



ECH Montemor-o-Velho, Portugal

10 - 12 Sept. 2010

11

GPS RACE DATA

W4x

(Event)

Women's Quadruple Sculls - Heat 1

H1

FRI 10 SEP 2010

Race 32

| Dist. [m] | RUS | | POL | | UKR | | ITA | | | | | |
|--------------|----------------|--------|----------------|--------|----------------|--------|----------------|--------|----------------|--------|----------------|--------|
| | 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 | 3.4 | 41.3 | 2.3 | 39.7 | 4.3 | 42.4 | 4.3 | 40.4 | 2.6 | 40.0 | 3.5 | 36.9 |
| 100 | 4.4 | 41.4 | 3.8 | 39.2 | 4.8 | 41.9 | 5.0 | 39.4 | 4.2 | 39.2 | 5.0 | 38.0 |
| 150 | 4.9 | 40.8 | 4.8 | 39.2 | 5.1 | 40.8 | 5.2 | 38.7 | 4.8 | 37.9 | 5.3 | 37.7 |
| 200 | 4.9 | 40.3 | 4.9 | 37.9 | 5.0 | 39.3 | 5.2 | 38.2 | 5.1 | 36.8 | 5.4 | 37.0 |
| 250 | 4.9 | 38.9 | 5.0 | 37.3 | 4.8 | 37.3 | 5.0 | 37.2 | 4.9 | 35.0 | 5.1 | 35.6 |
| 300 | 4.7 | 37.6 | 4.8 | 35.3 | 4.6 | 36.6 | 4.8 | 36.5 | 4.7 | 35.0 | 5.1 | 34.4 |
| 350 | 4.7 | 37.3 | 4.7 | 34.9 | 4.8 | 36.0 | 4.9 | 37.1 | 4.8 | 34.2 | 5.1 | 34.2 |
| 400 | 4.7 | 36.7 | 4.7 | 34.2 | 4.8 | 35.7 | 4.9 | 35.9 | 5.0 | 34.0 | 5.0 | 33.9 |
| 450 | 4.7 | 36.1 | 4.6 | 33.9 | 4.8 | 35.2 | 4.7 | 35.7 | 4.9 | 33.5 | 5.0 | 33.5 |
| 500 | 4.7 | 36.1 | 4.8 | 33.5 | 4.6 | 34.6 | 4.6 | 34.6 | 4.8 | 33.5 | 4.9 | 33.3 |
| 550 | 4.8 | 35.5 | 4.7 | 33.2 | 4.5 | 34.1 | 4.7 | 35.3 | 4.9 | 33.8 | 5.0 | 33.6 |
| 600 | 4.5 | 35.3 | 4.7 | 32.8 | 4.4 | 33.4 | 4.7 | 34.8 | 4.9 | 33.7 | 5.1 | 33.5 |
| 650 | 4.5 | 34.9 | 4.4 | 32.6 | 4.3 | 31.4 | 4.7 | 34.5 | 4.7 | 33.2 | 5.0 | 33.2 |
| 700 | 4.6 | 34.3 | 4.5 | 32.2 | 4.4 | 31.0 | 4.5 | 32.4 | 4.6 | 32.6 | 4.9 | 32.8 |
| 750 | 4.5 | 34.3 | 4.4 | 32.0 | 3.9 | 30.2 | 4.5 | 33.2 | 4.3 | 32.5 | 4.8 | 32.3 |
| 800 | 4.4 | 34.0 | 4.2 | 31.7 | 4.0 | 30.0 | 4.4 | 33.0 | 4.3 | 32.2 | 4.7 | 31.8 |
| 850 | 4.3 | 33.7 | 4.2 | 31.3 | 4.1 | 29.5 | 4.3 | 33.4 | 4.3 | 32.0 | 4.7 | 31.3 |
| 900 | 4.4 | 34.4 | 4.3 | 31.4 | 3.8 | 28.9 | 4.4 | 32.4 | 4.4 | 32.1 | 4.1 | 32.0 |
