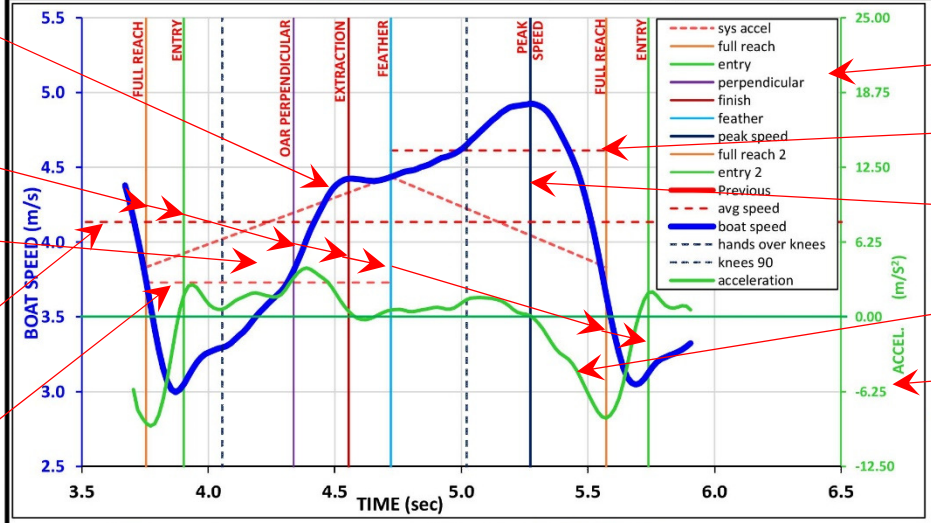


PURCERVERANCE - Boat Speed, Rigging & Technique Analysis

v. 2022-08-16



Name	Athlete Name		Video File	videoC0018.MP4	Boat Length	7.75
Boat Class	MW1x		Video Location	Home Lake	Video Time & Date	10:30 AM 2020-08-15
Race Category	MWE1x	1st	Video Description	Camp - Practice 3		
Race Time	finish 3:58.25	split 1:59.12	Curve Average	dist/stk 7.59	spd m/s 4.134	split 2:00.96
Race Percent GMS	106.61%	4.197	Category Average	7.73	3.930	2:07.22
GMS Time	4:14.00	2:07.00	Diff. (above/below)	-0.14	0.204	-6.27
					5.2%	

ANALYSIS	time	boat speed	Weather: wind 6k from 8 o'clock			
full reach	3.75	3.74	Air Temp: 16c			
entry	3.90	3.05	Water: calm			
perpndcl	4.34	3.81				
extraction	4.55	4.43				
feather	4.72	4.44				
peak speed	5.27	4.93				
full rch 2	5.57	3.65				
entry2	5.74	3.13				
sculler/crew average:	length: 1.36 (m)	power: 285 (watts)	weight: 75 (kg)			

RIGGING ANALYSIS	Span	160	Blade Type	Smth2	822
	Oar Length	286	Catch Angle	± 55 °	59.6%
	Inboard	87	Finish Angle	± 38 °	40.4%
Notes:			Total Arc	± 93 °	323 cm

TECHNIQUE ANALYSIS	Distance per Stroke	7.59	Ref:	MW1x	MW Camps (12)
Entry Time (full reach to entry)	0.16	time between full reach position and entry (blade full bury)			0.38
Entry Time % of Stk Cycle	8.6%	Entry Time as percentage of entire stroke cycle time			9.3%
Drive Hump. (t*accel)	-0.168	drive hump is acceleration loss after catch multiplied by time.			0.089
Drive Accel. (entry to extract)	2.11	boat acceleration between blade full bury and blade extraction.			2.00
Drive Accl. Eff. (entry to extract)	90.2%	percentage of area curve compared to straight line accel.			89.0%
Perp to Extract Accel. (m/s²)	2.82	boat acceleration between blade perpendicular and blade extraction.			2.31
Drive Speed % of Avg. Speed	90.2%	drive average speed as percent of total stroke average speed			89.4%
System Speed Change (m/s)	0.70	boat speed change - full reach to feather			0.56
Release Time (extract to feather)	0.17	time blade extraction to feather			0.17
Release Time % of Stk Cycle	9.1%	time blade extraction to feather as percentage of stroke cycle			8.7%
Release Speed Change (m/s)	+0.01	speed change - extraction to feather			+0.05
Recovery Accel. (feather to peak)	0.89	acceleration feather to peak speed			0.75
Rec. Accel Eff. (feather to peak)	93.2%	percentage of area under the curve compared to straight line accel.			80.5%
Recovery Peak Speed (% of Rec)	64.7%	percentage of recovery (feather-fullreach2) to peak speed			63.9%
Recovery Speed % of Avg. Spd	111.6%	recovery average speed as percent of total stroke average speed			111.0%
Deceleration (peak to entry2)	-3.85	deceleration between peak speed to entry2			-3.16
Deceleration Time (sec)	0.43	time boat is in negative acceleration following peak speed.			0.53
Deceleration Time % of Stk Cycle	23.6%	Deceleration Time as percentage of entire stroke cycle time			27.0%

- Boat Speed Curve (m/s)
- Rowing Technique Points
- System Speed (boat & athlete)
- Average Boat Speed Full stroke cycle
- Average Boat Speed Drive
- Video file information
- Crew name and category
- Race time & plit
- Weather conditions
- Video file time reference
- Boat speed at time reference
- Rigging efficiency analysis values
- Existing Rigging Setup
- Rowing technique analysis factors
- Technique analysis values based on oar position, time, speed and/or acceleration

- Graph Legend
- Average boat Speed recovery
- Peak boat speed
- Boat acceleration
- Acceleration axis (m/s²)
- Boat length used for distance reference
- GMS Time
- Race Finish Time
- Percent RCA GMS
- Average 500m Split
- Speed based on curve
- Boat trim change
- Rigging reference for comparison
- Rigging analysis notes/recommendations
- Catch & finish oar angles
- Reference description & number of samples
- Rowing technique reference for comparison (average of sample)
- Rowing technique notes/recommendations based on analysis

