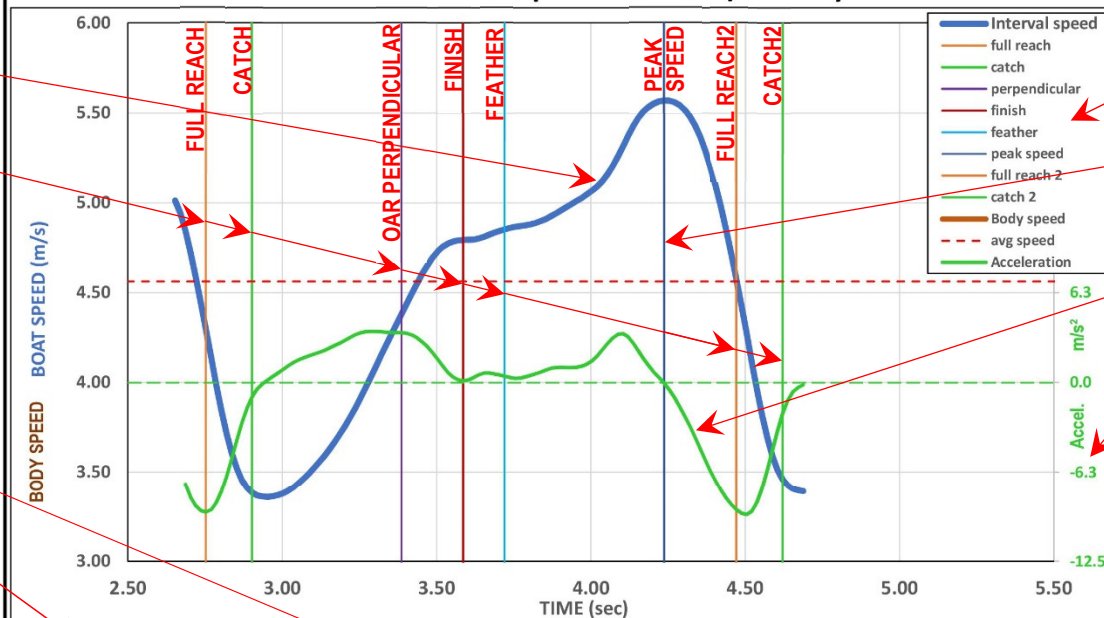


PURCERVERANCE - Boat Speed & Technique Analysis



BOAT SPEED CURVE (m/s)

ROWING TECHNIQUE POINTS

Graph Legend

Peak boat speed

Boat acceleration

Acceleration axis (m/s²)

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

Video file information

Crew name and category

Boat length used for distance reference

Crew Name	Crew Name	Video File	C0021 (W1xFA1).MP4	GMS Time	7:07.00
Boat Class	W1x	Video Location	Linz, Austria. 1200m	Finish Time	7:17.14
Race Category	W1x	Video Description	2019 World Champs	Percent GMS	97.7%
Boat Length	7.92	Video Time & Date	2:27 PM 2019-09-01	Average Split	1:49.28

Speed based on curve

GMS based on curve

recovery speed / drive speed

Weather conditions

ANALYSIS	Weather Cond.	wind 8 km/h from 8 o'clock	Curve Avg. Speed	4.56	1:49.60	146.75	%MS
	Temp	27°C, sunny part cloud	Avg Speed Drive	4.01	2:04.69	97.40%	% GMS
	Water	slight ripple	Avg Speed Recovery	4.93	1:41.48	122.9%	Ref.

Video file time reference

full reach	2.75	4.29	Drive Time	0.82	time between full reach and catch (blade full bury)	0.84
catch	2.90	3.38	Blade Slip	+0.16	distance blade tip moves during drive (parallel to boat)	+0.05
perpndcir	3.39	4.38	Eff. Stroke Lngth	2.74	distance the oar moves the boat during the drive	2.71
finish	3.59	4.79	Stroke Position	70.8%	drive portion of the stroke before oar reaches perpendicular	67.5%
feather	3.72	4.85	Stroke Rate	34.9	strokes per minute	33.8
full rch 2	4.47	4.57	Stroke Ratio	1.10	time on recovery divided by time on drive	1.11
catch 2	4.62	3.46				

Boat speed at time reference

Rigging reference for comparison

Rigging analysis notes/recommendations

Rigging efficiency analysis measurement

TECHNIQUE ANALYSIS BASED ON SPEED CURVE			Reference: W1x	WC '17,'18,'19 (36)	
Drive	Min. Boat Speed (about catch)	3.36	minimum boat speed	3.2	
	Catch Effic. (full reach to catch)	0.15	time between full reach and catch (when the blade is fully buried)	0.15	
	Drive Accl. (catch to finish)	2.06	acceleration between catch and finish	2.09	
	Drive Accl. Eff. (fin to peak)	84.9%	percentage of area under the curve compared to straight line acceleration	84.5%	
	Drive Speed Increas (min. to fin.)	1.43	difference in speed from minimum to finish	1.49	
	Perp to Finish Accl (perp to fin.)	2.05	acceleration between oar at perpendicular and finish	2.32	
	Drive Boat Moves (distance)	2.74	distance the boat moves on the drive (catch to finish)	2.71	
	Drive Boat Moves (% of total)	35.0%	distance the boat move on the drive as a percentage of total movement one stroke	34.4%	
	Recovery	Release Effic. (finish to feather)	0.13	time between oar at finish (furthest sternward) to when it is on the feather	0.15
		Recovery Accl. (finish to peak)	1.20	acceleration between finish at peak speed	1.09
Recovery Accl Eff. (fin. to peak)		68.5%	percentage of area under the curve compared to straight line acceleration	68.7%	
Recovery Peak Speed (% of Rec)		62.9%	percentage of the recovery where the boat achieves peak speed	63.0%	
Max. Boat Speed (at peak)		5.57	maximum boat speed (m/s)	5.43	
Total Speed Varies (min to max)		2.21	difference between minimum speed and maximum speed	2.29	
Deceleration (peak to catch2)		-5.51	negative acceleration (straight line) from peak speed and catch2	-5.49	
Decel. Effic. (peak to catch2)		121.6%	percentage of area under curve compared to straight line deceleration from peak to catch2	117.9%	
Recovery Boat Moves (distance)	5.10	distance the boat moves on the recovery (finish to catch2)	5.18		
Recovery Boat Moves (% of total)	65.0%	distance the boat move on the recovery as a percentage of total movement one stroke	65.6%		
Total Boat Moves (m per stroke)	7.84	total boat movement per stroke	7.89		

Reference description & number of samples

Rowing technique reference for comparison (average of sample)

Rowing technique notes/recommendations based on analysis

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

Rowing technique analysis factors