| 950 | 4.4 | 34.0 | 4.4 | 31.5 | 3.8 | 28.9 | 4.3 | 32.4 | 4.4 | 32.0 | 4.6 | 32.1 |
| 1000 | 4.2 | 35.6 | 4.2 | 31.3 | 4.2 | 28.7 | 4.4 | 32.3 | 4.2 | 31.8 | 4.6 | 31.8 |
| 1050 | 4.3 | 35.0 | 4.1 | 31.2 | 4.3 | 28.6 | 4.3 | 32.4 | 4.4 | 31.7 | 4.6 | 31.5 |
| 1100 | 4.3 | 34.7 | 4.1 | 31.2 | 3.9 | 28.4 | 4.3 | 32.1 | 4.3 | 31.6 | 4.6 | 31.1 |
| 1150 | 4.5 | 34.7 | 4.3 | 31.2 | 3.8 | 27.9 | 4.3 | 32.1 | 4.4 | 31.8 | 4.5 | 30.9 |
| 1200 | 4.4 | 34.2 | 4.2 | 30.9 | 3.8 | 27.5 | 4.2 | 31.9 | 4.4 | 31.5 | 4.6 | 30.6 |
| 1250 | 4.3 | 33.9 | 3.9 | 30.6 | 3.8 | 27.4 | 4.0 | 31.2 | 4.2 | 31.0 | 4.5 | 30.4 |
| 1300 | 4.5 | 33.5 | 4.3 | 30.8 | 4.2 | 26.9 | 4.4 | 31.2 | 4.3 | 31.1 | 4.4 | 30.1 |
| 1350 | 4.3 | 33.9 | 4.3 | 30.9 | 4.1 | 25.7 | 4.4 | 31.8 | 4.3 | 31.1 | 4.6 | 30.0 |
| 1400 | 4.4 | 33.9 | 4.3 | 30.9 | 4.1 | 26.3 | 4.6 | 31.7 | 4.4 | 30.9 | 4.5 | 29.8 |
| 1450 | 4.2 | 34.5 | 4.3 | 31.3 | 4.2 | 26.4 | 4.6 | 32.3 | 4.5 | 31.0 | 4.7 | 29.5 |
| 1500 | 4.4 | 35.1 | 4.6 | 31.7 | 4.0 | 26.7 | 4.5 | 31.8 | 4.5 | 31.2 | 4.5 | 29.6 |
| 1550 | 4.3 | 35.5 | 4.4 | 31.7 | 3.9 | 26.5 | 4.3 | 34.0 | 4.6 | 31.1 | 4.6 | 29.7 |
| 1600 | 4.4 | 35.3 | 4.4 | 31.4 | 4.0 | 26.5 | 4.3 | 32.5 | 4.3 | 31.1 | 4.4 | 29.6 |
| 1650 | 4.3 | 35.5 | 4.2 | 31.1 | 4.0 | 25.5 | 4.4 | 32.0 | 4.3 | 31.0 | 4.5 | 29.4 |
| 1700 | 4.6 | 34.8 | 4.3 | 30.8 | 3.8 | 24.8 | 4.5 | 32.1 | 4.3 | 31.1 | 4.5 | 29.3 |
| 1750 | 4.2 | 36.5 | 4.2 | 30.8 | 4.0 | 24.4 | 4.4 | 31.9 | 4.3 | 31.2 | 4.6 | 29.4 |
| 1800 | 4.3 | 36.3 | 4.0 | 30.8 | 4.0 | 24.4 | 4.4 | 33.1 | 4.4 | 31.8 | 4.3 | 29.0 |
| 1850 | 4.6 | 36.0 | 4.1 | 30.7 | 4.1 | 24.3 | 4.3 | 32.5 | 4.3 | 32.4 | 4.4 | 28.6 |
| 1900 | 4.6 | 37.1 | 4.1 | 30.6 | 4.1 | 24.3 | 4.5 | 33.0 | 4.5 | 32.4 | 4.4 | 28.5 |
| 1950 | 4.6 | 37.8 | 4.1 | 30.4 | 3.9 | 24.3 | 4.5 | 32.7 | 4.5 | 32.4 | 4.7 | 31.5 |
| 2000 | 4.6 | 37.8 | 4.0 | 30.3 | 3.9 | 25.0 | 4.4 | 32.9 | 4.5 | 32.3 | 4.7 | 33.5 |