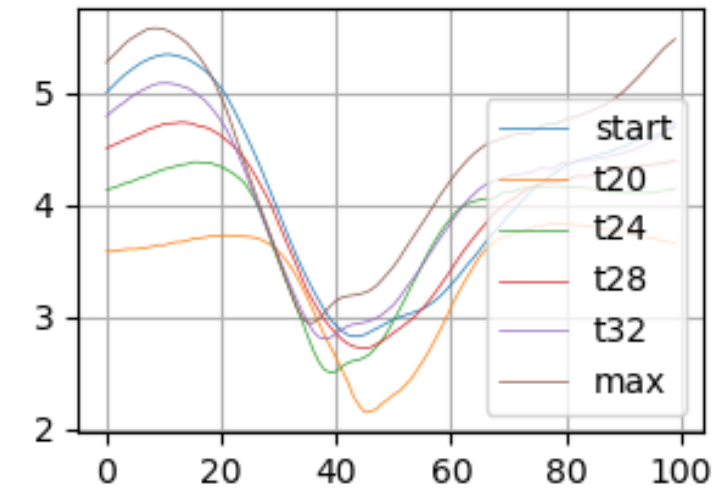


Boat report

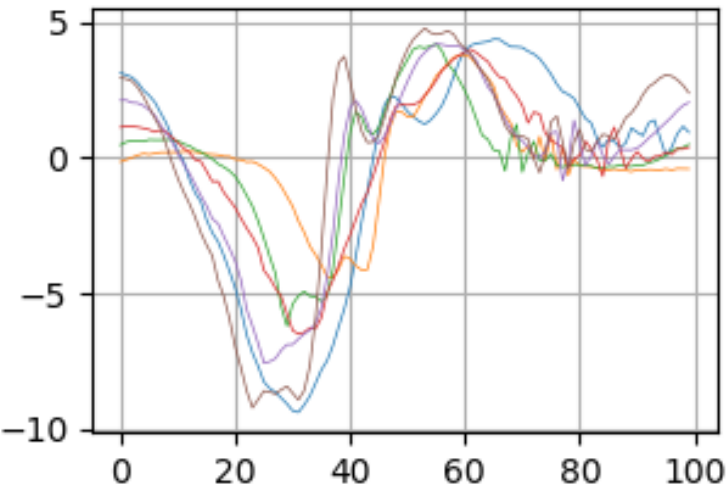
Roeiers, info, ..
Piece all used: averaging

| | Average | start | t20 | t24 | t28 | t32 | max |
|---------------------|---------|--------|--------|--------|-------|-------|--------|
| Aantal halen | | 18 | 14 | 15 | 21 | 18 | 21 |
| Tempo | | 36 | 20 | 24 | 28 | 31 | 36 |
| 500m split | 2:5.6 | 1:54.3 | 2:26.9 | 2:11.4 | 2:7.6 | 2:1.9 | 1:51.5 |
| Boot snelheid (m/s) | 4.0 | 4.4 | 3.4 | 3.8 | 3.9 | 4.1 | 4.5 |
| Speed power loss(%) | fout | -0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.0 |
| Afstand per haal | 8.45 | 7.21 | 10.12 | 9.64 | 8.43 | 7.82 | 7.49 |
| Max at % cycle | | 11.4 | 79.7 | 16.7 | 13.4 | 10.8 | 9.4 |
| Min at % cycle | | 44.3 | 46.4 | 39.7 | 45.4 | 38.7 | 36.5 |
| Maximum Yaw (°) | | 0.1 | 0.1 | 0.1 | 0.2 | 0.1 | 0.1 |
| Maximum Roll (°) | | 0.8 | 1.4 | 0.9 | 1.4 | 1.0 | 0.9 |

