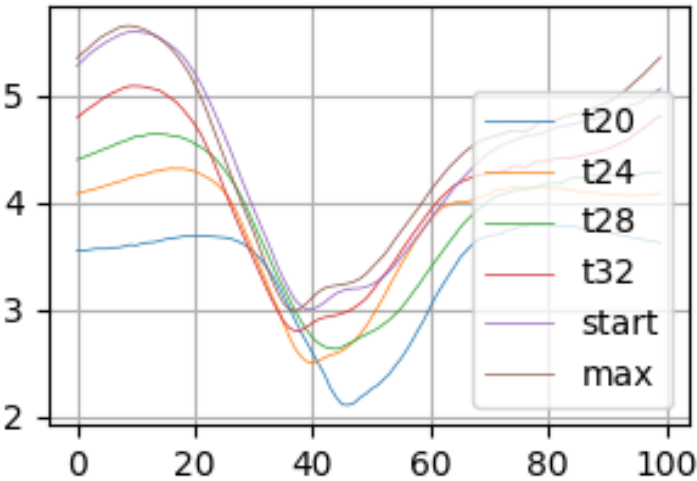


# Boat report The Crew

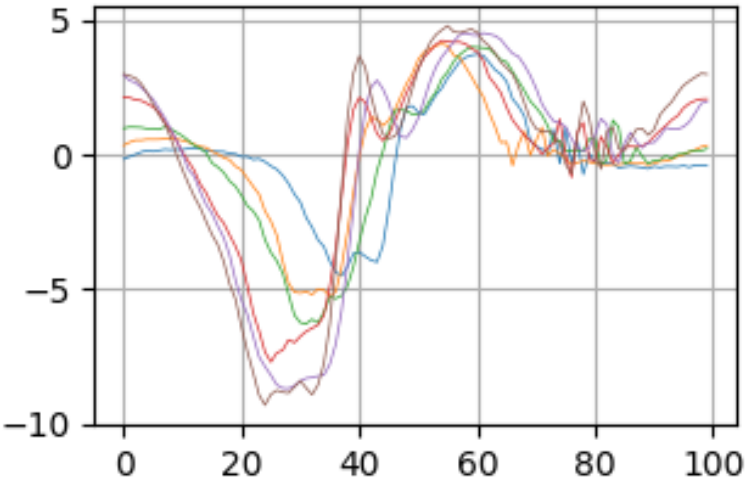
Piece "all" used: averaging

	Average	t20	t24	t28	t32	start	max
Strokes		16	19	12	16	15	19
Tempo		20	24	27	31	35	36
500m split	2:5.1	2:25.5	2:11.9	2:8.2	2:1.9	1:52.0	1:50.9
Boat speed (m/s)	4.0	3.4	3.8	3.9	4.1	4.5	4.5
Speed power loss(%)	4.2	-3.3	1.5	5.8	12.0	4.4	4.5
Distance/stroke	8.58	10.25	9.66	8.52	7.82	7.70	7.52
Max speed at % cycle		79.7	17.2	14.0	10.5	10.0	9.8
Min speed at % cycle		47.1	40.6	44.0	38.9	41.2	37.8
Maximum Yaw (°)		0.1	0.2	0.3	0.1	0.1	0.1
Maximum Roll (°)		1.5	1.1	1.6	1.0	0.9	1.0

