



ECH Seville, Spain

31 May - 2 June 2013

18
(Event)

RACE DATA
Men's Lightweight Single Sculls
SAT 1 JUN 2013

LM1x
FC
Race 83

Dist. [m]	SWE		ARM									
	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	3.1	39.0	3.8	46.0								
100	4.3	36.0	4.3	36.0								
150	4.4	33.0	4.0	30.0								
200	4.3	33.0	3.8	33.0								
250	4.2	32.0	3.8	26.0								
300	4.2	31.0	3.6	25.0								
350	4.1	31.0	3.7	25.0								
400	4.1	31.0	3.4	25.0								
450	4.1	30.0	3.4	25.0								
500	4.1	30.0	3.7	25.0								
550	4.2	30.0	3.6	25.0								
600	4.0	30.0	3.5	25.0								
650	4.0	30.0	3.6	25.0								
700	4.1	30.0	3.7	25.0								
750	4.1	30.0	3.7	25.0								
800	4.1	30.0	3.6	25.0								
850	4.1	30.0	3.7	25.0								
900	4.1	30.0	3.8	25.0								
950	4.1	30.0	3.7	25.0								
1000	4.2	30.0	3.7	25.0								
1050	4.1	30.0	3.7	25.0								
1100	4.1	30.0	3.5	25.0								
1150	4.0	29.0	3.5	25.0								
1200	4.0	29.0	3.6	25.0								
1250	3.9	29.0	3.5	25.0								
1300	3.8	29.0	3.7	25.0								
1350	4.1	29.0	3.4	25.0								
1400	3.9	29.0	3.2	25.0								
1450	3.9	29.0	3.2	25.0								
1500	3.7	28.0	3.2	25.0								
1550	3.8	29.0	3.3	25.0								
1600	3.8	28.0	3.3	25.0								
1650	3.8	29.0	3.4	25.0								
1700	3.8	28.0	3.4	25.0								
1750	3.8	29.0	3.3	25.0								
1800	3.8	29.0	3.5	25.0								
1850	3.7	29.0	3.8	27.0								
1900	3.8	28.0	3.8	27.0								
1950	4.0	29.0	3.7	27.0								
2000	4.0	30.0	3.5	25.0								