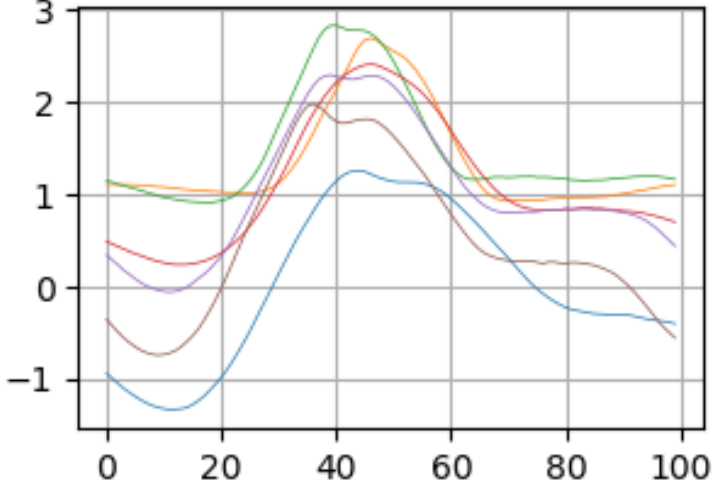
Snelheid



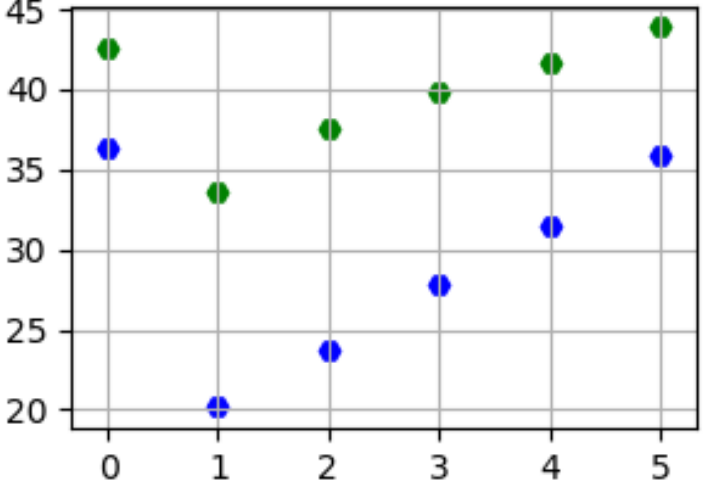
Versnelling



Pitch



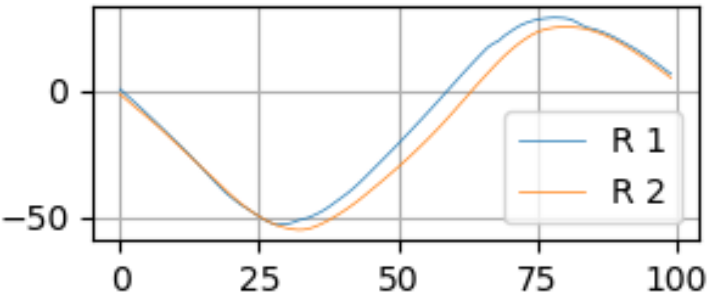
Versnelling-Tempo per Piece



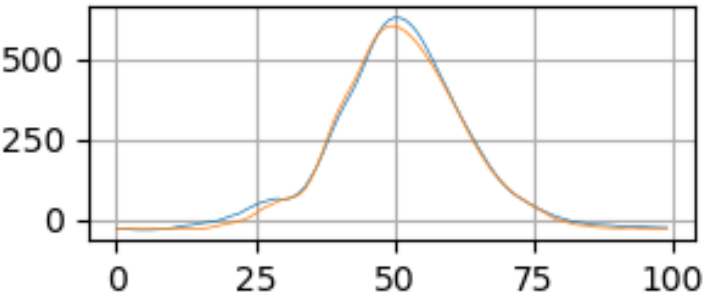
Crew report

Piece average used.

