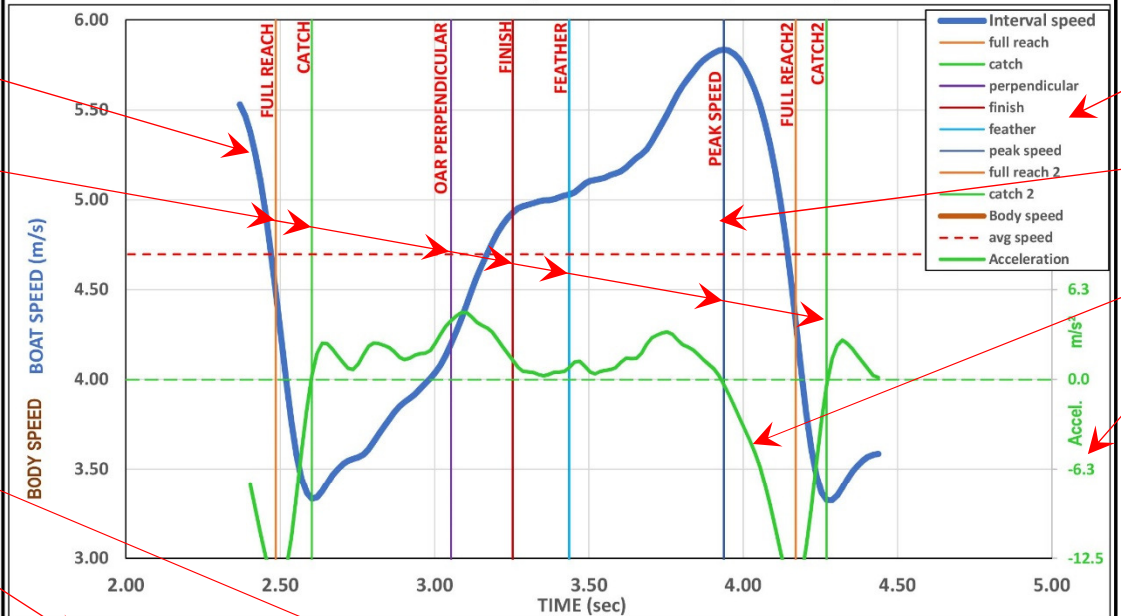


PURCERVERANCE - Boat Speed & Technique Analysis



BOAT SPEED CURVE (m/s)

ROWING TECHNIQUE POINTS

Graph Legend

Peak boat speed

Boat acceleration

Acceleration axis (m/2²)

Video file information

Crew name and category

Boat length used for distance reference

Weather conditions

Video file time reference

Boat speed at time reference

Rigging efficiency analysis measurement

Rowing technique analysis factors

Technique analysis based on oar position, time, speed and/or acceleration

Crew Name	Athlete Name	Video File	C0045.mp4	GMS Time	6:33.00
Boat Class	M1x	Video Location	Welland CORA - 1200m	Finish Time	7:15.92
Race Category	Sr. M1x	Video Description	Men's Final	Percent GMS	90.2%
Boat Length	8.20	Video Time & Date	4:30 PM 2019-07-06	Average Split	1:48.98

GMS Time
Race Finish Time
Percent RCA GMS
Average 500m Split

ANALYSIS		Weather Cond. wind 15/22, 9 oclock		GMS	
time	boat speed	Temp	26.0	Split Speed	1:46.48 1:38.25
full reach	2.49 4.48	Water	choppy	Average Speed	4.70 92.3%
catch	2.60 3.33	Drive Time	0.83		ref.
perpndcir	3.05 4.20	Blade Slip	-0.15		+0.10
finish	3.25 4.93	Eff. Stroke Length	2.62		2.83
feather	3.44 5.03	Stroke Position	69.3%		68.7%
full rch 2	4.17 4.31	Stroke Rate	36.0		35.6
catch 2	4.27 3.32	Stroke Ratio	1.00		1.13

Speed based on curve

Rigging reference for comparison

Rigging analysis notes/recommendations

Reference description & number of samples

Rowing technique reference for comparison (average of sample)

Rowing technique notes/recommendations based on analysis

TECHNIQUE ANALYSIS BASED ON SPEED CURVE				Reference: M1x	WC '17 & '18 (23)
Drive	Min. Boat Speed (about catch)	3.33	minimum boat speed		3.50
	Catch Effic. (full reach to catch)	0.12	time between full reach and catch (when the blade is fully buried)		0.14
	Drive Accel. (catch to finish)	2.45	boat acceleration between catch and finish		2.20
	Drive Accl. Eff. (fin to peak)	83.6%	percentage of area under the curve compared to straight line acceleration		79.3%
	Drive Speed Increases (min. to fin.)	1.60	difference in boat speed from minimum to finish		1.51
	Perp to Finish Accel (perp to fin.)	3.66	acceleration between oar at perpendicular and finish		2.72
	Drive Boat Moves (distance)	2.62	distance the boat moves on the drive (catch to finish)		2.78
Drive Boat Moves (% of total)	33.4%	distance the boat move on the drive as a percentage of total movement one stroke		34.5%	
Recovery	Release Effic. (finish to feather)	0.18	time between oar at finish (furthest sternward) and when it is on the feather		0.13
	Recovery Accel. (finish to peak)	1.32	acceleration between finish at peak speed		1.26
	Recovery Accel Eff. (fin. to peak)	76.2%	percentage of area under the curve compared to straight line acceleration		79.1%
	Recovery Peak Speed (% of Rec.)	67.2%	percentage of the recovery that the boat achieves peak speed		63.2%
	Max. Boat Speed (at peak)	5.83	maximum boat speed (m/s)		5.82
	Total Speed Varies (min to max)	2.50	difference between minimum speed and maximum speed		2.31
	Deceleration (peak to catch2)	-7.52	negative acceleration (straight line) from peak speed and catch2		-6.10
Decel. Effic. (peak to catch2)	123.1%	percentage of area under curve compared to straight line deceleration from peak to catch2		120.8%	
Recovery Boat Moves (distance)	5.22	distance the boat moves on the recovery (finish to catch2)		5.30	
Recovery Boat Moves (% of total)	66.6%	distance the boat move on the recovery as a percentage of total movement one stroke		65.5%	
Total Boat Moves (m per stroke)	7.83	total boat movement per stroke		8.08	