



ECH Montemor-o-Velho, Portugal

10 - 12 Sept. 2010

10

GPS RACE DATA

LM4-

(Event)

Lightweight Men's Four - Heat 3

H3

FRI 10 SEP 2010

Race 31

Dist. [m]	FRA		GER		DEN		ESP		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	1.7	39.0	3.3	35.8	2.7	41.6	2.9	37.9	3.7	40.6	3.1	40.9
100	4.3	39.0	4.8	35.7	3.9	40.7	4.6	38.2	4.7	39.9	4.6	39.7
150	5.0	38.9	5.4	34.4	4.3	40.1	5.2	37.8	5.3	38.4	5.0	37.8
200	5.1	38.7	5.4	34.2	4.9	38.1	5.3	37.4	5.4	37.7	5.2	37.0
250	5.2	38.5	5.2	34.4	5.0	35.4	5.2	36.7	5.3	37.1	5.1	36.2
300	5.2	38.2	5.1	33.5	5.2	34.5	5.3	34.9	5.2	36.5	5.0	35.2
350	5.0	37.6	4.9	32.9	4.8	33.9	5.2	34.9	5.2	36.6	4.9	34.2
400	4.8	36.8	4.7	32.8	4.9	32.1	5.0	34.5	5.1	35.9	4.8	33.2
450	4.9	36.3	4.8	32.2	4.9	32.7	4.9	34.2	5.0	34.9	4.7	33.3
500	4.9	35.9	4.7	31.9	4.8	32.5	4.9	34.1	5.0	35.4	4.8	32.6
550	4.8	35.5	4.7	31.7	4.6	33.1	4.8	33.8	4.9	34.0	4.7	32.2
600	4.7	35.3	4.6	31.4	4.7	33.3	4.8	33.6	4.8	34.7	4.7	32.1
650	4.7	35.0	4.4	31.4	4.8	33.0	4.7	33.3	4.7	34.2	4.6	31.5
700	4.5	34.4	4.4	30.8	4.6	35.5	4.5	33.1	4.6	33.4	4.5	31.3
750	4.6	34.2	4.3	30.6	4.5	36.7	4.7	32.9	4.8	32.6	4.5	31.8
800	4.6	34.8	4.4	30.7	4.6	38.0	4.7	32.6	4.7	32.4	4.5	32.1
850	4.7	34.4	4.5	30.6	4.6	35.5	4.7	32.6	4.6	32.5	4.5	31.5
900	4.7	34.3	4.7	30.7	4.6	33.8	4.7	32.7	4.6	32.2	4.4	31.1
950	4.7	36.4	4.4	30.6	4.7	32.0	4.6	32.6	4.5	32.9	4.6	30.9
1000	4.5	35.0	4.4	30.5	4.3	32.0	4.6	32.4	4.5	37.5	4.6	31.3
1050	4.7	34.6	4.4	30.5	4.4	31.0	4.5	32.3	4.2	34.5	4.4	31.2
1100	4.7	34.3	4.3	30.4	4.5	31.0	4.5	32.4	4.4	34.5	4.5	31.3
1150	4.6	36.0	4.2	30.3	4.3	30.5	4.3	32.1	4.3	33.0	4.4	31.0
1200	4.5	35.2	4.2	30.1	4.4	30.3	4.4	31.8	4.3	32.3	4.3	31.0
1250	4.5	34.8	4.3	30.1	4.2	30.8	4.2	31.6	4.2	31.9	4.3	30.7
1300	4.7	35.6	4.3	29.7	4.5	31.6	4.4	31.7	4.3	31.4	4.3	30.7
1350	4.5	34.7	4.1	29.3	4.4	35.0	4.3	31.6	4.2	31.1	4.3	30.6
1400	4.4	33.4	4.4	29.8	4.3	33.5	4.4	31.6	4.2	31.4	4.2	30.5
1450	4.4	37.8	4.3	30.0	4.4	31.9	4.3	31.5	4.2	31.2	4.2	30.2
1500	4.5	37.2	4.5	30.3	4.1	31.5	4.6	31.6	4.3	31.2	4.2	30.4
1550	4.6	35.7	4.4	30.7	4.5	32.0	4.7	32.3	4.2	31.3	4.3	30.3
1600	4.7	35.4	4.4	30.5	4.3	31.5	4.6	32.6	4.3	31.2	4.3	31.1
1650	4.6	34.2	4.4	30.8	4.3	31.3	4.6	32.6	4.1	31.7	4.2	31.2
1700	4.3	34.8	4.3	31.1	4.4	31.1	4.5	32.5	4.0	31.1	4.3	31.1
1750	4.4	34.1	4.2	30.7	4.2	31.6	4.5	32.5	4.3	33.3	4.0	31.8
1800	4.6	34.9	4.5	31.0	4.2	32.0	4.5	32.7	4.3	33.4	4.3	31.4
1850	4.7	34.7	4.4	31.6	4.4	36.9	4.6	33.0	4.3	36.2	4.4	31.7
1900	4.7	34.4	4.1	31.9	4.5	35.5	4.7	32.9	4.4	36.3	4.5	32.0
1950	4.6	35.0	4.5	35.7	4.5	33.1	4.6	33.1	4.3	35.1	4.7	32.6
2000	4.5	34.3	4.3	35.6	4.2	33.9	4.6	33.1	4.2	33.1	4.6	33.1