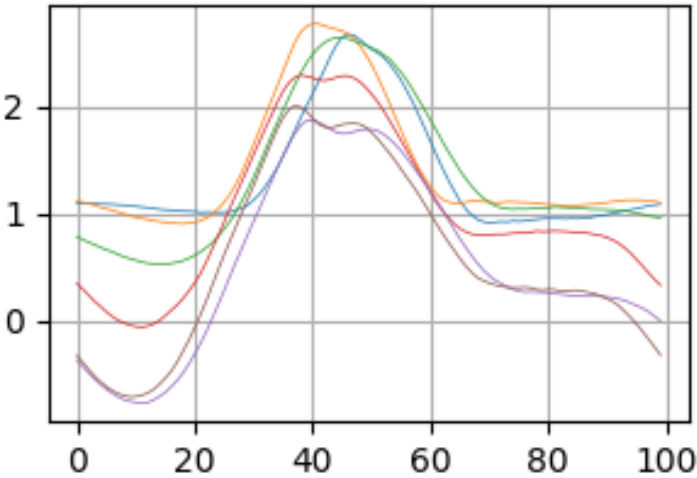
Speed



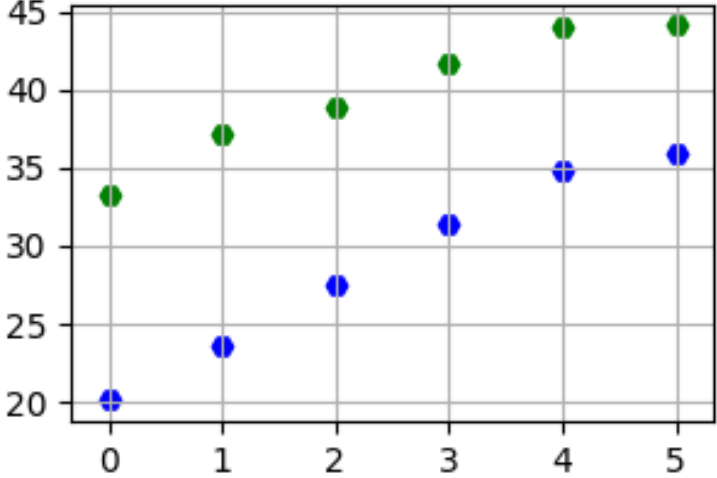
Acceleration



Pitch



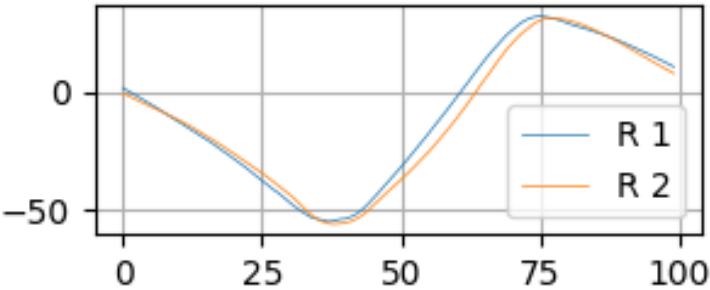
Accel-Tempo per Piece



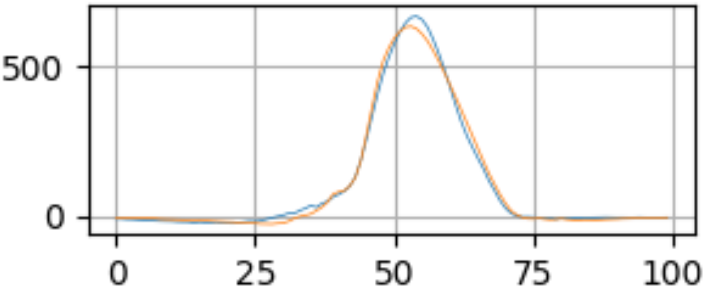
# Crew report

Piece "t20" used.

