



ECH Plovdiv, Bulgaria

16 - 18 Sept 2011

**10**  
(Event)

**GPS RACE DATA**  
**Lightweight Men's Four**  
FRI 16 SEP 2011

**LM4-**  
**H1**  
**Race 16**

Dist. [m]	ITA		ESP		POR		RUS		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	34.6	3.6	36.8	3.3	40.6	3.6	38.7				
100	5.5	32.2	5.4	36.2	5.2	39.8	5.3	38.7				
150	6.0	31.7	5.9	37.5	5.6	40.3	5.7	38.0				
200	6.1	35.8	6.0	39.8	5.7	40.3	5.9	37.0				
250	6.1	38.7	6.0	40.7	5.7	40.0	5.8	36.3				
300	5.8	40.0	5.8	40.6	5.6	39.7	5.7	35.9				
350	5.7	40.0	5.7	39.9	5.5	39.2	5.5	35.6				
400	5.8	39.9	5.7	39.3	5.5	38.9	5.5	35.3				
450	5.6	38.9	5.5	38.8	5.3	38.3	5.5	35.0				
500	5.6	38.0	5.4	38.4	5.2	37.6	5.4	34.8				
550	5.4	37.2	5.4	38.0	5.2	37.0	5.3	34.4				
600	5.4	36.6	5.2	37.5	5.1	36.8	5.2	34.0				
650	5.3	36.2	5.2	37.1	5.2	36.6	5.2	33.7				
700	5.3	35.8	5.2	36.9	5.3	36.5	5.1	33.6				
750	5.2	35.5	5.2	36.8	5.2	36.0	5.2	33.7				
800	5.4	35.2	5.2	36.6	5.2	36.4	5.1	33.7				
850	5.3	34.7	5.3	36.6	5.2	36.9	5.2	33.5				
900	5.3	34.5	5.3	36.4	5.3	36.9	5.2	33.3				
950	5.3	34.7	5.2	36.4	5.2	36.6	5.1	33.2				
1000	5.3	34.7	5.3	36.5	5.1	36.2	5.2	33.4				
1050	5.4	34.7	5.3	36.5	5.0	36.0	5.3	33.3				
1100	5.5	35.3	5.3	36.6	5.1	35.8	5.3	33.2				
1150	5.7	36.8	5.2	36.6	5.0	35.9	5.2	33.1				
1200	5.5	37.4	5.1	36.6	4.9	35.6	5.2	33.0				
1250	5.3	36.7	5.0	36.5	4.8	34.9	5.1	33.0				
1300	5.2	35.6	5.0	36.4	4.9	34.5	5.0	33.2				
1350	5.2	34.8	5.0	36.4	4.8	34.4	5.1	33.2				
1400	5.1	34.4	5.1	36.5	4.8	34.0	5.0	33.1				
1450	5.1	34.2	5.0	36.4	4.8	33.8	5.0	33.1				
1500	5.1	33.9	5.1	36.4	4.7	33.5	4.9	32.9				
1550	5.2	33.8	5.1	36.4	4.7	33.3	5.1	33.0				
1600	5.2	34.0	5.2	36.4	4.7	33.3	5.0	33.4				
1650	5.2	34.1	5.2	36.5	4.7	32.9	5.1	33.2				
1700	5.1	33.9	5.2	36.6	4.7	32.6	5.1	33.2				
1750	5.1	33.8	5.3	36.8	4.8	32.5	5.0	33.2				
1800	5.2	33.7	5.4	37.5	4.8	32.6	5.1	33.2				
1850	5.3	33.8	5.4	37.9	4.9	32.6	5.2	33.5				
1900	5.4	34.2	5.3	38.1	4.8	32.5	5.2	33.8				
1950	5.6	36.4	5.3	38.6	4.9	32.7	5.1	33.8				
2000	5.7	38.6	5.3	38.7	4.9	32.5	5.2	33.8				