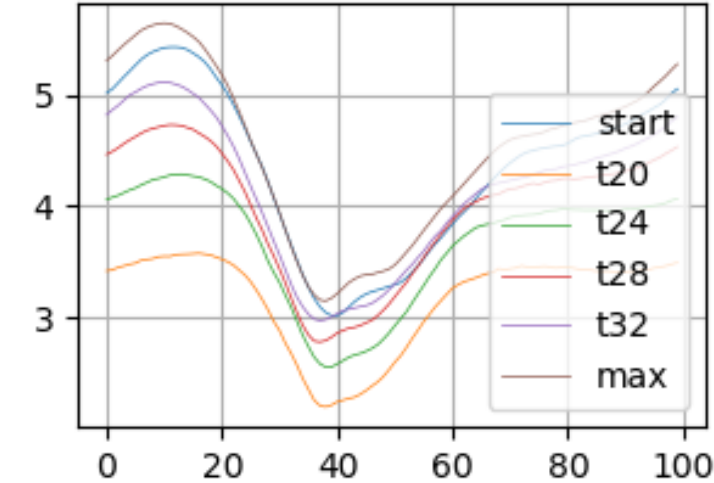


Boat report Aegir 2

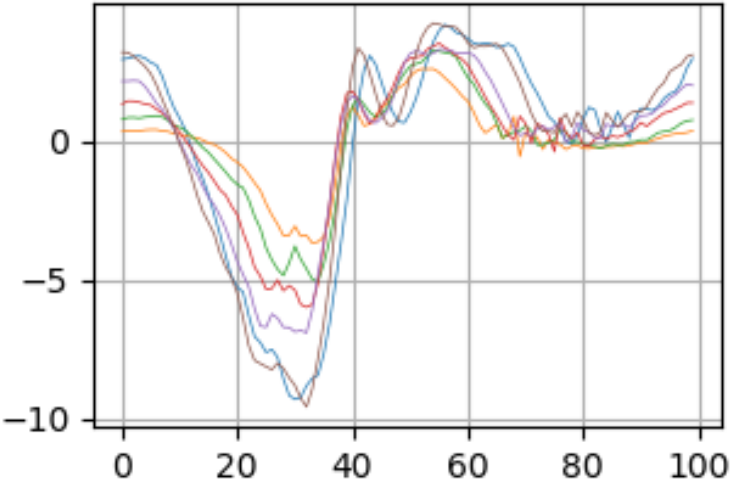
Piece "all" used: averaging

	Average	start	t20	t24	t28	t32	max
Aantal halen		12	13	14	14	13	18
Tempo		37	20	24	28	31	37
500m split	2:7.1	1:52.4	2:37.3	2:15.8	2:6.4	2:0.6	1:50.0
Boot snelheid (m/s)	4.0	4.4	3.2	3.7	4.0	4.1	4.5
Speed power loss(%)	4.7	4.5	2.7	2.7	7.2	7.5	3.9
Afstand per haal	8.24	7.16	9.34	9.09	8.42	8.09	7.32
Max at % cycle		11.5	15.4	13.1	11.0	10.5	10.1
Min at % cycle		41.0	38.9	39.3	37.6	37.9	39.2
Maximum Yaw (°)		0.4	0.0	0.1	0.2	0.1	0.2
Maximum Roll (°)		1.0	1.1	0.8	0.8	0.7	1.1

