



Rotterdam, The Netherlands  
20-28 August 2016

WCH Rotterdam, Netherlands

21 - 28 Aug 2016

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RACE DATA

BLW1x

(Event)

U23 Lightweight Women's Single Sculls

R1

22 AUG 2016

Race 70

Dist. [m]	UGA		MDA		NOR		USA		ITA		SUI	
	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	3.6	36.0	3.8	43.0	3.8	47.0	3.7	42.0	3.9	45.0	3.7	40.0
100	4.3	35.0	4.4	35.0	4.5	43.0	4.4	41.0	4.6	43.0	4.3	38.0
150	4.3	34.0	4.4	34.0	4.5	39.0	4.4	39.0	4.6	41.0	4.3	37.0
200	4.3	32.0	4.4	33.0	4.5	39.0	4.4	37.0	4.6	39.0	4.2	35.0
250	4.1	31.0	4.3	33.0	4.5	37.0	4.5	37.0	4.6	39.0	4.1	35.0
300	4.1	31.0	4.1	32.0	4.4	36.0	4.3	36.0	4.5	38.0	4.1	34.0
350	4.0	31.0	4.2	31.0	4.3	36.0	4.3	36.0	4.4	37.0	4.1	33.0
400	4.0	30.0	4.2	30.0	4.2	35.0	4.4	36.0	4.3	37.0	4.0	33.0
450	3.9	30.0	4.2	30.0	4.2	35.0	4.4	36.0	4.3	36.0	4.0	33.0
500	3.9	29.0	4.1	30.0	4.1	35.0	4.3	35.0	4.3	35.0	4.1	32.0
550	3.8	29.0	4.0	30.0	4.1	34.0	4.3	35.0	4.3	35.0	4.0	32.0
600	3.8	28.0	4.0	30.0	4.1	34.0	4.1	34.0	4.3	35.0	4.0	31.0
650	3.8	28.0	4.1	30.0	4.1	33.0	4.1	34.0	4.2	35.0	4.0	32.0
700	3.8	29.0	4.0	29.0	4.0	34.0	4.2	35.0	4.1	35.0	3.9	32.0
750	3.8	29.0	4.1	30.0	4.0	34.0	4.3	34.0	4.1	35.0	4.0	31.0
800	3.8	29.0	4.0	30.0	4.0	33.0	4.2	34.0	4.1	34.0	4.0	31.0
850	3.7	29.0	3.9	29.0	4.0	33.0	4.2	34.0	4.1	34.0	4.0	31.0
900	3.8	29.0	4.0	30.0	4.0	33.0	4.1	33.0	4.1	34.0	4.0	31.0
950	3.7	29.0	4.1	30.0	4.0	33.0	4.1	34.0	4.1	34.0	3.9	31.0
1000	3.7	29.0	4.0	30.0	4.0	32.0	4.1	33.0	4.0	34.0	3.9	31.0
1050	3.9	28.0	4.0	30.0	4.1	33.0	4.2	34.0	4.1	34.0	4.0	31.0
1100	3.8	29.0	3.9	29.0	4.1	33.0	4.2	33.0	4.1	34.0	3.9	31.0
1150	3.7	29.0	4.0	29.0	4.1	33.0	4.1	32.0	4.1	34.0	4.0	31.0
1200	3.8	28.0	4.1	29.0	4.0	32.0	4.1	33.0	4.0	34.0	4.0	31.0
1250	3.7	28.0	3.9	28.0	4.0	33.0	4.1	33.0	4.0	34.0	3.9	31.0
1300	3.7	28.0	3.8	28.0	4.1	33.0	4.0	33.0	3.9	33.0	4.0	31.0
1350	3.8	28.0	3.8	28.0	4.1	33.0	4.0	33.0	4.0	33.0	3.9	31.0
1400	3.7	28.0	3.8	28.0	4.1	32.0	4.1	33.0	4.0	34.0	4.0	31.0
1450	3.7	27.0	3.8	28.0	4.1	33.0	4.2	33.0	4.1	35.0	4.0	31.0
1500	3.8	28.0	3.9	28.0	4.1	33.0	4.2	33.0	4.0	35.0	3.9	31.0
1550	3.8	28.0	4.0	29.0	4.1	33.0	4.1	33.0	4.1	35.0	4.0	30.0
1600	3.8	28.0	4.1	29.0	4.0	33.0	4.0	33.0	4.1	35.0	3.9	31.0
1650	3.8	28.0	4.0	29.0	4.0	33.0	4.1	33.0	4.1	35.0	3.9	31.0
1700	3.7	28.0	3.9	28.0	4.1	33.0	4.1	33.0	4.0	34.0	4.0	32.0
1750	3.8	28.0	3.9	29.0	4.1	33.0	4.1	32.0	4.0	34.0	4.0	32.0
1800	3.8	29.0	3.9	29.0	4.1	33.0	4.2	33.0	4.1	34.0	4.1	33.0
1850	3.9	30.0	4.0	29.0	4.1	33.0	4.1	33.0	4.0	35.0	4.1	33.0
1900	4.0	30.0	4.1	32.0	4.1	33.0	4.1	32.0	4.1	36.0	4.1	33.0
1950	3.9	30.0	4.1	33.0	4.0	33.0	4.1	33.0	4.0	34.0	4.2	34.0
2000	3.8	30.0	4.0	31.0	3.9	33.0	4.1	32.0	3.8	33.0	4.2	35.0

