

Boat report The Crew

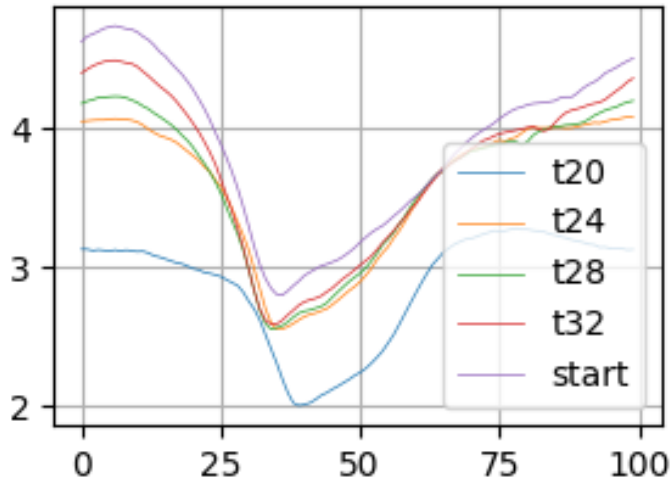
Rowers: R1,
Boattype: M1x
Calibration: 1.0
Misc: Extra info
Powerline: powerline session number
Venue: Location

Piece "all" used: averaging

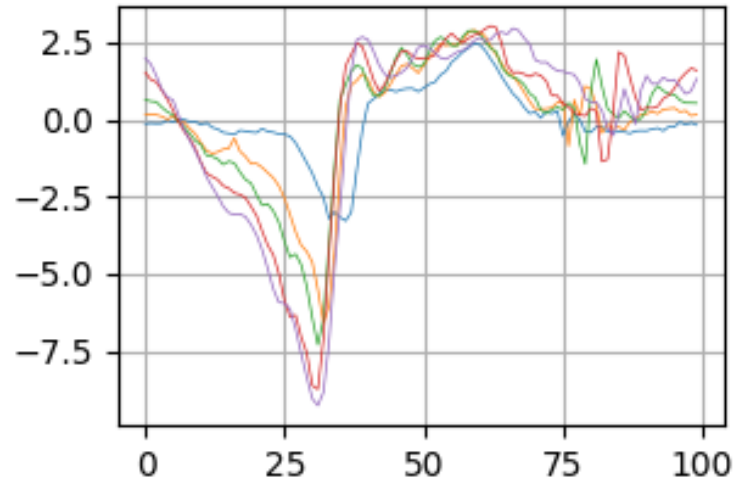
| | Average | t20 | t24 | t28 | t32 | start |
|----------------------|---------|--------|--------|--------|--------|--------|
| Strokes | | 9 | 15 | 14 | 10 | 10 |
| Stroke rate | 28 | 18 | 26 | 29 | 32 | 36 |
| Rythm % cycle time | 50 | 40 | 46 | 50 | 54 | 58 |
| 500m split | 2:22.1 | 2:54.0 | 2:18.4 | 2:19.0 | 2:13.6 | 2:05.4 |
| Distance/stroke | 7.76 | 9.38 | 8.27 | 7.56 | 6.92 | 6.66 |
| Speed power loss(%) | 6.3 | 5.9 | 5.6 | 5.9 | 7.7 | 6.4 |
| Max speed at % cycle | | 79.3 | 99.1 | 5.6 | 5.4 | 6.3 |
| Maximum Yaw (°) | | 0.0 | 0.1 | 0.2 | 0.1 | 0.2 |
| Maximum Roll (°) | | 1.3 | 1.8 | 1.3 | 1.4 | 1.8 |