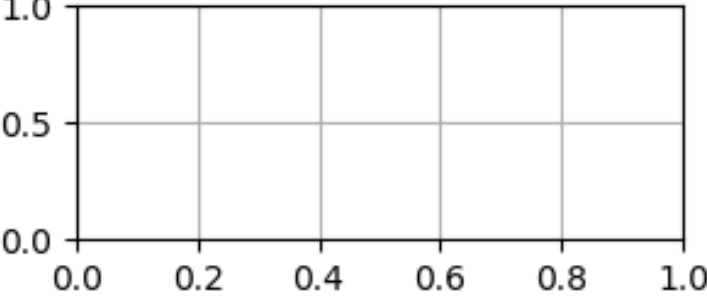
Gate Angle



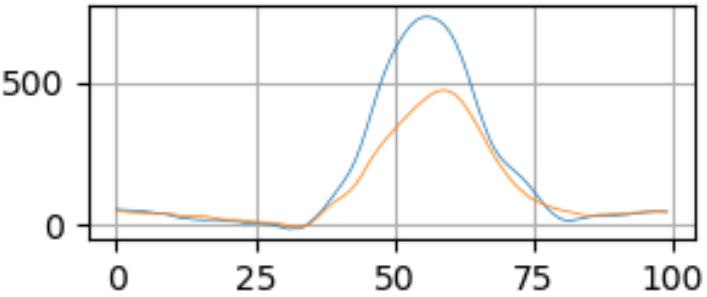
Gate Force



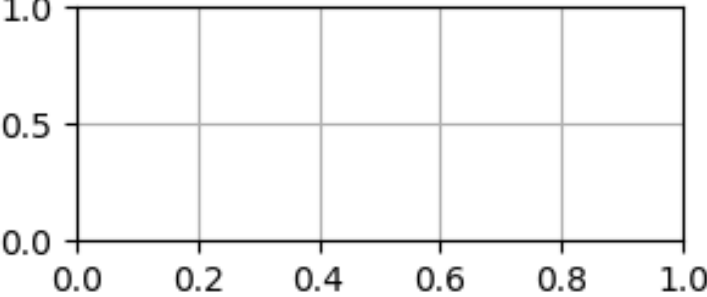
Stretcher Force



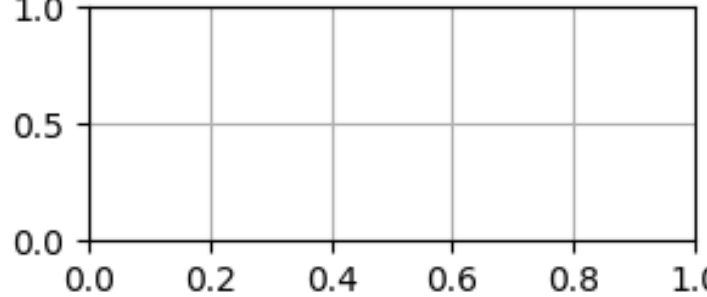
Power



Power Leg

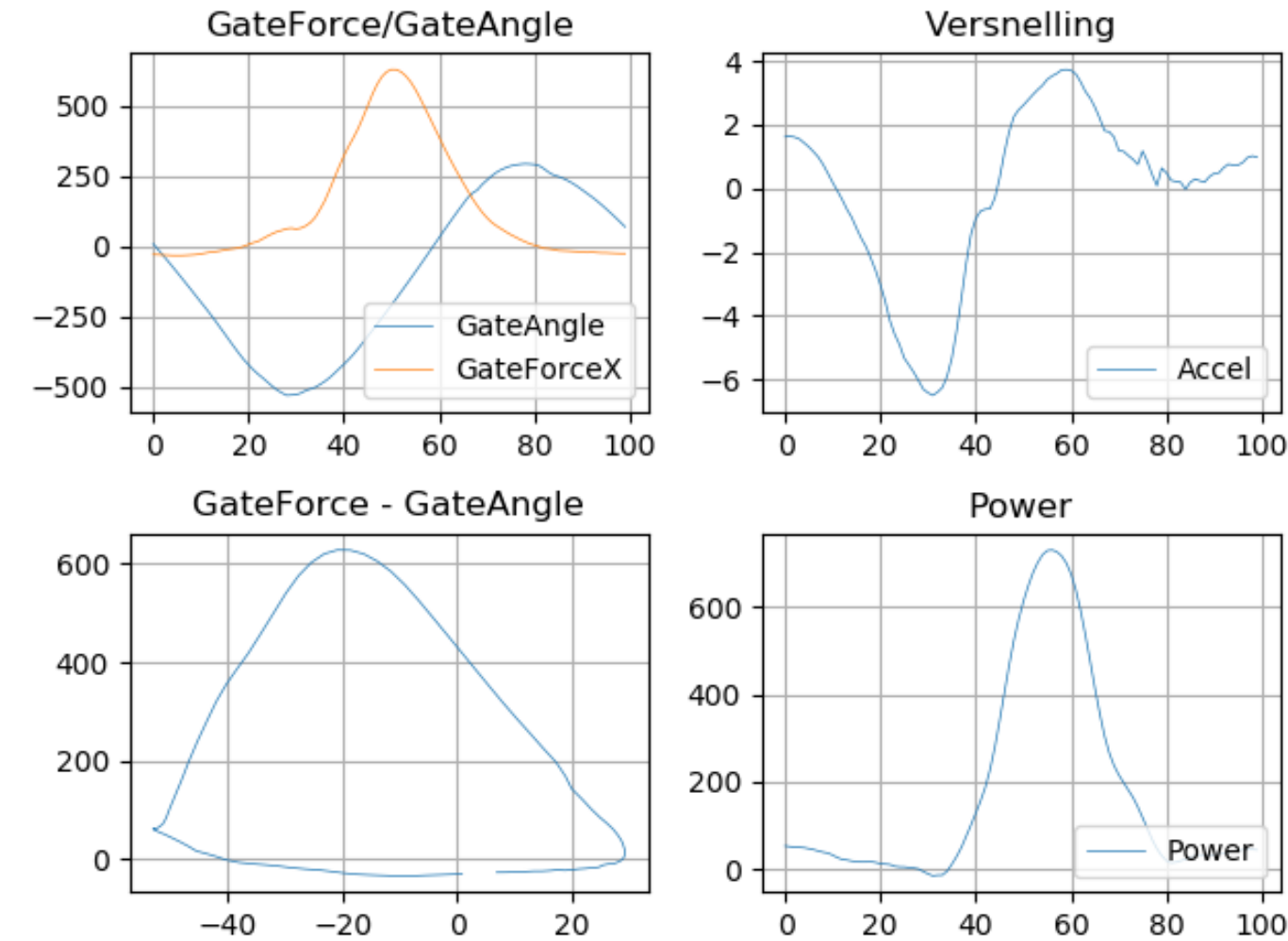


Power Arm/Trunk



Rower 1, using piece average

| | Target | Average | start | t20 | t24 | t28 | t32 | max |
|-------------------------|--------|---------|-------|-----|-----|-----|-----|-----|
| Stroke rate | | | 36 | 20 | 24 | 28 | 31 | 36 |
| Rhythm (% Cycle time) | | | 56 | 38 | 39 | 55 | 48 | 48 |
| Catch angle (°) | | | -55 | -55 | -56 | -50 | -55 | -58 |
| Finish angle (°) | | | 31 | 32 | 31 | 30 | 31 | 30 |
| Total angle (°) | | | 85 | 87 | 87 | 80 | 86 | 88 |
| Catch slip (°) (40%) | | | 19 | 11 | 12 | 9 | 11 | 12 |
| Finish wash (°) (40%) | | | 7 | 23 | 23 | 16 | 26 | 24 |
| Effective angle (°) | | | 59 | 53 | 52 | 55 | 49 | 52 |
| Gate force average | | | 281 | 146 | 147 | 171 | 152 | 239 |
| Gate force max | | | 739 | 678 | 614 | 615 | 542 | 784 |
| Work (J) | | | 478 | 298 | 269 | 315 | 236 | 377 |
| Power max (W) | | | 1198 | 684 | 619 | 826 | 553 | 984 |