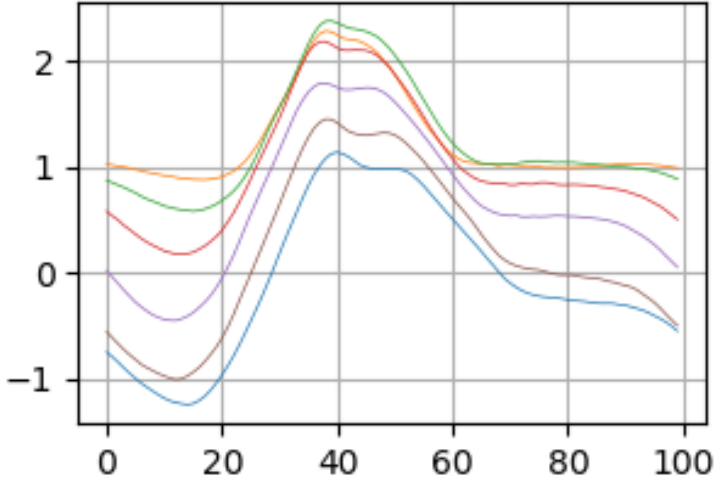
Speed



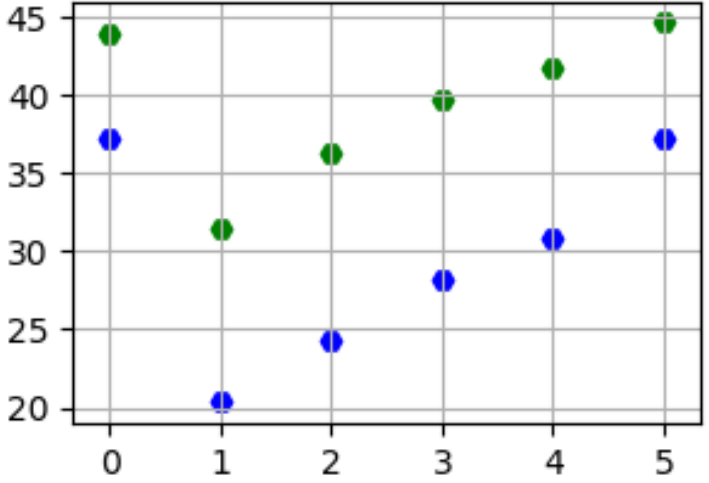
Acceleration



Pitch



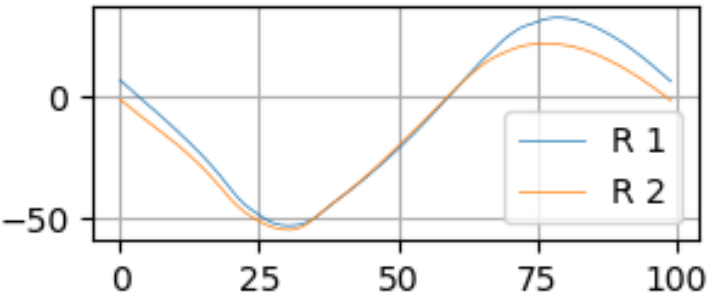
Accel-Tempo per Piece



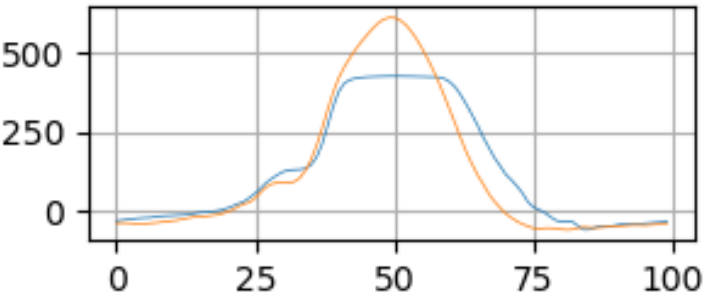
Crew report

Piece "average" used.