Boat report The Crew

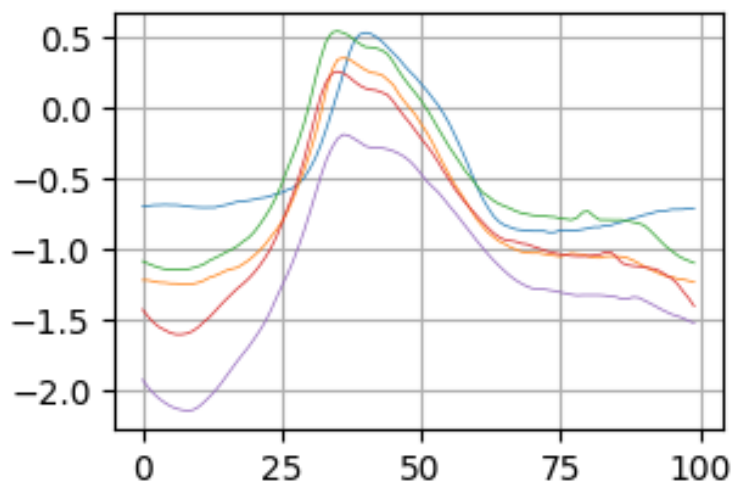
Speed



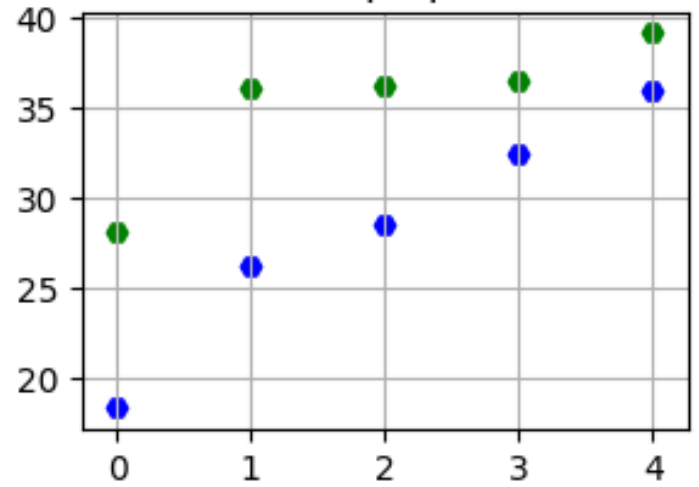
Acceleration



Pitch



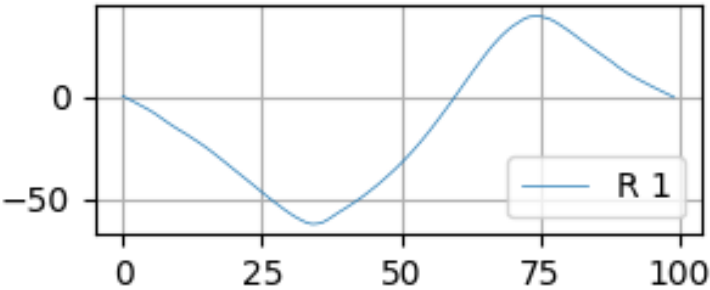
Accel-Tempo per Piece



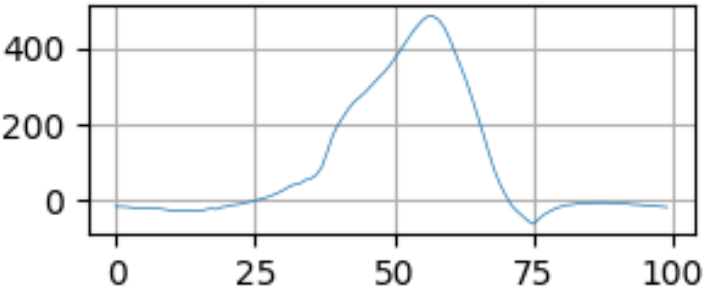
Crew report

Piece "t20" used.

