



RWC III Lucerne, Switzerland

09 - 11 July 2010

**10**  
(Event)

**GPS RACE DATA**  
**Lightweight Men's Four - Final C**  
SAT 10 JUL 2010

**LM4-FC**  
**Race 144**

Dist. [m]	POL		ARG		USA		RSA		ESP		CAN	
	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	4.5	41.4	4.0	40.0	2.9	36.8	3.1	41.0	4.5	40.5	4.2	42.4
100	5.7	41.7	5.4	41.5	5.2	39.1	4.9	40.8	5.9	42.8	6.0	43.7
150	5.7	40.7	5.8	41.6	5.6	40.1	5.5	41.7	5.9	43.2	6.1	43.9
200	5.5	39.4	5.7	40.8	5.8	39.9	5.8	42.2	5.9	42.6	6.0	43.6
250	5.6	37.8	5.8	40.1	6.0	39.6	5.8	42.4	5.8	41.8	5.8	43.4
300	5.6	36.9	5.8	39.8	6.1	39.3	5.8	41.9	5.9	40.9	5.5	41.3
350	5.5	35.9	5.5	39.1	5.9	38.8	5.8	41.3	5.8	40.2	5.4	40.5
400	5.6	35.3	5.5	38.7	5.6	37.9	5.6	41.3	5.7	39.6	5.5	39.9
450	5.4	35.0	5.5	38.5	5.6	37.5	5.6	40.3	5.5	39.0	5.5	39.3
500	5.4	34.7	5.5	38.2	5.5	36.6	5.6	39.5	5.5	38.7	5.4	38.7
550	5.4	34.3	5.5	38.1	5.5	35.8	5.6	38.9	5.6	38.3	5.4	38.5
600	5.2	34.0	5.6	37.9	5.6	35.5	5.6	39.2	5.5	37.9	5.4	38.1
650	5.3	33.8	5.5	37.6	5.8	36.0	5.4	38.7	5.5	37.2	5.3	37.8
700	5.4	33.6	5.5	37.1	5.5	35.9	5.6	38.2	5.5	36.8	5.5	37.4
750	5.4	33.2	5.5	36.7	5.6	34.9	5.6	37.9	5.4	36.6	5.5	37.3
800	5.2	33.2	5.3	36.4	5.6	34.7	5.5	38.2	5.3	36.3	5.5	37.1
850	5.2	33.2	5.6	36.0	5.5	34.9	5.5	37.6	5.3	36.1	5.4	37.0
900	5.1	32.8	5.2	35.7	5.4	35.0	5.5	37.5	5.2	35.8	5.2	36.9
950	5.0	32.7	5.3	35.7	5.4	34.4	5.5	37.2	5.1	35.6	5.2	37.1
1000	5.2	32.7	5.3	35.6	5.4	35.1	5.6	37.4	5.2	35.7	5.5	37.0
1050	5.3	33.0	5.2	35.7	5.5	35.1	5.5	37.7	5.3	35.7	5.6	37.3
1100	5.2	33.0	5.3	35.5	5.5	34.4	5.6	37.0	5.2	35.7	5.4	37.2
1150	5.3	33.1	5.4	35.6	5.6	34.7	5.6	37.6	5.3	35.8	5.3	37.0
1200	5.4	33.2	5.6	35.5	5.7	34.7	5.6	37.6	5.5	36.0	5.5	36.8
1250	5.5	33.4	5.7	35.6	5.7	35.3	5.7	37.7	5.3	36.0	5.7	36.9
1300	5.4	33.3	5.5	35.5	5.5	34.0	5.7	38.4	5.4	35.9	5.6	37.0
1350	5.4	33.4	5.4	35.7	5.4	34.9	5.6	38.4	5.4	35.9	5.4	36.9
1400	5.3	33.2	5.4	35.5	5.5	35.2	5.6	39.3	5.4	35.9	5.4	36.9
1450	5.2	33.3	5.4	35.7	5.4	35.5	5.7	39.1	5.3	36.0	5.5	37.8
1500	5.3	33.5	5.4	35.8	5.5	35.2	5.7	38.5	5.3	36.0	5.4	37.2
1550	5.5	33.8	5.5	35.9	5.7	35.5	5.7	38.6	5.4	36.4	5.6	38.2
1600	5.4	33.9	5.5	36.3	5.6	35.9	5.6	38.8	5.4	36.7	5.5	38.7
1650	5.3	34.0	5.3	36.4	5.4	36.3	5.6	39.7	5.4	36.8	5.5	38.7
1700	5.3	34.3	5.2	36.4	5.6	35.2	5.5	40.8	5.3	36.9	5.6	39.1
1750	5.3	34.4	5.2	36.5	5.6	35.7	5.5	40.7	5.2	37.0	5.5	39.2
1800	5.4	35.0	5.4	37.0	5.6	36.7	5.6	40.9	5.4	37.7	5.5	39.5
1850	5.4	35.7	5.4	37.4	5.6	36.6	5.9	41.9	5.5	38.4	5.5	39.7
1900	5.6	36.3	5.5	37.4	5.8	36.9	6.0	42.9	5.6	39.0	5.5	40.1
1950	5.7	37.4	5.6	37.9	5.6	37.8	6.0	43.5	5.5	39.3	5.7	40.4
2000	5.7	38.3	5.6	38.6	5.7	36.7	5.8	43.1	5.5	39.4	5.7	40.6