

Dist. [m]	ISR		POL		ZIM		SWE		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	39.0	3.8	44.0	3.8	38.0	3.8	47.0				
100	4.5	36.0	4.6	40.0	4.6	38.0	4.5	44.0				
150	4.4	33.0	4.7	38.0	4.7	36.0	4.6	40.0				
200	4.3	33.0	4.7	36.0	4.6	33.0	4.6	38.0				
250	4.1	32.0	4.5	36.0	4.4	33.0	4.4	37.0				
300	4.1	31.0	4.5	35.0	4.4	32.0	4.4	36.0				
350	4.0	31.0	4.4	34.0	4.3	31.0	4.3	35.0				
400	3.9	30.0	4.4	33.0	4.4	32.0	4.3	34.0				
450	3.9	30.0	4.4	33.0	4.4	31.0	4.3	34.0				
500	3.9	30.0	4.4	33.0	4.4	31.0	4.3	34.0				
550	3.8	30.0	4.4	32.0	4.4	31.0	4.2	33.0				
600	3.9	29.0	4.4	32.0	4.4	31.0	4.3	33.0				
650	3.8	30.0	4.3	32.0	4.4	31.0	4.3	33.0				
700	3.9	30.0	4.3	32.0	4.3	30.0	4.3	34.0				
750	3.8	29.0	4.4	31.0	4.4	30.0	4.3	34.0				
800	3.9	29.0	4.4	31.0	4.4	31.0	4.2	33.0				
850	3.9	29.0	4.3	31.0	4.3	30.0	4.3	34.0				
900	3.9	29.0	4.3	30.0	4.3	30.0	4.2	33.0				
950	3.9	29.0	4.3	31.0	4.4	30.0	4.2	33.0				
1000	3.9	29.0	4.3	31.0	4.4	31.0	4.2	33.0				
1050	4.0	31.0	4.3	31.0	4.4	30.0	4.2	33.0				
1100	4.0	31.0	4.4	31.0	4.3	31.0	4.2	32.0				
1150	4.1	31.0	4.3	30.0	4.4	30.0	4.2	32.0				
1200	4.0	31.0	4.3	31.0	4.4	31.0	4.2	32.0				
1250	3.9	30.0	4.3	31.0	4.3	30.0	4.2	32.0				
1300	4.0	30.0	4.4	31.0	4.3	31.0	4.2	32.0				
1350	4.0	31.0	4.3	31.0	4.4	31.0	4.2	34.0				
1400	4.0	31.0	4.4	31.0	4.4	31.0	4.2	33.0				
1450	4.1	31.0	4.3	30.0	4.3	31.0	4.1	33.0				
1500	4.1	31.0	4.3	31.0	4.3	30.0	4.1	33.0				
1550	4.1	31.0	4.3	31.0	4.3	30.0	4.3	32.0				
1600	4.0	31.0	4.3	31.0	4.4	31.0	4.2	32.0				
1650	4.0	32.0	4.4	32.0	4.5	32.0	4.2	32.0				
1700	4.0	32.0	4.4	33.0	4.4	32.0	4.2	32.0				
1750	4.0	31.0	4.5	33.0	4.5	33.0	4.3	35.0				
1800	4.1	31.0	4.5	33.0	4.6	33.0	4.4	35.0				
1850	4.0	31.0	4.5	34.0	4.7	34.0	4.4	35.0				
1900	4.0	32.0	4.7	36.0	4.7	34.0	4.4	35.0				
1950	4.1	32.0	4.7	36.0	4.5	34.0	4.4	35.0				
2000	4.1	33.0	4.6	35.0	4.5	33.0	4.4	34.0				