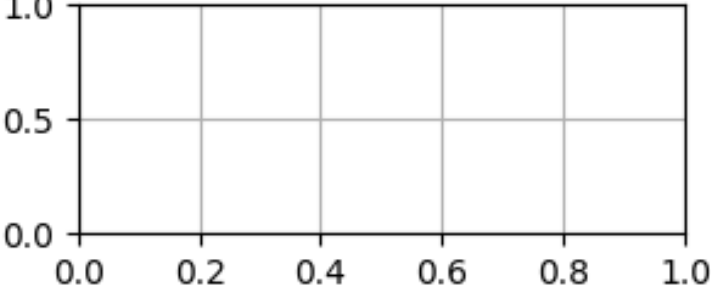
Gate Angle



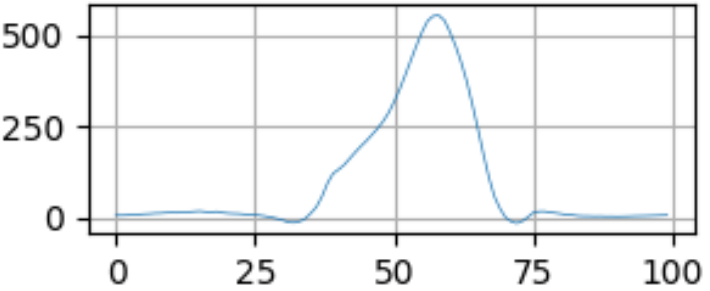
Gate ForceX



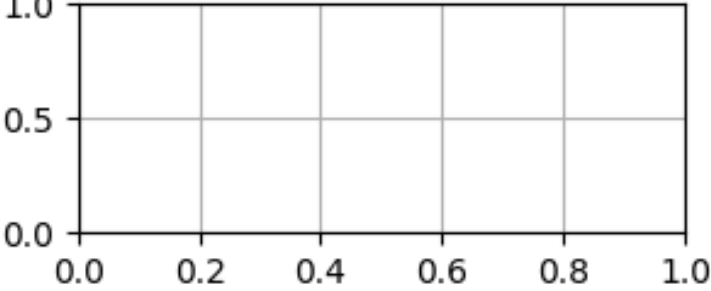
Stretcher Force



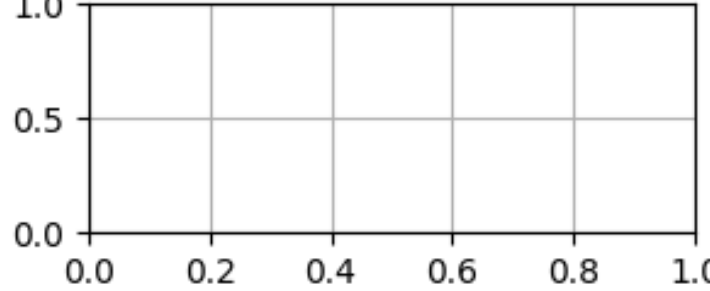
Power



Power Leg

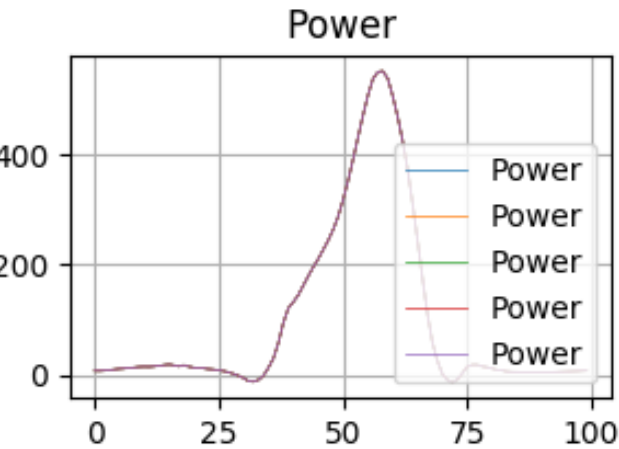
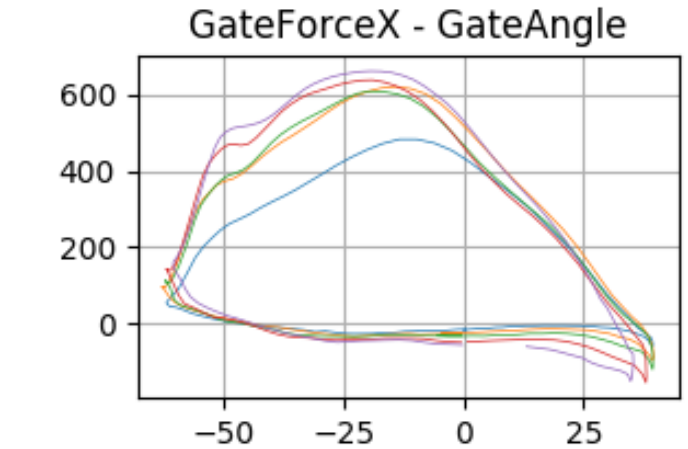
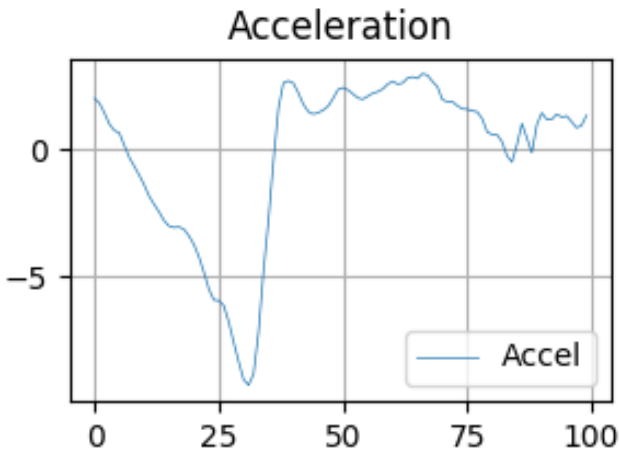
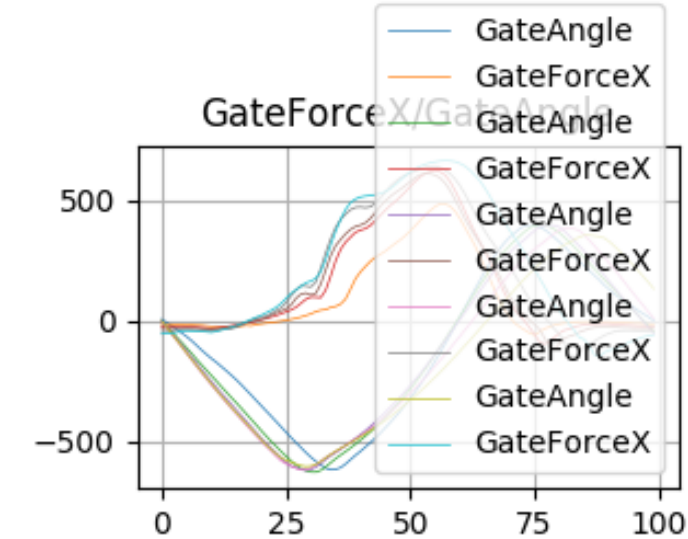