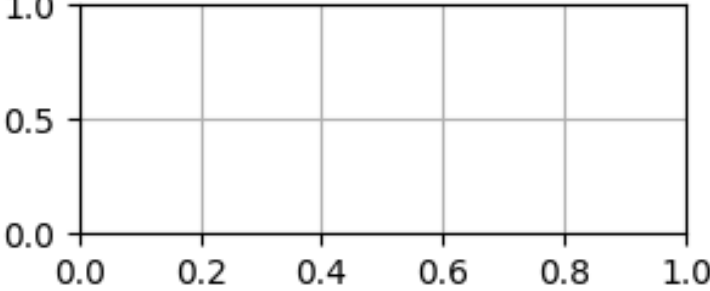
Gate Angle



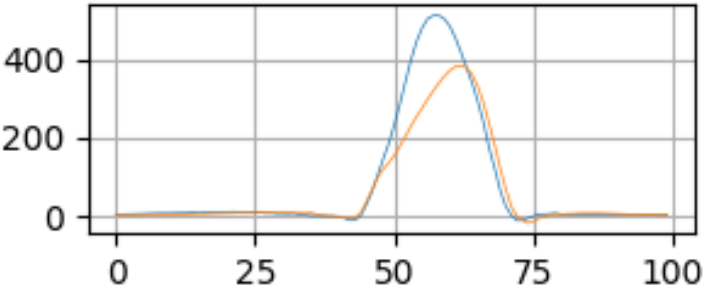
Gate ForceX



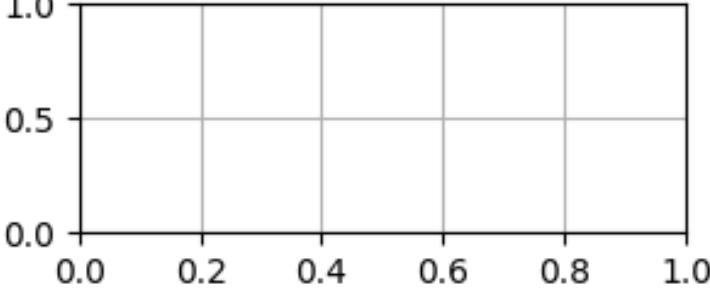
Stretcher Force



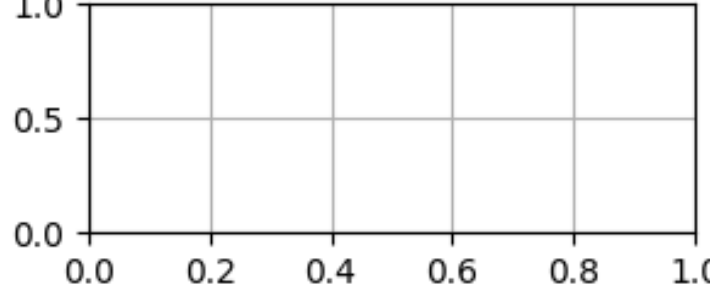
Power



Power Leg

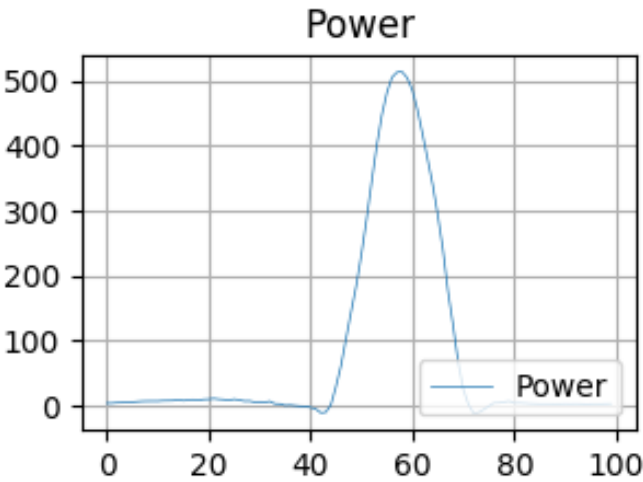
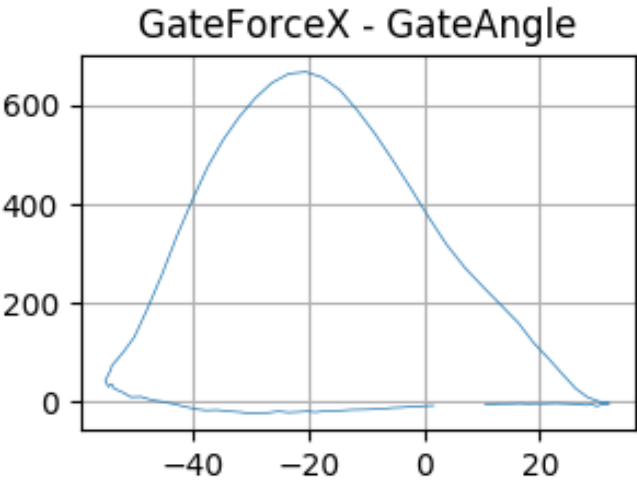
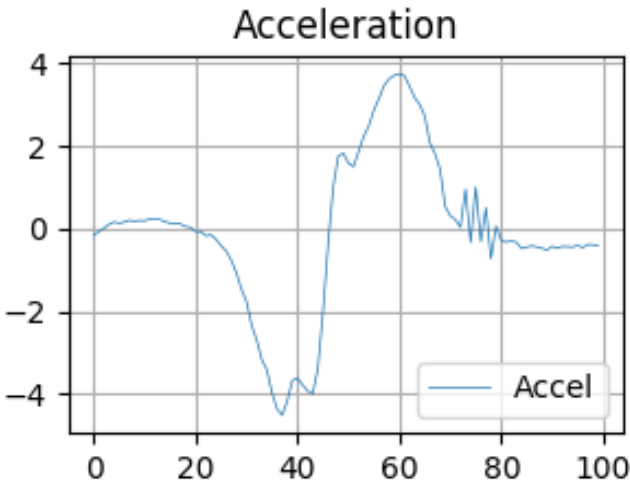
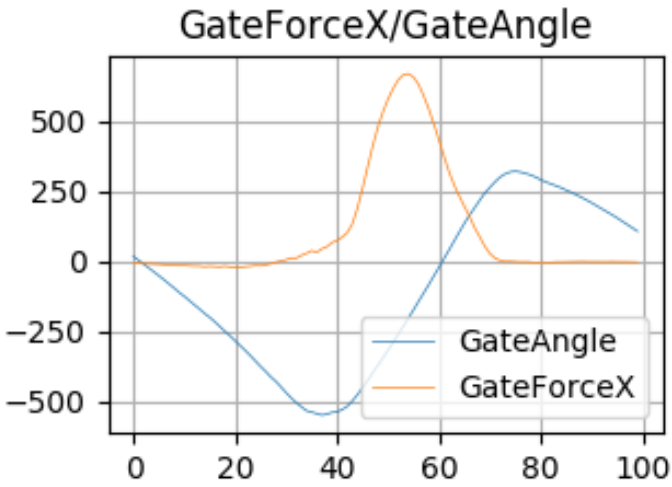


