27.3	4.2	28.4			4.4	41.1				
1250	4.2	27.2	4.0	30.3			4.4	40.9				
1300	4.1	26.9	3.9	31.4			4.5	43.0				
1350	4.3	26.8	4.2	30.9			4.4	43.6				
1400	4.3	26.6	4.2	29.2			4.5	39.5				
1450	4.2	26.4	4.1	29.8			4.5	40.8				
1500	4.2	26.1	4.1	34.3			4.6	41.6				
1550	4.3	26.4	4.0	32.8			4.6	40.3				
1600	4.3	26.4	4.0	32.7			4.6	40.3				
1650	4.1	26.5	4.0	33.0			4.4	36.9				
1700	4.2	26.6	4.1	29.8			4.5	38.6				
1750	4.1	26.6	4.2	28.5			4.5	40.1				
1800	4.0	26.7	4.1	28.1			4.4	40.7				
1850	4.3	27.2	4.2	28.6			4.4	41.6				
1900	4.5	27.2	4.3	31.4			4.4	41.7				
1950	4.4	27.0	4.4	36.2			4.2	41.8				
2000	4.3	27.2	4.4	39.5			4.1	40.8				