| Power average (W) | | | 341 | 108 | 107 | 162 | 127 | 222 |
| Power/weight | | | | | | | | |
| Progn Power target rate | | | | | | | | |



Rower 2, using piece average

| | Target | Average | start | t20 | t24 | t28 | t32 | max |
|-------------------------|--------|---------|-------|-----|-----|-----|-----|-----|
| Stroke rate | | | 36 | 20 | 24 | 28 | 31 | 36 |
| Rhythm (% Cycle time) | | | 61 | 39 | 42 | 52 | 53 | 51 |
| Catch angle (°) | | | -56 | -56 | -59 | -57 | -57 | -57 |
| Finish angle (°) | | | 26 | 31 | 32 | 28 | 29 | 28 |
| Total angle (°) | | | 81 | 88 | 91 | 85 | 87 | 85 |
| Catch slip (°) (40%) | | | 6 | 8 | 9 | 8 | 9 | 7 |
| Finish wash (°) (40%) | | | 20 | 26 | 30 | 25 | 30 | 28 |
| Effective angle (°) | | | 55 | 54 | 52 | 53 | 48 | 50 |
| Gate force average | | | 224 | 141 | 162 | 169 | 161 | 183 |
| Gate force max | | | 657 | 638 | 653 | 614 | 578 | 609 |
| Work (J) | | | 262 | 237 | 238 | 243 | 213 | 251 |
| Power max (W) | | | 645 | 504 | 506 | 527 | 437 | 520 |
| Power average (W) | | | 187 | 86 | 95 | 125 | 114 | 148 |
| Power/weight | | | | | | | | |
| Progn Power target rate | | | | | | | | |