Power Arm/Trunk

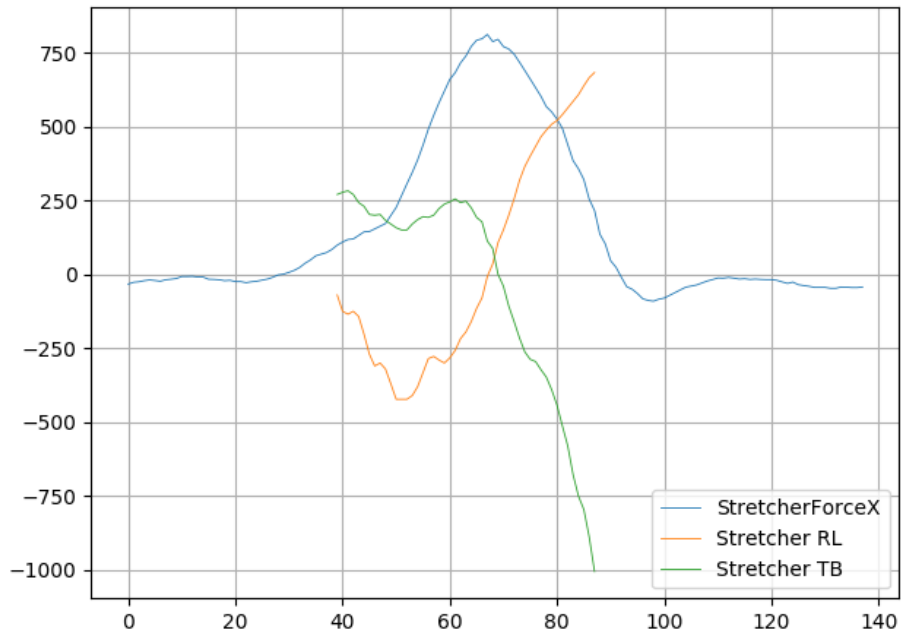


# Rower 1, using piece "t20"

	Target	Average	t20	t24	t28	t32	start	max
Stroke rate			20	24	27	31	35	36
Rhythm (% Cycle time)			38	39	49	47	51	50
Catch angle (°)			-55	-55	-54	-55	-58	-58
Finish angle (°)			32	32	31	31	31	30
Total angle (°)			87	87	85	86	89	88
Catch slip (°) (40%)			11	12	12	11	12	12
Finish wash (°) (40%)			24	23	20	26	22	23
Effective angle (°)			52	52	53	49	55	52
Gate force average			144	144	157	150	238	237
Gate force max			666	604	609	538	743	782
Work (J)			226	206	216	181	280	286
Power max (W)			515	479	508	424	713	764
Power average (W)			82	80	108	96	175	174
Power/weight			0.91	0.89	1.20	1.06	1.94	1.94
Progn Power target rate								

