



WRC III Lucerne, Switzerland

08 - 10 July 2011

**10**  
(Event)

**GPS RACE DATA**  
**Lightweight Men's Four**  
FRI 8 JUL 2011

**LM4-**  
**R1**  
**Race 95**

| Dist.<br>[m] | JPN            |        | POL            |        | USA            |        | SUI            |        | FRA            |        | CHI            |        |
|--------------|----------------|--------|----------------|--------|----------------|--------|----------------|--------|----------------|--------|----------------|--------|
|              | Speed<br>[m/s] | Stroke | Speed<br>[m/s] | Stroke | Speed<br>[m/s] | Stroke | Speed<br>[m/s] | Stroke | Speed<br>[m/s] | Stroke | Speed<br>[m/s] | Stroke |
| 50           | 4.2            | 30.4   | 4.1            | 37.0   | 4.2            | 38.3   | 4.4            | 33.5   | 4.0            | 38.2   | 3.9            | 34.9   |
| 100          | 5.5            | 27.5   | 5.3            | 36.0   | 5.5            | 37.6   | 5.7            | 31.3   | 5.4            | 37.5   | 5.3            | 32.8   |
| 150          | 5.7            | 26.2   | 5.6            | 35.5   | 5.7            | 37.1   | 5.9            | 30.1   | 5.8            | 37.1   | 5.6            | 31.7   |
| 200          | 5.8            | 26.2   | 5.7            | 35.1   | 5.8            | 36.9   | 5.9            | 29.5   | 5.7            | 36.8   | 5.6            | 36.1   |
| 250          | 5.8            | 27.8   | 5.7            | 37.0   | 5.7            | 36.8   | 5.8            | 31.9   | 5.7            | 36.7   | 5.5            | 38.0   |
| 300          | 5.7            | 33.4   | 5.6            | 37.9   | 5.6            | 36.7   | 5.7            | 35.9   | 5.6            | 36.7   | 5.4            | 39.6   |
| 350          | 5.5            | 36.3   | 5.4            | 38.5   | 5.5            | 36.2   | 5.7            | 37.8   | 5.5            | 36.6   | 5.4            | 40.2   |
| 400          | 5.6            | 37.6   | 5.4            | 38.1   | 5.4            | 35.2   | 5.5            | 38.5   | 5.5            | 36.6   | 5.4            | 40.7   |
| 450          | 5.5            | 36.6   | 5.4            | 37.7   | 5.3            | 36.2   | 5.5            | 38.2   | 5.5            | 36.1   | 5.3            | 40.8   |
| 500          | 5.4            | 35.4   | 5.3            | 37.2   | 5.2            | 36.6   | 5.5            | 36.3   | 5.4            | 34.8   | 5.3            | 40.3   |
| 550          | 5.4            | 35.6   | 5.3            | 36.9   | 5.2            | 36.5   | 5.3            | 35.7   | 5.3            | 33.9   | 5.2            | 39.9   |
| 600          | 5.3            | 36.1   | 5.2            | 36.6   | 5.2            | 34.2   | 5.3            | 35.2   | 5.2            | 36.2   | 5.2            | 39.7   |
| 650          | 5.3            | 36.1   | 5.2            | 36.6   | 5.2            | 33.0   | 5.3            | 35.9   | 5.2            | 36.5   | 5.2            | 39.5   |
| 700          | 5.3            | 35.6   | 5.2            | 36.6   | 5.2            | 34.1   | 5.2            | 36.3   | 5.2            | 36.3   | 5.2            | 39.1   |
| 750          | 5.3            | 34.3   | 5.2            | 36.3   | 5.2            | 35.2   | 5.2            | 36.3   | 5.2            | 36.5   | 5.2            | 38.9   |
| 800          | 5.3            | 33.5   | 5.1            | 36.8   | 5.2            | 35.8   | 5.3            | 36.1   | 5.1            | 36.8   | 5.1            | 38.5   |
| 850          | 5.3            | 34.2   | 5.2            | 36.6   | 5.2            | 36.0   | 5.3            | 35.5   | 5.2            | 37.0   | 5.1            | 37.5   |
| 900          | 5.2            | 32.9   | 5.2            | 35.7   | 5.2            | 35.1   | 5.3            | 35.7   | 5.1            | 37.1   | 5.2            | 37.6   |