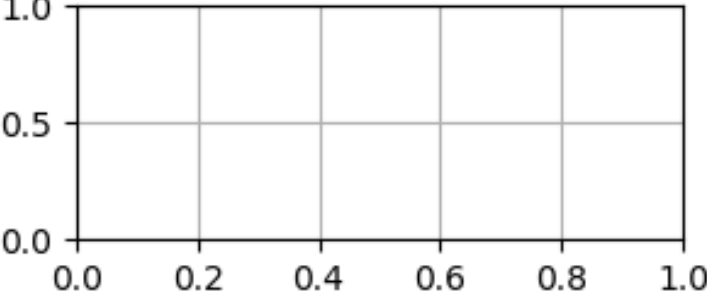
Gate Angle



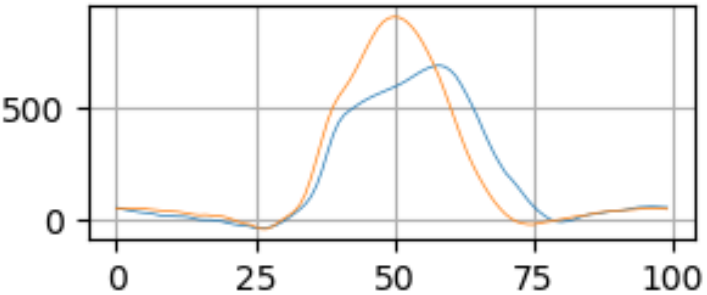
Gate ForceX



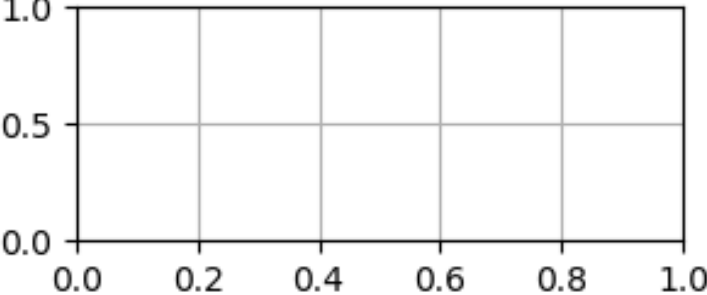
Stretcher Force



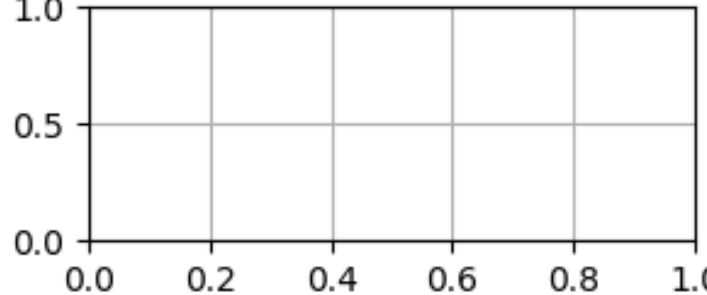
Power



Power Leg

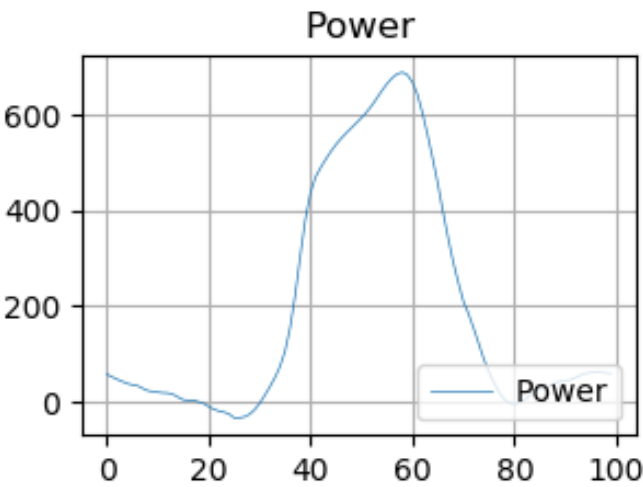
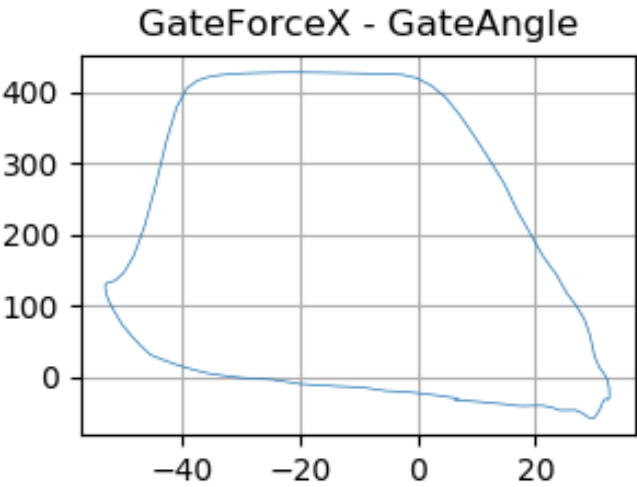
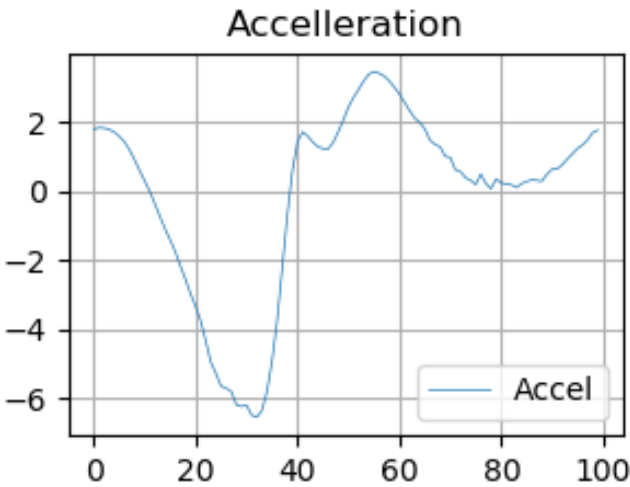
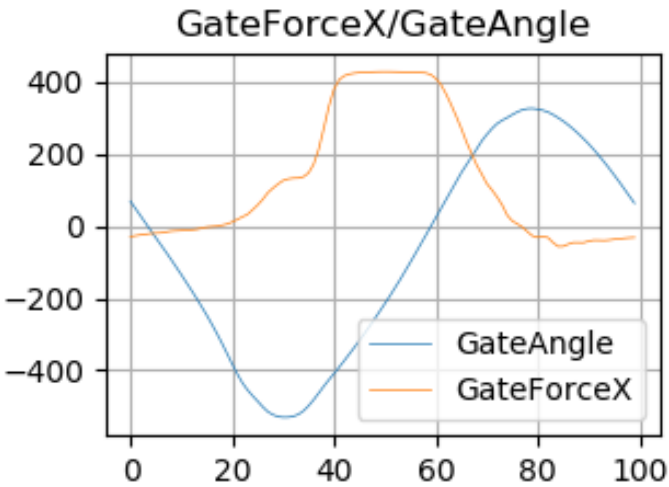


Power Arm/Trunk



Rower 1, using piece "average"

	Target	Average	start	t20	t24	t28	t32	max
Stroke rate			37	20	24	28	31	37
Rhythm (% Cycle time)			55	42	47	47	49	53
Catch angle (°)			-53	-53	-54	-54	-53	-53
Finish angle (°)			33	36	36	35	34	34
Total angle (°)			85	89	90	89	87	86
Catch slip (°) (40%)			2	8	8	5	5	3
Finish wash (°) (40%)			10	14	12	14	14	12
Effective angle (°)			74	67	70	70	68	71
Gate force average			200	144	157	173	178	199
Gate force max			442	420	442	441	421	446
Work (J)			414	361	394	397	377	418
Power max (W)			781	602	701	726	708	796
Power average (W)			265	121	161	182	198	265
Power/weight			2.95	1.34	1.79	2.02	2.20	2.94
Progn Power target rate								



Rower 2, using piece "average"

	Target	Average	start	t20	t24	t28	t32	max
Stroke rate			37	20	24	28	31	37
Rhythm (% Cycle time)			53	39	43	46	49	52
Catch angle (°)			-54	-53	-55	-55	-55	-56
Finish angle (°)			21	23	24	24	23	21
Total angle (°)			75	76	79	79	79	78
Catch slip (°) (40%)			8	11	10	10	9	7
Finish wash (°) (40%)			14	15	16	17	18	15
Effective angle (°)			53	50	54	52	53	55
Gate force average			223	117	153	161	169	225
Gate force max			700	510	620	618	603	686
Work (J)			479	318	396	403	398	491
Power max (W)			1152	618	854	903	926	1169
Power average (W)			307	107	162	185	210	311
Power/weight			3.41	1.18	1.80	2.06	2.33	3.45
Progn Power target rate								