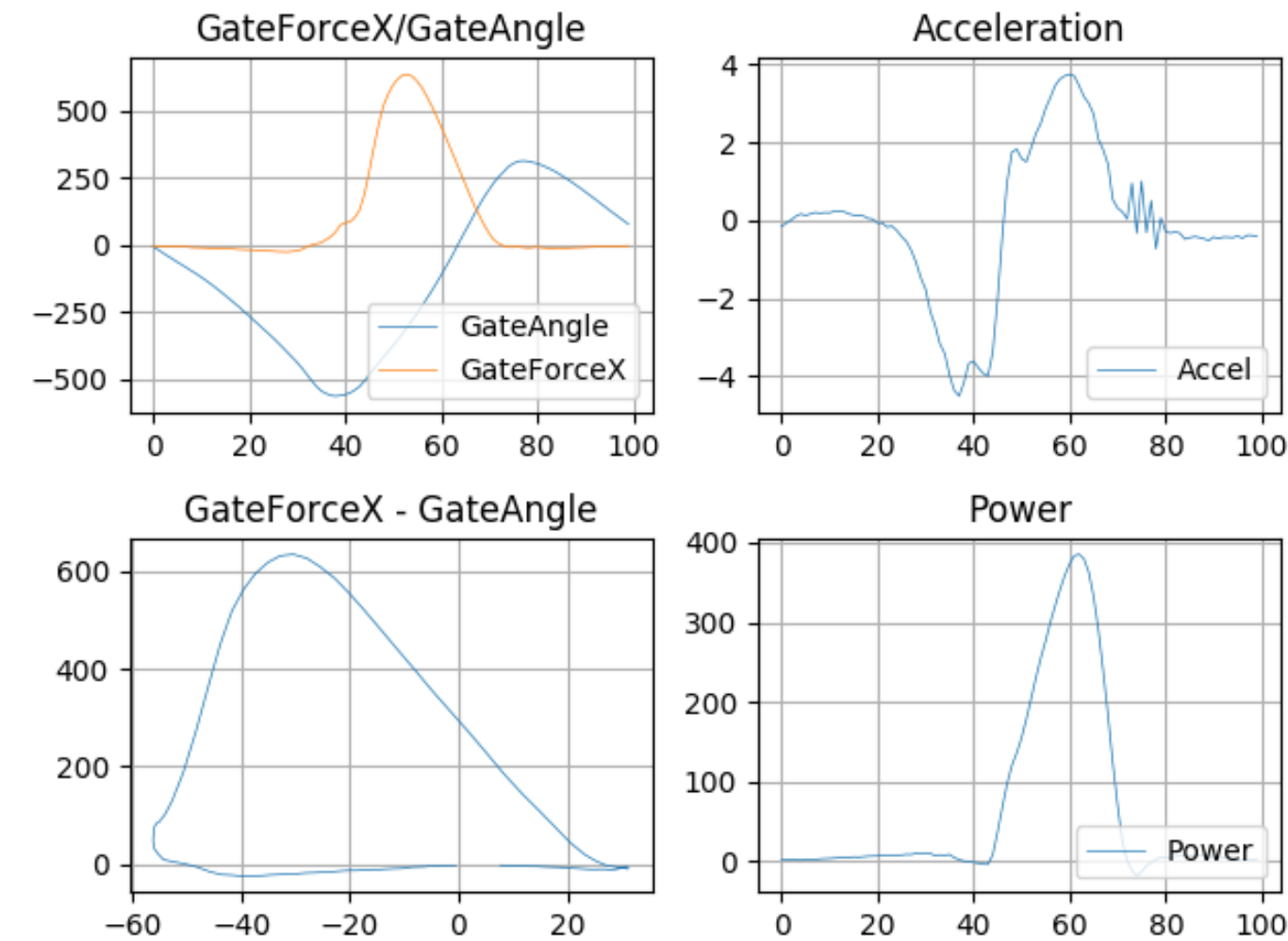


Stretcher



Rower 2, using piece "t20"

	Target	Average	t20	t24	t28	t32	start	max
Stroke rate			20	24	27	31	35	36
Rhythm (% Cycle time)			39	41	51	51	55	52
Catch angle (°)			-56	-59	-57	-57	-59	-57
Finish angle (°)			31	32	29	29	28	28
Total angle (°)			87	90	87	87	87	85
Catch slip (°) (40%)			7	8	8	8	7	7
Finish wash (°) (40%)			27	28	27	30	23	27
Effective angle (°)			53	54	51	48	56	50
Gate force average			141	166	162	162	214	178
Gate force max			633	661	615	580	646	600
Work (J)			182	190	184	167	208	183
Power max (W)			385	408	388	341	498	390
Power average (W)			66	74	92	88	130	112
Power/weight			0.73	0.83	1.02	0.98	1.44	1.24
Progn Power target rate								



Stretcher