| 950          | 5.2            | 33.3   | 5.1            | 33.7   | 5.1            | 35.6   | 5.3            | 36.5   | 5.2            | 37.7   | 5.2            | 37.6   |
| 1000         | 5.1            | 34.4   | 5.1            | 33.4   | 5.2            | 35.1   | 5.1            | 36.0   | 5.2            | 37.2   | 5.2            | 37.6   |
| 1050         | 5.1            | 33.9   | 5.2            | 34.2   | 5.2            | 35.2   | 5.1            | 35.7   | 5.1            | 36.9   | 5.3            | 37.1   |
| 1100         | 5.0            | 34.7   | 5.1            | 34.3   | 5.1            | 34.5   | 5.1            | 35.4   | 5.1            | 36.7   | 5.2            | 37.3   |
| 1150         | 5.1            | 33.5   | 5.1            | 33.0   | 5.1            | 35.6   | 5.2            | 36.0   | 5.1            | 36.8   | 5.1            | 37.5   |
| 1200         | 5.0            | 34.1   | 5.1            | 33.8   | 5.1            | 35.6   | 5.2            | 35.7   | 5.3            | 36.7   | 5.1            | 36.5   |
| 1250         | 5.0            | 34.2   | 5.2            | 34.7   | 5.2            | 35.8   | 5.1            | 35.6   | 5.2            | 36.6   | 5.2            | 35.3   |
| 1300         | 5.0            | 34.5   | 5.2            | 35.0   | 5.1            | 36.0   | 5.2            | 35.5   | 5.2            | 36.9   | 5.2            | 34.7   |
| 1350         | 5.1            | 34.5   | 5.1            | 33.1   | 5.3            | 36.0   | 5.2            | 35.1   | 5.2            | 38.1   | 5.2            | 36.6   |
| 1400         | 5.2            | 35.0   | 5.1            | 33.9   | 5.1            | 36.3   | 5.2            | 35.2   | 5.2            | 38.9   | 5.2            | 37.6   |
| 1450         | 5.1            | 34.9   | 5.1            | 35.2   | 5.1            | 36.5   | 5.2            | 35.1   | 6.6            | 39.1   | 5.2            | 38.0   |
| 1500         | 5.1            | 34.9   | 5.1            | 36.0   | 5.0            | 35.6   | 5.2            | 33.6   | 5.5            | 40.0   | 5.2            | 38.0   |
| 1550         | 5.1            | 34.8   | 5.1            | 36.3   | 5.1            | 36.1   | 5.2            | 34.2   | 5.2            | 39.9   | 5.1            | 37.9   |
| 1600         | 5.1            | 34.9   | 5.2            | 34.2   | 5.1            | 36.4   | 5.1            | 35.4   | 5.1            | 38.4   | 5.0            | 38.1   |
| 1650         | 5.1            | 35.4   | 5.2            | 33.3   | 5.2            | 36.5   | 5.1            | 35.8   | 5.1            | 37.6   | 4.9            | 37.7   |
| 1700         | 5.1            | 34.6   | 5.3            | 32.8   | 5.3            | 36.5   | 5.1            | 35.2   | 5.3            | 37.1   | 5.0            | 37.0   |
| 1750         | 5.3            | 35.2   | 5.4            | 33.3   | 5.3            | 36.6   | 5.1            | 35.1   | 5.4            | 36.8   | 5.0            | 35.8   |
| 1800         | 5.3            | 35.6   | 5.3            | 33.2   | 5.2            | 37.3   | 5.1            | 34.0   | 5.4            | 34.9   | 5.0            | 36.8   |
| 1850         | 5.1            | 36.1   | 5.4            | 36.5   | 5.2            | 37.8   | 5.2            | 33.6   | 5.3            | 33.6   | 5.0            | 37.4   |
| 1900         | 5.1            | 37.2   | 5.4            | 38.1   | 5.2            | 38.1   | 5.3            | 35.9   | 5.3            | 33.4   | 4.8            | 38.1   |
| 1950         | 5.2            | 37.7   | 5.3            | 39.2   | 5.2            | 38.9   | 5.3            | 35.1   | 5.4            | 35.1   | 5.0            | 38.3   |
| 2000         | 5.2            | 38.1   | 5.2            | 39.7   | 5.2            | 38.7   | 5.2            | 36.5   | 5.3            | 34.3   | 5.1            | 38.6   |