Power Arm/Trunk

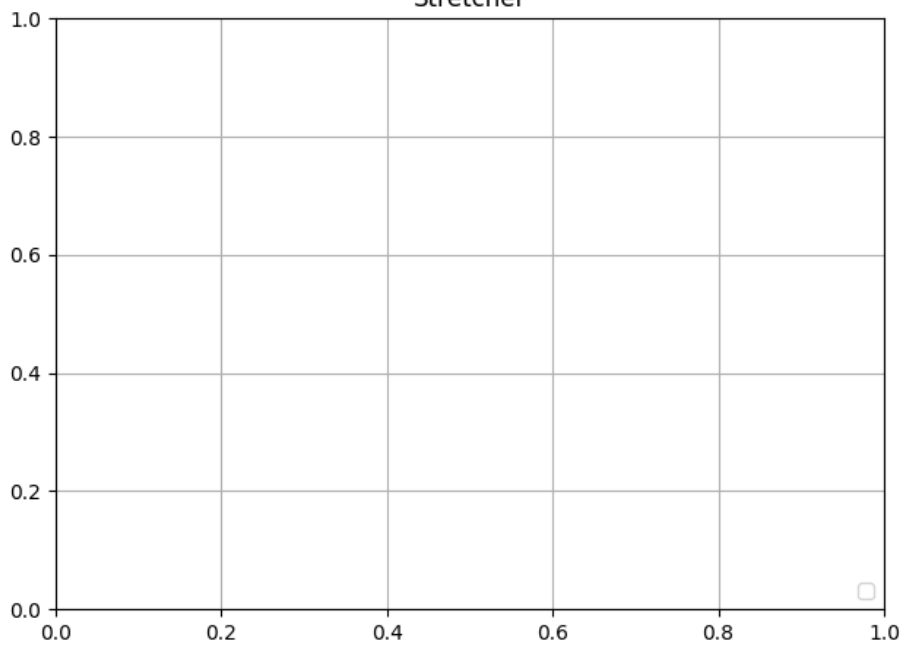


Rower 1, using piece "all"

| | 2k Target | Average | t20 | t24 | t28 | t32 | start |
|--------------------------|-----------|---------|--------|--------|--------|--------|--------|
| Stroke rate | | | 18 | 26 | 29 | 32 | 36 |
| 500m split | | 2:22.1 | 2:54.0 | 2:18.4 | 2:19.0 | 2:13.6 | 2:05.4 |
| Catch angle (°) | -66 | -62 | -62 | -63 | -62 | -62 | -60 |
| Finish angle (°) | 44 | 38 | 40 | 40 | 40 | 38 | 35 |
| Total angle (°) | 110 | 100 | 101 | 102 | 102 | 100 | 96 |
| Catch slip (°) (40%) | 6 | 6 | 7 | 6 | 6 | 5 | 4 |
| Finish wash (°) (40%) | 12 | 19 | 17 | 19 | 20 | 22 | 16 |
| Effective angle (°) | 92 | 76 | 77 | 77 | 76 | 73 | 75 |
| Gate force average | | | 133 | 204 | 210 | 239 | 265 |
| Ratio avg/max Gate force | | | | | | | |
| Power average (W) | 540 | | 103 | 192 | 206 | 258 | 313 |
| Power/weight | | | 1.15 | 2.13 | 2.29 | 2.87 | 3.48 |
| Progn Power target rate | | | | | | | |



Stretcher



Custom plot

